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## *The RAMBLER*



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

**Clinton River Riders** monthly meeting is February 10th at 7pm in the Mt. Clemens Public Library. Normally the 2nd Monday of the month. The library is on Cass Ave. across from the high school. 🖱

**January is membership renewal time.** There is benefit to increased numbers that are both tangible and intangible. Respect of opinion when it comes to legislation/representation, club activities, and the serendipity in CRR is awesome. The best way to know us is to ride with us and we sure would like you to be one of us in 2013. You can find membership applications on our website [lmb.org/crr](http://lmb.org/crr). 👍

The **Blue Water Ramble** is building momentum and there are always tasks to get done. One note of interest is that there will not be an optional route into Canada this year. Possibly a bigger better Canada option next year, but route changes in a condensed period of time could not let this mature enough to be included this year. One loop north this year and the south loop will include a Harsens Island option are big changes as well. 🌊

Clinton River Rider officer elections are also underway. Some positions (Treasurer and Newsletter) are remaining the same. President, Secretary, and Ride Director need good people with swell intent to continue excellence.

## Birthdays

02/03 Mary Miller  
 02/06 Barb Berthelsen  
 02/07 James Gajewski  
 02/09 Helen Sprecher  
 02/11 George Kasper  
 02/13 Sally Palaian  
 02/13 Jill Kasper  
 02/14 Richard Williams  
 02/14 Gordon Ondrisek  
 02/17 Diane Baker  
 02/18 Annette Smith  
 02/23 Wendy Kelly  
 02/24 Dick Klein

## January's resent corrected list

01/03 Lynda Schmitz  
 01/07 John Ten Eyck  
 01/08 James VanScott  
 01/11 Diana Kengel  
 01/11 Deb Angst  
 01/13 Marilyn Tarantino  
 01/16 Ed Lindow  
 01/19 Shelley Buchler  
 01/21 Mike Freeman  
 01/21 Karen Warner  
 01/24 Mark LaBelle  
 01/26 Nino Pacini  
 01/29 Joyce Lajack

**New Members:** We had more new people sign up as new Clinton River Riders. All are welcome in association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together. 🙌

Keep in mind as well that CRR Officer elections are just around the corner. John Tarantino informed the club that he will not accept nomination to continue as club president. Certainly at least one position will have some shuffling. Keep in mind if you or someone you know would be interested in helping CRR continue its history of cycling support and generosity.

**Deb Angst** is putting a jersey order together and needs those who want CRR attire to contact her for order details. Most items require a minimum quantity of 15, jerseys are usually easy to meet that but jackets or other items may not meet it. Deb does a great job in artistic design and putting together the slide show for the awards banquet. Club members are entitled to purchase one club jersey per year at a reduced cost. Contact Deb Angst at 586-524-3657 or email [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net) to get yours today. 🙌

**To get CRR** mass emails send an email to [crr-list@20776.org](mailto:crr-list@20776.org), put subscribe in the subject line. No advertising or solicitation is forwarded, just items of interest to cyclists.

The official Induction of Doris-Travani-Mulligan, into United Cycling Hall of Fame, finally took place November 16th. This was 20 years after being nominated. The event took place on the campus of the University of California, Davis. Doris is also an inductee of the Michigan Amateur Hall of Fame.

Many members realize she was going to be inducted but unfamiliar with some of her history and accomplishments that got her there.

Doris came from a family history of racing, which included her father and brother. Her father was the National Champion of Italy in 1920 and here brother was part of the 1948 Olympic Sprint Track team. Doris started riding competitively, with the Wolverines, when she was 12. Having her brother as her favorite training partner, helped her raise her level. By the time she was 17, in 1946, she went to her first Nationals where she placed 6th. When she went back in 1947, she won her first Nationals. The next 3 years she won again. This has made her the first and only racer, to date, to have won four consecutive National Championships. With the way advances in training take place today, my bet is that record will never be broken.

Also during 1947 she won the International Dirt Tack Championships and in 1948 she won the International Sprint Championships. These 2 events were just a few of her many other wins she had over her 10 year racing career, besides her consecutive nationals, where she specialized in 1 - 5 miles distances.

Unfortunately she retired in 1950 unable to make an attempt at the Olympics like her brother because women's cycling wasn't available until 1984. I have absolutely no doubt in my mind that she would have been a part of the U.S. team had there been the opportunity.

Her induction into the USBHOF puts her in a class of only about 100 cyclist or so. Among them, the most recognizable, to the general cycling public, would be Greg LeMond and Andy Hampsten. The experience to actually be there and see her finally recognized among the elite of the elite and where she belongs.

Priceless!

The below links are provided as an informational tool to allow our members to get additional information from local bike organizations who offer information, rides, tips, training, or other benefits to members.

[www.lmb.org](http://www.lmb.org) League of Michigan Bicyclists

[www.bikeleague.com](http://www.bikeleague.com) League of American Bicyclists

**[www.adventurecycling.org](http://www.adventurecycling.org) Adventure Cycling**

[www.capitalareasmartcommute.com](http://www.capitalareasmartcommute.com) Smart Commute Program

[www.midmeac.org](http://www.midmeac.org) Michigan Environmental Action

**Our BWR Sponsors and Supporters are: Lets support them!!!**

Metro Bike: <https://www.facebook.com/pages/Metro-bike-n-sport/151210014936486>

<http://www.fraserbicycle.com/>

<http://www.hamiltonbikes.com/>

<http://anchorbaybicycleandfitness.com/>

<http://www.stoneycreekbike.com/>

<http://americancycleandfitness.com/>

<http://www.alexanderhornung.com/>

<http://herbs-auto.com/>

Papa's of Armada Family Restaurant

**Some of the areas fine local bike stores –**

**Hamilton Bicycles & Outfitters** 69329 North Main Street, Richmond, MI 48062-1144  
(586) 727-5140 <http://www.hamiltonbikes.com>

**Fraser Bicycle**, 34501 Utica Rd, Fraser, MI 48026-3576, (586) 294-4070  
<http://fraserbicycle.com>

**American Cycle & Fitness**, 18517 Romeo Plank Rd, Macomb, Michigan 48044  
(586) 416-1000 <http://americancycleandfitness.com>

**Anchor Bay Bicycle**, 35214 23 Mile Road, New Baltimore, MI 48047-3650  
(586) 725-2878

**Macomb Bike and Fitness** 28411 Schoenherr Road, Warren, MI 48088 (586) 756-5400 <http://www.macombbike.com>

**Metro Bike-N-Sports** Address: , 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726 (586) 791-3488

**Stony Creek Bike Shop**— 58235 Van Dyke Ave. Washington Twp 48094 586 781 4451

**The Bicycle Doctor/Continental Bike Shop** 24436 John R Rd, Hazel Park, MI 48030-1114 (248) 545-1225 <http://continentalbikeshop.com>

**Paul's Bike Depot** Address: , 28057 South Gratiot Ave, Roseville, MI 48066-4204  
(586) 772-9084

Ride Schedule changes or announcements let Steve Angst 586-524-3657 or email [crr.rides@gmail.com](mailto:crr.rides@gmail.com) know.

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

## **CRR Ride Schedule** <http://www.lmb.org/crr/rides.htm>

### **Tuesday**

**9am** Stony Cr Boat Launch meet TJ Hill for mountain bike riding on roads and trails. Call TJ at 586-293-0162 for more information.

### **Thursday**

**9 am** Stony Cr Boat Launch meet TJ Hill for mountain bike riding on roads and trails. Call TJ at 586-293-0162 for more information.

### **Friday**

### **Saturday**

**9 am Stony Creek Boat Launch** parking lot, meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162.

**9 am** Saturdays from **8 1/2 & Gratiot** going down to Windmill Point. Distance will be about 32 miles and pace is 14-17mph. There is a 10 minute mid-point stop. Our minimum threshold is 25 degrees and roads have to be clear/dry.

### **Sunday**

**9 am Stony Creek Boat Launch** parking lot, meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162.

**930** Fred Zajdel has a ride from some where to some where, Look at the CRR schedule for more upto date details.

Our rides and ride leaders attempt to ride the safest smoothest route reasonable. That being said everyone is responsible for their own safety. CRR insists that you wear a certified safe helmet and use no earphones while riding. Please understand the difference between pace and average speed. Most of our rides predict pace and an average is probably 1.5 mph slower than the lower end predicted. Vice versa if the average is predicted than the pace is often 2mph +/- faster than this.

 **Notable early 2014 Rides** are  
MGST on May 4th  
TOSRV on May 11 & 12  
Bike MS June 7/8, July 12/13, and Sept 27/28

This time of year provides time to get the bike ready for 2014. Remember to provide your 2 wheel trusted steed with some TLC. Check the brake pads, clean the chain, make sure your tires are in good shape, and get the wheels trued. One good suggestion is to use an old water bottle (with the top portion cut off) as a container for what you use to clean the drive train. It still fits in the water bottle holder and a 1 inch brush fits in it nicely. Maintain your body and bike like your life depends on it.

For successful cycling in 2014 consider what you did in 2013 and choose one or two things to improve upon. It could be personal best longer or faster ride. Or better average, or even increase the number of rides that you went on. And if all else fails just get out and enjoy the ride. If you want to ride better, train better. If you never go 30mph, then you will never go 30mph.

### Queen stage:

The stage of a multi-day road race which includes the highest point reach of the whole race. Also usually, but not always, the hardest stage of the race.

Recently someone forwarded me this bit of cycling history that could be shared. In what was then named the "most extraordinary journey ever undertaken by a woman," Annie "Londonderry" Kopchovsky's trip around the world (1894-1895) made her one of the era's most famous women. It also did much to push the cause of the Women's Suffragist Movement forward.

With her determination, a change of clothes, and a pearl-handled revolver, Annie Kopchovsky left Boston and headed West to Chicago on the first leg of her journey. She started her ride on a 42 pound Columbia women's bicycle and wearing a long skirt.

By the time she reached Chicago, however, she traded them in for a 21 pound Sterling men's



bicycle and bloomers. Her initial plan was to ride westward around the globe, but once she reached Chicago, her plans changed. She decided, instead, to travel eastward with Chicago as her new starting point. From New York, she sailed to Europe, traveling first through France, Egypt, Jerusalem, and Yemen. She then sailed to Singapore and Sri Lanka before arriving back on U.S. soil at San Francisco. From there she bicycled through the southwest and finally back to Chicago where her journey had begun. The whole trip took 15 months to complete.



Originally, the journey was triggered by a wager between two Boston businessmen. The terms of the wager required that she complete the journey in under 15 months, and also earn \$5,000 along the way. It was a challenge put forth to prove whether a woman could make her way in the world and survive on her own. ...and survive she did! She sold advertising placards and ribbons that she attached to her bicycle and pinned to her clothing to fund her trip. She even took the name of her first sponsor, the Londonderry Lithia Spring Water Company of Nashua, NH. She was known to be bold, and outlandish and she used her vehicle and this journey to break the mold of Victorian Era "female propriety."

To take the journey in the first place, she temporarily left her husband, three young children, and a job behind in Boston. Further, she adopted bloomers and other clothing more fit for cycling over the skirts and corsets that were the expected fashion of women of the time.

These actions combined are representative of how the bicycle was contributing to change for women at that time. She was well-supported by the Women's Suffrage movement and in the year after Annie's ride, feminist pioneer Susan B. Anthony claimed that "[the bicycle] has done more to emancipate women than anything else in the world." She may well have also said that Annie Londonderry was the rider

LMB has a new version of What Every Michigan Bicyclist Should Know out.

<http://www.scribd.com/doc/134068688/What-Every-Michigan-Bicyclist-Must-Know#download>

It is one of the best and most complete cycling information documents out there. There is enough information that the only complaint is it can't be smaller to fit in a pocket. You can request a copy from LMB or many bike shops have them for customers. 

**CRR** Rides are open to members and non-members alike. We schedule or participate in approximately 400 rides a year. We share a love of fitness, travel, friendship, dining, and pictures. Understand the difference between pace and average speed. Most of our rides predict pace and an average is probably 1.5 mph slower than the lower end predicted. Vice versa if the average is predicted than the pace is often 2mph +/- faster than this.

At last thought the **2014 Men's Trip** was suggested to be in Petoskey, MI. And it would be June 6, 7, 8, and 9th (the 1st full weekend in June). Some debate over it staying a gender specific gathering is also being evaluated. 

If anyone knows a small stature rider (5' - 5' 7") I have a (2000) Giant OCR3 that needs some use. It is an aluminum compact frame with a standard 2 X 9 (18 speed) setup. If you know anyone getting into cycling they can use it for an extended period if needed. I just have to wrap the handlebars and it does not have pedals or seat right now (kind of individual preferences). Don't let them buy an entry level bike, use this one on the way to bigger and better things.

Other bike clubs in Michigan. Advertise BWR and its changes this year.

|               |  |
|---------------|--|
| Flying Rhinos | <a href="mailto:president@flyingrhinocc.com">president@flyingrhinocc.com</a>                       |
| AABTS         | <a href="mailto:president@aabts.org">president@aabts.org</a>                                       |
| Tri-County    | <a href="mailto:president@biketcba.org">president@biketcba.org</a>                                 |
| Kalamazoo     | <a href="mailto:president@kalamazoobicycleclub.org">president@kalamazoobicycleclub.org</a>         |
| 3 Spokes      | <a href="mailto:bryan@applecidercercentury.com">bryan@applecidercercentury.com</a>                 |
| Big Rapids    | <a href="mailto:jnteesdale@charter.net">jnteesdale@charter.net</a>                                 |
| West Coast    | <a href="mailto:jeff@socialwetmichigan.com">jeff@socialwetmichigan.com</a>                         |
| Genessee W    | <a href="mailto:president@geneseewanderers.org">president@geneseewanderers.org</a>                 |
| CCCC          | <a href="mailto:president@cherrycapitalcyclingclub.org">president@cherrycapitalcyclingclub.org</a> |

### Application Form - Clinton River Riders Bicycle Club

- \$15.00 Individual (over 18)
- \$20.00 Family

**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**City** \_\_\_\_\_  
**State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
**Home Phone**(\_\_\_\_) \_\_\_\_\_  
**email** \_\_\_\_\_  
**Birthday** \_\_\_\_\_

Additional Family Members

| Name  | Birthday |
|-------|----------|
| _____ | _____    |
| _____ | _____    |
| _____ | _____    |
| _____ | _____    |

New Member       Renewal

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I may be called upon to write a letter or attend a meeting.

Please make check payable and mail to:  
**Clinton River Riders Bicycle Club**  
**34501 Utica Road**  
**Fraser., MI 48026**

**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 UNDERSTAND 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 know 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 result of my participation in the Activity.

3. HEARBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAW, 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 on e of the "RELEASEES" herein) FROM ALL LIABILTY, 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 NEGLIGENT 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**