

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

August 2007

In the Senior Olympic Track events, Ed Gostin won all 3 of his events, flying 200 Meter, standing start 500 and 2000 meter races. Gerry Bartles and Pete Sprecher also did well in their respective events. Gerry won his class on the track as well as 3rd in the 40K road race. Pete was second in his class on the track. On the road Pete got 2nd in the 5K, 2nd in the 40K and 3rd in the 20K. We congratulate them on their superior effort and example to all of us.

Kevin Degans new trike needed improvement, Julie Windhorst reported at the Aug. 13th meeting. The new design did not work due to the fact that Kevin rides with all his weight on one side. Another new trike will be made in England. They hope to have it available for Kevin to ride in this year's BWR.

Please see our BWR report and updated ride schedule on pages 2 and 4 inside.

September Birthdays

09/02 Duane Larkin

09/04 Richard Kuhn

09/05 Jim Crawford

09/19 Sue Pavlat

09/19 Bruce Coppola

09/22 Caro Crawford

09/23 Eric Noyes

09/23 Linda Schmitz

09/24 Bill Kelley

09/25 John Edry

09/25 Jane Franks

09/25 Gregory Schultz

09/25 David Turner

09/30 William Baker

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@strategicfundng.com to get yours today.

New Members: Deborah RodriguezWalter Johnson, Adam and Erin Nelson, Nicholas Kauten, Michael and Tiffany Dowdell, David Kruse. Welcome to your association with Clinton River Riders. We appreciate your interest in cycling and will support you in our many miles of riding together.

There were about 20 bikers on the August 12th ride to the Eastern Market. Frank Lo Piccolo delivered all the goods purchased by the various people to their cars at the Schultz Funeral Home parking lot or to the Macomb Mall lot.

Be careful out there –

TJ Hill crashed at mile 62 of the 100 mile Black Bear Bike race he did not finish the race as he was going for a personal best. He took the impact on his left forearm, his left shoulder and the left side of his helmet. He suffered a broken Clavicle plus bruised ribs and multiple cuts and scratches.

It was noted that a goose attacked a biker causing her to crash. Suzanne Erbes was knocked down and unconscious for 20 minutes. Several bones were injured and she now uses mobility aids and physical therapy for another month.

Our next Clinton River Riders Meeting is on Monday, September 13th at 7pm in the Mt Clemens Library (downstairs).

BWR Report - About 150 entries have been received for the 2007 BWR. Food Chair Diane Baker noted that she needed plenty of help then listed the tasks that need to be attended too. Registration can be done online or by mail. Please see our website for further support.

Please note that there may be a waiting time involved with the Ferry Crossing between Sambre and the U.S. side due to the heavy vehicle volume. Cars have first priority on the boat.

Ride updates for September –

Ride updates for August – Mike Sproul mentioned a ride on September 16th from the Bruce Post VFW Hall on Jefferson in St. Clair Shores. The ride and spaghetti dinner are to benefit the children of Dan Hoffman who died suddenly on this past Memorial Day.

Bill and Diane Bakers Monday 6 pm ride concluded August 27th.

For all rides please plan on being ready to ride and the prescribed time. That probably means arriving 15 minutes early for bike configuration, ride sheets sign up, and stretch/warm up. Punctuality is a sign that our club lives up to its advertised standards.

Smooth your pedal stroke!

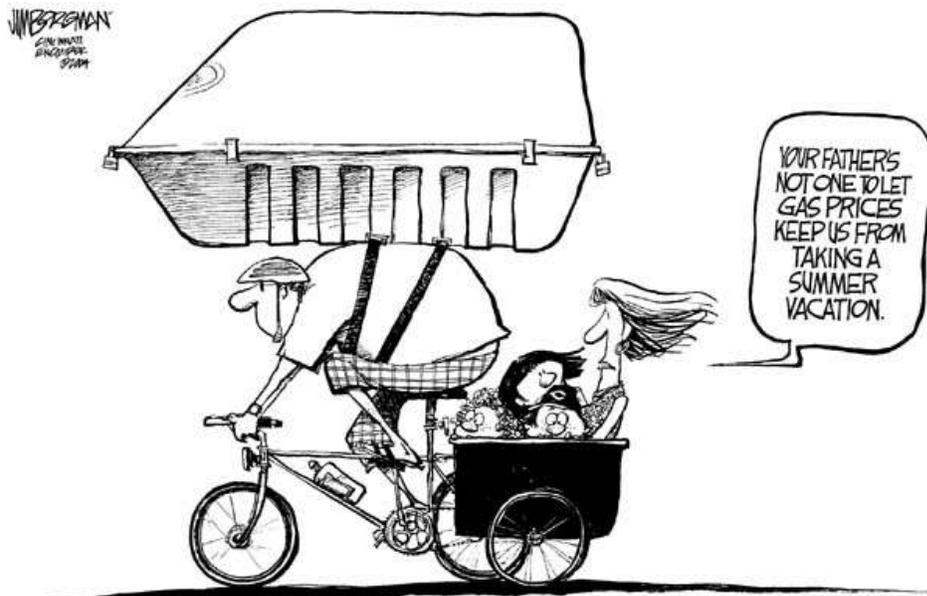
Efficient riders have a rapid, supple pedal stroke. You can spot them from a distance because they're smooth as silk. They handle wind or hills without any noticeable effort. All of us can get closer to a quality stroke. It happens from practicing these simple techniques:

-Pedal slower. For many riders, the ultimate goal is to pedal at

90-100 rpm in most circumstances. But it's hard to practice good form while spinning a high cadence. So change to a bigger gear and slow your cadence to 75-80 rpm. Now you can feel the pedal all the way around the stroke. You can concentrate on the segments and improve them. When you're smooth at 80 rpm, increase to 85, then 90 and finally 100 rpm. You'll learn the cadence at which you are most comfortable and efficient.

-Aim for the handlebar. You've probably heard to pull through at the bottom of the stroke like you're scraping mud off the sole of your shoe. And that's still the right image. But equally important is what happens on the other side of the pedal circle. As each foot comes up the back, push your knee toward the handlebar.

-Descend like a whirlwind. After using the first two techniques and getting the feel for a rounder, smoother stroke, head for the hills. Descents help you practice at high rpm. Leave your bike in a relatively low gear as you start down. Build your cadence steadily until it passes 100. See how much faster you can spin before your stroke gets choppy and you start bouncing on the saddle.



FYI - The U.S. House of Representatives has passed landmark energy independence legislation that includes a provision to extend fringe benefits to bike commuters. The Commuter Benefit for bicyclists amends section 132(f) of the IRS code to include "bicycles" in the definition of covered transportation. Included in the Ways and Means energy bill is a benefit of \$20 per month for employees who bike to work. That's a nice piece of change to add to gas savings and caloric expenditure. The legislation now moves to the Senate. More info at the League of American Bicyclists, <http://www.bikeleague.org>

---The industry-funded organization called Bikes Belong has a new website. At <http://www.bikesbelong.org> there is cycling advocacy information for everyone from journalists to politicians to riders trying to uplift cycling in their communities. Bikes Belong's purpose is one we all can support: "Putting more people on bicycles more often." Its membership includes nearly 400 bicycle suppliers and retailers contributing to a \$2 million annual operating budget. Headquarters are in Boulder, Colorado.

Club Rider Mileage Leaders

Name	miles	points
Smith, Annette & Bill	2090	73
Moorman, Sue and Rick	1945	82
Anderson, Art	1343	41
Barton, Al	1133	33
Kelley, Bill	927	27
Buchler, Shelley	788	19
Green, Gary	780	22
Bartels, Gerald	709	25
Meerhaeghe, Art	659	20
Rosiek, Ken	658	30
Jones, Rick	586	18
Schmitz, Lynda	576	16
Graham, Tom	566	17
Angst, Deb & Steve	524	18

