

Officers  
President  
Debbie Angst  
586-524-3675  
Digitaldeb@comcast.net

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

Treasurer  
Pete Sprecher  
586-484-5641  
psprecher2549@wowway.com

Secretary  
Jodi Turner 248 953 9692  
turnerjodi84@yahoo.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  
Phil Kurrle

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

## *The RAMBLER*



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

**Clinton River Riders** monthly meeting is April 14th 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. 

To support the 2014 Blue Water Ramble on June 22nd we will have task signup sheets at the next meeting. Your support is needed to make the BWR a success. Some tasks may provide an opportunity to ride during the day but our focus must be #1 on success of the ride. The vast majority of club members work in some capacity to help the cyclists in our 1 fundraiser of the year. Since donation record keeping was established CRR has given about \$95,000 to charities that support cycling. 

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.

Cycling in MI and CRR in particular has suffered some losses and injuries in recent weeks and months. Please take care and appreciate all our cyclists and club members. If you are one of those on the mend please know that CRR is happy that you are recovering.

## Birthdays

04/02 Rick Jones

04/02 Paul Kasper

04/11 Fred Zajdel

04/15 Robert Blanchard

04/20 Judi Turner

04/26 Scott McGovern



**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. 👍

**Deb Angst** has put in a jersey order and those who purchased CRR attire may pick them up at the next meeting. Deb does a great job in artistic design for the BWR and jersey design. 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](mailto:digitaldeb@comcast.net) to get yours today. 📁

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

Spring and summer in Michigan brings much warmer and higher humidity. Cyclists need to take in increased amounts of fluids especially during riding. Water is very good but don't forget that we sweat more than just water, so more than H<sub>2</sub>O needs to be replenished. No one knows you better than you do so act appropriately.

Ride well with CRR—**Helmets are required**; cycling shorts and gloves highly recommended. Perform a brief safety check of your bike (brakes, tire inflation, etc) before beginning the ride. Use appropriate hand/verbal signals to warn other riders of obstacles, turns, speed changes, etc. Make sure you have the means to fix a flat. Pass other riders only on the left; make your presence known when you come up behind another rider. Obey all traffic rules; do not obstruct traffic; likewise, yield to other riders as needed.

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](http://www.lmb.org) League of Michigan Bicyclists

[www.bikeleague.com](http://www.bikeleague.com) League of American Bicyclists

**[www.adventurecycling.org](http://www.adventurecycling.org) Adventure Cycling**

[www.capitalareasmartcommute.com](http://www.capitalareasmartcommute.com) Smart Commute Program

[www.midmeac.org](http://www.midmeac.org) Michigan Environmental Action

 **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

**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](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>

**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 up to date details.

Selecting the right bike—

When it comes to bicycles reliability and fit cannot be substituted for. No one enjoys being sore or stopped with no ability to continue. After reaching satisfaction on these 2 most basic requirements you need to select your machine. Whether it is strictly a road bike or mountain bike, or Hybrid the bicycle has to fit your needs and then it has to fit you size wise.

**SIZING A BIKE**

There is no formula to determine perfect bike size and adjustment; there are plenty of rules of thumb - your seat height should be adjusted so that your leg is almost fully extended at the bottom of your pedal stroke. Test this by sitting on the bike leaning against a wall. Put your heels on the pedals and pedal backwards; your leg should be fully extended at the bottom. Time after time so many people ask about purchasing and sizing a bicycle. Many low-end bike-store bikes have gotten a lot better over the last 10 years; you can't really go wrong. As a general rule, it's worth spending extra money up to about \$700 or \$1400; after that you're paying for stuff that you really need to know from riding if needed.

For the really new person - your frame has 4 tubes:

**TOP TUBE:** The rear brake cable usually runs along it.

**SEAT TUBE:** The tube that holds the SEAT POST.

**DOWN TUBE:** The other main tube, the diagonal one on the bottom. It has shifters on some road bikes, usually has water bottle brazes, and the shifter cables usually run along it. **Stays:** are the rear triangle that the rear wheel attaches to.

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	<a href="mailto:president@flyingrhinocc.com">president@flyingrhinocc.com</a>
AABTS	<a href="mailto:president@aabts.org">president@aabts.org</a>
Tri-County	<a href="mailto:president@biketcba.org">president@biketcba.org</a>
Kalamazoo	<a href="mailto:president@kalamazoobicycleclub.org">president@kalamazoobicycleclub.org</a>
3 Spokes	<a href="mailto:bryan@applecidencentury.com">bryan@applecidencentury.com</a>
Big Rapids	<a href="mailto:jntteesdale@charter.net">jntteesdale@charter.net</a>
West Coast	<a href="mailto:jeff@socialwetmichigan.com">jeff@socialwetmichigan.com</a>
Genessee W	<a href="mailto:president@geneseewanderers.org">president@geneseewanderers.org</a>
CCCC	<a href="mailto:president@cherrycapitalcyclingclub.org">president@cherrycapitalcyclingclub.org</a>



Clinton River Riders have very well represented at the nearly new LA Fitness on Hall Rd near Romeo Plank. Great participation while working up a sweat in this long cold MI winter was common. It is almost time to move it outdoors. Be a part of the fun and ride with us.

Several new CRR members have found our club members interesting enough to be serious riders. We welcome them and please let your friends know that there is the bunch of fun loving cyclists that like to go somewhere, see something, dine together and oh that's right pedal for fitness along the way. The best way to know CRR is to ride with us, even if it is sometimes indoors.

### 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 LIABILITY, 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**