



February 1996

Gary Haelewyn has volunteered as club liaison for the Bike Feast this year. Tickets are \$3, available at the March meeting or contact Gary (810) 286-5094.

Editors Note: Please submit articles by Thursday after the meeting. Mail it to: Ted Gondert, 356 Third St. Romeo, MI 48065 or call me at (810) 752-7043. If you want to FAX or modem something to me, call voice first so I can turn it on. Or E-mail to: "ac557@detroit.freenet.org" IBM/DOS 3.5 " disk with ASCII, WP5.1 or MS Word for Windows 2.0 is good.

Blue Water Ramble

Volunteers are needed to head the committees that organize the BWR. If you can help, please volunteer at club meetings, or call Steve Anst. Remember that BWR is the main fund-raiser for the Clinton River Riders bicycle club.

Elections

Elections were in February. The following people volunteered to serve as club officers. The only contested spot was for treasurer. Julia Schultz and Pam Dyer had been nominated. Bill Freeman was nominated but couldn't run because he hadn't been a member for a year. Julia Schultz declined because of time conflicts but Greg Schultz accepted nomination. EA Nieman was on the election committee and counted the votes. Greg Schultz was elected as treasurer. The 1996 CRR officers are:

- President:** Steve Anst
- Ride Director:** Rick Jones (assisted by George Zlotro)
- Secretary:** Julie Windhorst
- Treasurer:** Greg Schultz
- Newsletter Editor:** Ted Gondert

Club Membership Dues

Club membership expires in January. Please register by mail or at meeting. See application in this newsletter. Contact the treasurer, Greg Schultz.

This will be your last newsletter unless you register.

Bike Feast

Sunday, March 10: 4:00 to 8:00 p.m. at the Melvin G. Bailey Rec center on 36651 Ford Road in Westland. Bike Feast is a get together for southeast Michigan bicycle clubs for a party and to reminisce about previous riding season and plan the new season. Potluck appetizers, with main course provided. Bring your favorite side-dish to pass around and serving utensils.

Club Budget

John Tarrantino is head of the budget committee. They are looking for ways to improve the Clinton River Riders budgeting and Bylaws. Contact him for more information if you want to help.

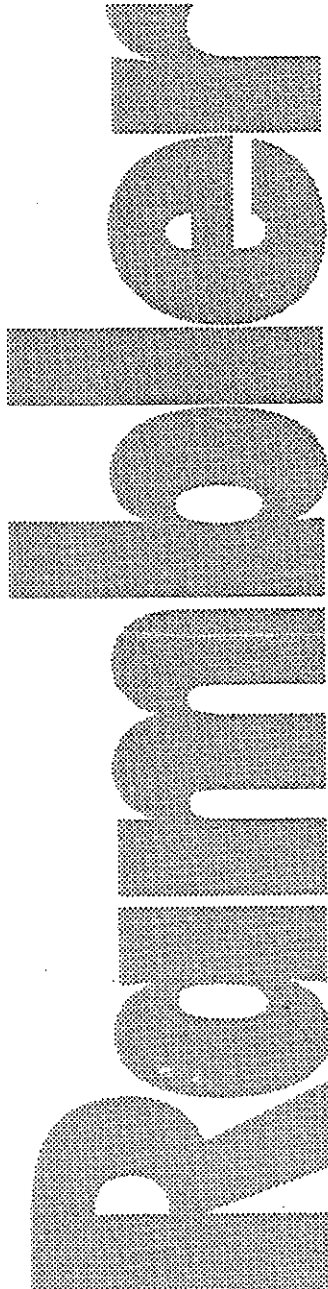
Bicycling donations

As the budget committee works out the details, they want ideas about ways the club can support bicycling. Please come to the March meeting with ideas for donations to improve bicycling.

Next Meeting

Monday, March 4 1996
7:00 p.m. at Mt. Clemens
Recreation Center
300 Groesbeck (at Lafayette)

- | | |
|---------------------------|----------------|
| President | |
| Steve Anst | (810) 573-8089 |
| Ride Director | |
| Rick Jones | 879-2490 |
| Secretary | |
| Julie Windhorst | 939-6073 |
| Treasurer | |
| Greg Schultz | 775-2208 |
| Editor | |
| Ted Gondert | 752-7043 |
| LMB Representative | |
| Warren Berthelsen | 781-6706 |
| Hot Line | |
| | 792-4670 |



THIS is your
LAST Newsletter
UNLESS you Renew

Ride Schedule

Reoccurring Rides

Call the Hotline (810) 792-4670 for updates

Lights are mandatory on evening rides.

Saturday 9:30 a.m. : meet Doug MacDermaid at Schultz Funeral Home (8½ & Gratiot) for 30-35 mile ride @14-16 mph to Grosse Pointe. breakfast after ride.

Tuesday & Thursday 4:00 p.m. Laps at Stoney Creek Park

Jeff Robinson is planning rides starting in February, doing laps at Stoney Creek Metropark, start at boat launch, weather permitting. Jeff suggests if it's fair and over 35 degrees, but he will be busy for a few weeks. Anybody can just meet and ride. This is a good opportunity to get some spring training in. Everybody can ride at their own pace without being dropped, you just get back together on the next lap. Only 3 miles maximum back to the start.

Scheduled Rides for February

Call the Hotline (810) 792-4670 for updates or call Rick Jones (810) 879-2490 to schedule a ride.

Not very many rides scheduled for February with the cold weather. Check the Hotline for latest news about events that come up after the newsletter is printed.

Sunday, Feb. 25th 8:30 a.m.: meet Duane Nieman or Ted Gondert at Romeo High School for 40 mile road or a mountain bike ride on dirt roads to Dryden UFW for pancake breakfast. Mountain bikes have ridden in some snow but not deep snow, slush or very cold temperatures.

Other Rides and Events

Wally Ball

Saturday Feb. 28. 6:00 p.m. to 7:30 p.m.: at the Warren Racquet Center on Civic Center Drive near 12 mile and Van Dyke. Contact Warren Berthelsen 781-6706 for more information. Price of court is 24 dollars per hour, divided by the number of players.

Stair Climbing

Sunday 9:00 a.m.: Meet at the Westin Hotel health club in the Renaissance center in Detroit. This is good training for the winter so you will be in shape for the spring. Contact Doug MacDermaid (810) 939-4670 for more information.

Summit Step up Stair Climb. This event on February 3-4th at the Westin Hotel in the Renaissance center was for the American Heart Association. Events include: "To the Top" (up 72 floors). The Vertical Mile Marathon (8 trips up) or "The Team Relay" (teams of 4 climb 18 floors each. The Clinton River Riders participated in this event both as competitors and as volunteers to pass out water etc. for the stair climbers. Our relay team included: Doug MacDermaid, Steve Angst, John Tarrantino and Bill Windhorst. Tim Phillips did the Vertical Mile in 1 hour 39 minutes, placing third in his age group. Bill Duemling and other members

helped as volunteers to pass out water, run the elevator, etc. to make the event better for the stair climbers.

Winter Bike

Weekend of March 2-3 at the Midway Hotel in Lansing. This is sponsored by the League of Michigan Bicyclists. Has seminars on bicycling advocacy and running a bicycle club, how to be better club leaders. The Joy of Cycling series focuses on recreational bicycling, touring and all the reasons we love our bikes. Advocacy track sessions are designed for state advocacy organizations and local clubs wanting to improve their social and ecological environments. All bicyclists are welcome \$25 for LMB members, \$35 for non members. Bill Duemling will make a presentation about putting on club event. Duane & Elizabeth Nieman will be presenting their slide show about their 2 year bicycle tour to Alaska and in Australia.

Call 313 379-2453 for more information

Holocaust Memorial Center Tour

Join us on Sunday afternoon March 3 at 1:30 to visit the memorial built for the victims of the Holocaust. We have to be assembled & ready to tour at 1:30 sharp so we don't get involved with other groups.

The memorial building is a self-guided tour where you will see photos, artifacts, & documents of the atrocities that occurred. There is no charge to visit but donations are accepted. Even though it is a self guided tour, for groups of 10 or more, we can get a guide that explains things as we go. Right now we are scheduled for 12 people. To get a guide we need to give them one week notice prior to our date. We will be going to dinner after at the Bread Basket Deli in Oak Park. The memorial is in W. Bloomfield on Maple at Drake in and educational complex. Being able to visit it with a guide will make the experience far more interesting. If you have any interest please give Bill or Julie Windhorst a call by Feb. 25 at 810-939-6073.

Boooooooaaaard

Get on the right track (no not to 9 Mile and Mack) to the Lionel Train visitor center in Chesterfield Twp. On 23 mile near Gratiot. Saturday March 16th at 10:00 in the morning. The tour of the center, which includes a 10 minute film on the manufacturing process, is free & takes 45 minutes to an hour. There is a 560 square foot layout designed for hands-on fun. Also in the center is a 52 foot display of Lionel memorabilia & artifacts dating back to 1900. Fear not of missing an early Saturday ride if the weather permits because we can have a ride from there after we are done. The ride can include a lunch stop or we can have lunch right after, then ride. If we don't ride we can go to lunch around there anyway. Call as soon as possible so if we have more that the 15 spots that have been reserved can possibly be increased. Please contact Bill or Julie Windhorst at 810-939-6073 by March 3rd to reserve your seat now.

LAB National Rally

The League of American Bicyclists National Rally will be in Dayton Ohio from July 3-7, 1996. Events include: Rides on roads and trails, ride to Orville & Wilbur Wrights bicycle shop, US Airforce Museum, children's rides & programs for ages 6-12. Tandem rides, etc.

LAB GEAR

JUNE 7-10, 1996. Millersville, Pennsylvania
Rides and seminars in the Pennsylvania Dutch Country.
Registration form in this newsletter.

TOSRU

Every year on Mothers day weekend, May 11-12 1996, the bicyclist return to Columbus, OH for the Tour of the Scioto River Valley. 100 mile down to Portsmouth for overnight then back on Sunday. This year is the 35th annual TOSRU. Registration forms were mailed out February 1st. Ride fills up fast with 6000 so send in your registration. Send #10 business size SASE to:
TOSRU96, PO. Box 14384, Columbus, OH 43214-0384

Upcoming events:

League of America Bicyclists- GEAR and Rally

GEAR is in Millersville, Pennsylvania. June 7-10. Ride in the Pennsylvania Dutch and Amish country of Lancaster County. Attend the Effective Cyclists class and many seminars about bicycling. Stay in the College Dorms.

RALLY is in Dayton, Ohio. July 3-7. Many rides in Ohio and visit the Wright Patterson Airforce museum. Take the Effective Cycling course and attend the many seminars about bicycling.

RAT. Ride Around Torch Lake. Sunday. July 21: in Elk Rapids. The Clinton River Riders usually stay up in Traverse City for the weekend at Warren & Barb Berthelsen's cottage on Old Mission peninsula. Call Berthelsens for more information (810)781-6706

Michigander V: July 20-26: Ride starts in South Haven and finishes at Metro Beach. The Michigander is mountain bike ride to showcase the Rail-trails in Michigan and provide riders with a scenic tour of Michigan towns and country. Linda Gorecki is the site coordinator for the last day. Riders will start in Clarkston and ride to Metro Beach. She would like some volunteers to help with a rest stop and route planning. Prefer to use back roads and of course Rail Trails and other recreational trails. This event is sponsored by the Detroit Freepress and Rails to Trails Conservancy. Contact Linda Gorecki at her office (810) 651-9260 if you would like to help.

Full Mood ride for women

Saturdays 8:00 a.m. at the Prestige Cycles bicycle shop on Moravian in Clinton Township on two Saturdays per month near full moon. March 9 and 23 is scheduled. Meet Patti Brehler for ride and clinic for women riders. Call 810 792-4040 for more information.

Club Jackets

The club jackets will be ordered next month. Jackets are made by Louis Garneau with same pattern as jerseys. Price will be \$55 for single layer windbreaker and \$75 for heavier jacket. Contact Rick Jones (810) 879-2490 for more information. \$30 deposit required.

Club Jerseys

There are only 10 club jerseys left in large and XXI sizes. Contact Pennie or Steve Morauski if you want to get one. (810)773-2213
Price to club members is \$37.50.

Dryden Breakfast

Saturday, Jan. 27 was a cold blustery day and I wasn't prepared to ride up to Dryden on Sunday. Bill Duemling called about 8:00 a.m. to ask if the ride was going at 9:00. Sunlight was streaming around the window shade so I reluctantly got up. Temperature was in the 20s. I tried to find all of my cold weather gear to prepare for the Arctic trek. Short sleeve polypropylene jersey, long sleeve wool Jersey, riding shorts, leg warmers, Bell Weather winter tights, Lobster gloves, face mask, winter coat, etc. Rode up to the high school to meet Bill but nobody else showed up. We decided to take the paved roads since the gravel roads had patches of ice. Bill set a reasonable pace up 32 mile road to Rochester Road. Don't have the speedometer hooked up on my bike yet but we were probably rolling along between 10 to 15 mph on our mountain bikes. haven't been training enough. Get to Lakeville and go north up the rolling hills on Rochester Road. Whew! the frost must have made those hills higher and steeper over the winter. Eventually we arrive in Dryden UFW hall, they ask if anybody else is riding up but we told them we're the only ones. Breakfast was good with sausage, pancakes, hash browns, fried eggs, tomato juice, coffee. The temperature had warmed up by the time we finished, left my coat open for the ride home. Rode Dryden road to Van Dyke in Almont and south to Romeo. Saw the new McDonald's in Almont, that's "progress". Stopped by Duane & EA Nieman to ask why they didn't ride. Maybe next month, Feb. 25th the weather will be good and we can get more Clinton River Riders out to Romeo High School for the ride.

RIDE THE CLASSIC!

Established in 1962, with its roots stretching back to the 30s, the Tour of the Scioto River Valley has earned its reputation as America's Bicycle Touring Classic. This 210-mile tour has been the model for dozens of other big tours across the country. Join 6000 fellow cyclists for a wonderful ride through the scenic Scioto Valley with food stops, arranged indoor or camping overnight and a baggage shuttle that allow you to concentrate on the bicycling.

Send a business-size, stamped, self-addressed envelope to the address below and on Feb. 1, we'll send you a free poster and entry form for the 35th annual edition of this great classic.

TOSRV96

MAY 11-12, 1996
P.O. Box 14384 ■ Columbus, OH 43214

Shifty Business

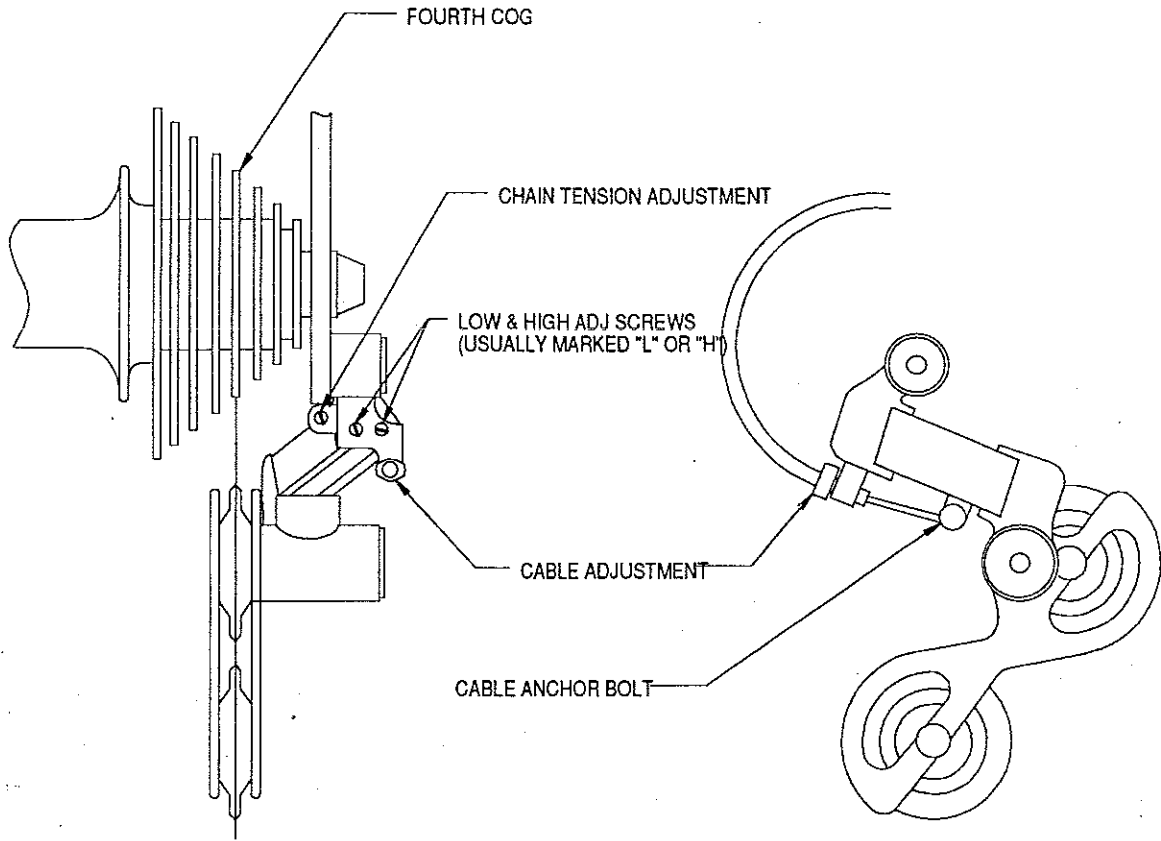
By Ed Gostin

Adjustment of an index derailleur system may seem to be art, but is really quite simple using some simple techniques.

The derailleur typically have four adjustments: the cable adjustment, low limit adjustment, high limit adjustment, and the chain tension adjustment. The cable adjustment is made by turning an adjustment barrel, through which the cable passes, that is threaded into the derailleur body. Turning the barrel out at a given cable position moves the derailleur cage (the part of the derailleur that moves the chain) towards the spokes, while turning it in moves the cage towards the dropout. The low limit screw limits the low gear position of the derailleur cage. If it is turned too far in, the derailleur may not shift into low gear. If turned too far out, the derailleur may shift into the spokes (not pretty). The high gear limit screw does the same job for the high gear position. The chain tension adjustment is the little screw buried behind the derailleur body at the dropout. Turning it in make the chain tighter, and moves the derailleur cage down (towards the ground) to increase the clearance between the cage and the cogs.

To adjust the shifters first place the bike on a stand that allows the pedals and rear wheel to move freely. Then:

- 1) Move the shift lever to the high gear position, turn the pedals to shift the gears. The chain should be on the high gear (smallest) cog. The cable should be slightly loose. If necessary, reset the cable by loosening the clamp bolt, setting the cable to be slightly loose; then retighten. Set the high gear limit screw so that the chain runs on the center of the high gear cog.
- 2) Move the shift lever back two clicks for six speed gear clusters or three clicks for seven and eight speeds gear clusters. The chain should now be on the fourth cog (third for six speeds) from the high gear cog. Turn the cable adjustment barrel to center the chain on this cog.
- 3) Shift to the low gear cog and adjust the low limit screw such that the derailleur can easily shift onto the cog, but is not allowed to shift into the spokes.
- 4) Check for ease of shifting onto all cogs, make cable tweaks as necessary. Remember that the gears will often shift differently under riding load than on a stand, so make the final check on the road.



That's all there is to it. If this doesn't work, check for sticky cables, worn parts (particularly the chain), bent chain links, etc.

