

Officers
President
John Tarantino
586-850-2485
Redtandom@aol.com

Ride Director
Steve Angst
586-524-3657
crr.rides@gmail.com

Treasurer
Dick Williams
313-884-9579
rsw@sundvik.com

Secretary
T J Hill
586-293-0162
Tjbiker@peoplepc.com

Editor
Les Dunham
586-216-4135
lesdunham@hotmail.com

Sunshine
Julie Windhorst
586-939-6073
Weetandem@yahoo.com

Legislative Liaison
Mike Sproul
586-443-4544

BWR Chair
CRR President

Merchandise
Deb Angst
586-524-3657
digitaldeb@comcast.net

The RAMBLER



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

Our Blue Water Ramble is on October 7th 2012. The stuffing party is on October 3rd from 5-8 in the Mt. Clemens Library. This year will have Red shirts in long sleeve and short sleeve with designs from Deb Angst and the design committee. If you have helped and/or would like to help this year please contact the BWR Chair person to let them know what you will do for the success.

It is about 1 month until BWR and some of our bicycles need some tender loving care. Every year both **Fraser Cycle** and **Hamilton Bike Shop** are great supporters of the Blue Water Ramble. Please show them your support with your cycling needs. When you have the chance let others know too about our outstanding experience with these 2 businesses.

Lots of rides are changing or nearing hibernation. Make sure you check out our ride schedule for the most recent changes. Steve Angst (our Ride Director) does an excellent job of keeping it up to date. Many photo's and video's of recent rides are posted or linked there.

D Angst is putting together an order for CRR jerseys. If you want to get in on it contact her at the merchandise information on the left side of this page. Sleeveless, short-sleeve, and long sleeve are the 3 items that usually have enough demand to meet the vendors criteria.

Birthdays

10/01 John Tarantino

10/02 Donald Dahlke

10/06 Rose Goebel

10/06 Brian Warner

10/10 Ann Schmidt

10/11 Maureen Boury

10/12 Kathy Kuehn

10/16 Rose Claus

10/16 Ray Cronin

10/20 Micki Solonika

10/21 Bob George

10/22 Tim Phillips

10/29 Susan Moorman



WANTED:

Humorous stories for the CRR Awards Banquet. We know there must be some good ones out there happening that you'd like to share. Please email to Darlene Phillips at bikemobile@wowway.com Thanks!

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: Vaughn Reid, Mark Kalonowski, and John TenEyek visited our last meeting and joined CRR. All are welcome in association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

New members and interested people should send an email to bill@20776.org to be placed on our email distribution cared for by **Bill Duemling**. No advertising or solicitation is forwarded, just items of interest to cyclists.

*CRR*eflections

(1981-2012)

“SAVE THE DATE”

The CRR Awards Banquet will be held on Saturday, December 15, 2012 at Fern Hill Country Club located at 17600 Clinton River Road, Clinton Twp. Cocktails will be at 6:00 p.m. (Cash bar), & a buffet dinner will be served at 7:00 p.m. Cost \$25.00 for adults & \$20.00 for children ages 5-12. Reservation form will be in the October newsletter.

Remember when we used to give humorous awards, well we are doing it again!!!! Please write out your stories as they happen and send them to Darlene Phillips at: bikemobile@wowway.com.

Jerry Pavlat is would like members to bring returnable containers to the club meetings to support Team Sammy.

Tandem bicycle wanted. Road or Hybrid, and in good condition. Size Large/ Medium. Contact Fred Quinn, (586)781-0605, or email: fquinn2812@msn.com.

2 New items have been added to the CRR media library –

- 1) Catch The Wind and 2) Tenacious are available. The complete media list is on the CRR webpage.

Clinton River Rides have a Facebook page. It is administered by B Arnold and S Angst, so contact them if you want to be informed or provide information via FB.

Remember lights and high visibility / high contrast colors on rides this time of year. Especially when travelling east/west, the sun can create hard to see situations for you and motor vehicles. Always be careful out there. Even the safest scenario requires you to aware and on guard. Murphy is sneaky.

Congressional Delegation – Michigan Senate Members

Carl Levin (D-MI)

Debbie Stabenow (D-MI)

House Members

Dan Benishek (R-MI-1)

Bill Huizenga (R-MI-2)

Justin Amash (R-MI-3)

Dave Camp (R-MI-4)

Dale Kildee (D-MI-5)

Fred Upton (R-MI-6)

Tim Walberg (R-MI-7)

Mike Rogers (R-MI-8)

Gary Peters (D-MI-9)

Candice Miller (R-MI-10)

(R-MI-11)

Sander Levin (D-MI-12)

Hansen Clarke (D-MI-13)

John Conyers (D-MI-14)

John Dingell (D-MI-15)

Your government representatives, working for you. Let them know what you want and what your priorities are.

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 DepotAddress: , 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 BicyclesAddress: , 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-SportsAddress: , 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726 (586) 791-3488

There is a new ride sheet posted on lmb.org/crr . Please check it out and print copies as you need them. Information is now all on one side of the sheet. The most frequent riders are listed and you must be a member to have your name on it. If you don't find your name then become a member and ride more. Thanks to Steve and Debbie Angst for their work on ride schedules and this. There are always ways to improve. Help us get better. You can even be a back-up to someone's effort. Learn, add a skill, and add value to Clinton River Riders all at the same time.

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

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 Meet in the southwest corner of the Sheffield office complex parking lot in Troy. Ride distance will be 30-50 miles. Terrain is moderately hilly. Pace is 16-18 mph.

Wednesday

5:30 pm Meet Deb & Steve Angst at Naldrett Elementary located on Sugarbush, just north of Cotton (Cotton is about a 1/2 mile north of 21 mile). Tour the New Baltimore area with a midway stop for ice cream. Distance 30-35 miles at a pace of 16-20 MPH. For inclusion on our distribution list send your request to digitaldeb@comcast.net Ends Sept. 26th

Thursday

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.

9 am Rick & Sue Moorman lead a 30+/- mile ride from TBD To TBD. Contact Rick for the weekly particulars.

5:30pm Jefferson & Masonic 6pm Meet G Hess for a ride down to Windmill Pt. 30 miles at a 16-18 pace.

Friday

9am Usually Duane and Sandy have a to be announced ride. Start location and destination change week-to-week. Distance is usually 40-55 miles.

Saturday

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

8 30 am Stony to Armada ride, from the boat launch. 44 miles at 16 -20+, usually 2 groups.

L Dunham has a medium group (15-19mph) that leaves from 25 & Shelby going out to Armada for breakfast, 33 miles round trip. This ride ends Sept. 29th.

The Saturday winter ride begins October 13th. Start is from 8 1/2 mile & Gratiot at 9 am. Distance is 32 miles and pace 13-17mph. There is a 10 minute mid point stop.

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.

Rides – Have lights available , dress for conditions, and please contact the ride leader if it is reasonable that conditions won't permit safe riding. Riders should carry emergency contact information, tools/parts enough to change a flat tire, fluids and energy edibles to support the individual for 2 hours.

Something Old; Something New

By Ron Truax

Nobody is getting married; there isn't a Something Borrowed or Something Blue to follow. This is just a piece about some recently past spring-time antics. I began the year planning on taking it easy for a change. I wanted to do one old standard and sprinkle in a few new things; hence the title, Something Old; Something New.

For "Something Old," I picked the old standard, TOSRV. It's been around for 50 years, and I intended to drag some friends back from the depths of retirement. Oh, they're retired and hadn't ridden much for some time. That alone left them ample time to get back into shape. We weren't talking a Tour de France style challenge. It was just two days of pedaling through the countryside in the month of May. So what if it was 210 miles perched atop a bike saddle. So what if it was going to be a little time consuming; it was doable. There are guys older than any of us still doing these rides. Of the five of us tentatively committed, one was recovering from back surgery, one from hip surgery, and one was in Thailand till just days prior to our leaving. Dave, on the other hand, had no excuses other than procrastination. And by comparison, I was going to have an easy time of it. Without ever trying, I had logged in a ton of miles and was more than a little prepared. One could say I was cheating, but not so it showed. And with that, plans were melding and the departure date was fast approaching.

But as it turned out, only the hip replacement, the world traveler, and I made the trek. The other two each had excuses in chapter and verse. So three of us went, visited old haunts, saw old friends, didn't experience any mechanical or personal break downs, and survived the 210 miles. Got a little wet, but other than that, all went well. We made a good time of it. End of story for "Something Old."

Now beforehand, I had visited the world of "Something New." In April, I went to Houston, Texas for the MS-150. The press releases estimated that the mob would exceed 10,000 cyclists, and it did. 14,000 riders left Houston on a warm, sunny Saturday morning to arrive in Austin on a blisteringly hot and sunny Sunday afternoon. But hey, this was Texas. Texas was easier than the "old standard" that was still to come in May. It was only 150 miles spread out over two days, hence the name, MS-150. The distances were off, making it even better training for the start of the season back home. And yes, this was a fund raiser, and no, I'm not soliciting donations. Like I mentioned earlier, it took place back in April.

Now, for a guy that was planning on taking it easy, it didn't work out quite that way. Oh, I danced around the heat, avoiding as much as possible. I started attending early morning rides with the senior crowd. My one ride leader was 81 years old, but you'd never know it to look at him. Invariably, he taught me that at this time of life, 25 miles with a breakfast stop is a good thing. Can you say, "A good thing?" And considering the heat, it was even better than that.

Jeez! I never thought I'd see the day when I would make reference to, "this time of life," in reference to **my own life**. Oh well. I guess it beats the alternative. I have officially become one of the "old guys." And as summer wore on, I discovered a few more "new things," but I'll leave those for another time. My bike is calling. See you on the road!

Serendipity

by Sandra Studebaker

"Serendipity: to come upon or found by accident." What are the chances that one will find that a band-aid has attached itself to the tire of his/her bike while in transit? Probably zilch? Well, it happened to me on Thursday (9/13/12) while pedaling my vintage Specialized Rock Hopper bike along the Metropolitan Parkway (16 Mile Rd.) bike path. In need of some last-minute training miles for Saturday's eleventh annual Tour de Troit (TdT) 30-mile option, I departed the large parking area at 16 and Gratiot for Metro Beach (now Lake St. Clair Metropark) at 5 p.m. for a couple of hours of biking.

Following the obligatory ride to the "point" that juts out into Lake St. Clair and loops both within and outside the Metropark, I headed back to the parking lot, and my car. Along the way I noticed that something was clinging to the front tire of my bike. During the stretch of bike path between the park entrance at Jefferson and the intersection at Crocker, I had ridden through several patches of dead leaves so assumed that the "something" was a large leaf and that it would soon fall off the rapidly revolving wheel. But it didn't, so just after crossing the busy intersection at Crocker and 16 Mile, I stopped to investigate.

To my surprise the "something" was a large, ecru-colored band-aid with its adhesive side to the tire. And just when I was in need of a bit of adhesive tape!!! My right leg from above the ankle to just above mid-calf was still wrapped with a light-weight stretchy gauze bandage covering other dressings for multiple wounds inflicted during a nasty encounter with some rose bushes on Tuesday.

Flash-back to Tuesday: The encounter with rose bushes occurred early in a planned 25-mile multi-purpose ride on Tuesday (9/11/12) to: (1) deliver an item to the CRR mailbox at nearby Fraser Bicycle and Fitness, (2) get in some needed mileage in preparation for Saturday's TdT, and (3) reacquaint myself with a bike I had not ridden for many years. The last-minute decision, on Monday, to use the blue Specialized Rock Hopper with its upright handlebars and 1.5" tires for the TdT seemed to be the best option among an almost 40-year collection of bicycles, some gathering dust in the basement of my house.

However, my bike handling skills on the Rock Hopper were, apparently, a little rusty while attempting to navigate the zigs and zags of a pertinent section of sidewalk--adjacent to a hedge of rose bushes--separating the folks at Fraser Villa from Utica Road. I managed, just barely, to keep my bike on the sidewalk but the lower part of my right leg was badly scratched and punctured by thorns as I teetered precariously along the line of closely spaced rose bushes.

Dismounting, I instinctively contrived a bandage/tourniquet with a large, clean, white handkerchief hoping to lessen the flow of blood from the worst of several painful wounds. A few minutes later, the guys at Fraser Bicycle kindly provided some additional first-aid supplies for my use. A short while later, hoping it was the right decision, I was back on my bike to complete the day's planned 25-mile ride.

Fast-forward to Thursday: Still recovering from Tuesday's encounter with the rose bushes, I set out for another training ride along the Metro Parkway bike path with a lower right leg swathed in two layers of bandages. However, the small piece of adhesive tape that I had applied to secure the top edge of the light-weight elastic overwrap, while adhering to my skin, was not sticking well to the leg-encircling gauze, which had been slowly, and annoyingly, creeping downward. Perceiving the band-aid to be a timely gift, I immediately peeled it off the front tire of my bike and attempted to apply it to the top edge of the gauze wrapped around my lower leg. But, like its smaller adhesive predecessor, while it adhered to the unscathed skin above the dressing, the band-aid did not adhere long to the gauze.

Consequently, despite some reluctance to do so, I discarded the band-aid along the side of the bike path and tucked the upper end of the gauze deeper into the elastic wrapping while in transit to my car--all the while musing over the incident. How was it that a slightly-used band-aid appeared in a timely manner from out of the blue while riding the recently retrieved Specialized Rock Hopper? The bike, not ridden by me for many years, had previously belonged to long-time friend, biking buddy and former CRR member Joanne Septembre. An angel for many years now, I wondered if she might have been present on this Thursday in September, her birth month. Serendipity: accident or gift?

Postscript: Even before reaching home, I regretted having discarded the apparent gift AND not having thought to use my cell phone to take a photo of the band-aid while still affixed to the bike's front tire. Hoping for a second chance at a photo--and confirming evidence of the incident--I returned to the bike path the following morning to walk the pertinent section, in both directions, in search of the large ecru-colored band-aid. But, sadly, I did not find it among the brown leaves along the edge of the bike path.

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 one 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