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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

The next Clinton River Rider's club meeting is July 8th at 7pm in the Mt Clemens Library (downstairs). Club meetings are normally the 2nd Monday each month. The library is on Cass Ave. across from the high school.

Summer in Michigan brings much warmer and higher humidity. Cyclists need to take in increased amounts of fluids especially during riding. Water is very good but don't forget that we sweat more than just water, so more than H₂O needs to be replenished. No one knows you better than you do so act appropriately.

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.

Ride well with CRR—

Helmets are required; cycling shorts and gloves highly recommended. Perform a brief safety check of your bike (brakes, tire inflation, etc) before beginning the ride . Use appropriate hand/verbal signals to warn other riders of obstacles, turns, speed changes, etc. Make sure you have the means to fix a flat . Pass other riders only on the left; make your presence known when you come up behind another rider. Obey all traffic rules; do not obstruct traffic; likewise, yield to other riders as needed. Bring enough water, food, money, etc. for the type of ride you are joining. If you decide to leave the ride, or have problems or concerns, inform the ride leader

Birthdays

07/01 Dennis Prost
07/09 Elizabeth Hess
07/19 Doris Mulligan
07/23 Lori Kengel
07/28 Marek Kalinowski



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: 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.

Virtually all Clinton River Riders are cycling enthusiasts and will assist you as best we can. But we can't pedal for you and everyone is responsible for their safe cycling decisions. If you are looking for a great group of people who love riding with friends then be a part of us.

WANTED for Awards Banquet:

Planning has begun for the 2013 Awards Banquet which will be held on Saturday, December 14, 2013. Once again we are asking members to submit humorous or interesting stories that happen to you or any club members. However, as December is long way off we are asking you to send them **as they happen** while your memories are fresh. Please send to Darlene Phillips at bikemobile@wowway.com

League of Michigan Bicyclists had a new **What Every Michigan Bicyclist Must Know** printed for distribution. It is quite comprehensive and useful to virtually all riders. Seek out and get your copy today. Never stop learning and becoming better. It is available to view online as well at lmb.org in the resources tab.

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

Our rides and ride leaders attempt to ride the safest smoothest route reasonable. That being said everyone is responsible for their own safety. CRR insists that you wear a certified safe helmet and use no earphones while riding. Please understand the difference between pace and average speed. Most of our rides predict pace and an average is probably 1.5 mph slower than the lower end predicted. Vice versa if the average is predicted than the pace is often 2mph +/- faster than this.

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

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In planning for the 2013 Blue Water Ramble some discussion has occurred on potential changes for the 2014 BWR. Hopefully all CRR members can agree that success of BWR includes potential increased ridership and many factors go into defining success. Decisions are not made in a vacuum and anyone may attend BWR planning meetings. There is no intent to make or shape the future of BWR without the consent of members in good standing. Certainly changes will be brought to the club at monthly meetings and voted on as motions are considered, discussed, and pro's/con's weighed.

Selecting the right bike—

When it comes to bicycles reliability and fit cannot be substituted for. No one enjoys being sore or stopped with no ability to continue. After reaching satisfaction on these 2 most basic requirements you need to select your machine. Whether it is strictly a road bike or mountain bike, or Hybrid the bicycle has to fit your needs and then it has to fit you size wise.

SIZING A BIKE

There is no formula to determine perfect bike size and adjustment; there are plenty of rules of thumb - your seat height should be adjusted so that your leg is almost fully extended at the bottom of your pedal stroke. Test this by sitting on the bike leaning against a wall. Put your heels on the pedals and pedal backwards; your leg should be fully extended at the bottom. Time after time so many people ask about purchasing and sizing a bicycle. Many low-end bike-store bikes have gotten a lot better over the last 10 years; you can't really go wrong. As a general rule, it's worth spending extra money up to about \$700 or \$1400; after that you're paying for stuff that you really need to know from riding if needed.

For the really new person - your frame has 4 tubes:

TOP TUBE: The rear brake cable usually runs along it.

SEAT TUBE: The tube that holds the SEAT POST.

DOWN TUBE: The other main tube, the diagonal one on the bottom. It has shifters on some road bikes, usually has waterbottle brazes, and the shifter cables usually run along it.

Stays: are the rear triangle that the rear wheel attaches to.

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

Monday no rides scheduled.

Tuesday

9am Stony Cr Boat Launch meet TJ Hill for mountain bike riding on roads and trails. Call TJ at 586-293-0162 for more information.

530pm 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

6 PM Meet Diane Baker at Shelby Twp-Department of Public Works for the 1.5 - 2 hour ride.No rider will be dropped.

Wednesday

6 pm 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. 16-20 mph.

Thursday

9 am Stony Cr Boat Launch meet TJ Hill for mountain bike riding on roads and trails. Call TJ at 586-293-0162 for more information.

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

6 pm Meet G Hess at Jefferson & Marter through the Pointe's. Pace will be 16 -20mph for 30 miles.

Friday,

8 am or 8:30 Meet Duane Nieman or Bill & Annette for a 40 or 50 mile ride at 15 - 18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed

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 Cr Boat Launch parking lot. Usually 2 group depart for Armada for breakfast. Fast group is 18 +. Medium group is 16-19mph. Distance about 45 miles.

Sunday

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

Our BWR Sponsors and Supporters are: Lets support them!!!

Metro Bike: <https://www.facebook.com/pages/Metro-bike-n-sport/151210014936486>

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

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

<http://anchorbaybicycleandfitness.com/>

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

<http://americancycleandfitness.com/>

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

<http://herbs-auto.com/>

Papa's of Armada Family Restaurant

Some of you might know J Tortomasi who was involved in an incident last November. He has decided to part ways with the Ridley road bike (not involved).

Ridley Noah RS/Shimano Ultegra 6700 Complete Bike Black/Red/ Late 2011 model or early 2012. Upgraded FSA Carbon Wing bars and Vredestein Red Tires. \$2,100. Pictures and/or further details available via the newsletter editor.

Make Sure a Newcomer Returns for a Second Ride!

If you've been in this sport for long, you've probably seen it happen. An enthusiastic person shows up for his (or her) first ride with the local club. He's a bit intimidated by the lingo he overhears, but that's nothing compared to his

anxiety about what to do and how to do it once the ride gets underway. Before long he's trailing behind, spooked by the interplay of bike wheels. Do you they will be back for another ride next weekend? Not likely. It's unfortunate, but experienced cyclists are often pretty tough on newcomers. It may be intentional because of the risks that an unskilled bike-handler creates for everyone,

but more often it happens because we forget how much a novice cyclist doesn't know. If you think about it, riding a bike isn't all that easy.

Be Gentle - Take nothing for granted. Err on the side of proceeding too slowly and explaining too much. A new rider has lots of knowledge gaps.

Be polite. Even if made in jest, negative actions or comments can have a long-lasting impact. **Ask the person about his concerns.** **Keep costs in perspective.** **Ride as slow as the beginner.** Don't do anything to make him go faster than his comfort level. **Watch their eyes, and watch their grip** for signs of tension. **Keep it simple.** Don't overwhelm a newcomer with techniques. Let him get comfortable with the basics. As you see skill and confidence increase, add something new to work on. **Know what kind of ride is planned.** Will it be a fast training ride? A leisurely spin? Paceline practice. Be certain of the ride's goal before the start.



On a recent ride into Richmond we stopped at Hamilton Bicycles. We will stop and photo-op others as well in the near future.

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