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## *The RAMBLER*



### **Clinton River Riders Bicycle Club** *Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

For most fair weather cyclists the best part of the 2014 cycling season is nearly over. With the finish line in view some will tend to push a little too much and maybe get out of control. Be patient and be aware out there. From now until late fall there will be lots of obstacles to be weary of. Wet leaves and paint lines are in addition to car drivers who will struggle with sunrise and sunset being difficult to see at times and that makes it even more our responsibility to ensure we are seen and do nothing surprising. It is better to be mumbling that "we had the right of way" than to force being right in addition to facing recovery of some sort. 👍

**Clinton River Riders** monthly meeting is September 8th 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](mailto:crr-list@20776.org) , put subscribe in the subject line. No advertising or solicitation is forwarded, just items of interest to cyclists.

Here is a link to an article on Bike Share that is a program that is becoming more popular in big cities—  
<http://news.msn.com/us/after-23-million-rides-no-deaths-in-us-bike-share-programs>

## Birthdays

09/03 Nancy Leduc  
09/04 Phillip Kurrle  
09/06 Gary Green  
09/07 Robert Crowley  
09/20 Fredrick Barbret  
09/23 Eric Noyes  
09/25 Paul Franks



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](mailto: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.

In 2015 I have to be selfish due to education requirements. So I will not perform as newsletter editor next year. And also will not chair food for BWR. Sorry it is a me time. But there is lots of notice now for someone to learn and fill in the gaps smoothly. If processes can be accomplished with new blood and ideas so much the better. In 2016 life should return to normal and I will see what CRR needs from me at the time. Caesar will do all the Rome requires (just not in 2015). Much of what the newsletter requires has been simplified since I started. About 23 paper copies a month and some learning to provide knowledge or current events takes about 4 or 5 hours a month. I use Microsoft Office (Publisher and Word) to write the newsletter and then save it to .pdf for electronic copies. If the next newsletter person needs Microsoft Office I can help them out.

Clinton River Rider's had a great club picnic on August 10th at Stony Creek. The weather was fantastic and all seemed to have an excellent time. Thanks to Ray Cronin for suggesting and organizing the event. Families, friends, and club members alike found the socializing, riding, and gathering excellent and hope to have it again next year.

**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

If circumstances of remorse affect your sleep then cut down on evening meals size and eat earlier. Life is often better with a grand breakfast, a moderate lunch, and light early dinner. Don't use food as a panacea/substitute for solution. Listen to upbeat music and read some fiction about fantastic success. Even worse than attempting to eat your way out of trouble is trying to consume drugs or alcohol in lieu of problems. Foolish and cowardly is abuse, it will only deepen your perspective in addition creating another problem to take on. Abuse reduces your ability to fight, distracts your focus on objectives for actionable success, and consumes resources (time&other) that are best used more smartly.

Try to help others along the way. Better perspective is gained and the uplifting experience has rewards beyond measure. Also it helps remind us that only when dead do we have zero energy, so keep trying, keep working for betterment (of us and others). Remember in a fire fight if you hear the impact you are alive, it is already past you, and it is time to move on to better things (without delay).

CRR's Typical Ride Length and Duration: 25-45 miles; 2-4 hours.

Typical Average MPH: 16-18

Ride Schedule changes or announcements let Steve Angst 586-524-3657 or email [crr.rides@gmail.com](mailto:crr.rides@gmail.com) know.

Newsletter Changes to Les Dunham, 586-216-4135 or email [lesdunham@hotmail.com](mailto: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 [atpkmoorman@wideopenwest.com](mailto:atpkmoorman@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. Fred's 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.

**For Sale—**

**Jerry Pavlat** is parting with a Tandem.

Santana Team black fillet brazed Columbus Encore steel tubing frame & fork custom tandem Captain stand over height 33" Stoker 31" from top of top tube to the ground. Very low mileage. \$2250.00 or make offer. Photos available. Jerry Pavlat 248 4962797 or [bikebiz@yahoo.com](mailto:bikebiz@yahoo.com)

**Pete Sprecher** also has a time trial bike he wants to sell. It is a 54cm frame with all the goodies. 586-484-5641 or [psprecher2549@wowway.com](mailto:psprecher2549@wowway.com)

**Jerry Tortimasi** has a CycleOps ProFluid trainer that was not used. He is asking \$275 for it. Contact the Newsletter person for more contact information.

Overall Wellness requires several things. Getting Awesome Sleep, Managing Your Stress, Eating Great Food, and Managing Injuries and Illnesses.

7-9 hours of sleep is normal

Stress is a part of life. Don't let it become distress.

A variety of good foods makes your body capable of much more. Take it easy on the sugars and excess carbohydrates.

Illness and sometimes minor injury recovery can indicate if your body is experiencing distress. Enable your body to recover and heal but also have high expectations of yourself (body included).

Understanding what you will be facing on a ride—

When members are reviewing organized rides to determine their suitability, it helps to use a common language. Some set of terms that often cover pace, terrain, regrouping, and rain considerations.

*The descriptions are as follows:*

## **PACE**

This refers to the range of speeds on level group without breaks. Downhill's may be faster, uphill's slower.

- Leisurely: 10-12 mph
- Steady: 12- 14 mph
- Moderate: 14-16 mph
- Brisk: 16-18 mph
- Strenuous: 18-21 mph
- Super Strenuous: 22+ mph

Note: For rides where the terrain is described as Hilly, consider choosing a pace one step down from your usual comfort level.

## **TERRAIN**

These descriptions should be considered in the context of the pace and length of the ride.

Mostly flat: trains and/or mostly flat roads with a possible gentle upgrade.

Rolling: climbs are short and easy, not too numerous.

Some hills: a few short, steep hills, some moderate upgrades and/or longer gentle climbs.

Hilly: many true hills but none outrageous

Extremely hilly: steep and long climbs with grades approximately 9% and/or mountain passes.

Off road: significant unpaved sections.

Whether or not a map or cue sheet is provided.

Have you ever taken a look at the ingredients in your sports drink and wondered what in the world you were putting in your body? Here is a mini field guide to common sugars you may encounter in your quest for the perfectly fueled bike ride. During endurance exercise such as cycling, sugars are a vital source of energy, however, not all sugars are the same!

Being familiar with some of these sugars and how they end up in your water bottle, not necessarily to pass judgment on whether or not you should drink them... at least for now! I hope you enjoy this sweet little article!

Cane Sugar: This is the common name for sucrose which comes from the processing of sugar cane. It goes through a multistep process to remove impurities and produce the crystalline product. "Cane sugar" distinguishes it from sucrose derived from sugar beets.

Complex Carbohydrates: This is a catch-all name that probably refers to maltodextrin or a similar compound.

Dextrose: This is a common name for glucose. Another is "grape sugar."

Fructose: This simple sugar is found in tree and vine fruits, honey, and root vegetables, but commercially it comes from sugar cane, sugar beets, and corn. Metabolically, it can enter the same pathways as glucose and be used as storage or fuel.

Glucose: A simple sugar that can be absorbed directly into the bloodstream in the small intestine. Metabolically, it can be directed into storage (as glycogen) or used immediately as a fuel for our cells, including brain and muscles. Glucose is typically produced through the commercial processing of starches (corn, rice, wheat, etc.)

High Fructose Corn Syrup: This sweetener is produced by converting some of the glucose in corn syrup to fructose through enzymatic treatment (chemistry and heat!) The result is a mixture of glucose and fructose that can be produced in various concentrations.

Maltodextrin: This is an almost flavorless polysaccharide (complex carbohydrate) that is produced from starches. In the U.S. the source is mostly corn, while in Europe, wheat starch is more commonly used. It is a chain made up of glucose molecules linked together by chemical bonds. It is easily digested and absorbed.

Sucrose: (common table sugar) Sucrose is broken down into glucose and fructose in the small intestine. There, it is rapidly absorbed into the bloodstream. In the U.S. sucrose comes from a mixture of sugar cane and sugar beets, unless specified as "cane sugar."

Sugar: This a generic reference to sucrose.

Here's where you might encounter these sweeteners in your next bottle:

Hammer Heed: Maltodextrin

Skratch Labs Exercise Hydration

Mix: Cane Sugar, Dextrose

Coca-Cola: High Fructose Corn Syrup

Gatorade Thirst Quencher: Sugar, Dextrose

Powerade: Glucose, Fructose

Endurox R4: Maltodextrin, Fructose, Sucrose

Vitamin Water: Fructose, Sugar

EFS: Complex Carbohydrates, Sucrose, Dextrose

### 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 LIABLILTY, 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**