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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

*Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

The **Clinton River Riders annual Awards Banquet took place Saturday**, December 10<sup>th</sup>. Our group, the creators of the banquet, and the facility were the best again. Special thanks to Debbie Angst, Doris Mulligan, Shelley Buchler, and Gail Komendera for their continued team efforts for the banquet and BWR. We share a special bond and friendship that many others seek their whole lives to find.

It is that time of year again; time to renew memberships with Clinton River Riders. Please remember to do so.

**Clinton River Riders elected positions** renew each year in December/January. Everyone has talents and can help maximize their potential. So think about your ability to make Clinton River Riders the best it can be. Few do their best by being in the pack. D Williams will work as treasurer and S Angst as Ride Director, if elections support it.

Our next club meeting is January 9<sup>th</sup> at 7 pm in the Mt. Clemens Public Library (down stairs). Club meetings are normally the 2<sup>nd</sup> Monday each month. The library is on Cass Ave. across from the high school.

**New Members:** Ron Katt was visitor to our last meeting. Welcome to your association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

TJ Hill and Rick Jones have done great work on the section of the Macomb Orchard Trail that CRR is responsible for. Don't let them be the only ones that live up to this commitment.

### Birthdays

01/03 Lynda Schmitz  
01/08 James Vanscott  
01/11 Deb Angst  
01/13 Marilyn Tarantino  
01/16 Ed Lindow, Jr.  
01/19 ShelleyBuchler  
01/20 Denny Carlson  
01/21 Mike Freeman  
01/21 Karen Warner  
01/23 Cathy Osip  
01/26 Nino Pacini  
01/29 Joyce Lajack

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](mailto:digitaldeb@comcast.net) to get yours today.

**Visitors:** There were no new members or visitors as of our last meeting. All are welcome in association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

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



### Other Information –

**The Men's Trip** in June 2012 will be in Dayton, Ohio. Exact mileage and course is yet to be determined. But Friday and Monday are usually shorter rides that surround at least one century ride. Contact Al Barton or John Tarantino for more details.

Clinton River Riders has an **annual finance meeting** at John and Marilyn Tarantino's residence Jan 8<sup>th</sup> at 6pm. Discussion on the fiscal status and distribution of our non-profit funds take place with current club members. Your silence could be consent.

**New members** and interested people should send an email to [crr-list@lmb.org](mailto:crr-list@lmb.org) to be placed on our email distribution cared for by **Bill Duemling**. No advertising or solicitation is forwarded, just items of interest to cyclists.

**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)**  
**Thaddeus McCotter (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.

When you purchase a new bike helmet -

1. Meets the CPSC bicycle helmet standard.
2. Fits you well.
3. Has a rounded, smooth exterior with no snag points.

For additional information visit the Bicycle Helmet Safety Institute web site - <http://www.helmets.org/helmet06.htm>.

2 New items have been added to the CRR media library –

1) Catch The Wind and 2) Tenacious are available. The complete media list is on the CRR webpage.

Next month the Angst' plan for treats at the club meeting. Steve's thought is Little Ceasars pizza, so please come hungry and eat all there is .

**Some of the areas fine local bike stores –**

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

**Tim's Bike Shop**, 33601 Jefferson Ave, St Clair Shores, MI 48082-1174  
(586) 293-5823

**Fraser Bicycle**, 34501 Utica Rd, Fraser, MI 48026-3576,  
(586) 294-4070 <http://fraserbicycle.com/>

**Paul's Bike Depot**, 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 Bicycles**, 5987 26 Mile Road, Washington, MI 48094 (  
586) 677-7755 <http://www.mainstreetbicycles.com/>

**Allied Cycle Shop** 23101 South Gratiot Avenue, Eastpointe, MI 48021-1628  
(586) 772-3411 <http://www.alliedbicycles.com/>

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

**Hamilton Bicycles & Outfitters** 69329 North Main Street, Richmond, MI  
48062-1144 (586) 727-5140 <http://www.hamiltonbikes.com/>



## **CRR Ride Schedule**

**Monday**

**Tuesday**

**Wednesday. 9 am** Rick & Sue Moorman lead a 30 mile ride from TBD To TBD.  
Contact Rick for the weekly particulars.

**Thursday**

**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 Saturday Shultz's am 8 ½ & Gratiot** ( Shultz's Funeral Home Parking lot)  
Meet the Moormans, Ron Truax, and eventually Les Dunham for a 32 mile ride at 13 – 16mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the mid-point.

**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 – Winter rules apply - road conditions and weather permitting.

Dick Williams Ride Director [rsw@sundvik.com](mailto:rsw@sundvik.com) or 989-326-1630.

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

Rumor has it that the crying towel has been found after being MIA for a few years. Make sure you support cycling positively with your words and actions, else it finds you.

**We** all need to be careful out there on the road –

## Cleat Wear and Tear

There are three main interfaces the body has with the bicycle: hands to handlebars, butt to saddle, and feet to pedals. Each point of contact presents challenges and special needs in order to make the bicyclist comfortable and capable of performing well. The foot to pedal interface is crucial, as it is where the force created by the quadriceps and gluteals is transferred from the foot to the drive train, making the shoes and pedals important pieces of equipment. Many cyclists use “clipless” pedals, doing away with the traditional toe clip and strap and instead using a retention mechanism that includes a cleat to hold the foot onto the pedal. There are many types and styles available on the market that all share a common mechanism of “clipping in.” Isn’t it ironic that we use the term “clipping in” when it is considered clipless? This commonly creates confusion for the neophyte cyclist who is new to this concept; this article aims to clarify the issue. The function or dysfunction of cleats has implications with regards to safety and exposure to overuse injuries.



Feb. 4<sup>th</sup> is a ski trip. Planned by Bruce Freeburger annually. The plan to meet at REI on big Beaver & Rochester Rd in Troy at 8 am and depart to the best snow location within reason.

Time to renew membership.....it has changed: Family \$20 and Individual \$15. Don't wait.....send it in now. Make your New Year Resolution.....it's to send in your membership early this year. Please don't procrastinate!!

2011 Ride Leader Totals Miles	# of Rides	Name
1741.0	45	Rick & Sue Moorman
1103.0	24	T.J. Hill Duane Nieman & Sandy
502.0	11	Overway
449.0	10	Bill & Julie Windhorst
397.0	11	Rick Jones
324.0	10	Steve & Deb Angst
260.3	8	Leslie Dunham
230.7	5	Shelley Buchler
107.0	3	Al Barton

On December 24<sup>th</sup> Sandra and TJ have provided an invite to CRR members to meet them at the Stony Creek Boat Launch @ 11am. They are celebrating 25 years of marriage; it is also Tj's birthday. Weather permitting we may ride a couple laps, maybe 25 miles to celebrate 25 years. Some refreshments and rejoicing will follow.

### **Make the most of a nasty day.**

It's wet. It's windy. It's cold. It's just not a nice day to be on the road. Part of you wants to ride anyway. The other part says, "What's the use? I can't be out there for long in these conditions." When you're faced with this situation, dress appropriately and dedicate the ride to getting the most benefit from the least time.

A great way is to "go climbing." Simply ride a course that includes every hill in your immediate area. Go from one to the other, taking the shortest route between. You won't ever be far from home and yet you'll wring a lot out of the ride. Climbing this way will keep you warmer on cold days, lessen the impact of wind on blustery days, and make the ride highly rewarding on a wet day when it's so tempting to stay home.

No hills? Well, you won't be able to have quite as much fun, but you can still make a short ride worthwhile by pushing hard into a headwind and doing fast tempo with a tailwind. No wind either? On a day that's merely wet and/or cold, keep a ride short but satisfying with an interval session like the one Coach Fred is most fond of: three-minute efforts just short of the point where deep breathing becomes panting. Do five if you're motivated, but even three should produce a training effect. You could mope at home on an imperfect day. Or you could get out there and gain some fitness before the nasty conditions get to you.

### 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 NEGLIGENCE 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**