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The RAMBLER



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

The **Blue Water Ramble** is **June 22nd** and is less than a month away. A recent update had pre-registration surpassing 300. There are always support functions to do so please participate. 👍

Clinton River Riders monthly meeting is July 14th 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. 🗑️

There are lots of changes to the ride schedule. Many yearly favorites and some new twists. So many riders are finding that CRR is a great supporting club of cycling. It is not difficult to lead a ride, if you have an idea or will ride please let the ride director know.

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 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. Wish them well in the Petoskey area this year.

There are so many new faces on CRR rides remember to be cordial welcome all. We have had Guy Scania back on the bike recently and it is great to have him back.

Birthdays

06/05 Dan Claus
06/05 Aletha Bartels
06/06 Ed Gostin
06/07 Gail Komendera
06/11 Leslie Dunham
06/11 Krista Lee
06/13 Russ StJohn
06/16 Sue Graham
06/16 Sandy Overway
06/16 Bill Smith
06/17 Dave Switney
06/19 Kathleen Law
06/20 Karen Melcher
06/21 David Komendera
06/24 Art Anderson
06/26 Vaughn Reid
06/28 Julie Windhorst



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 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 family of F Lopiccolo 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 or phone 5866486021 or 5864698322.

When you come upon a traffic signal with cars backed up it is wrong to pass the stopped cars on their right (between the car and the curb). Drivers get increasingly annoyed to pass you twice.

Riding defensively is not the same as riding timidly (or afraid). Be smooth and predictable and this means not cringing at the unexpected horn or bike ahead maneuver.

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

Unless you know where you want to go You may end up somewhere else. This is true of routes or goals. So for 2014 choose some goal that you want to achieve. It could be faster average, personal best maximum, miles per year, number of rides, longest ride, or fastest century. You probably need a ride diary to capture your improvement to success. A sample of one for an average is probably not a noble goal. Goals left to chance are nearly always looked back upon with disappointment. So know where you are beginning this year, seek improvement with a goal, and plan some increment checks to help you get to your goal on the road.

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

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

6pm Joe Monahan leads an series of entry level pace rides from Anchor Bay Cycle.

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.

9am Sheffield NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet the Moormans for the Sheffield Shuffle 16 -18 MPH for a distance of 35 - 50 miles

Wednesday 6pm Meet Steve and Debbie Angst Naldrett Elementary off Sugarbush. This is north of 21 mile and east of I-94. For 25-32 miles around New Baltimore. 17-21 mph.

Thursday

9am The Moormans lead a TBD ride for 35-45 miles and 15-17mph. Contact Rick at atpk-moorman@wideopenwest.com

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 Greg Hess's ride from Masonic & Jefferson down to Windmill Point. Distance about 30 miles and pace is 16-18+ mph.

Friday 6pm F Zajdel 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.

8am Stony Cr Boat Launch parking lot a fast group heads out to Armada for breakfast. Pace is 18 + and overall distance is 46 miles.

8:30am a Medium group departs from 25 & Shelby taking the MOT and Roads out to Armada. The pace is 15-17 on the path and 17-19 on the roads. Overall distance is 35 miles. Anyone who wants a still moderate pace can continue on the MOT out to Armada.

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.

If you used a [CO2 cartridge](#) recently when flatted on a ride, then at next opportunity deflate and re-inflate with a regular floor pump. Compressed CO2 escapes out of tires faster than air; not enough to flat you during your ride home, but likely your tires will be noticeably lower the next morning and will have to be refilled. Tire with presta valves tend to seep air out in a couple of days, maybe down to 70psi in 3 or 4 days. It is not bad to check for a hole in your tire or tube if low air troubles you. If those are still intact, the likely culprit is the chemical- makeup of CO2. Air from a pump contains more than just carbon dioxide; it also consists of other elements—oxygen, nitrogen—that don't react the same way with inner tubes, and will stay put longer

Originally used in BB and paint guns, to inflate life vests and unclog fuel lines, CO2 (one atom of carbon and two atoms of oxygen) is now common amongst both road and mountain bikers. Cartridges are lighter than pumps and far less bulky. For example, a 16-gram threaded bullet-shaped cartridge weighs 59-grams and the inflator weights 21.3-grams at 1-inch by 0.685-inch. Lofty pumps can weigh 160- to 170-grams. One CO2 cartridge fills a mountain bike tire to 40-50 psi.

Though lightning fast, cartridges have their drawbacks. First, since you're dealing with compressed, liquid CO2, you must use proper care when handling it. This means taking off a fingerless glove and using it as a protective barrier between the skin on your hand and the cartridge, which turns ice cold and frosty when discharged. The cartridge acts like dry ice, and will give your fingers frostbite.

If you are riding multiple day rides or in areas with no support it is a good idea to make sure at least one of the cyclists is carrying a mini pump (not Co2) as a means to inflate. Always the reliable back up. To help them out for carrying the extra weight others should carry 2 or 3 Co2 cartridges, don't work harder than you have to.

Some cycling technology is simple and elegant in its ability to move and stay aligned. Technically one of these is called a slant parallelogram that we commonly know as a derailleur. Since the mid 1960's the use of external gears has made more gear ratios possible. Shifting is as accurate and smooth as ever even with the increased capacity.

The 2 smaller gear wheels are known as jockey pulleys and they do wear so at times should be checked, cleaned and/or changed as needed. One other overlooked key piece of the process is the derailleur hanger. Often they are softer material and made to be replaced if bent. Avoid ever laying your bike on its drive side to prevent this hanger being bent.

The other part of smooth shifting that needs to be checked is the set of gears on the rear wheel axle/hub. Called the cassette, it has a nut that holds the package snug to the hub. If it is loose then all the adjusting of the derailleur or cables is moot (for nothing).

There are lots of self help videos on the internet for how to adjust limiting screws, cable tension, and shifting. If your bike does not shift smoothly thru all gears do some checking of alignment of derailleur, cassette tightness, and jockey wheel float/motion.

Saddle adjustment.

What kind of bike should I get, is probably the most asked question for persons getting into cycling. But the most personal item on the bike is the saddle. It's fit, adjustment, and correct for you style is probably the next most likely factor in your cycling enjoyment. With 1/3 of your weight on the hands, 1/3 on the pedals, and 1/3 on the saddle it is your butt that the most surface area and private pressure area that could make you decide quickly not to ride anymore.

I see many people who think that you should be able to be on seat and have your feet touch the ground. This is absolutely incorrect and if you are one who adjust seat height this way then your knees will eventually tell you different. There are several ideas, formula's, and fit techniques to establish seat height. The quickest and do anywhere technique is to find a place you can sit on the bike (while still). While on the saddle put your heels on the pedals and pedal backwards several revolutions and then stop the 12/6 o'clock position. The leg should be fully (but not hyper) extended. If you adjust the saddle height for this then when you put your foot normally on the pedal there should be a 15 degree +/- little bend in the knee. This gives you a nice baseline to work from. If you then have to make any adjustments then make them in small (1/8 inch or 3mm) movements. The seat can move fore/aft about 1 inch and the angle of the seat is also adjustable. Make one small adjustment at a time then ride it some to see if there is improvement in fit or power. When it is right, LEAVE IT ALONE.

If you are new to or just getting back into cycling it might take your body several rides to train your muscles and body parts on these new expectations. Part of that might be getting the gluteus maximus in shape. As you get stronger and maybe your body sheds some excess weight for muscle you will find it gets easier and more comfortable. I can tell you that when find the right saddle that fits your physique it is a wonderful experience. You feel the same at 80 miles as you did at 10 miles. It is not necessarily about the expense of the saddle. The 2nd best fit saddle for me was \$24. My future forever saddle is a Selle SMP.

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 LIABILTY, 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