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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The **Clinton River Riders Awards Banquet** was December 6th, and is the usual case all appeared to have fun. The social event with all the quality of those who attended made for a memorable event. Doug MacDermaid prepared and displayed an outstanding slide show that celebrates our year in cycling through photos and music. He has copies of this and previous year's slideshow available for a nominal cost. Funds were raised to help a needy 12 year old have a new bicycle for Christmas. Fraser Cycle will support the cause by providing items at cost. We appreciate their support always and please support them (and all local bike shops) with your patronage.

Clinton River Riders elected positions process begins next month at the January meeting. Any member in good standing is allowed to run and vote on positions. Please participate and be involved in the process. We need good people to be engaged and CRR has some of the best.

Our annual **finance meeting** is Jan. 25th (6pm) John and Marilyn Tarantino's residence. Please let them know if you will attend. Discussion on the fiduciary status and distribution of our non-profit funds take place.

January Birthdays

01/02 Denise Kosen
01/03 Lynda Schmitz
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

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 to get yours today.

Visitors: Lisa Proulx is a meeting visitor. Ken Suddick, George and Laura Kasper 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.

Our next club meeting is January 12th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

TJ Hill celebrates his birthday, Wed 17 Dec at 8pm, at the Dakota Inn. Wear a bike jersey. Charlie Taylor will be leading the festive singing of all those great Beer drinking songs many of you may have experienced during the time of the 70's and 80's when TJ led most of the super tourist rides for the club.

Hikers - Bill Goodwin is leading a hiking group Saturday mornings at 9am from Stony Creek West Branch lot B. Distance 4-7 miles on the mountain bike trails. On days with enough snow we will XC ski. Yaktrax or similar shoe grips recommended for icy conditions. For more info contact Bill Goodwin, billeg53@gmail.com, 1-586-781-2429.

January 10th, 2009 is the annual **Square Dance**. Fun and Easy (no experience needed) Where....St.Malachy Church Hall...When..... Price \$35 per couple (includes pizza pop snacks beer wine coffee and donuts) Couples Only... For Tickets call Art Meerhaeghe 586 268 7465. Deadline Jan 3

Santa Claus has the right idea. Visit people only once a year. -- Victor Borge

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.

Quick Tip: Love Those Liners. If your feet and hands are still freezing on rides despite good socks, booties and gloves, adding liners might help. Liners are gloves and socks made of a thin cut of insulating materials such as wool, polypropylene or ThermMax. Liners don't add bulk, so your regular gloves and shoes still fit comfortably. But they do add an additional layer to trap body heat.



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George Zloitro
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BWR Update -

Les Dunham will Co-chair Food. Rick Jones and John Tarantino will work the registration of BWR. CRR still needs a Chair/Co Chair for BWR Chair. The previous leaders are not disappearing and will support those who step up for successful 2009 BWR.

Debbie Angst informed the club about a change in the shirts process. There will be no contest this year, but there will be a design team. 4 people so far will work on this. Tuesday Jan. 6th (7pm) will be 1st meeting at the Angst residence. What kinds of shirt will be the first determination then the design will be established. This year's (2008 BWR) T shirts and a few Sweatshirts are available for cost, \$8 and \$20.

A man was walking past a bicycle shop. The bike shop owner said to him: "Do you want to buy a bicycle?"

The man said "I want to buy a cow."

The bike shop owner said "You will look very silly riding a cow."

The man said "But I will look even sillier milking a bicycle."

Cold Feet -

Have you tried every trick imaginable to keep your feet warm during cold-weather rides -- larger shoes with 2 pairs of socks, battery-powered socks, spray deodorant to reduce sweating, plastic bags to cut wind. Cold feet are always a factor in winter riding. Painfully cold feet are an age-old problem for cyclists. In general, foot comfort in the cold seems to be highly individual. Some riders suffer despite all precautions. Others do fine with minimal protection in glacial conditions.

One thing to consider is if a rider's torso (core) gets chilly, blood is pulled from the extremities, accelerating the coldness felt in feet and hands. Sometimes a warmer hat under the helmet, an extra vest under the wind shell or heavier tights will do more to keep feet warm than extra layers on the feet themselves.

Don't worry about avoiding temptation as you grow older, it will avoid you.
-- Winston Churchill



All I Want for Christmas -

As we plunge into worldwide recession, odds are you're not getting that \$5,000 carbon bike for Christmas. Likewise, the cyclists on your list probably shouldn't expect much more than a 6-pack of energy gel or a re-gifted, neon-pink Scooby-Doo jersey. But there's no reason to let foreclosure, job loss and economic meltdown spoil your holidays. Here are some no-cost gift ideas for everyone in your life, including -- *ahem* -- yourself:

For your bike mechanic:

A signed and dated contract to always clean your bike before bringing it in for repairs, and to never mention how much less you could pay for something online.

For your long-suffering partner:

A certificate committing you to 10 -- okay, 5 -- cycling-free weekends per year.

For your non-cycling friends:

A notarized pledge to never mention within their earshot: (a) how much your bike weighs and costs, (b) how hard you rode today and why your watts-to-kilogram ratio is so awesome, or (c) how you know for a fact that Lance will win this year's Tour.

For your riding partners:

A blood oath stating that you will not attack right after someone completes a pull into a headwind. Further, that you will point out all road obstacles in a timely fashion. And further still that you will show up for 8 o'clock rides at 8 o'clock.

For you:

A rain check for a \$5,000 carbon bike in Christmas 2009, because you are going to be really, really good all next year.

Bikes with an aluminum frame and carbon frames can have creaking bottom brackets at times. This is a common problem with bikes like his having "non steel" threads in the bottom bracket (BB, where the crankset installs). But fear not. The solutions are pretty simple (in a complicated sort of way). If you're sure it's the BB that's clicking and not your pedals, cleats, shoe buckles, front derailleur, headset, cassette/freehub body interface, chainring fixing bolts, coins in your jersey pocket or telltale heart, then you need to do the following:

(1) Pull the crankarms or arm, depending on which vintage crankset you have, and then pull the BB.

(2) Thoroughly clean all threads, including inside the frame. For the 3-piece unit, also clean the cup from the non-drive side and that part of the BB that it fits over. A citrus degreaser makes it all easy.

(3) Liberally apply grease (white lithium) to the threads inside the frame, the threads on the BB cup, and inside the non-drive-side cup (3-piece). Grease is good, but I don't recommend Loctite at all, and neither does Shimano.

(4) Reinstall the BB hand tight (both sides), then torque it to 25 foot-pounds, drive side first. Remember, most bikes have left-hand threads on the drive side. That cup screws in counterclockwise.

(5) Grease the spindle's splines (they'll be on one or both ends, depending on which crank you have) and the bolt threads. Install the crankarms, making sure they're perfectly aligned on the splines

(6) Check the front shifting and take a test ride. The noise from the BB will be gone. If you still hear creaks, they have to be coming from somewhere else.

CRR Ride Schedule

Monday

Tuesday

Wednesday.

Thursday

Friday

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

Ski trip

Jan 31st 2009. Leaving from REI on Big Beaver and Rochester Rd at 8 am. Contact Bruce Freeburger for more details.

