

Officers  
President  
Deb Angst  
586-524-3657  
awesomedeb58@gmail.com

Ride Director  
Steve Angst  
586-524-3658  
crr.rides@gmail.com

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

Secretary  
Jodi Turner  
248-953-9692  
turnerjodi84@yahoo.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  
Phil Kurle  
pkurle@comcast.net

Merchandise  
Deb Angst  
586-524-3657  
awesomedeb58@gmail.com

## *The RAMBLER*



## **Clinton River Riders Bicycle Club** *Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

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. Previous years payment and BWR's work standards apply. 🖱

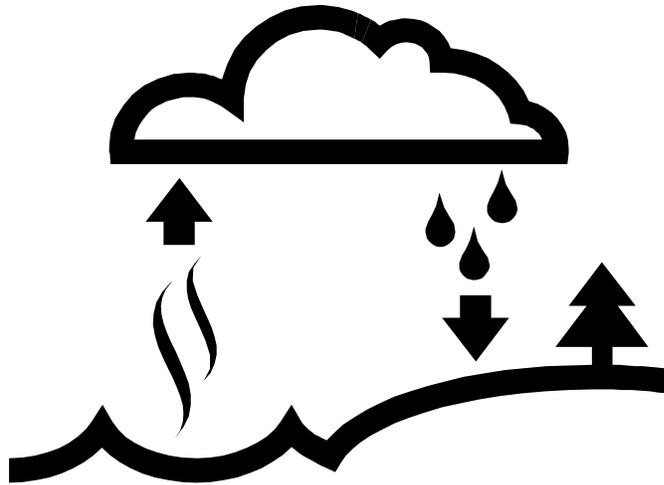
**Clinton River Riders** monthly meeting is December 8th at 7pm in the Mt. Clemens Public Library. Normally the 2nd Monday of the month. The library is on Cass Ave. across from the high school. 🖱

Membership renewal is best done in December. And CRR Officer elections are in January/February 2015. It is never too early to think about goals in 2015 and being involved in a larger capacity.

CRR had a meeting concerning finances and discussion on what to do with funds beyond BWR and club operations for 2015. At the club meeting spending recommendations were proposed, discussed, and passed. Since the early 90's CRR has donated about \$97,000 to cycling and fitness related causes in Michigan. This does not even attempt to tally up the time, heart, and energy of the personal and individual contributions of CRR. As I have said especially recently our group of individuals and collectively are very special on and off the bike.

## Birthdays

12/03 David Rumohr  
12/04 Paul Abbott  
12/06 Dave Burke  
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  
12/20 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



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](mailto: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.

Of interest to me (and maybe others) - There is brand new asphalt that links the trail by Shadyside park in Mt Clemens from the bridge to Wellington Crescent & Gratiot. And also the bridge to Gratiot by Clinton River Drive. About 8 feet wide and right now the edge of the asphalt has about a 2 or 3 inch drop at the side edges. Continued—

- (from page 2) - But for bikes it better links Moravian (George George Park) and the downtown Mt Clemens area toward heading out toward St Clair Metro Park. Also the new extension of a bike path from New Baltimore to Richmond is also proceeding. It parallels County Line Rd. Pretty soon we can start and end at Joe's.

**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>

**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: 46575 Hayes Rd, Shelby Twp, MI 48315 586 799 7799.

**Stoney Creek Bike & Fitness** 58235 Van Dyke, Washington Twp, MI 48094 586 781 4451  
<http://www.stoneycreekbike.com/>

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](mailto:crr.rides@gmail.com) know.

Newsletter Changes to Les Dunham, 586-216-4135 or email [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com)

**CRR Ride Schedule** <http://www.lmb.org/crr/rides.htm>

**Monday**

**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.

**Wednesday**

**Thursday**

**9am** The Moormans lead a TBD ride for 35-45 miles and 15-17mph. Contact Rick at [atpkmoorman@wideopenwest.com](mailto: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.

**Friday**

**Saturday**

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

**9am** The cool ride— starts from 8 1/2 & Gratiot and goes round trip to Windmill Point. Over all distance is 32 miles and pace is 13-16mph. Above 25f and roads clear/dry are our threshold.

**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.

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.

Additionally and new are a change in job position that will likely lead to me departing Michigan some time after August 2015. There will be Les' Demise (departure) ride when necessary. 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. 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.

### **For Sale—**

**Jerry Pavlat** is parting with a Tandem.

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 mileage. \$2250.00 or make offer. Photos available. Jerry Pavlat 248 4962797 or [bikebiz@yahoo.com](mailto:bikebiz@yahoo.com)

Since this probably my next to last writing of the newsletter let me start with some help to some of new 2014 and potential 2015 riders. There is never a lack of suggestion on how to get better on the bike. CRR has gotten significantly faster overall than when I first rode with them in 2003. I like to still maintain that a person should be able to ride for 1 hour at about 15mph at which time their body and bike are ready for more. Next spring will bring new challenges to top the achievements of 2014. To approach this I think that saddle time is key and it can't be replaced by anything else. Concern yourself with miles/time on one ride and total of back to back days before you worry about speed or ability to ride a century. In my opinion if you can ride 60-75 miles on one ride or 100 - 120 miles on back to back days then you are ready to ride a century.

For the bike I usually try to improve 1 or 2 things over the winter. Unless you get a new bike every year it is not difficult. Look at handlebar tape, cassette, chain, tires, wheels, and saddle as easy things to improve upon. Carbon stem or handlebars and shoes or pedals are also nice gifts to yourself. Ultimately reliability and pragmatic is what to concentrate on. Expense, light weight, pretty, and shiny are hard to ignore though. Be the best that you can be and do what is best for you.

Never forget that your spirit, teamwork, friendship, and generosity are reflected in CRR and on/off the bike. Sometimes CRR brings out the best in the individual but more often the qualities of the individual are brought to the surface in CRR. Our ability to laugh and be happy, comfort or sympathize at a loss, and test character uphill, into the wind, or continue to ride in tough conditions are a testament these. It is special in life when you find these niches and qualities. Others don't understand what seems to come to us on the bike almost naturally.

## Garmin On the Bike:

The main reason I use Garmin for cycling is the extra data fields on up to 5 pages that can be displayed.

Primary Screen: On the Garmin the primary screen can display up to 8 fields of everything, like the core items: Speed, Cadence, HR, Distance, Time. Plus the power specific fields – which are 3s, 30s power display (averaged). By using the 3s average you can get a good idea of what the power output is. And the 30s average keep you honest. Secondary Screens: The other 4 screens or pages information can all be determined by you. One for all time associated data: time of day: sunrise: sunset: time riding,; and distance to end. Maybe another page for all things energy, calories burned, time in certain zones. What about another page for all things elevation. Total ascent, total descent, percent grade etc.

With enough information at hand you can calculate power. The total power produced,  $P(\text{total})$ , is the sum of all four power components.  $P(\text{total}) = P(\text{rolling resistance}) + P(\text{wind}) + P(\text{gravity}) + P(\text{acceleration})$  You might get to 85% accurate +/- 5% without a \$1000 power meter. You do have to know speed, distance, time, rider weight, bike weight, type of bike, environment data.

There is a software out there called GoldenCheetah that may do much of the calculations for you. It is hard to tell how Garmin friendly it is.

I have been here in Michigan for almost 12 years and I do not recall a year when the weather has been ok nice to this late in the season. We have days when about 7 rides are scheduled. It is good to see friendly competition for club mileage competitors. Just remember to not abuse Steve Angst too much. Last minute notices and sudden changes/cancelations wear and frustrate the ride calendar and riders. Steve has set the bar amazingly high as ride director and we should applaud him (not abuse him). At the end of the day remember that we love cycling and are Clinton River Riders then maybe it can be about me somewhere later in the pecking order. If someone beats you out on mileage then shake their hand and raise their arm like a champion. We have all done amazingly well this year on the bike and as CRR members. Be happy and try again next year. The annual mileage count ends at the end of October and begins November 1st. This year November 1st is on a Saturday ... I am going to have to call Fred's boss to make sure he has to work that day so I can lead for once in my life. Fred will probably schedule a Sunday century on November 2nd. Don't forget that Nov. 2nd is the clock change ... you will be an hour early if you forget.

Oh for the newsletter it is fine to submit articles especially this time and into early spring. Not a great deal in cycling technology changes and it gets more difficult every year to think and type my thought in a coherent manner. Your experiences and insight can always help others or remind some of lessons learned or different perspective. Never a bad thing, imo.

### 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 RESPONSIBILTY 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

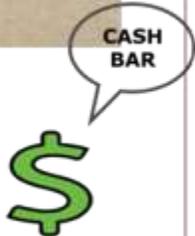
\_\_\_\_\_  
Signature Date

**ALL RIDING MEMBERS MUST SIGN**



**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

