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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Clinton River Riders ride schedule will have numerous additions in the next 2 months. With the return of many club snowbirds and the outside temperatures getting comfortable weekly evening and weekend rides will increase. Be sure to check our ride schedule and get on the crr-list email for the most current information. If you have suggestions for a ride and especially if you want to lead a ride ensure the word gets out via Steve Angst, email, Facebook, and the newsletter.

Our Saturday 9am Shultz ride is an excellent way to get the bike and body to shed winters cobwebs off. See inside for more particular details on this ride. We have also done a Sunday 1pm ride that is well supported with cooler weather participants. So far it is a ride of opportunity and we don't intend to conflict with other events when possible.

Our next club meeting is April 9th 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. Let others know about our meeting. The best way to know us is to ride with us, meetings are ok too.

New members and interested people should send an email to crr-list@lmb.org to be placed on our email distribution cared for by **Bill Duemling**. No advertising or solicitation is forwarded, just items of interest to cyclists.

Birthdays

04/09 Bill Workman
04/02 Paul Kasper
04/02 Rick Jones
04/15 Robert
Blanchard
04/26 Scott McGovern
04/07 Wayne Watson

The Men's Trip in June 2012 will be in Dayton, Ohio. Exact mileage and course is yet to be determined. But Friday and Monday are usually shorter rides that surround at least one century ride. Contact Al Barton or John Tarantino for more details.

Clinton River Rides have a Facebook page. It is administered by B Arnold and S Angst, so contact them if you want to be informed or provide information via FB.

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.

TJ Hill and Rick Jones have done great work on the section of the Macomb Orchard Trail that CRR is responsible for. Don't let them be the only ones that live up to this commitment.

New Members: Fred Zajdel was a visitor at our last meeting and joined CRR. 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.



Visit the Bicycle Museum of America 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.

Mr. Robert C. "Bob" Kosen (1949-2012)



Robert C. "Bob" Kosen, age 62, of Shelby Township, died on March 4, 2012. He was born on October 9, 1949 in Detroit, Michigan to William A. and Josephine Kosen.

As most all know Bob Kosen passed away recently. Many long time members knew Bob. This material was provided by Sandra Studebaker.



Photo from Warren Berthelsen; I have identified subjects as follows, but location unknown -- possibly Eastern Market.

Standing Left to Right: 1.) Warren Berthelsen; 2.) Sandra Cryderman. 3.) Barb Berthelsen; 4.) unknown female with helmet; 5.) Denise Cryderman. 6.) unknown female with helmet. 7.) Sue Moorman; 8.) Rick Moorman; 9.) Frank LoPiccolo; 10.) Rich Dyer; 11.) Tina Dominick; 12.) Joe DeOro;

13.) unknown male with head turned; 14.) Dick Wolfe; 15.) Ed Swar (?); 16.) unknown female with helmet; 17.) Bob Crowley; 18.) **Bob Kosen**; 19.) Duane Nieman; 20.) Ted Gondert (?); 21.) Dave Gaskell

Kneeling Left to Right:

22.) Sue Pavlat; 23.) Ray Dominick

Sitting Left to Right:

24.) Jerry Pavlat; 25.) John Edry



Know this to be Bob, sans beard, and Denise at the Ferry crossing during the 1995 BWR.



June 1985 of a bearded Bob Kosen

Remembering Bob Kosen (1949-2012)

By Sandra Studebaker, et al.

Robert Clarence “Bob” Kosen was a member of the Clinton River Riders bicycle club since July, 1983. He lived at 28925 Joan Street in St. Clair Shores at that time and would occasionally utilize Kelly Road, adjacent to my Fraser residence, to bike to Pavlat’s Pedal Palace at Moravian and Garfield, locus of early CRR club activities. Although not active in the club for many years prior to his death on March 4, 2012 while preparing for his 8th Boston Marathon, Bob renewed his club membership every year--including this year (2012). Perhaps he thought he might return to bicycling if he could no longer pursue his passion for running; perhaps it was due to fond memories of his years of biking with the Clinton River Riders; perhaps it was habit; perhaps all three. But we’ll never know because it didn’t occur to me to inquire while he was still with us. Bob, a man of many admirable qualities, was also known to be a quiet, modest, even private person.

As a member of the Clinton River Riders since about 1981, I first knew Bob as a fellow CRR member; then as my daughter Denise’s boyfriend; finally, from 1991 forward, as my son-in-law. But with similar biking and running interests, myself, and an age difference of just thirteen years, I was not the traditional hostess-of-family-gatherings type of mother-in-law. Separately, we both rode TOSRV and DALMAC and worked at the BWR in earlier years. Later, accompanied by spouse TJ, I delighted in sharing New Year’s Eve with Bob and Denise at the annual 4-mile run on Belle Isle, followed by a restaurant meal and a new-release film at a local movie theater before “ringing in the new year.” I will continue to miss that, and other occasions, both planned and unplanned, where we “caught up,” but I value having had a 30-plus-year relationship with Robert Clarence “Bob” Kosen.

Other long-time CRR members who knew Bob during his years as an active member of the club have shared the following memories, presented in order of receipt.

From Patrick Moorman:

“This is quite a shock...I really liked Bob and enjoyed watching him pull away from me by the first turn during speed work for many..... many years.”

From Warren and Barb Berthelsen:

“While Barb and I weren’t close friends with Bob, we were definitely saddened to hear of his passing. We did enjoy talking with him the few times we saw him at BWR the last few years. About a year ago a friend in Traverse City who rode with the CRR’s years ago gave us the attached group photo [of 25 club members]. I have no idea where it was taken or who took it, but it probably was on a Sunday morning ride around 1985. I’m sure a lot of people will enjoy seeing this.”

From Tim Woodby and Rosemary Johnson:

“Bob could best be described by two words, quiet and smooth. He was a friendly and quiet individual who would listen and add to a conversation without being the focus of the conversation. That’s a quality that we’ll miss. He was smooth as a runner. Leaving the start line or disappearing into the group with whom one could not keep pace, Bob’ tempo stayed consistent. He is an individual who was good at what he loved, and he loved to run.”

From Ed Gostin:

“Bob and I rode many club rides, tours, and several Belle Isle marathons as well as worked together at Holley Automotive. Here are a few things I remember:

I had seen a TV commercial for ITT Tech where a starry eyed young fellow had achieved his "dream to become a draftsman". I was kidding Bob a bit on that, he retorted: I'm a DESIGNER - not a *&#!%* draftsman. For the uninitiated, in industry at that time, a draftsman was the entry level position.

Riding a Bell Isle marathon, a fast pace line passed us & one of Bob's friends - I think from his work - asked why we didn't jump on. Just at that moment, someone in the line crashed, Bob answered "That's why."

Bob, Denise, you [Sandra] and me went to TOSRV 86 together. It was the 25th TOSRV, I have the patch on my wall. You and Denise on the tandem, Bob and I on singles. I may be mistaken, but I think this is when Bob and Denise first got to know each other. Denise surely would be able to clarify/correct this.”

From Denise Kosen:

“Dalmac adventures - We rode from home to Lansing and did the quad century with a group of club members. Can remember Rick Mormon and half a dozen others riding with us to Lansing. We did 500 miles in 5 days. That's the year I developed a saddle sore and was in agony in the end days. Another experience with Dalmac, on his first Dalmac he wasn't prepared as to what to expect. He didn't do well with the unknown, so my taking our small 2 person tent down on him in the morning to "get going" didn't sit well with him. He wasn't prepared to get up and rush through the morning amenities. He was so ornery that whole day, we ended up taking different routes due to arguing.

Bob took very good care of me in my riding days, with bike prep and route planning for the events. I believe for BWR one year, in our early years he was route support for breakdowns, but later supported me with working at some of the rest stops, I believe lunch in Canada. In the later years he rode the route himself.

Steve Angst told me at the funeral home, that when he was a new club member, he remembers how hard a time he had keeping [up] in one of the rides, he had fallen back and was much

appreciative of Bob and myself staying back to be with him and ride to the end. I don't remember this incident but Steve did.”

From Jerry Pavlat:

“It has been a long time since Bob Kosen first started coming into the bike store that I worked at [was owner of] in Clinton Township, Michigan. He used to come in with Ed Gostin, another Clinton River Rider, quite often.

Later Bob joined the Clinton River Riders Bike club. I can remember Bob being on many bike rides with Denise. I always felt that Bob was a quiet guy, that none of these rides stood out as to Bob drawing attention to himself. He was just a quiet guy that was ready to jump in and help out when ever needed.

Bob Goebel and I have talked about Bob Kosen quite often since we heard about Bob's death. Bob Goebel had mentioned how Bob & Denise Kosen had taken care of the food for all the rest stops for the Blue Water Ramble bike ride for many years. I had forgotten, but once Goebel reminded me I could picture both Bob & Denise Kosen at the rest stop making sure everything was taken care of.

I wish that I could recall more about Bob Kosen, like I said he was quiet but pleasant and just nice to be around. I am glad I had the pleasure of knowing Bob.”

From Bob Latsko:

“In the spring of 1988 (?) I decided to retire my Nikes and pursue bicycle riding for my exercise. My first Club ride was from Windsor to Amherstburg on a dreary April Sunday morning. I drove across the Bridge with my Miyata Touring Bike in tow to meet the Clinton River Riders in a shopping mall parking lot in Canada. I felt out of place in my jeans and T-shirt among the colorful bicycle dress of the other riders. No matter, soon after I was signed in I found myself chasing the Club down a narrow Windsor road toward Amherstburg (wherever that is?). No one seemed to notice me falling behind until a young lady named Claudia (Dominick) was dropped from the lead pack and joined me in the rear as I locked onto her back wheel. Neither of us was sure of the way to our destination but Claudia had 2 brothers (and a future husband) ahead of us and I hoped that if I could only stay with her someone up there would remember us.

Then a couple of riders slowed and drifted back to us ...Bob and Denise Kosen. They rode just ahead of us so we could draft off of them, explaining the procedure to me and encouraged us all the way into Amherstburg. But by the time we arrived the ominous sky had changed to light rain and the Club, fed and rested was heading back. We joined them but soon the rain changed to full downpour and the Club put the hammer down. While the Club hammered it home Bob and Denise shepherded us the last miles in the rain with encouragement. I knew better than to stop, for in my soaked clothes I could feel hypothermia coming over me.

Needless to say, we made it back and Bob was most encouraging to me on my first ride. He did suggest a lighter bike and bicycle clothes...it would make the rides more enjoyable. Bob eventually turned more to running rather than biking but when we met we would share experiences. I enjoyed biking for the next twelve years, biking all over the US and Canada plus one wonderful trip to Europe. I retired from biking for health reasons (clogged arteries) about 10 years ago, but I never forgot the thoughtfulness of Bob (and Denise) which helped lead me to so much fun and adventure.”

Congressional Delegation – Michigan Senate Members

Carl Levin (D-MI)
Debbie Stabenow (D-MI)

House Members

Dan Benishek (R-MI-1)
Bill Huizenga (R-MI-2)
Justin Amash (R-MI-3)
Dave Camp (R-MI-4)
Dale Kildee (D-MI-5)
Fred Upton (R-MI-6)
Tim Walberg (R-MI-7)
Mike Rogers (R-MI-8)
Gary Peters (D-MI-9)
Candice Miller (R-MI-10)
Thaddeus McCotter (R-MI-11)
Sander Levin (D-MI-12)
Hansen Clarke (D-MI-13)
John Conyers (D-MI-14)
John Dingell (D-MI-15)

Your government representatives, working for you. Let them know what you want and what your priorities are.

2 New items have been added to the CRR media library –

1) Catch The Wind and 2) Tenacious are available. The complete media list is on the CRR webpage.

Some eating habits to encourage weight loss -

Skinny Habit #1: Eat an early dinner

Skinny Habit #2: Weigh yourself daily

Skinny Habit #3: Eat a boring diet - The novelty of new foods drives us to consume more.

Skinny Habit #4: Reward yourself - Early American settlers wouldn't have completed the journey without the proverbial promise of milk and honey at the end.



Clinton River Riders always likes to associate with those who enjoy fitness, venture to distant places, and work together supporting safe cycling. If you seek to add value to your life thru participation then we may be more than the sum of our pieces together. Ride with us, meet with us, and become one of us in Clinton River Riders. Finding your true potential requires going beyond your comfort zone.

Discover Cycling – What we find in cycling are things like a way to manage stress, a mini vacation (mentally) on the saddle, satisfaction in a pollution free experience, and doing something we like/love. Add in to this the psychological compatibility of riding offensively/defensively; together/solo; fast/easy; silent solitude or constant conversing; or long distance/quick trip and almost everyone can find their fit in cycling. Not everyone gets it but those who give it their best with an open mind usually learn the value it adds to their life.

Tune in to Your Body Alignment

One of the neat things about efficient cyclists is seeing how well their bodies blend with their bikes. Here are two things you can easily check about your own form.

--- **First, where are your elbows?** No matter if your hands are on the bar tops or drops, your elbows should be in line with the bike, not flared to the side. If they're sticking out, they catch more speed-stealing wind. They also could bang other riders when you're in a group.

--- **Second, how about your knees?** Ideally, they'll be in line with the bike, too, not angling into the frame's top tube as you pedal, or pointing out. Out is worse, for the same reasons you don't want your elbows flaring.

It's pretty easy to correct wayward elbows. Just be aware. Keep them flexed and in line between your shoulders and hands. Assuming your reach to the bar is in the ballpark of proper position, it's a matter of developing the right habit.

Knees can be more complicated. If they're out of alignment, it could signal anatomical anomalies or incorrect cleat position or saddle height (probably too low). If your knees want to wander as soon as you stop concentrating on them, re-check your position. It pays to get straight. Otherwise, you'll suffer more than your share of discomfort and even biomechanical injuries. Plus, you won't be riding as efficiently or strongly as you could be.

Be true to yourself. Cyclists are pack animals. Enjoy the camaraderie, but don't let your training goals get trashed by constant king-of-the-mountain contests, town-sign sprints or the all-hard, all-the-time mentality of the group. If you can't trust yourself to go easy when you need to, ride alone. Once a week, go so hard your eyes hurt. Follow it with a ride so slow the snails yawn. The combination makes legs strong.

Some Michigan Rides in 2012 –

MGST is 6 May 2012. \$18 ind/\$48 family, after 4/25 = \$25 & \$60

Tour De Flint May 19, 9am -2pm Start at Good Beans Café.

Grand Fondo di Thumb (tour Frankenmuth) May 27 \$25/\$50 tandem

Thumbs Up Lighthouse tour, June 20-23 Start Lakeport, MI. \$70

PALM June 23 – 29 \$110, 45-60 mile per day options.

Bike MS rides – West June 09/10; Mid July 14/15; Bavarian Sept 22/23

Some of the areas fine local bike stores –

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

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

Paul's Bike Depot, 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 Bicycles, 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/>

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

Some cycling do's and don'ts for diet –

Avoid fatty salad dressing, try substituting a lemon wedge.

Use skim or low fat milk.

Limit lean meat servings to 3 ounces, baked or grilled. (deck of cards size)

Eat more vegetables, rice, and potatoes in place of high calorie dishes.

Order your pizza with only half the cheese. Only your waistline will know.

Fill half your bowl with rice before adding the chilli.

Drink water when off the bike instead of soft drinks or beer.

Do not bypass dinner.

If you ride before breakfast, eat something if riding more than 2 hours.

Do not starve yourself.

CRR Ride Schedule

Monday

Tuesday 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.

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.

9 am Saturday Shultz's am 8 ½ & Gratiot (Shultz's Funeral Home Parking lot) Meet the Moormans, Ron Truax, and eventually Les Dunham for a 32 mile ride at 13 – 16mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the mid-point.

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, 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.

Ride Schedule changes or announcements let Steve Angst 586-524-3657 or email digitaldeb@comcast.net know.

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

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 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 NEGLIGENCE 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