

Officers

President

John Tarantino

586-850-2485

Redtandom@aol.com

Ride Director

Gary Haelewyn

586-286-5094

bluecyclist@yahoo.com

Treasurer

Annette Smith

248-652-2278

bsmith02@comcast.net

Secretary

T J Hill

586-293-0162

Tjbiker@juno.com

Editor

Les Dunham

586-216-4135

lesdunham@hotmail.com

Sunshine

Julie Windhorst

586-939-6073

Weetandem@yahoo.com

Legislative Liaison

Mike Sproul

586-443-4544

BWR Chair

Jim Crawford

586-677-7033

Jcrawford76@comcast.net

Librarian

Bruce Freeburger

586-354-2320

Bruce@BIKESonTV.com

Merchandise

Dennis Prost

248-931-7300

The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Our Team Sammy, Make-A-Wish cyclists are selling wrist bands to support their fund raising requirements. A donation of at least \$5 is suggested. Each person has to raise \$750. Also they are having an event May 28th at the Pizza Hut 2407 Washtenaw Rd, Ypsilanti. 20% of purchases will go to their cause. Please come out and support them.

June 8th: Men's Weekend in Grayling. Call John Tarantino 586-677-0482 for details. John is looking for drivers.

June 21st: TJ's Summer Solstice. Call TJ for details.

June 1st 8:30 AM Meet Rick and Sue Moorman at Dryden HS for a breakfast ride to Lapeer and Metamora. 16-18 MPH for 45 miles.

BWR 08 update – The lunch stop will be in St Clair near the harbor area. Prices for pre registration have gone up slightly, \$18 for individual and \$30 for families. Fraser Cycle and Warren Cycle are main sponsors, please return the support by visiting them for your cycling needs.

June Birthdays

06/05 Aletha Bartels
06/06 Ed Gostin
06/07 Gail Komendera
06/10 Ken Rosiek
06/11 Leslie Dunham
06/16 Sue Graham
06/16 Sandy Overway
06/16 Bill Smith
06/17 Dave Switney
06/21 David
Komendera
6/21 Doug
MacDermaid
06/24 Art Anderson
06/25 Carol
Meerhaeghe
06/28 Julie Windhorst
06/30 Rich Ostrowski
03/26 Pennie
Morauski
03/29 Susan Kinkela
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 to get yours today.

Visitors: Alphonse Grzelka and returning Mark Bliss introduced themselves at May's meeting.

Our next club meeting is June 9th. Our meetings are always the 2nd Monday of the month at the Mt.Clemens Public Library. 7 pm downstairs.

Special Olympics Michigan is in need for volunteers for the State Summer Games May 29-31 on the campus of Central Michigan University. Volunteer positions include timers, measurers, and helping prepare athletes for each event.

May 25-Sunday-8:30am. Meet Sharon and Dave at 23 and Mound at Comerica Bank, southwest corner, for a 40-45 mile ride to Chrysler Tech Center Area, weather permitting. Pace will be 15-18 on the flats and 10-14 on the hills near the Tech Center. We will stop for breakfast near the mid-point. The route will take us to River Bends Park down Hamlin, then over to Auburn Rd. to Adams to Hamlin to Comerica/EDS service drive to Tech Center, back to Auburn, stop for breakfast, then back to Adams to Hamlin to Auburn to Hamlin or South Blvd.

May 26-Monday-8:30am. Meet Sharon and Dave at Romeo High School on 32 mile rd, 1 mile west of VanDyke rd. near downtown Romeo for a 40-45 mile ride, weather permitting, to Almont via Dryden and back to Romeo. Pace will be 15-18 on the flats and 10-14 on the hills. We will stop for breakfast in Almont (may have to be at McDonalds, if nothing else is open). Note: Route is rolling hills going from Romeo to Rochester Rd. and from Rochester Rd to Dryden. The route from Dryden to Almont and from Almont to Romeo is flat. Rochester rd. has been repaved from 32 mile to Lakeville.

June 17-Sunday-8am, Meet Sharon and Dave at Wiley Elementary School across from Utica High School on Shelby Rd, just north of 21 mile rd approx. .5 miles west of VanDyke rd. for Father's Day ride of 40-45 miles, weather permitting, to Royal Oak. Pace will be 16-18 on open rd and 14-16 in subs. Utica to Auburn Hills to Troy to Clawson to Royal Oak return to Clawson to Troy to Utica.

This month Washington, DC, will become the first U.S. city to join Paris, Barcelona, Milan, Amsterdam and other metro areas around the world in having a bike-sharing program. As told in a *New York Times* article, people in DC will be able to rent a 3-speed bicycle with the swipe of a membership card. The program, called SmartBike DC, is beginning modestly by offering 120 bicycles at 10 locations. DC's automated program, which officials say is the first of its kind in the U.S., is funded from public sources and an advertiser, Clear Channel Outdoor. For \$40 per year, SmartBike members will be able to borrow bikes for 3 hours at a time. Those who keep bikes longer than 3 hours will receive demerits and could lose renting privileges. Bicycles gone for more than 48 hours will cost the last user a \$200 replacement fee.

According to Bicycling.com The Most Improved Cities Are

Washington, D.C. Louisville, Kentucky, New York City

Runners-Up - Minneapolis & San Jose

Still the Greatest - Portland, Seattle, Chicago, San Francisco & Boulder

5 For the Future – Boston, Los Angeles, Salt Lake City Columbus & Fargo-Moorehead

Worst Cities for Cycling - Dallas, Memphis & Miami

A good wife always forgives her husband when she's wrong.
Milton Berle

Tire installation 101 - Talc is the key ingredient to mounting any bike tire, particularly folding road tires with tight Kevlar beads. Talc (baby powder) allows the tube to move freely inside the tire so it doesn't interfere with the tire/rim interface. Tubes get pinched and punctured when they become trapped between a tire lever and the rim. Generous use of talc (corn starch works too) dramatically reduces this risk. Always dust the tube with talc!

Place one side (bead) of the tire on the rim. That should be pretty easy. Align the label with the valve hole to look pro. Add just enough air to the tube to give it shape. Push the valve stem through the rim and feed the rest of the tube into the half-mounted tire.

Back at the valve hole, start seating the other bead, working with both hands around the rim in opposite directions. If the tube has too much air it'll become obvious. Let out a little. Use your thumbs to push the bead onto the rim. It'll become difficult, leaving a small section of tire unseated. Squeeze the seated beads together all the way around the wheel so they go into the rim's deeper center. Then you must resort to tire levers. Thumbs or palms are best, and patience is a virtue, but a tire lever does have its place.

After the tire is on, push the valve stem up inside, then pull it down again. Go around the wheel, flexing the tire side to side as you look into the rim to be sure the tube isn't trapped under a bead. Start pumping air, and then stop at 20 psi or so to check for places where the tire might be lifting off the rim. That means the tube is caught under the bead. If you ignore it, the explosion will be loud enough that you'll need to change your chamois and have your hearing checked.

People Who Ride: Walter Dellinger

The verdict is in for Supreme Court attorney Walter Dellinger - biking is the best way to clear your head, lose some weight, and get around a crowded city like Washington D.C.

By David L'Heureux

Less than an hour from a huge hearing before the Supreme Court on a Washington D.C. handgun ban last February, appellate attorney Walter Dellinger was feeling a little under the weather. So he did what he always does when he needs a lift: he

hopped on his bike. That's because for Dellinger's money, biking is the best way to clear your head, improve your day, and, in his case, get to work.

Dellinger, who is currently Chair of the Appellate Practice at the O'Melveny and Myers firm in D.C., first started riding his bike to work in 1993 when he came to the nation's capitol to be an advisor on constitutional law to then-president Bill Clinton. From 1996 to 1997, he worked in the Attorney General's office as the acting Solicitor General - the litigator for the United States in Supreme Court cases. During that year, he argued some of the most pivotal cases of the decade including physician-assisted suicide, Paula Jones' right to sue a standing president, the Brady gun control law, the Constitutionality of the line-item veto and calls for curbs on protests at abortion clinics.

"When I got to D.C. in '93, I just decided to leave my car at home and get a bicycle," says Dellinger, a Constitutional law scholar at Duke Law School prior to his stint at the attorney general's office. "It's a much better way to get around than by car, especially since 9/11 when they closed down Pennsylvania Avenue to car traffic."

Besides finding biking an amazing mode of transportation for a congested city like D.C., Dellinger also lost weight, felt better about himself and says he was mentally sharper for cases after taking the 15-minute, two-and-a-half mile ride from his office to the Supreme Court.

Once during his tenure as Solicitor General, he was stopped on his way out of the Justice Department by security. Apparently Janet Reno, the Attorney General at the time and Dellinger's boss, had seen him riding without a helmet. Security informed him that he wouldn't be allowed to leave the building without a helmet anymore. Those orders came straight from Reno herself, says Dellinger, who once infamously coaxed a shy Reno onto the dance floor at a White House Christmas party.

"Government jobs are very intense and riding a bike is a great way for me to clear my head during the day," says Dellinger, who has argued 21 cases before the Supreme Court. "I had to travel from the Justice Department to the White House every day. If I took the car someone would always call, but if I rode no one could reach me. So it was 15 minutes of time to clear my head."

Most recently, Dellinger represented the District of Columbia in his most recent appearance before the Supreme Court arguing to uphold the capitol's strict laws on carrying handguns.

Outside of court though, Dellinger can be found riding his Gunnar Roadie around D.C. or pedaling his custom-built Seven Cycles Odonata with the Carolina TarWheels, his local club. Regardless of where he is, Dellinger simply loves to ride and be around bikes.

"I think people who don't bike under rate how much fun it really is," he said. "Just going out from my busy day to do an errand on my bike mixes up the day. You get fresh air, some exercise, and it's fun."

The sheriff's deputy who drove his patrol car head-on into 3 California cyclists, killing 2, will be charged with misdemeanor vehicular manslaughter, according to the *San Jose Mercury News*. This could result in a maximum sentence of 2 years in prison for the 27-year-old deputy, **James Council**. He apparently fell asleep at the wheel before hitting the riders. Killed were well-known NorCal racers **Kristy Gough**, 30, and **Matt Peterson**, 29. The third rider, 20-year-old **Christopher Knapp** of Germany, did not suffer life-threatening injuries. A report in *cyclingnews.com* says that Council had been convicted of street racing in Los Angeles when he was 20 and plea-bargained to have DUI charges dismissed. The Associated Press has reported that there was no evidence of alcohol being involved in the crash that killed the cyclists. The Cupertino City Council has approved a memorial plaque where the accident occurred, which is on one of the area's popular training roads.

Keep Up in Corners - You're out with the local training bunch and hanging fine on the rolling hills and windy sections. But every time the group goes around a corner, you get gapped by a few feet. Then you need to ride harder to catch up.

Cyclists tend to go fast out of corners. Cynics would say its mob mentality. Some riders are fit enough to sprint away and so they do, simply to dole out some hurt. There is a benefit -- conserving momentum, which is at risk every time you come to a turn. Cornering scrubs speed. Standing and accelerating smoothly is the way to limit the loss. So, the key is to use your energy efficiently in corners, not defensively to close gaps. Here are five techniques. You can work on some by going to a lightly trafficked road with 90-degree turns.

CRR Ride Schedule

Monday 6:00PM Meet Bill and Diane Baker at Fraser Cycle 34501 Utica Rd for a 1-2 hour scenic easy ride at the pace of the slowest ride. No Ride on Meeting nights.

Tuesday

5:30 Sheffield Shuffle NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet Rick and Sue Moorman for a 15 - 18 mph ride with a distance of 35 - 50 miles.

Wednesday

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

6:15 pm Meet Bill Stimpson at Moravian and Garfield for 25-35 miles at 14-18 mph. Faster as the season progresses. Training for the Make a Wish event.

6 pm Meet Steve and Debbie Angst at Naldrett Elementary on Sugarbush. This is north of 21 mile and east of I-94. For 25-30 miles around New Baltimore. 16-20 mph.

Thursday

6 pm MSU Management Center, Square Lake and Crooks, Meet Rick Jones for a fast ride 15-17+ for a distance of 30 miles. Start together - end together. **Friday**

8 am or 8:30 Meet Bill & Annette for a 40 or 50 mile ride at 15 - 18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed.

Saturday

8 am Stony Creek (boat launch) to Armada. 44 miles at 16 - 22 mph (2 groups) with a stop in town to eat.

9 am Stony Creek West Br parking lot. Meet TJ Hill for mountain bike riding, pace of TJ. Call TJ at 586-293-0162.

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 –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.

