

Officers
President
John Tarantino
586-850-2485
Redtandom@aol.com

Ride Director
Steve Angst
586-524-3657
crr.rides@gmail.com

Treasurer
Pete Sprecher
586-484-5641
psprecher2549@wowway.com

Secretary
T J Hill
586-293-0162
Tjbiker@peoplepc.com

Editor
Les Dunham
586-216-4135
lesdunham@hotmail.com

Sunshine
Julie Windhorst
586-939-6073
Weetandem@yahoo.com

Legislative Liaison
Mike Sproul
586-443-4544

BWR Chair
CRR President

Merchandise
Deb Angst
586-524-3657
digitaldeb@comcast.net

The RAMBLER



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

Clinton River Riders monthly meeting is December 9th 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.

Awards Banquet: The 2013 Awards Banquet is on Saturday, December 14, 2013 at the Fern Hill Country Club, 17600 Clinton River Rd. Thanks to S Moorman, Doris and Darlene for planning this event for the 2nd consecutive year. They will not orchestrate the 2014 event but will assist those that will. A copy of this years Banquet notice is on the page 3 of this newsletter. Please send to Darlene Phillips at bikemobile@wowway.com This annual event is really really nice and a chance to catch up with many people that we normally see in bicycle attire.

Deb Angst is putting a jersey order together and needs those who want CRR attire to contact her for order details. Most items require a minimum quantity of 15, jerseys are usually easy to meet that but jackets or other items may not meet it. Deb does a great job in artistic design and putting together the slide show for the awards banquet. 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.

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.

Birthdays

12/03 David Rumohr
12/04 Paul Abbott
12/07 Patrick Moorman
12/08 Dave Switney
12/09 Pete Sprecher
12/10 Steve Pryor
12/11 Guy Scianna
12/12 Jeff Kuehn
12/14 Bill Windhorst
12/15 Alan Goldberg
12/18 Nathan Fitzpatrick
12/18 Bill Redfield
12/20 Don Elliott
12/20 Joseph McCormick
12/21 Tim Woodby
12/21 Robert Kelly
12/22 Greg Hess
12/24 Sandra Studebaker
12/24 Sheila Jones
12/25 David Newton
12/26 Steve Angst
12/30 Mark Hill
12/30 Darlene Phillips



Bikes for Kids is December 11th. CRR supports this event by fitting helmets.

New Members: We had more 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.

Keep in mind as well that CRR Officer elections are just around the corner. John Tarantino informed the club that he will not accept nomination to continue as club president. Certainly at least one position will have some shuffling. Keep in mind if you or someone you know would be interested in helping CRR continue its history of cycling support and generosity.

2013

Clinton River Rider's Awards Banquet

Saturday, December 14 6:00 p.m.
 Fern Hill Golf & Country Club

17600 Clinton River Road

Clinton Township, MI 48038

\$25.00 per person

CASH BAR available. 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 \$15 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 25, 2013 **and NO** reservations will be accepted after the deadline. No shows will forfeit their check per the approved motion at the November meeting.

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/>

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>

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>

Metro Bike-N-Sports Address: , 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726 (586) 791-3488

Stony Creek Bike Shop— 58235 Van Dyke Ave. Washington Twp 48094 586 781 4451

The Bicycle Doctor/Continental Bike Shop 24436 John R Rd, Hazel Park, MI 48030-1114 (248) 545-1225 <http://continentalbikeshop.com>

Paul's Bike Depot Address: , 28057 South Gratiot Ave, Roseville, MI 48066-4204
(586) 772-9084

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>

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 9am The Moormans lead a ride from the Sheffield building on 16 mile & Cunningham. This ride is weather dependent, contact Rick for more insight.

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

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 Saturdays from **8 1/2 & Gratiot** going down to Windmill Point. Distance will be about 32 miles and pace is 14-17mph. There is a 10 minute mid-point stop. Our minimum threshold is 25 degrees and roads have to be clear/dry.

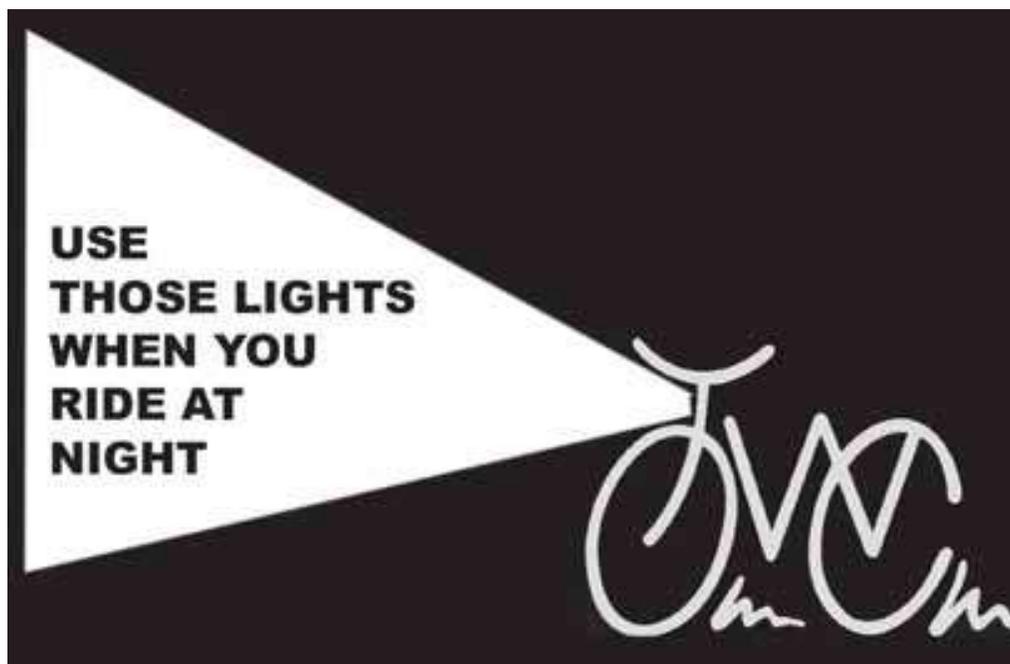
Sunday

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

930 Fred Zajdel has a ride from some where to some where, Look at the CRR schedule for more upto date details.

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.

With the 2014 Blue Water Ramble moving to June 22nd next year the planning for the event is on a much accelerated schedule. Phil Kurrle has shown great management and leadership for the 2013 event and is planning the 2014 BWR as well. There are meetings to that will be in the Mt Clemens Library. With the changing of the date some of the key players from years past will not be able to perform all of their key roles, so please consider stepping up to take charge of a function. Most of the planning is in small steps that takes some caring and a small amount of time.



More and more streets in Detroit are designating bike lanes as a part of their ways to navigate the city. Some streets that used to have 2 lanes each direction now have one lane for automobiles and a lane for bicycles. Road surfaces could always be better. It might be 5 years and Detroit will break into the top 10 bicycle friendly cities. At some point the outer county road commissions will need some prodding to use mandated funds to be as bike friendly.

LMB has a new version of What Every Michigan Bicyclist Should Know out.

<http://www.scribd.com/doc/134068688/What-Every-Michigan-Bicyclist-Must-Know#download>

It is one of the best and most complete cycling information documents out there. There is enough information that the only complaint is it can't be smaller to fit in a pocket. You can request a copy from LMB or many bike shops have them for customers.

January is membership renewal time. Keep P Sprecher busy. There is benefit to increased numbers that are both tangible and intangible. Respect of opinion when it comes to legislation/representation, club activities, and the serendipity in CRR is awesome. Just ask people like Mark Calamita, Julie McDonald, Fred Barrett, and Earl Bennett about the atmosphere in and around Clinton River Riders. The best way to know us is to ride with us and we sure would like you to be one of us in 2013. You can find membership applications on our website lmb.org/crr.

Be safe out there in all your endeavors. Slippery Michigan winter is in full force. We want your 2014 to be loaded with lots of achieved goals (not recovery from a fall). It sounds like many CRR members are preparing for a fast and enduring cycling season. Just keep that ounce of prevention handy always.

Two of the most needy maintenance items on your bike are the **tires and chain**. Check the tires for wear and inflate them to the recommended pressure before a ride. Get the grime off your chain monthly and lubricate it every 2 weeks of cycling regularly. These will help you ride smoother and effectively as well as not experiencing a required fix in a bad spot.

Water bottle cleaning. Some people use a few drops of bleach and let sit overnight, then rinse well. You can also use lemon or lime juice. For instant cleaning you can use a spoonful of baking soda in a bottle of water to scrub with a bottle brush. Don't let the bottle sit with fluids in it and store it with cap off. These will help you decrease your exposure to some ugly stuff and clear your conscience if have seen or smelled inside your bottle.

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.

At last thought the **2014 Men's Trip** was suggested to be in Petoskey, MI. And it would be June 6, 7, 8, and 9th (the 1st full weekend in June). Some debate over it staying a gender specific gathering is also being evaluated.

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