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## *The RAMBLER*



## ***Clinton River Riders Bicycle Club*** ***Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)***

This month Clinton River Riders held its annual dinner that celebrated another year of excellent cycling and community support. Togetherness, fun, awards and gifts were a part of the evening. A slide show courtesy of Doug MacDermaid showed some of the highlights throughout the year. It is quite special to see the combinations of people in different ride events all thru the joy of cycling. We are indeed a fortunate group that shares a common interest.

Many thanks to all that supported Bikes for Kids in Southfield on December 11<sup>th</sup>. Sponsored by the Variety Club with assistance from groups like CRR about 125 on the metro area youth received helmet, lock, and bikes. Detroit Tigers mascot Paws, Diana Lewis of WXYZ, and Santa Claus attended as well. A great early holiday present for many youth should provide many less of smiles on their new bicycles. Please see some of photos from this inside.

January Birthday's  
01/02 Denise Kosen  
01/06 Dave Baker  
01/11 Debbie Angst  
01/13 Marilyn  
Tarantino

01/16 Ed Lindow  
01/17 Frank  
Mottershead

01/19 Shelley Buchler  
01/20 Dennis Carlson  
01/21 Karen Warner  
01/21 Michael  
Freeman

01/23 Cathy Osip  
01/26 Nino Pacini  
01/29 Joyce Dzuris  
12/24 Sheila Jones  
12/24 T. J. Hill  
12/26 Steve Angst  
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@strategicfnding.com](mailto:dmprost@strategicfnding.com) to get yours today.

**New Members:** None at Decembers meeting but I was informed that we missed Murray Howe in October. 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 club meeting is January 14th. As always the 2<sup>nd</sup> Monday of the month at the Mt.Clemens Public Library. 7 pm downstairs.

Art Meerhaeghe let members know that the annual Square Dance is January 12<sup>th</sup> 2008. Cost per couple is \$35.

It is membership renewal time. Please do your part prior to April so the club roster will be accurate. Encourage your friends, co-workers, and new riders to consider being a CRR member too.

There are two good reasons to wear sunglasses even on cloudy days. One is to stop dust, bugs and drying air from blasting your eyes. The other is to protect them from ultraviolet rays. Yes, even on overcast days there's danger. In fact, it can be greater when the sun isn't shining because you won't squint or blink as much. If the regular tint is too dark, pop in amber or even clear lenses -- still effective as long as they are rated 100% UV resistant.

**After a tough ride, an easy spin the next day helps recovery better than a day off.** Now some sports doctors are contending that after an *injury*, easy workouts are better than rest for healing.



As soon as you get back from a wet winter ride, wipe down your bike with warm water.

### CRR Ride Schedule

**Monday No regular rides scheduled thru winter.**

**Tuesday No regular rides scheduled thru winter.**

**Wednesday No regular rides scheduled thru winter**

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

**Thursday No regular rides scheduled thru winter.**

### **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 Br 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 – 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.

Rides – Winter rules apply roads and weather permitting. We would appreciate your opinion and feedback on hotline use/necessity. One suggestion is to go to one line option. Mostly new members and others use was the consensus. Debbie Angst volunteered to update the hotline regularly. Thank you very very much.

More upcoming events -

Bike Feast 1 March 2008 22<sup>nd</sup> annual 170 Mason St, Dearborn.

### **From our Annual Dinner Awardees for 2007 -**

**Total Club Rides:** Les Dunham (23), Art Meerhaeghe (31), Art Anderson (73)

**Club Rides Led:** Steve and Deb Angst (9), Bill Baker (9), TJ Hill (19)

**Club Participation Points:** Gerry Bartels (35), Bill Kelley (40), Rick and Sue Moorman (138)

**Club Ride Mileage:** Dave Switney and Sharon Wiseman (953), Gary Green (1,403), Bill and Annette Smith (3,448)

Note: A member could only win one award even though they may qualify for multiple awards.

### **Pedaling Good Nutrition**

Healthy eating tips:

- Select a variety of fruits and vegetables.
- Choose lean meats, and low-fat or non-fat milk and milk products.
- Pick from whole foods such as whole grains.
- Limit processed foods such as chips, cookies and sodas.

### **Fluid Facts - What to Drink and When**

Proper hydration is important during exercise to regulate body temperature, keep cool, lubricate joints and carry waste from our bodies. Individual preference, including taste and energy needs, will effect what you choose to drink. For most activities less than 60 minutes in duration, water is a great choice. Beyond 60 minutes you need more than just water to replenish you body's needs.

The bottom line, no matter what time of year, developing a healthy lifestyle is a deliberate process. Like a long race, eating right takes focus, determination and patience.

**Good news / bad news.** The League of American Bicyclists reports that the **Bicycle Commuter Act** was included in the Comprehensive House Energy Bill on Dec. 6. Among other things, the act would give a tax credit to people who commute to work by bike. The idea is to offset costs associated with commuting (maintenance, repairs, bike storage) so more people will be encouraged to get out of cars and onto bicycles. Unfortunately, LAB reports, the Senate has seen fit to throw out *all* tax provisions in the bill. Hope remains, though, because that action will be reconsidered during a committee meeting. If you're a voter in Ohio or Washington, you may want to read what LAB terms "unfortunate remarks" about bike commuting by **John Boehner** (R-OH) and **Doc Hastings** (R-WA). They're highlighted in a PDF prepared by the League from the House debate: <http://tinyurl.com/24w9I9>

**If you live where it snows**, you're riding over lots of grit spread by road crews. Good for traction over icy patches; not so good for avoiding punctures. Sharp shards can stick in the tire tread and work their way through to the tube, causing a slow leak that gradually flattens the tire. It can even be happening while you're riding.

**Two tips:** First, as you park the bike after rides, press a thumb into each tire to make sure they aren't going soft. Better to remedy the problem now than find a flat tire when you're dressed and ready to start the next ride. Second, sometime between rides, use a flashlight to slowly go around each tire to find shards stuck in the tread. Pop them out with the corner of a small flat-blade screwdriver. Wear glasses for eye protection.

Tough or ? One rainy, cold ride and you've learned all you need: Dress properly, be careful, stay fueled. Now you can stay home, get a better workout on your trainer, and avoid getting sick.

Now, pencils ready...

Are You Addicted to Cycling? Check Off All that Apply to you (bonus points for speed, deductions for drafting).

- You know every traffic light sequence for stop-free pedaling.
- Either it's a Brooks saddle, or I will stand and pedal the whole way, thank you.
- You wear more tights than a children's theater group performing Peter Pan.
- You have eaten pasta directly out of your front bag, while pedaling.
- You don't hate drivers as much as pity them in their steel cages, surrounded by shock jock rhetoric and their vague anger over how it came to this.
- You think about each hill as a cyclist, even when you are driving a car.
- You calculate distances between cities by how long it would take you by bike. (21 bike days from St. Petersburg to Detroit)
- You know how many miles you rode last night, last week, last year.
- You don't find it over-sharing to tell people you just met how many miles you rode last night, last week, last year.
- You have a Biker's Tan. (Bottom 2 /3 of your legs, lower 1/2 of your arms, and two little circles on the tops of your hands).
- You have far too many photos of yourself on or around your bicycle next to signs at the top of mountain passes, Welcome to So-and-So State, National Park entrances, starting lines of bike rides, historic sites, and in front of bicycle shops.
- You check your helmet mirror for what's behind you even when you are off the bike and not wearing it.
- You hate headwinds, hills, and trucks parked on the shoulder of any descent.
- You secretly love headwinds and hills, but those trucks parked on the shoulder of any descent are still the work of an angry god.

