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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Our **CRR Awards Banquet** is December 6, Saturday night, Fern Hill Country Club, 17600 Clinton River Rd., Clinton Twp.

Cocktails 6:00 (Cash bar, free "soft drinks and juice)
Buffet Dinner served at 7:00. It is always wonderful to see great people celebrating their years work and miles together.

25 Metro Park passes will be given away and 25 will be sold for \$16. Bring wrapped gifts indicating gender preference or there will be a donation container that aids needs children that would like bicycles.

Clinton River Riders is in need of support to fill key positions to manage the 2009 Blue Water Ramble. BWR Chair, Registration, and Food Chair must be filled. The previous personnel have filled these positions for several years and would like to relinquish their duties. They will be able to guide and mentor the new hero's to next year's success. The Tarantino's and Windhorst's have mentioned their ability step up. Les Dunham will provide the location for the cleanup party. Please consider your talents and remember that we work together to provide one of the best, lowest cost, and enjoyable cycling events in Michigan.

December Birthdays

12/03 David Rumohr
 12/06 Carl Hessing
 12/07 Patrick Moorman
 12/08 Sharon Wiseman
 12/09 Pete Sprecher
 12/13 Tom Harrison
 12/14 Bill Windhorst
 12/21 Tim Woodby
 12/24 Sheila Jones
 12/24 T. J. Hill
 12/26 Steve Angst
 12/27 Anita Karner
 12/30 Darlene Phillips

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@strategicfndng.com to get yours today.

Visitors: Nolan McClain and Bridget Turner are new members to Clinton River Riders. We welcome you to your association with Clinton River Riders and hope we will experience many happy cycling miles together.

Limited daylight has eliminated most 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.

Our next club meeting is December 8th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave. The exception is October, no meeting due to the BWR cleanup party.

Quick Tip: Post Protection. A carbon seat post can bond with a frame and become almost impossible to move. The simple solution is prevention: Pull the post every 3-4 months and wipe off the sweat, rain and other moisture that seeps between it and the frame.



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Attention Skiers

The November issue of Michigan Sports and Fitness has several pages of information on ski clubs, ski trips, and much more information. From page 14 to page 33 there are articles and guides to make your venture on the slopes more informed. Copies can be found at most libraries and many gyms in the area. Online some of the articles are posted at www.outdoorathlete.com. There is so much information even a non skier could become dangerous. So get your copy soon. Oh, there is other fitness interest material as well too. Ski trip Jan 31st. See Bruce Freeburger.

Coexistence of weight training and cycling.

Research in resistance training has shown this for some years:

- 1-6 repetitions create strength
- 8-12 reps foster muscular growth
- 15+ reps build muscular endurance

If you want to get stronger, add weight. And as a result, reduce repetitions. If you train with high repetitions, guess what: You really won't get stronger at all. Many cyclists, however, think if they put more weight on the bar (and get stronger) they will bulk up. Not true! Getting heavier is a result of calories in vs. calories expended, period. Low reps do *not* cause a person to gain weight or size.

Unfortunately many cyclists spend far too much time training muscular endurance in the weight room. True, endurance is one key to better cycling, but muscular endurance is best achieved on the bike, not in the gym. Getting stronger should be your *only* reason for being in the weight room. Do this by adding intensity, i.e., the weight you're lifting.

The annual Bikes for Kids event is Dec. 10th 6pm in Southfield, at the Civic Center, 26000 Evergreen Rd. The Variety Club supports this event. Clinton River Riders has donated \$1,500 in the past to support this event.

Keep a Straight Line

Riding a straight line is a basic skill that sounds simple but lots riders don't do it as well as they could. When you can maintain a smooth, steady path down the road, you've taken a big step toward being an accomplished rider. It makes you safer because wavering puts you at risk from overtaking traffic. When riding in a group it puts others at ease. The fastest way to draw unwanted attention from experienced roadies is to wobble in the middle of the pack.

It's quick and easy to improve your ability to ride a steady line. These tips will put you on the straight and narrow.

- Relax. You need a loose, supple upper body. Be aware of tension in your neck, jaw and shoulders. If you're rigid, the bike will move in jerks and twitches.
- Flex your elbows. By keeping them slightly bent and loose, upper-body movements won't automatically be passed to the handlebar. The road's bumps and jolts will be absorbed, helping the bike float over irregularities rather than flinch and dart.

Of course, staying relaxed is easier to say than do -- particularly in situations like riding between traffic and a ragged road edge. Resist tensing your upper body by remembering to breathe steadily. Don't let apprehension pin your shoulders to your ears. By staying aware of your body's response you can make relaxation a habit.

- Look up the road. Staring at the pavement just ahead of your front wheel guarantees you'll ride like a drunk taking a sobriety test. The farther up the road you look, the steadier your bike will be.

You'll soon learn the technique of "split vision." This allows your lower peripheral vision to monitor the pavement and the rear wheels of riders just ahead, while you focus on a swath 10-30 meters up the road.

Remember, if you watch the line you want your bike to take, your wheels will go there almost magically. For the same reason, if you look directly at bad things you're likely to hit them.

Another Chance to Help –

Our daughter is a care-giver and I know of a 12-year-old boy who would like to have a bike. At last night's meeting I asked if we could consider instead of exchanging \$5 gifts we donate that money for this purpose. I would set up a box at the Awards Banquet. It would be voluntary. If you would still like to participate in the gift exchange you could bring a gift instead of donating the money. The club agreed under these conditions. Thank you so much.....Carol Meerhaeghe

Generally speaking, you aren't learning much when your mouth is moving.

Eagles may soar, but weasels don't get sucked into jet engines.



If Barbie is so popular, why do you have to buy her friends?

Riding Home

A handful of real estate agents in U.S. cities such as Portland, Oregon, and Boulder, Colorado, have begun showing houses by bike and touting their listings' bike-friendly qualities, according to the Associated Press. Homes near urban centers and subway, train and bus stops are selling faster than houses in far-off suburbs. Other draws include neighborhoods with bike lanes and bike shops. Realtors trying to tap the cycling market should realize that there are housing requirements that benefit cyclists.

CRR Ride Schedule

Tuesday 9:30 am Sheffield Shuffle, on the NW corner of Big Beaver & Cunningham (1 block west of Coolidge) Meet Rick & Sue Moorman for 16 - 18 mph ride.

Wednesday 9 am Rick & Sue Moorman lead a 30 mile ride from TBD To TBD. Contact Rick for the weekly particulars.

Thursday 6 pm meet at the MSU Management Center, Square Lake and Crooks, Meet Rick Jones for a fast ride 15-17+ for a distance of 30 miles.

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

9 am Stony Creek West Branch parking lot, meet TJ Hill for mountain bike riding, pace of TJ. 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 – 16 mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the midpoint.

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.

Rides – Winter rules apply roads and weather permitting.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

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

A MODERN PARABLE . . .

A Japanese company (Toyota) and an American company (Ford) decided to have a canoe race on the Missouri River. Both teams practiced long and hard to reach their peak performance before the race.

On the big day, the Japanese won by a mile.

The Americans, very discouraged and depressed, decided to investigate the reason for the crushing defeat. A management team made up of senior management was formed to investigate and recommend appropriate action. Their conclusion was the Japanese had 8 people rowing and 1 person steering, while the American team had 8 people steering and 1 person rowing.

Feeling a deeper study was in order, American management hired a consulting company and paid them a large amount of money for a second opinion. They advised, of course, that too many people were steering the boat, while not enough people were rowing.

Not sure of how to utilize that information, but wanting to prevent another loss to the Japanese, the rowing team's management structure was totally reorganized to 4 steering supervisors, 3 area steering superintendents, and 1 assistant superintendent steering manager.

They also implemented a new performance system that would give the 1 person rowing the boat greater incentive to work harder. It was called the 'Rowing Team Quality First Program,' with meetings, dinners, and free pens for the rower. There was discussion of getting new paddles, canoes, and other equipment, extra vacation days for practices and bonuses.

The next year the Japanese won by two miles.

Humiliated, the American management laid off the rower for poor performance, halted development of a new canoe, sold the paddles, and canceled all capital investments for new equipment. The money saved was distributed to the Senior Executives as bonuses and the next year's racing team was out-sourced to India.

Sadly, The End. Continued on next page -

Here's something else to think about: Ford has spent the last thirty years moving all its factories out of the US, claiming they can't make money paying American wages. TOYOTA has spent the last thirty years building more than a dozen plants inside the US.

MEMBERSHIP APPLICATION FORM

Clinton River Riders Bicycle Club

Make check payable to:

Clinton River Riders Bicycle Club
Mail to: 34501 Utica Road
Fraser, MI 48026

\$12.50 Individual (over 18)
 \$15.00 Family

New Member Renewal

Name: _____

Address: _____

City: _____

State: ZIP:

Home Phone: ()

Email:

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I understand I may be called upon on occasion to write a letter or attend a meeting supporting bicycles as a legitimate mode of transportation.

Family Names **Birthdate**

The image shows two sets of horizontal lines for handwriting practice. Each set consists of three lines: a solid top line, a dashed midline, and a solid bottom line.

**RELEASE AND WAIVER OF LIABILITY,
ASSUMPTION OF RISK,
AND INDEMNITY AGREEMENT
("AGREEMENT")**

IN CONSIDERATION of being permitted to participate in any way in The Clinton River Riders Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives,

assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTANDING that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISK"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at the time; and I FULL ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a risk of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the "RELEASEES" herein), FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATION.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature _____ **Date** _____

Signature _____ Date _____

Signature _____ Date _____

(All riding members must sign)