

The RAMBLER

June 07

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Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

June 2007

Our organization and preparation for the 2007 Blue Water Ramble (BWR) is getting in full swing. Applications are due out soon but online registration has been completed by a few already. The annual ride is always the 1st Sunday in October and this year takes place on October 7th. The past 2 years the weather has been fabulous. With distance options of 40, 60, 80, and 100 miles there is a ride for everyone. Please monitor and assist if you can, but even more importantly register and ride in our clubs popular event.

On August 12th we will have a Ted Gondert memorial ride. Start at 9 is @ 25 & Shelby Rd. There will be 2 options to the ride. One segment to 29 mile (with an option to return at this point) and the rest may continue to Wolcott and back 14-16 pace. Please wear your club jerseys.

July Birthdays

07/01 Dennis Prost

07/09 Kathy George

07/17 Peter Bosma

07/19 Doris Mulligan

07/20 Jan Henry

07/26 Catherine Serra

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 .

Club members are entitled to purchase one club jersey per year at a reduced cost (\$35). Contact Dennis Prost at 248-931-7300 or email Dmprost@strategicfunding.com to get yours today.

Effective July 2, the Monday ride will be suspended due to summer vacation.

The ride will resume on a date to be announced. The ride will start from the Sheffield parking lot located in Troy on Sixteen Mile Road west of Coolidge after our return from vacation.

At our June meeting a presentation on energy drinks was given, sponsored by Gold Shield Elite. Ron Kessler and Susan informed us that many pharmaceutical companies are getting in the wellness drink market. Honey Bee product line was then developed. Their 1st signature product was keylation. Oral Keylation is a conglomeration of all these. Anti oxidants was one subject of the author that led to the development of these products. In order to target specific needs of both diagnostic and prognostic improvement. PULSE is more than an energy drink. Put together for not just athletes. PULSE line of drinks.

Our next Clinton River Riders Meeting is on Monday, July 9th at 7pm in the Mt Clemens Library (downstairs).

We had no new attendees at last month's meeting but one returning person. Bill Mackenzie attended last and returned for another visit.

The Michigan Senior Olympics has some new events this year -

time trials at the Velodrome at Bloomer Park, August 9th 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 Velodrome at Bloomer Park is offering help to any CRR member who plans to compete. Please contact me at ebgostin@yahoo.com to make arrangements. Make use of your hometown advantage, come out and try it.

The **2007 Tour de France** will be the 94th [Tour de France](#), taking place from July 7 to July 29, 2007. This is the pinnacle of cycling sports and one of the longest toughest events in all of sports.

Current Club ride leader's in mileage -

Smith, Annette & Bill Total	985	34
Moorman, Sue and Rick Total	942	40
Kelley, Bill Total	538	18
Green, Gary Total	448	13
Meerhaeghe, Art Total	417	13
Barton, Al Total	354	11
Wiseman, Sharon & Dave Switney Total	306	9
Graham, Tom Total	303	10
Rosiek, Ken Total	294	12
Bartels, Gerry Total	283	12

Riding Events around Michigan

7/7/2007	National Cherry Festival Bike Tour	Traverse City
7/13/2007	MS 150 Mountain Bike Tour	Springfield
7/13/2007	One Helluva Ride	Chelsea
7/13/2007	Michigander XV	Mackinaw City
7/14/2007	Grand Haven Five Mile Hill Climb MTB	Grand Haven
7/14/2007	Ride Around Torch	Elk Rapids
7/15/2007	Ruby Campground XC MTB	Port Huron
7/20/2007	Holland Hundred Bicycle Tour	Holland
7/20/2007	Shoreline Bicycle Tour- MUP tour	Manistique
7/27/2007	St. Joe's Cycling Tour 2007	Ann Arbor
7/27/2007	Rural Pearl of a Ride	Oxford
7/29/2007	Stony Creek Time Trial MTB	Shelby Twp
8/3/2007	Shoreline West Tour	Spring Lake
8/4/2007	Mind Over Matter 2007	Harrison Twp
8/10/2007	Sierra Club Green Cruise	Ferndale

8/18/2007	Assenmacher 100	Swartz Creek
8/26/2007	Pontiac Lake XC MTB	Waterford
8/29/2007	DALMAC (Dick Allen Lansing to Mackinaw Ride)	East Lansing
9/7/2007	ODRAM: One Day Ride Across Michigan	Montague
9/8/2007	Peach of a Ride	Memphis

Tendinitis is one of the most common overuse injuries in the

endurance athlete. For cyclists, it often shows up as pain just below the kneecap, in the ankle or at the front of the shoulder. Tendinitis is simply an inflammation (an *-itis*) of the connective tissue between muscle and bone. It most often strikes in the early season as your body adapts to the ramp-up in mileage. But you can suffer from it any time you push volume or intensity faster than your body can tolerate. The injured area will often loosen up a bit 10-15 minutes into a ride. Tendinitis is painful, it stinks, and it's discouraging. But it's also treatable. Here's how:

---**Using medicines.** An anti-inflammatory medication either over the counter or as prescribed by a doctor. Follow the dosing instructions faithfully. It's to reduce inflammation, not a pain controller.

---**Ice it.** If you want to treat tendinitis yourself, start with ice massage. Use it to massage the painful area for 8-10 minutes several times a day. Do it over a towel to catch the drips.

---**Protect it.** This may mean taking several days off while you let the meds and ice do their job. It may mean spending a couple of days "riding in the water" at your local pool where your feet won't be clipped into the pedals. Choose activities that produce only stress-free movement so the tendon's micro-tears can heal.

