

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](http://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.

**January is membership renewal time.** 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](http://lmb.org/crr).

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

**To get CRR** mass emails send an email to [crr-list@20776.org](mailto:crr-list@20776.org), put subscribe in the subject line. No advertising or solicitation is forwarded, just items of interest to cyclists.

## Birthdays

01/24 Mark LaBelle

01/30 William Toland



**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.

### **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

**When you do end up riding on your own, keep a good attitude.** Remember that you're getting a good workout, and learning some new roads that you haven't been on before. Smell the lilacs, listen to the birds, and appreciate the fact that you're fit and healthy enough to do a long bike ride.

Once your riding -

There are three basic things you need to replace on a bike ride: fluids, electrolytes, and calories. Fluids are lost when you sweat. Electrolytes, like sodium and potassium, are also lost when you sweat. They help your muscles to function properly and if they are depleted, you're more likely to experience some unpleasant side effects like muscle cramps or even an irregular heartbeat. Calories are lost as your muscles burn their stored fuel (glycogen) to power you down the road.

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>

### **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.

### **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.

### **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.

**Notable early 2014 Rides** are

MGST on May 4th

TOSRV on May 11 &12

Bike MS June 7/8, July 12/13, and Sept 27/28

This time of year provides time to get the bike ready for 2014. Remember to provide your 2 wheel trusted steed with some TLC. Check the brake pads, clean the chain, make sure your tires are in good shape, and get the wheels trued. One good suggestion is to use an old water bottle (with the top portion cut off) as a container for what you use to clean the drive train. It still fits in the water bottle holder and a 1 inch brush fits in it nicely. Maintain your body and bike like your life depends on it.

If anyone knows a small stature rider (5' - 5' 7") I have a (2000) Giant OCR3 that needs some use. It is an aluminum compact frame with a standard 2 X 9 (18 speed) setup. If you know anyone getting into cycling they can use it for an extended period if needed. I just have to wrap the handlebars and it does not have pedals or seat right now (kind of individual preferences). Don't let them buy an entry level bike, use this one on the way to bigger and better things.

For successful cycling in 2014 consider what you did in 2013 and choose one or two things to improve upon. It could be personal best longer or faster ride. Or better average, or even increase the number of rides that you went on. And if all else fails just get out and enjoy the ride. If you want to ride better, train better. If you never go 30mph, then you will never go 30mph.

**Practice your riding skills.** Learn how to ride a steady line without wavering. Visit the club web site to read tips on group riding etiquette. If other riders sense that you are unsafe or unpredictable, they will probably give you a wide berth.

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.

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.

**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.

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.

Cold feet are often a biker's biggest complaint for winter riding. This can be caused by shoes that fit too snugly around the two layers of socks. Either loosen the shoes, or try a looser-fitting pair of shoes. Some bikers buy "booties" while others will use heavy plastic bags over their shoes, tied around the ankle to help as a windbreaker. Be careful to secure tightly so the bag does not catch in the chain.

## 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 LIABILTY, 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**