

Officers

President

John Tarantino

586-850-2485

Redtandom@aol.com

Ride Director

Gary Haelewyn

586-286-5094

bluecyclist@yahoo.com

Treasurer

Annette Smith

248-652-2278

bsmith02@comcast.net

Secretary

T J Hill

586-293-0162

Tjbiker@juno.com

Editor

Les Dunham

586-216-4135

lesdunham@hotmail.com

Sunshine

Julie Windhorst

586-939-6073

Weetandem@yahoo.com

Legislative Liaison

Mike Sproul

586-443-4544

BWR Chair

Jim Crawford

586-677-7033

Jcrawford76@comcast.net

Librarian

Bruce Freeburger

586-354-2320

Bruce@BIKESonTV.com

Merchandise

Dennis Prost

248-931-7300

The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The CRR awards banquet is **December 12th** at Fern Hill Country Club. 6pm for refreshments and 7pm dining begins. Cost is \$25 per person and the usual expectations continue. Banquet application is on page 4 -

So far there are **107 orders for the new club jersey** and initial order is imminent. The design team, led by Debbie Angst, worked diligently to bring this to fruition. Interested club members need decide on their purchase immediately. Decisions were made on the cost for members and this is more complicated than there is space in the newsletter to explain. Contact digitaldeb for payment.

Some budget tightening decisions were approved at the recent club meeting. One of them that should interest you reading this is that unless you contact the newsletter editor or John Tarantino the number receiving a paper copy will be minimized. Electronic delivery of the newsletter is and will be the method for distribution. This implementation will take place beginning in January 2010. The cost of coping and postage has gone up (and will continue to rise) beyond the cost benefit threshold.

It is time to think about **club membership renewal**. Some people have ideas on getting to the warmer weather. Please remain in Clinton River Riders no matter where you find yourself. Still \$12.50 individual and \$15 family.

Dec. Birthdays

12/01 Carl Gildner
 12/03 David Rumohr
 12/06 Carl Hessing
 12/07 Gerald E.Boor
 12/07 Patrick Moorman
 12/08 Sharon Wiseman
 12/09 Pete Sprecher
 12/11 Guy Scianna
 12/12 Jeff Kuehn
 12/13 Tom Harrison
 12/14 Bill Windhorst
 12/20 Tony Smith
 12/21 Tim Woodby
 12/24 T. J. Hill
 12/24 Sheila Jones
 12/26 Steve Angst
 12/27 Anita Karner
 12/30 Darlene Phillips
 12/30 Janet Carmody

Club members are entitled to purchase one club jersey next year at a reduced cost (\$34). Contact Dennis Prost at 248-931-7300 or email dmprost@strategicfnding.com to get yours today.

Visitors: Guy Harvey and Gerald E. Boor are new members that attended the recent club meeting.

Welcome to your association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

Our next club meeting is December 14th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

- A driver accused of deliberately **injuring 2 cyclists** by passing them and then braking abruptly was convicted Monday of assault with a deadly weapon and other serious criminal charges. The 3-week trial of Christopher Thompson, 60, a former physician in Southern California, was seen as a test of the justice system's commitment to protecting cyclists. The incident happened when Thompson yelled at the cyclists to ride single-file. He said the riders reacted with cursing and gestures so he hit the brakes in front of them "to teach them a lesson" (his explanation to the cop who arrived at the scene). One rider went face-first through the car's rear window, resulting in a nearly severed nose and broken teeth. The other rider crashed and suffered a separated shoulder. Thompson was held without bail after his conviction and faces a possible 10-year prison term when sentenced on Dec. 3.

A special thanks to Hamilton Bike Shop, they supported our **Blue Water Ramble** this year and every year onsite. In particular they restored the bike of one of fallen riders. Please support and thank them along with all local bike shops with your patronage. Hamilton Bike Shop is located at 69329 N Main St, in Richmond MI. Their website - <http://www.hamiltonbikes.com/>

Please note - **Debbie Angst** will take over club clothing control in January.

Bikes for Kids in conjunction with **Variety Club** has their annual bike give away **December 9th**. Clinton River Riders are invited to fit helmets for the children. **Arrive at 6 pm** for pizza, drink, and snacks to be followed by give away. Usually Glenda Lewis from Channel 7 news and a film crew are on hand. Location has been Southfield Civic Center; contact Shelia Jones for more exact details.

Bill Windhorst mentioned the setting of multiple World Records or World championships garnered by **Tom O'Rourke**. Tom is a recent competitor at the Velodrome at Bloomer Park. Tom had not competed in bike racing in over 40 years. At age 17 Tom was a member of the 1952 Olympic team that competed in Helsinki, Finland.

Making it Go - the terminology:

- The large "crankset" sprockets at your feet are called "chainrings" or "chainwheels."
- The cluster of sprockets on the rear wheel is the "cassette" or "freewheel" and each individual sprocket is a "cog."
- The whole thing (crankset and cassette, along with the chain and derailleurs) is called the "drivetrain."

In a nutshell, the larger the cog being used, the easier it is to pedal (lower gear). Same goes when using a smaller chainring. Most road bikes have standard double chainrings (39/53 teeth) or a compact double (34/50) or a triple (30/39/50). And bikes are usually equipped with a cassette that has a cog range of 12-25 or 11-26 teeth for standard chainrings and 12-27 for compact and triple chainrings.

Here is an early look at scheduled 2010 ride events that are listed on LMB -

- 12/03/09 - 12/03/09 [Safe Routes to School Basic Training](#)
- 03/27/10 [Michigan Bicycle Summit](#)
- 05/19/10 - 05/19/10 | 7:00 [Ride of Silence](#)
- 05/26/10 [Lucinda Means Bicycle Advocacy Day](#)
- 06/05/10 - 06/07/10 [Pedal and Paddle](#)
- 06/05/10 [Southeast Michigan Tour de Cure](#)
- 06/18/10 - 06/20/10 [Sunrise Adventure](#)
- 06/19/10 - 06/25/10 [Pedal Across Lower Michigan \(PALM\)](#)
- 06/19/10 | 7:00 [Charlevoix/Emmet County Pink Ribbon Ride](#)
- 06/19/10 - 06/20/10 | 8:00 [National 24-Hour Challenge](#)
- 06/26/10 - 06/26/10 [Jesse Escamilla Memorial Bike Ride](#)
- 07/11/10 [Kalamazoo Scenic Bicycle Tour \(KalTour\)](#)
- 07/17/10 - 07/24/10 [MUP \(Michigan's Upper Peninsula\) Tour](#)
- 07/17/10 [Holland 100](#)
- 07/17/10 | 8:00 [Wind Turbine Day Turbine Tour](#)
- 07/22/10 - 07/25/10 [Wish A Mile 300](#)
- 07/24/10 [Rural Pearl of a Ride](#)
- 08/01/10 - 08/05/10 [Tour da UP](#)
- 08/07/10 - 08/14/10 [Shoreline West](#)
- 08/14/10 [GFWC Swartz Creek Women's Club Bike A Thon](#)
- 08/28/10 - 08/29/10 | 7:00 [Potawatomi Pedal Paddle Tour](#)
- 08/29/10 | 7:00 [Peach of a Ride](#)
- 09/18/10 [Celebration of Cycling](#)
- 10/03/10 [Blue Water Ramble](#)

It is never too early to want to do well

December 12, Saturday night, Awards Banquet

Fern Hill Country Club

17600 Clinton River Rd.

Clinton Twp.

Cocktails **6:00** (Cash bar -- soft drinks and juice)

Buffet Dinner served at **7:00**. 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

=====

Name _____

Phone # _____

Number of Adults (\$25.00 each): _____

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

Supported 2009 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 20.

Tips for Winter Riding

- **Ride with a friend or group.** Sharing conversation as well as a draft helps the miles go by. Group rides are cohesive. Don't push too hard or fast riding when the temperature is below 50F degrees (10C). Instead, use winter to accumulate base miles.
- **Don't overdress.** If you're not chilly in the first few minutes, you have probably worn too much and will overheat.
- **Start with hot drinks** in freezing temperatures and use insulated bottles or covers to increase the time before liquids turn to slush.
- **Be wary of shaded corners**, which may hide ice.
- **Wear light, bright colors** to help motorists see you on dim days.
- **Install rear reflectors** or carry reflective ankle bands for times when dusk catches you a few minutes from home.
- **Carry two tubes.** Patching a tube with freezing fingers isn't easy, should a second flat occur.
- **Don't stop for long**, if at all. Resumption of the wind chill will make you cold, and you may be unable to shake the shivers for the rest of the ride.
- **Ride short on frigid days.** As a rule, you can be fairly comfortable for 90 minutes in subfreezing temperatures. But things may deteriorate quickly after that, particularly if you have raised a sweat.
- **Take time to recover after riding.** Winter takes more out of you. Because of the elements and your lower fitness level, a 50-mile (90-km) winter ride feels like 80 miles (128 km).
- **Be extra careful when you've been sick.** Don't try to make up a week of lost training by riding before you're completely well. There is plenty of time to get back on track when spring arrives.

Get Ready for Winter Weather Lubrication & Bearings

Moisture and temperature changes (which cause condensation) are bad for the hardest working parts of a bike -- chain, cassette, chainrings and the bearings in the hubs and bottom bracket. Check all these parts and address any issues before riding into Mother Nature's worst.

Check components that have bearings by turning them with your hand. You should feel smooth rotation against a slight hydraulic resistance. Turn wheel axles like this and then push and pull to feel for play. Turn the axle nuts to make sure they aren't loose. If they are or there's roughness, play or lack of lubrication (no resistance to smooth spinning), have the hubs overhauled with fresh grease and bearings.

To check bottom bracket bearings, lift the chain off the small chainring and set it on the frame. Slowly turn the crank by hand to feel and listen for roughness or lack of lubrication. Grasp the crankarms (not pedals) and push and pull laterally to feel for play. Find a problem? It may be time for a new bottom bracket. On most modern road bikes they're designed to be replaced rather than serviced.

CRR Ride Schedule

Tuesday

9 am 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.

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 Saturday Shultz's ride The ride starts from 8 ½ & Gratiot, for about 30 miles at a pace of 14-16 mph. Goes all winter weather and road conditions permitting. The Moorman's, Les Dunham, or Ron Truax usually leads this ride.

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.

11 am Meet Dick Williams at his determined point for 40 +/- miles of riding in the Detroit metro area. 14-17mph.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

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

Here is a link to a site with 2010 Bicycle related calendars –

http://www.bikingbis.com/blog/_archives/2009/11/14/4380321.html

Charity bike rides raise \$200 million a year

Do you like to ride your bike for a charity? You're not alone. Roughly two-thirds of the 1,700 recreational road bicycling events held in 2008 raised money for a cause, collecting nearly \$200 million for charities in the US. In all, 1 million of us bicyclists rode in events in 2008, spending \$137 million on food, lodging and other purchases at the events. The total revenue from recreational road riding events topped \$240 million.

Based on the survey results, Bikes Belong estimated that 1.07 million people participated in recreational biking events last year. About \$40 million in entrance fees alone were collected for these rides.

Bikes Belong based their estimates on a 10% survey-return rate of the 1,700 bike rides located. The staff researched separately the "Big Nine" recreational rides -- Team in Training, Bike MS, Pan-Mass Challenge, Tour de Cure, AIDS LifeCycle, LiveStrong Challenges, Rodman Ride for Kids, Audi Best Buddies Challenge, and RAGBRAI. The recreational rides described by Bikes Belong are on-road, non-race rides such as century rides, family fun rides, major charity rides and public bike tours. Brevets, mountain bike rides, club rides and all races were omitted from this report.

The average ride raises \$12,000 for charity. The "Big Nine" -- each which typically involves multiple rides -- raised \$180 million for charity in 2008. The biggest single event, the 2-day Pan-Mass Challenge in Massachusetts, raised a record \$35 million in pledges for programs at the Dana-Farber Cancer Institute in Boston. The LiveStrong Challenge reported Wednesday that 21,000 participants in its four events (not all bicycling) raised \$10.7 million in 2009.

Manufacturer recalls stems used on 6 bike brands

A bike parts maker is [recalling its EA30 stem](#) used on some 6,400 bicycles in the past two years after reports that the stem can crack. Contact Easton Sports at 866-892-6059 from 8-5 (CT) Monday through Friday or see the [recall notice at Easton Sports website](#).

The Consumer Product Safety Commission says the EA30 stems are black with white-and-gray graphics and feature a four-bolt stem face cap. "EA30" is printed on the stem. The stem were used on bikes sold August 2007 through August 2009. The stems also were sold separately for about \$30 from August 2007 through August 2009.

