

Club Officers

President

Deb Angst
awesomedeb58@gmail.com

Ride Director

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

Treasurer

Pete Sprecher
Psprecher2549
@wowway.com

Secretary

Jodi Turner
turnerjodi972@gmail.com

Newsletter Editor

Kim Hinton
kahinton22@gmail.com

Additional Valuable Volunteer Positions:

BWR Chair

Phil Kurrle
pkurle@comcast.net

Merchandise

Deb Angst
awesomedeb58@gmail.com

Our "Sunshine Girl"

Julie Windhorst
weetandem@yahoo.com

The RAMBLER



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

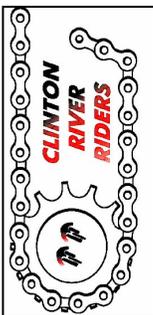
****Special Event Meeting in December****

Don't miss your opportunity to become certified in CPR at no charge!! Joe Minano, a safety and security officer with our sponsor St. John Providence, will provide free instruction and certification in CPR at our meeting on December 14th. The business meeting will begin at 6:30 pm and CPR training will begin at 7:00 pm.

CRR Banquet Registration now open! Please see the registration sheet attached to reserve your spot for the banquet to be held on Saturday, January 16th. BWR volunteers can attend for no charge but must submit a check at registration for \$25. If you volunteered, your check will be returned to you at the banquet. If you do not attend, your check will be cashed. :0)

Membership renewal due now!

Please submit the attached form with your membership dues prior to the January meeting. New dues rates for 2016 are \$20 individual, \$30 family.



Kim Hinton

34051 Utica Rd

Fraser, MI 48026

November Birthdays!

- 11/02 Jason Henry
- 11/04 Geraldine Prost
- 11/04 Rob Bendig
- 11/05 Carol Green
- 11/06 Jim Hodson
- 11/10 Peggy Monaco
- 11/12 Al Barton
- 11/14 Jenna Kopp
- 11/20 Bob Goebel
- 11/20 Diane Bendig
- 11/21 Joe Solonika
- 11/21 John Morgan



- 11/?? Joe Monahan
- 11/23 Larry Goike
- 11/24 Tom Graham
- 11/25 Andrew Czarnecki
- 11/25 Eric Noyes
- 11/26 Chris Butler

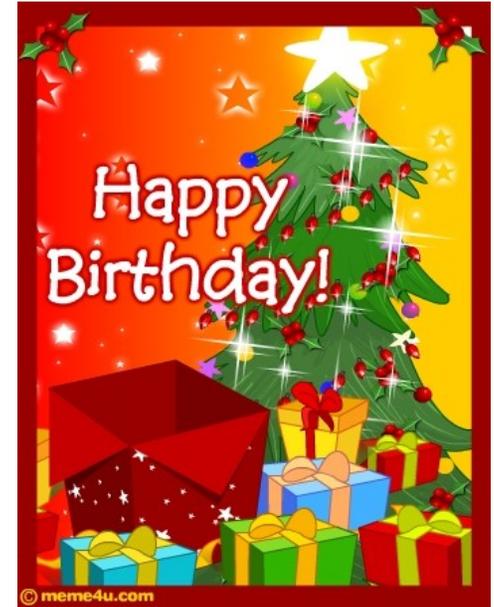


Wishing you and yours a very safe, healthy and happy holiday season!



December Birthdays!

- 12/01 Sharon O'Reilly
- 12/02 Scott Woolum
- 12/03 David Rumohr
- 12/06 Mary Woloszyk
- 12/07 Patrick Moorman
- 12/08 Dave Switney
- 12/09 Pete Sprecher
- 12/10 Steve Pryor
- 12/11 Guy Scianna
- 12/12 Jeff Kuehn
- 12/13 Laurene Levit
- 12/14 Bill Windhorst
- 12/20 Joe McCormick
- 12/21 Tim Woodby
- 12/22 Greg Hess
- 12/24 Sandra Studebaker
- 12/24 Carol Allen



- 12/24 Sheila Jones
- 12/25 David Newton
- 12/26 Steve Angst
- 12/26 Jill Holdstock
- 12/30 Mark Hill
- 12/31 Darlene Phillips

Editor's note:

The following is an article regarding riding pacelines submitted by CRR member Bob Crowley. For future rides, it may be beneficial for ride leaders to call out what kind of paceline they intend to lead at each ride, for example, single, with a breakaway that will regroup at a certain point; or double, rotating to the outside; or circular, rotating counterclockwise. Ride leaders should keep in mind that some of our members may be newer or never have ridden some of these pacelines and take the time to properly explain and demonstrate the process! With this in mind, enjoy the article!

Pace lines - How to ride in a group

The essence of group riding is riding the pace line. It allows cyclists to travel faster with less effort and provides a better social experience. (It is also a foundation of racing.) Pace lines do have some inherent danger and require communication among the riders. But a good pace line is a wonderful thing.

TYPES OF PACE LINES

1) Single 2) Double 3) Rotating Echelon

The basic **SINGLE pace line** is simple. The riders align behind one another to take maximum advantage of the "drag" effect of the cyclists to the front. The cyclist in the front will set the group's pace and decides when it is time to pull off. That rider pulls off to one side and drifts back to the end of the pace line.

If there is a **cross wind**, the lead rider will pull off whichever direction the wind is coming from. This is because the riders in the single pace line will naturally line up to hide themselves from the wind. Some believe that the rider coming off the front and going backwards should not be in the lane of car traffic and should, as a general rule, pull off to the right. Basically, whichever direction the group is using, all riders should do the same thing.

The new lead cyclist increases effort **SLIGHTLY** (just increases the amount of pressure on his pedals) to maintain the group pace. A good pace line is smooth. A good pace line is built on trust. The riders have to be confident that the others in the group will communicate well and ride safely.

The **DOUBLE pace line** is a minor modification of the single pace line. In this setting there are just two single pace lines side by side. The riders on the front of each pace line pull off in opposite directions. As a general rule, the pace lines are far smoother if the two front riders agree and pull off simultaneously. Otherwise, one of the lines has to surge to get the front riders side by side.

The RAMBLER

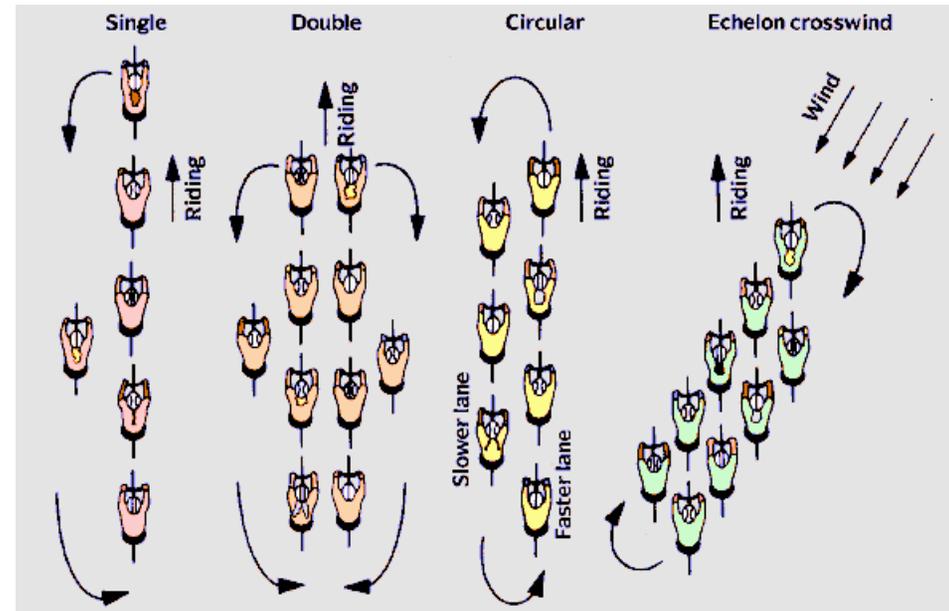
November/December 2015

A **ROTATING pace line** requires more focus and greater skills but is very satisfying to be part of. In a rotating pace line there is an advancing (faster) line of riders and a retreating (slower) line of riders. The retreating line is on whichever side the wind is coming from. If it is a headwind a tailwind or no wind, usually the retreating line will be on the right side and the advancing line will be on the left.

The key to a rotating pace line is that when the rider at the front of the advancing line clears the rider who is on the front of the retreating line, the advancing rider moves into the retreating line and softens up his pace. The rider who was behind him continues the pace of the advancing line until that rider switches over. The rider in the advancing line should **NEVER** surge. The idea is that you ride to the front and float to the back in a constant rotation. You change your speed by "soft-pedaling" as you switch to the retreating line and increasing your pedal pressure as you switch from the retreating line to the advancing line.

Smooth switches, and keeping the distance between the riders in the pace line as small as possible will keep the pace line smooth.

* Adapted from *Bicycling Street Smarts*: by John Allen, drawing taken from the book



CRR Regular Ride Schedule

These are current standing rides only; watch Facebook or your email for changes due to weather or other issues or for other rides that may be posted.

<http://www.lmb.org/crr/rides.htm>

Tuesday / Thursday 9:00 am Stony Creek Boat Launch meet TJ Hill for mountain bike riding on roads, paved roads, and trails. Call TJ at 586-293-0162 for more information.

Tuesday / Thursday am: Rick and Sue Moorman's rides-weather dependent. See email and/or FB for info.

Saturday 9:00 am Stony Creek Boat Launch parking lot, meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162.

Saturday 9:00 a.m. Stony Creek Boat Launch parking lot, **Mark's Group B ride**. Start with TJ then branch off at various points. 40—45 miles approximately. Contact Mark at mlabelle@wowway.com for more info.

Saturday 9:00 a.m. Les is More "Saturday Cool Ride" Meets at the funeral home at 8 1/2 and Gratiot, Eastpointe, MI. Pace 14-16 mph, approx 32 miles. Contact jmonahan05@comcast.net.

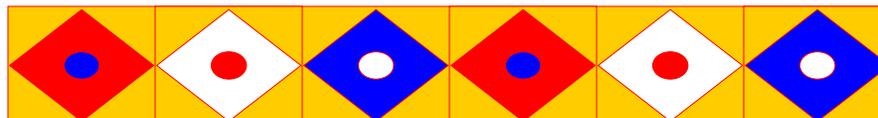
OTHER LMB RIDES:

Polar Rhino Ride; 1/1/16, Clarkston, trail ride; All riders must wear a helmet! Mountain, cyclocross or fat-tire bikes only. <http://www.flyingrhinocc.com/polar-rhino-ride/>

MLK Memorial Ride (TdT); 1/18/16, McGregor Memorial Conf Ctr, Detroit, <http://www.tour-de-troit.org/mlk-memorial-ride>

The RAMBLER

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We are fortunate to have several dedicated sponsors in the area, including some of the finest in bike stores, healthcare providers, financial advisors, auto shops and restaurants. Please visit them frequently!

Hamilton Bicycles & Outfitters: 69329 North Main Street, Richmond, MI 48062, 586-727-5140, www.hamiltonbikes.com

Fraser Bicycle: 34501 Utica Rd, Fraser, MI 48026, 586-294-4070, www.fraserbicycle.com

American Cycle & Fitness: 18517 Hall Rd, Macomb MI 48044, 586-416-1000, www.americancycleandfitness.com

Anchor Bay Bicycle: 35214 23 Mile Rd, New Baltimore, MI 48047, 586-725-2878, www.anchorbaybicycleandfitness.com

Ernesta Tobin, Certified Financial Planner: 28411 Northwestern Highway, Southfield, MI 48034, 248-353-6570 x212, www.ernestatobin.com

Macomb Bike and Fitness: 28411 Schoenherr Rd, Warren, MI 48088, 586-756-5400, www.macombbike.com

Mattina, Kent and Gibbons, P.C. Certified Public Accountants: 1214 N. Main Street, Rochester, MI 48301, 248-601-9500, <http://mkgpc.com/>

Metro Bike and Fitness: 46575 Hayes Rd, Shelby Twp, MI 48315, 586-799-7799

Stoney Creek Bike & Fitness: 58235 Van Dyke, Washington Twp, MI 48094, 586-781-4451, www.stoneycreekbike.com

St. John Providence (Health System); 866-501-3627, www.stjohnprovidence.org

Herb's Auto (body and mechanic shop), 78 Dickinson St, Mt. Clemens, MI 48043, 586-493-9528, www.herbs-auto.com

Papa's of Armada Family Restaurant, 23056 E Main St, Armada, MI 48005, 586-784-5177

You're Invited 1-16-16

Come and celebrate the
2015 year of cycling with
the Clinton River Riders

Burning Tree Golf & Country Club
22871 Twenty-One Mile Road
Macomb, MI 48044



Awards Banquet

Cocktails 6 p.m. *CRR* Dinner 7 p.m. *CRR* Program 8 p.m.

The Banquet will include a sit-down dinner which includes salad, rolls, choice of entree, potato, veggies and dessert.

Choose from Chicken, Fish, or Pork
CASH BAR

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 \$ _____

ALL CLUB MEMBERS, and BWR VOLUNTEERS are welcome at the 2015 CRR Banquet. You must fill out this form, and return it with your payment. The Club has voted to pay for BWR volunteers. If you worked the BWR, your check will be returned to you at the Banquet. If you do not show up, or you did not work BWR, your check will be cashed.

Make check payable to "Clinton River Riders," and pay at the club meeting, or mail check to:

Veronica Kenyon
4620 Leafdale Ave. #3
Royal Oak, MI 48073