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The RAMBLER



Clinton River Riders Bicycle Club ***Access online at WWW.lmb.org/crr***

For the 3rd year in a row the weather for the Blue Water Ramble was fantastic. That led to a great turn out and lots of smiling cyclists. Feedback on what the Clinton River Riders could control was very positive. Next year's BWR is on October 5th (always the first Sunday in October) and we look forward to seeing everyone again next year.

The hic-up was at the Sombra/Marine City ferry crossing. With the large turnout of cyclist and some could-be-more-efficient US customs support a backlog of waiting riders built up quickly. With temperatures in the mid 80's and wait times of about 1 hour there were numerous hot cyclist both literally and figuratively. Some re-routing back to Algonac did occur. Our staff and BWR management are working hard and giving much thought to options for the 2008 Blue Water Ramble.

With the time change and cooler wetter weather most evening rides cannot occur past the end of October. For any rides that may be possible front and rear lights are required.



November 2007

11/01 Nicholas Kauten
11/04 Geraldine Prost
11/05 Carol Green
11/08 Michael Dowdell
11/12 Gary Haelewyn
11/12 Al Barton
11/14 Susan Kuhn
11/14 Erin Nelson
11/20 Bob Goebel
11/21 Joe Solonika
11/23 Larry Goike
11/24 Tom Graham
11/24 Eric Noyes
11/28 Concetta
Pellerito

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@strategicfunding.com to get yours today.

New Members: Christopher Morgan, Concetta Pellerito, Sherill Behnke, Carl Hessing, and Ron Lendon.

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.

Our next Clinton River Riders Meeting is on Monday, November 12th at 7pm in the Mt Clemens Library (downstairs).

Our annual Clinton River Riders Awards Banquet is December 8 @ 6:30pm. At Sajo's of Clinton, 36470 Moravian, off of Garfield – south of 16 Mile Rd. Please see the flyer with this newsletter for further details.

Tip! Never hit the brakes while the bike is leaned over on any slippery surface. A braked wheel tends to go straight, so if you clamp on the stoppers while you're cornering, you'll almost certainly go down.

If you suffer from muscle soreness the day after a workout here are 3 things that are easy and may make you feel better. 1) Do a light workout, 2) Drink coffee (4-10 oz), and 3) Take curcumin (in the spice curry)

Blue Water Ramble Statistics

There were 1400 registered riders, 714 registered electronically, (approximately 85 no shows). The average age of the BWR rider is 45.5 years old. 3.25 average number of cumulative BWR's ridden. An astonishing 50% - 190 (of our 380 sampled riders) were first time riders

Breakdown by state/province -

1315 Michigan

62 Ontario, Canada

6 Indiana

4 Ohio

2 each from IL, 2 PA, 1 KY, 1 MA, 1 MD, 1 ME, 1 MH, 1 MN,
1 VA, 1 WA, and 1 WI.

Julie & Bill Windhorst and John Tarantino did a survey at the Algonac Ferry on the day of the ride. 98% of the comments were positive but it might have been different if they were at the Sombra Ferry.

380 riders were surveyed

~70% - 265 already had passports

~22% - 82 will get passports for 2008

~8% -- 33 said no to passports

Please let us know of your winter activities that you would like inserted in the newsletter. With the riding season winding down there is room for announcements and event publicity. There is always room for the electronic version of the newsletter. Print and photo space in the paper version is finite.

SURVIVE BAD ROAD SURFACES

---**Seams and cracks.** When these run parallel to your direction of travel they can catch your front wheel. So be vigilant, if your wheels become trapped, don't try to turn to the right or left. That's likely to make you crash. Stop pedaling and either continue in the rut until it ends, or jump the bike up and to the side to untrap the wheels -- a skill worth practicing because you don't want to be trying it for the first time in emergency conditions.

---**Rough or broken pavement.** Shift to the next higher gear, grip the bar top or brake lever hoods, and steadily pedal through. The slightly bigger gear adds resistance and slows your cadence so you can pedal smoother with less bike chatter.

---**Painted lines.** They can be as slippery as ice when they're wet. Slow down and do your best to cross them at a right angle with your bike perpendicular.

---**Wet metal.** Anything metal and wet is ultra slippery. This includes manhole covers, plates, grates, metal bridge surfaces, railroad tracks and so on. Again, slow down and do your best to cross wet metal at a right angle with your bike perpendicular.

---**Fallen leaves.** Leaves usually aren't a problem when you're riding straight through them. But in a corner, watch out. If there is wetness between the leaves, they can be slippery and cause you to slide down.

---**Gravel and sand.** On a flat section, use the same technique described for rough or broken pavement. When sand or gravel is in a turn, initiate your turn before reaching it. Then straighten the bike just before you cross. If your bike is upright on a slippery patch, it's less likely to slide out from under you.

Here are our current mileage leaders in club organized rides -

Smith, Annette & Bill	T	2878
Moorman, Sue and Rick	T	2539
Anderson, Art	M	2129
Jones, Rick	M	1861
Barton, Al	M	1615
Kelley, Bill	M	1134
Green, Gary	M	1115
Bartels, Gerald	M	1047
Buchler, Shelley	F	1025
Schmitz, Lynda	F	924
Angst, Deb & Steve	T	913
Wiseman, Sharon & Dave Switney	T	872
Meerhaeghe, Art	M	776
Rosiek, Ken	M	658

Here are some web sites to map routes.

---<http://www.toporoute.com> ,

---<http://www.bikely.com> ,

---<http://www.mapmyride.com> ,

---<http://veloroutes.org> ,

---<http://www.routeslip.com> ,

---<http://maps.google.com> ,

---<http://www.gmap-pedometer.com> . Look forward to next year.

CRR Ride Schedule

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.

6 pm Meet Steve and Debbie Angst at Naldrett Elementary on Sugarbush. This is north of 21 mile and east of I-94. For 25 miles around New Baltimore. 16-20 mph.

Thursday

6 pm MSU Management Center Square Lake and Crooks, Meet Rick Jones for a fast ride that will average 18.5 for a distance of 30 miles.

6 pm Bill Duemling and Bill Baker lead a Thursday ride from the Prestige Cycles parking lot at Moravian and Garfield. Distance 20-25 miles. 2 hours at a conversational pace 12-14 mph. Route will vary.

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

8:30 am Stony Creek (boat launch) to Armada. 44 miles at 16 - 22 mph (2 groups) with a stop in town to eat. **Ends October 27th.**

9 am Stony Creek West Br parking lot. Meet TJ Hill for mountain bike riding, pace of TJ. Good beginner ride. Call TJ at 586-293-0162.

9 am 8 ½ & Gratiot (Shultz's Funeral Home Parking lot) Meet Jane Bernard or the Mooremans for a 34 mile ride at 14 – 16mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the mid point.

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.

December 8, Saturday night, Awards Banquet, Sajo's of Clinton, 36470 Moravian, off of Garfield – south of 16 Mile Rd. Cocktails 6:30 (Cash bar—soft drinks and juice) Dinner served at 7:30. **Each person will pick 1 of 3 entrees: Chicken Porcini (breast of chicken sautéed in olive oil & in cherry brandy cream sauce), Pesce Lentini (broiled salmon over angel hair pasta) or steak Siciliano that night. Each entrée will include soft drinks, coffee or tea, house salad, and bread. Dessert will be served.** 25 Metro Park passes will be given away and 25 will be sold providing a motion is made and passed at the November meeting. Bring wrapped gifts indicating gender preference.

Questions: Call John or Marilyn Tarantino (586-850-2485 or 586-350-9633)

Detach and mail with check payable to CRR to: Julie Windhorst 3160 Barkway Dr., Sterling Heights MI 48310

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Name _____

Phone # _____

Number of Adults (\$25.00 each): _____

Children (\$20.00 each ages 5-12): _____

Supported 2007 BWR at:

Include a list of children under 12 and a possible gift for each to be delivered by Santa

NOTE: BWR workers will have their checks returned at the Banquet, no-shows will forfeit their checks providing the club agrees on these terms at the November meeting.

Please be prompt in mailing your reservations. **The deadline is November 15.**

