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The RAMBLER



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

Clinton River Riders annual Awards Banquet is Saturday, December 15th, 2011. The location is Fern Hill Country Club, 17600 Clinton River Road, Clinton Twp. Cocktails 6 pm (Cash bar), buffet dinner served at 7pm. Cost \$25 per person (expect that past years rules remain in effect) Send your reservation to D Phillips. You can find the reservation document in the electronic version online.

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.

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.

We have lots of new members who are very actively engaged in CRR events. F Zajdel has led some Sunday rides. And P Kurle may step up to chair the 2013 BWR next October 6th. We appreciate all who support our CRR events and especially those that lift cycling expectations.

Bikes 4 Kids is Wednesday December 5th thru the Variety Club. It is at 6pm located at the Southfield Civic Center. Contact S Jones if you will be there or need more details.

Birthdays

12/03 David Rumohr

12/07 Patrick Moorman

12/08 Sharon Wiseman

12/09 Pete Sprecher

12/11 Guy Scianna

12/12 Jeff Kuehn

12/14 Bill Windhorst

12/15 Alan Goldberg

12/21 Tim Woodby

Robert Kelly

12/24 Sheila Jones

T.J. Hill

12/25 Dave Newton

12/26 Steve Angst

12/30 Darlene Phillips



Our next club meeting is December 10th at 7 pm in the Mt. Clemens Public Library (down stairs). Club meetings are normally the 2nd Monday each month. The library is on Cass Ave. across from the high school. More discussion on fund expenditures, elections and plans for 2013 are sure to be discussed.

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.

*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: bikemo-bile@wowway.com.

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

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 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.

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

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.

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. Above 25f temperature and clear roads are mandatory.

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.

FOUR r r r r...MINUTES!!!

by Sandra Studebaker

As I hurried around the back corner of Shrine High School in Royal Oak, I heard the announcement over the loud speaker that the Cruise-in-Shoes 5K Run/Walk would start in just four minutes. Picking up my pace, I crossed the grass toward the outdoor registration area on the school's athletic field. Finding my name on the list of pre-registered participants posted on an exterior wall, I shouted my race number--749--to the volunteers still manning the nearby registration table. One obliging worker not only produced my numbered race bib quickly, but she helped secure it to my shirt front as my hands were shaking too much, by then, to add the second safety pin. Thanking her, I grabbed the proffered short-sleeve cotton Tshirt, with its colorful "Cruise in Shoes" logo, and darted off toward the throng assembled somewhere on the other side of the tall cyclone fence separating the school's athletic field from an adjacent residential area.

Other volunteers were still directing a couple of stragglers ahead of me diagonally across the field toward a small, and apparently congested, opening in the fence. Not wanting to get my shoes any wetter in the dew-covered grass, I balked and was allowed to proceed straight ahead along the narrow asphalt driveway toward a larger opening in the tall fence. Once beyond the fence I looked to my left and there, probably less than 100 feet away, were almost 700 runners and walkers at the start line -- all facing in my direction. Alert to my possibly precarious position, I made a beeline across the residential street and along the easement to look for an opening in the packed throng of runners and walkers. To my amazement, and theirs, I spotted walking buddies, and fellow CRR bicycle club members, Marilyn Tarantino and Julie Windhorst together along the edge of the throng. I happily slipped in beside them just in time for hugs and the Pledge of Allegiance before the herd was released to take over a portion of Woodward Avenue -- long the province of annual Dream Cruise classic car lovers.

Not usually "fast out of the gate," I was surprised that my juniors Marilyn and Julie were behind me even before we rounded the corner onto southbound Woodward, where Marilyn's husband John was stationed as a course marshal. I think I waved a hand in reply to his words of encouragement while maintaining my race-walking technique. A bit later, when the course doubled back, I heard John call out to Marilyn that I had slowed my pace a little. But with adrenaline still flowing and the relatively cool morning temperature, I maintained an unanticipated lead over my juniors and finished the 5K with a time of 41:28 -- two minutes faster than other recent 5K events. Thinking I might qualify for an age-group award, I hung around for the award ceremonies that, it turned out, gave age-group medals for first, second and third place to runners only. But since there were no runners in the septuagenarian age group, I was given the left-over first-place medal--after the awards ceremony--to placate several of us vocal race-walkers. Hopefully, next year the event organizers will also recognize walkers who participate in the Cruise-in-Shoes 5K Run/Walk.

By some miracle, I was among the almost 700 runners and walkers for the 7:30 a.m. start of the inaugural Cruise-in-Shoes event on Saturday, August 18, 2012. However, that morning had not begun on a promising note. My alarm clock did not go off, as anticipated, at 4:15 a.m. as I had inadvertently set it for 4:15 **p.m.**

When spouse TJ roused me at 6:15 with the query, "Aren't you supposed to be up by now?" I was aghast. What to do? After a few unladylike epithets, I managed to pull myself together, address bodily needs, gather my "stuff," most of which I had prepared the night before, gulp down some orange juice and grab a cup of coffee for the road. A lifetime record that may never be duplicated, I was "out the door" in 25 minutes. But it was 6:40 and the event was to start in less than an hour some 15 miles distant. And available parking close to the event at Woodward Avenue and Thirteen Mile Road, epicenter of Dream Cruise activities, was an unknown. I resigned myself to picking up my race packet and being a spectator at the finish line to watch the runners and walkers come in.

But traffic on westbound Thirteen Mile Road was minimal and, by driving just a little over the posted speed limit, I had mostly green lights at intersections. During the drive there I contemplated the parking possibilities that I had explored the previous day while driving the Dream Cruise environs in my classic 1962 Studebaker Lark with spouse TJ . One possible option, I thought, might be at the home of former medical library colleague Carole Gilbert who lives close to Woodward and Thirteen. But I had had no confirming phone call and, as it turned out, her house is within the residential area traversed by the Cruise-in-Shoes 5K, thus all the earmarked streets were adorned with "No Parking" signs.

But at Thirteen Mile and Crooks, site of one of several lots designated as Cruise-in-Shoes parking lots, something compelled me to turn in despite a "Volunteers Parking" sign. But the large parking lot, I was informed, was also available to Cruise-in-Shoes participants at a reduced rate. I gladly paid the \$5 fee to the accommodating volunteer attendant and parked my car in one of many remaining slots at 7:15 a.m. Fifteen minutes to the start time and only two blocks away! I thought I might still make it if I hurried, giving me a customary race warm up. After making sure I had my essentials and that the car doors were locked, I scurried out of the parking lot, across Crooks, across Woodward, westward along Thirteen Mile and rounded the back corner of Shrine High School to hear FOUR r r r r...MINUTES to start time. Not a singular experience, incredibly, the four-minute phenomenon was repeated a week later (Saturday, August 25) at the Crim Festival of Races in Flint.

(To Be Continued Next Month)

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.

**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

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 LIABLILTY, 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