

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

For Blue Water Ramble there has been a major effort in sponsorship. Hamilton Bike Shop in Richmond, Stony Creek Cycle in Romeo, Herb's Auto in Mt Clemens, American Cycle & Fitness, Papa's Restaurant in Armada, Anchor Bay Cycle, and Alexander Hournung & Hamilton have all agreed to sponsor BWR. Thanks to Ray Cronin who carried the torch on this. A few more are possible but it may be next year before they officially sign on. A list of sponsor's websites is within the newsletter somewhere.

The next Clinton River Rider's club meeting is May 13th at 7pm in the Mt Clemens Library (downstairs). 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.

Lots of CRR Ride schedule changes happen in April and May. There are still some favorites to shake off the affects of winter. Do get your bike ready too. There are many riders with enormous goals for this year. Encourage your friends and newer riders to become one of us at CRR. What else is just as happy being cleaned with Dawn dish soap as Bed Bath & Beyond?

Birthdays

05/05 Rosemary Reid

05/05 Mike Holden

05/05 Gilbert Livingston

05/06 Jack Logomarsino

05/11 Judy Logomarsino

05/16 Vicki Seibert Fitzpatrick

05/16 Thomas Miller

05/16 Sandra Studebaker

05/19 Rosemary Woodby

05/19 Gerald Bartels

05/24 Herb Kengel

05/25 Lee Rumohr



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

CRR is most defined as—Relaxed Fitness: Relaxed fitness rides move along at a good pace, using pacelines to better the speed of the group. The tone of the ride is mellower, friendlier with more rolling conversations and one or two regrouping stops to allow cyclists dropped on hills or during extended high speed paceline riding to catch up with the group. These rides are a good place to gain riding skills and learn from other riders.

Relaxed fitness rides often include a stop for coffee, snacks and restrooms. These rides offer a good workout in an amiable atmosphere.

Typical Ride Length and Duration: 25-45 miles; 2-3 hours.

Typical Average MPH: 16-18

On the Soapbox Again -

Riding on the road requires us to navigate and maintain a compact efficiency. Legally you can find it in the Michigan Vehicle Code in section 257.257, .660a-e, .648, .662 and .636. As important as these are, we need to stay together and act together in such a manner that earns respect and also enables all vehicles to move safely. Cyclists do this by staying to the right as practicable, riding no more than 2 abreast, and signaling/obeying laws.

On a recent ride there was commentary on being more than 2 abreast. Please take this as constructive criticism reminding all of safe movement. It does make it safer and easier to have situational awareness when we act as expected. If the group gets wide the leader cannot see behind and vehicles to the rear cannot see around to pass. When our alignment and compactness are what they should be then we appear knowledgeable, skillful, and respectful. These earn respect and make navigation better for all.

Do not be opposed to getting better, learning, or change as required. Our intent is always to ride well safely. Since all started and made it back safely we were ultimately successful. The last 2 road mishaps I know of were a stick in wheel on a bridge and a recumbent wheel in a groove that caused bikes to be other than vertical. So we have a great history of safety. Is that an omen to the law of averages being against us? Any quantum physicists out there or experts in the space time continuum. You can go a lifetime safely without an accident.

So taking away from this what should we remember –

1) Know what you are supposed to do.

2) Never stop improving.

And 3) ride the best we can with skill, respect, and cooperation.

(If it were just this easy and quick, we writers would be out of business)

Stepping down.

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.

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.

All the links are below...

<http://herbs-auto.com/>

<http://www.alexanderhornung.com/>

<http://stoneycreekbike.com>

Fraser Bike Shop, Hamilton Bike Shop, and American Cycle & Fitness are listed with the bike shops on page 3.

Papa's in Armada does not have a website, but they also sponsor BWR.

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.

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.



Olive Garden
Caters to

100% of donations go to
MAKE-A-WISH
Michigan



3rd Annual TEAM SAMMY

Pasta Dinner - Silent Auction - Bake Sale

Cost by Donation, Come Hungry & Bid Often

Time & Location

Sunday, April 28, 2013
From 12:00 - 5:00 pm
St. John Lutheran Church
16339 14 Mile Road, Fraser, MI

Dinner Includes

All you can eat pasta with
bread and salad provided
by Olive Garden. Beverage
will be included.

To learn more about Team Sammy please visit us at:

www.teamsammy.org

For more information please email Bill at wetandem@wowway.com
or Julie at weetandem@yahoo.com or call 586-939-6073

Thank you for your support!

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