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awesomedeb58@gmail.com

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586-524-3658
crr.rides@gmail.com

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Kim Hinton
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Additional Valuable Volunteer Positions:

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Merchandise

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Our "Sunshine Girl"

Julie Windhorst
weetandem@yahoo.com

The RAMBLER



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

Ride Leaders:

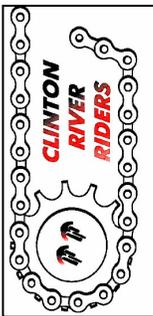
An important note on riding non-members: All non-members **MUST** sign the ride sheet themselves, the ride leader should not sign for them. This is to protect the Clinton River Riders club and the ride leader from legal liability.

LIGHTS! LIGHTS! LIGHTS!

With Fall comes earlier sunset so please be sure you bring your headlights AND tail-lights for all evening rides, and seriously consider them for daytime rides as well. We can never be too visible to drivers!

LAST CALL FOR RIDE SHEETS!

CRR 2015 mileage recorded totals ends October 31. All outstanding ride sheets must be turned in immediately. Ride sheets for any rides from Oct 12-Oct 31 must be turned in by November 9th. Final miles will be posted November 12th; club members will have two days to submit any corrections to Steve at which time he will begin working on the mileage awards for the annual banquet. So don't delay, send your mileage sheets in today!



Kim Hinton

34051 Utica Rd

Fraser, MI 48026

October Birthdays!

10/01 John Tarantino

10/03 Mario DiBartolomeo

10/04 Maciej Litkowiec

10/06 Rose Goebel

10/10 Tanya Strait

10/10 Ann Schmidt

10/12 Kathy Kuehn

10/13 Paul Ruppe

10/16 Rose Claus

10/16 Ray Cronin

10/20 Micki Solonika

10/21 Bob George

10/22 Tim Phillips

10/26 Jeff Strait

10/25 Paul Kasper

10/29 Susan Moorman

CRR Annual Banquet-Later Date Announced

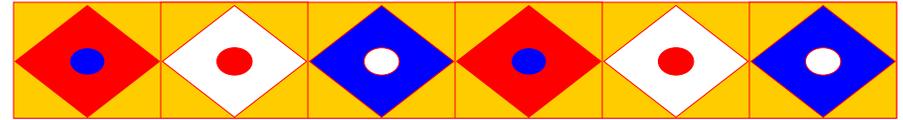
The annual awards banquet is scheduled for January 16th, 2016. We apologize that it will be held a little later than usual, however there was a conflict at the hall and given the time of year, by the time we found out about the conflict it was too late to find another venue.

As in years past, CRR members who volunteered at BWR will attend at no charge. The Clinton River Riders Bicycle Club is a 501(c)(4) organization and as such is a social welfare/civic club which allows us to provide this option to our members. More information about the banquet will be forthcoming, including a form to submit if you were a volunteer.



The RAMBLER

September/October 2015



We are fortunate to have several dedicated sponsors in the area, including some of the finest in-bike stores, healthcare providers, financial advisors, auto shops and restaurants. Please visit them frequently!

Hamilton Bicycles & Outfitters: 69329 North Main Street, Richmond, MI 48062, 586-727-5140, www.hamiltonbikes.com

Fraser Bicycle: 34501 Utica Rd, Fraser, MI 48026, 586-294-4070, www.fraserbicycle.com

American Cycle & Fitness: 18517 Hall Rd, Macomb MI 48044, 586-416-1000, www.americancycleandfitness.com

Anchor Bay Bicycle: 35214 23 Mile Rd, New Baltimore, MI 48047, 586-725-2878, www.anchorbaybicycleandfitness.com

Ernesta Tobin, Certified Financial Planner: 28411 Northwestern Highway, Southfield, MI 48034, 248-353-6570 x212, www.ernestatobin.com

Macomb Bike and Fitness: 28411 Schoenherr Rd, Warren, MI 48088, 586-756-5400, www.macombbike.com

Mattina, Kent and Gibbons, P.C. Certified Public Accountants: 1214 N. Main Street, Rochester, MI 48301, 248-601-9500, <http://mkgpc.com/>

Metro Bike and Fitness: 46575 Hayes Rd, Shelby Twp, MI 48315, 586-799-7799

Stoney Creek Bike & Fitness: 58235 Van Dyke, Washington Twp, MI 48094, 586-781-4451, www.stoneycreekbike.com

St. John Providence (Health System); 866-501-3627, www.stjohnprovidence.org

Herb's Auto (body and mechanic shop), 78 Dickinson St, Mt. Clemens, MI 48043, 586-493-9528, www.herbs-auto.com

Papa's of Armada Family Restaurant, 23056 E Main St, Armada, MI 48005, 586-784-5177

2015: Get your ride on!!

Many of our “regular” group rides are still going including the Moorman’s Tuesday and Thursday rides, Deb and Steve’s Tuesday night “Fast” ride, Russ St. John’s recovery and Wednesday rides, Fred’s Friday Meatball Rides and many more. Since we live in MI where the weather can change in five minutes, be sure to check out the ride calendar to see what rides are on, and of course, subscribe to our email list for the latest updates: send an email to **crr-list@20776.org**, put “subscribe” in the subject line. No advertising or solicitation is forwarded to this email group

Make sure you bring lights for all evening rides, and we strongly encourage them for daytime rides as well in order to bring more attention to our presence on the road!

October 17: DCC Fall classic: Trenton, \$5.00, Elizabeth Park Pavilion, 100 Miles, \$5.00

Get Ready, Get Set....Go!!! Sat., Oct 17 is the date for our 3rd Annual DCC Fall Classic Century Ride. We leave between 7:30 and 8am from the Pavilion (next to the Marina on the river) at Elizabeth Park in Trenton and follow an amazing route through Wayne County using State, County, Metro and local parks, bike pathways, colleges, Interstate Rest Stops, Henry Ford Museum and a few roads as well to complete this ride. Most of the route has both road and parallel bike pathways. Definitely at 100 + miles it is the last big ride of the year in SE Michigan. This ride goes Randonneur style, riders are expected to be self-sufficient and should be able to make basic repairs without assistance and can follow map directions. No food stops or SAG support, so make sure to have adequate supplies. Water and restroom facilities are plentiful and riders can stop for food at numerous locations of their choice en route (best place is in Northville). Low cost includes map & Cue sheets and breakfast pack.

October 17-18: To Hell and Back (overnight); benefits Eastside Teen Outreach Program. Both paved and dirt trails, starts in Eastpointe, 60 and 120 miles; \$25 per rider, raise \$100 or more and registration is waived. See: <http://tohellandbackride.com/>

November 2: Algonac Chamber of Commerce Fall Colors Tour; Clay Twp Pavilion-Algonac, \$30, \$25 or \$30; for more info, email: baysidetanning86@yahoo.com

Please go to www.lmb.org for details on many more rides around the state!

Hammerin’ Herb Lands in Georgia!

CRR Herb Kengel completed his 27-day, 2900 mile journey across the country on Friday, October 9th. When asked about his favorite moments, he said, ‘Making my personal record of 50.7 mph downhill!’ Herb went on to say some of his least favorite times were the climbs. The route included intense climbs of up to 8000 feet in the first few days and again intermittently throughout the ride. He pointed out that we really don’t have the opportunity to truly train for that here in Michigan so if he were to do the ride across America again, he would definitely need to train more for intense climbing.

One of his biggest challenges were the Ozark mountains—very difficult hills to climb and lots of goats in the road to try and miss! All that considered, Herb said he loved seeing the wildlife and variety of landscapes throughout our country. He was thrilled to be reunited with Lori, his wife and CRR member, who joined him for the last week of the ride, catching up with him at each endpoint. At the end, Herb and the other 40 riders dipped their bikes in the Atlantic off Tybee Island and basked in the glory of completing such a monumental ride! Congratulations again

Herb! We are so glad you made it through safely.



Notable Member Accomplishments !

Congratulations to three first-time Centurions!

Diane Bendig (below in purple) completed her first century at the 2015 Apple Cider Century in September. She and Rob didn't initially intend to complete the century course, but at the turnoff were feeling good and decided to go all the way. CRR member Liza Giacona was there to capture Diane's finish on camera! Congratulations, Diane!



And on the Chris Butler-led Metroparks/Apple Pie Century, Liza (on the left) had her turn to complete a century (plus) along with Cindy Wilkins. Along with the group, the ladies completed the 112 mile run from Commerce Twp-Lake Erie and back on October 4th. Congratulations Liza Giacona and Cindy Wilkins! All three ladies are new to the club this year and novice cyclists!



The RAMBLER

September/October 2015

[More Randonneuring news...](#)by Kim Hinton

I recently completed my first 200k (125 miles) "brevet" as a member of the Detroit Randonneurs. It was a challenging ride to say the least! We rode from Adrian to Albion and back again with about 4000 feet of climbing involved. Anyone who knows me knows that hills are not my thing! But after having completed this intense ride I realized what randonneuring is all about—endurance, camaraderie and pushing yourself beyond your comfort zone. I look forward to completing more brevets next year, maybe even the whole series for Super Randonneur status. But for now I'll just take them one at a time, and I hope more CRR members join me, Craig Plesco, Herb Kengel, Chris Butler and others!

CRR members in the past have enjoyed Randonneuring, and I understand one of the founding members participated in PBP (Paris Brest Paris) about 25 years ago). The hallmarks of Randonneuring are long distance endurance and especially camaraderie (the longer the ride, the more you need both)... so, the more the merrier to support and celebrate each other's enjoyment on the bike and accomplishments along the way.

Here are the dates for the 2016 Rando events so mark your calendars!

- April 9, 116k Populaire (Detroit)
- April 23, 200k ACP Brevet (Canton)
- May 21, 300k ACP Brevet (Commerce Twp)
- June 4, 200k & 400k ACP Brevet (Port Huron)
- June 25, 200k, 400k & 600k ACP Brevet (Canton)
- September 17, 200k ACP Brevet (Adrian)

Check RUSA.org or ask one of us for more information.

Kim Hinton at an impromptu frozen custard stop during the 200k brevet.



CRR Regular Ride Schedule

Testifying to the diversity and strength of CRR, we now have so many regular rides that we had to add a second page to the newsletter! These are current standing rides only; watch Facebook or your email for changes due to weather or other issues or for other rides that may be posted.

WATCH FOR TIME CHANGES AS THE DAYS GET SHORTER!

<http://www.lmb.org/crr/rides.htm>

Monday 6:00 pm—Russ St. John's Monday Recovery Ride; meet at 27801 Manhattan, SCS, across from Lakeview HS. 6:00pm; 14-17 mph, 25-30 miles. Bring lights! Contact Russ at 586-774-2687.

Tuesday / Thursday 9:00 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.

Tuesday / Thursday am: Rick and Sue Moorman's rides. See email and/or FB for info.

Tuesday 6:00 pm: Deb and Steve's Super Fast Chesterfield Ride: Meet at Anchor Bay Bicycle and Fitness, 35214 23 Mile Rd, New Baltimore. Pace 20+ (and they mean it!), 38 miles through New Baltimore and Algonac. Weather permitting, includes ice cream stop.

CRR Regular Ride Schedule, Continued

Tuesday 6:30 pm: Ve's Short and Sweet Ride. Ride route may vary, start at the bowling alley at Coolidge and Normandy in Royal Oak. Pace 12-15 mph, about 25 miles around Royal Oak and surrounding areas. Watch your email for ride confirmation each week.

Wednesday 6:00 pm Russ St. John's Wednesday Ride; American Cycle and Fitness on Mack Ave in GP; 17+ mph, 25 miles approx

Wednesday 6:00 pm: Kim's Eastside Rebels Ride; meet at 23045 Glenbrook, SCS. Pace 14-17 mph, 20-25 miles, rides to Metro Beach.

Friday 6:00 pm Fred's Meatball Roll; will usually start from 27800 Manhattan, SCS. Travels through SCS and Grosse Pointe in search of the elusive meatball! Pace 16 - 18 mph, 25-30 miles.

Saturday 9:00 am Stony Creek Boat Launch parking lot, meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162.

*For ride schedule changes, additions or announcements let our Ride Director, Steve Angst know with as much notice as possible; new rides require a 24-hour announcement to allow both our Ride Director time to post and possible riders time to arrange their schedules. Steve can be reached at 586-524-3657 or crr.rides@gmail.com. For the benefit of those who are planning on attending a ride, if a ride leader can't make it, please try to find a substitute leader. **Thank you all for all the rides you lead!***

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