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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

*Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

February 24<sup>th</sup> is **Ladies Night at Macomb Bike and Fitness**. The time is 6pm. The shop is at 28411 Schoenherr, Warren MI phone 586-756-5400. Spaces are limited and lots of prizes will be given out. Representatives from a range of cycling and fitness organizations will be on hand to discuss the latest products and events suited to your needs.

**Mike Sproul** noted that he will not run again for LMB Region 2 representative. Someone with dedication, an interest in the legislative process, and is knowledgeable on cycling interests could really excel here.

**Doug MacDermaid** has copies of recent slide shows from our annual awards banquet. Please contact him if you have more questions or want to make a purchase.

**Clinton River Riders** did receive a very nice thank you as a Certificate of Appreciation from the Sterling Heights City Council. This was regarding our support of purchasing a bicycle for Amber. Art & Carol Meerhaeghe acted as a liaison for this assistance. Fraser Cycle also contributed significantly with the bicycle chosen with its accessories.

**The CRR HOTLINE** is being discontinued. At the Jan. meeting it was discussed, voted on, and passed.

Long time cyclist and CRR member Don Joqua passed away January 1<sup>st</sup>. He was battling a fast evolving condition that was not treatable. Numerous club members knew him and attended the parts of his ceremony or burial service.

**Feb. Birthdays**

02/03 Mary Miller  
02/06 Barb Berthelsen  
02/09 Helen Sprecher  
02/11 Linda Dahlke  
02/11 Kathy Johnson  
02/11 George Kasper  
02/13 Sally Palaian  
02/16 Gayle Suddick  
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. Contact Debbie Angst at 586-524-3657 or [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

**Visitors:** Interested persons are always welcome in association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

**Our next club meeting** is February 8th. Our meetings are always the 2<sup>nd</sup> Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

Winter has finally reared its ugly head. However, just because it is winter does not mean that you have to give up cycling. It may take a little bit more motivation to get out and ride when it is cold and gray, but a good ride always does the body and mind good. In order for your winter ride to be safe and enjoyable you need to winterize your bike and your body.

When the roads are wet it will make braking harder and your stopping distance will increase. On the road, leaves, manhole covers, and gravel can be challenging. Anticipate braking and be aware of turns. Keep things smooth on the turns and avoid braking during a turn.

Bicyclists are not as visible to cars during the winter months. Ride defensively! The days are shorter so use a front and rear light and wear reflective clothing. The key to dressing for winter riding is to dress in several layers. Layers can always be removed as you warm up.

**Five years in prison.** That's the sentence laid on **Christopher Thompson**, convicted of assaulting 2 cyclists near Los Angeles by overtaking them and slamming his brakes. He admitted at the scene that he did it to "teach them a lesson" for riding 2 abreast and ignoring stop signs on the dead-end road where he lives. Said a tearful Thompson: "If my incident shows us anything, it's that confrontation leads only to escalation of hostility and not resolution. You cannot fix the problem if you are consumed with affixing the blame."

The incident happened in July of 2008 and put one of the riders head-first through Thompson's rear window, resulting in broken teeth and a nearly severed nose. Thompson, 60, faced a maximum sentence of 10 years after being convicted of mayhem, assault with a deadly weapon (his car) and other charges.

## Riding a Straight Line

Narrowing lanes, uneven road shoulders, and general road conditions can play havoc especially on groups of cyclists. Newer riders, especially, can struggle in this situation. Two-wheeled vehicles are inherently unstable and they don't necessarily want to go in a desirable direction. Poor technique makes a bicycle wander from a straight line as if it had a mind of its own.

### *Here's help:*

---Relax. To ride a straight line, you need a loose, supple upper body. Tension in your neck, jaw and shoulders fights the bike, making it move jerkily rather than tracking smoothly. Concentrate on relaxing your breathing as well as your shoulders.

---Keep your eyes up. Staring at the pavement just ahead of the front wheel guarantees you'll ride anything but straight. You need to avoid potholes, glass and other debris, of course, so here's the trick: Keep most of your visual concentration on a swath 30-100 feet (10-30 meters) up the road. When you see a pothole, adjust your line to miss it, and then let your lower peripheral vision take over. This is the way to monitor all hazards you're passing.

---Look where you want your wheels to go. Riders quickly learn that if they look at a rock, they'll plow right into it. But if they look instead at the good line around the rock, that's where their wheels will go. Focus on the line you want your bike to take and it will follow that track almost magically.

## How to Find a 'Safe Saddle'

Since the late 1990s, saddle design has seen major innovation. A big impetus came from a prominent doctor's contention that sitting on a bike seat might lead to damaged nerves or blood vessels in some men. This risk, plus the occasional bout of temporary genital numbness that many riders experience, put designers into action. The result is a new generation of saddles with special shapes, padding or cutouts to reduce crotch contact and pressure. As a side benefit, riders have found that they experience fewer saddle sores on these seats.

### **Saddle Selection**

**Width.** Squat and sit on a low stool or curb. What you feel supporting your weight is your ischial tuberosities, the points of the pelvis that are commonly called the "sit bones." These are what should support your weight on a saddle. A seat that's too narrow will place your weight on the soft tissue between your sit bones -- for men, on the perineum where the penile nerves and blood vessels are located. Women also need to put a high priority on width because, on average, they have wider sit bones than men. Anatomically designed women's saddles are a bit wider in the main sitting area.

**Curvature.** Looked at from the rear at eye level, a seat should be flat or only very slightly domed. A significant curve causes your sit bones to be lower than the saddle's center, contributing to crotch pressure.

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**Dip.** Looked at from the side at eye level, a seat should be nearly flat from nose to tail. A slight dip (say six degrees or less) is helpful to give you a feeling for the saddle's center while riding. More dip creates positioning problems.

That is, when the nose is set level, the tail sticks up and may be uncomfortable to sit on; when the tail is set level, the nose goes up and exerts pressure right where you don't want it.

**Padding.** Some is good, more is *not* better. You want enough foam or gel to cushion your sit bones for comfort. Thick padding can actually increase crotch pressure because as your sit bones sink in, this has the effect of making the center press upward.

**Special sections.** These are what set the new generation of saddles apart. These sections range from gel-padded areas, to wedge shaped cutouts, to holes through the top. Rider reactions to these innovations are all over the board. Do they lessen contact or pressure? No doubt. Do they absolutely, positively prevent numbness or worse problems? No saddle maker can guarantee that. The saddle that one rider swears by will be the same saddle the next rider swear at. Some bike shops have a test ride program or will allow you to return a saddle that you simply can't stand.

**Saddle Position**

Of course, don't stop at the saddle. Go through all of the steps to get an overall well-balanced riding position. If your saddle position is right but your handlebar position isn't, you still might run into problems.

**TIP!** For many guys, a saddle that's slightly off center (compared to the top tube) feels more comfortable. If the nose keeps pressing you in the wrong spot, try a bit of left or right angle.

The saddle is one of 3 points (hands and pedals) that contact the bike. There is one correct fit and best comfort position for you. Find it for you to enjoy maximum returns in cycling.

Try as much as possible to never let your bike fall on its right side (as you are sitting on it). And do not store your bike on that side. It can bend the part that the rear derailleur attaches to. Called the derailleur hanger if it is not straight there can be problems shifting gears. Most are not expensive and replaceable it is best to not stress it at all by being cognizant to take care here.

## CRR Ride Schedule

**Monday**

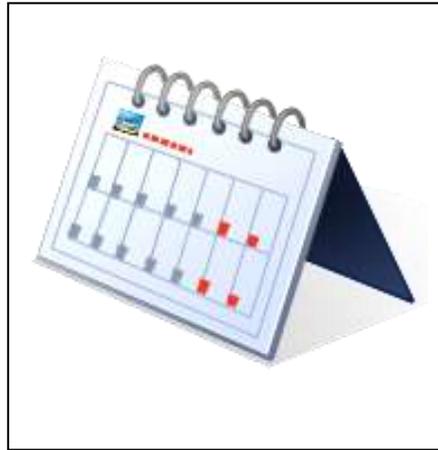
**Tuesday**

**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 Saturday Shultz's ride** The ride starts from 8 ½ & Gratiot, for about 30 miles at a pace of 14-16 mph. Goes all winter weather and road conditions permitting. The Moorman's, Les Dunham, or Ron Truax usually leads this ride.

**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.

Dick Williams Ride Director [rsw@sundvick.com](mailto:rsw@sundvick.com) or 989-326-1630.

Newsletter Changes to Les Dunham, [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) or 586-216-4135.

There is Ice Skating for adults each weekday at Onyx Ice Rink at Dequindre and Parkdale. Skating begins at 10:30 and goes to 11:50 the fee is 3 dollars per session.

