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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Clinton River Riders elected positions received no new nominations and the current board members have agreed to remain for another year. We look forward to another successful year working together and riding lots of miles everywhere.

Our annual **finance meeting** is Jan. 25th (6pm) John and Marilyn Tarantino's residence. Please let them know if you will attend. Discussion on the fiduciary status and distribution of our non-profit funds take place with current club members.

Unbeknownst to many a cyclist, members of the American Association of State Highway and Transportation Officials (AASHTO), the Adventure Cycling Association (ACA), Mississippi River Trail (MRT) and East Greenway Alliance (ECGA) have spent years slaving away on an epic project — an extensive bicycle route system that will span the entire continental USA. The making of the United States Bicycle Route System (USBRS), still far from completion, has been a strenuous process, limitlessly time-consuming and encumbered by reams of red tape. After the two national routes — U.S. Bicycle Route 1 and U.S. Bicycle Route 76 (spanning Virginia, Kentucky, North Carolina and Illinois) — the country had lost interest. (continued on page 4)

February Birthdays

02/03 Mary Miller
02/06 Barb Berthelsen
02/09 Helen Sprecher
02/11 Linda Dahlke
02/11 George Kasper
02/13 Sally Palaian
02/17 Diane Baker
02/18 Annette Smith
02/21 Joyce Stimpson
02/23 Doug George
02/24 Dick Klein
02/27 Doug
MacDermaid

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: No new visitors to Clinton River Riders. We invite anyone to have an association with Clinton River Riders and hope we will experience many happy cycling miles together.

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

Ladies night at Macomb Fitness (per a sent email) is Feb. 24th 6-9 pm

It is that time of year, to renew CRR memberships.

BWR Update -

Debbie Angst informed the club that there will be long sleeve shirts and one other option for the 2009 BWR. No design has been selected yet but the layout is nearly resolved.

There was a question on a BWR book that was once attempted. If anyone knows of it or has it please contact John or one on the key BWR chair persons.

Hikers - Bill Goodwin is leading a hiking group Saturday mornings at 9am from Stony Creek West Branch lot B. Distance 4-7 miles on the mountain bike trails. On days with enough snow we will XC ski. Yaktrax or similar shoe grips recommended for icy conditions. For more info contact Bill Goodwin, billeg53@gmail.com, 1-586-781-2429.

Rob Kortus sent me an email with a good idea of his. It is a sealable bag that is just the right size to fit in your bike jersey pocket. <http://www.jerseybin.com/> is the link to his product.



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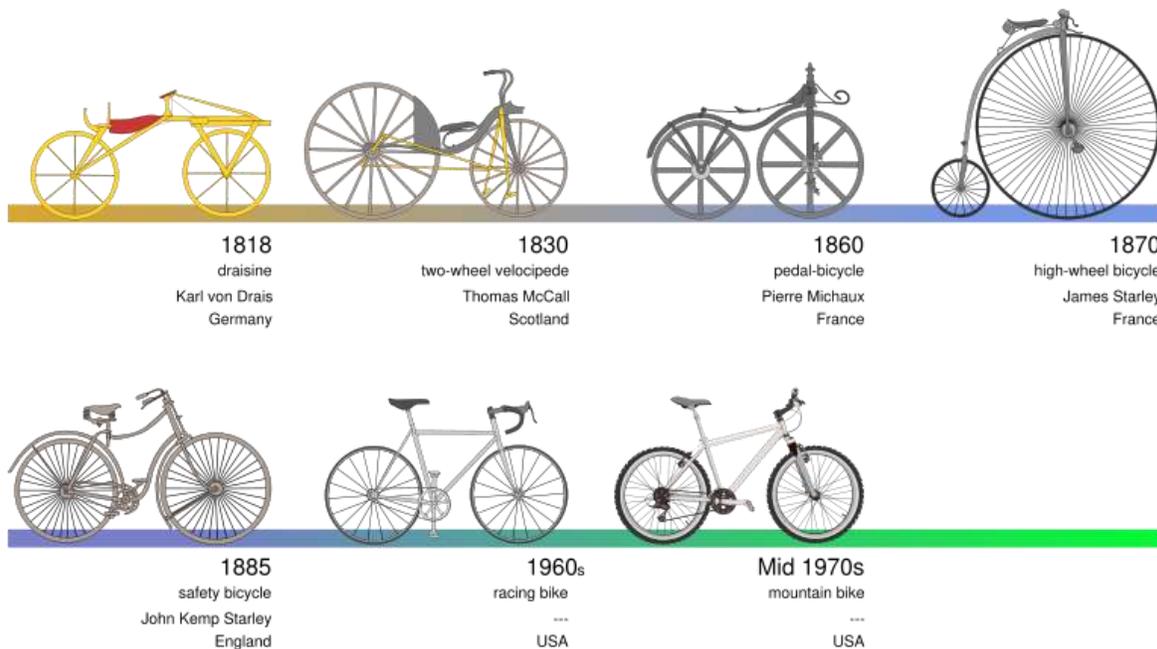


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Bicycle History

There have been a number of times wherein everyone around the world wants to own a bike; this was called the bicycle craze which happened in 1819, 1868, 1890's and 1870's. Although all of them happened briefly, these were huge parts in the history of bicycling. The bicycle was first introduced by Baron Karl Von Drais in Germany by 1817 and he introduced it in Paris by the next year. This was the archetype of the modern bicycle. Drais' design allowed the rider to mount the wooden frame which is supported by two wheels, one in the front and another at the back, and then the rider uses his or her feet to push forward and move.

Continued –

It was Frenchmen Pierre Lallement and Pierre Michaux who first invented and introduced the crank and pedal system on the bike in the 1860's. The bike's design now had a larger front wheel where the crank and pedal is attached and the rider would use this to turn the wheel to move forward instead of having to push on the ground with their feet. This type of bicycle was known as the penny-farthing or more commonly as the "ordinary bike.

The problems induced by the "ordinary bike" were addressed with the "dwarfed ordinary bike" with a smaller front wheel and the seating was adjusted for better control and comfort. However, there remained one problem, it was difficult to both pedal and steer using just the front wheel for both tasks; this problem was addressed and given solution by J.K. Starley, Shegold and J.H. Lawson in the form of the chain drive which connected the crank to the rear wheel so that when the rider pedals it is the rear wheel which turns. The design of Starley's 1885 Rover is known to be the first recognizable modern bike.



By the 1890's which was the third period of the bicycle craze, more and more innovations came out. John Boyd Dunlop from Scotland developed the pneumatic tire which is now the universal bicycle tire today. The derailleur gears were also developed at this time and so was the coaster brakes and rear wheel freewheeling. It was also at this time where cable pulled brakes were introduced to bicycles around the world. This era is known in the history of bicycling as the Golden Age of Bicycles due to the innovations and the rise in popularity of the bicycle.

Continued from page 1 –

The abandoned endeavor was picked up, however, in 2003, when the AASHTO Subcommittee on Traffic Engineering and the AASHTO Joint Technical Committee on Non-motorized Transportation assembled a Task Force to develop a working template for the USBRS.

By connecting urban, suburban and rural areas throughout the U.S., the USBRS intends to link communities throughout the nation while promoting tourism, economic growth and environmental consciousness. Both commuter routes and major tourist attractions have been taken into account, so the USBRS will not only encourage cycling for recreation, but also for general everyday transportation.

Though it probably won't take concrete form for a few more years, the USBRS will provide the benefits of increased tourism, economic growth, environmental awareness and conservationism. However, the main drive behind this project has long been a shared passion for cycling. Most of the people behind the USBRS are ultimately bike lovers who want to make bicycling a viable (and desirable) option for more Americans.

Ski trip

Jan 31st 2009. Leaving from REI on Big Beaver and Rochester Rd at 8 am. Contact Bruce Freeburger for more details.

Registration for the **Metro Grand Spring Tour MGST**, lmb.org/dcc, **TOSRV** (in Ohio), tosrv.org, and **BikeMS (Formerly the MS 150)** are now open. More rides will get their events ready and there will be a list of the 1st half of 2009 events in the Rambler in the next month or two.

Tip: Tale of the Tape. Once your saddle height is right, put a piece of tape around the seatpost 1-2 mm above where it enters the frame. If the post begins slipping down, you'll realize it long before your knees start hitting your chin. If you ever need to remove the seatpost -- and you should occasionally to prevent it from becoming one with the frame, as just described -- you'll know exactly how far to reinstall it.

CRR Ride Schedule

Monday

Tuesday

Wednesday.

Thursday

Friday

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.

9 am 8 ½ & Gratiot (Shultz's Funeral Home Parking lot) Meet Jane Bernard or the Mooremans for a 34 mile ride at 14 – 16 mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the midpoint.

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.

Rides – Winter rules apply roads and weather permitting.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

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

Please think about the warmer temperatures and upcoming cycling season and support your local bike shop. A list of some shops is provided. Maintain your body and bike like your life depends on it.

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

Tip: Slide on Climbs. On long, gradual climbs you can emphasize some muscles and relieve others by changing where you sit on the saddle. Move to the rear to accentuate the strong gluteus muscles in your butt, pushing the pedals forward as well as down. When you're feeling too much muscle tension and tightness, slide forward toward the nose. Now the quadriceps muscles in your thighs are emphasized, your cadence can increase and your glutes can recover. Sliding back and forth like this fights fatigue and makes the most of your energy. It also changes pressure points to improve saddle comfort.



Is this a good advertisement for Tour Down Under ?

Tip: All the News(paper) that Fits. Here's an old but effective trick when you finish a rainy ride with soaked shoes: Remove the insoles, loosen the straps or laces, and stuff each shoe with crumpled newspaper. It'll pull water from the uppers like a sponge. After an hour or so, remove the newspaper. If the shoes still seem quite wet, stuff in more. Take the paper out overnight so drying air can circulate. Don't try to speed the process by putting shoes close a high-heat source.

