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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The 2008 Blue Water Ramble is just weeks away. Debbie Angst brought examples of the t-shirt and sweatshirt to the August meeting. Volunteers may receive a t-shirt free of cost or a sweatshirt for a reduced cost of \$20. An estimate as of the meeting was that 350 riders have registered. This is down from the previous year. The stuffing party is 29 September at 6:30pm, at Parkut in Mt Clemens on Production Drive. Bill Stimpson plans on route marking on October 1st, 2nd, or 3rd. Please coordinate with him. Wednesday is best date then one of the others as an alternate. 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.

Limited daylight has eliminated some of the weekly evening rides. For all who ride this time of year ensure you have working front and rear lights. Be especially careful when traveling east or west near sunset or sunrise, lots of cars are struggling with the sun ahead or behind them. That is one more distracter that divides their attention and keeps them from them noticing cyclists.

October Birthdays

- 10/01 John Tarantino
- 10/02 Donald Dahlke
- 10/04 Gayle Hall
- 10/05 James Lucchesi
- 10/06 Rose Goebel
- 10/06 Suzanne Padilla
- 10/06 Brian Warner
- 10/09 Robert Kosen
- 10/10 Ann Schmidt
- 10/16 Rose Claus
- 10/16 Ray Cronin
- 10/17 Bill Stimpson
- 10/20 Micki Solonika
- 10/21 Bob George
- 10/22 Timothy Phillips
- 10/29 Sue Moorman

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: Chris Malinger attended the September meeting and is a new member. Bill Mc Intyre and Dennis Doan are new members via BWR applications. We welcome you to your association with Clinton River Riders.

Timing has an awful lot to do with the outcome of a rain dance.

Email recipients know Gary Haelewyn is hospitalized for a blood clot that caused circulation problems. At last report he was still in William Beaumont (Royal Oak) undergoing tests. He would like to go home but doctors need to know more before he is released. We all encourage him to get better and do what is needed for his health and well being.

Our next club meeting is November 10th. Our meetings are always the 2nd Monday of the month with the exception of October, no meeting due to the BWR cleanup party.

Ensure you cross rail road tracks safely. Go slow and travel at 90 degrees (perpendicular) if possible. There are tracks that need to be crossed on BWR and every year a few cyclists end up scraped and bruised no matter the pre-cautions attempted.



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George Zloitro
george@precsound.com

Some of our local bike shops for your cycling needs –

Fraser Cycle	34501 Utica Rd, Fraser, MI	(586) 294-4070
Anchor Bay	35214 23 Mile Rd, New Baltimore, MI	(586) 725-2878
Metro Bike n Sports	36649 S Gratiot Ave, Clinton Twp, MI	(586) 791-3488
Tim's Bike Shop	33601 Jefferson Ave, St Clair Shores, MI	(586) 293-5823
American Cycle	18517 Romeo Plank Road, Macomb Twp, MI	(586) 416-1000
	2169 Metropolitan Pkwy, Sterling Heights, MI	(586) 979-7570
	20343 Mack Ave, Grosse Pte Woods, MI	(313) 886-1968
Macomb Bike n Fit.	28411 Schoenherr Rd, Warren, MI	(586) 756-5400
Paul's Bike Depot	28057 Gratiot Ave, Roseville, MI	(586) 772-9084
Allied Cycle Shop	23101 Gratiot Ave, Eastpointe, MI	(586) 772-3411
Continental Bike	24436 John R Rd, Hazel Park, MI	(248) 545-1225
Stony Creek Bike	58235 Van Dyke Rd, Washington, MI	(586) 781-4451

Lance Armstrong has chosen to make a comeback in cycling, primarily to bring attention to the global fight against cancer. After 3 years of retirement but certainly not inactivity, the most famous cyclist in U.S. history says he will try to win the Tour de France for an 8th time in 2009. Doubters and conspiracy theorists have lots to say. But competitive cyclists and cycling enthusiasts look forward seeing this new challenge evolve.

Some things have changed. There is increased drug testing, Armstrong's claim he will make his life and training more transparent, and who exactly will Lance team up with. Excitement and anticipation should add to the atmosphere of competitive cycling.

Armstrong will be just 2 months shy of 38 during the 2009 Tour. Only one rider older than 34 has ever won cycling's toughest race -- 36-year-old **Firmin Lambot** in 1922. "Ask serious sports physiologists," says Armstrong, "and they'll tell you age is a wives' tale."

Accompanying them on their first commute can also help them learn the details of the route better than they would on their own: when to merge in preparation for a turn, which turn lane to get in, where to strategically use sidewalks and so on. Don't forget that if you bike every day, you are far faster, stronger and have greater endurance than someone who

doesn't ride much. You are also accustomed to all the action on the roads, and it doesn't stress you out anymore. Bike very slowly with your new bicyclist, and then look behind regularly to see if they are keeping up without getting winded. Take breaks to check in and rest, and let them decide when the break is over.

Commuting (continued from Aug. 08)

The Skills

A few skills can make a big difference in a new commuter's comfort on the road. As mentioned above, you can help them get familiar with their bike before the commute, and with their route on their first riding day. There are a few other skills that new bicyclists often lack and should be taught or reminded of before taking on the road. They include:

- Pulling the pedal up to the starting position when stopped, so they can start with speed and balance when the light turns green.

- Looking over the shoulder without inadvertently turning the bicycle.
- Using hand signals to merge and turn.
- Making a “box turn” instead of a conventional left turn at a large intersection.
- Staying clear of the “door zone” alongside parked cars.
- Downshifting from a larger to smaller gear before stopping in order to make it easier to start afterwards.

The Gear

While too much gear can be overwhelming, a few things are key to a safe and comfortable first commute:

- A bike or street map.
- A helmet that is comfortable and fits well (it may be important that it looks good, too).
- Front and back lights for dawn, dusk or nighttime riding.
- A bottle of water.
- A comfortable bag that is not overloaded, or storage on the rack of their bicycle. Not everyone wants to be coached on bike commuting, and not everyone needs help with every item described above, so don't be offended if your new bike commuter would rather just muddle through on their own. But if you hear of someone contemplating a bike commute, or someone who has already started and is not enjoying it, make the offer. A little bit of your time could make a very big difference in their experience.

Tip! Keep a cycling diary to help you spot negative trends. By noting how you feel during rides, your times on certain climbs or courses and your recovery, you'll have an objective way to judge cycling performance -- and potentially the state of your heart's health -- as months go by.

When I was young we used to go 'skinny dipping,' now I just 'chunky dunk.

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over?

Cleats and Pedals

There are three main interfaces the body has with the bicycle: hands to handlebars, butt to saddle, and feet to pedals. Each point of contact presents challenges and special needs in order to make the bicyclist comfortable and capable of performing well. The foot to pedal interface is crucial, as it is where the force created by the quadriceps and gluteals is transferred from the foot to the drive train, making the shoes and pedals important pieces of equipment. Many cyclists use “clipless” pedals to hold the foot onto the pedal. There are many types and styles available on the market that all share a common mechanism of “clipping in.” Look and Shimano are well-known brands, Speedplay makes another type, and a recessed cleat mechanism is made by Shimano and Crank Brothers.

There are three main styles: triangles, lollipops and recessed. Triangular cleats look exactly as what they sound like—a triangle. Look and Shimano are well-known for these. Lollipops have a cleat plate that attaches to a shoe; Speedplay makes those types. Recessed cleats, like those made by Shimano and Crank Brothers, are smaller and attach in a special depression on the sole of the shoe. That allows a person to walk with a normal gait and without creating wear and tear to the attachment piece.

Each cleat style offers some level of position adjustment to meet various degrees of rotation, and placement combination to meet anatomical variations. Irregular placement of a cleat to a shoe may create an injury to the knee. Have a qualified person help you position a cleat if you lack the experience to do it yourself.

Cleats will eventually wear down, primarily due to too much walking in your cycling shoes. These attachments are really meant to be worn on a pedal, not the ground. Excessively worn cleats will put you at risk for several perils, including the inability to clip in and out of the pedal. Another potential problem is the onset of irregular pedaling mechanics. It can also create an irregular tilt of the foot onto the pedal, thus leading to an overuse injury such as hamstring tendinitis, patella-femoral compression and iliotibial band friction syndrome.

To prevent these pitfalls, some manufacturers put wear indicators on the cleats. Others do not, but instead have accompanying wear suggestions and guidelines. Some non-listed indicators of wear might include the inability to use a tool on the screws for maintenance, undue squeaking and

excessive rocking of the foot on the pedal. Again, frequent inspection will reveal any irregular wear.

Keep in mind that cleats are to be replaced on a regular basis. People tend not to change them for fear of losing the original position, or out of simple neglect. Fearless replacement includes tracing the cleat position with a Sharpie marker (use a contrasting color on the bottom of shoe) to help ensure accurate positioning of the new one.

The bottom line is to be aware that cleats wear down and could possibly detach from your shoe. Regular inspection will ensure proper function and limited exposure to injury. Don't be afraid to change them on an annual basis. With proper care and maintenance, your cleats will help you ride farther and more efficiently. Always take the necessary steps to keep them free of problems.

Here are some examples of cleats and pedals –



CRR Ride Schedule

Monday No Regular Rides Scheduled

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.

Thursday

530 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 for mountain bike riding, pace of TJ. Call TJ at 586-293-0162.

Sunday

9 am Stony Cr Boat Launch Meet for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark.

Earlier arrival of sunset makes riding with lights mandatory.

Departure times are pretty punctual. Please plan to arrive 20 minutes prior to that for bike configuration, tire air, and warm up/stretching.

The Saturday 9am ride from 8 ½ & Gratiot will start 2 weeks after the Blue Water Ramble, October 18th.

