

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
psprecher2549@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**

Spring is gaining on us and you better be ready for a fast start to a great 2013 cycling season. The LMB Ride calendar is out in paper and electrons. Many weekly rides will be populating our ride calendar to contrast our winter rides that have endured this last Michigan winter.

At the next Clinton River Rider's club meeting (April 8th) lots of us will bring excess good pieces that will be free to a good home. There could be some really good stuff, clothing, and a little vintage/hard to find items as well.

Deb Angst informed us that the order of jerseys is due in early April. Hopefully in time for the club meeting. She will let all know by email if they will be ready. Lots of people do a great deal for the club but Deb does go above and beyond on a regular basis. Make sure you let her know with some appreciation the next time you see her.

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.

Birthdays

04/02 Paul Kasper

04/11 Fred Zajdel

04/27 Becky Holden



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 uphill there is a downhill right? If you want more details please contact J Tarantino.

New members and interested people should send an email (with subscribe in the subject line) to crr-list@20776.org to be placed on this distribution.

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>

Main Street Bicycles Address: , 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-Sports Address: , 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726 (586) 791-3488

My Soap Box !!!

Every year we like to see new riders become cycling enthusiasts, especially with CRR. We need to welcome them, support them, and educate them gently. In the last year a few riders have gained much speed and experience. That does have to be tempered with caution and some humbleness.

Being careful at intersections is important. Every person is responsible for their conduct there. No one can assume responsibility for another's actions. It is ok to say car left/right but do not announce "clear". We all do our best to make the correct decisions.

Do not creep between a stopped car and the curb at an intersection when in a group. It can lead to disaster if the car turns right, as many drivers fail to use their turn indicators to inform of their intent. Continued on page 4 -

My Soap Box continued from page 3 -

We cyclist have to act and conduct ourselves like we belong on the road. Be assertive at the space you are entitled to if needed. At the same time do not let immature or rude drivers get under your skin. Cooperate and graduate in life. Educate with knowledge respectfully if allowed. If someone is truly not open to learn then they must be allowed to move on. Yield if you have to. When on 2 wheels there is virtually no armor.

Newer riders have to learn to ride smoothly and predictably. Minimal sudden steering/braking. Inform others if you are changing velocity. Trust others to do the same. Always be side by side or behind the next rider. Crossing wheels is a recipe for disaster. There is strength in numbers when cycling in a group. Often one starts at the back of the pack but with improved strength, ability, and knowledge eventually moves up. Then when you decide to go faster, farther, or more frequent you once again seem to start at the back of the pack. Clinton River Riders are great people. Some people are very good at providing constructive criticism but remember not everyone is gifted this way.

Stepping down.

One last call for **membership renewal**. Membership like cycling has strength in numbers. When you have 2, 3, or more riders the speed almost naturally creeps up slightly. Membership like this adds power to the energy and capability when you are a part of it. Many benefits are not even tangible or easy to put into words. Virtually everyone has good things to say after experiencing CRR collectiveness.

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.

Do be cautious in all that you do. P Sprecher (surgery), J McCormick (injury), A Barton (injury), J Tortomasi (injury/surgery) are all on the mend. Some of their choosing others not so. Wish them well, encourage them, and let them know we all want them back to good health and pedaling soon.

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.

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.

Seven Easy Steps to Avoid Injury

Let's get going! Spring is definitely here after a dismal winter. I think the bicycle industry has the poor winter to thank for large participation and retail sales early in the season. Cycling is a wonderful sport for obvious reasons, but has its risks. It was recently ranked number two on the list of sports with the greatest risks of injury. Bicycling was only ranked lower in injury frequency than basketball. Injuries are avoidable. You can decrease the risk of bicycling injuries by trying a few of the following ideas this spring.

1. Stretch

Stretching does matter...contrary to recent articles. Flexibility for endurance bicycling is different than that required for sitting, standing and walking. Your chance of developing proper bicycling-related flexibility from just riding is not so good. Stretching to increase your flexibility does work. The quality counts. This activity aids in the recovery of muscles following a vigorous work out. It can be performed on and off of the bicycle. Stretching while on the bicycle allows for "posture-breaks". Maintaining one position for extended periods of time leads to pain. Different movements, such as stretching, while on the bicycle will allow for greater periods of relative comfort.

2. Hydrate

Water is the necessary substrate for your body's function. Drink early and often. Don't wait until you are thirsty. A dehydrated body will be more likely to cramp and lose the ability to produce power. Re-hydration is also an important component of recovery from effort.

3. Pedal cadence and skill

Pedaling cadence and skill are crucial to endurance bicycling. People new to the sport typically pick lower cadences. This is an easier aerobic task than fast pedaling, although it is harder on the joints. Pedaling faster takes practice and gains in aerobic fitness. A bicycling computer with cadence will greatly assist your pedaling. A good range for endurance bicycling is 80-100 revolutions per minute.

4. Improve your bicycle handling skills

Having better bicycling skills will increase your ability to “keep the rubber-side down.” Good skills include considerations of cornering, braking, pedaling, standing, eating and drinking on the bicycle.

5. Proper bicycle fit

A well-fit bicycle will improve your overall comfort and reduce your chance of an overuse injury. It considers flexibility, strength, coordination and segmental lengths (trunk, legs, arms). Your basic bicycling position shouldn't be painful.

6. Get a tune-up for your bicycle

A bicycle tune-up will help ensure that your bicycle is in good working order. Well functioning shifters and brakes are important parts of safe bike handling. Properly inflated tires, and tires with good tread provide appropriate traction to the riding surface.

7. Obey traffic laws

Traffic laws include helmets. A properly worn helmet can prevent a head injury. Head injuries are not fun. The causes are not glamorous, and they can occur in unexpected places. Wear your helmet. Signal your intent to others around you. Using hand signals helps make you predictable to others who share your space (e.g. cars). Stop signs mean stop. Running a stop sign puts you at risk of being hit by other larger objects (e.g. cars). Bikes and bicyclists lose in car-bike crashes.

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.

