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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Blue Water Ramble tasks continue to be updated and complete as needed. We still need your support to fulfill a successful ride event. Decisions are always ongoing per expenses and choices of supplies. The stuffing party is September 27th in the Mt Clemens Library (downstairs). Please encourage maximum participation in this year's BWR.

Most people who have participated in more than one organization ride know of or have met **Kevin Degen**. Kevin passed away on August 10th. He was an inspiration to so many other riders. His effort and persistence left the rest of us in awe.

Please look at the calendar and get out to ride in these good weather weeks left in 2010. The Peach of a Ride is August 29th and our friends in the Slow Spokes depend on its success. Several people belong to both bicycle clubs.

Our **Team Sammy** was 3rd overall in fundraising this year. They will continue to raise funds for next year's ride. 300 miles in 3 days that supports the Make-a-Wish cause. Please do your part.

Our next club meeting is September 13th, 2010. Our meetings are always the 2nd Monday of the month. (The exception is October in which there is no meeting) 7 pm downstairs in the Mt Clemens Library on Cass Ave.

September Birthday's

09/04 Rick Kuhn
09/05 Jim Crawford
09/14 Julie Shetmaeldre
09/22 Carol Crawford
09/23 Eric Noyes
09/24 Bill Kelley
09/25 Donna Menendez
09/25 Jane Franks
09/25 John Edry
09/25 Gregory Schultz
09/26 Jill Maxwell
09/27 Tim Eisenbraun
09/30 William Baker

Club members are entitled to purchase one club jersey next year at a reduced cost (\$34). Contact Debbie Angst at 586-524-3657 or digitaldeb@comcast.net

Visitors and New Members:

Greg Kimpan and Howard Donaldson are new, welcome to your association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

Jerry Pavlat would like member to bring returnable containers to club meetings to support **Team Sammy**.

New members and interested people should send an email to crr-list@lmb.org to be placed on our email distribution cared for by **Bill Duemling**. No advertising or solicitation is forwarded, just items of interest to cyclists.

Meet Bob George on Saturday, **September 12th Tour De City** 8:30 AM at Macomb Community College, corner of 12 mile and Hayes. Pace: 13-15 MPH. Terrain: Flat Total distance: 55-60 miles.

Along the way we will travel through the Grosse Pointes and see some interesting parts of the East Side of Detroit including the Fisher Mansion, Indian Village, the Manoogian Mansion, and Elmwood Cemetery. We will have a lunch stop in Mexican Town. After our lunch and Tour of Downtown we will return to the starting location by way of Hamtramck.

Ride Leaders: Bob George, (586)-463-6058

Rick Jones & TJ Hill maintained our part of the trail recently. As those who attended the last 2 meetings know Clinton River Riders now periodically cleans up part of the trail near Dequinder & 25 mile rd.

Bicycle Helmets: Choice and Fit Anywhere from 45% to 88% of bicyclists' brain injuries can be prevented by use of a helmet. Since 1999, all bicycle helmets must meet the Consumer Product Safety Commission standard (CPSC), which means that, whether priced at \$20 or \$200, they all must meet the same safety standards. Most helmets use pads of different thicknesses to ensure a snug fit. Many helmets also have an adjustable band inside the helmet, which can be dialed to easily adjust to size. It also allows for quick readjustment if you want to add a sweatband or hat underneath.

Weighing In

Controlling or reducing one's body weight is always challenging. It is common to gain about 10 pounds per decade of life after your 20's. Some common themes or recommendations that often work are exercise and exercise earlier, both in life and each day. The sooner a person incorporates fitness in their life the better. Also there is evidence that when a person exercises earlier in the day the greater benefit to your metabolism. You are more productive through the day when your body has been sped up with a workout.

When it comes to consumption plan your intake with less later in the day (eat a small dinner). Eating at home is nearly always better for you (nutrition and financially) than eating at restaurants. Other easy things to incorporate are drinking more water and chew your food thoroughly in addition to stopping when you have had enough.

Some people are more gifted than others when it comes to body composition. Do your best to be your best. Live a life of quality and do what you can to influence the quantity. Maintain your body and bike like your life depends on it.



Cycling's global governing body, the UCI, is considering fining America's Team RadioShack "for breaching the regulations governing riders clothing" in the final stage of the Tour de France. The Team RadioShack members came to the start wearing an all-black Livestrong kit featuring a large "28." The number signifies, in millions, the number of people worldwide living with cancer. The riders were ordered to change back into regulation Shack clothing and they complied. Then they showed up in the unauthorized kits again at the award ceremony in Paris (RadioShack won the team classification).

Some of our favorite local bike shops. Please support them with your patronage and cycling needs.

<p>FRASER BICYCLE 34501 UTICA RD. FRASER, MI 48026 (586) 294-4070</p>	<p>ANCHOR BAY BICYCLE 35214 23 MILE RD. NEW BALTIMORE, MI 48047 (586) 725-2878</p>
<p>MACOMB SCHWINN 28411 SCHOENHERR WARREN, MI 48093 (586) 756-5400</p>	<p>ALLIED CYCLE SHOP, INC. 23101 GRATIOT AVE EASTPOINTE, MI 48021 (586) 772-3411</p>
<p>AMERICAN CYCLE AND FITNESS 2169 METRO PARK WAY STERLING HEIGHTS, MI 48310 (248) 886-1968</p>	<p>MAIN ST. BICYCLES 5987 26 Mile Rd Washington, MI 48316 (586) 677-7755</p>
<p>REI - TROY 766 EAST BIG BEAVER RD. TROY, MI 48083 248-689-4402</p>	<p>ROCHESTER BIKE SHOP 116 W. SECOND STREET ROCHESTER, MI 48307 (248) 652-6376</p>
<p>CONTINENTAL BIKE SHOP 24436 JOHN R ROAD HAZEL PARK, MI 48030 (248) 545-1225</p>	<p>BIKES, BLADES AND BOARDS 17020 MACK AVE GROSSE POINTE, MI 48230 (313) 885-1300</p>
<p>ROCHESTER BIKE SHOP 426 S MAIN St ROCHESTER, MI 48307 (248) 652-6376</p>	<p>AMERICAN CYCLE 203 NORTH PERRY PONTIAC, MI 48342 (248) 333-7843</p>
<p>Pails Bike Depot 28057 GRATIOT Roseville, MI 586-772-9084</p>	<p>American Cycle & Fitness 18517 HALL Rd Macomb Twp, MI 586-416-1000</p>

Saddle Height

Heel-on-Pedal Method. With your bike level on a trainer (or hold yourself in a doorway), put your heels on the pedals. Pedal slowly backwards. Your heels should just keep contact at the bottom of the stroke as your legs straighten, with no hip rocking necessary. This is dependent on the thickness of the shoe sole and pedal body, so saddle height will change along with these factors.

109% Formula. Multiply the crotch-to-floor measurement by 1.09. Set the saddle by measuring from the top of the saddle to the top of the pedal when the crankarm is straight down in the 6 o'clock position.

There are other methods as well. But they are close estimates to the best adjustment for you. Once your saddle is nearly correct for you, make only small (less than 2mm or 1/8 inch) changes at a time. When it is right leave it alone.

Al Barton, Art Anderson, and Gary Green recently did a self contained ride from New Baltimore to Goderich, Ontario. Here are some photos from their escapade –





Your elected representatives –

Sen. Carl Levin (D) 202-224-6221 Fax: 202-224-1388

Sen. Debbie Stabenow (D) 202-224-4822

Rep. Bart Stupak (D-1) 202-225-4735

Rep. Peter Hoekstra (R-2) 202-225-4401

Rep. Vernon Ehlers (R-3) 202- 225-3831

Rep. David Camp (R-4) 202-225-3561

Rep. Dale Kildee (D-5) 202-225-3611

Rep. Fred Upton (R-6) 202-225-3761

Rep. Mark Schauer (D-7) 202-225-6276

Rep. Mike Rogers (R-8) 202-225-

Rep. Gary Peters (D-9) 202-225-5802

Rep. Candice Miller (R-10) 202-225-2106

Rep. Thad McCotter (R-11) 202-225-8171

Rep. Sander Levin (D-12) 202-225-4961

Rep. Carolyn Kilpatrick (D-13) 202-225-

Rep. John Conyers (D-14) 202-225-5126

Rep. John Dingell (D-15) 202-225-4071

Don't let your silence be consent. They represent you; let them know what you want done.

Exercise scientists have stumbled on an amazing discovery, athletes can improve their performance in intense bouts of exercise, lasting an hour or so, if they merely rinse their mouths with a carbohydrate solution (sports drink). It appears that the brain can sense carbohydrate in the mouth and then respond, spurring on the athlete. Some of the research was done with cyclists. For longer periods of exercise, though, a person is better off swallowing a carbohydrate drink than spitting it out. This way actual fuel is provided in the form of calories.

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.

CRR Ride Schedule

Monday

Tuesday

6 pm Meet Bill & Diane Baker at Independence Bank. (22 1/2 & Van Dyke) For a ride at 12 - 14 mph.

5:30 pm Sheffield Shuffle 5:30pm: Meet Rick and Sue Moorman at the SW corner of Sheffield Parking Lot (Cunningham and W Big Beaver just west of Coolidge) 30-50 miles at 16-18 MPH in the Troy, Bloomfield, and Auburn Hills area.

Wednesday.

6:00 pm Meet Deb & Steve Angst at Naldrett Elementary located on Sugarbush, just north of Cotton (Cotton is about a 1/2 mile north of 21 mile). Tour the New Baltimore area with a midway stop for ice cream. Distance 30-35 miles at a pace of 16-20 MPH. For inclusion on our distribution list send your request to digitaldeb@comcast.net

6:00 pm PLACE: Sheffield Office Park 3250 W Big Beaver Rd, on North side of Big Beaver Rd (16 Mile) 1 block west of Cunningham Drive (1 block west of Coolidge). DISTANCE: 20-25 MILES at 12-14mph. Contact G Haelewyn for info.

Thursday

9 am Rick & Sue Moorman lead a 30+/- mile ride from TBD To TBD. Contact Rick for the weekly particulars. pkmoorman@wideopenwest.com

6:00 pm Meet Carol Green at Masonic & Jefferson for 30 miles of 15-17 MPH of riding.

Friday

8:30 am Meet Duane & Sandy Start point to be determined. The destination loop will vary with distances of 40-45 miles at a 15-17 MPH pace. If the weather looks questionable, please call Duane at 586-752-

6482 to confirm if the ride is still on. For additional information please send your requests to sandyoverway@yahoo.com

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.

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.

Dick Williams Ride Director

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

