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## *The RAMBLER*



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

Membership renewal is due. Application is the back page of this newsletter. And CRR Officer elections are in January/February 2015. It is never too early to think about goals in 2015 and being involved in a larger capacity. 🙌

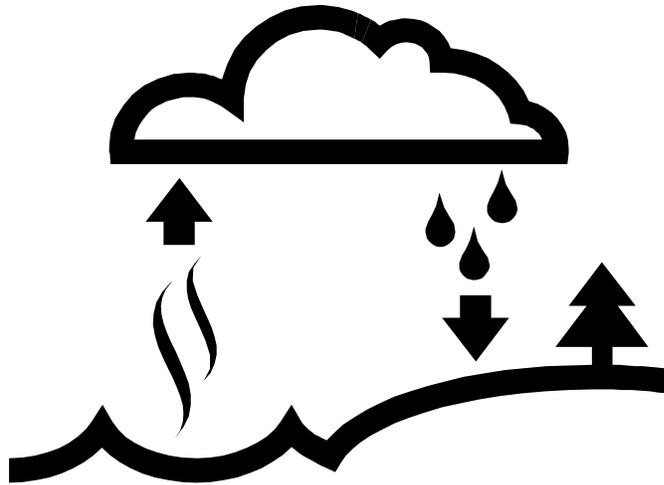
**Clinton River Riders** monthly meeting is February 9th at 7pm in the Mt. Clemens Public Library. Normally the 2nd Monday of the month. The library is on Cass Ave. across from the high school. 🙌

It is time to consider your 2015 cycling goals. Is it test for an early season double century like TOSRV? Could you set a personal best for average speed or number of rides completed this year? It could be as simple as distance ... 20, 40, 63 miles on one ride? It is one of the remarkable things about cycling that there is so much to choose from so you can be better this year.

For CRR Officers in 2015 there are 4 out of 5 familiar faces. The one change will be the newsletter person. It is likely the Kim Hinton will take over these duties. So you get a prettier face with the change. Of course all is not complete until elections are complete. Often in the past incumbents are unopposed and there has been no mention others competing for these select positions. No matter what capacity you can fill be sure to remain energized and involved.

## Birthdays

02/03 Mary Miller  
02/07 James Gajewski  
02/09 Helen Sprecher  
02/11 George Kasper  
02/13 Sally Palaian  
02/13 Jill Kasper  
02/14 Richard Williams  
02/18 Annette Smith  
02/23 Wendy Kelly  
02/24 Dick Klein  
02/25 Fuzzy Manning



**New Members:** All are welcome in association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

We all know that the 2015 Blue Water Ramble is Saturday June 20th. That is right a Saturday, so save the date. There are still some parts of the plan that are fluid but Harsen's Island is playing a larger role in the routes and starting point is the Algonac High School (near Kay's restaurant). Last years BWR was highly successful and this years can be even greater. It takes a team and great individuals to bring it all together. You can be part of the wonderful time that helps cyclists have an event that is worthwhile. With an Algonac start there will be some changes to rest stops and the size or role or certain stops. More details are to follow in the coming months. This CRR's one big event that enables many of the other excellent things that CRR does for cycling and supported agencies. Don't forget to support our sponsors and thank them with your words and deeds.

Your fitness level will change as will your body composition the longer you stick with cycling. Some people think that weight loss will occur with cycling and this does not happen at the rate some would intend. There is no magic equation on how much body fat will disappear but most of it is replaced with muscle, especially on the legs, at nearly the same rate. But eventually your body will be more efficient which means your will have more lean muscle mass.

**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>

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

**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>

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

**Metro Bike-N-Sports** Address: 46575 Hayes Rd, Shelby Twp, MI 48315 586 799 7799.

**Stoney Creek Bike & Fitness** 58235 Van Dyke, Washington Twp, MI 48094 586 781 4451  
<http://www.stoneycreekbike.com/>

Club members are entitled to purchase one club item 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.

In your travels from and too Michigan have you ever entertained the thought of visiting the Bicycle Museum of America? It is located at 7 W. Monroe St. (SR 274), New Bremen, OH 45869, 419/629-9249, and admission is free (but donations are gratefully accepted). This is about 9 miles west of I-75 on state 274, exit 102.

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

Summer hours Mon – Fri 11 am to 7 pm, Sat . 11 am – 2 pm

Fall/Winter hours Mon – Fri 11 am to 5 pm, Sat . 11 am – 2 pm

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>

**Monday**

**Tuesday**

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

**Wednesday**

**Thursday**

**9 am** Stony Cr Boat Launch meet TJ Hill for mountain bike riding on roads, paved 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.

**9am** The cool ride— starts from 8 1/2 & Gratiot and goes round trip to Windmill Point. Over all distance is 32 miles and pace is 13-16mph. Above 25f and roads clear/dry are our threshold.

**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.

Weather permitting Fred or Les may schedule a tbd ride starting at 10 or 11am. Distribution will be on email, Facebook, and the CRR ride schedule.

Bike Shopping? Think about these things —

The right bicycle means many things to most others but only one thing to you. 1<sup>st</sup> you must make a decision on what type of cycling you will do. i.e. mountain, road, or hybrid 2<sup>nd</sup> you have to know your frame size. There are many charts and formulas to calculate this. But basically take your inseam (cm) and multiply by .67. If you find yourself close to the borderline of the frame size go with the smaller of the 2. There are a couple of things that can be done make the bike feel bigger but very little can be done to the laws of physics to make it smaller. Another most basic rule is that you should be able to stand/straddle the bike and have 1 – 2 inches of clearance between your body and the bar.

Beyond these is home work on how much you want to spend, brand type, bike shop or online, material, and components. Sometimes it can be information overload and confusing but draw on other experience cyclist to help you make a smart, correct, and experienced decision.

Do what must be done to purchase a bike that suits your needs and fits well. Discomfort is not the biggest thing. But when you ride great distances comfort gets more important or ... uncomfortable. So make the right purchase. Make small adjustments, 1 or 2 at a time. When it is right leave it alone.

**S**tay alert—watch for obstacles, other cars, and other riders.

**M**ove off the road when stopping —pull completely off the road to let cars and riders pass; do not block driveways or intersections.

**A**ct like a car —obey all traffic laws and stop at stop signs

**R**etain space between yourself and others —leave enough room to dodge obstacles.

**T**ell others when passing and pass on left.

Things to remember

- Drink before you are thirsty
- Eat small amounts frequently before you are hungry
- The rest stops will have high energy 'Ride Food' that is designed to keep you going but is not suppose to be a meal.

Oh for the newsletter it is fine to submit articles especially this time and into early spring. Not a great deal in cycling technology changes and it gets more difficult every year to think and type my thought in a coherent manner. Your experiences and insight can always help others or remind some of lessons learned or different perspective. Never a bad thing, imo.

Looking Forward to 2015—

For the interest of some and especially new members, some of the bike rides in the first part of the year can also be some of the most challenging.

May 3<sup>rd</sup> is the Metro Grand Spring Tour (MGST). It begins in Willow Run Metro Park (on I-275, the other side of DTW airport).

The next weekend (Mother's Day weekend) is Tour of the Scioto River Valley (TOSRV). It starts in Columbus, OH and heads to Portsmouth, OH (on the Kentucky border). Then back on Sunday. An early season double century that can have vast weather challenges.

Other May rides are the Zoo-De-Mac (Kalamazoo to Mackinaw) and the Horsey 100 in Lexington, KY.

Then the first full weekend in June (5, 6, 7, & 8 in 2015) is the CRR Men's trip. Work has it that it will be in Traverse City, MI. Usually it works like this – on Friday about 6am the main group carpools to the location, then Friday afternoon is a quick ~40 miles. Saturday is usually 100 miles, Sunday is ~70 miles, and Monday the reverse of Friday. So that all are back about 5pm Monday after riding about 260 miles over 4 days. Coordination is key. Expenses, logistics, and all are on the group. So usually 2 persons to a room, all pitch in to pay for fuel, and dining is on the individual.

One person is planning to ride the Texas MS ride in April (18 & 19). Probably requires a Thursday departure and return may be flexible if some want to pedal somewhere else around Texas for a day or two. Again the logistic are on the riders. A few CRR have expressed interest in participating. Driving vs. flying is still being considered. The more riders the more driving makes sense (1, 2, or more vehicles?)

Be ready to ride 15 miles at 15 mph when you ride with others or long rides. If you want to ride better you will have to ride with better riders. But don't choose others to emulate that are so much better it affects your confidence or their benefit. Soon enough you will be an experienced rider and at the front of your group ... someone else will be trying to be like you.

### 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 RESPONSIBILTY 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 LIABLILTY, 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**