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The RAMBLER



Clinton River Riders Bicycle Club *Access online at 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 wary 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 October 13th 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. 🙌

The CRR Awards Banquet is Dec 13th at The Burning Tree Golf and Country Club. 6-7pm is cocktails and visiting, 7pm is dinner, and program at 8pm. It is a great atmosphere and way to see us in other than cycling attire.

There will be numerous changes to the ride schedule in the days and weeks to come. Lots of rides will go into hibernation for the winter. Of course there are a few hearty riders out there but many more are aimed for indoor spinning. So prepare your self, make ready your bike for the next ride, and don't let age or gravity gain on you in the colder weather.

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 item 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.

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.

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

In your travels from and too Michigan have you ever entertained the thought of visiting the Bicycle Museum of America? It is located at 7 W. Monroe St. (SR 274), New Bremen, OH 45869, 419/629-9249, and admission is free (but donations are gratefully accepted). This is about 9 miles west of I-75 on state 274, exit 102.

<http://www.bicyclemuseum.com/>

Summer hours Mon – Fri 11 am to 7 pm, Sat . 11 am – 2 pm

Fall/Winter hours Mon – Fri 11 am to 5 pm, Sat . 11 am – 2 pm

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

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 at 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.

Not that I ever want anyone to crash, it can happen. Here are some suggestions for first aid.

First Response:

- Check for other injuries such as head injuries, gashes, injured joints. (Always have a cell phone handy for Emergencies)
- If bleeding from a gash won't stop within 15 minutes of applying pressure then medical evaluation for stitches may be needed.

In the Field:

- Rinse or wipe the area with sterile or antiseptic products. Spraying with water bottles may help remove dirt, but may also deliver bacteria to the wound site.

Get the Grit Out:

- Blanket the area with 4x4 inch gauze pads saturated with Band-Aid antiseptic wash – Allow to soak a few minutes until the nerve sensation is dulled by lidocaine (Avoid overusing the lidocaine, as it may produce irregular heartbeat.)
- Gently wipe the area with soap and water to remove all bits of dirt/rocks/etc.
- Use liquid Dawn or baby oil to remove road tar
- Avoid using alcohol or hydrogen peroxide since they damage skin cells and may prolong healing.

Let the Healing Begin:

- Apply Bacitracin to keep the wound germ free and moist
- Cover with a dressing held on with tape to keep the area protected until oozing slows down.
- After the oozing slows in a few days, cover the wound with a protective bandage Tegaderm (3M) that will keep the wound protected while the new skin develops. Leave them on until they fall off (a week or so)

Other Notes:

- Control pain in the injured area by using ice packs to cool the area.
- Use acetaminophen instead of ibuprofen for pain since ibuprofen can thin the blood and lead to bruising in the area
- Any and all concerns should lead you straight to your doctor for evaluation
- Get as much quality sleep as possible since your body does its best healing while you are in “la la land.”

For Sale—

Jerry Pavlat is parting with a Tandem.

With cooler temperatures and precipitation more frequent it becomes more important to dry and clean your machine before it is stored for longer periods of time.

After a dry ride, wipe off dust and road grime by using a soft, clean rag dampened with spray furniture polish (Pledge or a cheap generic brand). Never wipe with a dry rag; it'll put fine scratches in the finish. Spray the rag (not the frame) and work from the top down with light pressure. If you've dripped sweat on the frame, use water first as Pledge won't always cut through it.

Keep flipping the rag to a clean area as it picks up crud. You'll be surprised how much dirt is on your bike after just one ride. After you've wiped down the frame and components, go back with a clean rag and buff the tubes to a nice sheen. Furniture polish also leaves a coating that helps prevent dirt buildup and makes the next cleanup easier.

After a wet ride, grab your bucket with its assortment of sponges, brushes, clean rags and Dawn dishwashing detergent. Add warm water and a squirt of the soap. Wet the sponge or rag and wring it out. Once again, work from the top down quickly and softly. A rag is better than a sponge for getting into tight places. Rinse it frequently in the detergent solution.

Dump the murky water, rinse the sponge and rags, then wipe down the bike with warm water to remove the soapy residue. Using warm water helps the bike dry quickly so you can do the Pledge thing.

To clean wheels I use a piece of old towel and some hot, Dawn-infused water. I cup my hand and rag around the tire and rotate the wheel with my other hand. If you do this right, you can clean the tire and rim sidewalls in one rotation. Rinse with clean water. This procedure removes road oils and lets you inspect the tires for cuts, glass, thorns or whatever.

Cleaning Tips

---**Keep your supplies together and convenient.** If you have to search through the garage to find your stuff, you'll shrug your shoulders and walk away.

---**Stay away from the drivetrain.** You're not trying to clean the chain but merely get the grime off your bike. Chain care is a topic I've covered before and certainly needs attention, but not after every ride.

---**Do it now.** It takes no more than five minutes to clean your bike after a dry ride, less once you get the hang of it. Do it immediately upon climbing off. This is not the full-blown cleaning you should do when the bike is really dirty. It's merely homage to the cycling gods and a "thank you" to the machine that gives you so much pleasure. Nothing looks or runs worse than a grimy bike. Take pride in your ride!

When fall is in the air and daylight saving time is here for some cyclists it is to get your ride ready for spring.

If you have a problem take your bike to your local bike shop and let them checkout your bike. A basic tune-up costs between \$40-99, a good value if you do not like getting your fingers dirty. Those that like to do their own work should go through the following bike inspection. There can be a great sense of satisfaction that comes from maintaining your own bike.

Cleaning -- It is important to start with a clean bike. Keeping your bike clean will extend the life of your components. As you clean the bike take the time to inspect everything. Look for cracks or other signs of wear that could cause future breakdowns or part failures. Clean the chain, chainrings, cassette, derailleurs, etc. with a biodegradable cleaner. Simple green works great for this. Use an old tooth brush and clean everything. Use as little water as possible. Clean the pedals, the brakes, tires, rims, and the frame. Remove the seatpost from the frame and wipe off any dirt. Wipe the inside of the frame where the seatpost slides into. Apply a very small amount of good grease to the post and reinstall.

Brake System Check the brake pads closely. The pads should be wearing evenly. If you have a ridge in the pads then your brakes may need to be adjusted. If the pads are worn or not smooth then get some new pads. Old brake pads tend to harden or glaze and may need to be roughed up with sandpaper. Do the pads strike the rim at the same time? You can adjust the brake arm tension screw that is usually on one of the brake arms so the brakes are even.

Wheels Clean the rims with a cloth and rubbing alcohol, beer won't work! Check the rim for pits or grooves in the sidewall of the rim. Spin the wheels. Do they go around straight or do they wobble? You can make minor adjustments to the wheel with a spoke wrench. For major tweaking take it to a shop or use a truing stand and get it back in true.

Drivetrain -- Elevate the rear wheel and spin the pedals. This is where a stand comes in handy. Shift through all the rear gears. Shifting from gear to gear should be smooth. If it skips try [adjusting your rear derailleur](#). If this fails to correct the problem your chain, cogset, and chainrings may be worn. The chain is the first to go. Chains last can last a while with monthly lubrication. There are tools for checking chain wear but 3-5000 miles on a chain is reasonable. A good chain only costs \$25-70 and is well worth the investment. Examine your chain closely for side slop and stretch which are signs that your chain is wearing out. If your chain is worn it can prematurely wear on your cogs and rings. In the front try shifting the derailleur. [Adjust your front derailleur](#) if needed. Check the front chainrings for excessive wear or missing teeth. Small chainrings wear out much faster your larger ones. If all is well your bike will now shift perfect. Apply some fresh lube of your preference.

Tires -- Check tires for splits, cracks, or tears in the sidewall. Check the tread of the tire for worn knobs, uneven tread wear, or excessive wear. [Replace the tires](#) if needed. The rear tire wears about 50% faster than the front tire. Inflate your tires to their proper pressure before a ride. If you get a flat on the same tire look at it critically. There is nothing worse than having a tire blow out because it needed to be replaced.

Cables If you keep your bike clean you can use the same cables/housings for many years. Replacement every 2-5 years is fine. Dirty or rusty cables will diminish shifting performance. You can purchase bulk housing and install it yourself if you have some quality cable cutters. The cable ferrules can be reused. Install the new housing and adjust the brakes and

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

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

mileage. \$2250.00 or make offer. Photos available. Jerry Pavlat 248 4962797 or bikebiz@yahoo.com

You're Invited

12-13-14

Burning Tree Golf and Country Club
22871 Twenty-One Mile Road
Macomb, MI 48044



Awards Banquet



Cocktails 6 p.m. ♦ Dinner 7 p.m. ♦ Program 8 p.m.
The banquet will include a sit-down dinner which includes salad, rolls, choice of entrée, potato, veggies and dessert.

Choose from *Chicken Sicillano, Whitefish Piccata or Roast Pork Tenderloin*



Name(s) & Phone Number	Supported BWR by	Meal Choice Chicken, Fish, Pork

Adults Attending: _____ @ \$25.00 per person \$ _____

Children (5-12 yrs): _____ @ \$20.00 per person \$ _____

TOTAL ENCLOSED \$ _____

The Club may subsidize the cost of the banquet, dependent on a recommendation by the treasurer at the October meeting. If so, your check will be returned to you that evening. No shows will forfeit their check. **RSVP by Monday, December 1, 2014.**

Make check payable to **CLINTON RIVER RIDERS** and mail to:



Diana Kengel
45778 Pat Ct.
Chesterfield, MI 48051

