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## *The RAMBLER*



### **Clinton River Riders Bicycle Club**

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

Team Sammy and their spaghetti dinner combined with silent auction raised a significant amount of money. The funds are being donated to Make-A-Wish. Next year's event will likely be earlier in the year in hopes of drawing even more participants. Team Sammy appreciates all the efforts of its supporters.

The **2011 men's trip** was successful and proved plenty challenging. The terrain around the Columbus Ohio area is scenic and offered lots of possibilities for cycling tastes. Next year's trip may take place in the Dayton Ohio area. Remember there is no hill that Al Barton can't find.

A new member, Brian Arnold, suggested that CRR setup a **Facebook page**. This will facilitate online contact to those who want to learn more about CRR, cycling, and BWR. It is one way to that some who may not be a seasoned as many can find CRR thru modern media.

**Our next club meeting** is July 11th, 2011. Club meetings are always the 2<sup>nd</sup> Monday of the month at 7pm in the Mt Clemens Public Library (downstairs).

**New members** and interested people should send an email to [crr-list@lmb.org](mailto:crr-list@lmb.org) to be placed on our email distribution cared for by Bill Duemling. No advertising or solicitation is forwarded, just items of interest to cyclists.

The 2011 CRR club roster is virtually ready. If you want a copy please notify M Tarantino.

## Birthdays

07/01 Dennis Prost  
07/07 Bonnie Michalak  
07/09 Kathy George  
07/13 Patrick Devereaux  
07/19 Doris Mulligan

**Club members** are entitled to purchase one club jersey per year at a reduced cost. Contact Debbie Angst at 586-524-3657 or [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

**Visitors and New Members:** Brian Arnold thank you for visiting our previous meeting. We welcome your interest in cycling and hope to enjoy many miles riding together. We welcome your association with Clinton River Riders.

**New members** and interested people should send an email to [crr-list@lmb.org](mailto:crr-list@lmb.org) to be placed on our email distribution cared for by **Bill Duemling**. No advertising or solicitations.

**Jerry Pavlat** would like members to donate returnable containers to support **Team Sammy**.

**Clinton River Riders** still needs an individual to assume responsibilities as **treasurer**. Support and experience are available from Marilyn and Annette. Of course attention to detail and responsibility are a must. Additionally Marilyn will be gone 2 months next spring and treasury cannot be done long distance. Someone please learn now and excel soon.

In late June until mid July the newsletter person will be out of state. If someone wants to publish the newsletter that would be fantastic. It is not extremely complicated and I can provide files to use as a template. Microsoft Word is the software program I use primarily.

**Maintain your hydration**, especially as it warms up. 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 these 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. Water is great always but do not forget these other components your body uses to function.

On Aug. 28<sup>th</sup> there will be a Birmingham Bike Festival. Starting at 8am until 5pm a community awareness effort will take place. Education, environmental benefit, safety, racing, and fun for all ages as well as vendors in Shain Park to help riders of all ages. You can find out more from Jeff Surnow at [jeff@surnow.com](mailto:jeff@surnow.com) or phone 248 865 3000 as well as birminghambikefestival.com .



**Congressional Delegation - Michigan****Senate Members**

[Carl Levin \(D-MI\)](#)  
[Debbie Stabenow \(D-MI\)](#)

**House Members**

[Dan Benishek \(R-MI-1\)](#)  
[Bill Huizenga \(R-MI-2\)](#)  
[Justin Amash \(R-MI-3\)](#)  
[Dave Camp \(R-MI-4\)](#)  
[Dale Kildee \(D-MI-5\)](#)  
[Fred Upton \(R-MI-6\)](#)  
[Tim Walberg \(R-MI-7\)](#)  
[Mike Rogers \(R-MI-8\)](#)  
[Gary Peters \(D-MI-9\)](#)  
[Candice Miller \(R-MI-10\)](#)  
[Thaddeus McCotter \(R-MI-11\)](#)  
[Sander Levin \(D-MI-12\)](#)  
[Hansen Clarke \(D-MI-13\)](#)  
[John Conyers \(D-MI-14\)](#)  
[John Dingell \(D-MI-15\)](#)

Your government representatives, working for you. Let them know what you want and what your priorities are.

**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.

What famous North American landmark is constantly moving backward? Niagara Falls (The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)

A list of some of SE Michigan's Cycling Clubs –

Clinton River Riders  
Mt Clemens,  
[bill@lmb.org](mailto:bill@lmb.org) lmb.org/crr

Ann Arbor Bicycle Touring Society  
Ann Arbor, Doug Tidd  
[president@aabts.com](mailto:president@aabts.com) aabts.org

Cycling Saddlemen  
Dearborn  
[Saddlemen@yahoo.com](mailto:Saddlemen@yahoo.com) saddlemen.org

Downriver Cycling Club  
SE Michigan  
[aljr@petribikes.com](mailto:aljr@petribikes.com) lmb.org/dcc

Flying Rhinos Cycling Club  
Clarkston  
[president@flyingrhinow.com](mailto:president@flyingrhinow.com) flyingrhinos.com

Slow Spokes of Macomb County  
Sterling Heights  
[jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com) slowspokes.org

Wolverine Sports Club  
Detroit  
[infor@wolverinesportsclub.com](mailto:infor@wolverinesportsclub.com)  
wolverinesportsclub.com

**Gary Haelewyn** rides on weekdays (weather permitting from 4519 Robinwood in Royal Oak (3 blocks East of Woodward, 1 block South of 14 Mile Road) at 1:30pm for 15-25 miles. Pace: 10 12 MPH. No ride if the roads are wet or the temperature is below 35 degrees. Phone 248-930-4075 if you are coming.

Some of our favorite local bike shops -

<b>FRASER BICYCLE</b> 34501 UTICA RD. FRASER, MI 48026 (586) 294-4070	<b>ANCHOR BAY BICYCLE</b> 35214 23 MILE RD. NEW BALTIMORE, MI 48047 (586) 725-2878
<b>MACOMB SCHWINN</b> 28411 SCHOENHERR WARREN, MI 48093 (586) 756-5400	<b>ALLIED CYCLE SHOP, INC.</b> 23101 GRATIOT AVE EASTPOINTE, MI 48021 (586) 772-3411
<b>AMERICAN CYCLE AND FITNESS</b> 2169 METRO PARK WAY STERLING HEIGHTS, MI 48310 (248) 886-1968	<b>MAIN ST. BICYCLES</b> 5987 26 Mile Rd Washington, MI 48316 (586) 677-7755
<b>REI - TROY</b> 766 EAST BIG BEAVER RD. TROY, MI 48083 248-689-4402	<b>ROCHESTER BIKE SHOP</b> 116 W. SECOND STREET ROCHESTER, MI 48307 (248) 652-6376
<b>CONTINENTAL BIKE SHOP</b> 24436 JOHN R ROAD HAZEL PARK, MI 48030 (248) 545-1225	<b>BIKES,BLADES AND BOARDS</b> 17020 MACK AVE GROSSE POINTE, MI 48230 (313) 885-1300
<b>ROCHESTER BIKE SHOP</b> 426 S MAIN St ROCHESTER, MI 48307 (248) 652-6376	<b>AMERICAN CYCLE</b> 203 NORTH PERRY PONTIAC, MI 48342 (248) 333-7843
<b>Pails Bike Depot</b> 28057 GRATIOT Roseville, MI 586-772-9084	<b>American Cycle &amp; Fitness</b> 18517 HALL Rd Macomb Twp, MI 586-416-1000



## Clinton River Riders - Ride Schedule

**Tuesday 5:30 pm** Meet in the southwest corner of the Sheffield office complex parking lot in Troy. Sheffield is located north side of Big Beaver. Ride distance will be 30-50 miles at 16-18mph. Terrain will be moderately hilly, and the course may vary week to week.

**6:00 pm** Meet the Bakers at Independence Bank (22 ½ & Van Dyke) for 2 hour of cycling at 12-14 mph.

**Wednesday 6:00 pm** Meet Deb & Steve Angst at Naldrett Elementary located on Sugarbush, just north of Cotton (Cotton is about a 1/2 mile north of 21 mile). Tour the New Baltimore area. Distance 30-35 miles at a pace of 16-20 MPH. For inclusion on our distribution list send your request to [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

**Thursday 9 am** Rick & Sue ride starting location will vary from week to week. This is a no drop ride at a moderate 15-17 MPH pace We will continue to provide notification of starting time and location, cancellations and updates via an email list. If you wish to be included on that list, please send your email address to [pkmoorman@wideopenwest.com](mailto:pkmoorman@wideopenwest.com).

**6 pm** MSU Management Center, Square Lake and Crooks. This year will start slower. Meet Rick Jones and or Bill Windhorst for a fast ride 17-19+ for a distance of 30 miles.

## **Saturday**

**9 am** Stony Creek Boat Launch, meet TJ Hill for mountain bike riding. Call TJ at 586-630-9212.

**8 am** Stony Creek Boat Launch, meet the Windhorst's or J Tarantino for a ride to Armada for breakfast. 16 - 18 mph and 44 miles round trip. Usually there is a faster group as well, 17-20+.

**8:30** A third group will leave from 25 & Shelby at 8:30, taking the path to 29 & Van Dyke. Pace is 15-19 and distance 36 miles.

## **Sunday**

**9 am** Stony Creek Boat Launch, meet TJ Hill for mountain bike riding. Call TJ at 586-630-9212.

Dick Williams Ride Director [rsw@sundvik.com](mailto:rsw@sundvik.com) or phone 989-326-1630

Newsletter Changes to Les Dunham, [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) or 586-216-4135

Never test the depth of the water with both feet.

## **Carbon Fork Tips**

**---Always observe rider weight limits.** Lighter forks tend to be more flexible, fore and aft. They handle poorly under heavier riders, particularly during braking. A 200-pound rider shouldn't be worrying about saving 100g anyway.

**---Don't exceed the recommended stack height (much).** The rule for 1-inch carbon steerers is 1 inch (25.4 mm) of spacers, plus the stem. For 1 1/8-inch steerers it's 1 1/8 inch (29 mm) plus stem. I've found you can exceed this by about 5 mm without the steerer feeling too flexible when pulling hard on the handlebar. If you need even more stack height, your frame is too small or its head tube is too short. Use a stem with greater rise.

**---Keep your headset in perfect adjustment.** If it's loose, it'll notch the steerer tube and can damage a carbon head tube. The steerer that snapped off under Hincapie was aluminum. It was damaged in an earlier crash and he should have changed bikes, but that wasn't possible once he was in the 30-mph breakaway. We ain't pros so we don't need to risk anything.

**---Observe the manufacturer's instructions** as if your life depends on it -- because it does -- especially if you have an all-carbon fork. Do not ride with the steerer cut longer than recommended. Use the specified torque values for stem tightness. Use the insert assembly and brake bolt provided. These are absolutely critical concerns. There's no such thing as "almost right."

**MEMBERSHIP  
APPLICATION FORM**

**Clinton River Riders Bicycle Club**  
 Make check payable to:  
**Clinton River Riders Bicycle Club**  
**Mail to: 34501 Utica Road**  
**Fraser, MI 48026**

\$12.50 Individual (over 18)  
 \$15.00 Family

New Member       Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I understand I may be called upon on occasion to write a letter or attend a meeting supporting bicycles as a legitimate mode of transportation.

Family Names                      Birthdate

\_\_\_\_\_                            \_\_\_\_\_  
 \_\_\_\_\_                            \_\_\_\_\_  
 \_\_\_\_\_                            \_\_\_\_\_

**RELEASE AND WAIVER OF LIABILITY,  
ASSUMPTION OF RISK,  
AND INDEMNITY AGREEMENT  
("AGREEMENT")**

IN CONSIDERATION of being permitted to participate in any way in The Clinton River Riders Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives,

assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTANDING that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISK"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at the time; and I FULL ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a risk of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein), FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATION.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

(All riding members must sign)