

Club Officers

President

Deb Angst
awesomedeb58@gmail.com

Ride Director

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crr.rides@gmail.com

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Additional Valuable Volunteer Positions:

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Merchandise

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Our "Sunshine Girl"

Julie Windhorst
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The RAMBLER



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

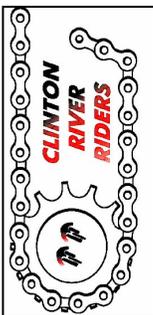
Please join us for the 2nd Annual BWR Family Picnic at Stoney Creek on Sunday, August 9th from 12 noon—5:00 pm, at the West Branch C Picnic Area. It's potluck so please let Ray Cronin know what you will be bringing to the event. He and Joyce will be supplying delicious hot dogs again this year!

Ride Leaders:

An important note on riding non-members: All non-members **MUST** sign the ride sheet themselves, the ride leader should not sign for them. This is to protect the Clinton River Riders club and the ride leader from legal liability.

The next monthly meeting will be **August 10th at 7 pm** in the Mt. Clemens Public Library. As a reminder, the meeting is normally held the 2nd Monday of the month. The library is on Cass Ave. across from the high school.

The next **BWR** meeting will be on **Monday, August 17th**. All CRR members welcome and encouraged to attend! Location TBD, watch your email.



Kim Hinton

23045 Glenbrook

St. Clair Shores, MI 48082

August Birthdays!

08/01 John Anania

08/03 Jee Dunham

08/04 Jerry Pavlat

08/07 Julia Schultz

08/08 Nancy Duemling

08/11 Steven Rowe

08/13 Carolyn Wells

08/14 Ron Simons

08/21 Michael Ondre

08/22 Jane Franks

08/24 Dee Whitmore

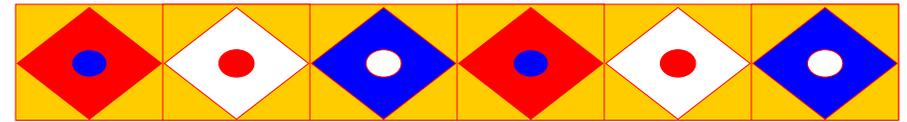
happy
birthday
to you!

08/25 Fred DiMercurio

08/26 Bruce Freeburger

Congratulations!

Bruce Freeburger finished 2nd in his age category and 16th overall at the Race to the Border Duathlon with a total time of 1:44:35. This was Bruce's first ever Duathlon and we celebrate his terrific accomplishment! Bruce has shown us it's never too late to start something new!



We are fortunate to have several dedicated sponsors in the area, including some of the finest bike stores, healthcare providers, financial advisors, auto shops and restaurants. Please visit them frequently!

Hamilton Bicycles & Outfitters: 69329 North Main Street, Richmond, MI 48062, 586-727-5140, www.hamiltonbikes.com

Fraser Bicycle: 34501 Utica Rd, Fraser, MI 48026, 586-294-4070, www.fraserbicycle.com

American Cycle & Fitness: 18517 Hall Rd, Macomb MI 48044, 586-416-1000, www.americancycleandfitness.com

Anchor Bay Bicycle: 35214 23 Mile Rd, New Baltimore, MI 48047, 586-725-2878, www.anchorbaybicycleandfitness.com

Ernesta Tobin, Certified Financial Planner: 28411 Northwestern Highway, Southfield, MI 48034, 248-353-6570 x212, www.ernestatobin.com

Macomb Bike and Fitness: 28411 Schoenherr Rd, Warren, MI 48088, 586-756-5400, www.macombbike.com

Mattina, Kent and Gibbons, P.C. Certified Public Accountants: 1214 N. Main Street, Rochester, MI 48301, 248-601-9500, <http://mkgpc.com/>

Metro Bike and Fitness: 46575 Hayes Rd, Shelby Twp, MI 48315, 586-799-7799

Stoney Creek Bike & Fitness: 58235 Van Dyke, Washington Twp, MI 48094, 586-781-4451, www.stoneycreekbike.com

St. John Providence (Health System); 866-501-3627, www.stjohnprovidence.org

Herb's Auto (body and mechanic shop), 78 Dickinson St, Mt. Clemens, MI 48043, 586-493-9528, www.herbs-auto.com

Papa's of Armada Family Restaurant, 23056 E Main St, Armada, MI 48005, 586-784-5177

2015: Get your ride on!!

Many of our “regular” group rides have started up including the Moorman’s Tuesday and Thursday rides, Deb and Steve’s Tuesday night “Fast” ride, Russ St. John’s recovery and Wednesday rides, Greg’s Thursday Grosse Pointe Ride, Friday Meatball Rides and many more. Since we live in MI where the weather can change in five minutes, be sure to check out the ride calendar to see what rides are on, and of course, subscribe to our email list for the latest updates: send an email to crr-list@20776.org, put “subscribe” in the subject line. No advertising or solicitation is forwarded to this email group

Here are some of the larger organized rides and biking events that are coming up fast:

August 16th: Assenmacher Ride—White Shoes 100; five distances to choose from, Ray Cronin will be leading a group for the 100 miler. Wear your white shoes if you have them! This is also the ride where we take our group shot for the CRR Facebook cover photo so looking forward to seeing you there! Go to: <http://www.assenmachers.com> to register or for more info

August 22nd: Wayne State University—The Barodeur, ride to raise funds for WSU Student Scholarships. \$46, Multiple distances, fully SAG’d with lunch included. <http://www.barodeur.wayne.edu/> for more info

August 30th: Peach of a Ride; Starts at Memphis Junior High School, multiple distances available. \$25 until 8/28. See www.slowspokes.org for more information.

September 2nd—Sept. 6th: DALMAC; 280 to 500 miles, \$200-\$230 per route. Begins in East Lansing at the MSU Pavilion. See www.DALMAC.org for further information

Please go to www.lmb.org for details on many more rides around the state!

The RAMBLER

July 2015

The Blue Water Ramble Successes!

The 2015 BWR saw 745 riders pass through the various routes. Out of those riders, 333 took our survey (44.7%). Here are some of the results and comments:

73% rated the routes very good to excellent

76% rated the road conditions very good to excellent, despite the last minute Harsen’s Island construction

93% loved the views and road markings

86% rated the rest stop food quality very good to excellent

78% were satisfied with the variety of rest stop food

95% rated the quality and variety of lunch very good to excellent

88% said they will definitely or most likely be back next year!

Comments were made about great parking, fast and easy registration and **all the volunteers being friendly, smiling, happy and helpful**. Thank you again to the 100+ volunteers who helped make this a huge success again!



CRR Regular Ride Schedule

Testifying to the diversity and strength of CRR, we now have so many regular rides that we had to add a second page to the newsletter! These are current standing rides only; watch Facebook or your email for changes due to weather or other issues or for other rides that may be posted.

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

Monday —Russ St. John's Monday Recovery Ride; meet at 27801 Manhattan, SCS, across from Lakeview HS. 6:30 pm; 14-17 mph, 25-30 miles. Bring lights! Contact Russ at 586-774-2687.

Tuesday / Thursday 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.

Tuesday / Thursday am: Rick and Sue Moorman's rides. See email and/or FB for info.

Tuesday 6:00 pm: Deb and Steve's Super Fast Chesterfield Ride: Meet at Anchor Bay Bicycle and Fitness, 35214 23 Mile Rd, New Baltimore. Pace 20+ (and they mean it!), 38 miles through New Baltimore and Algonac. Weather permitting, includes ice cream stop.

Tuesday 6:00 pm: Pete Sprecher's Tuesday Ride-Medium Speed. Meet at the park near Front St and Washington Street in New Baltimore (where water tower used to be). Pace: 16-18 mph, distance roughly 35 miles, route similar to Deb and Steve's fast ride but **MEETING PLACE IS DIFFERENT!!!!** Ice cream may be included!

CRR Regular Ride Schedule, Continued

Tuesday 6:30 pm: Ve's Short and Sweet Ride. Ride route may vary, start at the bowling alley at Coolidge and Normandy in Royal Oak. Pace 12-15 mph, about 25 miles around Royal Oak and surrounding areas. Watch your email for ride confirmation each week.

Wednesday 6:30 pm Russ St. John's Wednesday Ride; American Cycle and Fitness on Mack Ave in GP; 17+ mph, 25 miles approx

Wednesday 6:30 pm: Kim's Eastside Rebels Recovery Ride; meet at 23045 Glenbrook, SCS. Pace 14-17 mph, 20-25 miles, may ride into Grosse Pointe or towards Metro Beach, ice cream could be involved!

Thursday 6 pm Greg Hess' Grosse Pointe Ride. Leaves from Jefferson and Masonic, parking lot of Veteran's Memorial Park, goes out to Windmill Point and back. 18-20 mph, 30 miles; sometimes a slower group rides at same time.

Friday 5:30 pm Jodi's Meatball Ride start at 25 and Shelby, goes to Armada for dinner at Papa's, and back.

Friday 6 pm Fred's Meatball Roll; will usually start from 27800 Manhattan, SCS. Travels through SCS and Grosse Pointe in search of the elusive meatball! Pace 16 - 18 mph, 25-30 miles.

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

*For ride schedule changes, additions or announcements let our Ride Director, Steve Angst know with as much notice as possible; new rides require a 24-hour announcement to allow both our Ride Director time to post and possible riders time to arrange their schedules. Steve can be reached at 586-524-3657 or crr.rides@gmail.com. For the benefit of those who are planning on attending a ride, if a ride leader can't make it, please try to find a substitute leader. **Thank you all for all the rides you lead!***

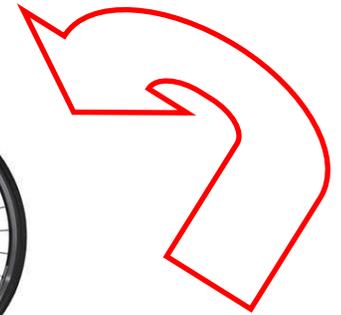
Bike Theft Alert!

Unfortunately two of our club members have recently lost their bikes to theft. Fawn Campau's bike was stolen out of her car in Utica on July 22nd and Fred Zajdel's bike was stolen from outside Mama Rosa's Pizzeria on July 31st while we were eating dinner. Please keep a look out for their bikes, shown on the next page, and also keep these bike safety tips in mind:

- 1) Most bike thefts are a crime of opportunity. Make it as difficult as possible for a bike thief to steal YOUR bike. Use a cable type lock for quick stops on short rides or a heavy duty chain if your bike will be unattended for long periods.
- 2) Key or Combination: Key locks are more prone to be picked than combination locks but many of the highest quality key locks are pick-resistant. A four-digit combination lock has 10,000 possible combinations, and on average you can try 1,000 combinations in about 15 minutes. It's more of a personal choice.
- 3) Lock your bike frame AND wheels to an immovable object. Ideally your cable or chain should be long enough to wrap around the bike's frame, both wheels and the object you are locking it to. If you can't include both wheels, then wrap the lock around the frame and front wheel; many casual thieves will be intimidated enough not to try removing the rear wheel from the chain.
- 4) Choose a location carefully, balancing protection with visibility. This can be a trade-off. If you choose a secluded location then it might be less likely to be noticed. However that also provides a thief a better place to work on taking your bike without being noticed. The best balance may be a commercial parking garage as only other garage users and security are likely to be in there. If you ride to work, take it inside if you can. Also, always use your lock even when your bike is parked in your own garage at home.
- 5) Keep a record of your bike and the serial number. Find your serial number which is usually stamped on the underside of the bottom bracket shell. Make a note of your serial number and keep it in your records at home. The serial number can help you get your bike back should it be stolen. Also, keep a picture of the bike with your records. If you upgrade components, take a new picture. Many cities allow you to register your bike for free, which will help you report it and possibly recover it in the event of a theft. If not, there are several online sources National Bike Registry or BikeRegistry.com.

The RAMBLER

July 2015



Fawn's Trek Bike Stolen in the Utica (M59-M53 Area), July 22-23, 2015
Most likely stolen by Teens
Trek Lexa C 2013 Women's Road Bike
Serial Number:
WTU159C6633G
This Bike is a WSD... Means a Women's specific Design. We cannot imagine a woman stealing this bike out of a car. The Frame is large, If you see a male riding a 10 speed style flowered road big.. RED FLAG!!
Size 56 This Bike is a Large

Reward for Stolen Bike

2013 Trek Madone 4.7 OCLV Carbon Road Bike with Zipp Wheel Set with Shimano Ultegra Components



From
Mama Rosa's Pizzeria
15134 Mack Ave, Grosse Pointe Park, MI 48230



Video Surveillance with GPP Police

Contact: Fred Zajdel at (313)-646-8684



Fred Zajdel's bike, stolen July 31st at Mama Rosa's Pizzeria on Mack at the border of Grosse Pointe Park and Detroit

\$500 REWARD for information leading to the return of the bike and or to the arrest & conviction of person responsible for Theft of the Bike.

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