

Officers
President
John Tarantino
586-850-2485
Redtandom@aol.com

Ride Director
Steve Angst
586-524-3657
crr.rides@gmail.com

Treasurer
Pete Sprecher
586-484-5641
rpsprecher2549@wowway.com

Secretary
T J Hill
586-293-0162
Tjbiker@peoplepc.com

Editor
Les Dunham
586-216-4135
lesdunham@hotmail.com

Sunshine
Julie Windhorst
586-939-6073
Weetandem@yahoo.com

Legislative Liaison
Mike Sproul
586-443-4544

BWR Chair
CRR President

Merchandise
Deb Angst
586-524-3657
digitaldeb@comcast.net

The RAMBLER



Clinton River Riders Bicycle Club ***Access online at WWW.lmb.org/crr***

Our next club meeting is **March 11th 2013** at 7 pm in the Mt. Clemens Public Library (down stairs). Club meetings are normally the 2nd Monday each month. The library is on Cass Ave. across from the high school.

May is National Bike Month. Bike to Work Weeks is May 13-17 and actual Bike to Work Day is May 17th. Ride of Silence is May 15th at 7pm starting from numerous locations. The goal of ROS is cycling awareness and to honor those who have been injured or killed in cycling. Always ride safely, responsibly, and respectfully. Demonstrate your ability and desire to cycle safely where you belong.

March 23rd Fraser Bike is having a sale. Plus they are incorporating their downstairs studio in with their sale. Don't we all have cycling needs for 2013. Eye candy is ok too.

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.

Registration is open for DALMAC, PALM, Horsey 100, and TOSRV. These are early season big rides and can fill up fast. So register and commit to some saddle time to be prepared.

Birthdays

03/01 Tracy Gorski

03/08 Doug Light

03/15 Jamie Sternberg

03/21 Craig Schley

03/30 Bill Duemling



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 to get yours today.

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.

Jerry Pavlat is would like members to bring returnable containers to the club meetings to support Team Sammy.

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

The Clinton River Rider's Men's Trip is June 7, 8, 9, and 10th over in the Pentwater, MI area. 4 days and about 280 miles of cycling fun with friends. Expenses, travel arrangements, and preparation is all on the riders. Al Barton has probably requested bulldozers to install more hills but if he can make it we should all try (or at least watch). For every up-hill there is a downhill right? If you want more details please contact J Tarantino.

The **Clinton River Riders Finance Committee** meeting was held January 27th. Better understanding of the clubs finance status and discussion on where and how much to donate to support cycling were considered. Donation suggestions are presented to CRR members at the monthly club meeting for discussion before an up or down membership vote. This year \$3,000 in donations were approved.

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 DepotAddress: , 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>

Main Street BicyclesAddress: , 5987 26 Mile Road, Washington, MI 48094
(586) 677-7755 <http://www.mainstreetbicycles.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-SportsAddress: , 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726
(586) 791-3488

Two of the most needy maintenance items on your bike are the tires and chain. Check the tires for wear and inflate them to the recommended pressure before a ride. Get the grime off your chain monthly and lubricate it every 2 weeks of cycling regularly. These will help you ride smoother and effectively as well as not experiencing a required fix in a bad spot.

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.

Ride Schedule changes or announcements let Steve Angst 586-524-3657 or email crr.rides@gmail.com know.

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

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

Monday and Wednesday, no rides scheduled.

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.

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.

9 am The Saturday 9am winter ride. Start is from 8 1/2 mile & Gratiot. Distance is 32 miles and pace 13-17mph. There is a 10 minute mid point stop. Above 25f temperature and clear roads are mandatory.

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.

Rides – Have lights available, dress for conditions, and please contact the ride leader if it is reasonable that conditions won't permit safe riding. Riders should carry emergency contact information, tools/parts enough to change a flat tire, fluids and energy edibles to support the individual for 2 hours.

Tour of the Scioto River Valley (TOSRV) is May 11 & 12. Registration usually opens up around January 10th. Registration is usually \$50. 2 days, 105 miles +/- each day, makes the rest of year seem easy.

Deb Angst informed the meeting members that the recent jersey order should be received by April 18th. Maybe earlier, if so she will bring them to the April CRR meeting. Also she let members know that the 2013 BWR design is ongoing. A Halloween theme is this years choice. Debbie and her design team deserve lots of thanks for their creativity and efforts. If you asked me to do it then it would look like a square and circle and might look like a circle and a square. Be great full for them.

Links to some very useful cycling information -

www.lmb.org League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

www.adventurecycling.org Adventure Cycling

www.capitalareasmartcommute.com Smart Commute Program

www.mmba.org Michigan Mountain Biking Association

www.railstotrails.org Rails to Trails Conservancy

Metro Grand Spring Tour is May 5th, thinking ahead, think warm.

March 16th is Bike City by detroitbikecity.org . The event is from 10am-6pm at Cobo Hall. The cost is \$10. It is possible that some may ride to there or others may just plan to meet there.

Make Safe Bicycle Choices -

Bicycles on the road are considered vehicles. Bicyclists 10 years of age and older should ride on the street in the same direction and under the same rules/expectations as automobiles.

If you choose to ride on a sidewalk then be ready to give pedestrians the right of way. Follow the pedestrian rules. Cross at crosswalks on foot. Use caution and make eye contact with other drivers.

If you ride on a path or multi use path remember that being faster than others on the path does not give you the right of way. If you are on 2 wheels and you make contact with something else you often end up the worse for wear whether or not you were in the right (or wrong).

Always ride responsibly, wear a helmet, don't use headphones or cell phones, make every effort to be seen, and make your intent known (signaling). Ride, have fun, and choose a route to get you where you want to go that is safest. Now you have done almost all you can do to have a successful ride.

Membership Renewal

It is the **New Year** and with that is membership consideration and renewal. 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. Just ask people like Dave Newton, Fred Zajdel, Bob Kelly, the Kengels, and Phil Kurle about the atmosphere in and around Clinton River Riders. 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 .

Water bottle cleaning. Some people use a few drops of bleach and let sit overnight, then rinse well. You can also use lemon or lime juice. For instant cleaning you can use a spoonful of baking soda in a bottle of water to scrub with a bottle brush. Don't let the bottle sit with fluids in it and store it with cap off. These will help you decrease your exposure to some ugly stuff and clear your conscience if have seen or smelled inside your bottle.

Registration for **Pedal Across Lower Michigan (PALM)** is open. Registration will close with the first 700 people or April 1st. Cost is \$120, food is on your, and you can pay \$48 for transportation back to the start. It is a Saturday to Friday daily ride covering about 280 miles from west to east across Michigan. There is optional mileage each day.

Lucinda Means Bicycle Advocacy Day is May 23rd at the State Capitol in Lansing. Legislation concerning cycling is the focus of workshops, focus groups, and a ride from MSU to the Capital building are on the agenda. \$10 Registration for the ride must be done soon.

Ride of Silence: Wed. May 16th, @ 7:00 PM, 2013 Join cyclist worldwide in honoring fellow cyclists who've been injured or killed, to raise awareness that we have the same rights and that motorist must Share the Road with us.

Things will be ramping up for the **2013 Blue Water Ramble on October 6th**. There numerous tasks and coordination that add up to a successful event annually. Being a part of our namesake ride that is our primary fund raiser in CRR is rewarding. Whether up front or in the background anything that you can contribute makes us all better. This year the clean up party will have to have a new location. And someone will have to help with the rental truck coordination/storage shed/food co-chair. Are just a few. Route marking, parking, registration, and lunch/rest-stop activities can use all we can muster. We need to than Phil Kurle for stepping up to chair the BWR in only his 2nd year of activity with CRR.

For new riders here are some suggestions –

Generally all cyclists want to get more physically fit and have an enjoyable safe efficient way of doing it. 2 keys to getting along with other cyclist are 1) be steady and smooth and 2) be predictable. By steady/smooth I mean few sudden inputs to brakes or turns. Being predictable means if you are going to change your direction speed or other out of the normal riding circumstance you give some indication of doing so. It can be voice or hand signal, but due to the speed and close proximity with others they want to have confidence in you as you do in them.

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 common misconceptions for entry level cyclist are how much to eat or drink. My general rules are – If you intend to ride more than 20 miles or 1 hour then eat and drink normally before the ride. At 1 hour of riding or rest stops drink 2 or 3 cups of fluid and 1 or 2 items like fruit, power bars, ½ pb&j sandwich, or other food type items.