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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Our Blue Water Ramble was again highly successful. About 600 riders too part in this annual ride. If you have helped and/or rode we than you. Through the efforts of Blue Water Ramble the Clinton River Riders have donated more than \$78,000 to charity and agencies that support cycling. In January/February CRR has its annual finance meeting and suggestions are made that the club votes on for distribution of funds. Become a member and be a part of it, or just look for the information in future newsletters.

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. Fraser has an indoor cycling area downstairs for those who want to maintain or get stronger thru the frigid winter months.

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.

With the completion of this years Blue Water Ramble it is time for some us to start considering how we continue to ride until next spring. Our winter ride from 8 1/2 & Gratiot on Saturdays at 9 am will begin October 13th. The distance is 32 miles and pace is 13-17mph. Usually we make our way out to Jefferson and down to Windmill Point. There is a 10 minute mid-point stop.

Birthdays

11/04 Geraldine Prost

11/05 Carol Green

11/12 Gary Haelewyn

11/12 Al Barton

11/20 Bob Goebel

11/21 Joe Solonika

11/23 Larry Goike

11/24 Tom Graham

11/24 Mimi Gendreau

11/29 Keith Harrell



There is **no club meeting in October**. So much happens surrounding Blue Water Ramble we get to see a lot of each other. The next club meeting is **November 12th** at 7pm in the Mt Clemens Library, downstairs.

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.

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.

*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.

CRR Rides are open to members and non-members alike. We schedule or participate in approximately 400 rides a year. We share a love of fitness, travel, friendship, dining, and pictures. 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.

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 your wear a certified safe helmet and use no earphones while riding.

Winter riding can be really hard on tires. When the roads are wet it is harder to see glass and tires tend to pick up more glass. If you suffer regular flats it might be time to replace a tire especially if it has a few slices. If you choose to continue using the tire you can fill any external cuts in the tire with super glue gel or silicone caulk. Any cuts that go all the way to the tire core treads cannot be ignored. If it has good tread left on the tire a person can boot it and save the new tire for better riding conditions.

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 and Wednesday, no rides scheduled.

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.

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.

Friday

Saturday

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

9 am The Saturday 9am winter ride. Start is from 8 1/2 mile & Gratiot. 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.

Serendipity (continued)

by Sandra Studebaker

The serendipity saga continues!! My recent account in the CRR newsletter (September, 2012) told of the large ecru-colored band-aid that mysteriously attached itself to the front tire of my blue Specialized Rock Hopper bicycle. The incident occurred on September 13th while pedaling along the bike path that parallels Metropolitan Parkway. While the band-aid was securely stuck to the tire, it failed to adhere for long when applied to the light-weight gauze bandage encircling my lower right leg. The stretchy gauze wrap was one of two layers of bandage covering the many scratches and puncture wounds incurred while teetering precariously along a sidewalk flanked by a dense row of rose bushes two days earlier--September 11th.

9/11!! A date etched in our memories by the horrific attack on the World Trade Center. But--a fact known to only a few--September 11th was also the birthday of long-time friend, biking buddy and former CRR member Joanne Septembre, who was the prior owner of the vintage Specialized Rock Hopper that I was riding that fateful day. An angel for 25 years now, I want to believe that she kept me from plunging into the midst of the rose bush hedge that lines the sidewalk along a section of Utica Road. I also want to think she may have had a hand in providing the gently-used band-aid two days later when the gauze encircling my wounded lower right leg needed some adhesive reinforcement. Regretfully, I discarded the gift along the side of the bike path when the band-aid failed to adhere adequately to the gauze.

Serendipity continued during the following week with the appearance of other gently-used band-aids. One presented itself on September 18th at Dodge Park. Slightly smaller than the band-aid that had attached itself to the front tire of my Rock Hopper, I spotted it, adhesive-side down, at the start of a six-mile walk with competitive-walking buddy, Marilyn Tarantino. To her surprise--and probable disdain--I picked up the used band-aid and tucked it into a small pocket on the outside of the fanny pack I was wearing.

The next day (September 19th) another, slightly larger, gently-used band-aid presented itself on a Royal Oak sidewalk not far from Farmers Market, where our cars were parked. After finishing a casual bike ride on the Rock Hopper of the Sierra Club's 22-mile Green Cruise route, Marilyn and I were walking to a nearby restaurant for lunch. There it was on the sidewalk in front of me! Serendipity again! Like Tuesday's band-aid, Wednesday's was fully prostrated, adhesive side down, its long side parallel to the sidewalk's edge. I immediately pounced upon it for my expanding collection. Somewhat conditioned by now, my companion did not seem to flinch at my new predelection for used band-aids.

"Yuck," is likely one's initial reaction to the act of retrieving used band-aids--even gently-used ones. But both of these adhesive strips, neatly laid out in front of me in the middle of the walkway, commanded my attention--and mine only. Were they intended to be replacements--either helpful or humorous--for the original band-aid that I had not fully appreciated before discarding it along the Metro Parkway bike path? No longer needing a gauze bandage around my slowly healing leg wounds, I rationalized that the band-aids of September 18th and 19th could serve as stand-ins for a belated photo shoot, and reenactment, of the September 13th gift. Thanks a lot, Joanne, for everything!

Post Script: Septembre Serendipity again!! Band-aid #4 surfaced on Friday, September 28th on the sidewalk along Fourteen Mile just east of Groesbeck. It lay in plain sight along a quarter mile stretch of sidewalk that is part of a neighborhood walking route that T.J. and I frequently traverse. Alone this time, I was walking home from the Fraser funeral home where CRR members Jim and Carol Crawford were holding a memorial for her father. Feeling a bit low, the sight of the band-aid lifted my spirits considerably. Similar to band-aids #2 and #3, the adhesive side was down. But unlike the latter, it's long side was not parallel to the edge of the sidewalk nor was it fully prostrated. Instead, it lay at a slight angle and the corner of one end was turned under. Oh, yes, it's ecru-colored like all previous ones, but has a slightly textured top surface rather than smooth. Of course I retrieved it for my collection and pending photo shoot.

2012
Clinton River Rider's
Awards Banquet

CRReflections
(1981-2012)

Saturday, December 15
6 p.m.

*Fern Hill Golf & Country Club 17600 Clin-
ton River Road*

*Clinton Township, MI 48038 \$25.00 per
person*

Cocktails (cash bar) 6:00 p.m.

Dinner served at 7:00 p.m.

The banquet will include a 2 meat buffet and a dessert platter. Please join us for a fun-filled night!!
This year we will be doing a gift exchange with a \$10 limit. If you would like to participate please indicate below.

- Will participate in gift exchange
- Will NOT participate in gift exchange

Name(s) & Phone Number	Supported BWR by	Name & age (if 12 and under)

Adults Attending: _____ @ \$25.00 per person \$_
Children Attending (5-12 yrs) _____ @ \$20.00 per person \$

TOTAL ENCLOSED \$ _____

Please be prompt in mailing your reservations. The DEADLINE is Monday, November 26, 2012 **and NO** reservations will be accepted after the deadline. No shows will forfeit their check providing the club agrees on the terms at the November meeting.

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

Darlene Phillips
20825 Moxon Drive
Clinton Township, MI 48036

Cold weather riding -

2 or 3 layers of clothing will help you stay warm during winter bike rides. Layering of clothes is most helpful when it is loose enough to allow a bit of air between the layers, so the air itself is a layer of insulation. If you can feel your body, arms, hands, feet, toes move around somewhat inside your layers after you are dressed and ready to go, then you'll likely stay warm. However, if you stand still outside for five to ten minutes and are perfectly comfy, then you are overdressed, because as soon as you start riding your bike, exercising muscles, you will become too hot.

Start with a layer closest to your skin that will wick away moisture. I use silk or a synthetic. Then add a layer that will keep you warm and further wick away moisture to the outside. I use wool or a synthetic. The last layer needs to keep the wind out -- wind resistant -- but be breathable to some point.

Face masks and head covers work well to help keep you warm as well as loose-fitting gloves or mittens that allow you to easily reach the brake levers.

Be prepared. If your bike has been hanging in the garage, take time to put lube on the chain and to inspect the tires for cuts or wear. Take your bike for a "shakedown" ride on your own before going to a club ride, so you can be sure that it's shifting and braking properly and there aren't any mysterious squeaks or creaks. It is much easier to fix before you are out in the cold.

Be observant on rides and try to figure out which other riders are of similar pace to you. Position yourself close to those people at the ride start so that you don't start out with a group who is too fast or too slow for you. During the initial miles of a ride, there can be a lot of 'sorting' of abilities and it will be easier for you if you don't have to try to jockey for position. This is true of cycling cold or warm.