



# The Rambler

[www.lmb.org/crr](http://www.lmb.org/crr)

April 2016

## Club Officers

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CRR Bicycle Club  
[www.lmb.org/crr](http://www.lmb.org/crr)

### BWR Chair

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### CRR Merchandise

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### CRR Sunshine Girl

Julie Windhorst  
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## The Prez Sez.....

The full blown 2016 cycling season is coming upon us, and we are all itching to get out to ride in some warm air. It will not be long. The Month of May is when everything breaks loose, but maybe April will be kind to us this year and we can get an early start.

I have noticed the bike shops are busy with spring tune-up right now. Get your bike in ASAP or you may miss a few of the early spring rides. Be sure to visit a BWR sponsored bike store and have them service your bike. Our bike stores are supporting us, please support them. Take a look at the list of all of the BWR sponsors. Our Sponsors support BWR, we need to support them.

John Tarantino often wrote "The Prez Sez articles" in the CRR Newsletter when he was President. I thought they were awesome. I plan to follow John's lead and write a few myself. Thank you John for your lead.

## Blue Water Ramble June 26, 2016.



*Come find your treasure working with friends at the BWR. We need an Activities Chair. If you are interested, please contact Phil Kurrle at the email address below.*

*There are many other volunteer places to work at, including many rest stops, ferry, sag, etc. Contact Phil Kurrle at [philjkurrle@gmail.com](mailto:philjkurrle@gmail.com) to find out where you can help.*

*Deb is in the process of getting the BWR pirate jersey order ready. Many of you have already ordered. Thank you! If there is anyone who has not ordered a BWR pirate jersey, and wants one, please contact Deb at:*

*[awesomedeb58@gmail.com](mailto:awesomedeb58@gmail.com)*

*The deadline to order pirate jerseys is April 10. No orders will be accepted after that.*



## Birthdays

4/1 CINDY WILKINS

4/2 RICK JONES  
PAUL KASPER

4/11 MARY CARR  
FRED ZAJDEL

4/12 JOE CICHELLI

4/24 VERONICA KENYON

4/26 SCOTT MCGOVERN  
JENNA JOHNSON

4/27 SUE HENGEVELD

4/30 TRINA HAMM

## CRR 2016 Men's Trip

(Bicycle "Road Ride")

Friday June 3 to Monday June 6 2016

Destination: Georgetown, Kentucky

Target Hotel: Comfort Suites.

121 Darby Dr, Georgetown, KY 40324

Hotel rooms will be needed for Friday, Saturday, and Sunday night.

Planned Route mileages:

1. Friday 40-50 miles, June 3, 2016
2. Saturday 100 miles, June 4, 2016
3. Sunday 75-80 miles, June 5, 2016
4. Monday 25-35 miles, June 6, 2016

Planning is in full swing. Drivers and rooms are being assigned. If you still want to go, please contact Steve Angst at: [s\\_angst@yahoo.com](mailto:s_angst@yahoo.com)  
We currently have 17 riders going.



## Craig's "Detroit Randonneurs"

Date: Saturday, April 9, 2016

Times: 8:30 meet-up and registration; 9:00 ride

Location: William G. Milliken State Park, 1900 Atwater Street, Detroit, MI 48207

Speed: 15-18mph (no-drop unless checkpoints at risk)

Distance: ~116km (72miles)

Time Limit: 7 hours 44 minutes

Contact Info: Craig 586-838-7922

Registration info: <http://detroitrandonneurs.org>

Registration fee: \$5 Please register by April 7

Route: <http://ridewithgps.com/routes/6043603>

Detroit Randonneurs' 116k Populaire

Join Craig for an adventure in Randonneuring. Starting on the Detroit riverfront, we head north along a frequently used cycling corridor to Auburn Hills, then east following the Clinton River to Lake St. Clair, where we follow the coastline back.

Randonneuring is long-distance unsupported endurance cycling. Friendly camaraderie, not competition, is the hallmark of randonneuring. This shorter event will give you a taste of checkpoints, timing, and planning. We will be no-drop for this route unless checkpoint timing is at risk.

Wear your CRR jersey to really embellish the camaraderie. RSVP via text would be appreciated. Cue sheets and brevet cards will be supplied at the start. Route subject to last minute updates.



## 2nd ANNUAL JUSTIN NEWTON MEMORIAL RIDE

April 24 , 2016 7:00am

Dawn Farms Metric Century

6633 Stony Creek Rd

Ypsilanti, MI. , 48197

April 24 , 2016 7:00am

Please join us for this very worthwhile event.

Registration fee \$25.00. On your check memo, please write "In Memory of Justin Newton."

Pace will be 16 - 18 mph. No drop ride.

Respectfully yours,

Dave Newton & Fred Zajdel

( 313 ) 646 - 8684

## Horsey Hundred

May 27-May29

The Ride Site:

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

**Bast from the past... before my time...  
Duane Neiman's Belt buckle...**



***Thank you!***

### **2016 BWR Sponsors:**

[St John Providence Health systems:](#)

[Mattina, Kent & Gibbons, PC:](#)

[Metro Bike:](#)

[Fraser Bicycle and Fitness:](#)

[Alexander & Hornung:](#)

[Anchor Bay Bicycle and Fitness:](#)

[Mattina, Kent & Gibbons, PC:](#)

[Herb's Auto:](#)

[ERNESTA TOBIN, CFP®](#)

[Hamilton Bicycles & Outfitters:](#)

[Stoney Creek Bike & Fitness:](#)

[Innovative Mold:](#)

[American Cycle & Fitness:](#)

[Papa's of Armada Family Restaurant:](#)

[Macomb Bike and Fitness:](#)

[Kardynal Dental](#)



**Word of the Month “NUTRITION”** the process of providing or obtaining the food necessary for health and growth. Here are five super snacks for you to tuck into your jersey pockets:

1. **Powered by the Peel:** Bananas are snacks ready to roll; they are famous for their potassium and contain carbohydrates that may provide advantages to your muscles' ability to use the fuel efficiently. More fuel reaching your muscles means more pedal power for you. A recent study compared bananas to commercial sports drinks in a trial of bicycling performance and found them to be equal.
2. **Peanut Butter Jelly Time:** PB&J's are perfect pocket fuel. The bread and jam (or honey) provide carbohydrates and the peanut butter offers protein and fats. Allergic to peanuts? Try almond butter if you can tolerate tree nuts or sunflower butter if not. Swap a tortilla for bread to prevent having a squashed sandwich. Cut your sandwich into quarters and have one piece at 15- to 20-minute increments.
3. **Trail Mix:** Dried fruits and nuts are a concentrated source of carbohydrates. Dried apricots, prunes and raisins have the added benefit of potassium. Mix your favorite fruits with nuts and seeds to keep your body supplied with energy, vitamin E and magnesium. If you have a heavy sweat rate, you may want to choose salted nuts and seeds.
4. **Water Works:** In general, if you're planning to bike for an hour or less, water is the best way to stay hydrated and to prevent drinking the calories you just burned. If you're going to be rolling for more than an hour, have a heavy sweat rate or the weather is exceptionally hot, consider having two bottles with you — one for water and one for a sports drink. You may purchase a sports drink for the sake of convenience, but making your own with black or green iced tea, a splash of juice, some sugar and a pinch of salt is easy and provides an added antioxidant boost. Take sips of fluid often to maintain hydration and alternate between the two drinks if packing both.
5. **Energy Bars:** While energy bars are convenient, they also can be expensive. If you would prefer energy bars, look for one that has ingredients such as whole grains, dried fruits and nuts.
6. After completing a long trek, your recovery and readiness for the next ride depend on your post-ride food choices. Research indicates that having recovery fuel within 30 to 60 minutes after exercise is ideal. What is best? A small meal that contains a mix of carbohydrates, protein and fats, as well as a glass of water. One good option is a parfait of plain low-fat yogurt layered with cubes of cantaloupe and sprinkled with nuts.

**CRR Regular Ride Schedule**  
check the Ride Calendar at  
<http://www.lmb.org/crr/rides.htm>  
Facebook/emails for changes or for other rides  
that may be posted.

**CRR Monthly Club Meeting;**  
April 11th @ 7 PM,  
Mt. Clemens Public Library  
150 Cass Ave, Mt. Clemens

For more information visit <http://www.lmb.org/crr/bwr2016.html>