



The Rambler

June 2016

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Prez Sez...



If you have not signed up to help Blue Water Ramble 2016, it is not too late. We need your help. Call Phil Kurrle 586-746-6600 or email philjkurrle@gmail.com More volunteers are needed.

Thank you,
Steve Angst, CRR President

BLUE WATER RAMBLE IS JUNE 26, 2016

Ride Director report...

CRR rides are off to a great start. We had 7 CRR rides last Saturday! One of my goals is to offer rides for everyone. You must be a current CRR member to lead CRR rides. What you need is a route, a ride listing with distance, pace, 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.

T.J. & Sandra are on the mend from their respective surgeries. Rita is heal healing. Susan is back on the bike.

Hope you have plans to ride with CRR on Memorial Day. CRR men's trip is June 3-June 6. All of our rides are listed: www.lmb.org/crr/rides

LET'S HAVE SOME FUN & BE SAFE!!!!!!
The JOY is in the journey...Deb

— REMINDER —

CRR 2016 Men's Trip
(Bicycle "Road Ride")
Friday June 3 to Monday June 6 2016



Cycling Nutrition: The Bonk



So . . . you know that muscles burn glucose for fuel, your body stores enough glucose in the form of glycogen to fuel about 90 minutes of moderate exercise, and you need to ingest carbohydrates to provide more glucose for longer or more strenuous rides. You know about what to eat and when to eat it to get the carbs you need while you're on the bike. But you keep hearing about this "bonk" thing. You keep hearing you'll bonk if you don't get the carbs you need. What's this bonk everyone keeps talking about? Believe me, you don't want to know. At least you don't want to know on the basis of firsthand experience. Reading about the bonk so you know what it is and how to avoid it is good. Having a bonk is not good.

Bonking" is what cyclists call hypoglycemia which is the medical term for abnormally low levels of blood glucose. You bonk when you have exhausted your glycogen stores, haven't ingested enough carbs to produce more blood glucose, and are still riding the bike. Anyone can bonk if they don't eat properly on the bike. Lance Armstrong, who probably knows as much about cycling as anyone on the planet, got wrapped up in the race on a stage in the 2000 Tour de France, forgot to eat, and bonked on the climb up the Col de Joux Plane in the French Alps. The only reason he didn't lose the Tour de France that day is because he had an iron will and an inhuman capacity to suffer. Afterwards he called it the worst day on the bike he'd ever had.

Bonking can be especially deadly for cyclists because your muscles aren't the only things in your body that burn glucose for fuel. Your brain burns glucose too. That means that not having enough glucose in your blood to fuel the system has mental and emotional effects in addition to physical effects. If blood glucose levels drop too low, the body will act to protect the brain and will begin to shut down the muscles first. However, the muscles won't completely shut down before the brain begins to be affected and the mental and emotional consequences of bonking can be more dangerous to the cyclist than the physical consequences.

When you bonk, physical exertion becomes extraordinarily difficult. Your muscles don't have the fuel they need to operate effectively and forcing them to work becomes more and more difficult. You feel extremely weak and lethargic. You may tremble and shake uncontrollably and sweat profusely. You feel dizzy and light headed. Your sense of balance is upset. You may have heart palpitations. You will probably feel ravenously hungry. On the mental and emotional side you will probably feel nervous and anxious. You may become confused and disoriented. You will have low emotional control and will become hostile, belligerent and easily irritated. You may experience overwhelming feelings of being defeated, hopeless and unable to go on. Your awareness of what's going on around you will shrink and can arrive at an extreme form of tunnel vision in which the only thing you're aware of is the spot on the road ahead that you're staring at. You may have difficulty speaking. At the extreme, hypoglycemia can produce seizures and coma. In a word, it sucks.

What do you do if you bonk? You need to get your blood glucose levels up and you need to do it quickly. Ingest simple carbohydrates that can be rapidly processed into blood glucose by the digestive system. The best source for these kinds of carbs that you're likely to have with you on the bike is a sports drink like Gatorade. Other sources of simple carbohydrates include energy gels (make sure you drink plenty of water with these), sugar cubes or sweet candy like gumdrops or jellybeans. Complex carbohydrates like energy bars will take longer to process into blood glucose and will only provide relief in the longer term. If you catch the bonk early, you can keep riding while you refuel. If you let the bonk go too far, get off the bike until you recover. You don't want to be riding when your sense of balance is bad, you're disoriented and you're unaware of what's going on around you.

After you've bonked and begun to recover, pay careful attention to what you eat for the rest of the ride and make sure you keep your glucose level up by regularly and frequently taking in fast absorbing carbs. Sports drinks are very good

for this. Perhaps the hardest part of reacting to a bonk is mental. You need to try and be aware that you're not thinking clearly and not being as aware of what's going on around you as you need to be to ride safely. Forcibly arouse yourself from your lethargy and pay extra attention to what's happening around you. Of course this is easier said than done; it's not easy to be aware that you're not thinking clearly when you're not thinking clearly.

Whether you've started to bonk or not, try and get in the habit of monitoring yourself for the early signs of a bonk. The ride beginning to feel like a chore? Getting irritable and angry? Not paying as much attention to what's happening around you? If you catch it early and replenish your blood glucose before it gets out of hand, you can usually keep riding safely and effectively. If you have a regular riding partner whose riding abilities and demeanor on the bike are familiar to you, be aware of their condition as well. A rider who isn't thinking clearly is likely to misinterpret or misunderstand what's happening to them in the early stage of a bonk. Help them out. Be aware that you may have to treat them carefully as they may be experiencing increased levels of irritability and hostility combined with decreased emotional control. If you think you might be bonking, tell your ride partner so they can help you.

Most of the time bonking happens when you've ridden for a long time and haven't been eating properly. You can bonk on a full stomach if your stomach's full of the wrong things.



- 6/4 CHRISTOPHER MORGAN
- 6/5 ERNESTA TOBIN
DAN CLAUS
ALETHA BARTELS
- 6/6 ED GOSTIN
JIM ALLEN
- 6/11 LESLIE DUNHAM
- 6/12 BEN GIACONA
- 6/13 RUSS ST. JOHN
- 6/16 SANDY OVERWAY
BILL SMITH
- 6/17 DAVE SWITNEY
- 6/20 KAREN MELCHER
NICOLE HENRY
- 6/23 DAWN KENNEDY
- 6/24 ART ANDERSON
- 6/25 CAROL MEERHAEGHE
- 6/26 VAUGHN REID
- 6/28 JULIE WINDHORST

35th BLUE WATER RAMBLE *Bicycle Tour*

**Sunday, JUNE 26, 2016
Algonac, Michigan**

The ride will begin and end at
**Algonac High School at
5200 Taft Road in Algonac, Michigan.*****

This year's Blue Water Ramble will feature a **Pirate theme**. The 27, 46, & 63 mile routes will include a ferry ride onto Harsens Island, where riders will experience low traffic & breathtaking views. The century route includes a spectacular view of the Blue Water Bridge. All routes include a tour of the beautiful Blue Water Region with views of the St. Clair River.

Entry fee covers:

Four fully sagged routes; rest stops; **PIG ROAST** and vegetarian selection; Harsens Island ferry crossings; entertainment; and post-ride shower facilities.

FOUR FULLY SAGGED ROUTES

The routes include distances of 27, 46, 63 and 100 miles. **All routes** open at 7 am and close at 4 pm. All cyclists riding the 100 mile route must start **NO LATER** than 8 am. All other cyclists must start no later than 10 am. Sag vehicles will be available to assist riders on ALL routes during the day and will make a final sweep of all routes at 4 pm. Registration packets can be picked up starting at 7 am.

REST STOPS AND HOT LUNCH

Each rest stop will include food, drink, restrooms, and assistance if needed. The main rest stop will be at Algonac High School where a hot lunch with a vegetarian option will be served. **Lunch stop closes at 4 pm.**

HARSENS ISLAND FERRY CROSSING

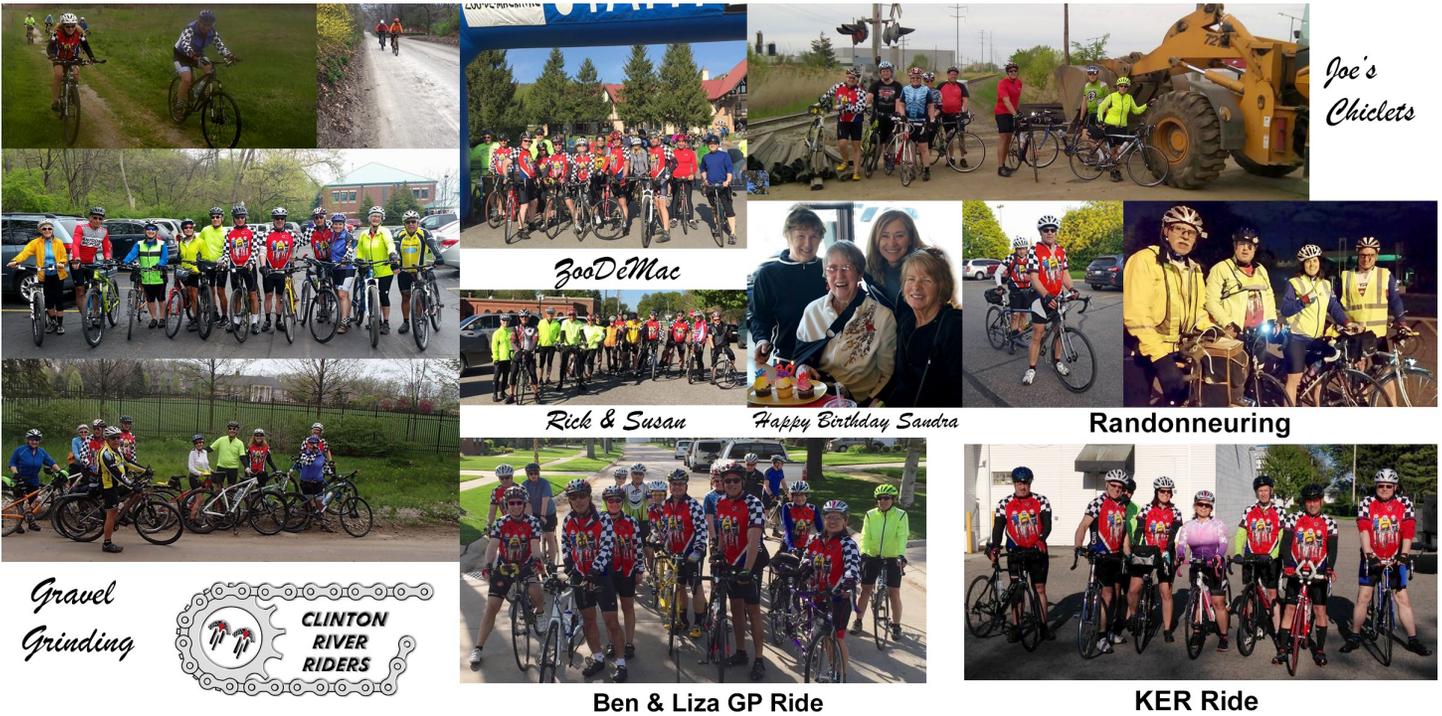
Transportation across the St. Clair River by commercial ferry to Harsens Island is included on the 27, 46, & 63 mile route. All minors (under 18 years old) must be accompanied by an adult.

ENTERTAINMENT

Lively music and rumors of contests!

**HAVE YOU SIGNED UP TO
VOLUNTEER YET?**





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](#)

BWR Stuffing Party & June General Meeting

June 20th 6:00pm -9:00pm,
Mount Clemens Public Library

Note: Start time 6:00pm

**THIS IS A DIFFERENT
BASEMENT MEETING ROOM!**

The "Community Room" for Monday, June 20th.
Library entrance in the back of the Building,
through double doors.

Make a left, take the elevator or stairs to the
farthest Meeting Room in the Basement.

2016 ANNUAL MEMORIAL RIDE



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;
June 20th @ 6 PM,
Mt. Clemens Public Library
150 Cass Ave, Mt. Clemens