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Birthdays

The RAMBLER



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

We almost cannot run out of positive things to say about the 2014 **Blue Water Ramble**. The number of riders was up 28%. The weather was almost perfect. Everyone seemed happy at the end. We anticipated the headcount for food almost perfectly. Even though there were behind the scene struggles it appeared almost flawless. There was hustle and adaption by Phil Kurle and Pete Sprecher that was a tremendous help. Thanks to all the volunteers and all the riders as well. I have talked with and listened to at least 20 riders and their comments have been so positive you can just tell the 2015 BWR is already on their wish list. Thanks to Dee Kengel, Deb Angst, Herb Kengel, the Moormans, the Monahans, George Kaspar and Steve Angst especially for their individual efforts too. 👍

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. 👍

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.

For all the BWR personnel it is time again to get back on the bike and ride. July 4th is the next big event ride. From New Baltimore to Marine City most likely. Look at the CRR ride calendar for more details.

- 07/01 Dennis Prost
- 07/04 Laura Plesco
- 07/09 Elizabeth Hess
- 07/17 Tom Jobbitt
- 07/19 Doris Mulligan
- 07/20 Judi Turner
- 07/23 Lori Kengel
- 07/27 Jeff Davis
- 07/28 Marek Kalinowski
- 07/31 Mark Calamita



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.

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.

July 4th CRR has a holiday ride scheduled for 9am starting in New Baltimore heading out to Marine City. There will be 2 or 3 different pace groups. We will eat brunch and head back. The distance is 44 miles round trip.



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

Only the unborn, infants, and dead have no problems. Life is filled with challenges or problems (depending on your perspective) so hope for the best and plan for the worst. Take what comes with humor and grace. Life is all choices and each one has pros & cons. We are responsible for our choices. When faced with deciding on what you want or what is best try to choose what is best most often You will end up happiest in the end by choosing this way.

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 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.

Why Cycling ?

What else can you do that causes you to focus/concentrate and still relax doing it?

What else enables a sense the world around you and still look forward to what is past the next curve or hill.

You are glad you are done and tomorrow you are looking forward to the next ride.

You can ride solo as an individual or a member of hundreds/thousands of cyclist out there.

Any pain in the hand, glute, or shoulder is easily overcome with smiles, laughter, friendship, and accomplishment.

You can have the nicest new thing and still look forward to the next best new thing.

You can have best vintage thing and be 100% satisfied.

Realization that no matter how fast, strong, long, and experienced a rider you are that there is always to ability improve.

It is almost impossible to find better, happier, friendly people who work together, don't hardly whine, and share a passion for fitness, togetherness, and treasure future rides together.

So Why Not Cycle with us ???

Tire Pressure

The first pneumatic tires were invented in 1888 by John Dunlop, a Scotsman who immediately applied the invention to the bicycle. Dunlop found that bicycle tires containing inner tubes filled with air not only provided a smoother ride but also provided a 30 percent increase in efficiency over hard rubber tires. Bicycle tires inflated with air became common by 1900. Ever since, cyclists have fretted over how to determine proper tire pressure.

Most 700c road tires today are sold in either 23- or 25-millimeter widths. While these sizes tend to show up at road events, wider tires are used for cyclocross, commuting and touring. Wider tires provide a larger cross-section when in contact with the road. Because of this, they can be filled with lower pressure, resulting in a smoother ride and better control. Check your tire pressure regularly. You can do this by attaching your pump and checking the gauge without applying a pump stroke. Pay close attention to your tire pressure for the conditions at hand will lead to a more efficient and satisfying ride.

Heavier riders require higher pressures in the same size tire. For example, junior cyclists that weigh less than 100 pounds do well with no more than 80 pounds of pressure in both tires. Higher pressures for lightweight riders provide little benefit in rolling resistance while decreasing tire adhesion with the road surface. This can lead to energy-sapping frame vibration and cause poor cornering and handling on rough roads.

Common road bike tires (700X23) use and need about 100 psi +/-20psi. With their smaller dimensions there is not a great deal of room between the edge of the rim and road. A tire with not enough pressure can allow one or both edges of the rim to pinch the tire/tube to the road when you hit a bump, hole, or debris. This commonly referred to as a snake bite. It is also common to use about 5-10 psi more in the rear tire. If you have not ridden for 2 or more days ensure you air up the tires before your ride.

Don't over fill the maximum allowable pressure of the tire. But also know that tires are built to have a safety factor. Typical is 2 times the rated pressure.

Once your riding -

There are three basic things you need to replace on a bike ride: fluids, electrolytes, and calories. Fluids are lost when you sweat. Electrolytes, like sodium and potassium, are also lost when you sweat. They help your muscles to function properly and if they are depleted, you're more likely to experience some unpleasant side effects like muscle cramps or even an irregular heartbeat. Calories are lost as your muscles burn their stored fuel (glycogen) to power you down the road.

On a short ride you probably can get away with just replacing fluid, and plain water is fine. When the weather is warmer, your goal should be to drink a large water bottle (20-24 ounces) each hour on the bike. If you have a bike computer, use the elapsed time function to remind you to drink a few swallows of water every 10-15 minutes. If you don't manage to drink the proper amount during the ride, finish off your water bottle as you're driving home from the ride, so that you can re-hydrate as soon as possible. Riders who are really conscientious will weigh themselves before and after a ride. If they come back from the ride and they're down three pounds, they know they're quite dehydrated and need to drink a lot of fluids (sorry, the chances that you lost three pounds of fat during one ride is quite slim!)

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