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The RAMBLER

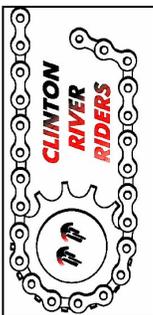


*Clinton River Riders Bicycle Club
Access online at www.lmb.org/crr*

An important note on riding non-members: All non-members **MUST** sign the ride sheet themselves, the ride leader should not sign for them. This is to protect the Clinton River Riders club and the ride leader from legal liability.

The Blue Water Ramble is coming up quickly! We are still in great need of volunteers, particularly chairs for the rest stops. Please contact Phil Kurle as soon as possible to get your pick of volunteer options!

The **Clinton River Riders** next monthly meeting is May 11th at 7pm in the Mt. Clemens Public Library. It is normally held the 2nd Monday of the month. The library is on Cass Ave. across from the high school. 



Kim Hinton

23045 Glenbrook

St. Clair Shores, MI 48082

Birthdays

- 05/05 Rosemary Reid
 05/06 Jack Logomarsino
 05/07 Will Lajack
 05/10 Kim Hinton
 05/11 Judy Logomarsino
 05/16 Thomas Miller
 05/16 Sandra Studebaker
 05/19 Rosemary Woodby
 05/19 Gerald Bartels
 05/23 Rose Skell
 05/24 Herb Kengel
 05/25 Lee Rumohr
 05/31 Ray Skell



And of course, a very **Happy Mother's Day** to all the ladies in the club! Don't forget to join John and Marilyn Tarantino's annual Mother's Day ride and brunch on Sunday, May 10th. More details to follow on FB and via email.



We are fortunate to have several dedicated sponsors in the area, including some the finest bike stores, healthcare providers, auto shops and restaurants. Please visit them frequently!

Hamilton Bicycles & Outfitters: 69329 North Main Street, Richmond, MI 48062, 586-727-5140, www.hamiltonbikes.com

Fraser Bicycle: 34501 Utica Rd, Fraser, MI 48026, 586-294-4070, www.fraserbicycle.com

American Cycle & Fitness: 18517 Hall Rd, Macomb MI 48044, 586-416-1000, www.americancycleandfitness.com

Anchor Bay Bicycle: 35214 23 Mile Rd, New Baltimore, MI 48047, 586-725-2878, www.anchorbaybicycleandfitness.com

Macomb Bike and Fitness: 28411 Schoenherr Rd, Warren, MI 48088, 586-756-5400, www.macombbike.com

Metro Bike and Fitness: 46575 Hayes Rd, Shelby Twp, MI 48315, 586-799-7799

Stoney Creek Bike & Fitness: 58235 Van Dyke, Washington Twp, MI 48094, 586-781-4451, www.stoneycreekbike.com

St. John Providence (Health System) www.stjohnprovidence.org

Herb's Auto (body and mechanic shop), 78 Dickinson St, Mt. Clemens, MI 48043, 586-493-9528, www.herbs-auto.com

Papa's of Armada Family Restaurant, 23056 E Main St, Armada, MI 48005, 586-784-5177

2015: Get your ride on!!

Many of our “regular” group rides have started up including the Moorman’s Tuesday rides, Russ St. John’s recovery rides, Greg’s Thursday Grosse Pointe Ride, Friday Meatball Ride and many more. Since we live in MI where the weather can change in five minutes, be sure to check out the ride calendar to see what rides are on, and of course, subscribe to our email list for the latest updates—send an email to crr-list@20776.org, put “subscribe” in the subject line. No advertising or solicitation is forwarded to this email group

Here are some of the larger organized rides and biking events that are coming up fast:

May 9th –10th: T(Mother’s Day weekend) is Tour of the Scioto River Valley (TOSRV). It starts in Columbus, OH and heads to Portsmouth, OH (on the Kentucky border). Then back on Sunday. An early season double century that can have vast weather challenges.

May 16th: Zoo-de-Mack; from Harbor Springs to Mackinaw City (festivities start May 15th). Registration \$60 through May 2nd; \$75 as of May 3rd. See www.zoo-de-mack.com for info. Fred Zajdel has called out to lead a ride.

May 17th: CARE of Southeastern Michigan ride. Kim Hinton has called out a 60-mile ride.

June 6th: Less whine, more wine tour; Lexington Brewing Company and Wine House. \$25 ind; after 5/22: \$30.

June 20– 26th: PALM (Pedal Across Lower Michigan); \$120 adult—see website for more information <http://www.palmbiketour.org>

For newsletter changes or additions, please email Kim Hinton at kahinton22@gmail.com

VOLUNTEERS NEEDED!!!

The 2015 Blue Water Ramble is set for Saturday, June 20th. That’s right, it’s on a Saturday, so save the date. There are still some parts of the plan that are fluid but Harsen’s Island is playing a larger role in the routes and the starting point is Algonac High School (near Kay’s restaurant). Last year’s BWR was highly successful and this year’s can be even better. **It takes a team and great individuals to bring it all together.** You can be part of a wonderful time that helps cyclists have an event that is fun and meaningful.

With an Algonac start there will be some changes to rest stops and the size or role of certain stops. As of now we are up to 7 rest stops, a new record. **If you are willing and able to help lead a rest stop or volunteer at one, contact Steve Angst or Phil Kurle (contact info is on the front page). Also, see our the BWR web page at <http://www.lmb.org/crr/bwr2015.html> for full ride routes, registration and other info.** Don’t forget to spread the word to other riders too so they can register soon!

Keep in mind, this is CRR’s primary event that enables many of the other excellent things that CRR does for cycling and supported agencies. Finally, don’t forget to

support our sponsors and thank them with your words, deeds, referrals and patronage! :)



CRR Ride Schedule <http://www.lmb.org/crr/rides.htm>
(Current standing rides only; watch Facebook or your email for changes due to weather)

Monday —Russ St. John's Monday Recovery Ride; meet at 27801 Manhattan, SCS, across from Lakeview HS. 6:30 pm; 14-17 mph, 25-30 miles. Bring lights! Contact Russ at 586-774-2687.

Tuesday / Thursday 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.

Tuesday am: Rick and Sue Moorman's rides. See email and/or FB for info.

Wednesday 6:30 pm Russ St. John's Wednesday Ride; American Cycle and Fitness on Mack Ave in GP; 14—17 mph, 25 miles

Thursday 6 pm Greg Hess' Grosse Pointe Ride. Leaves from Jefferson and Masonic, goes out to Windmill Point and back.

Friday 6 pm Fred's Meatball Ride; start at 24 and Rochester

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

Ride schedule changes, additions or announcements let our Ride Director, Steve Angst know with as much notice as possible; new rides require a 24-hour announcement to allow both our Ride Director time to post and possible riders time to arrange their schedules. Steve can be reached at 586-524-3657 or crr.rides@gmail.com.

Advocacy Matters.

- Converge on the Capitol! On May 20th join the League of Michigan Bicyclists for the Lucinda Means Bicycle Advocacy Day in Lansing. Several of our members will be attending including our President Deb Angst to help advocate for safer cycling in Michigan. The more cyclists who attend the better we can speak with one voice. Go to the website to register: <http://www.lmb.org/>
- From our presence at the recent Bike Expo and other events we have made several contacts, increased awareness of both our group and the BWR and added more members to the group. Thank you to all who have participated in the various events included but certainly not limited to: Phil Kurle, Herb Kengel, Jodi Turner, Ben Giacona, Steve Angst, Deb Angst and to the entire group for keeping the proper spirit of CRR alive!
- We ARE making a difference! CRR has received thank you notes from several of the organizations that we have donated to as a result of BWR, including PEAC. Keep up the great work and let's make this year's BWR an even more meaningful ride!

Is Coke a Good Recovery Drink? Adapted from Bicycling.com

There's no question that an icy cold Coca-Cola can feel like an elixir from the gods after a long day of suffering. And the 140 calories in a 12-ounce can aren't going to make or break your diet, especially if you're racking up miles. But it's not the best recovery drink.

"Coke contains mostly high-fructose corn syrup, which is about 55 percent fructose and 45 percent glucose," explains Nanna Meyer, PhD, RD, an associate professor in the department of health sciences at the University of Colorado, Colorado Springs. Though it will give you a quick boost of energy, the soft drink, says Meyer, does not have enough sodium, fluid, or protein to adequately rehydrate you, rebuild energy stores in your muscles, or repair tissue.

If you crave a Coke after a hard ride, go ahead and have one, but pair it with a snack that contains protein and sodium, along with extra water.

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