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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The Clinton River Riders Men's Trip in Boyne was successful. In conjunction with the Michigan Mountain Mayhem there was 10,000 feet of climbing. Next year's trip is predicted to be in and around Newark, Ohio. (near Columbus)

For those interested in the new club jersey, Debbie Angst indicates that there will probably be another order at the end of 2010 or beginning of 2011. There are 4 jerseys still available and of course sizes are very limited. The next order may include the option of long sleeves or even a jacket. Hopefully in time for a Michigan winter.

2010 Blue Water Ramble applications are on the street. Please distribute them to bike shops and other sources of interest in cycling. Friends and new riders need to be encouraged to take part in the BWR. This event is the clubs life blood enabling charitable donations and finances projects throughout the year.

New members and interested people should send an email to crr-list@lmb.org to be placed on our email distribution cared for by Bill Duemling. No advertising or solicitation is forwarded, just items of interest to cyclists.

Several changes are taking place to the weekly ride schedule.

See inside for more details.

July's Birthday's

07/01 Dennis Prost
07/08 John Hall
07/19 Doris Mulligan
07/20 Jan Henry

Club members are entitled to purchase one club jersey next year at a reduced cost (\$34). Contact Debbie Angst at 586-524-3657 or digitaldeb@comcast.net.

Visitors:

New Members: Jessica Whitty became a CRR member. Welcome to your association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

Our next club meeting is July 12th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave. Note – There is no meeting in the month of October, due to the BWR and clean up party.

Jerry Pavlat would like member to bring returnable containers to club meetings to support **Team Sammy**.

Why Ride More –

Stay fit Staying in better shape will decrease your chances of getting sick.

Avoid traffic delays Bike commuting takes less time when you account for car parking and traffic

Save money Maintenance costs for your automobile will decrease, as will your gas bill

Enjoy your commute **Arrive** at work refreshed and full of energy; ride off stress after work

Commuting under your own power gives you a sense of accomplishment



Since the popular time of cycling season is in full swing do observe some of your bikes moving parts for proper adjustment or snugness. Items like wheel trueness, brakes, chain, crankarms, and headset need to be correct for your best efforts. They take only seconds to check and may cost you minutes, hours, or scars if you don't detect faults before failure.

Some of our favorite local bike shops. Please support them with your patronage and cycling needs.

<p>FRASER BICYCLE 34501 UTICA RD. FRASER, MI 48026 (586) 294-4070</p>	<p>ANCHOR BAY BICYCLE 35214 23 MILE RD. NEW BALTIMORE, MI 48047 (586) 725-2878</p>
<p>MACOMB SCHWINN 28411 SCHOENHERR WARREN, MI 48093 (586) 756-5400</p>	<p>ALLIED CYCLE SHOP, INC. 23101 GRATIOT AVE EASTPOINTE, MI 48021 (586) 772-3411</p>
<p>AMERICAN CYCLE AND FITNESS 2169 METRO PARK WAY STERLING HEIGHTS, MI 48310 (248) 886-1968</p>	<p>MAIN ST. BICYCLES 5987 26 Mile Rd Washington, MI 48316 (586) 677-7755</p>
<p>REI - TROY 766 EAST BIG BEAVER RD. TROY, MI 48083 248-689-4402</p>	<p>ROCHESTER BIKE SHOP 116 W. SECOND STREET ROCHESTER, MI 48307 (248) 652-6376</p>
<p>CONTINENTAL BIKE SHOP 24436 JOHN R ROAD HAZEL PARK, MI 48030 (248) 545-1225</p>	<p>BIKES, BLADES AND BOARDS 17020 MACK AVE GROSSE POINTE, MI 48230 (313) 885-1300</p>
<p>ROCHESTER BIKE SHOP 426 S MAIN St ROCHESTER, MI 48307 (248) 652-6376</p>	<p>AMERICAN CYCLE 203 NORTH PERRY PONTIAC, MI 48342 (248) 333-7843</p>
<p>Pails Bike Depot 28057 GRATIOT Roseville, MI 586-772-9084</p>	<p>American Cycle & Fitness 18517 HALL Rd Macomb Twp, MI 586-416-1000</p>



Take some time this July 4th and every day to remember our great nation. There are those that have no problem focusing on what is not perfect, just keep in mind that ours is still the land of opportunity. A bad day for us is better than many others have on a great day and we are free to speak openly about it.

Hydrate -

With lots of daylight and summer temperatures you must make sure you drink lots of water and keep your body replenished especially on long rides. Your body sweats more than just water and your preference on water or some enhanced fluid is up to you. Just make sure you are taking in enough. Needing to use the bathroom at least every 2 hours is a reasonable guideline. Clear fluid (not dark) is another signal your body has enough liquids.

Home Remedies for Saddle Sores and Chamois Rash

Most cyclists will get a saddle sore at one point or another during their riding adventures. A rider can have the right bike fit and still experience problems. The common first step is to remove shorts immediately after riding and wash shorts before wearing them again. Some suggestions for treatment that don't require a trip to the doctor's office are -

Noxzema - The active ingredients include camphor (slight local anesthetic and is antimicrobial—killing or inhibiting bacteria, fungi or [protozoan's](#)), menthol (local [anesthetic](#) and [counterirritant](#) properties) and eucalyptus (has anti-inflammatory, analgesic (pain relief) and liniment (relieves pain and stiffness) properties).

Vagisil - Though typically thought of as a feminine care product, plenty of cyclists—male and female—use this product.

Preparation H - Some cyclists believe it helps shrink saddle sores.

Tea Tree Oil - Some cyclists use the oil

Antibacterial Ointments ([Neosporin](#), [Polysporin](#))

Other remedies include Hot Compresses; Talcum Powder, Tegaderm; and baby powder. Of course, see a doctor if your saddle sore or rash condition gets worse or causes you to stop riding.

Your elected representatives –

[Sen. Carl Levin](#) (D) 202-224-6221 Fax: 202-224-1388

[Sen. Debbie Stabenow](#) (D) 202-224-4822

[Rep. Bart Stupak](#) (D-1) 202-225-4735

[Rep. Peter Hoekstra](#) (R-2) 202-225-4401

[Rep. Vernon Ehlers](#) (R-3) 202- 225-3831

[Rep. David Camp](#) (R-4) 202-225-3561

[Rep. Dale Kildee](#) (D-5) 202-225-3611

[Rep. Fred Upton](#) (R-6) 202-225-3761

[Rep. Mark Schauer](#) (D-7) 202-225-6276

[Rep. Mike Rogers](#) (R-8) 202-225-

[Rep. Gary Peters](#) (D-9) 202-225-5802

[Rep. Candice Miller](#) (R-10) 202-225-2106

[Rep. Thad McCotter](#) (R-11) 202-225-8171

[Rep. Sander Levin](#) (D-12) 202-225-4961

[Rep. Carolyn Kilpatrick](#) (D-13) 202-225-

[Rep. John Conyers](#) (D-14) 202-225-5126

[Rep. John Dingell](#) (D-15) 202-225-4071

Don't let your silence be consent. They represent you; let them know what you want done.

CRR Ride Schedule

Monday

Tuesday

6 pm Meet Bill & Diane Baker at Independence Bank. (22 1/2 & Van Dyke) For a ride at 12 - 14 mph.

5:30 pm Sheffield Shuffle 5:30pm: Meet Rick and Sue Moorman at the SW corner of Sheffield Parking Lot (Cunningham and W Big Beaver just west of Coolidge) 30-50 miles at 16-18 MPH in the Troy, Bloomfield, and Auburn Hills area.

Wednesday.

6:00 pm Meet Deb & Steve Angst at Naldrett Elementary located on Sugarbush, just north of Cotton (Cotton is about a 1/2 mile north of 21 mile). Tour the New Baltimore area with a midway stop for ice cream. Distance 25-30 miles at a pace of 16-18 MPH. For inclusion on our distribution list send your request to digitaldeb@comcast.net

6:00 pm PLACE: Sheffield Office Park 3250 W Big Beaver Rd, on North side of Big Beaver Rd (16 Mile) 1 block west of Cunningham Drive (1 block west of Coolidge). DISTANCE: 20-25 MILES at 12-14mph. Contact G Haelewyn for info.

Thursday

9 am Rick & Sue Moorman lead a 30+/- mile ride from TBD To TBD. Contact Rick for the weekly particulars. pkmoorman@wideopenwest.com

6 PM: Meet Gary Haelewyn and sometimes Sally (248-549-9062) at the SW corner of Sheffield Parking Lot 20-30 hilly miles at 12-14 MPH in the Troy, Bloomfield, and Auburn Hills area.

6:00 pm Meet Carol Green at Masonic & Jefferson for 30 miles of 15-17 MPH of riding.

Friday

8:30 am Meet Duane & Sandy Start point to be determined. The destination loop will vary with distances of 40-45 miles at a 15-17 MPH pace. If the weather looks questionable, please call Duane at 586-752-6482 to confirm if the ride is still on. For additional information please send your requests to sandyoverwayl@yahoo.com

Saturday

9 am Stony Creek West Branch parking lot, meet TJ Hill for mountain bike riding, pace of TJ. Call TJ at 586-293-0162.

Sunday

9 am Stony Cr Boat Launch Meet TJ Hill for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark. Call TJ at 586-293-0162.

Dick Williams Ride Director

Newsletter Changes to Les Dunham, lesdunham@hotmail.com or 586-216-4135.

