



The Rambler

www.lmb.org/crr

May 2016

Club Officers

President

Steve Angst
586-524-3658
s_angst@yahoo.com

Ride Director

Deb Angst
crr.rides@gmail.com

Treasurer

Pete Sprecher
Psprecher2549@wowway.com

Secretary

Jodi Turner
turnerjodi972@gmail.com

Newsletter Editor

Cindy Wilkins
clwilkins0401@gmail.com



CRR Bicycle Club
www.lmb.org/crr

BWR Chair

Phil Kurrle
pkurle@comcast.net

CRR Merchandise

Deb Angst
awesomedeb58@gmail.com

CRR Sunshine Girl

Julie Windhorst
weetandem@yahoo.com

The Prez Sez.....

1. Riding season is almost upon us.
2. Get your bike ready now.
3. Support our BWR Sponsors.
4. Thank you John Tarantino!

Let's Have fun:

1. Plan what rides you will lead this year.
2. Plan what rides you want to ride this year.
3. Get your body in riding shape for 2016!!

Be Safe!! Ride Safe!!



The Prez Sez...

The New 2016 cycling season has begun! All is good! Some of us have taken a break from our sport during the winter and some have worked hard. We are at many different fitness levels... that is what is unique about us. We have many different rides to choose from. Our Season has opened with a variety of multi pace and distance rides. (A Perfect Start!!)

Craig's Randonneuring series, Jodi's Rides to Armada, Tj's Mountain Bike Rides, Deb's Gravel Grinders, Rick and Susan's morning breakfast rides, & Russ's evening rides. Join Deb and me for some fast pace rides, Kim's KER Rides, Joe Monahan Saturday rides and many more! Check the CRR ride calendar.. <http://www.lmb.org/crr/rides.htm> Deb Angst keeps it updated!

We are going to have a great season with a variety of rides. This is just the tip of the iceberg; we can have whatever rides you want to lead. I am betting the ride calendar will be busting with record number of rides in the history of CRR.

A FEW OF MY FAVORITE RIDES

A couple rides that Deb and I would like to have multi-pace groups for are: 2016 Frankenmuth ride (chicken dinner after); and a pre or post BWR 100 route ride. Perhaps we can get with Rick and Susan, & Duane and Sandy and myself to organize a multi pace Columbiaville ride... it has been a long while... Fred's famous and fun Port to Port Ride. Duane once led us to Lexington, and a visit to the Crosswell swing bridge was a blast! Maybe... just maybe? Mexican town Ride with Les Dunham 2016 might just happen!! **Blue Water Ramble** is coming fast. Hope everyone has volunteered or will sign up soon. We need everyone to help out to ensure a successful **BWR 2016**. We cannot have a BWR without your help! **Pirate theme** on the agenda for this year's BWR. Hoping we all catch the BWR spirit. I will dress like a Pirate... I am going to be an Awesome Pirate, and you can be Awesome Pirate too!! Dress the part! We are going to have fun at BWR 2016!

The Prez says "HAPPY MAY!!!"

Ride Director report... Our Prez outlined many rides that are planned. Any club member can lead a ride. What you need is a route, a ride listing with pace, mileage, start time, & food stop info sent to me at crr.rides@gmail.com.

RULES OF THE ROAD www.lmb.org/crr/decorum.html

PLEASE adhere to these rules for the safest cycling for all of us.

A couple other things that are really important:

RESPECT YOUR RIDE LEADERS

DO NOT push the pace past what the ride is listed. Pay attention to the speed and distance. **DO NOT** show up to a ride that you cannot keep the listed pace or distance, and expect the group to adjust to your pace and distance. Watch out for each other. If a rider is falling off the back, call it ahead so the Ride Leader is aware, and can slow the pace to get the rider back in the group. **LET'S HAVE SOME FUN & BE SAFE!!!!!!**

The fun is in the journey...Deb

IMPORTANT RIDE DATES

33rd Metro Grand Spring Tour

May 1, 2016 0745 am (100 miles)



2016 Metro Grand Spring Tour (MGST)

Join Downriver Cycling Club on Sunday May 1st for the 33rd Annual Metro Grand Spring Tour (MGST). Featuring all-new routes through beautiful rural southwestern Wayne County, the winding Huron River, and scenic country roads.

All routes begin and end at the Willow Metropark pool shelter in New Boston (note: there is an additional park entrance fee). We have traditional paved road routes, as well as a 15 mile family friendly ride through the Metro Park paved trail system. And new for this year...

A 40 mile gravel-grinder route featuring single tracks through Rolling Hills and Hewen's Creek*! We ask that all riders planning on completing a century (100 miles) begin their ride by 8am.

The pace will be 16-18 mph. There are shorter routes for those who prefer to do lesser miles. 75 and 100 milers must start before 8am.

MGST is one of Michigan's oldest recurring rides. CRR has participated in it for many years. Let's continue that trend!



ZOO-DE-MACKINAC BIKE BASH

When: 05/21/16

Day of Week: Saturday

Where: Boyne Highlands Resort - Harbor Springs

Category: Ride Cal. General

Event Type: Road/Multi-Use Trail

Recreational or Competitive: Recreational

Price: \$60, after 5/7 \$75

Distance: 51 m

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

We currently have 17 riders going.



Lucinda Means
Bicycle Advocacy Day to be held at the
State Capitol on
Wednesday May 25th, 2016.

CRR Regular Ride Schedule

check the Ride Calendar at

<http://www.lmb.org/crr/rides.htm>

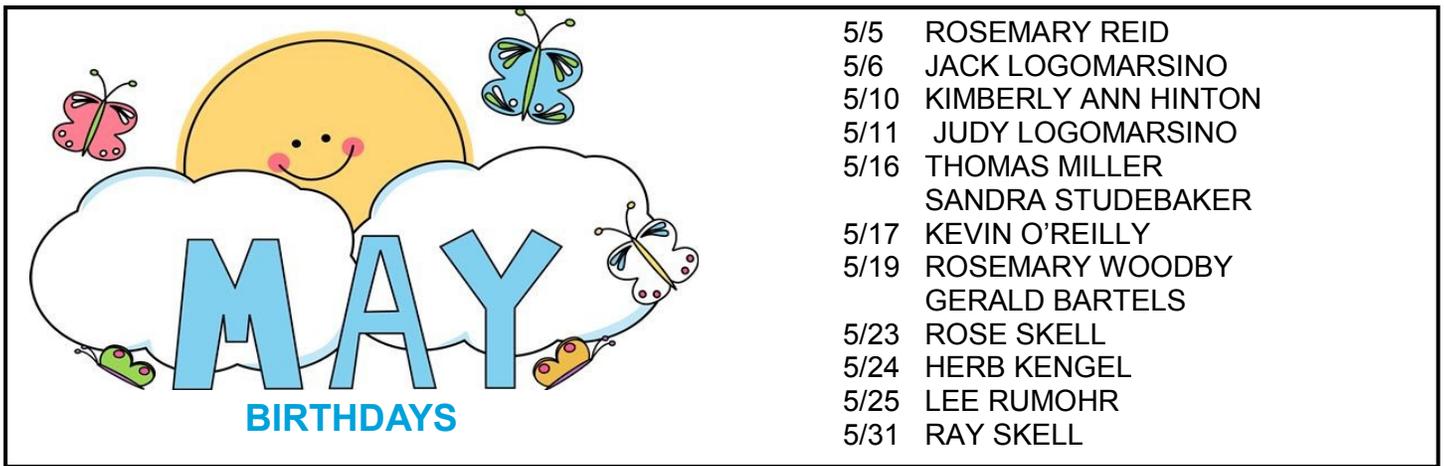
Facebook/emails for changes or for other rides
that may be posted.

CRR Monthly Club Meeting;

May 9 @ 7 PM,

Mt. Clemens Public Library

150 Cass Ave, Mt. Clemens



- 5/5 ROSEMARY REID
- 5/6 JACK LOGOMARSINO
- 5/10 KIMBERLY ANN HINTON
- 5/11 JUDY LOGOMARSINO
- 5/16 THOMAS MILLER
SANDRA STUDEBAKER
- 5/17 KEVIN O'REILLY
- 5/19 ROSEMARY WOODBY
GERALD BARTELS
- 5/23 ROSE SKELL
- 5/24 HERB KENGEL
- 5/25 LEE RUMOHR
- 5/31 RAY SKELL

Gear guide: choosing the right cycling glasses

Glasses are not just a fashion accessory, or for making you look cool on your bike (though they can do that too). They are an essential item of kit, protecting your eyes from harsh sunlight, road grit, stones thrown up by your tyres, and the ubiquitous flying bugs. From racers to commuters, a good pair of cycling glasses is worth investing in.

Cycle-specific glasses have been developed with a range of features and materials designed to make your ride safer and more comfortable. These include elements such as lightweight frames, shatterproof lenses and reflective coatings.

Whether you are searching for shades for your daily commute, ripping up the trails or eating up miles on your road bike, here's what you should look out for.

Frame

There's a reason you don't see many road racers or trail riders in stylish metal-framed aviators. Metal is not a good material for sports-specific glasses. You can't get a close-fitting shape, and if you do happen to crash then lots of spiky metal near your eyes is not ideal.

Polycarbonate plastic on the other hand is great. It's durable, lightweight and strong, so it won't shatter on impact if you do happen to go down. It's also possible to make frames with a 'wrap-around' fit using this material, so the glasses sit more securely on your face.

If you tend to get hot when riding, have a look at frames that allow plenty of ventilation or airflow. This will keep you cooler, and help prevent the lenses fogging up.

Last but not least, there should be some soft grippy rubber pads on the nose and temples to help keep your glasses on your face comfortably.

Lenses

Hand in hand with the wraparound frame comes the option of large, curved lenses. These give you a nice big field of vision, so you should barely notice you are wearing glasses at all.

If you are going to be out for any length of time then you want to make sure your glasses have both UVA and UVB protection. These nasty sun rays can cause sunburn, premature ageing of the delicate skin around the eyes, and can damage the eyes themselves. If the glasses don't have these filters, don't get them!

Impact or shatter resistant lenses are worth looking for. Firstly, it means that if you do get a stone in the face, your lenses stay intact. Secondly, it should mean that if you drop them, you don't need to invest in a new pair. Polycarbonate or NXT is the material you are looking for here. Various companies have their own proprietary versions, such as Oakleys' Plutonite.

If fogging is a particular problem, there are a couple of options. Anti-fog coating should help prevent it happening, and venting on the lenses themselves keep a cooling flow of air over them as you ride.

Choosing a lens colour for the conditions you ride in can help you see better, and therefore ride better. Lots of glasses come with interchangeable lenses, so you can swap between them as the light levels change.

(continued on next page)

- Dark, grey or smokey** – The most common lens colours. These block out light but don't alter the colours your perceive.
- Brown or copper** – A good all-purpose option. The colour increases the contrast so road and trail surfaces show up better.
- Clear Lenses** – Useful to have for overcast days, and for night riding.
- Orange or yellow** – These are perfect for low- or flat-light conditions, as the lens colour increases contrast, which makes it easier to spot dips, hollows and bumps.
- Photochromic** – These lenses adapt to light conditions, shifting between light and dark. Great for changeable conditions, less good for environments like sun-dappled woodland, as the lenses may not change fast enough.
- Mirror Coating** – This reduces the brilliance of the light shining through the lens, making these the ones to choose on really bright, shiny days.
- Polarizing** – Polarized lenses cut glare and reflection, for example from sunlight reflecting off a wet road surface.

Prescriptions

If you need to wear glasses or contacts, then there are a few additional things to think about.

For contact lens wearers, wide lenses and a wraparound style will help keep grit out of the eye and away from the lens. The advantage of contacts is that you can swap your sunglasses if the conditions change and still be able to see.

If you prefer to wear glasses rather than contacts, then many opticians can make up inserts to the right level which sit inside your sunglasses. Some of these are specific to the brand of sunglasses you have so make sure you get the right ones. Anti-fog coating is a good idea too; there's no point in having amazing sunnies if your inserts get fogged up every time you stop.

Fit

When it comes to fit, there is really no substitute for trying them on. You want the glasses to sit closely against your face, resting on your nose, cheeks and forehead. The arms should grip the sides of your head firmly, but not too tightly.

Make sure your peripheral vision is not obscured by the frame; this is where the wraparound fit comes in. Watch out for things like catching your eyelashes on the lens when you blink – after a couple of hours, this can become annoying beyond belief.

A secure fit is important, particularly if you're going to be riding bumpy trails. When you have the glasses on try shaking, bobbing and moving your head around a little to check. It may look a bit silly, but not half as silly as your new specs flying off your face halfway round a bend.

There are so many sport-specific glasses out there in a huge range of styles and colours, and at a lot of price points, so you shouldn't have to settle for a pair you don't like the look of.

If you've found a pair of glasses that have all the features you need, and you like what you see in the mirror, you're on to a winner.

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](#)

Jodi's first ride of the Season...



Steve & Deb's ride from Armada to St. Clair



2nd Annual Justin Newton Memorial ride.



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