

Officers
President
John Tarantino
586-850-2485
Redtandom@aol.com

Ride Director
Gary Haelewyn
586-286-5094
bluecyclist@yahoo.com

Treasurer
Annette Smith
248-652-2278
bsmith02@comcast.net

Secretary
T J Hill
586-293-0162
Tjbiker@juno.com

Editor
Les Dunham
586-216-4135
lesdunham@hotmail.com

Sunshine
Julie Windhorst
586-939-6073
Weetandem@yahoo.com

Legislative Liaison
Mike Sproul
586-443-4544

BWR Chair
Jim Crawford
586-677-7033
Jcrawford76@comcast.net

Librarian
Bruce Freeburger
586-354-2320
Bruce@BIKESonTV.com

Merchandise
Dennis Prost
248-931-7300

The RAMBLER



Clinton River Riders Bicycle Club ***Access online at WWW.lmb.org/crr***

September 2007

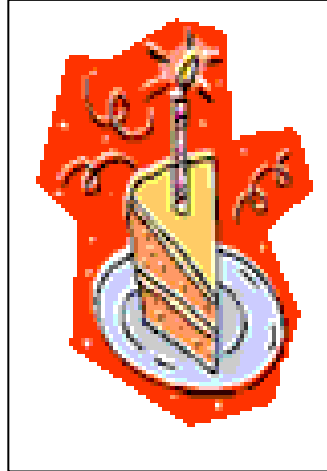
The 2007 Blue Water Ramble stuffing party is October 1st at ParKut International on Industrial Way in Mt. Clemens. Currently there are personnel needs at the ferry crossings and always welcome at the lunch stop. No changes in the route as of the September meeting. Volunteers receive a T Shirt or Sweatshirt at reduced cost. We have received interest from cyclists in Canada and Indiana. Please come out to support and ride our fabulous annual event October 7th.

There is no monthly meeting in October since the first Monday after BWR is the clean up party often conflicts with a meeting. Thanks to the Bakers, the Crawfords, and others that helped move the BWR equipment to the larger storage unit.

Everyone is probably aware of the reduced daylight this time of year. Please remember to have front and rear lights for riding. You never know when a flat or other situation will catch someone off guard and extend an evening ride into dangerous darkness.

October Birthdays

10/01 Bel. Korenchuk
10/01 John Tarantino
10/04 A. Caryll Moore
10/04 Gayle Hall
10/05 James Lucchesi
10/06 Brian Warner
10/06 Suzanne Padilla
10/06 Rose Goebel
10/09 Robert Kosen
10/10 Ann Schmidt
10/12 Kathy Kuehn
10/15 Thomas Rumohr,
Jr.
10/15 Duane Larkin
10/16 Ray Cronin
10/17 Bill Stimpson
10/20 Micki Solonika
10/21 Bob George
10/22 Timothy Phillips
10/27 Daniel
Grabowski
10/29 Michael
Korenchuk
10/29 Sue Moorman



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@strategicfunding.com to get yours today.

New Members: Deborah Rodriguez, Walter Johnson, Adam and Erin Nelson, Nicholas Kauten, Michael and Tiffany Dowdell, David Kruse, Thomas Matese, Suzanne Padilla, Charlotte Versagi, and Judith Kimpan

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.

Mike Sproul informed us on some Grosse Pointe riding on the roads and sidewalks. Many people have written to inform those that riding on the sidewalk is not unlawful in most communities but highly not recommended. Road Cyclists know this ... please pass the word.

Our next Clinton River Riders Meeting is on Monday, September 013th at 7pm in the Mt Clemens Library (downstairs).

Seat Height

Adjustment: Dress in your biking clothes and put the bike on an indoor trainer or position yourself and your bike in a doorway, so you can hold yourself up while pedaling. Have a buddy sit behind you and watch. Then raise the seat until, as you pedal backwards with your heels on the pedals, your legs are completely extended at the bottom of the stroke. If you have to rock your hips to reach the pedals the seat is too high.

How to do it: The Allen bolt that holds the seat post in place is on the side of the frame by the base of the seat post. Pedal backward until one pedal is completely at the bottom. Your heel should just be able to touch the lower pedal with your leg straight so when you place the ball of the foot on the pedal (ball over the center of the pedal) your knee will bend. This is a great starting place for seat height

Good Deeds may make cycling supporters

Here's a very cool suggestion from roadie **Michelle C.** of Griffin, Georgia. Call it an "investment" in goodwill and safety for roadies. . "In the constant struggle to make peace with auto drivers, I stumbled onto a clever idea while on a Saturday morning ride.

"We made a store stop to refuel. I found myself at the checkout standing next to a boy about 7 and what appeared to be his grandfather. I spoke to the youngster, who was gawking at my kit and shoes with wide-eyed amazement. "My chocolate milk and water cost \$2.70. I gave the cashier \$3. I hate change on the bike because it rattles and annoys me, so I smiled at the young man and handed him the 30 cents and told him to put it in his pocket. You would have thought I gave him a hundred dollars.

Continued -

"But perhaps more importantly, his grandfather was genuinely impressed with such a simple act of kindness." Perhaps for 30 cents I purchased one driver who next time he encounters a cyclist will slow down and move over because it might be that nice person who made his grandson smile. And in a few years maybe that little boy will ask for a bike like mine and take to the road."



If you want to ride better, train better. If you never go 30 mph, then you will never go 30 mph.

[Metro Bike-N-Sports](#)

36649 S Gratiot Ave, Clinton Twp, MI
(586) 791-3488 -

[Tim's Bike Shop](#)

33601 Jefferson Ave, St Clair Shores, MI
(586) 293-5823 -

[Fraser Bicycle](#)

34501 Utica Rd, Fraser, MI
(586) 294-4070

[Antoon's Bicycles & Snowboards](#)

42918 Schoenherr Rd, Sterling Heights,
(586) 247-9240

[Paul's Bike Depot](#)

28057 Gratiot Ave, Roseville, MI
(586) 772-9084

[Bike Depot](#)

28057 Gratiot Ave, Roseville, MI
(586) 776-9165

[Macomb Bike & Fitness](#)

28411 Schoenherr Rd, Warren, MI
(586) 756-5400

[Allied Cycle Shop](#)

23101 Gratiot Ave, Eastpointe, MI
(586) 772-3411

[Albe's Cycle Center Inc](#)

5743 E 13 Mile Rd, Warren, MI
(586) 264-1151

[East Side Bike Shop](#)

26210 Van Dyke Ave, Center Line, MI
(586) 756-2001

[American Cycle & Fitness](#)

20343 Mack Ave, Grosse Pte Woods, MI

As the Michigan cycling season warm weather withdraws please consider a visit to your local bike shop. This will help you be ready for the BWR and next when you find yourself riding again. Some shops are listed beside this text.

Remember to take care of your body and bicycle like your life depends on it.

(313) 886-1968

[American Cycle & Fitness](#)

2169 Metropolitan Pkwy, Sterling Heights, MI
(586) 979-7570

[Anchor Bay Bicycle and Fitness](#)

35214 23 Mile Rd, New Baltimore, MI
(586) 725-2878

[Bike World](#) -

35574 23 Mile Rd, New Baltimore, MI
(586) 725-1150

[Bike Tech](#) -

18401 E Warren Ave, Detroit, MI
(313) 884-2453

[REI](#)

766 East Big Beaver Rd., Troy, MI
(248) 689-4402

[Stoney Creek Bike & Fitness](#)

58235 Van Dyke Rd, Washington, MI
(586) 781-4451

[Bikes Blades & Boards](#)

17020 Mack Ave, Grosse Pte Park, MI
(313) 885-1300

[Bicycle Doctor](#)

24436 John R Rd, Hazel Park, MI
(248) 584-3060

[Continental Bike Shop](#)

24436 John R Rd, Hazel Park, MI
(248) 545-1225

You can ctrl + click to see a map.

CRR Ride Schedule

Tuesday

5:30 Sheffield Shuffle Pt 2. 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 miles around New Baltimore. 16-20 mph.

Thursday

6 pm MSU Management Center Square Lake and Crooks, Meet Rick Jones for a fast ride that will average 18.5 for a distance of 30 miles.

6 pm Bill Duemling and Bill Baker lead a Thursday ride from the Prestige Cycles parking lot at Moravian and Garfield. Distance 20-25 miles. 2 hours at a conversational pace 12-14 mph. Route will vary.

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.

9 am Stony Creek West Br parking lot. Meet TJ Hill for mountain bike riding, pace of TJ. Good beginner ride. 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.

