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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Debbie Angst indicated that at March's meeting she will have the fit kit. These orders must be paid for upfront and the order (if enough interest) will take place soon after the next meeting. Depending on interest there may be short & long sleeves jerseys or other popular items. The target for delivery is April or May as the 2011 cycling season heats up.

Rich Moeller of the LMB attended the February 14th meeting. Rich spoke before the regular meeting agenda, followed by a Q and A period. Rich's presentation on the mission of LMB was excellent. Several questions regarding board personnel moves initially got deferred answers, but our region 2 representative indicated his role and reasoning. His information reminded us of his reports last year that informed us about this activity. As our respected representative he full filled his duties and obligations that we expect. For those in other regions I would suggest they contact their representative and learn the circumstances and how their elected individual acted. Personally I am more at ease (probably 75% satisfied) that the LMB Board made the best of a difficult situation in order to progress forward. Some of our cycling brethren from the Slow Spokes and Wolverines attended our February meeting.

Our next club meeting is March 14th, 2011. Club meetings are always the 2nd Monday of the month at 7pm in the Mt Clemens Public Library (downstairs).

March Birthday's

03/03 Ken Suddick
03/12 David Ransom
03/18 Phyllis Mottershead
03/21 Louise Ann Minore
03/21 Craig Schley
03/30 Bill Duemling

Club members are entitled to purchase one club jersey per year at a reduced cost (\$34). Contact Debbie Angst at 586-524-3657 or digitaldeb@comcast.net

Visitors and New

Members: Visitors from Slow Spokes and Wolverines Sports Club, we welcome your interest in cycling and hope to enjoy many miles riding together. We welcome your association with Clinton River Riders.

New members and interested people should send an email to crr-list@lmb.org to be placed on our email distribution cared for by **Bill Duemling**. No advertising or solicitation is forwarded, just items of interest to cyclists.

Jerry Pavlat would like members to donate returnable containers to support **Team Sammy**. Also a Suite is available at the Palace of Auburn Hills to watch an NBA game. (Indiana Pacers game March 26th), the package includes 12 tickets with parking passes, looking to raise \$2000. The package will be raffled off if not sold.

Get Ready; Please think about the warmer temperatures and upcoming cycling season and support your local bike shop. Maintain your body and bike like your life depends on it.

Clinton River Riders still needs an individual to assume responsibilities as **treasurer**. Support and experience are available from Marilyn and Annette. Of course attention to detail and responsibility are a must. Does this sound like you? It could be. Become more important.

Tips for Riding Wet Roads

Even if you avoid starting rides in the rain, you'll eventually get dumped on. Or you'll wake up on the morning of an important event to find dark skies and glossy pavement. This immediately raises concerns about tires and traction. Be extra cautious when rain starts, especially if it hasn't rained in a few days. Normally benign things on the road become dangerously slippery when wet. Included are painted lines and other markings, tar patches and anything metal. Avoid riding over them on rainy days.

Even if you're on tires designed for wet conditions, you should take some additional safety measures. Here are some things that will help:
Consider lower tire pressure; avoid using new tires; stay balanced; brake early and easily; and be prepared for punctures.

Wednesday May 25 & 26

LUCINDA MEANS BICYCLE ADVOCACY DAY

Start: E. Lansing - MSU Campus

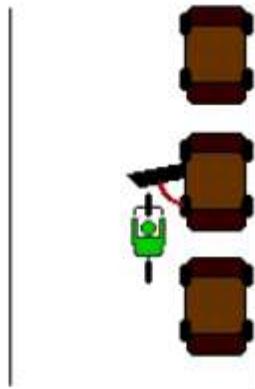
Distance: 3 mi. to State Capitol + optional afternoon ride **Fee:** \$10

Cross-Country Skiing is available in Michigan State Forests, State Parks and Recreation Areas

Contacts: Mark Mandenberg or Mary Dettloff For more information on the state forest cross-country skiing program, please contact Mark Mandenberg, DNRE Trails Program technical designer, at 517-335-3037; or via e-mail at mandenbergm@michigan.gov.

With the winter recreation season underway, the Department of Natural Resources and Environment announces that several of the state's 23 cross-country ski trails are groomed and ready for skiers. Cross-country skiing also is allowed in all 98 state parks and recreation areas. However, not all trails within the state parks and recreation areas are groomed for cross-country skiing.

Don't Let this be you !



Collision: The Door Prize – Give yourself 2-3 feet of space and try to be aware of recently parked cars. Don't worry about who is right or wrong, just avoid the circumstance and move on.

Quick Tip: Broken Spoke. If a spoke breaks during a ride you'll probably hear the snap, and maybe you'll hear it tap the frame or fork on every wheel revolution. You need to make sure this problem doesn't lead to something worse. If the spoke broke at the hub end, unscrew it from the nipple and remove it from the wheel. If you can't, at least twist it around an adjacent spoke so it can't flop around and snag something. After securing the spoke, open the brake's quick release to give the rim room to wobble and gingerly ride home.

Spoke Maintenance Tips

- Have your wheels checked a couple of times a year by the wheelsmith at your LBS. If you crash, absolutely have your bike checked, wheels and all.
- Spin your wheels, watch the gap between the rim and brake pad. If the rim is hitting them, you've got a problem. Open the brake quick release. You can ride home gingerly if the wobble isn't bad enough to rub the frame. In any case, take the wheel to a bike shop ASAP for inspection and repair.
- Tension surrounding spokes to "rough true" a wheel after a spoke breaks during a ride. You don't know how? Visit your favorite mechanic at a convenient time and ask for a lesson. Knowing how may be necessary if you want to keep going after a spoke snaps.
- When you're cleaning your bike, squeeze pairs of spokes gently on each side all the way around each wheel. This little test will let you know if they have uniform tension or if any are loose or broken. Plus, your bike deserves a little massage.
- If your rim needs to be replaced, use new spokes. If it is a new wheel damaged early on then it's probably safe to reuse the "almost new" spokes, assuming they weren't damaged when the rim was.

Thursday March 17th, 10:00 AM

Come celebrate St. Pats Day with a ride to Romeo, going up the Maccomb Orchard Trail.

Meet Sharon and Dave at 10am at the southeast corner of 25 and Shelby rd, where you may park your car. This is a linear ride and the pace will be 12-14mph! We plan on stopping for lunch in Romeo eatery to celebrate the wearing of the green! You can return on your own via the trail, if you do not want to stay for lunch. Route will take us to the trestle bridge outside of Romeo and lunch will be near 32 and VanDyke.

The **Ride of Silence** is Wednesday **May 18th** at 7 pm. Usually there are several locations that groups gather around the metro area to ride in silence that pays tribute to fallen fellow cyclists and attempts to raise awareness.

Bruce Freeburger informed us that via his ski club he has about **10 Metro Park passes** available for \$20. He will bring what has not been sold to the next meeting.

Some of our favorite local bike shops -

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

It is not too early to think about early season rides. Here are some –

May 1st, Sunday Metro Grand Spring Tour (MGST)

Willow Metropark, I-275 and South Huron Rd

25, 45, or 62 miles along the Huron River on scenic country roads or 16 or more miles in the Metroparks. A great Chris Cakes PANCAKE BREAKFAST is included in the ride that begins the season.

Pre-registration on Active.com closes on Tue, April 26, 2011 at 6 PM Eastern Time.

Fees for persons pre-registering by Wed, April 20, 2011 - Individuals \$16, Families (Parents and their children under 18 yr) \$43.

Fees after April 20, 2011

Both online and Day of Event \$22 Individual, \$55 Family (Parents and their children under 18 yrs old). Deadline for pre-registration by mail is Wed, April 20, 2011.

D.O.E. - Day of Event Registrations are accepted

Note: Entrance to the Metroparks is \$5 per car for those without an annual pass.

May 15th, Sunday

FAHRRAD Tour, Frankenmuth (middle school start/finish)

25, 50, 100km distances along the Cass River and through the Saginaw Valley. \$15 until May 1st, \$20 after.

May 20th & 21st, ZOO-DE-MACKINAC

Starts Saturday morning at Boyne Highlands Resort

Registration is \$50 by May 7th, \$65 after.

Pedal Across Lower Michigan (PALM)

June 18-24

Registration is ½ full. Cost is \$110, meals are extra cost

Macomb Bike and Fitness will have a ride **March 6** at 11am from the fountain on Belle Isle. They usually go to downtown Detroit. Pace depends on the ability of the group.

LMB ride calendars are printed and hitting the streets for distribution. Mike Sproul had some at the meeting but the bulk is not yet at their destination. The Metro Grand Spring Tour is May 1st and applications are out there. Pre registration is \$16 before 20 April (\$22 after).



Clinton River Riders - Ride Schedule

Wednesday 9 am

Thursday 9 am

Saturday

9 am Stony Creek Boat Launch, meet TJ Hill for mountain bike riding, pace of TJ. Call TJ at 586-630-9212.

9 am 8 ½ & Gratiot (Shultz's Funeral Home Parking lot) Meet Les Dunham, the Moormans, and/or Ron Truax for a 30 mile ride at 13 – 17 mph. Goes all winter, weather and road conditions permitting. (+25 F) Breakfast afterwards and 10 minute rest at the mid point. Toughen up and fend off winters attempt to add age and gravity on you.

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 586-630-9212.

Rides – Winter rules apply roads and weather permitting.

Dick Williams Ride Director rsw@sundvik.com or phone 989-326-1630

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

