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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

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

**Our annual finance meeting** was Jan. 25<sup>th</sup> and our annual amount donated is \$4,000.00. The designee and amounts are as such -

\$1,500 to Variety Club; \$500 to PEAK; \$500 to LAB; \$500 to Friends of the Clinton River Trail; \$500 to Friends of the Polly Ann Trail; and \$500 to the Veledrome.

John Tarantino did some quick math and determined that in 12 years CRR has donated more than \$63,000 to organizations that support cycling.

At the monthly meeting a \$300 donation to Mt Clemens Library and \$500 for the Port Huron Repeaters was approved. These funds come from operating parts of the budget. You should be proud that your contributions and efforts aid others in many ways.

**Macomb Bike and Fitness** will host their 4th Annual **Ladies Night** open house on February 24 from 6pm until 9pm at 28411 Schoenherr between 11 and 12 Mile Roads. Women with active lifestyles are invited to spend an evening with like-minded individuals and learn about upcoming events, new products, and gain general information about health and fitness.

### **March Birthdays**

**Date First Last Name**

03/07 Mark Russell

03/18 Phyllis

Mottershead

03/25 Chris Maglinger

03/30 Bill Duemling

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](mailto: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 March 9th. Our meetings are always the 2<sup>nd</sup> Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

**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 a gym bag option for the 2009 BWR.

The shirts will be chocolate brown and the bag is black and gold.

The Stuffing party will be in the Mt Clemens library, Sept. 28<sup>th</sup> 5 – 9pm.

**The Men's trip** will be June 5-8, in Holland MI. Exact mileage and course is yet to be determined. But Friday and Monday tend to be shorter. Contact Al Barton or John Tarantino for more details.

**Bike Feast 2009** will be held on March 7, 2009 at the Clarenceville United Methodist Church, 20300 Middlebelt Rd, Livonia, MI 48152 from 5 pm to 7 pm. The cost is \$10 per person and includes the meal and all activities. (NOTE: You do not need to bring a dish as in years past.) Please register online at [www.lmb.org/bikefeast.html](http://www.lmb.org/bikefeast.html) by February 23rd.

If you need more information please contact Dave Duffield (248-994-3074) or Jim Carpenter (734-552-0490).

**Michigan Recumbent Bicycle Rally - Saturday, May 9<sup>th</sup>**, 9am until 3pm, at the Willow Metropark pool shelter, located off exit 11 of I-275 in southwest Wayne County. The Michigan Recumbent Bicycle Rally will consist of recumbent bicycle displays, test-rides, dealers, a noon group ride.

**Good judgment** comes from bad experience, and a lot of that comes from bad judgment.

**There are two theories** to arguing with women. Neither one works.



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## Prevent Back Pain While Climbing

**Any steep-and-long climb is likely to cause back stress** no matter how strong you are or how well your bike fits. Pedaling forcefully at a slow cadence requires your low-back muscles to work extra hard. They eventually fatigue and ache.

Check your saddle height. A seat that's a bit too high may not cause back pain in mild terrain when you aren't putting lots of pressure on the pedals. You might even toe-down your feet a bit to compensate for the higher-than-ideal saddle. But when you push hard on a climb, your heels drop and shorten your leg/foot combination. Your saddle suddenly becomes too high. Your hips rock, the side-to-side motion stresses your low back, and guess what -- halfway up the hill you have a backache.

Also, steep climbs mean that gravity is pulling you to the rear of the saddle because your bike is tilted up at 10-15%. This has the same effect as riding on the flat with your saddle slid way back on the rails -- something known to cause back pain.

There is no sure-fire solution. But you can do these things to reduce the stress –

**Relax.** Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.

**Bike Fit.** Much is made of saddle height and saddle fore-and-aft position. It's true—they're important. But the reach to the handlebar along with the

height difference between the bar and the saddle are the two most personal aspects of bike fit. If they aren't right, you'll be miserable.

**Pedal Smoothly but quickly.** It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Spinning slightly faster puts the burden on your cardiovascular system less on the Muscles or skeleton.

**Climb more often.** You will get stronger and lesser hills will seem easier. Soon they will all be lesser hills.

Install gearing low enough so that steep climbs aren't like leg press workouts.

**Alternate sitting with standing** to change your back's position and relieve tension.

**Include** crunches, back extensions and related exercises in your conditioning program. They're key to building low-back strength, core strength, and torso stability. Stretch your legs (quads and hamstrings) as well as your back.

**Abio Bikes, Inc.** unveiled its new line of folding bicycles that promises to kick-start a "chainless revolution" for urban commuters and around-town recreational riders across North America.

The company's new generation of greaseless and chainless folding bikes will liberate pedal-pushers from conventional chain versions by providing a cleaner, greener and more maintenance-free bike.

While demand for folding bikes has been gaining speed – especially among budget-minded and eco-conscious users in large metropolitan areas – the rollout of Abio's new chainless technology eliminates the grease factor, which has been the messiest complaint city riders have had about folding bicycles.

List prices on Abio Bikes start at \$790 and the two models are now available online and through select retail outlets. For a list of North American retailers or to order online, visit [www.abiobikes.com](http://www.abiobikes.com)

**There are 14 punctuation marks in English grammar.** Can you name at least half of them?

Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation marks, brackets, parenthesis, braces, and ellipses.

### **Call for a Cell Phone Ban**

The U.S. National Safety Council is asking motorists to stop texting and talking on cell phones (even hands-free) while driving. Further, the NSC is urging governors and legislators in all states and the District of Columbia to make cell phone use illegal for drivers.

A study from the Harvard Center of Risk Analysis estimates that cell phone use while driving contributes to 636,000 crashes per year at a cost of \$43 billion, accruing from 330,000 injuries, 12,000 serious injuries and 2,600 deaths. It's estimated that more than 100 million Americans use cell phones while behind the wheel.

### **Get Out of a Rut**

Beyond winters lack of cooperativeness for cycling it puts dangers in our path. When the temperature alternates between freezing and above in addition to water or salt causes deterioration in the surface. As a cyclist you have to maintain a heightened state of awareness especially on early season rides.

There are 3 choices out there on handling hazards

- 1) Roll straight over them.
- 2) Steer around them.
- 3) slow down to remain smooth and predictable.

Each measure has its pro's and cons in the search for successful riding to the individuals desired level of training.

There are 2 dangers when you respond the wrong way:

**If you try to turn your front wheel** out of a rut, the wheel can catch on the edge and wash out, taking you down.

**If you slam on the brakes**, that'll leave your wheels trapped, upset your balance and you could fall over.

**In Washington State** there are some bike safe bill being proposed, some of which might be reasonable to have knowledge of and maybe if applied in Michigan.

Below is a short list of key bills and their assigned bill numbers. Please contact your state reps and ask them to support the house bills (HB) and ask your state senator to support the senate bills (SB).

**Traffic Actuated Signals (HB 1403)**. Will require jurisdictions to make all new traffic signals able to detect bikes and motorcycles and to upgrade equipment at existing signal locations when upgrade work occurs.

**3-Foot Passing (HB 1491/SB 5335)**. Thanks to earlier efforts by the Bicycle Alliance, Washington state law requires cars to pass cyclists and pedestrians at a "safe distance." To assist in educating the public, this bill will define safe passing as a minimum of 3 feet. Law enforcement groups support this bill as well.

**Construction Zones (HB 1535)**. This bill requires compliance with existing standards (Manual of Uniform Traffic Code Devices) so that people using wheelchairs, bikes or their own two feet are considered when construction, repair, utility or maintenance closures and detours are necessary.

**Transit Oriented Development (HB 1490/SB 5687)**. Will create compact, affordable development around transit centers that include safe walking and biking routes.

**Some Cycling rides and Events Early this year -**

**Women Bike Clinic, by Priority Health, April 18<sup>th</sup>**

St Joe's Women's Health Clinic, Ann Arbor

734-827-2792, [teampriorityhealth.com](http://teampriorityhealth.com)

**Michigan State Farm Daze Tour**, May 16, 2009, 8 am - 10 am, 25-, 50-, 75-, and 100-kilometer routes

MSU Agricultural Pavilion, 4301 Farm Lane Rd.

East Lansing, MI 48823

**Ride of Silence**

May 20<sup>th</sup> 2009, 7 pm, various locations in the Metro Area

<http://www.rideofsilence.org/main.php>

**100 Grand Bicycle Tour** 36th Annual, June 6, 2009

West Side Christian School 955 Westend Ave

Grand Rapids, MI 49504

[http://www.lmb.org/rapidwheels/100\\_Grand/100grand\\_ride.htm](http://www.lmb.org/rapidwheels/100_Grand/100grand_ride.htm)

**Lupus Loops Bike Ride & Pancake Breakfast**

June 14, 2009 8 am, Shopping Center Parking Lot

25 Mile & Shelby Road

[http://milupus.org/dynamic/bike\\_ride\\_09.htm](http://milupus.org/dynamic/bike_ride_09.htm)

**PALM**

**Pedal Across Lower Michigan** 28th Annual

June 20-26, 2009, <http://www.lmb.org/palm/>

**Bike MS: Michigan 2009**

West Michigan June 13 & 14

Mid Michigan July 11 & 12

Mountain Bike September 12

[http://bikemig.nationalmssociety.org/site/PageServer?pagename=BIKE\\_mig\\_resources](http://bikemig.nationalmssociety.org/site/PageServer?pagename=BIKE_mig_resources)

**Registration** for the **Metro Grand Spring Tour MGST**, [lmb.org/dcc](http://lmb.org/dcc), **TOSRV** (in Ohio), [tosrv.org](http://tosrv.org), and **BikeMS (Formerly the MS 150)** are now open.

## **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

**---Quick Tip: Prevent Stem Failures.** When crossing railroad tracks or something similarly jarring, slow down and move your hands off the brake hoods and either down onto the drops or, better yet, up on the tops. A solid hit on uneven tracks with your hands pressing on the hoods could cause the handlebar to pivot downward. In the case of a 2-bolt stem face plate it could even pop the threads.

---**The 5th annual North American Handmade Bicycle Show** is set for the Indiana Convention Center in Indianapolis on Feb. 27 - March 1. The 3-day exhibition will feature custom frames by some 5 dozen frame builders and displays by component makers and tubing companies. Ten seminars will cover various aspects of the frame building business. Full details at <http://www.handmadebicycleshow.com>

**Clinchers** are much easier to install, repair and afford, so why bother with tubulars?

**First, a Webster's moment:** Tubular tires are also known as "sew-ups" because that describes the construction. The casing is stitched around the inner tube and then the tire is glued to a rim designed for them. Clincher tires have a separate tube and are the kind almost all of us are riding on. They have steel or Kevlar running around the inner circumference on both sides. These "beads" fit into the hooked lips of the rim to hold the tire on.

Simply put, nothing rolls like a tubular tire. Even the best-made and most-costly clinchers don't quite match the feel of an average tubular. Tubulars are fast, corner as if on rails, don't pinch flat and are generally lighter than any clincher setup. Most pros still race on tubulars. If you check during the cobblestoned spring classics, you'll see a lot of green-colored tires.

**After a tubular's tube is sewn inside**, base tape is glued over the stitching. This is the surface to which the tire is glued to the rim. Do it wrong and a tubular will roll off the rim in a corner. You could wind up with more glue on the side of the tire than under it. An experienced mechanic or tubular user needs to show you how.

Gluing hassles are why most riders prefer clinchers, no matter what the tubular benefits. Another factor: Because base tapes have different treatments, you must use the glue formulated for your particular tire brand. For example, Continental's glue will not work reliably with Vittoria's tubulars.

**When glue is applied properly**, however, there's little risk of a tubular rolling off -- with one exception. On a hot day in the mountains with lots of heavy braking, rims can heat to the point that the glue softens and lets the tire slip off. It's a big decision to make the switch from clinchers because you need new rims as well as tires, and then a new set of tire-mounting

skills. So if you're happy with your ride, don't think twice. If you crave a smoother, faster feel and sharper bike handling than you've found on clinchers, that's the tubular promise.

Don't forget the **Tour of California** is presently happening. Many people can view it on the Versus cable channel. You can support cycling, view favorites Levi Leipheimer or Lance Armstrong, as well as just getting excited about cycling in general this way.

<http://www.amgentourofcalifornia.com/homepage.html>

