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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The 2009 Michigan Ride Calendar is out in paper copy and online at www.lmb.org. Most of the annual favorites are still scheduled and others are new or re-titled. There are other money saving coupons and good information to be had.

It is a great time to get your bike to the bike shop. If you wait another month the time to repair might double, triple or even more. Local bike shops need your business and are an excellent source for information.

The Bridgeview Bridge over the Clinton River (between North and South River roads) is closed. Rebuilding and construction will continue through the rest of 2009. The 26 mile bridge over M-53 is now closed as well. This construction is expected to take until mid September. Alternate routes will have to be used for Stony Creek in particular.

The Men's Trip is June 5 thru 8 in Holland, MI. Al Barton is planning the routes. Contact John Tarantino to attend or if you need more details.

Please remember to renew your club membership now. This will get you included on the club roster.

April Birthdays

Date

04/02 Rick Jones

04/11 Deborah

Rodriguez

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.

Visitors: Kathy Johnson is a new member. Rick Okerhelm (previous member) also was present. Clinton River Riders welcome them. We hope to will experience many happy cycling miles together.

Our next club

meeting is April 13th.

Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

BWR Update -

Debbie Angst brought an example bag and outlined the long sleeve shirt design.

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

We are still seeking a Chairperson for the 2009.

Give Bikes some credit -

With close to 1.4 billion bikes and only about 400 million automobiles in the world, the bicycle is the most popular vehicle on the planet. In China alone there are more than 500 million bikes in use every day. Consider riding for more than something to do on the weekends when the weather is nice, or to burn a few extra calories after a week of eating out. Get out for a ride that helps your life. Cruise to the store, post office or a friend's home.

Quick Tip: Getting ready to reinstall your roof-top bike rack for the upcoming season? Or has it been up there all winter? Be sure to grease all bolt threads and quick-releases. Wind will blow-dry the slippery stuff and rain will wash it away, allowing bolts to seize with corrosion. Renew the lube at least once a year to prevent problems.

Early Season Riding -

I've decided to buy a lighter bike. Could mean-
(*I've gained 10 pounds*)



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Member



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George Zloitro

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Patrick Pogan is no longer a New York City policeman. Pogan, 23, stars in a YouTube video that shows him body slamming a rider into the curb during a Critical Mass ride in NYC last July. Pogan filed charges against the rider, Christopher Long, claiming attempted assault, resisting arrest and disorderly conduct. But the camera doesn't lie even if Pogan does, and he has now lost his cop job.

Spoke Maintenance Tips

- **Check** your wheels a couple of times a year or by your LBS. Of course, if you crash, absolutely have your bike checked wheels and all.
- **Spin** your wheels after smacking a pothole so hard you're happy you didn't fall. 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.

Bike to Work Month is Great — More People Need to Do It

May is Bike to Work Month. For the majority of the population, May is just another drive to work time. As bicycle advocates, we have to remind ourselves that our excitement about Bike to Work promotions slip by with, at best, nothing more than a passing curiosity by the rest of the adult working population.

Versus still does not list the Giro among European races it will televise in North America this season. Very disappointing from a network that once showed Giro stages live like it does the Tour de France. This year, especially, the Giro deserves coverage. It's the race's 100th anniversary and has the strongest peloton in years, including **Lance Armstrong** making his grand tour return.

Revive Your Legs During Long Rides Stand and accelerate briskly from stop signs, over little hills, out of turns or past the lair of a troublesome Fido. Don't script these pickups. Instead, do them when the terrain or situation makes it natural. You'll probably find plenty of chances.

Don't sprint all-out. That's not the purpose. Instead, simply get out of the saddle and wind up the gear for 10-12 seconds. Your effort should be about 80% of a flat-out sprint. Your legs shouldn't burn and you shouldn't be panting after you sit down. A few deep breaths should get you back to the ride's baseline effort.

Don't be irreplaceable; if you can't be replaced, you can't be promoted.

You can go anywhere you want if you look serious and carry a clipboard.

May 28th Is Lucinda Means Day in Lansing. 9am-4pm at the Foster Community Center.



Stretch on Your Bike Here are 4 stretches that can easily be done during rides:

- **Calves.** While standing, stop pedaling with one foot at the bottom, as if cornering. Put your weight on that foot and let the heel drop toward the road as far as possible. Hold for 10 seconds. Move your hips forward and arch to also stretch your low back.
- **Quads.** This is a rather advanced move, so don't try it unless you have adequate bike-handling ability. While sitting, stop pedaling, unclip your right foot and bring it back toward your butt. Grab your ankle with your right hand and pull the foot up and back, stretching your quads. Grip the bar on top near the stem so these movements are less likely to affect bike control.
- **Shoulders.** Sit up and hold the bar near the stem with your left hand. Extend your right arm up and back like you're pointing at a bird flying over. Stretch the shoulder girdle in this way for 10 seconds then do with the other arm.
- **Neck.** Sit up, hold the bar near the stem with both hands and slowly turn your head fully to the left and then to the right. Try to touch your right ear to your right shoulder, then left to left. Tuck your chin to your chest and hold for several seconds.

BEFORE YOU RIDE — ABC Quick Check

- **A** is for Air
 - • Inflate tires to rated pressure listed on sidewall of tires.
 - • Use a tire gauge to insure proper tire pressure
 - • Check for damage to tread and sidewall; replace damaged tires soon.
- **B** is for Brakes
 - • Inspect brake pads for wear; replace if less than ¼" remains.
 - • Check pad adjustment; make sure they do not rub tire or "dive" into spokes.
 - • Check brake-lever "travel"; with brakes applied, you need at least 1" between the lever and handlebar.
- **C** is for Cranks, Chain and Cassette
 - • Make sure crank bolts are tight; lube only the threads, nothing else.
 - • Check chain for wear; 12 links should measure no more than 12-1/8" long.
 - • If chain skips on freewheel or cassette, you may need an adjustment or new chain and freewheel/cassette.
- **Quick** is for Quick Releases
 - • Wheel hubs need to be tight in the bike frame; your hub quick release should engage at 90°
 - • Hub quick releases should point to the back of the bike to ensure they don't catch on anything (releasing the wheel).
 - • Inspect brake quick releases to ensure that brake cables have been re-engaged.
- **Check** is for "Check it over"
 - • Take a quick ride to ensure derailleur's and brakes are working properly.

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.

Eastpointe Chamber of Commerce Health Expo – March 28th from 10am -2pm. Eastpointe Senior Center. Contact John Taratino for more details.

