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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The **Blue Water Ramble** still has several functions that need people to sign up for. The Clinton River Riders name sake ride depends on our members to pull together to execute this high expectation ride. We always seem to rally but it would be excellent for us to get this worked out rather than scrambling in September. The areas that seemed to have few or no names yet were route marking, ferry crossing, and SAG. Can you help? Please do so.

An apparent arson fire was found on the new section of the **Polly Ann Trail**, just north of Clarkston Road on the morning of August 15th. The arson occurred early in the morning. There's no way the bridge can be repaired. It was an old railroad trestle that had just been given a new surface. It will need to be taken completely out and replaced. There's a \$5,000 reward for information leading to those responsible.



Sept. Birthdays

09/02 David Henry
09/05 Jim Crawford
09/10 Chris Basak
09/22 Carol Crawford
09/23 Eric Noyes
09/24 Bill Kelley
09/25 John Edry
09/25 Jane Franks
09/25 Gregory Schultz
09/27 Tim Eisenbraun
09/29 Michael Boldys
09/30 William Baker
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 Don Joqua joined Clinton River Riders in the last month. Enrico Hanks and Linda Cassidy were visitors at the August meeting. We welcome you to our organization and wish you many happy miles riding together.

Our next club meeting is September 14th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave. Note – There is no meeting in the month of October, due to the BWR and clean up party.

On email and other forms of electronic communication there has been lots of conversation about a segment on **WCSX radio** (the **Deminski & Doyle** show). The radio commentary was pretty negative on cyclist in general and their behavior and suggested treatment on the road. No matter the emotion of this subject the thing you have control over is your cycling. Ride legally, safely, and assertively then motorists will have to respect you and your space on the road. Don't inflame or exaggerate situations to the point where one loses something. Also it is not wrong to vote with your wallet or in this case your radio dial. Do learn about this, gather facts, and above all else ride smoothly and predictably.

Product recall: SRAM wants certain **PowerLock Connector Links** replaced on its 10-speed chains because there is a potential for the outer plate to fail. The recalled Connector Links have the letter M or N stamped on them.

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.

--- Recently **Colorado** joined the states (about 15) that have recently enacted laws designed to make road riding safer. Colorado now requires drivers to give cyclists at least 3 feet of space when passing or risk a \$110 ticket. Also, anyone who throws an object at a cyclist could be fined \$250-\$1,000 and jailed 3-12 months.

INTERNATIONAL VELODROME

At Bloomer Park, Rochester Hills, Mi USA

DETROIT 6 DAY, August 15, 2009, Day 6 – results

- 1st – Team USA – Iggy Silva & Rick Denman = 90pts**
- 2nd – Team Purple – Cody Brown & Nick Console = 67pts**
- 3rd – Team Neon – Luke Cavender & Dena Eaton = 51pts**
- 4th – Team Red – Blaine Benson & Nick Laughton = 49pts**
- 5th – Team Stars/Stripes – Barry Miller & Nick Bayma = 11pts**

1 Mile Sprints; 50 Lap Madison; Miss & Out; and 60&100 Lap Madison were all events in this year's competition.

DETROIT 6 DAY Overall Points Final Standings:

- 1st – Iggy Silva = 111pts**
- 2nd – Luke Cavender = 108pts**
- 3rd – Barry Miller = 96pts**
- 4th – Nick Console = 95pts**
- 5th – Nick Laughton = 92pts**
- 6th – Blaine Benson = 88pts**
- 7th – Rick Denman = 88pts**
- 8th - Dena Eaton = 85pts**
- 9th – Brendan Benson = 76pts**
- 10th – Nick Bayma = 67pts**
- 11th – Zack Stien = 63pts**
- 12th – Cody Brown = 45pts**
- 13th – Daniele DeFranceschi = 31pts**

Tip: Pedals are marked **R and L**. The left pedal is turned counterclockwise to tighten. The right tightens normally (clockwise).

Don't forget the **Peach of a Ride** is September 13th. Pre-registration is open until Sept. 31st (this upcoming Monday). Participate in supporting cycling and one of its clubs. The terrain is near and similar to the BWR and Saturday Stony to Armada ride.

Clean or replace your chain

Place the edge of a 12-inch ruler over the pin of one link. The 12-inch hash mark should sit over another pin. If it doesn't, the chain is worn, which reduces shifting efficiency and causes excess wear on the rings and cassette; replace it. If the chain is fine, soak a clean rag with degreaser, and with your bike in a work stand, grasp the chain with the rag as you backpedal to remove grime. Then put a drop of lube on the top of each link and backpedal a few revolutions.

How to Maintain Your Chain

1. Clean and lube. It's best to leave the chain on the bike when cleaning it. Every time you break a chain, it gets weaker--and more likely to break on its own during a ride. One of our favorite pro-team wrenches likes this on-bike quick-clean: Squirt a generous dab of dish soap into the center of a sponge. Wrap the sponge around your chain under the chainstay, and then backpedal 10 revolutions. Rinse the sponge, leave it damp, wrap it around the chain again and backpedal 10 more revolutions. Repeat until the sponge no longer gets dirty when you do this. You can use degreaser instead of soap. Let the chain dry for 10-15 minutes, and then apply your favorite lube. If you're picky, drip lube onto each pin, one at a time. Most of us position the lube over the lowest pulley on the rear derailleur, and then let it dribble onto the chain as we backpedal. Let the lube steep for 10-15 minutes, and then wipe the chain dry--any lube you remove isn't inside the mechanism where it needs to be to work, and the excess attracts grime.

2. Check chain wear. Although it's called "stretching," your chain doesn't actually lengthen--the pins and bushings wear away, which increases the distance between pins. When this happens, the chain doesn't sit right on the cog and chainring teeth. Signs of a worn chain are slow and imprecise shifts, noisy operation and a rough pedaling feel--as if gravel is in the drivetrain--that can't be eliminated by lubing. The only cure: A new chain.

3. Check for tight links. If you've cleaned your chain and it passes the wear test but still skips, backpedal slowly while watching the rear derailleur. If the derailleur jumps, a tight link just passed through. Identify the link, and then hold the chain with one hand on either side of the bad link. Flex the chain out and back 3-5 times. It should loosen. If not, use the inner position on a chain breaker, the part designed to loosen tight links. Failing that, it's time to buy a new chain.

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 16 - 18 avg 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 35 Miles of cycling up to New Baltimore at a pace of 17-20mph. With a stop at Dairy Queen.

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.

6 pm MSU Management Center, Square Lake and Crooks. This year will start slower. Meet Rick Jones for a fast ride 17-19+ 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.

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 thru Detroit and back. 14-17mph. See lots of scenic Detroit and dine together somewhere along the route.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

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

