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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

*Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

**Sally Palaian** is included in an article on bicycle commuting in the Detroit Free Press, May 11<sup>th</sup> 2009. She and the other interviewees gave insight to success' and challenges in commuting. May is bike month and May 15<sup>th</sup> is bike to work day. Pick up the article today and give serious consideration cycling in our daily lives more regularly.

### **5th Annual**

#### **Lucinda Means Bicycle Advocacy Day**

Is on Thursday, May 28 2009, in Lansing. Bicyclists from around the state will join forces for a Ride and a Road Rally to the State Capitol building. The event is free but registration is required.

The Men's Trip is June 5 thru 8 in Holland, MI. Al Barton is planning the routes, and he claims no hills. Contact John Tarantino to attend or if you need more details.

**Keep fit** - The ability of muscle cells to consume oxygen (VO<sub>2</sub> max) is a good marker for endurance performance. Studies show that although sedentary people see their VO<sub>2</sub> max decline at a rate of about 1% per year after age 40, active people lose only 0.5%. And competitors who continue a long-term vigorous training program might lose only about 0.25% annually.

**May Birthdays**

06/05 Aletha Bartels  
 06/05 Dan Claus  
 06/06 Ed Gostin  
 06/07 Gail Komendera  
 06/11 Leslie Dunham  
 06/16 Sandy Overway  
 06/16 Bill Smith  
 06/16 Sue Graham  
 06/17 Dave Switney  
 06/21 Laurie Brickner  
 06/21 David Komendera  
 06/24 Art Anderson  
 06/25 Carol Meerhaeghe  
 06/28 Julie Windhorst  
 06/30 Rich Ostrowski

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](mailto:dmprost@strategicfnding.com) to get yours today.

**Visitors** Several people visited and Chris Muklewicz and Sue Frattarelli joined CRR as of our May meeting. We welcome you to our organization and wish you many happy miles riding together.

**Our next club meeting** is June 8th. Our meetings are always the 2<sup>nd</sup> Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

**Quick Tip:** Stow Your Warmers. Arm warmers are great in springtime. You can start wearing short-sleeve jerseys again but protect your arms against morning or evening chill. When the temperature rises you can peel the warmers down around your wrists where they can be pulled up again if you get chilly. Or you may want to take them off and stow them in a jersey pocket. Here's the technique we like. You can do it when stopped or while rolling down the road if you're comfortable riding no-hands for several seconds and conditions are safe.

Some new ride information -

**Bill Windhorst** is developing a ride that will probably be mid June. Starting in the St Clair Shores or East Point area and going downtown to enjoy the Riverwalk. There will likely be an area to securely park/store your bike. Pace will be 14-16 and distance 30-35 miles. Please contact Bill at [wetandem@wowway.com](mailto:wetandem@wowway.com) for more details.

**Dick Williams** is a newer member to CRR and is putting together a regular Sunday ride to start at 9am on May 31st. Destination will be Ft Wayne. Start point will be the student parking lot at Grosse Pointe North High School. The school is located off of Vernier Road 0.57 miles west of Jefferson. The pace will be moderate (15-17Mph). The distance is a touch over 40 Miles. Call Dick at 313-884-9579 or 989-326-1630 (cell) for details.



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George Zloitro

[george@precsound.com](mailto:george@precsound.com)

## **Cycling Shoes: The Foundation of Your Riding**

There are a couple of reasons cycling shoes are designed for such a tight fit. The first is based upon the way the foot works and what a cycling shoe must overcome, while the second deals with proper cleat location. It's crucial that cleat position is properly set.



A round pedal stroke delivers the greatest percentage of available energy to the pedal. When the knee moves in an eccentric circle it can't deliver all available power, as not all muscles in the leg get completely used. If you have pain on the medial or lateral aspect of your knee it most likely comes from issues with your feet.

Some fitters use what is known as the "new neutral." Essentially the fore/aft cleat is centered on the third metatarsal. If your shoe is too big you can't get the cleat far enough back. So you sacrifice power.

Bottom line: find the shoe and insole combination that provides the greatest comfort and power. Your foot/shoe combination is the foundation of your riding experience.

## Measure Your Improvement

A good training program should make you stronger. But if you don't have an objective way to gauge improvement, you won't know how well your program is working -- or whether it's working at all.

Watts are an objective way to measure increases in power output regardless of the wind and road surface. You can use a heart monitor. The trick is getting enough data points over several months, and there's no better time to start than on your next ride. Here's how:

- Establish one day every 2 weeks for testing. Follow an identical protocol each time: a rest day before the test, same diet, and same warm-up.
- Use the same 3-mile (4.8-km) stretch of road. Ideally, it'll be sheltered from the wind and won't have traffic control devices. Or, use a loop 4-5 miles (6.4-8 km) around.
- On test day, warm up well. Then ride the course out-and-back like a time trial or go around the loop. The idea is to negate the wind's effect by riding both into it and with it.
- Watch your heart rate. Keep it just below the number where heavy breathing turns into panting. This isn't a flat-out time trial, but it's close.
- Record the elapsed time in your training diary. Also note your average heart rate and any environmental conditions (wind, temperature) that may have affected the test. Weather factors will vary from one test to another, but they'll average out during several months.

Chart your times on graph paper or a computer program. If your training is effective, you'll see a definite curve of progress (lower times) and ability to sustain a higher heart rate. If not, you'll know that your program needs changes.

Maybe consider riding the

**Lupus Loops Bike Ride & Pancake Breakfast**

June 14, 2009 8 am, Shopping Center Parking Lot

25 Mile & Shelby Road

[http://milupus.org/dynamic/bike\\_ride\\_09.htm](http://milupus.org/dynamic/bike_ride_09.htm)

Or

**Algonac Pickerel Ride July 4<sup>th</sup>**

Start: Algonac - 9185 Marsh Rd.

Distance: 23, 42 Fee: \$20; After 6/13 \$25; DOE

Algonac Lions Club - Cindy Babisz

(810) 794-7634 | cab8260@comcast.net

[www.algonaclions.org](http://www.algonaclions.org)

**CRR Ride Schedule**

**Monday**

6 PM Meet Bill & Diane Baker at the Genysis Credit Union Office 23 mile & Van Dyke) for a 10 - 15 mph bike ride. Easy paced ride with no set destination or mileage.

**Tuesday**

5:30 pm 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.

### **Thursday**

**6 PM:** Meet Gary Haelewyn and sometimes Sally (248-549-9062) at the SW corner of Sheffield Parking Lot 20-30 hilly miles at 12-14 MPH in the Troy, Bloomfield, and Auburn Hills area.

**6 PM** Meet Carol Green at Masonic and Jefferson for 30 miles of 15 - 17 mph riding. Slightly easier early in the year.

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

### **Friday**

**9 am** Meet Bill & Annette for a ride at 15-18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed. Meet often at the Romeo Kmart to various destinations.

### **Saturday**

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

A group will also leave **25 & Shelby at 8:30** taking the path and roads to Armada. 36 miles, few hills, 15-19 pace.

**9 am** Stony Creek West Branch 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.

**9 am** Meet Dick Williams at Gr Pointe North HS for 40 miles of riding to Ft Wayne and back. 14-17mph. Begins May 31st.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

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

**The Consumer Product Safety Commission denied** the U.S. cycling industry's petition to exclude children's bikes from a strict new lead law, but it granted a 2-year delay to allow manufacturers time to figure out how to comply. The new law restricts the amount of lead in children's products to 600 parts per million. Some small bike parts, including valve stems, spoke nipples and cable ends, exceed the limit.

- **Quick Tip: Save Your Soles.** Try Shoe Goo to protect the high-wear areas (such as the heels) of carbon-sole road shoes. Shoe Goo comes in a tube and can be found in stores that sell running shoes. After using rubbing alcohol to clean the area that needs protection, apply the stuff in thin layers, letting each dry before adding more to get the shape and thickness you want. Shoe Goo adheres well and lasts a long time. When it begins to wear away, simply add more. It's clear like silicon putty so barely shows.

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**Riding in the Rain** - It's important to realize that with your typical road tire (700x23 or 25) there isn't much rubber meeting the road. Just a little wetness will affect traction and control. Some measures to help are 1) Reduce inflation pressure (maybe 10 psi), 2) Avoid using brand-new tires, 3) Stay balanced. As long as your wheels are rolling and your weight is normally distributed on the bike, 4) Brake early and easily, and 5) Be prepared for punctures. Rain washes debris onto roads, making flat tires more frequent.

