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The RAMBLER



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

The **Clinton River Riders** would like to say hello to their new club president **Debbie Angst**. Also to the new secretary **Jodi Turner**. Our long time president John Taratino and secretary TJ Hill have provided great service and support and are moving to more comfortable participation. 👍

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. 🗑️

Honestly warmer temperatures and better conditions for cycling are coming. So get your bike and body ready. Check the brakes, wheels, and tires. Check and lubricate the chain and gears. Ride the bike to the store or post office to see how you feel. Our Saturday 9am ride from 8 1/2 & Gratiot is a good ride to use a foundation to bigger and better rides. 🌊

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.

Birthdays

03/01 Tracy Gorski

03/08 Doug Light

03/11 Anne Hooper

03/15 Jamie Sternberg

03/17 Jeff Walz

03/21 Craig Schley

03/30 Bill Duemling



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 to get yours today. 📧

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.

Some general observations on controlling body weight.

3 types of calories = carbohydrate, protein, and fat. Someone used the analogy of gasoline, engine oil, and brake fluid. 50% carbs, 30% from fat, and rest from protein +/- 5% for each.

- 1) Eating outside of home means that it is harder to control portions, composition, and time.
- 2) Surplus of starchy fats will get stored as fat. Sugar, potatoes, and breads make your brain happy and wanting more. Fruits n Vegetables are rich in carbs but lower in calories.
- 3) Consume starchy, quick digesting carbs only just before and just after a long hard rides.
- 4) Fat in your diet at the right proportion won't make you fat. Look to nuts/seeds, olive(s), avocado, and dark chocolate for diet fillers.
- 5) Have some caution when it says low fat. It might contain more calories and/or sodium than you thought.
- 6) Skipping breakfast is one of the worst ways to start your day on the road to weight loss. Consuming more at the end of the day or eating in the middle of the night is also a weight loss killer.
- 7) You cannot eat like a 20 year old when you are 40 or older. As you get older your blood becomes more acidic. Fruits and vegetables can aid lowering this, fats and oils are neutral, grains and meats have an acid producing effect.

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 League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

www.adventurecycling.org Adventure Cycling

www.capitalareasmartcommute.com Smart Commute Program

www.midmeac.org Michigan Environmental Action

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

St John's Providence Health systems: <http://www.stjohnprovidence.org/default.aspx>

Mattina, Kent & Gibbons, PC:<http://mkgpc.com/>

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

Fraser Bicycle and Fitness: <http://www.fraserbicycle.com/>

Hamilton Bicycles& Outfitters:<http://www.hamiltonbikes.com/>

Anchor Bay Bicycle and Fitness: <http://anchorbaybicycleandfitness.com/>

Stoney Creek Bike & Fitness: <http://www.stoneycreekbike.com/>

American Cycle & Fitness: <http://americancycleandfitness.com/>

Macomb Bike and Fitness: <http://www.macombbike.com/>

Alexander & Hornung: <http://www.alexanderhornung.com/>

Herb's Auto: <http://herbs-auto.com/>

Papa's of Armada Family Restaurant

March 29th is Fraser Bike's big sale of the year. Need anything or not it is always a good idea to stop by and shop in addition to seeing the staff.

Macomb Bike has is annual Ladies Night on Thursday Feb. 27th from 6-9pm. Have fun and come out to be part of the spectacle.

Starting probably April 2nd Fraser Bike will shut down at 5pm on Wednesday's and a group of riders in addition to staff will make their way out to St Clair Metro Park (formerly Metro Beach). The pace is that of the slowest rider normally and distance is about 25 miles. Expect the pace to be in 12-15mph range.

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 know.

Newsletter Changes to Les Dunham, 586-216-4135 or email 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.

 **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.

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	president@flyingrhinocc.com
AABTS	president@aabts.org
Tri-County	president@biketcba.org
Kalamazoo	president@kalamazoobicycleclub.org
3 Spokes	bryan@applecidercercentury.com
Big Rapids	jnteesdale@charter.net
West Coast	jeff@socialwetmichigan.com
Genessee W	president@geneseewanderers.org
CCCC	president@cherrycapitalcyclingclub.org

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