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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 September 9th 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. FYI— No CRR monthly meeting in October.

A main topic of the next meeting is next years BWR. There will be information, discussion, and possibly decisions made. An idea to move the **2014 BWR to June 22nd** has serious consideration. Everyone who wants to help decide (vote) on what shape the BWR takes should attend. Some intent has to be shown to LMB soon after this years event so it is likely that decisions have to made before November. That makes September the optimum choice for participation and more. Remember 1 person, 1 vote. Think on it, participate, have something to say to support your case, and cast your vote accordingly.

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

Birthdays

09/04 Phillip Kurrle
09/05 Jim Crawford
09/06 Gary Green
09/07 Michael Daniels
09/13 Maureen Herta
09/22 Carol Crawford
09/23 Eric Noyes
09/24 Bill Kelley
09/25 Paul Franks
09/25 John Edry
09/30 William Baker



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.

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.

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.

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 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

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 & Masonic 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.

The **2013 CRR club roster** is available to those who contact the club treasurer. There was a sign in sheet at the recent meeting and probably will be at the next one as well.

In the last month Clinton River Riders has had several excellent rides that include the ride from Algonac to Mitchell's Bay and Assenmacher. Also some have visited several bike shops by bicycle. Our BWR sponsor's are genuinely happy to see us, speak with us, and allow us to shop. We met some potential CRR members and provided them with first hand experience on cycling advice and how CRR can aid their desire to bike more. When Clinton River Riders show up on the road or in the local bike shops we are our own best sales people for what we represent. Do your part and represent.

Why Cycling—

While fitness is not a guarantee of a long happy life it does put the odds more in your favor. Fitness comes in several ways. The physical, the mental, and for some the spiritual. Cycling and physical fitness seem like a easy enough to understand relationship. Cycling and the mental part of fitness is harder to explain to anyone who has pushed to endure the limits of one's capabilities. Pushing the limits of comfort, endurance, and environmental surroundings can be a challenge. For some getting on the bike is like a mental vacation. The focus, release, relaxation, and concentration required puts all other of life's tasks in perspective.

I try to explain to some that no matter what kind of personality you have, you can find some satisfaction on a bike. You can ride 2 miles or 100; you can ride solo or with others; you can ride defensive/aggressively, you can ride with anyone and never shut up or ride a long distance with many others and choose to not say a thing. Most find friendship, traveling, sightseeing, working together, and conquering challenges very rewarding.

Tire installation 101 -

Talc powder makes mounting any bike tire easier, particularly folding road tires with tight Kevlar beads. Talc (baby powder) allows the tube to move freely inside the tire so it doesn't interfere with the tire/rim interface. Tubes get pinched and punctured when they become trapped between a tire lever and the rim. Generous use of talc (corn starch works too) dramatically reduces this risk. Always dust the tube with talc! Place one side (bead) of the tire on the rim. That should be pretty easy. Align the label with the valve hole to look pro. Add just enough air to the tube to give it shape. Push the valve stem through the rim and feed the rest of the tube into the half-mounted tire.

Back at the valve hole, start seating the other bead, working with both hands around the rim in opposite directions. If the tube has too much air it'll become obvious. Let out a little. Use your thumbs to push the bead onto the rim. It'll become difficult, leaving a small section of tire unseated. Squeeze the seated beads together all the way around the wheel so they go into the rim's deeper center. Then you must resort to tire levers. Thumbs or palms are best, and patience is a virtue, but a tire lever does have its place.

After the tire is on, push the valve stem up inside, then pull it down again. Go around the wheel, flexing the tire side to side as you look into the rim to be sure the tube isn't trapped under a bead. Start pumping air, and then stop at 20 psi or so to check for places where the tire might be lifting off the rim. That means the tube is caught under the bead. If you ignore it, the explosion will be loud enough that you'll need to change your chamois and have your hearing checked. After ensuring the tire is seated correctly on the wheel then use a manual pump or Co2 to inflate the tire completely. Re-install the wheel, repack all tools, pumps, and old tube before getting rolling again. I like to tie the old tube in a knot to ensure it is not mistaken for good tube upon completing the ride. Different people use their own approach to patching old tubes. New or used ... do what it right for you.

Just make sure you have a good extra tube, pump or Co2 to inflate, and a small multi tool (to include tire lever) for each ride. Often cyclists are willing helpers to change flat tires. But it is like pouring salt on a wound if the troubled rider does not care enough to plan ahead for a flat.

There are lots of videos on the internet to give you instructions and insight on changing flat tires. Not everyone has strong hands, is mechanic inclined, or wants to get their hands dirty. That does not relieve you having rudimentary knowledge on what to do or helping if can.

Long time cycling residents of the area probably remember the Dorais Velodrome near Mound Rd and Outter Drive. Built in 1969 and used for about 20 years it has seen its better days. Some local residents and organizations are making the area useful again. One of the main assistant groups is the mower-gang. As it sits now the track is used a couple times a month for fat tire bicycle, motor scooter 50-100cc, and sometimes other methods of propulsion laps.

Some local shops have supported the laborers to getting the surface able to support wheeled traffic again. It has not been easy for free but the Thunderdrome is breathing life again. Events are usually free to spectators but have an entry fee for racers. The funds raised support the maintenance and fixing up of the park. An article in the Detroitnews used the term "reverse vandalism" in explaining some of the struggles, both physical and bureaucratic, that have put stress in this effort.



With the days getting shorter this time of year, it becomes difficult at times for automobile drivers to see bicycles. Sometimes our riding time also encroaches into the end of rush hour traffic as well. Cyclist must do all they can to be noticed as seen. This includes high contrast colors and lights. It is better to be able to complain over who was wrong or right as opposed to having a really bad day. Do all you can to avoid frustration with drivers.

Remember that there are always opportunities to help with the success of Blue Water Ramble. Some tasks fill up quick but there are few that struggle to have participants until the stuffing party. There can be opportunities to help and ride, but you have to plan. Some think that you can ride the other 364 days of the year. But we are probably at our best when riding. So if you can/want to do both, have no guilt.

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