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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

*Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

May 2007

Riding season is warmly upon us now. Many yearly favorite rides are now in full swing with a few new ones. Check our ride schedule (enclosed or online) or our phone ride hotline (586-819-0222) for updates. A Sunday ride was encouraged at the meeting and what about a ride from New Baltimore to Algonac? Morning (9am) or afternoon (3pm)? Please provide feedback to the ride director (Gary Haelewyn) or newsletter if you are interested.

The format of the news letter is changed to reduce cost for printing, coping, and postage. The online version will retain a slightly more elaborate layout but the basic content will be the same. In the next few months you will have to reply in order to receive the newsletter in paper format. More to follow.

From our monthly meeting we welcome new attendees Marlene Solomon, Jim Van Scott, Bruce Thoms. We give them a great thank you for their attendance and interest in cycling. Kathy Kuehn, Jim and Anita Karner, and Richard Cuker II are new associates as well. We welcome all of you and wish you many safe and happy miles cycling with us.

June Birthdays      Date  
First n Last

06/05 Aletha Bartels  
 06/06 Ed Gostin  
 06/07 Gail Komendera  
 06/10 Ken Rosiek  
 06/11 Leslie Dunham  
 06/16 Sue Graham  
 06/16 Sandy Overway  
 06/16 Bill Smith  
 06/17 Dave Switney  
 06/21 David Komendera  
 6/21 Doug MacDermaid  
 06/24 Art Anderson  
 06/25 Carol Meerhaeghe  
 06/28 Julie Windhorst  
 06/30 Rich Ostrowski

How do you store your bicycle? Especially with lightweight, minimal-spoke "event wheels" -- if it's safe to hang the bikes with a hook through the rim. Some wonder if the weight of the bike will somehow pull the wheel out of true or hurt it in some other way. No chance. The stress on a hooked wheel is much less than it bears under a rider. Of course, go easy -- don't be carelessly slamming the rim on the hook. Watch out for the valve stem as you set the wheel in place.

The preferred method for hanging bikes, as well as shop bikes, is by the front wheel on a coated bike hook. They seem to have the thickest rubber coating. You can use the rear wheel or even both wheels.

Mike Bracket from the MS 150 Ride support team for July's 14/15 ride is asking for some help in course marking on July 13. He thinks it should take 3 hours with 2 teams of 2 people. For more information contact Les Dunham (newsletter editor) at 586-216-4135 or [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) .

No matter which way, hanging your bike is far safer than leaning it against the garage wall, where it could easily get knocked over by someone not paying attention -- you know, like when you're unloading grocery bags and one snags on your bike. Over it goes, smacking the corner of your workbench, putting a life-altering dent in the top tube. At that point, after you've stopped swearing at the rafters, you ask, "Why me, Lord?" Parking stands or elaborate hoisting systems are expensive and not any better. Just use reliable coated hooks fastened securely. And use them every time you put your bike away.

Upcoming event rides

Sheffield Summer  
Solstice Ride

Tuesday June 19

Time: 9:00 AM

Location: Southwest  
corner Sheffield  
Parking Lot

Distance: 100 miles

Pace: 15-17 MPH

Note: Will try to stop  
at midpoint of ride for  
nourishment (lunch).

Always wear a helmet when riding. Recently a cyclist in Madison, Wisconsin was hit and saved by his helmet.



Here is link to the article.

<http://www.wcsh6.com/news/watercooler/article.aspx?storyid=60620>

This was sent out on email earlier. But we cannot over emphasize the need to protect one of the most vulnerable areas exposed to impact.

The Michigan Senior Olympics has some new events this year - time trials at the Velodrome at Bloomer Park, August 9<sup>th</sup> at 1pm. Distances are 200M (flying start), 1K, and 3K (both standing start). As these distances are short, technique is of utmost importance. The coaching staff at the Vleodrome at Bloomer Park is offering help to any CRR member who plans to compete. Please contact me at [ebgostin@yahoo.com](mailto:ebgostin@yahoo.com) to make arrangements. Make use of your hometown advantage, come out and try it.

## Road Bike Tire Basics

Road bike tires will distinguish themselves with a large diameter, a smooth Tread patter, and narrower widths than off road tires.

Diameters and Rim Sizes - on the side of the tire will be a number like this "700x23c".

The "700" is a reference to the diameter of the tire. The "23" is a reference to the width of the tire. The "c" is a designation of which 700 rim it uses, there are other letters Such as the "700D" tires used on some hybrids in the mid nineties. There are 650c (biathlon and Women's Specific) and 650B (French/Japanese Touring) rims

Fractional sizes like "27x1" will not fit the same rim size. Slick tires marked "26x1.0" are usually mountain bike tires, and will not fit 650c or 650b rims.

Selecting a Width - Road Tire widths are measured in millimeters. The style and intended use of your tires can help determine the appropriate width for you.

Some of key elements in selecting tires are material or compounds, bead type (cincher is most common) wire or Kevlar (folding) bead, and Threads per inch (TPI). Fewer TPI is more durable, less cost, but weighs more.

## Current Club member miles this year (top 20)

as of May 21st

Name	Miles
<b>Moorman, Sue and Rick</b>	502
<b>Smith, Annette &amp; Bill</b>	459
<b>Kelley, Bill</b>	313
<b>Bartels, Gerry</b>	238
<b>Green, Gary</b>	235
<b>Meerhaeghe, Art</b>	227
<b>Jones, Shiela &amp; Rick</b>	216
<b>Dunham, Les</b>	188
<b>Graham, Tom</b>	188
<b>Franks, Jane</b>	169
<b>Rosiek, Cindy &amp; Ken</b>	164
<b>Rosiek, Ken</b>	164
<b>Buchler, Shelley</b>	163
<b>Barton, Al</b>	140
<b>Switney, Dave n Sharon Wise</b>	135
<b>Hall, Gayle &amp; Tom</b>	131
<b>Jones, Rick</b>	116
<b>Tarantino, John</b>	112
<b>Miller, Tom</b>	96
<b>Neuman, Bob</b>	89
<b>Warner, Brian</b>	89

June Riding Events around Michigan

June 1 Harbor Springs Cycling Classic Harbor Springs. 20, 42M 100k, 3 day.  
231-5262151 [birchwood@racc2000.com](mailto:birchwood@racc2000.com) birchwoodinn.com

June 2 The 100 Grand Bike Tour, Grand Rapids. 100, 62, 32, 17  
[M100Grand@wheelmen.com](mailto:M100Grand@wheelmen.com) Rapidwheelmen.com

June 2 Shoreline Bicycle Tour- Peddle and Paddle Montague. 16-58M. Jamie  
[jpally@lmb.org](mailto:jpally@lmb.org) lmb.org

June 3 Rochester Cycling Festival Rochester. Varies (festival or races, tour,  
veledrome) Jamie 248-656-4715 [jamie@rochesterhills.org](mailto:jamie@rochesterhills.org)

June 10 Tour De Cure Brighton. 7, 15, 30, 50, 70M Meagan 888-342-2383  
diabetes.org/tour

June 15 Shoreline Bicycle Tour-Sunshine Adventure Rogers City, 20-50M/day 5  
day. Jamie 888-642-4537 lmb.org

June 16 Tour De Cure W Michigan Middleville. 5, 14, 25, 100M Karen 888-342-  
2383 diabetes.org/tour

June 16 National 24 Hour Challenge Middleville n24hc.org

June 23 Pedal Across Lower Michigan (PALM) Stevensville. 250M (xtra miles  
avail) Doris 734-669-0172

[palmbiketour@yahoo.com](mailto:palmbiketour@yahoo.com) lob.org/palm

June 24 Visionary Bike Ride & Walk Owosso. 64, 25,13M bike tour 6 miles. Kate  
810-235-2544 [kbugee@vicflint.org](mailto:kbugee@vicflint.org) vicflint.org

June 24 ride for Hope Stony Cr Metropark. Various distances. Kelly 248-672-  
8696 [kelly@rideforhope.org](mailto:kelly@rideforhope.org) rideforhope.org

June 26 Wish A Mile (WAM-300) Bicycle Tour Traverse City to Chelsea. 100M  
per day, 3 days. Meg 734-994-8620 [mlelli@wishmich.org](mailto:mlelli@wishmich.org) wishmich.org

June 30 Michigan Recumbent Rally – Central Willow Metro Park, Various  
Distances. 517-694-6702 [1pilot@comcast.net](mailto:1pilot@comcast.net) wolverbens.org

Clinton River Riders 2007 Weekly Ride Schedule							
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b>AM</b>			<p><b>9 am</b> Rick &amp; Sue Moorman lead a 30 mile ride from TBD To TBD. Contact Rick for the weekly particulars.</p>		<p><b>8 am or 8:30</b> Meet Bill &amp; Annette for a 40 or 50 mile ride at 15 - 18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed.</p>	<p><b>8 am</b> Stony Creek (boat launch) to Armada. 44 miles at 16 - 22 mph (2 groups) with a stop in town to eat.</p>	
	<p><b>6 PM</b> Meet Bill n Diane Baker at Frasier Cycle, for 2 hours of riding at the pace of the slowest rider.</p>					<p><b>9 am</b> Stony Creek West Br parking lot. Meet TJ Hill for mountain bike riding, pace of TJ. Good beginner ride. Call TJ at 586-293-0162.</p>	<p><b>9 am</b> 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.</p>
<b>PM</b>	<p><b>5 pm</b> Chrysler Recovery Ride at the Chrysler Museum in Auburn Hills. Meet Ken Rosiek for a 14-15 mph ride for a distance of 30-40 miles.</p>	<p><b>5:30</b> Sheffield Shuffle Pt 1. NW corner of Big Beaver &amp; Cunningham (1 blk west of Coolidge) Meet Ken Rosiek for 18 - 22 mph ride with a distance of 35 - 50 miles</p>	<p><b>6 pm</b> Meet Steve and Debbie Angst at Naldrett Elementary on Sugarbush. This is north of 21 mile and east of I-94. For 25 miles around New Baltimore. 16-18 mph.</p>	<p><b>5:30</b> Sheffield Shuffle Pt 2. NW corner of Big Beaver &amp; Cunningham (1 blk west of Coolidge) Meet Rick and Sue Moorman for a 15 - 18 mph ride with a distance of 35 - 50 miles</p>	<p><b>6 pm</b> Meet Bill Stimpson at Jefferson &amp; Marter through the Pointe's. May's pace will be 14 - 17 mph. Speed increases thru the riding season.</p>		
	<p><b>6 pm</b> MSU Management Center Square Lake and Crooks, Meet Rick Jones for a fast ride that will average 18.5 for a distance of 30 miles. No ride on club meeting nights.</p>						

