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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

*Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

The **Blue Water Ramble** is **June 22nd** so please mark your calendars. Many more weekly rides will begin populating the ride schedule. Cycling is a great way to see things, go places, discover friendship, and become more healthy. 👍

**Clinton River Riders** monthly meeting is May 12th 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. 📍

We have several CRR members on the mend. Deb Angst had knee surgery. G Haelywn had hip replacement surgery. L Kasper continues to mend. G Scania is recovering as well. Today someone mentioned that R Cronin had a procedure too. Don't forget J Pavlat as well. We all care about each other immensely and wish for the best. In my opinion most cyclist have 3 important things in their favor for recovery. 1st we tend to be more active than the average patient seen. 2nd we want to get better quickly so life can return to normal and we can enjoy cycling again. And 3rd we often have a positive outlook on life. And the caring about others and having others that care about us fits in there too. It is not all just cycling but I think that CRR and cycling helps bring these qualities to the surface.

**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.

## 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 item 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.

**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.

The **Clinton River Rider's Men's Trip is June 6, 7, 8, and 9th** 4 days and about 280 miles of cycling fun with friends. Expenses, travel arrangements, and preparation is all on the riders.

The family of F Lopiccio has 3 1/2 custom made bikes that they would like sell for great prices. Mostly vintage items. If you are interested please feel free to email to [palzcf@comcast.net](mailto:palzcf@comcast.net) or phone 5866486021 or 5864698322.

Wolver-Bents Recumbent Cyclist sponsor the annual MI Recumbent Bike Rally on May 10th 10am—2 pm. At Jacks Bicycle and Fitness 24308 Michigan Ave., Dearborn.

**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's Typical Ride Length and Duration: 25-45 miles; 2-4 hours.

Typical Average MPH: 16-18

In your travels from and too Michigan have you ever entertained the thought of visiting the Bicycle Museum of America? It is 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.

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

Summer hours hours Mon – Fri 11 am to 7 pm, Sat . 11 am – 2

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>

### **Monday**

**6pm Russ St John** leads a recovery ride from 27801 Manhattan, St Clair Shores for about 30 miles and pace is 14-17mph.

### **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.

**5:30 pm** Greg Hess's ride from Masonic & Jefferson down to Windmill Point. Distance about 30 miles and pace is 16—18 mph.

**Friday 5:30 F Zajdel** lead a ride to Armada from the Onyx and Jodi lead a group from 25 & Shelby out to Papa's for dinner. Freds pace is 15-17mph and Jodi's is 12—14mph.

### **Saturday**

**9 am Stony Creek Boat Launch** parking lot, meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162.

**10 am or tbd** We will ride from somewhere to somewhere until mid May when the Stony Creek to Armada ride begins reliably. Distance varies and pace 15-17mph. Keep an eye on the ride calendar for exact details.

### **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.

Safety out there on 2 wheels and foot requires our constant vigilance. Whether a driver, walker, or cyclist please do all that is required move around without incident. Wisely choose routes, conduct yourself lawfully and correctly at all times, and be assertive yet respectful as the situation requires.

In recent data, we've learned the [number of bicyclists killed](#) on U.S. roads increased 9 percent to 677 deaths, according to the latest NHTSA data.

The [number of pedestrian deaths has also increased](#), rising 4 percent to 4,280 deaths in the latest full year for which NHTSA had data, the first time the number has increased in five years. It's been a bloody decade for pedestrians overall: Between 2001 and 2010, a total of 47,392 Americans were killed in pedestrian accidents, according to the Centers For Disease Control.

The number of people dying on motorcycles is up. Way up. [Approximately 5,000 motorcyclists died](#) in 2012, according to the Governors Highway Safety Association. That would make motorcyclist deaths 14.7 percent of overall traffic fatalities, the highest percentage ever.

**All the links are below...**

<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.

**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.

It is hard for even me to imagine but I had a mechanical problem on a recent ride. A few days before the ride I changed some parts to include the chain and on the ride the new pin began to back out. Shifting was difficult and sometimes on its own. So when you do ride bring along a multi tool, extra tube, and pump/inflator at a minimum. I feel like such a spectacle while everyone watched my frustrations. Knock on wood .... I think the last time I had a flat on the road was 2007 on TOSRV between Waverly and Portsmouth. 2X had a flat when getting the bike out of the car. I don't think anyone saw, so do those count? That is why it pays to be early.

**Should you carry a cell phone?** If you have one, why not? It's light and compact enough to tote in a jersey pocket or seat bag, and it can be a lifesaver if you fall victim to a mechanical problem on rural roads or get injured when you're riding alone. However, some riders consider cell phones a crutch whose presence discourages self-sufficiency and makes it too easy to give up on a tough ride and phone for a lift home. It's your call.

**TIP!** Even a cell phone that's out of service can be used to call 911 in an emergency. If you have an old phone that's no longer in use, charge it up and take it on rides. You can't use it to call home when you bonk with 30 miles to go, but you can summon medical help if you become hurt or sick.

Some hints for riders—

**Don't overgear.** If you fight the wind in an excessively large gear, you'll soon be down for the count. The ratio that works on a given road when it's calm is guaranteed to be too big in a headwind. Gear down far enough to keep your cadence between 90 and 100 rpm.

**Don't be a sail.** Headwinds reward a tight, narrow profile. To get low, grip the drops or hold the brake lever hoods with your palms cupped over the rubber with forearms parallel to the ground. You want as close to a TT profile as you can comfortably maintain for a while.

Also, watch what you wear. On a windy day, choose form-fitting clothes. For example, rather than wearing a blousy jacket that acts like a drogue chute, try a long-sleeve jersey with a layer or two underneath for warmth.

**If you're in a paceline:**

**Don't miss the draft.** The area of maximum shelter depends on wind direction. If it's a direct headwind, the best draft is straight behind a rider. If it's a quartering headwind from the left, the "cone" of shelter moves to that rider's right rear, and vice versa. In crosswinds, you may need to ride almost beside another rider to get maximum draft.