

The RAMBLER

July 07

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Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

July 2007

Our annual Blue Water Ramble ride is proceeding at a normal pace according to Jim Crawford. Applications have been mailed out. You can also register online.

Diane Baker is looking for a co-chair for the food committee. She is requesting someone to manage either perishables/food or the paper/logistics of moving and setting up. Please consider your ability to help out. BWR success is a reflection of our effort and togetherness to support cycling.

Our shirts this year are Texas Orange and Frasier bike shop donated a large part of the cost to attain them. Volunteers will receive a discounted price on 1 item. Debbie Angst needs accurate numbers on sizes and volume requested by the September 10th CRR meeting.

August Birthdays

08/03 Linda Ostrowski
08/04 Jerry Pavlat
08/06 Jee Dunham
08/07 Julia Schultz
08/08 Nancy Duemling
08/10 Michael Sproul
08/14 Warren Berthelsen
08/14 Steve Conatser
08/15 Art Meerhaeghe
08/21 Michael Ondre
08/21 Hans Kaufmann
08/22 Paul Franks
08/24 Dee Whitmore
08/25 Charles Rose
08/26 Bruce Freeburger

Club members are entitled to purchase one club jersey per year at a reduced cost (\$35). Contact Dennis Prost at 248-931-7300 or email

Dmprost@strategicfun ding. com to get yours today.

By clicking the following URL you'll find a chart that indicates **how safe cycling is in your state** or states you may be visiting. (Tip: Steer clear of Florida.) Data is from 2004 accident data but probably remains relatively accurate.

http://www.bikesafetyinstitute.com/fatalities_by_state.htm

Highly effective one-hour workout!

Are you pressed for time to ride? One way to maximize the time you do have is to make every minute count. Here's an example of a training session that takes just 65 minutes. Further, it's a great workout for raising your cruising speed.

Here's how:

- Warm up for 10 minutes, using progressively higher gears, faster cadence and greater effort.
- Do a 20-minute effort at a pace just shy of the point where steady, deep breathing would turn to panting.
- Spin an easy gear for 10 minutes to recover.
- Do a second 20-minute effort.
- Spin home for 5 minutes to cool down.

Total time on the bike or trainer: 65 minutes. Of course, all of us would rather ride longer. But when time is short, you can still get a hugely beneficial workout if you use each minute effectively.

Tip! If you find that 2x20's are too difficult for your current level of fitness, its fine to start with two 10-minute efforts and build up. Don't baby yourself, but don't overextend either. You should be able to keep your speed and cadence high throughout each effort but not run out of breath.

Our next Clinton River Riders Meeting is on Monday, August 13th at 7pm in the Mt Clemens Library (downstairs).

We welcome Paul and Joanna Vanraaphorst and Wade Sorenson. Welcome to your association with Clinton River Riders. We appreciate your interest in cycling and will support you in our many miles of riding together.

Something to think about

Some test conclusions will be particularly enlightening if you're riding on narrow, high-pressure clinchers seeking more speed via lower rolling resistance. Your skinny tires may not be as fast as you think. **Tire pressure has only a small effect on the rolling resistance** of most tires. Narrow 23-mm tires seem to roll fastest at pressures of 105 psi (7.2 bar) or more. However, running these tires at 85 psi (5.8 bar) for improved comfort increased the test times only 2%. Wider 28-mm tires are as fast at 85 psi as they are at higher pressures.

For most cyclists, wide, supple tires at low pressures offer more speed, better comfort, increased versatility and improved safety than today's narrow high-pressure tires. However, this type of wide, fast tire currently is not available. Hopefully, these test results will help persuade manufacturers to produce them.



Ride updates for August –

There is now only one weekly Sheffield Shuffle and it is on Tuesday's at 5:30pm. (See ride schedule for details)

There will be a onetime ride to the East Market on Saturday August 11th. There will be dual start points and they are – 7 am from Macomb mall and 7:30am from Shultz's Funeral Home (8 ½ & Gratiot), pace will be 15-17. Route and schedule will be down Gratiot and meet Frank Picolo to walk the market and have breakfast then back on Jefferson to your start point. Bill Stimpson will be the ride leader from Macomb Mall.

On Sunday August 12th we will have a Ted Gondert memorial ride. Start at 9am @ 25mile rd & Shelby Rd. There will be 2 options to the ride. One segment to 29 mile (with an option to return at this point) and the rest may continue to Wolcott and back 14-16 pace. Please wear your club jerseys.

An Ice Cream Ride with Mary Miller Date: Sunday, August 19, 2007, Start time: 6:30 p.m. Start Location: Majestic Plaza Shopping Center, located at the SE corner of Martin Rd. (11 1/2 Mile Rd.) and Van Dyke in Warren. Distance: 11 Miles, Pace: 9 to 11 MPH. Ice Cream stop during the ride.

For all rides please plan on being ready to ride and the prescribed time. That probably means arriving 15 minutes early for bike configuration, ride sheets sign up, and stretch/warm up. Punctuality is a sign that our club lives up to its advertised standards.



Some Keys to Cycling Success !!!

1. Selecting the right bike: This is an exercise with no compromise. A bike first and foremost must be sized correctly. It makes no more sense to try to be comfortable and efficient on a poorly fitted bicycle than it does to try to wear poorly fitting shoes. Select the type of bicycle that will be most appropriate for the type of riding you expect to be doing most. Good bicycles are not toys but vehicles that are not motorized. It is more economical to buy a better bike once than to replace a poor quality bike that will not do what you expect it to do.

2. Be Safe: There is one piece of equipment that has become almost universal among knowledgeable cyclist in the last fifteen years and that is the bicycle helmet. They are light and comfortable. They can save your life in the event of an accident and are a sign that you know what you are doing. They must fit correctly to protect you.

3. Always ride with traffic: You are a vehicle when you are on the road. Use the same rules and courtesies you would when operating a motorized vehicle. Ride Friendly! Be courteous! Be predictable! Respect traffic! Follow the "Rules of the Road". First and foremost ride with traffic. There is a great deal of misunderstanding about this. It is very unsafe to have two vehicles (cars & bicycles) using the same roads following different rules. We are always taught to look both ways when entering or turning on to a road, and this is a good rule. But experience has taught us that traffic will be approaching from the left. So we tend to look to the left to a greater extent than to the right because we expect to see the traffic coming from the left. Not only do we not look to the right as long or as often we do not expect to see traffic coming from that direction so that even if we look we may not "see" it. A cyclist is a relatively small vehicle. It is to your advantage to be where you are most likely to be seen.



