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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Often with the arrival of May and June the popular bicycle riding season is upon us. Do have fun and be safe out there on 2 wheels. Clinton River Riders supports all types of safe cycling.

Our **next club meeting** is June 11th at 7 pm in the Mt. Clemens Public Library (down stairs). Club meetings are normally the 2nd Monday each month. The library is on Cass Ave. across from the high school. Let others know about our meeting. The best way to know us is to ride with us, meetings are ok too.

The 9 am winter ride has gone into hibernation only to be replaced with a **Saturday 8am** ride from **Stony Creek** Boat Launch going out to Armada for breakfast. 45 miles in 2 groups (usually) – moderate 16-18 and a fast group 18+. Lots of other rides are now on the CRR calendar, you can view them at - <http://www.lmb.org/crr/rides.htm>

Be Ready - Make sure you equip all the bikes that you ride with the tools you need to fix a flat tire so you don't get caught forgetting to transfer tools from one bike to another. It can be a long walk home if you can't fix a flat and you are outside cell phone range. If you always ride with a hydration pack, an alternative to buying tools for each bike is to put all your tools in the pack.

At a minimum, carry the following on your bike: a spare tube (you can't repair a leak around the valve stem or a broken stem), patch kit, tire boot, tire levers, air cartridges and/or a pump.

Birthdays

06/04 Chris Morgan
06/05 Aletha Bartels
06/06 Ed Gostin
06/07 Gail Komendera
06/11 Leslie Dunham
06/16 Sandy Overway
Bill Smith
06/17 Dave Switney
06/21 David Komendera
6/21 Doug MacDermaid
06/24 Paula Gauthier
Art Anderson
06/25 Carol Meerhaeghe
06/28 Julie Windhorst
Kenneth E Caldwell
06/30 Rich Ostrowski
Jaclyn Angst
Edward Lindow

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: Herb & Laurie Kangel, Ray Domonic, and Pamela Lumeta visited our last meeting and joined CRR. 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 would like members to bring returnable containers to the club meetings to support Team Sammy.

New members and interested people should send an email to bill@20776.org to be placed on our email distribution cared for by **Bill Duemling**. No advertising or solicitation is forwarded, just items of interest to cyclists.

The Men's Trip in June 2012 will be in Dayton, Ohio. Exact mileage and course is yet to be determined. But Friday and Monday are usually shorter rides that surround at least one century ride. Contact Al Barton or John Tarantino for more details.

Clinton River Rides have a Facebook page. It is administered by B Arnold and S Angst, so contact them if you want to be informed or provide information via FB.

Some Michigan Rides in 2012 –

Thumbs Up Lighthouse tour, June 20-23 Start Lakeport, MI. \$70

PALM June 23 – 29 \$110, 45-60 mile per day options.

Bike MS rides – West June 09/10; Mid July 14/15; Bavarian Sept 22/23

Cass River Habitat for Humanity, Saturday, July 28, Start: Vassar MI High School, Distance: 10, 15, 32, 64 miles. Fee: \$15 Individuals/\$33 Family; after 7/14, \$20/\$40 Contact: Donna Gillies (989) 823-2228 d.gillies@charter.net

Bicycle Law:

A 15 pound bicycle needs a 10 pound lock.
A 25 pound bicycle needs a 5 pound lock.
A 40 pound bicycle doesn't need a lock.

As most all know Bob Kosen passed away recently. Many long time members knew Bob. This is an updated people list provided by Sandra Studebaker.



Regarding photo from Warren Berthelsen: With input from others, we have identified subjects as follows below. Location unconfirmed, but probably Eastern Market. Frank LoPiccolo, identified at no. 9, led an annual ride to Eastern Market where he owned a produce company. The year was likely 1986, as the Berthelson family was welcomed as new members of the club in December, 1985, per CRR newsletter of that date.

Standing Left to Right:

1.) Warren Berthelsen; 2.) Sandra Cryderman (later Studebaker); 3.) Barb Berthelsen;
 4.) Kristin Berthelsen; 5.) Denise Cryderman (later Kosen); 6.) Eric Berthelsen; 7.) Sue Moorman;
 8.) Rick Moorman; 9.) Frank LoPiccolo; 10.) Rich Dyer; 11.) Tina Dominick; 12.) Joe DeOro;
 13.) male with head turned thought to be Andy Neuman; 14.) Dick Wolfe; 15.) Dave Heck; 16.)
 Heidi Heck; 17.) Bob Crowley; 18.) Bob Kosen; 19.) Duane Nieman; 20.) male looking down thought to
 be Ted Gondert; 21.) Dave Gaskell

Kneeling Left to Right: 22.) Sue Pavlat; 23.) Ray Dominick

Sitting Left to Right: 24.) Jerry Pavlat; 25.) John Edry

Congressional Delegation – Michigan Senate Members

Carl Levin (D-MI)
Debbie Stabenow (D-MI)

House Members

Dan Benishek (R-MI-1)
Bill Huizenga (R-MI-2)
Justin Amash (R-MI-3)
Dave Camp (R-MI-4)
Dale Kildee (D-MI-5)
Fred Upton (R-MI-6)
Tim Walberg (R-MI-7)
Mike Rogers (R-MI-8)
Gary Peters (D-MI-9)
Candice Miller (R-MI-10)
Thaddeus McCotter (R-MI-11)
Sander Levin (D-MI-12)
Hansen Clarke (D-MI-13)
John Conyers (D-MI-14)
John Dingell (D-MI-15)

Your government representatives, working for you. Let them know what you want and what your priorities are.



Clinton River Riders always likes to associate with those who enjoy fitness, venture to distant places, and work together supporting safe cycling. If you seek to add value to your life thru participation then we may be more than the sum of our pieces together. Ride with us, meet with us, and become one of us in Clinton River Riders. Finding your true potential requires going beyond your comfort zone.

Some of the areas fine local bike stores –

Metro Bike-N-Sports, 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726
(586) 791-3488

Fraser Bicycle, 34501 Utica Rd, Fraser, MI 48026-3576,
(586) 294-4070 <http://fraserbicycle.com/>

Paul's Bike Depot, 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, 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/>

Hamilton Bicycles & Outfitters 69329 North Main Street, Richmond, MI 48062-
1144 (586) 727-5140 <http://www.hamiltonbikes.com/>

Advocacy- Clubs advocate for cycling-friendly legislation and other causes on its members' behalf, something many cyclists are proud to be a part of. We also support functions like Variety Club (Bikes 4 Kids), PEAC, the velodrome, and improved trail/bike path development that benefits so many.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

Give your body what it thirsts for -

Cycling when it is hot requires you to consume fluids to let your body maintain its temperature and chemical balance. The human body maintains an internal temperature of approximately 98.6 degrees F. A core temperature of 104 F causes significant exhaustion and cerebral blood flow is reduced by 20% due to hyperventilation. Things get complicated a lot faster when intense exercise such as long distance cycling is added to an already hot environment. Experienced cyclists notice that despite large quantities of fluid consumed during exercise, the increased sweat loss usually prevents a significant jump in urine output. This is another prime example of our nervous system hard at work. Consume plenty of water in the hours leading up to an event with subsequent intake of four to eight ounces every 15-20 minutes of exertion.

What is best is fodder for much discussion. But fruit juices are not an ideal choice due to fructose's requirement for further conversion into glucose. Alcohol and caffeinated beverages are not recommended for athletes. Water or drinks with electrolyte restoration design are better choices.

If you feel like you are not sweating, nauseous, dizzy, or find it hard to concentrate then let someone know, seek help, get to cooler shade/AC as soon as possible.

2 New items have been added to the CRR media library –

- 1) Catch The Wind and 2) Tenacious are available. The complete media list is on the CRR webpage.

There is a new ride sheet posted on lmb.org/crr . Please check it out and print copies as you need them. Information is now all on one side of the sheet. The most frequent riders are listed and you must be a member to have your name on it. If you don't find your name then become a member and ride more. Thanks to Steve and Debbie Angst for their work on ride schedules and this. There are always ways to improve. Help us get better. You can even be a back-up to someone's effort. Learn, add a skill, and add value to Clinton River Riders all at the same time.

A judge is a law student who marks his own examination papers.

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

Tuesday 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 Meet in the southwest corner of the Sheffield office complex parking lot in Troy. Ride distance will be 30-50 miles. Terrain is moderately hilly. Pace is 16-18 mph.

6:00 pm Meet the Bakers at Independence Bank (22 ½ & Van Dyke) 12-14 mph.

Wednesday 9 am Rick & Sue Moorman lead a 30+/- mile ride from TBD To TBD. Contact Rick for the weekly particulars.

6:00 pm Meet Deb & Steve Angst at Naldrett Elementary located on Sugarbush, just north of Cotton (Cotton is about a 1/2 mile north of 21 mile). Tour the New Baltimore area with a midway stop for ice cream. Distance 30-35 miles at a pace of 16-20 MPH. For inclusion on our distribution list send your request to digitaldeb@comcast.net

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.

6 pm meet R Jones or B Windhorst at the MSU training center in Troy for a hilly 30 miles. A Regroup ride.

6 pm Jefferson & Masonic 6pm Meet G Hess for a ride down to Windmill Pt. 30 miles at a 16-18 pace.

Friday

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

8 am Stony to Armada ride, from the boat launch. 44 miles at 16 -20+, usually 2 groups.

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, 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.

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