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The RAMBLER



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

Clinton River Riders have no monthly meeting in October due to Blue Water Ramble requirements. The next monthly meeting will be November 4th.

Celebration of Doris Mulligan's induction to the **U.S. BICYCLING HALL OF FAME** took place during the August 12th 2013 Clinton River Rider Meeting!! The date of the formal induction ceremony has been set for November 2, 2013 in Davis, California. More photos and historical records on page 3.

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

The **BWR stuffing party** is September 30th in the Mt Clemens Library at 6pm. Map folding, alphabetizing, and labeling couldn't be more fun, right?

The **BWR clean up party** will be Joe & Lisa Monahan's home in New Baltimore. On St. Clair Drive, off of Washington, north of the schools. The address and more details will be emailed later. This is a good reason to ask for a 2013 Club roster from the treasurer if you have not yet.

Birthdays

10/01 John Tarantino
10/05 Brian Arnold
10/06 Rose Goebel
10/06 Brian Warner
10/10 Ann Schmidt
10/12 Kathy Kuehn
10/16 Rose Claus
10/16 Ray Cronin
10/20 Micki Solonika
10/21 Bob George
10/22 Tim Phillips
10/25 Paul Kasper
10/29 Susan Moorman



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: We had 9 new people sign up as new Clinton River Riders. All are welcome in association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

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/>

U.S. BICYCLING HALL OF FAME - OFFICIAL 2012 INDUCTION BALLOT
Veteran Road & Track Competitor Category (1970 & Prior)

TINO REBOLI (1914-)

- 1931 National Champion: Track and Road
- 1932 National Champion capturing four senior races
- 1939 National Champion American Motorpace
- 1949 After World War II, returned to the 6-day circuit and competed in more than 25 6-day races.
- 1935-1938, greatest 6-day victories were when teamed with Franco Georgetti, Alfred LeTourner and Gerald DeBaets.
- At age 15 won Jr. Dirt Track Championship, Newark, NJ.

ROBERT "BOBBY" THOMAS

- 1932 Captain U.S. Cycling Team, Los Angeles Olympics
- 1932 Olympic Games, Sprints, 5th
- 1927 Junior National Championships, Philadelphia, 2nd
- 1928 Junior National Champion (swept all his races)
- 1929 National Championships, 2nd
- 1930 National Champion
- Competed in 68, six-day races as a professional

DORIS TRAVANI -MULLIGAN (Born July 1929)

- 1947 International Dirt Track Championships (Dayton Ohio), 1st Place
- 1948 International Sprint Championships (Dayton Ohio), 1st Place
- 1946 National Championship, 6th
- 1947 National Champion
- 1948 National Champion
- 1949 National Champion
- 1950 National Champion
- Keystone State Classic, 2nd
- 1948 Milwaukee Classic, 1st
- 1948 Fred Cappy Women's Classic, 1st
- 1990 rode her bike across the country, LA to Boston as a fundraiser.
- Started cycling competitively in 1941, at the age of 12, for the Wolverine Sports Club.
- Inducted into the Michigan Amateur Sports Hall of Fame.
- 1st and only woman to win 4 consecutive National Championships

GEORGE WILEY (1882-1954)

- 1904 St. Louis Olympics, 5 Mile, Silver Medal
- 1904 St. Louis Olympics, 25-mile, Bronze Medal
- 1912 World Professional Champion (last U.S. cyclist to win until Greg LeMond in 1983)
- 1912 National Motor-paced Champion
- 1913 National Motor-paced Champion
- 1915 National Motor-paced Champion
- 1917 National Motor-paced Champion
- 1918 National Motor-paced Champion



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.

Wednesday

5:30 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. 17-22 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

5:30 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.

Volunteer Needed for 2014 Awards Banquet

Since Susan, Doris, and Darlene are doing the Awards Banquet for the second time this December, they will not be hosting it again in 2014. They are looking for a volunteer(s) to take over the next Awards Banquet and will gladly share their spreadsheets, notes, and “to do” lists to assist the next volunteer. Please consider volunteering so that we will have an Awards Banquet next year. You can contact one of them if you have any questions.

At the last CRR monthly meeting it was discussed and voted upon to move the date of the next **Blue Water Ramble to June 22nd, 2014**. This means numerous schedule and logistical changes. The lunch stop must move (to the high school), actual registration function, and food chair is also open. Some of the other support functions like rest stop boxes and medical kits may need another person to take them over. The people that have taken care of these functions may not be back from warmer climates in time to comfortably work this magic. We should probably get thru the 2013 BWR before pulling our hair out for the next one. But please keep in mind that there are lots of things that happen to support our one big event of the year. When you participate and see the work come together it is quite a feat.

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.

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.

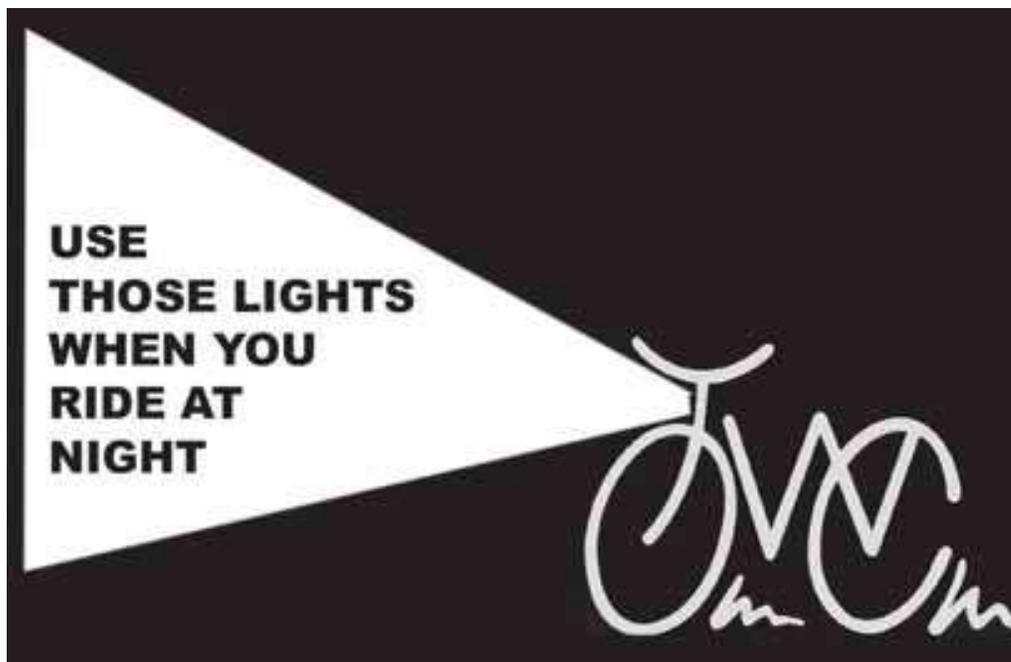
The **2013 Clinton River Riders awards banquet** is Saturday **December 14th at 6pm**, dinner will be at 7pm. The location is the Fern Hill Country Club, 17600 Clinton River Rd, Clinton Twp. There will be a reservation form in the newsletter soon. This annual event is really really nice and a chance to catch up with many people that we normally see in bicycle attire.

When you want to conquer a long ride -

You want to start any long ride fully hydrated just like you want to start with a full load of glycogen. Starting three days before the event, drink eight glasses of fluid a day of primarily clear, unsweetened fluids and avoid alcohol. If you are drinking enough, your urine should be a pale yellow to clear in color (unless you are taking supplements, which could produce yellow urine).

Your muscles burn a mix of glycogen and fat for energy. Protein provides only about five percent of your energy during an endurance event. Even the skinniest rider has enough body fat for 100 miles. However, your glycogen stores are limited to only a few hours of hard riding. Eat primarily carbs, the source of glycogen, while riding. On your training rides experiment with different food and drink to figure out what tastes good, provides enough energy, and digests easily.

If you ride too hard your body goes from Aerobic to Anaerobic to process energy. Anaerobic means you are riding without enough oxygen, i.e., you're breathing hard enough that you can't talk. Riding this hard uses up your precious glycogen very quickly and produces lactic acid (the painful burning in your legs). Inevitably you have to slow down to recover. Your overall pace will be faster if you don't go anaerobic.



Finding Time to Ride-

We shouldn't feel excessive admiration for pro racers who log 600-mile weeks. They have plenty of time to ride and recover—that's their job. The real heroes are people like you, who find time to ride while still having a life away from the bike. Full-time work, family commitments and cycling can be efficiently interwoven into your busy day. All it takes to schedule everything into 24 hours is maximum use of time-budgeting techniques.

Here's where to look for time slots that can accommodate your love for riding:

Commuting

Riding your bike to work or school and back may be the best way to create time cycling time. When you commute by bike, time normally spent sitting in a car is used productively as part of the training day. An eight-mile ride to work or school takes about 30 minutes each way. Even if you do no other riding, that's still an hour of cycling each weekday. The trip home can be lengthened as much as time, daylight and energy allow. Another benefit is arriving at your job refreshed and alert. It may be tough to get up earlier for the ride in, but the physical and mental lift of exercise will carry you through that 10 a.m. letdown that your sedentary colleagues experience. Then you ride home, clearing cobwebs and blowing away job-related frustrations. You're refreshed and ready for evening responsibilities or family fun.

Commuting Logistics

- **Use a small backpack** to carry clothes, lunch and papers. A waist strap helps eliminate swaying and bouncing as you ride.

- **Keep a pair of shoes at work** so you don't have their weight and sharp edges in the pack. Take the week's clothes to work on Monday morning and shuttle them home Friday afternoon, or whatever arrangement fits your situation.

- **Clean up in the restroom** with a lightly soaped washcloth. Meanwhile, get coworkers interested in commuting and lobby your boss to install a shower.

- **Dress in your office** if it has a door. If not, use the restroom or a storage room.

- **Play on the way home.** Scout out a longer route and ride for an hour or more as time and commitments allow. Do intervals, time trials, or hit the hills hard to get a great workout while you're home-bound.

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