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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The Blue Water Ramble progress's toward success. Debbie Angst brought examples of the t-shirt and sweatshirt to the August meeting. Volunteers may receive a t-shirt free of cost or a sweatshirt for a reduced cost of \$20. An off the cuff estimate of the 109+ registered riders indicates most will choose to take the ferry ride to and from Canada. Some of the persons who stepped up on support needs are Nancy Duemling will help with Entenmanns; Pete Sprecher will take care of cookies; John Tarantino will work bagels; and Ray will drive the truck. Please plan to participate in making this famous ride the best ever. There is plenty of opportunity to excel. Contact Jim Crawford if you will work any of the needy areas or have suggestions that can be implemented.

Congratulations to Bill Stimpson, Jane Bernard and the whole Make A Wish team for a great ride. It was a huge effort for a noble cause that saluted Team Sammy. Please acknowledge them and their effort when possible. More than 300 miles in 3 days of cycling in addition to more than \$8,000 raised. This is truly an awesome feat.

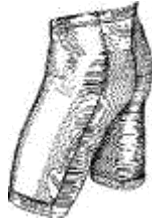
Our next club meeting is Sept. 8th. Our meetings are always the 2nd Monday of the month at the Mt.Clemens Public Library. 7 pm downstairs.

September Birthdays

09/02 David Henry
09/04 Rick Kuhn
09/05 Jim Crawford
09/19 Sue Pavlat
09/22 Carol Crawford
09/23 Eric Noyes
09/23 Lynda Schmitz
09/24 Bill Kelley
09/25 John Edry
09/25 Jane Franks
09/25 Gregory Schultz
09/27 Tim Eisenbraun
09/30 William Baker
08/04 Jerry Pavlat
08/07 Julia Schultz
08/08 Nancy Duemling
08/10 Michael Sproul
08/14 Warren
Berthelsen

Club members are entitled to purchase one club jersey per year at a reduced cost (\$34). Contact Dennis Prost at 248-931-7300 or email dmprost@strategicfnding.com to get yours today.

Visitors: Dennis Norrison, Doug George, and Tim Eisenbraun are new members. We welcome you to your association with Clinton River Riders.



Saddle adjustments continued from July 08

Some saddle soreness comes not from pressure on the wrong bits, but from chafing. Some riders apply skin creams, or petroleum jelly, or medicated ointments, or baby powder to **reduce friction**. Some even like cornstarch - it's slippery and it's organic! But if chafing is part of your problem, lubrication means less friction and less hurting.

Are you sure your bike is fitting you right? If your saddle is too high, it may make your hips rock side to side to reach the pedals. That can cause chafing. If your handlebars are too high or too close, you can be sitting too far upright, and putting extra weight on the saddle. Remember, you want your weight balanced between your pedals, your hands and your butt. If necessary, stop in at your bike shop to have them check and adjust your bike fit.

Bite the bullet and get a pair of **real bike shorts**, the tight lycra variety. This is often the most cost effective move, because these things *work*. The tightness keeps the fabric flat and prevents layers of wrinkles. The padding does the same - it's not so much a cushion, as a way further resist wrinkles in the most critical area. (Baggier mountain bike shorts are better than ordinary pants, but in my experience, nothing beats lycra for comfort.) Oh, and it's true: Bike shorts are intended to be worn next to your skin.

Eat less, and ride more. In general, wispy thin folks have fewer saddle problems than chunkier folks. If you've been wanting to lighten your bike/body combination, work on the heavier part. Riding more makes your butt tougher, which also helps prevent saddle soreness. Losing weight makes getting up hills easier, and may even reduce your flat tires. And of course, it makes you look better in that lycra!

Here are 3 very beneficial stretches for cyclists -



Kneeling Quad Stretch: Kneel on one foot and the other knee. If needed, hold on to something to keep your balance and then push your hips forward.



Single Heel-drop Achilles Stretch: Stand on a raised object or step and place the ball of one foot on the edge of the step. Bend your knee slightly and let your heel drop towards the ground.



Lying Knee Roll-over Stretch: While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.

The above 3 stretches are just a small sample of stretching exercises that will help you improve your cycling game and eliminate cycling injuries.

Never test the depth of the water with both feet.

If at first you don't succeed, skydiving is not for you.

I didn't say it was your fault. I said I was going to blame you.

Bicycling Around Cars

1. **Be visible** - #1 safety issue we see among bicyclists – use front and back lights, and wear light colored or reflective rain gear; invisible bicyclists risk their lives, and scare and infuriate even the most empathetic of car drivers
2. **Learn to look over your left shoulder** – helps with looking before leaving the bike lane to turn left, pass another cyclist or avoid a car door; helps with changing lanes; helps with making eye contact with passing motorists
3. **Signal** – for lane changes or turns, or stopping suddenly; motorists often are very nervous driving around bicyclists because they don't know what to expect; make your intentions clear, and they'll generally give you more space and time to do what you need to do; you aren't required to signal, however, if you need both hands on your handlebars
4. **Take the lane when necessary** – sometimes if a lane is so narrow that passing is dangerous, you may need to take the lane briefly to make that clear to drivers behind you; move over as soon as you can safely and let people stuck behind you pass; if you're going the speed of traffic, as often happens downtown or on downhill's, feel free to take the lane – it is safer and more comfortable
5. **Stay out of the “door zone”** – be far enough away from parked cars that if someone opens a door without looking, you don't have to swerve suddenly.
6. **Use extra caution if passing on the right** – avoid doing this when there isn't much room, when people are turning into driveways, or when traveling through an intersection; remember, there is no bike lane so drivers do not know to look for you there.
7. **Use good manners** – if you make a mistake, give the “my bad” wave; if someone does something nice for you, give a wave of “thanks”; Never steal the right-of-way, it is very offensive and terrible PR for bikes; give pedestrians lots of space.

What automobile drivers can do for cyclists -

1. **Always signal** – if you don't signal your turns, both right and left, bicyclists can't anticipate without them.
2. **Pass with ample room** – except over a double yellow line, you can cross the center line to pass a bicyclist safely, as long as oncoming traffic is clear; passing close, especially over 25 mph, is very scary for the cyclist.
3. **Don't honk** to communicate with cyclists, unless there's an emergency.
4. **Don't follow closely** – this is scary and intimidating, and the bicyclist probably would prefer to be out of your way as soon as possible but needs to be in the lane for some reason
5. **Allow bicyclists to use crosswalks** – they are permitted to do so, and in some places bicyclists rely on them for safe crossings.
6. **Look when opening your door** – especially when you are parked next to a bike lane.
7. **Be cautious in residential neighborhoods** – bicyclists like to use quiet streets to get around, so if you are sloppy or impatient at stop signs you risk hitting someone on a silent or vulnerable vehicle.
8. **Use good manners** – apologize if you make a mistake and it will go a long way; eye contact and waves are very humanizing, especially in the stress of rush-hour traffic.

Here is a link to a way to make a quick medical ID –

<http://www.medids.com/free-id.php>

After printing you can get it laminated at Kinko's or elsewhere for about a dollar. You never know when others will need your information if you become incapacitated. They do send you an email so some of the information is in a great database out there. Also enter an ICE (In Case of Emergency) entry in the directory of your cell phone and home phone as a precaution.



Commuting

Making a bike trip fun and satisfying the first time, rather than frustrating or even scary, is key to getting a new bike commuter to stick with it. If you are going to try bike commuting, or (more likely, since you're reading this) you're going to help a friend with the same, here are a few factors that can help make it a great commute. These are particularly applicable to adults who haven't done very much bicycling recently, or even at all.

The Bicycle First, if your new commuter is new to biking as an adult, ensures they are not on a bike that is too technical for their skill level. If they've gone to a bike shop and come home with a 27-speed road bike, tight brakes, clipless pedals and an aggressive riding position, and they've hardly ridden since age 13, that might not work out.

Encourage your novice, new commuter to start on a mellower ride, something that feels more like the bike they last rode decades ago. After a few commutes they may decide they want something more efficient and customized, and that is the time to go shopping and spend lots of money. Then they will have a better idea of what kind of bicycle to buy and what accessories they need. Whatever bike your new commuter is using, if they are new to biking as an adult, get them to take a “practice ride” someplace quiet. This way they can get comfortable shifting gears, starting, stopping and looking around them before they have to take on rush-hour traffic.

The Route

Car drivers who decide to try biking to work often make the mistake of biking on the streets they normally drive on, not realizing that in many places there are great alternatives. But these route options are often, by design, unknown to car drivers. So their first bike commute is loud, “trafficky” and scary when, unbeknownst to them, a few blocks away is a smaller street with a bike lane, a trail or neighborhood street that connect with only a fraction of the car traffic. Get your new pupil a bike map and sit down with them to pick out a good route. Often the lowest-traffic route is NOT on the bike map and it may involve connecting residential streets, this may be very slow going, but is more relaxing and safer.

Accompanying them on their first commute can also help them learn the details of the route better than they would on their own: when to merge in preparation for a turn, which turn lane to get in, where to strategically use sidewalks and so on. Don't forget that if you bike every day, you are far faster, stronger and have greater endurance than someone who doesn't ride much. You are also accustomed to all the action on the roads, and it doesn't stress you out anymore. Bike very slowly with your new bicyclist, and then look behind regularly to see if they are keeping up without getting winded. Take breaks to check in and rest, and let them decide when the break is over.

Continued in September 2008's newsletter –

CRR Ride Schedule

Monday

6:00PM Meet Bill and Diane Baker at Fraser Cycle 34501 Utica Rd for a 1-2 hour scenic easy ride at the pace of the slowest ride. No Ride on Meeting nights.

Tuesday

5:30 Sheffield Shuffle NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet Rick and Sue Moorman for a 15 - 18 mph ride with a distance of 35 - 50 miles.

Wednesday

9 am Rick & Sue Moorman lead a 30 mile ride from TBD To TBD. Contact Rick for the weekly particulars.

6 pm Meet Steve and Debbie Angst at Naldrett Elementary on Sugarbush. This is north of 21 mile and east of I-94. For 25-30 miles around New Baltimore. 16-20 mph.

Thursday

6 pm MSU Management Center, Square Lake and Crooks, Meet Rick Jones for a fast ride 15-17+ for a distance of 30 miles. Start together - end together.

6 pm Ride with Bill Baker from Prestige (Garfield & Moravian) Pace is 13 – 16 for 2 hours of riding.

Friday

8 am or 8:30 Meet Bill & Annette for a 40 or 50 mile ride at 15 - 18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed.

Saturday

8 am Stony Creek (boat launch) to Armada. 44 miles at 16 - 22 mph (2 groups) with a stop in town to eat. Armada EZr meet at 25 & Shelby. Take the path to 29 & Van Dyke, then roads to Armada. Pace is 15 – 18mph, 38 miles round trip.

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

Sunday

9 am Stony Cr Boat Launch Meet for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark.

