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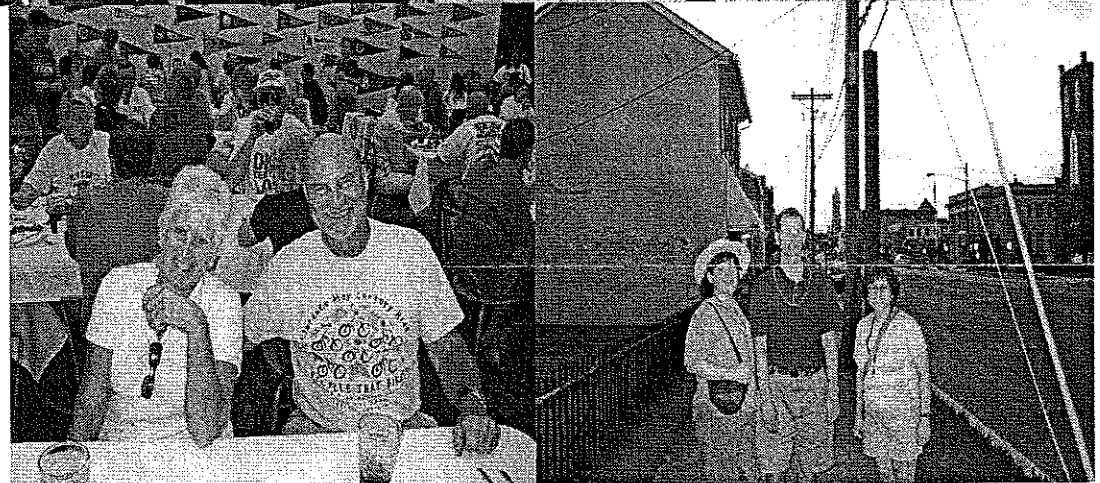
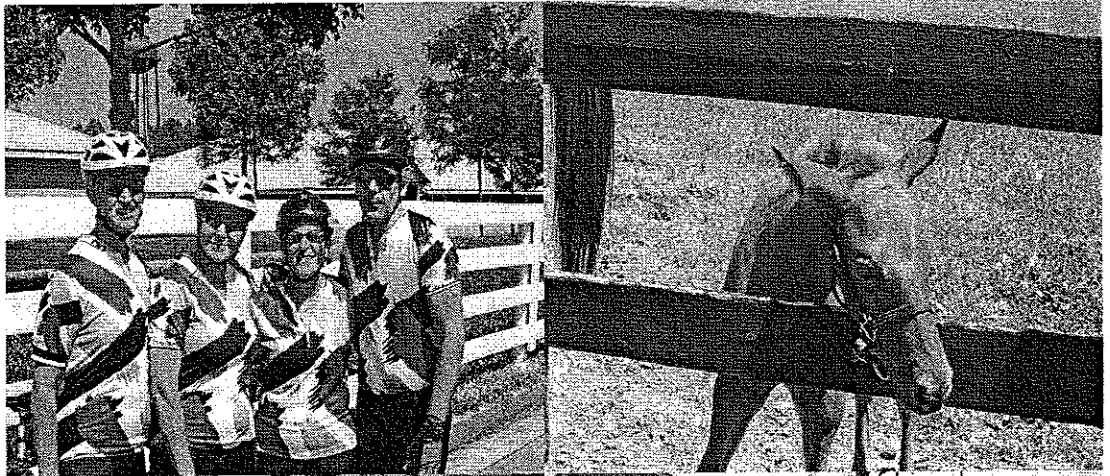
Librarian

Bruce Freeburger

The "RAMBLER"

June 2004

Clinton River Riders Bicycle Club



June 2004

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13 Pre-OHR & Meadow	14	15	16	17	18 Velo Race	19
20 Royal Oak	21	22	23	24	25	26 Recumbent Rally
27	28	29	30			

HOTLINE
 586-819-0222
 (Press 1 for latest updates)

WEEKLY RIDES

CHANGES
 Call Bill Baker, Ride Director
 586-739-0261
 CRRrides@wideopenwest.com

1ST OF MONTH

MONDAYS

Club Meeting, 7:00-9:00PM, Clinton Macomb Public Library, 40900 Romeo Plank (From Prestige, take Garfield (N) to Clinton River Road (E) to Romeo Plank (N). Bldg is on right at (SE) corner Romeo Plank and Canal. 1st floor on right **NOTE: The JULY meeting will be held at the North Branch of the Clinton-Macomb Public Library, 16800 24 Mile Road, just west of Romeo Plank**

6:00 PM

Meet at the M.S.U. center, Sq. Lake & Crooks. Ride as many hills as we can be found at a fast pace. Does NOT have a set leader (first person up the hill is the new leader). Pace unknown. Average will start at about 18.5 mph for 30 miles, and will increase to about 19.5 mph for 45 miles in late August. At times we will ride at 25 mph, and at times going up hills, it will slow to about 14 mph. The ride moves to Tue. after club meetings on Mon. The ride will officially start on April, 19. Call Rick Jones for more info.

6:00 PM

Meet Diane Baker at Fraser Cycle for an easy paced ride for 1.5 to 2 hours. The ride is the pace of the slowest rider. There will be no ride the week of the club meeting.

5:30 PM

TUESDAYS

Meet at Prestige Cycles, Moravian and Garfield, for a 30—35 mile ride at an initial pace of 15-17 MPH with a destination of Metro Beach, 30 to 35 miles. Call Rick and Sue Moorman 586-792-0119 for details.

5:30 PM

WEDNESDAYS:

"Sheffield Shuffle I" Meet Ken & Cindy Rosiek at southwest corner of Sheffield Office complex Big Beaver Rd and Cunningham Dr. Approximate distance of 30-35 miles, light conditions permitting. Initial pace of 15-17 MPH. Rolling hills. Ride pace and terrain difficulty will increase as season progresses covering up to 50 miles in July. Good training ride, come early and often.

July 2004

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Meeting	6	7	8	9	10
11 Holocaust	12	13	14	15	16	17 MS-150
18 MS-150	19	20	21	22	23	24
25 Switney Anniver	26	27	28	29	30	31

Note: Send newsletter ride changes and/or additions to BLUECYCLIST@YAHOO.COM

5:30 P M

THURSDAYS

"Sheffield Shuffle II" same as Wednesday ride only meet leaders Rick and Sue Moorman.

6:00 P M

Meet Bill and Bill at Prestige Cycles, Moravian & Garfield, 2 hour ride to unknown destinations at 13-15 MPH.

8:00 A M

FRIDAYS

Meet Duane Nieman in the Romeo/Armada area for 35 to 60+ mile long rides to different locations at a pace of 15 to 18 MPH with a breakfast stop. Call Duane 586-752-6482 or email Bill Smith bsmith02@comcast.net and Bill will add you to a distribution list for latest ride info.

6:00 P M

Meet Dave Baker at Marter & Jefferson, 15-18 MPH for 30-35 miles. Pace will increase to 18mph as season progresses.

8:00 A M

SATURDAYS

Meet Bill and Annette Smith and Sandy Overway at the Stoney Creek boat launch for a 16-19 mph 40-45 mile ride to Armada for breakfast.

9:00 A M

Meet TJ Hill at the Stony Creek Boat Launch for a 50 miles of Mountain biking. Lunch will be in Lake Orion around the 30 mile mark.

9:00 A M

SUNDAYS

Meet TJ Hill at the West Branch Parking Lot for more for Mountain biking to unknown destinations at the pace of the slowest rider for a distance to be determined

2004 Blue Water Ramble Chairs

Jim Crawford
2004 BWR Chairman

Committee Chairs

- **Food:** Tom and Sue Graham
- **SAG:** John Tarantino
- **Parking:** Jerry Pavlat
- **Cleanup:** Bill Stimpson
- **Publicity:** OPEN
- **Routes:** Gerry Bartels
- **Ferries:** Bruce Carlson
- **Registration:** Bills Baker & Duemling

Birthdays

Bday First Name Last Name

07/01 Dennis Prost
07/04 U S A
07/03 Bruce Carlson
07/07 Bonnie Michalak
07/09 KathyGeorge
07/16 Andy Batten
07/17 Peter Bosma
07/23 Karl Johnson

Welcome New Members:

KRIS BOLLE
TONY SMITH
DONNA MESYN
BONNIE MICHALAK

Recall notice of SM-SH92 cleats sold as after market product for Shimano SPD-R pedals

Name of product: SM-SH92 (10 degree total float) cleats designed for Shimano SPD-R road pedals. Potential Hazard: Unable to clip out of the pedal if the rear protrusion tab breaks on the SM-SH92 cleat from prolonged use.

Description: The affected cleat has an engraved marking with the model SM-SH92 that is visible from the backside of the shoe. The SM-SH92 cleats were sold as aftermarket product since 1999. The cleats are compatible and are designed to be used with all Shimano SPD-R pedal models -PD-7700 /7701 / 6600 / 6601 / 5500 / R535. The SM-SH91 (6 degree total float) cleats that are supplied with all Shimano SPD-R pedals and the after market product SM-SH90 fixed cleats are not affected by this recall.

Sold at: The SM-SH92 cleats were sold as after market items under Shimano part # Y43Y98030 at retail stores. Manufactured in: Osaka, Japan.

Remedy / Contact: Call Shimano American Corp. toll free at 1-800-353-4719 (Monday through Friday 8:00am~5:00pm P.T.) to receive replacement free of charge.

This information is also available for consumers on our website: <http://bike.shimano.com> (US site).

RECALL: Park Tool Professional Bicycle Floor Pump

Sold from March to August 2003 for \$80. Pump is chrome and has "Park Tool USA" printed in white letters on the side.

DEFECT: Pump can become over pressurized with air, forcing the handle to quickly rise upward, potentially injuring the user.

CALL: Park Tool at 888-568-4959

SPECIAL EVENTS

On Sunday 13 June there will be a ride to Meadowbrook Hall that includes a 90 minute guided tour of the facility. The ride will leave from Square Lake and Crooks at 9 AM. Twenty people are required to cover the expense. Call John Tarantino for details.

Pre "One Hell of a Ride" Ride: **Sunday June 13** at 9:00 am. Meet at the Chelsea Fair Grounds. Distance approximately 50 miles at 16 - 20 mph. Call Ken Rosiek 248-541-0861 for details.

Join Dave&Sharon on **June 20** for a 46 mile ride to and from Royal Oak at a pace of 16 to 18mph. Meet at 8:30am in Wiley School parking lot on Shelby Rd. across from Utica High School in Utica. Breakfast in R.O. and a 30-45 min tour of the Clay & Glass Art festival.

June 18-20 Can Am Challenge. All Categories/ All events. Velodrome at Bloomer Park

June 26, 2004 (Saturday), Michigan Recumbent Rally Central, Holt, Michigan (Lansing area), 10am-3pm, 517.694.6702, www.wolverbents.org, wolverbob@cs.com

July 11th, 2004 - Meet Bill and Julie Windhorst at the MSU Management Center located at Long Lake and Crooks in Troy at 9:00 AM for a 40 mile bike ride with a tour of the Holocaust Memorial Center located at 28123 Orchard Lake Road, Farmington 248-553-2400. The ride at times will be gently rolling terrain and our pace will be 16 to 18. The docent said we can park our bikes around the back of the building. Please bring a lock. We have scheduled a personalized group tour at 10:30. Please be prepared to make a small donation to the Memorial Center as this service is at no charge. After returning to the MSU Management Center, we will drive to back to their home located at 3160 Barkway Drive, Sterling Heights, 586-939-6073 (18 & Ryan Area) for the almost annual BBQ. You may park behind our house (at the school) and come through the fence behind our yard. Please bring a dish to pass and your favorite beverage. We will have hamburgers and hotdogs w/buns and condiments to pass. Please RSVP no later then 7/9/04 Please join us!

July 17-18 MS-150— Cathy Osip is looking for volunteer tour leaders to ride the MS 150. Ride starts in Davisburg on Saturday for 75 miles to MSU. Overnight in dorms. Return 75 miles to Davisburg on Sunday. No cost to riders, all meals included. Call Cathy Osip (248)879-5849, or email her at cathosip@comcast.net

Join Dave&Sharon on **July 25** at Monfort Elementary School on Montgomery St. located between 23 and 24 mile east off of Mound Rd. in Shelby Twp for our 25th Aniversary Ride. There will be two rides!! First ride leaves at 8:30am for 35 miles at 16-18mph, with some good hills into Rochester area, return to Monfort. Second ride starts at 11:30am for 15 miles at 14-16mph within Shelby subs, and is flat. Second ride occurs rain or shine!!! RSVP requested. dtswitney@nerzero.net or call 586-254-1851 before July 19th. Lunch and cake to be served after the ride! More details to follow!!!

August 1st—Join TJ Hill for his annual "Just Right" picnic ride. Call TJ at 586-293-0162 for details.

August 9—14 Detroit 6-Day Races. Velodrome at Bloomer Park

August—Bill Stimpson is planning a Roseville to Raleigh NC sagged trip. Call Bill at 586-899-4763 for details.

The **August** special ride will be to the Wright Museum. Call John Tarantino for details.

The Prez Sez,.....

Before you know it, the Blue Water Ramble will be here. We have donated almost \$50,000 to cycling organizations in the past eight years with proceeds from BWR. This wouldn't have been possible without all of the help from volunteers.

Everyone's time is valuable, so when a person volunteers his time, it should be appreciated. Our committee heads do a very important job keeping things organized. We all need to assist these leaders the best we can. Take your turn and become a committee head. You will be surprised how rewarding it can be.

To retain our volunteers, it is important to present ideas and suggestions in a positive way! If you have an idea, offer to take charge of that task. It is imperative that we keep our volunteers so the CRR can keep contributing to cycling.

John Tarantino

Taking the High Road, the Low Road and Maybe a Boulder or Two

By ELISABETH BUMILLER

WASHINGTON

When George W. Bush fell off his mountain bike and banged up his face the week before last, the world took modest note of the president's new hobby.

What it did not know was that over the past three months the 57-year-old chief executive, sidelined from the fast track with runner's knee, has become so consumed by mountain biking that he now rides at least an hour a day on most weekends, and monitors his heart rate with a wrist strap during workouts. (Mr. Bush reported through his press secretary, Scott McClellan, that he sometimes gets above a chest-thumping 160 beats per minute.)

As it happens, a certain 60-year-old Democratic presidential candidate is a serious biker, too, although Senator John Kerry more often road bikes. Mr. Kerry sometimes takes his bike on his campaign plane, and during days off takes two-hour jaunts along the Charles River in Boston.

At first glance, this is nothing more than the story of two middle-aged jocks cycling themselves away from the advances of time. At second glance, this is an election year, and the situation is more complex.

First, look at the candidates' choice of bikes. Mr. Bush keeps a Trek Fuel 90 at his Texas ranch, the site of his tumble on May 22. The Fuel 90, one of the snazzier of Trek's mountain bikes, retails for more than \$1,500. At Camp David, Mr. Bush also rides a Trek, but picks it out from the fleet of more ordinary \$250 models available to guests.

Mr. Bush's choice of Trek is hardly surprising, given that the company is one of the world's biggest manufacturers of quality bikes and its president, John Burke, is a member of the President's Council on Physical Fitness. Trek's sponsored athlete is Lance Armstrong, the five-time Tour de France winner from Austin, Tex., who presented his friend the president with a Trek bike at the White House in 2001.

It was difficult to determine if Mr. Burke is a Republican, since he declined repeated requests for an interview. But it could be determined that Ben Serotta, the maker of John Kerry's road bikes, is politically compatible with one of his most famous customers.

"I come from a fairly long line of Democrats," Mr. Serotta said in a telephone interview from the headquarters of Serotta Competition Bicycles in Saratoga Springs, N.Y. If Mr. Kerry won the election, he said, "we certainly would not be disappointed." Mr. Kerry owns two road bikes from Serotta, a niche manufacturer that serves a high-end market. The senator has an Ottrott, which retails with custom-added parts for an average of \$8,000, and an older Colorado III. Mr. Kerry also has mountain bikes for the trails near his home in Ketchum, Idaho.

Taking the High Road, the Low Road and Maybe a Boulder or Two (cont)

Moving on, let's take a look at Mr. Bush's and Mr. Kerry's bike sportsmanship.

When Mr. Bush had his spill, Mr. Kerry's reaction rapidly coursed through political cyberspace. According to The Drudge Report, Mr. Kerry said to reporters in what he believed was an off-the-record remark, "Did the training wheels fall off?"

The Chicago Sun-Times then reported that Chicago's Democratic mayor, Richard M. Daley - who ripped the skin off his kneecap on a bicycle accident a few years ago - had scolded Mr. Kerry for the wisecrack. "You should not wish ill upon anyone," Mr. Daley said.

The Republican National Committee then seized on Mr. Daley's remarks and sent them out as an attack e-mail under the headline They said it!"

Mr. Kerry took his own fall from a bike on May 2 after he hit a patch of sand on a two-lane road in Concord, Mass. Mr. Kerry had no injuries and Mr. Bush had no reaction, at least none that we know of.

Finally, let's look at bike-riding performance. Mr. McClellan said that Mr. Bush typically mountain-bikes 15 to 20 miles for an hour or an hour and a half at a time, either at his ranch or at Camp David. This past Saturday, Mr. Bush also rode the course at a Secret Service training facility near Beltsville, Md., where he could be seen at a distance in a group of up to 10 helmeted cyclists, trailed by a van and an ambulance.

So far that is the only public sighting of the president astride a bike, making it hard to gauge his proficiency. But the Secret Service agents who ran with Mr. Bush in his 6:45-mile days are now busily training on stationary bikes in the Eisenhower Executive Office Building gym, and complaining of sore muscles after their intense workouts with Mr. Bush.

Mr. Kerry, meanwhile, has covered up to 100 miles a day on his road bike in some charity rides. "John's a very fit rider for someone 60 years of age," said Clint Paige, the president of Wheelworks, a company of Boston-area bike shops where Mr. Kerry buys his Serottas.

Of course, comparing road biking to mountain biking is like comparing Democrats to Republicans. "It's a much different type of exercise," said Stephen Madden, the editor of *Bicycling* and *Mountain Bike* magazines. "Mountain biking involves a lot of up and down, and it also can involve a lot of technical expertise in jumping logs and rocks."

Still, maybe as a sideshow to the presidential debates Mr. Bush and Mr. Kerry should have a bike race, which would add new meaning to political spin.

For Sale: 1988 Cannondale Tandem, 23/21, color: teal
Excellent condition. Pictures and specs upon request.
\$750.00 O.B.O. Bill Cleland 586-775-5125
wcleland@wideopenwest.com

Club Cookbooks: \$10 selling fast. Call Julie Windhorst (586-939-6073) to order.

Club Clothing: Call Sandy Overway (586-781-8315) to place your order.

The Thief of Georgetown by Gary Haelewyn

A few weeks ago I was reading the AABTS newsletter and came across an article by Claudio Vacas about his early racing days in Spain. Claud was just beginning his racing career and hired a coach who kept insisting that Claud purchase all sorts of technical gear to make him go faster. But each time Claud raced he could not beat a guy named Pedro that just rode a simple bike. It was an interesting article that ended with a question asking the reader to guess just how Claud was finally able to beat Pedro. I met Claud about 15 years ago and know he is an awesome rider, having done Paris-Brest-Paris twice during the time I've known him. He's retired now, sports a long pony tail and teaches Spanish at Oakland.

This past Memorial Day weekend I rolled the dice and decided to ride the Horsey Hundred down in Georgetown Kentucky with my friend Sally. This would be Sally's first Horsey and I had to warn her about the hills and the slight possibility of rain on Sunday, a Horsey tradition. While Sally worked diligently getting in shape for the hills I prayed for good weather.

Saturday arrived and we decided to do the 53 mile loop through this beautiful horse country in Kentucky. Four miles into the ride Sally asked if I locked the car as her purse was in it. I usually do, but had forgotten this morning as I had forgotten to put on my bike shoes when we started and had to go back and change my shoes causing me to forget to lock the car. (It's part of the aging process). So I tell Sally to keep riding and I would meet her at the lunch stop. I turned and rode back to the car which was indeed not locked. I locked the car, turned around and there was Sally ready to ride back with me. Our 53 mile ride route would now be a 61 mile ride. Fortunately her early training and my praying paid off as we both completed the ride together on a beautiful sunny day in Georgetown Ky.

It was on Sunday that I learned Sally had trained harder than I had prayed. We decided to do the 37 mile route and then head home. But 20 miles into the ride the sky darkened and suddenly opened on us with buckets of water and lightening and thunder all around. The Horsey Tradition lives on. Completely soaked we came to the lunch tent at the top of hill. In the pouring rain Sally said she wanted to see what they had for lunch so she disappeared into the crowd huddled in the tent while I waited outside in the pouring rain with lightening and thunder all around. Finally Sally appeared at the edge of the tent and I yelled through the pouring rain and lightening and thunder to get on her bike so we could get going. She looked at me and shook her head. I knew this would happen the moment she got off her bike. So macho man decides he will go on by himself braving the storm alone. He rode about one half mile before spotting a porch with 3 other cyclists on it and quickly joined them.

I waited out the storm until the rain eased up and then headed out again thinking I had to get back to the college, get the car, and then search for Sally. I rode hard for the last 17 miles before getting back to the car. I figured I would hit the bathroom before going out to fetch poor little Sally. Just as I'm about to enter the building Sally looks down from the 3rd floor and yells "Hi Gary". I looked up in utter amazement. How did she beat me back? Turns out she waited 5 minutes under that tent and ventured out after me, missing me on that porch. UNbelievable.

We will take our showers to wash off the road grime and then head for home. Women's showers are on the second floor while men's are on the third floor. I forgot to bring a towel so I take a t-shirt to the shower with me to dry off. Guess who's in the shower room when I get there. Yes, Claudio Vacas. "Hello Claud, how did you like that ride", I ask. We exchange pleasantries and I then get into the shower. When I'm done I dry off with my Tshirt and reach for my clothes. They're gone. Claud, the Thief of Georgetown, has taken my clothes. I wrap the t-shirt halfway around the lower parts and peer into the hall. "CLAUD, YOU THIEF, BRING BACK MY CLOTHES" I yell into the empty hallway.

The Thief of Georgetown (cont)

A couple doors open but no Claud. I explain my situation to one of the guys and he tells his wife in the room to not come out as there is a naked man in the hallway. So I wrap myself as best as I can and head back to the room hoping no one will see me.

Hurriedly I dress and go down to the second floor. The hallway is dark and most of the doors are open meaning everyone has left. "CLAUD VACAS, YOU THEIF, ARE YOU HERE", I yell out. I'm about to turn back when I hear a faint, "yes, I am here in this room". I race to the end of the hall and there stands the procurer of my wardrobe. "You have stolen my clothes", I exclaim. He hesitates for a moment and then says, "oh yes, I may have them, they are down in the dirty clothes bag in my car". We go down to his car where his wife goes through the dirty clothes and brings out my Pearl Izumi shorts and Dalmac jersey.

You might think this is the end of my story but not quite. A few days after returning home I decided to take a local ride. As I put on my shorts I thought to myself I must have put on some weight from all the good food down in Georgetown. I felt like I was wearing a girdle. I do the ride but I feel so restricted I can barely move my legs. Then a few days later I get a call from Claud. It appears we both use the same type of shorts, except his are one size smaller than mine. Ah Ha! I think I now know how Claud finally beat Pedro in those early days of racing. He stole Pedro's riding shorts.

Velodrome at Bloomer Park

Hours of Operation

Sunday 1-5
Monday 12 noon—7PM
Tues/Thurs 12 Noon to 8PM
Wed/Fri 12 noon—9:00 PM
Saturday 10:00AM—6:00PM

Fees:

Kids: Under 18 FREE! Includes bike
Rental, equip, & Coaching
Adults: 1st Session Free
\$10 session/\$60 season pass
Bike Rental: \$5

Free Class—Track 101

Thursdays—6:00PM
Saturdays—10:00AM

Details: 248-961-3705
Www.velodromeatbloomerpark.com
Or www.nas-track.com

Weekly Race Series

Wednesdays: 6:30 PM
Mike Walden Races
Fridays 7:00PM
Elite Training & NAS-TRACK League racing
Saturdays 3:00PM
Michigan CAT Summer Point Series