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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

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

**Blue Water Ramble** still needs support to fulfill a successful ride event. Deb Angst and the merchandise team could use 1 or 2 people to aid them in sales and distribution. Border crossings could use a couple more volunteers for a shift. A good thing about many of the BWR tasks is you can ride some of the route, perform the task and ride on. The stuffing party is September 27<sup>th</sup> (5pm) in the Mt Clemens Library (downstairs). Please encourage maximum participation of your friend and other riders in this year's BWR. The clean up party (October 4<sup>th</sup>) is at Les Dunham's home, 166 Barbara St., Mt Clemens 48043. You can contact him at [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) or phone/text 586-216-4135 if you have questions.

**Weekday evening rides** will continue through September, weather permitting. Be sure to have **lights** (front and rear) with fresh batteries that work properly. This time of year near sunset can be especially difficult to see and more importantly for us cyclists to be seen. Be careful riding when around fallen leaves and wet surfaces like painted lines or metal covers. One slip on 2 wheels can make for a long winter of recovery.

**Bob Crowley** was riding to a ride last week when he was hit by a Comcast truck. He'd welcome any visitors at Royal Oak Beaumont, currently in room #5630 in the North tower.

## October Birthday's

10/01 John Tarantino  
10/02 Donald Dahlke  
10/05 James Lucchesi  
10/06 Brian Warner  
10/09 Robert Kosen  
10/10 Ann Schmidt  
10/16 Ray Cronin  
10/17 Bill Stimpson  
10/19 Elizabeth Roberts-  
Kirchhoff  
10/21 Bob George  
10/22 Tim Phillips  
10/25 Jeannette Solomon

**Club members** are entitled to purchase one club jersey next year at a reduced cost (\$34). Contact Debbie Angst at 586-524-3657 or [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

### Visitors and New Members:

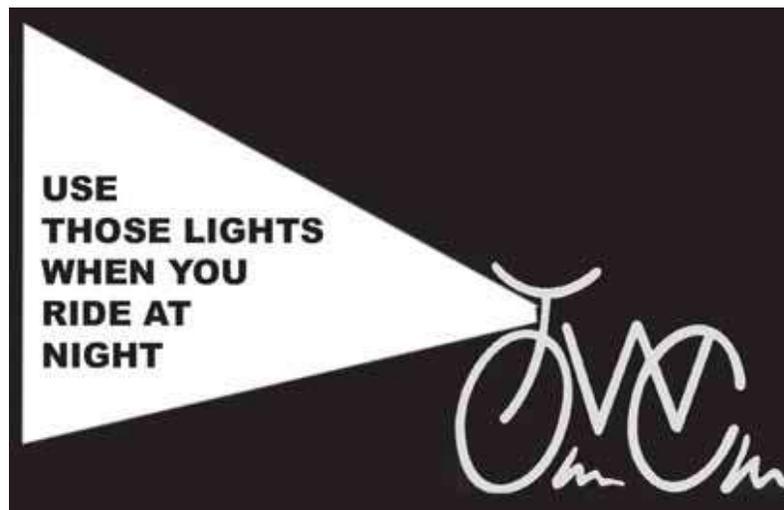
There were no new members or visitors in the last month. We appreciate your interest in cycling and hope to enjoy many miles riding together.

**Jerry Pavlat** would like member to bring returnable containers to club meetings to support **Team Sammy**.

**Annette Smith** is resigning from her position as Treasurer of the Clinton River Riders Bicycle Club as of October 15, 2010. Marilyn Tarantino will finish the year until new officers are selected. Others should consider taking the position which requires knowledge primarily of Quicken and Access. Excel and Word would also be helpful or some similar programs to do the work involved with being treasurer. Since Marilyn and Annette have held the position consecutively for approximately eight years it is time someone else considers assuming the treasurer position. Marilyn and Annette will be happy to assist the new person if needed.

**Our next club meeting** is November 8th, 2010. October is the exception to regular scheduled meetings. BWR has numerous requirements where we meet and it has been determined that no meeting is needed.

**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.



## **Dress for Success – Stay Warm in the Cold**

Now that the cooler months are upon us, it's time to open up the hope chest and pull out the layers and insulation. As in any active, outdoor endeavor, layering is the number one step in proper clothing selection. Selection is easy, since almost all sporting goods store carry lines of clothing made with modern, wicking, insulating and sometimes waterproof fabrics.

Keep your head warm. It'll keep you from being miserable. Your ears are probably the most vulnerable, so cover them up with a pair of ear muffs. Balaclava or fleece covers are good when the temps take a dive.

Remember that you are a heat producing machine. When you ride, you will be producing a HUGE amount of heat and moisture. These byproducts must be removed from your clothing or you will overheat. A base layer in addition to a longer outer shell is usually good.

Your feet and hands are usually the number one and two most temperature sensitive parts of your body. If you don't choose wisely here, you will have a miserable ride. Warm but not wet with sweat is the best amount of cover needed. Warming packets are an option when it gets below 40.

Dress so you feel slightly cool just standing. Can we please start riding? Is the best description, in my opinion?

**Cyclist fatalities in the U.S. dropped 12% last year** (630 deaths in 2009 vs. 718 in 2008). Overall, traffic fatalities fell 9.7% from 37,423 to 33,808, according to the National Highway Traffic Safety Administration.

## **Seat Pack Necessities**

- These items are inexpensive, easy-to-carry insurance. Even if you're not sure how to fix a flat or use certain tools, a passing cyclist may be able to assist, provided you are packing these items: Patch kit with fresh glue, Tire levers, Spare inner tube, Multi-function tool or Basic tool kit, Chain Tool Pump or Co2  
Water, water, water (hydration is important!)

- Carrying the following items is smart too, they can make your ride more enjoyable: Sunscreen and lip balm, One or two energy bars, Hand cleaner wipes, Identification & Medical Insurance Card, Cell phone, Flashing red light on rear of bike, and \$5.00 for snacks.

Some of our favorite local bike shops. Please support them with your patronage and cycling needs.

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

## **Your elected representatives –**

Sen. Carl Levin (D) 202-224-6221 Fax: 202-224-1388

Sen. Debbie Stabenow (D) 202-224-4822

Rep. Bart Stupak (D-1) 202-225-4735

Rep. Peter Hoekstra (R-2) 202-225-4401

Rep. Vernon Ehlers (R-3) 202- 225-3831

Rep. David Camp (R-4) 202-225-3561

Rep. Dale Kildee (D-5) 202-225-3611

Rep. Fred Upton (R-6) 202-225-3761

Rep. Mark Schauer (D-7) 202-225-6276

Rep. Mike Rogers (R-8) 202-225-

Rep. Gary Peters (D-9) 202-225-5802

Rep. Candice Miller (R-10) 202-225-2106

Rep. Thad McCotter (R-11) 202-225-8171

Rep. Sander Levin (D-12) 202-225-4961

Rep. Carolyn Kilpatrick (D-13) 202-225-

Rep. John Conyers (D-14) 202-225-5126

Rep. John Dingell (D-15) 202-225-4071

Don't let your silence be consent. They represent you; let them know what you want done.

## **Pedal, Pedal, Pedal**

Allow your legs to find a cadence or a pedaling speed that pleases them. Remember this: Your legs are happier during steady movement, not a series of pedaling and coasting actions. Each time you pause, your muscles stop moving the blood in and out of your legs, where it can be cleansed and re-oxygenated. If you must coast, then soft-pedal, thereby promoting blood flow and easing the fatigue in your legs. Nothing good happens while you're coasting. You only imagine you're resting. When you begin pedaling again, the sudden workload hits your legs and hurts them. It is both lazy and counterproductive. It makes riding more painful, lowers your average speed, and shortens your comfort range. If you pedal and coast, the person behind you must do the same in order to maintain the gap. Each start and stop is exaggerated behind you, and it goes down the line. On-again, off-again pedaling costs you and each rider following you.

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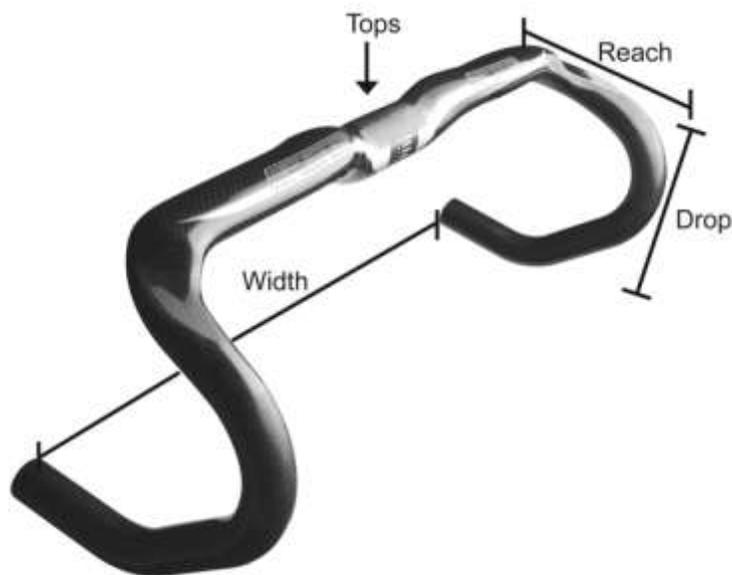
Try to keep the number between 70 and 90 revolutions per minute (rpm). The closer you get to 90 -100 rpm the better, but suit yourself. Focus on smooth, constant motion. As you get used to pedaling more each minute, your happy cadence will rise naturally. In order to find an appropriate gear for the grade, wind and road speed, operate the shifter, that's why you have them. Try to keep your effort as constant as you can. Pedal all the time, even on the downhill's, for your legs' sake. Pedal a brisk cadence; it's easier on your knees. Stay relaxed and enjoy your cycling.

### Getting the Hang of Road Drop Handlebars

There are four distinct measurements of significance that you should appreciate: width, reach, depth (or drop) and top angle. Handlebar width is usually measured from center to center of the drops. Widths generally range from 36cm to 50cm. Yours should correlate with the broadness of your shoulders.

Reach, depth, and angle need can vary based on the riders size, bar manufacturer, and placement of the bifters.

Handlebar shape and size has a great impact on the comfort and handling of your bicycle and should help decrease your exposure to upper extremity and neck non-traumatic injuries or pain. It is sometimes difficult to understand what shape and size will work for you. Simply knowing there are different bars out there can aid in starting a discussion between you and a bicycle fit professional. Life is too short to have poorly fitted handlebars. See you out there!



## **CRR Ride Schedule**

### **Monday**

### **Tuesday**

**6 pm Meet Bill & Diane Baker at Independence Bank.** (22 1/2 & Van Dyke) For a ride at 12 - 14 mph.

### **Wednesday.**

**9:30 am Sheffield Shuffle** Meet Rick and Sue Moorman at the SW corner of Sheffield Parking Lot (Cunningham and W Big Beaver just west of Coolidge) 30-50 miles at 16-18 MPH in the Troy, Bloomfield, and Auburn Hills area.

**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 with a midway stop for ice cream. 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)

**6:00 pm** PLACE: Sheffield Office Park 3250 W Big Beaver Rd, on North side of Big Beaver Rd (16 Mile) 1 block west of Cunningham Drive (1 block west of Coolidge). DISTANCE: 20-25 MILES at 12-14mph. Contact G Haelewyn for info.

### **Thursday**

**9 am** Rick & Sue Moorman lead a 30+/- mile ride from TBD To TBD. Contact Rick for the weekly particulars. [pkmoorman@wideopenwest.com](mailto:pkmoorman@wideopenwest.com)

**6:00 pm** Meet Carol Green at Masonic & Jefferson for 30 miles of 15-17 MPH of riding.

### **Friday**

**8:30 am Meet Duane & Sandy** Start point to be determined. The destination loop will vary with distances of 40-45 miles at a 15-17 MPH pace. If the weather looks questionable, please call Duane at 586-752-6482 to confirm if the ride is still on. For additional information please send your requests to [sandyoverwayl@yahoo.com](mailto:sandyoverwayl@yahoo.com)

**Saturday**

**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.

Dick Williams Ride Director

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

