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## *The RAMBLER*



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

Warmer weather is upon us and dry enough conditions to begin regular weekly rides have enabled numerous changes to our ride schedule. Please look inside for details. Most of the weekly favorites are back. You must have a helmet and we encourage you to ride, improve fitness, and have fun with us. Always try to arrive about 15 minutes early for bike configuration, tire air, stretching and warm up. Ride together and no more than 2 a breast. Share the road assertively and look like you belong to a well organized club out there.

Our Team Sammy, Make-A-Wish cyclists are selling "Super Hero Sammy" wrist bands to support their fund raising requirements. A donation of at least \$5 is suggested. Each person has to raise \$750. Also they are having an event May 28<sup>th</sup> at the Pizza Hut 2407 Washtenaw Rd, Ypsilanti. 20% of purchases will go to their cause. Contact Bill Stimpson, Jerry Pavlat, Suzanne Erbes or Jane Franks to donate or for more details. Please come out and support them.

May Birthdays

05/02 Adam Nelson

05/04 Jim McKinnie

05/05 Mike Holden

05/05 Jim Karner

05/07 Will Lajack

05/14 Suzanne  
Musthaler

05/14 Bill Guisinger

05/16 Thomas Miller

05/16 Sandra  
Studebaker

05/16 David Kruse

05/19 Gerald Bartels

05/19 Tim Woodby

05/25 Linda Daniels

05/25 Leslie Rumohr

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 April's meeting. We did have one visitor, Joe Kanan. Joe is looking for an entry level bike, capable of weekly rides and one or two centuries a year. Our next club meeting is May 12th. As always the 2<sup>nd</sup> Monday of the month at the Mt. Clemens Public Library. 7 pm downstairs.

John and Marilyn Tarantino are heading their annual Mothers Day ride, May 11<sup>th</sup> from Stony Creek Metropark to Wolcot Metropark and back. With a gathering at their residence afterwards for those who wish. Please let them know if you plan to attend to plan accordingly.

May 21 is the Ride of Silence. 7 pm from numerous locations around Michigan. 10-12 mph to pay tribute to cyclist who have been injured or died. Check [lmb.org](http://lmb.org) or your local bike club website for more details.

Some Area Rides –

May 4, Metro Grand Spring Tour. Starts at Willow Metro Park, 25, 45, 62 mile routes. Contact [MGST@yahoo.com](mailto:MGST@yahoo.com) for more details.

June 1<sup>st</sup>, Farm Lake Tour. Starts Plymouth MI. 15, 32, & 63 mile routes. See [www.saddleman.org](http://www.saddleman.org) for more details.

June 7<sup>th</sup>, 100 Grand. Grand Rapids MI, 17, 35, 65, and 105 mile routes. [www.rapidwheelmen.org](http://www.rapidwheelmen.org) for more details.

PARIS, March 20, 2008 (AFP) - On Thursday, the Amaury Sport Organisation (ASO) named the 20 teams it has selected for the 2008 Tour de France. The lineup includes all teams holding a ProTour license, with the exception of the Kazakh-backed, Luxembourg-based Astana team.

ASO ruled in February that reigning Tour de France champion Alberto Contador and his Astana team would be barred from competing in this year's race as a result of doping scandals over the past two years.

The Teams are -

Quick Step (BEL)	Silence-Lotto (BEL)
Team CSC (DEN)	Caisse d'Epargne (ESP)
Euskatel-Euskadi (ESP)	Saunier Duval-Scott (ESP)
Bouygues Telecom (FRA)	Credit Agricole (FRA)
Cofidis credit par telephone (FRA)	
Francaise Des Jeux (FRA)	AG2R-La Mondiale (FRA)
Agritubel (FRA)	Gerolsteiner (GER)
Team Milram (GER)	Barloworld (GBR)
Lampre (ITA)	Liquigas (ITA)
Rabobank (NED)	High Road (USA)
Slipstream Chipotle (USA)	

WD-40 use on bikes, not mine!

For the cyclist that maintains their bike regularly WD-40 makes a terrible lubricant for nearly anything related to your bike. Do not use WD-40 as a chain lube. Yes your chain will stay looking clean, but that's because there's virtually nothing on it.

But it does do a pretty good job as a solvent/cleaner and anti-corrosion agent. That's what it's made for, not bicycle lubrication. You can put it

on a clean, soft cloth for wiping down your steel, aluminum or even titanium frame if you've ridden in a salty climate or speckled it with toxic sweat. Although it may not harm frame decals or paint jobs, you might want to test it on an inconspicuous part of your frame to be safe. Use on carbon frames or forks is questionable since it is difficult to say it's safe.

**Quick Tip: Instant Tune-Up.** So, your bike's shifting has become erratic. The chain isn't climbing onto bigger cassette cogs as quickly or smoothly as it once did. This is a common problem as the gear cable stretches. The fix is easy and you can do it without tools. Look at the rear derailleur and cable. You're almost certain to see a fitting (called a "barrel") where the cable enters the derailleur or on the down tube. It can be turned with your fingers to adjust cable tension. To make it properly taut again, turn the barrel half a revolution counterclockwise. Try some shifts (best done with your bike in a repair stand or hanging off your car's bumper rack). Better but not perfect? Give it another half turn. Keep testing until shifts are instant. Don't overdo it and degrade shifts to smaller cogs. If the chain doesn't drop down quickly, you've turned the barrel a bit too far. Back off (clockwise) until you find the sweet spot.

**Keep the derailleurs finely tuned, always.**

**Keep cable guides clean.**

**Periodically squeeze the lever fully** like when braking, and then use a clean rag to wipe out any visible dirt. Use a Q-Tip for the tight spots.

**Don't turn your bike upside down** with the levers buried in the dirt. That's a common and costly mistake when repairing a flat. Have your riding pal hold your bike, or lay it in the grass with the drive train up, or hang it from the saddle nose over a tree limb or fence.

## Warm Up.

It takes much longer to warm up for a ride as you age, at 40 years and beyond, it takes close to 30 minutes to get comfortable go hard. If you push hard too early, the ride seems to stay hard to the finish. Some say: "By the time I'm warmed up, I'm too tired to ride!"

When we were young, we could jump off the couch and start playing pickup basketball or touch football with nary a stretch or jumping jack. A good warm-up is crucial for any activity to avoid injury and make sure we have fun. Certainly as the population ages while still remaining active, there will be research that might show us how to warm up most efficiently.

Based on experience, the best warm-up for cycling is cycling. Here are 4 tips:

- **Start slowly and gradually increase your pace.** When riding with others, look for a friendly wheel to follow to make the start that much easier.
- **On group rides don't hammer from the start.** An immediate fast pace can be hard for anyone who has driven to the start.
- **If possible, pedal to the ride for a warm-up** or get there early enough to spin around for 15-20 minutes. An on-bike warm-up is essential before a race, of course. If the location makes riding impossible, take your trainer and use that.
- **Stretch if it works for you.** The jury seems to be out on how effective stretching is for warming up. Studies on whether stretching helps prevent injuries are inconclusive. Some show benefits, others have found a higher rate of injury.

CRR Ride Schedule (HOTLINE 586-819-0222)

**Monday 6:00PM** Meet Bill and Diane Baker at Fraser Cycle 34501 Utica Rd for a 1-2 hour scenic easy ride at the pace of the slowest ride. No Ride on Meeting nights.

**Tuesday 5:30** Sheffield Shuffle NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet Rick and Sue Moorman for a 15 - 18 mph 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.

**6:15 pm** Meet Bill Stimpson at Moravian and Garfield for 25-35 miles at 14-18 mph. Faster as the season progresses. Starts May 7th, training for the Make a Wish event.

**6 pm** Meet Steve and Debbie Angst at Naldrett Elementary on Sugarbush. This is north of 21 mile and east of I-94. For 25-30 miles around New Baltimore. 16-20 mph. Starts in May 7th.

**Thursday 6 pm** MSU Management Center, Square Lake and Crooks, Meet Rick Jones for a fast ride 15-17+ for a distance of 30 miles. Start together - end together.

**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 8 am** Stony Creek (boat launch) to Armada. 44 miles at 16 - 22 mph (2 groups) with a stop in town to eat.

**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.

## Fluid Facts for Cyclists

If you are a serious cyclist who works up a good sweat, you might have wondered how much you should drink before, during and after a hard workout. According to the American College of Sports Medicine's latest update on fluid needs for athletes (1), only you can determine that answer because fluid needs vary greatly from person to person. Here's what ACSM has to say —

- Sweat rates commonly range between 1 – 4 pounds (0.5 to 2 liters) per hour, depending on your pace and environmental conditions. Sweat rates for a 100 pound rider might be 0.5 liter of sweat per hour, while a 200 pound fast cyclist might lose three times that much.
- The easiest way to tell if you are hydrated properly is frequency and color (pale, not dark) of urine. You should need to go every 2 – 4 hours.
- You cannot super-hydrate pre-exercise; your body can absorb just so much fluid. The kidneys can only make about 1 liter of urine per hour. A wise tactic is to drink up about two hours pre-exercise; this allows time for your kidneys to process and eliminate the excess. Then drink again 5 to 15 minutes before start time.
- Some athletes can tolerate exercising while dehydrated better than others. But most athletes who lose >2% of their body weight in sweat losses lose both their mental edge and their physical ability to perform well, especially if the weather is hot. Yet during cold weather, you are less likely to experience reduced performance even at 3% dehydration (about 2 kg sweat loss for a 70 kg athlete). Dehydration (3-5%) does not

seem to impact either muscle strength or anaerobic performance. Yet, sweat loss of 9% to 12% body weight can lead to death!

- If you become more than 7% dehydrated (either by sweat losses, diarrhea or vomiting), you will likely end up with a doctor introducing intravenous fluid replacement. In most cases, there is no advantage to taking IV fluids, unless for medical necessity. But please, stay out of the medical tent by knowing your sweat rate and drinking accordingly!
- If you become significantly dehydrated and have to exercise again within 12 hours, such as during multi day rides, you need to aggressively rehydrate. This means drinking 50% more fluid than your sweat losses (to account for the water you lose via urine.) Sipping fluids for several hours after you exercise maximizes fluid retention and is preferable to gulping one big drink.
- Sweat contains more than just water; it has electrically charged particles that help keep water in the right balance inside and outside of cells.

Electrolyte	Average amount/Liter sweat	Food reference
Sodium	800 mg (range 200-1,600)	1 liter Gatorade = 490 mg
Potassium	200 mg (range 120-600)	1 med banana = 450 mg
Calcium	20 mg (range 6-40)	225 g yogurt = 300 mg
Magnesium	10 mg (range 2-18)	30 g peanut butter = 50 mg

- Dehydration is more common than over hydration, but over hydration to the point of hyponatremia (low blood sodium) is very dangerous and can escalate into seizures, coma and death. The symptoms (that become increasingly severe), include headache, vomiting, swollen hands and feet, undue fatigue, confusion (due to progressive swelling of water in the brain) and wheezing (due to water in the lungs).



**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
_____	_____
_____	_____
_____	_____

**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 "RELEASEES" 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 FULLY 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)*