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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Bill Windhorst in conjunction with the Velodrome is setting up jerseys to sell that will support Wish A Mile and our Team Sammy. Details with WAM are still being worked out. Team Sammy has raised funds that place it 2nd in the small team category with only 10 people. Team Sammy riders will arrive back in Chelsea about 2:30 pm on July 25th. You are welcome to come out and see wishes come true.

Hopefully you are following the 97th Tour De France. Lance Armstrong has had a couple of bad days in the saddle but continues to ride, be competitive, and support Team RadioShack. Andy Schleck and Alberto Contador seem destined to battle it out for the top spot on the podium in Paris.

2010 Blue Water Ramble applications have been printed; 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.

Our next club meeting is August July 9th, 2010. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

August Birthday's

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

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 and Terry Jinks 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.

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

Make Sure a Newcomer Returns for a Second Ride!

If you've been in this sport for long, you've probably seen it happen. An enthusiastic person shows up for his (or her) first ride with the local club. He's a bit intimidated by the lingo he overhears, but that's nothing compared to his anxiety about what to do and how to do it once the ride gets underway. Before long he's trailing behind, spooked by the interplay of bike wheels. Do you they will be back for another ride next weekend? Not likely.

It's unfortunate, but experienced cyclists are often pretty tough on newcomers. It may be intentional because of the risks that an unskilled bike-handler creates for everyone, but more often it happens because we forget how much a novice cyclist doesn't know. If you think about it, riding a bike isn't all that easy.

Be Gentle - Take nothing for granted. Err on the side of proceeding too slowly and explaining too much. A new rider has lots of knowledge gaps.

Be polite. Even if made in jest, negative actions or comments can have a long-lasting impact.

Ask the person about his concerns.

Keep costs in perspective.

Ride as slow as the beginner. Don't do anything to make him go faster than his comfort level.

Watch their eyes, and watch their grip for signs of tension.

Keep it simple. Don't overwhelm a newcomer with techniques. Let him get comfortable with the basics. As you see skill and confidence increase, add something new to work on.

Know what kind of ride is planned. Will it be a fast training ride? A leisurely spin? Paceline practice. Be certain of the ride's goal before the start.

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>

THE PREZ SEZ.....

With the summer going very quickly, I'm inspired to write this column. Before you know it, fall will be here and some important rides will be upon us. The Peach of a Ride on August 29th, Clinton River Trail Fall Classic on Sept. 18, and most of all the Blue Water Ramble Oct 3rd.

You should notice that the Slow Spokes have changed their date to encourage more rider participation. This is a great club that puts on an excellent event every year.

I mentioned the "Fall Classic" put on by the Friends of the Clinton River Trail. This group has been very busy developing & planning the future of the Clinton River Trail. Their vision is to make this trail world class and serve as a destination for tourists while providing local residents with an outstanding trail experience.

As we all know, the BWR is the life's blood of the Clinton River Riders. Last year we had a hard time with higher costs, low attendance and other issues. I believe we can turn this around but we will need all of your help. Have you signed up yet? Contact Marilyn or me at redtandom@yahoo.com and volunteer. We have many opportunities available and don't forget to tell us your t-shirt size. We have BWR applications available for the 29th year of this event. Let us know if you need some to give to friends, bring to events, or bike stores. Without a successful year, we might not see a 30th anniversary!

As a member of the Clinton River Riders Bicycle Club, I hope you will remember and support the Peach of a Ride, The Fall Classic and most of all the Blue Water Ramble. It is imperative that we, as a group, support bike riding in our area. Enjoy your summer and be safe.

John Tarantino
President

Pedal With Purpose: Ride to Work These days, riding your bike to work or to the grocery store doesn't have to be an exercise in obsolete technology and crusty discomfort. In the last few years, even the major players in cycling have developed sweet, purpose-built bicycles, clothing and accessories that threaten to legitimize (or even popularize) what was once a fringe transportation mode.

Riding a bike to work, even occasionally, helps reduce air pollution, traffic congestion, and carbon dioxide emissions, while elevating fitness levels, reducing obesity and improving the livability of communities. It's a low-cost, multi-pronged attack on some of the major ills that plague modern urban life. Riding a bike now and then is also good for your bottom line. Pedal two or three times a week, and you'll save on fuel, parking and vehicle maintenance costs, sometimes to the tune of hundreds of dollars annually.

Do your homework. Consider the possible paths from your home to your workplace. The route you choose and the conditions you encounter will inform your bike and gear selections. And maybe you'll discover that some form of public transportation or a mixed commute will be necessary. Many people are amazed at the alternate route options that cyclists can use. With a little research, it's easy to find bike paths, shortcuts and back roads that are impassable by car. Check out a local bike route map, consult with your local alternative transportation agency or do your research online.

Tip: As you get closer to nailing down a route, do extra legwork on the weekends to explore and confirm potential routes as you are coming back from your training ride. Just remember weekday traffic might look different.

Online Resources for Urban Commuting -

www.1world2wheels.org

Trek Bicycles' effort to promote sustainable transportation includes tips and suggestions on going by bike

www.ridethecity.com

Bike routes through major U.S. cities

www.bikeleague.org

The League of American Bicyclists has long been committed to promoting cycling for fun and transportation

www.bicyclinginfo.org

The Pedestrian and Bicycle Information Center (PBIC) is a national clearinghouse for information about health and safety, engineering,

advocacy, education, enforcement, access and mobility for pedestrians (including transit users) and bicyclists

www.bikecommuters.com

A frequently updated blog with loads of great info and commuter gear reviews

www.bicycletimesmag.com

A new magazine dedicated to commuting, from our colleagues at *Dirt Rag*

www.commutebybike.com

Tips, news, reviews and safety for bike commuters

When it comes to bicycles reliability and fit cannot be substituted for. No one enjoys being sore or stopped with no ability to continue. After reaching satisfaction on these 2 most basic requirements you need to select your machine. Whether it is strictly a road bike or mountain bike, or Hybrid the bicycle has to fit your needs and then it has to fit you size wise.

SIZING A BIKE

There is no formula to determine perfect bike size and adjustment; there are plenty of rules of thumb - your seat height should be adjusted so that your leg is almost fully extended at the bottom of your pedal stroke. Test this by sitting on the bike leaning against a wall. Put your heels on the pedals and pedal backwards; your leg should be fully extended at the bottom.

Time after time so many people ask about purchasing and sizing a bicycle. Many low-end bike-store bikes have gotten a lot better over the last 10 years; you can't really go wrong. As a general rule, it's worth spending extra money up to about \$700 or \$1400; after that you're paying for stuff that you really need to know from riding if needed.

For the really new person - your frame has 4 tubes:

TOP TUBE: The rear brake cable usually runs along it.

SEAT TUBE: The tube that holds the SEAT POST.

DOWN TUBE: The other main tube, the diagonal one on the bottom. It has shifters on some road bikes, usually has waterbottle brazes, and the shifter cables usually run along it.

HEAD TUBE: This is the short tube that connects the down tube to the top tube. Inside it are the STEERER TUBE and the STEM. STEERER TUBE: The tube connected to the FORK (which holds the front wheel) and the STEM through the HEAD TUBE. STEM: Controls the STEERER TUBE and holds the handlebars. It is adjusted via an allen bolt (usually) on the top.

SEAT POST: Holds the seat. It is adjusted by a bolt at the top of the SEAT TUBE. It holds the seat in a clamp; the seat is adjusted via a bolt on this clamp.

Wheels – they are important. Start off with good ones.

HOW TO TEST RIDE A BIKE

The main things you're interested in on a test ride are to find out how the bike handles bumps and second to find out how the brakes and shifters work also to see if it was well-built. So try to ride a variety of surfaces, straight & curves, up/down hills. This will give you confidence in your choice and value.

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 30-35 miles at a pace of 16-20 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

6:00 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 sandyoverway@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.

