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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Tax deductions for the purchase of bikes and accessories may be coming. U.S. lawmakers have introduced the Personal Health Investment Today Act of 2009 (H.R. 2105) in the House of Representatives. The bill calls for deductions of up to \$1,000 per year for expenses used to stay physically fit and active. Qualifying would be health club memberships, personal instruction and some equipment used for exercise, probably including bicycles. The impetus for the bill is a World Health Organization study that says a \$1 investment in physical activity would reduce medical expenses by \$3.20 in the U.S., and 2 out of 5 Americans would increase exercise if offered a financial incentive. Cost effectiveness with potential tax savings, healthy lifestyle promotion, and benefits to fitness. Contact your federal representative and let them know your position on H.R. 2105.

In the past few months **Clinton River Riders** have had a significant increase in **new members** and visitors to our monthly meeting. Please do your part in welcoming them and helping them if they are new faces on rides. Everyone started new and hopefully someone inspired you with advice and friendship. These are some of the greatest gifts CRR and its members can offer others.

July Birthdays

07/01 Dennis Prost
07/08 John Hall
07/19 Doris Mulligan
07/20 Jan Henry

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 Craig Play and Judy & Jack Logomarsino visited and joined Clinton River Riders. Herbert Fraleigh, Chris Basak, Dean and Georgia Ackerman, Enrico E. Hanks also join CRR and may have visited recently. We welcome you to our organization and wish you many happy miles riding together.

Our next club meeting is July 13th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

Bill Windhorst is developing a ride that will probably be June 28th and also probably start from the Sheffield building at Cunningham & Big Beaver. The destination will be downtown to enjoy the Riverwalk. Pace will be 14-16 and distance 30-35 miles. Please contact Bill at wetandem@wowway.com or 586-939-6073 for more details.

Other Ride Information –

July 11 17 MICHIGANDER Bicycle Tour

Start: Edmore Distance: 40-60 miles per day Fee: \$333 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

July 11 & 12 Saturday - Sunday Bike MS, Mid-Michigan Start: Fenton Distance: 65, 75, 100 per day Fee: \$60, \$250 min. pledge amount; \$60 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

Mike Wendland has developed a website for cycling interests in our metro area. It is bikefitness.net link - <http://bikefitness.net/v2/blog.php/> . Feel free to take a look, post some photos, and/or announce a ride.



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Member



George Zloistro

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If carbohydrate is your body's fuel, electrolytes are the spark plugs, motor oil and engine coolant. These minerals, such as sodium and potassium, form electrically charged particles in the body that work together to regulate nerve transmission, muscle contraction and fluid balance. When their levels run low, your internal dash lights up with warning signals in the form of fatigue, cramping, nausea and a cadence that slows to a crawl.

Stay Upright When Wheels Touch

The most common cause of crashes in groups is when the front wheel of a bike contacts the rear wheel of another bicycle. You overlap your front wheel with the rear wheel of another rider. A slight swerve combined with a change in speed to avoid a chink in the road, the wheels touch. The cyclist behind loses. A touch of wheels doesn't mean an automatic trip to the pavement.

Here's how:

- **Avoid overlaps.** First and foremost do this! It's not necessary to overlap wheels to get a good draft. Stay in a comfort zone about one foot (30 cm) behind so small mistakes don't cause big problems. The exception is during a strong crosswind. Then the paceline will be angled across the road in an echelon, with each downwind bike overlapping the one in front. Riders must stay sharp because one wrong move can bring down the line like dominoes.
- **Don't panic.** If your front wheel is bumped, keep your shoulders and arms relaxed. Don't freeze, don't fight the bike. Easy to say and hard to do.

- **Steer** *into* the offending wheel. This is totally counterintuitive but it's your best chance to regain balance and stay upright. Veering away is just about guaranteed to put you on the ground.

Quick Tip: You're approaching a cross street and a car is sitting at the stop sign, ready to start forward. Does the driver see you or is he about to pull into your path? First try to establish eye contact. A second defensive tactic should be to eye the vehicle's front wheel.

The **Meerhaeghe's** have a granddaughter that is selling 2 pairs of cycling shoes. One pair 9.5 and the other 10.5, each costs \$25 and are in new condition. If you are interested or for more details please contact them at 586-268-7465.

7/11/09 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

Don't forget that the 96th **Tour De France** begins July 4th. Lance Armstrong should draw quite and interest to this year's event. He is making a comeback after 3 years of being out of professional cycling. The main focus he wants to bring is to the fight against cancer and his Livestrong efforts. Lance is a great competitor and most likely a dedicated team mate. So keep abreast of the 3 week, 21 stages, over 2,200 miles that end in Paris on July 26th.

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.

6 pm Meet Steve and Debbie Angst at **Naldrett Elementary** School (On Sugarbush, north of 21 Mile and Cotton, east of I 94) for 30 Miles of cycling up to New Baltimore at a pace of 15-17mph.

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.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

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

