

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*

July 5th thru the 27th is this year's Tour De France. There are lots of changes for riders, including some exclusions that will mean no repeat winner this year. Deterioration of support for US cycling at the professional level has dispersed several familiar names among other teams. Challenging yes and it may be interesting with some surprises. The action can be seen on Versus for those who get it on cable. Some more details are inside this newsletter.

Our Team Sammy, Make-A-Wish cyclists are selling wrist bands to support their fund raising requirements. The Wish a Mile ride is July 24-27th. A donation of at least \$5 is suggested. Each person has to raise \$750. Please support them.

Blue Water Ramble applications are printed and moving toward bulk mailing. The routes are set. The next step is to staff the support functions and committee chairs. Please plan to participate in making this famous ride the best ever. There is plenty of opportunity to excel. Contact Jim Crawford if you will work any of the needy areas or have suggestions that can be implemented.

July Birthdays

07/01 Dennis Prost
07/05 Marc Soller
07/08 John Hall
07/09 Kathy George
07/13 Thomas Matese
07/17 Peter Bosma
07/19 Doris Mulligan
07/20 Jan Henry
07/26 Catherine Serra

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: Ron Konopka and member Chris Morgan introduced themselves at June's meeting. We welcome you to your association with Clinton River Riders and enjoy many happy cycling miles together.

Our next club meeting is July 14th. Our meetings are always the 2nd Monday of the month at the Mt.Clemens Public Library. 7 pm downstairs.

Versus will televise the Tour de France in North America for the next 5 years. This year with 2007 winner Alberto Contador and third-place Levi Leipheimer out of the Tour de France because of Team Astana's exclusion, '07 2nd-place finisher Cadel Evans (Silence-Lotto) is this year's favorite. Enthusiasts and cycling fans will watch this year's Tour that lacks potential U.S. star power.

Washington, DC – The House recently passed a resolution, H. Con. Res. 305, introduced by Congressman Earl Blumenauer (D-Ore) that recognizes the importance of bicycling to enriching the nation's health, reducing traffic congestion and greenhouse gas emissions, and improving America's economic vitality and overall quality of life. Some one time rides coming up are-

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. for a Father's Day ride of 40-45 miles, to Royal Oak. Pace will be 16-18.

Gary Haelewyn will have a ride name Bread from the Sheffield building in Troy on June 29th at 8:30 am. And July 19th will be the Bread ride to partner it. Route and destination is a mystery and the pace will be 14 -16 mph.

6/21-27/08 Saturday-Friday PEDA L ACROSS LOWER MI. (PALM) Start: New Buffalo, Distance: 35-60 miles per day, longer daily options. Fee: \$110 (17 yrs+), \$56 (11-16 yrs), \$55 (younger than 11yrs.)

27th Annual Pedal Across Lower Michigan (PALM). The ride is approximately 280 miles, with optional longer routes each day. New Buffalo to Monroe. Optional meal and bus purchase. Registration accepted until 5/1 or until 700 rider limit. Pedal Across Lower Michigan (PALM), (734) 669-0172 | palmbiketour@yahoo.com www.lmb.org/palm

Other Michigan Cycling events thru 2008 –

6/21/08 Saturday 3rd Annual Detroit Bikes!

Jazzin on Jefferson - Far East Side Ride Start: E. Jefferson Ave. between Chalmers & Alter Rd. Distance: 15-20 Fee: None; DOE

The neighborhood tour includes the former Hudson and Continental Automotive Plant Sites, the Conner Creek Greenway, Chandler Park, East English Village, Sander's Ice Cream in the Village of Grosse Pointe, the Lake Shore district of Grosse Pointe, the canals of Detroit, and end at the Jazzin on Jefferson Festival.

Detroit Bikes! / Detroit Synergy - Alexander Froehlich
detroitbikes@detroitssynergy.org

www.detroitssynergy.org/projects/detroitbikes

7/12 - 13/08 Saturday-Sunday MICHIGANDER Bicycle Tour –

2 Day Start: Grand Rapids Distance: 32 miles per day Fee: \$95; After 5/1 \$110
16th Annual 2-Day Tour of the paved Musketawa Rail Trail from Grand Rapids to Muskegon on Saturday and back to Grand Rapids on Sunday. Approximately 32 miles each day. Package includes baggage transport, two meals per day, showers and camping.

Michigan Trails & Greenways Alliance - Barry Culham
(517) 485-6022 | michigander@michigantrails.org

www.michigantrails.org

7/12 -13/08 Saturday - Sunday Bike MS, Presented by Dow, Mid-Michigan

Start: Fenton Distance: 65, 75, 100 per day Fee: \$60, \$250 min. pledge amount; After 7/1 \$80; DOE

Join the Movement with fellow cyclists to end the devastating effects of Multiple Sclerosis. This well supported road ride includes one and two day options, SAG vehicles, rest stops and mechanic support. Overnight accommodations are provided for two day riders at MSU.

National Multiple Sclerosis Society - Tammy Willis
(517) 646-0807 | tammy.willis@mig.nmss.org

www.nmss.org/mig

7/12/08 Saturday ONE HELLUVA RIDE 32nd Annual

Start: Chelsea - Chelsea Fairgrounds Distance: 15, 30, 39, 63, 76, 100, (34 fat tire) Fee: \$17; After 7/2 \$20-\$30; Reduced rates 7-17 yrs; DOE

A wonderful ride over scenic, tree lined, paved roads in Washtenaw, Ingham, Jackson and Livingston Counties. Wind through rural and recreation areas on beautiful rolling terrain appealing to a broad range of bicyclists. You will receive maps, marked routes, sag service, food stops, and large lunch stop with music.

Ann Arbor Bicycle Touring Society

(734) 913-9851 | ohrinfo@aabts.org

www.aabts.org

7/19/08 Saturday HOLLAND HUNDRED BICYCLE TOUR

Start: Holland - Holland Christian HS Distance: 18, 36, 67, 100 Fee: \$20; After 7/6 \$25; DOE

Join us for the 34th Annual Holland Hundred Bicycle Tour, brought to you by the Macatawa Cycling Club and their sponsors. The event takes place in Holland, MI and benefits area charities. The event features scenic rides through West Michigan and the lakeshore. Macatawa Cycling Club

info@macatawacyclingclub.org

www.macatawacyclingclub.org/hollandhundred

7/26/08 Saturday Rural Pearl of a Ride

Start: Oxford - Oxford Village Office on W. Burdick Distance: 15, 25, 48 Fee: TBD; DOE

A one-day tour on the Polly Ann Trail, Macomb Orchard Trail, Clinton River Trail, Paint Creek Trail and parts of Stony Creek Metropark. Rail trails and dirt roads.

Oxford Addison Youth Assistance - Hank Szlenkier

(248) 969-5177 | jpwilhelm@hotmail.com

8/2/08 Saturday 3rd Annual Detroit Bikes! Tour de Dearborn

Start: TBD Distance: 20-25 Fee: None; DOE

A two-wheeled tour of the City of Dearborn. Pass by Fairlane Estate, Ford World Headquarters, City Hall, the Ford Rouge Complex, Greenfield Village, W.

Dearborn, and end at Ford Field to celebrate the Dearborn Homecoming Festival.

Detroit Bikes! / Detroit Synergy - Alexander Froehlich

detroitbikes@detroit synergy.org

www.detroit synergy.org/projects/detroitbikes

8/2/08 Saturday MIND OVER MATTER - 4th Annual

Start: Harrison Twp - Metro Park Beach Distance: 5, 25, 40 Fee: \$10-\$50 (see website); DOE

5 mile bike ride in Metro Beach Area on bike path. 25 mile ride ventures on the bike path to Freedom Hill Concert Loop in Sterling Heights and back. 40 mile "avid" riders get adventurous along the water view to Windmill Pointe Park in Grosse Pointe and back.

Alzheimer's Association - Kristine Korpala
(586) 876-0827 | kristine@mindovermatter2008.com

www.mindovermatter2008.com

8/17/08 Sunday Assenmacher 100

Start: Swartz Creek - 8035 Miller Rd. Distance: 20, 32, 50, 62, 100 Fee: \$12; After 8/1 \$17; DOE

The 29th year for this popular multi-distance ride on paved low traffic rural roads through the farmland and villages of Mid-Michigan. Started in 1980, it has become one of Michigan's premier century rides and is a popular DALMAC warm-up event. Riders of all ability levels welcome and encouraged to participate.

Genesee Wanderers Bicycle Club - Matt Assenmacher
(810) 635-7844 | ride531@assenmachers.com

www.assenmachers.com

8/27 - 31/08 Wednesday - Sunday DA LMAC - Dick Alen Lansing to Mackinaw Bicycle Tour

Start: East Lansing Distance: 290, 330, 380, 409 Fee: \$185 - \$210; After 7/1 \$210 - \$235

The 38th Annual DALMAC is a 4 or 5-day camping tour from E. Lansing to Mackinac City or across the Mackinac Bridge into Michigan's Upper Peninsula. Riders pedal over Michigan's scenic secondary roads. Applications available in Feb. Routes fill quickly. Proceeds from DALMAC fund cycling projects throughout MI.

Tri-County Bicycle Association - Al Simons
(517) 882-3700 | dalmac@biketcba.org

www.dalmac.org

9/6/08 Saturday ONE DAY RIDE ACROSS MI (ODRA M)

Start: Montague - Meinert Co. Park Distance: 152 Fee: See website

Experienced riders in good condition, are you up for a challenge? Join us for this self-supported 152-mile ride across Michigan, from Meinert County Park north of Montague to Bay City State Park — over 152 miles away. The route is fairly flat and (most years) the wind is with you, but just finishing is a worthy achievement!

League of Michigan Bicyclists

Visit our web site for info and to register: www.LMB.org

9/7/08 Sunday PEACH OF A RIDE

Start: Memphis - Memphis Jr. High School, 34130 Bordman Rd. Distance: 22, 40, 50, 65, 100, Dirt Ride Route:26 Fee: \$15; After 7/29 \$20; DOE

“Friends meeting Friends...One Spoke at a Time” for good food and friendly faces. Routes travel through rustic farm country with apple orchards and stately old trees. Entry fee includes a delicious hot lunch. Rest stops feature our famous homemade cookies, bananas, bagels and water. We offer a Geocaching Ride.

Slow Spokes of Macomb - J. Paul Wilhelm

Peach@SlowSpokes.org | www.slowspeaks.org

9/20/08 Saturday Celebration of Cycling

Start: Dearborn Heights - Warrendale Park, Hines Dr. Distance: 12, 25, 35, 50, 75, 100 Fee: \$18 Ind/\$36 Fam; After 9/10 \$26 Ind/ \$55 Fam; DOE

The Celebration of Cycling benefits PEAC, a bicycle program for people with disabilities. Join us for a true celebration of the sport of cycling, whether on the traffic-free 12 mile course, or the scenic century ride. In addition to the ride, bike decorating is available, and every rider can enjoy an ice cream sundae at the end of the ride!

Programs to Educate All Cyclists (PEAC)

(734) 484-2758 | info@bikeprogram.org

www.bikeprogram.org

9/20/08 Saturday TOUR DE TROIT

Start: Detroit - Roosevelt Park, 2200 Michigan Ave. Distance: 40 Fee: \$25, \$15 for students; DOE

Tour the Motor City on two wheels! The 7th Annual Tour DeTrois will proceed at a pace of approximately 12 mph. The ride is accompanied by Detroit Police.

The tour raises money for on-going maintenance of the planned Corktown-

Mexicantown Greenlink and works to promote cycling in Detroit. The ride is supported by a SAG.

Greater Corktown Development Corp

(313) 965-5853 | kelli.tourdetroit@gmail.com

www.corktowndetroit.org

9/28/08 Sunday 35th Annual APPLE CIDER CENTURY

Start: Three Oaks - Three Oaks Elementary, Oak St. Distance: 25, 50, 62, 75, 100 Fee: \$20; After 3/31 max \$45; DOE

The largest one-day cycling event in the Mid-west, with 5000 riders. Routes over rolling hills, past orchards and vineyards. This is a recreational tour, not a race.

SAG stops with high energy snacks, Gatorade, EMT's, Ham Radio and Bike Repair Shops. Roving Sags along all routes.

Three Oaks Spokes Inc - Bryan Volstorf

(888) 877-2068 | bryan@applecidercentury.com

www.applecidercentury.com

10/5/08 Sunday BLUE WATER RA MBLE

Start: St. Clair - St. Clair HS, 2200 Clinton Rd. Distance: 25, 40, 60, 80, 100 Fee: \$15; After 8/23 \$18

The 27th annual bicycle tour. Hot lunch and cider is served in the US this year.

New route options. Passport required for optional border crossing into Canada.

See the fall colors near the river and catch glimpses of passing Great Lakes and ocean freighters. Post ride showers included.

Clinton River Riders Bicycle Club - Bill Duemling

(586) 819-0209 | bwr@lmb.org

www.LMB.org/CRR

10/12/08 Sunday FA LL BACK 40 CHALLENGE

Start: Clarkston - Independence Elementary Distance: 8, 14, 24, 48, 66 Fee: TBD; DOE

Back roads tour over gently rolling hills of N. Oakland Co. Fat-tire or cyclo-cross bikes recommended on the ride over dirt/gravel roads.

Flying Rhino Cycling Club - Jim Owens

frccp@hotmail.com | www.flyingrhinocc.com

5 rules for better climbing:

- **Get on with it.** Climbing is work, period. The sooner you just accept that and stop looking for ways around it, the better you will learn how to climb.
- **Don't be self-conscious.** If you are going about your business of climbing properly, you will be breathing like a water buffalo and sweating like a chain gang.
- **Relax:** Gripping your handlebars with white knuckles and doing brake lever pull-ups does not make your pedals go around any faster.
- **Pedal all the way around.** If you just push the pedals down and let the chain go slack the other 250 degrees of the pedal stroke, you will be losing momentum with each and every dead spot.
- **The little engine that could.** You must synch your breath, your pedaling, and your thoughts in one monotonous, focused, and plodding rhythm.

Racing is hard. Century riding is challenging. Touring can be tough, too. Lots of us are quietly proud of the fact that we're in a sport that's often demanding. But for riders early in their cycling careers, the temptation to quit on hard rides is ever present. Initial fast or long rides can be as strenuous as anything ever attempted. Don't quit! Beat defeat! Every time you do, you develop the physical and mental capacity to handle the next difficult effort. "Suffering" and "cycling" always go together at the elite end of the sport. Cycling should be fun for the rest of us, but sometimes the fun is in recalling a ride's hardships and how you battled through. The fun is in succeeding.

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.

So what needs to be in a repair kit? Carry these items bundled together in a tidy collection that fits in a small seat bag. Some riders stick them in a jersey pocket:

- **Spare inner tube** inside a plastic zip-lock bag with talcum powder or corn starch. (Carry two tubes if you puncture a lot.)
- **Glueless patch kit.** Use a rag instead of sandpaper to clean the area around the puncture.
- **Two plastic tire levers**, although one will usually do the trick if you need to use a lever at all.
- **Two 12-gram CO2 cartridges** and the valve head to fit. *Note:* A 12-gram cartridge provides about 80 psi in a 700X23 tube. Enough to get you back usually.
- **5&6 mm allen keys.** Fits nearly everything on your bike.
- **Small flathead screwdriver.** It's useful for more than turning derailleur limit screws. It's great for digging glass out of a tire, cleaning your fingernails, or defending yourself.
- **Small tire pump.** Pumps like these can be used to add the required bit of air to a tube before installing it. Or you can use them to pump (and pump and pump) enough air into a tire to roll home if you mess up CO2 inflation.
- **A few dollars, make sure this includes a \$1 bill.** You can use it as lining inside a tire that still is structurally sound. It is always good to offer compensation for help/cost in repairs though most decline to accept.

A new "mechanical" Dura-Ace component group is due for October 2008 release. Shimano has announced full details of the group, designated 7900. It's claimed to be 135 grams lighter than the current Dura-Ace 7800 with the weight savings spread throughout the parts. Major changes include a nicer-looking crankset with a hollow big ring. A compact version will be available. The brake/shift levers are reshaped and have a 20% shorter shift-lever throw. Brake handle reach is adjustable and cables run under the bar tape. Eight cassettes will be available, including an 11-28 to make use of the rear derailleur's slightly increased capacity. The redesigned D-A chain finally does away with connector pins by using a master link said to work with other Shimano 10-speed chains.

