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The RAMBLER



Clinton River Riders Bicycle Club ***Access online at WWW.lmb.org/crr***

2008 Blue Water Ramble - Changes of the route and new lunch stop are near completion. There is an all American route. Mr. Blanchard and VanScott brought map routes to the meeting. Excellent work, thank you. Routes of 30, 45, 45 (with Canada), 65, and 100 miles are possible. Final decisions on possible stops in Marine City just south of the Ferry Crossing, St Clair (HS), and/or the Marina at St Clair, Smiths Creek (Peach of Ride location) and Algonac are the chores left for planning. There will be no stop in Canada if there is an Algonac stop. 45 milers with Canada and 100 milers are the only planned International crossers. Jim Crawford has managed and supported the smooth planning efforts this year as he has done in years past. Success and high expectations with everyone's efforts have become a Blue Water Ramble constant.

There is the annual 2008 Bike summit March 29th, in Lansing. 1 club member attends free with possible supplementing from CRR if more would like to attend.

April Birthday's

04/02 Rick Jones

04/15 Robert
Blanchard

04/26 Scott McGovern

04/27 Becky Holden

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.

New Members:
None at March's meeting. Our next club meeting is April 14th. As always the 2nd Monday of the month at the Mt.Clemens Public Library. 7 pm downstairs.

Get ready for a great 2008 - You and anyone who had a less than productive winter can gain sufficient fitness for a big spring event. The event is 62-75 miles (100-120 km) and you have 10 weeks to get ready from a fairly low foundation.

Consistently increase the length of your longest weekly ride by about **10% each week**. Overall weekly mileage -- or time on the bike, if that's how you measure -- should also increase about 10%.

To supplement this boost in long-ride time, one or two days during the week should include intensity in the form of group rides, intervals, hills -- whatever is fun to do without cooking yourself. A moderate dose will boost your speed and power, making long rides more fun. Would you rather struggle on those hills or spin up with a smile?

The good thing about training is that it doesn't require lots of time. Warm up, spend 30-45 minutes mixing in some intensity. By mid May, you should be fine for a metric century. That 62-miler will serve as training for the next long event you choose.

PEDAL TO THE PINES Saturday, June 14th, 2008 Starting/finishing at Huron Baptist Church: 1285 Michigan Road, Sarnia ON
85 Miles round trip.

CRR Ride Schedule

Monday No regular rides scheduled thru winter.

Tuesday No regular rides scheduled thru winter.

Wednesday No regular rides scheduled thru winter

9 am Rick & Sue Moorman lead a 30 mile ride from TBD To TBD.
Contact Rick for the weekly particulars.

Thursday No regular rides scheduled thru winter.

Friday No regular rides scheduled thru winter.

Saturday

9 am Stony Creek West Br 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 – 16mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the mid point.

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. We would appreciate your opinion and feedback on hotline use/necessity. One suggestion is to go to one line option. Mostly new members and others use was the consensus. Debbie Angst volunteered to update the hotline regularly. Thank you very very much.

Silver Spin April 30 10am start: Freedom Hill 22 miles pace 10 to 12
no ride if rain or below 40 degrees

Earth Day Clean up at Stony Creek is April 19th 8-12. We all appreciate the wonderful use of the park system please come out and give back.

Ride of Silence: Wed. May 21st, @ 7:00 PM, 2008

Join cyclist worldwide in honoring fellow cyclists who've been injured or killed, to raise awareness that we have the same rights and that motorist must Share the Road with us. (Rides in the so. hemisphere are scheduled for Sat. May 24th at 10:00 AM, for rider safety and greater visibility to the public and media)

The Algonac Lions club is pleased to announce the first annual Algonac Pickerel Tournament Bike Tour. It is to be held Saturday, July 5 with check in starting at 8 am at Algonquin Middle School, 9185 Marsh Road, Algonac, MI 48001. There will be two routes of 23 and 42 miles, both of which include lunch at the Old Club turnaround on Harsens Island.

Riverfront bicycle ride April 12th. 10 – 15 miles. See the highlights of downtown Detroit including GM headquarters, RenCen, Belle Isle, and end at Eastern Market. Contact Detroit Synergy thru Alexander Froehlich or DetroitBikes@detroitenergy.org

Marathon Walk Sat., April 26 --7:00am start: My house 28105 Rosebriar. Route my house to 11 Mile. East on 11Mi. to Jefferson: North on Jefferson to the Metro Path(enter just south of Ballard st.) Pathway to Metro Point. Return the same route. Sag service will NOT be provided. Be prepared with water, snacks, a sandwich would be good, and sunscreen. McDonald's is at about the 8 mile point. If interest in doing just part of the route, call for approximate time at certain points. Evelyn 778-8397

Bike and camp at Lakeport State Park June 2-5, 3 days of biking and camping. 2 sites have been reserved. Maps will be distributed for the area so everyone can ride at their own comfort pace. Call if interested-- Evelyn 778-8397. If you wish to just join the days ride, you are welcome to join us at the campground.

The founder of Trek Bicycles, Richard "Dick" Burke, died March 10th at age 73 from complications after heart surgery. Burke started Trek in 1976 and saw it become one of cycling's all-time success stories, helped in no small part by Trek being the bike on which **Lance Armstrong** won seven Tours de France. Trek is North America's largest bicycle company with sales of \$700 million in 75 countries and about 1,600 employees worldwide, including about a thousand at plants in Waterloo and Whitewater, Wisconsin. The current Trek president is Dick Burke's son John, who said his father's health had been deteriorating "and over the weekend he said goodbye to close family and friends. It was vintage Big Guy. It's hard to believe that it is over. He fought the good fight."

How to Degrease a New Chain (or Not) Many cyclist are familiar with the sticky stuff on a new chain, and people seem to agree that it should be removed either fully (inside and out with a strong degreaser) or at least on the surface. Many chain lubes recommend an initial degreasing. The lubricant companies think their stuff is better than what comes on chains. And the chain companies think the lube on the inside of the links should not be disturbed.

Degrease a new chain if you think you should, or dutifully obey the chain manufacturers. Neither way will get you in trouble. Then simply flood them with ProLink, wipe off the excess with a clean rag, and call it good. ProLink or another quality product keeps a chain running clean and lasts longer than any lube, it seems impervious to water, and it increases chain life substantially.

More important than what you do to a brand-new chain, keep it clean and lubed throughout its life. Life ends when there is measurable stretch. And don't lie awake at night obsessing about it.

Help Petition Google to Create "Bike There" Option for Google Maps. Join the [23,000 people](#) who have already signed [an online petition](#) that petitions Google to create a Bike There option for their [Maps](#) application. Use this link for more information -

<http://thegoat.backcountry.com/blog/2008/03/12/help-petition-google-to-create-%e2%80%9cbike-there%e2%80%9d-option-for-google-maps/>

Current members and potential new riders - I have noticed several persons of interest seeking advice and possessing a desire to get into cycling. Please encourage and seek out those who can mutually benefit from cycling. We have all been the new person struggling fit in and figure out how best to ride or ride better. Cycling has something to offer everyone. From solitude to comradery and cautious to extreme you can find it through cycling.

This month's paper copy of the newsletter is delayed by logistics but will be sent out as soon as possible. If you are reading this you can pass the information along to those with limited email access. Thank you.

Bikes are better because –

Bikes get just as clean and happy with Dawn (dish soap) as they do with Bed Bath & Beyond.

If you separate from your bike it won't bad mouth you to kids or anyone.

Age difference is not a major factor if you don't want it to be.

You get the better benefit out of riding.

For new riders here are some suggestions –

Generally all cyclists want to get more physically fit and have an enjoyable safe efficient way of doing it. 2 keys to getting along with other cyclist are 1) be steady and smooth and 2) be predictable. By steady/smooth I mean few sudden inputs to brakes or turns. Being predictable means if you are going to change your direction speed or other out of the normal riding circumstance you give some indication of doing so. It can be voice or hand signal, but due to the speed and close proximity with others they want to have confidence in you as you do in them.

Your fitness level will change as will your body composition the longer you stick with cycling. Some people think that weight loss will occur with cycling and this does not happen at the rate some would intend. There is no magic equation on how much body fat will disappear but most of it is replaced with muscle, especially on the legs, at nearly the same rate. But eventually your body will be more efficient which means your will have more lean muscle mass.

Some common misconceptions for entry level cyclist are how much to eat or drink. My general rules are – If you intend to ride more than 20 miles or 1 hour then eat and drink normally before the ride. At 1 hour of riding or rest stops drink 2 or 3 cups of fluid and 1 or 2 items like fruit, power bars, ½ pb&j sandwich, or other food type items.

If your body gets to fluid or calorie depletion sensations there is not enough time off the bike to make it up and still keep up with others or complete the ride with little discomfort. (More in discomfort later) It is called bonking or hitting the wall. This is an attempt to help you avoid it but the vast majority experience this at some time along the way of discovery of one's potential or limits.

The right bicycle means many things to most others but only one thing to you. 1st you must make a decision on what type of cycling your will

do. i.e. mountain, road, or hybrid. 2nd you have to know your frame size. There are many charts and formulas to calculate this. But basically take your inseam (cm) and multiply by .67. If you find yourself close to the borderline of the frame size go with the smaller of the 2. There are a couple of things that can be done make the bike feel bigger but very little can be done to the laws of physics to make it smaller. Another most basic rule is that you should be able to stand/straddle the bike and have 1 – 2 inches of clearance between your body and the bar.

Beyond these is home work on how much you want to spend, brand type, bike shop or online, material, and components. Sometimes it can be information overload and confusing but draw on other experience cyclist to help you make a smart, correct, and experienced decision.

Do what must be done to purchase a bike that suits your needs and fits well. Discomfort is not the biggest thing. But when you ride great distances comfort gets more important or ... uncomfortable. So make the right purchase. Make small adjustments, 1 or 2 at a time. When it is right leave it alone.

If you ride with others then stay inline or side-by-side, don't cross your front wheel with their rear wheel. But do try to stay about wheel distance from the rider in front of you. It is about 30% more efficient to draft. This is also why confidence and expectation is important to you and others close around.

Be ready to ride 15 miles at 15 mph when you ride with others or long rides. If you want to ride better you will have to ride with better riders. But don't choose others to emulate that are so much better it affects your confidence or their benefit. Soon enough you will be an experienced rider and at the front of your group ... someone else will be trying to be like you.

