

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](http://WWW.lmb.org/crr)*

One thing you need to know 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.

Nominations for CRR officers are open and so far the only change is that Dick Williams will take over Ride Director duties. All other personnel have accepted filling their respective positions for another year. It is still open to anyone who would like to be nominated and allow club members to vote for selection.

It is also the time of year for **membership renewal**. Clinton River Riders are great people with a common interest in fitness, cycling, and togetherness. All are welcome to be a part of CRR, so please remember to renew your membership no matter where winter takes you.

Donations collected at the banquet helped purchase a bicycle for Amber at Fraser Cycle and Fitness. CRR appreciates Fraser Cycle's support for the BWR and this charity it was suggested that you support them whenever you are in need of cycling equipment.

There is Ice Skating for adults each weekday at Onyx Ice Rink at Dequindre and Parkdale. Skating begins at 10:30 and goes to 11:50 the fee is 3 dollars per session.

### Jan. Birthdays

01/02 Denise Kosen  
01/03 Lynda Schmitz  
01/08 James Van Scott  
01/11 Debbie Angst  
01/13 Marilyn Tarantino  
01/16 Ed Lindow, Jr.  
01/17 Frank Mottershead  
01/19 Susan Wolgamott  
01/19 Shelley Buchler  
01/20 Denny Carlson  
01/21 Mike Freeman  
01/21 Karen Warner  
01/23 Cathy Osip  
01/26 Nino Pacini  
01/29 Joyce Lajack

**Club members** are entitled to purchase one club jersey per year, at a reduced cost. Contact Debbie Angst at 586-524-3657 or [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

**Visitors:** Jaclyn Angst, Jason Brzezinski, Sabah Hermiz are new members. 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 January 11th. Our meetings are always the 2<sup>nd</sup> Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

**Long time cyclist Don Joqua has fallen ill lately and is currently in Cherrywood Nursing Home near 15 Mile and Dequinder. His condition does not have a cure. Visit him very soon if you are inclined to do so.**

**In Case of Emergency "ICE"** Do you always have ID on your person when riding? Maybe, or sometimes? Well, it's always a good practice to have ID along. Some riders have their wallets along, wear a wrist ID, or even "dog-tags". But here's another great idea based on your cell phone.

Most of us carry our cell phones around with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. If we were to be involved in an accident or were taken ill, the people attending us would find our cell phone, but wouldn't know who to call. Of all those numbers stored, which one is the contact person in case of an emergency? Hence **ICE** (In Case of Emergency) The "**ICE**" effort is catching on quickly. It is a method of finding a contact person during an emergency situation. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during an emergency under the name "**ICE**" ( In Case of Emergency).

The idea was initiated by a paramedic who found that when he went to the scenes of accidents, there were often cell phones with the patients, but he didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as "**ICE**." For more than one contact name, simply enter ICE1, ICE2, and ICE3, etc.

It is winter. The weather is cold, wet, dark, windy. This causes unpleasant and dangerous conditions on a bike. It is hard to get up early in the morning because it is cold and dark. It is hard to ride in the evening because even 5 o'clock looks like late night. But better conditions are on the horizon. There are several things you can do to bring yourself back up to game speed:

- Use an indoor trainer or rollers
- Spinning classes
- Weight train
- Cross training (running, skiing, swimming, etc.)
- Ride outside anyway bundled up in your cold and wet weather gear.

Weight training for now since this will be the activity to fade away as you increase your mileage. Often cyclist main focus when weight training are the legs, however, do not neglect the rest of your body or you can suffer when back on the bike. Some suggested exercises -

- Leg press
- Walking lunges (make sure the knee does not come forward of the ankle)
- Leg extension
- Leg curl
- Heel raise. Make sure you start from a negative position (below where your heel would be when standing on a flat surface. Use a step to get a deep stretch, then come up on your toes as high as you can.

For the rest of the body do these 2 – 3 days a week throughout the year:

- 5 – 10 minutes of abs; back hyperextension; push-ups; and rowing (aerobic) 30 minutes. Follow this up with 15 – 20 minutes of stretching and one or two yoga classes a week.

This program should keep you reasonably fit over the winter.

The **2009 Banquet** was a usual success thanks much to Marilyn Tarantino's planning. There were a few new faces along with many of the usual suspects. Debbie Angst, Gail Komendera and Doris Travani Mulligan, would host the banquet for 2010. I would like to echo what a great group of people make up Clinton River Riders. We truly reflect being cycling enthusiasts, charitable givers, and all around good people.

Take some time to reflect on the **events of 2009** while you still have a chance. Endeavor to have a **wonderful 2010** from the start. Life is not all downhill with a wind at your back, but it is good to have an idea where you want to go less you end up somewhere else. Take good care of your bicycle and body, your life depends on them.

## CRR Ride Schedule

**Monday**

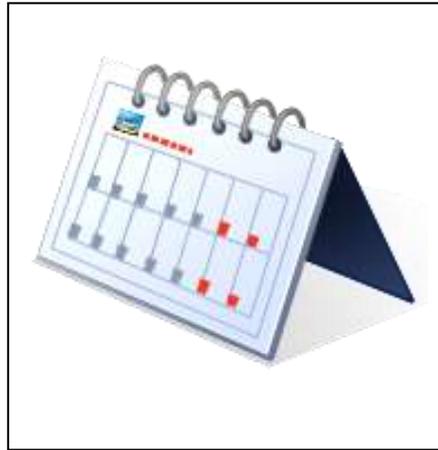
**Tuesday**

**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 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.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

Newsletter Changes to Les Dunham, [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) or 586-216-4135.

**Lou Holtz** has some great quotes –

- Life is ten percent what happens to you and ninety percent how you respond to it.
- Motivation is simple. You eliminate those who are not motivated.
- No one has ever drowned in sweat.

**Safety Thoughts-** Dealing with bad road surfaces

---**Seams and cracks.** When these run parallel to your direction of travel, they can catch your front wheel. So be vigilant, particularly when entering a dark or shaded section that makes cracks and seams hard to see. 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 continue in the rut until it ends.

---**Rough or broken pavement.** When approaching long sections with a gnarly surface, sit back on the saddle, shift to the next higher gear, grip the bar top or brake lever hoods, and steadily pedal through. ---**Painted lines.** They can be as slippery as ice when they're wet. Be wary entering any corner in urban areas where there may be painted crosswalks or other road markings.

---**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 upright (perpendicular).

---**Fallen leaves.** Leaves usually aren't a problem when you're riding straight through them (although they may cover potholes or other dangers). But in a corner, watch out.

---**Gravel and sand.** When the loose stuff is 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.

--**A Final Important 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.

2 things you should resolve in 2010 for the sake of your bike and successful ride completion are –

- 1) Air up those tires before a ride.
- 2) Clean and maintain your chain/gears.

More on tires and drive train maintenance next month.

