

CCCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB

Spring Picnic

**You're invited this Sunday
at the Vasa trailhead!**

We'd like to invite all Cycling Club members, guests, friends and family to attend our 2018 Spring Picnic! It will be held this Sunday, June 3, from noon-3 p.m. at the VASA trailhead off Bartlett Road in Acme.



We will have a catered lunch by Sparks BBQ and local bike shops will be there to demonstrate their latest bikes. The picnic includes chicken sandwiches, southwestern veggie wraps, coleslaw and oven-roasted beans. We'll also have cookies and beverages available.

Before the picnic, there will be 30 and 20 mile road rides departing at 9:30 a.m. and 10 a.m. respectively, as well as a mountain bike ride departing at 10 a.m. on the Vasa 10k trail.

Please come to the picnic and say hi to everyone! This picnic is for YOU, our members, as a way to say "thank you" for being a part of the Cherry Capital Cycling Club. We hope to see you there this coming Sunday!

For more information, please contact **Carrie Baic** at 231-313-4990 or via email; socialdirector@cherrycapitalcyclingclub.org.

-- Carrie Baic, Social Director

Photos by Joane Mitchell



JUNE • 2018



President's Letter Our summer is off to a great start

I'm impressed by the great turnouts we've had for our initial She Bikes program and the Ride Leader meeting in early May. About 25 women came to the first ride on May 14, and we had over 30 people attend our annual ride leader meeting at the Blue Tractor.

The She Bikes program meets every Monday evening at the northwest corner parking lot at Central High School. They roll at 6 p.m., so please show up 15 to 20 minutes early to unload your gear, sign in, and listen to any pre-ride instructions. Thanks to **Linda Deneen**, pictured above, for putting on this great seven-week ride program, which runs through June 25.

We are always looking for more ride leaders at all speeds of travel for in-town rides, rural road rides or mountain biking. If you can't find a ride to your liking on the Club's Ride Calendar, please contact any board member and let them know what you'd like to see. You can also contact Ride Director **Mark Esper** at ridedirector@cherrycapitalcyclingclub.org. We can help you select the best rides for your abilities, and get you get started at the right speed and distance.

Now let's ride! Please be courteous on the trails. If you're passing slower trail users, please make your presence known before



Photo: The SheBikes group gets an update from Ride Leader Linda Deneen prior to heading out Mission Peninsula. Photo by Bill Danly.

passing by either ringing a bell or saying "on your left." Be careful on the Leelanau Trail as TART is installing new drains and repaving between Carter Road and Grandview. A marked detour takes you down to a sidewalk for about a mile along M-22. This work may be completed by the time this newsletter goes to press.

There are a large number of road-widening projects being advocated for in our area. We are collecting information on these projects, and will bring them to your attention in the next newsletter. If you hear of any projects near where you live, please let me know by sending an email to president@cherrycapitalcyclingclub.org.

Ride safe! Bill Danly

cycle shorts

ON SALE NOW: Club members, please note that the Board has lowered pricing on Club jerseys and logo socks. We also have a new Club t-shirt. All Club merchandise will be available for purchase at the Recycle-A-Bike sale on June 2, located at the Union Street parking garage, or on June 3 at our Spring Picnic. Hope to see you there!

ON TRIAL: Clubmember **Dan Tholen** reports that a trial was held May 29, "on a case where a driver was charged for reckless driving resulting in the death of a bicyclist. The driver declined an opportunity to plea to a lesser charge (reckless driving resulting in serious injury) and demanded a trial on the defense that the sun blinded him - he couldn't be expected to see the cyclist (who was riding legally)." Dan's son, **Kit Tholen**, was the prosecuting attorney for the case. Look for an update in next month's newsletter.

SPECIAL OFFER ON ROAD I.D. Many of our members carry emergency contact or



A sample Road I.D. bracelet.

medical information when they ride. We think that is a good idea. We have arranged a club discount of 20% on products from RoadID, with the offer valid from June 1-30. We encourage you to take advantage of this opportunity to help others to help you should the need arise. Go to roadid.com and enter the coupon code: RQVQFRKH3C

HELP WANTED The Club is looking for a few members to sit on a grant award committee to review applications for both minor (up to \$1,000) and major grants. The first minor grant deadline is June 30. We'd like to review the grant applications in July, and announce grant awards after our Aug. 1 Board meeting. If you have time for a meet-

ing sometime in July, please contact us at president@cherrycapitalcyclingclub.org or call 231-855-5186.

SMART COMMUTE WEEK runs from June 4-8. You know the drill: bike, walk or take BATA to work this week, with breakfast gatherings from 7-9 a.m. at:

- Monday: North Peak
- Tuesday: Grand Traverse Pavilions & Raduno (on 8th St)
- Wednesday: BATA's Hall St. Station and The Kitchen (on Woodmere)
- Thursday: Disability Network (8th & Boardman) and Harvest (at 127 Union St)
- Friday: Oryana

See you there!

THERE'S SWEET RELIEF for Muffin Run riders with the new porta-pottie in the parking lot off Grandview Parkway, courtesy of the CCCC. It's tenure is May 1-Oct. 31.

COMMUNICATIONS Director **Bob Downes** has published his fifth book, *Bicycle Hobo*, a thriller that explores the world of cycle-touring. Available in bookstores this month.

Club unveils its 'summer collection' of guided rides

With biking season in full swing, the Cherry Capital Cycling Club (CCCC) is rolling out its roster of guided rides that combine safety, socializing and fitness throughout the Grand Traverse area.



Last year, the club conducted a whopping 580 rides, primarily throughout Leelanau, Benzie, Antrim and Grand Traverse counties, but also venturing as far afield as the Charlevoix-Petoskey area.

Club Ride Director **Mark Esper** says that a dedicated group of ride leaders are essential to conducting cycle outings that are safe as well as fun.

"Last year we had 35 ride leaders and we're hoping for 45 this summer," Esper says. "Without our ride leaders we wouldn't have a bike club."

EVERY ABILITY

He adds that the CCCC offers rides for cyclists of all abilities. Often, a ride will split into two or three groups that offer varying speeds and distances. "We all regroup at some point and a head-count is taken by the ride leader when we get back to the starting point."

This is Esper's second year as the CCCC's Ride Director, and he's led the popular Honor Ride in Benzie County since 2014. The former principal of St. Francis High School in Traverse City and a part-time resident of Benzie County, he's intimately familiar with the scenic routes and back roads along the rides he leads.

So, what kind of rides are offered?

"We have long ones, short ones, fast ones, slow ones and rides with food stops," he says. "Anything is possible. The emphasis is on fun, socializing and safety." Rides can be anywhere from 10 to 50 miles in length.

Newcomers are welcome to ride along with the club for an initial ride or two, but are encouraged to join up for insurance purposes and to strengthen the region's cycle community. Following are some of the Cycle Club's most popular rides:

— **The Muffin Ride:** departs from the



Waves of riders of all abilities head out Old Mission Peninsula every Monday and Wednesday for a variety of distances and speeds. Downes photo.

parking lot behind the Subway in Griekville each Friday morning, running to Suttons Bay and back with an additional 10 mile detour for those who prefer a longer ride. This ride is led by **Jim and Joane Mitchell**.

— **Monday Evening Old Mission Peninsula:** is an afternoon ride that departs on Mondays from Traverse City Central High. Rides of 15, 20, 35 and 40 miles are among the options, with varying speed levels to suit. A **SheBikes** group of moderate to slow riders leaves the parking lot at 6:30 p.m. Dave Andersen leads this ride.

— **Wednesday Morning OMP Ride,** led by **Dave Orr**, leaves from East Bay Park with three distance options.

-- **The Honor Ride:** departs on Mondays

from the park on the west side of Honor in Benzie County. Rides are from 30-50 miles and include a coffee stop. The team of **Mark Esper**, and **Mikke and Jerry Kilts** lead this ride.

— **The Glen Arbor Ride:** is offered several times weekly with varying start times, leaving from the Glen Arbor Health Club in Leelanau County and is led by **Ken Rosiek**.

— Other rides throughout the summer run to Elk Rapids from Traverse City; around Lake Leelanau; to Northport; and to Glacial Hills, among many other opportunities.

Check the calendar on the website for start times which are adjusted as the weather becomes warmer.

Social Saturday returns June 30 in Elk Rapids

Back by popular demand, the Cherry Capital Cycling Club is hosting a Social Saturday ride on June 30 at Veterans Memorial Park in Elk Rapids at the west end of downtown on River Street (site of the RAT picnic). The event includes three road ride options with a picnic afterwards.

The Cycling Club will provide burgers, vegetarian options, buns, side dishes, condiments, cookies, and paper products. Club members are asked to bring their own beverages, chairs, blankets and picnic attire.

The three rides will include 24, 32 and 50-mile options to the north and east of Elk Rapids. All rides will start at 9:00 a.m. The shorter routes will be at a slower pace than the 50 mile route. Cruiser cyclists are welcome! The picnic will start as soon as the riders start rolling in..... In case of inclement weather, please check the Ride Calendar on the Club's website. The ride cancellation will be posted by 8 a.m.



A Southern Adventure on the Natchez Trace Parkway

This April, while most of us were digging out from under two feet of snow, club members Nancy Briggs and Dick Fultz were bike-touring the glorious South on the 444-mile Natchez Trace Parkway, which runs through Tennessee, Alabama and Mississippi.

"The Natchez Trace is a national park that's 180 feet wide and more than 400 miles long," Nancy says. "It's a beautiful stretch of road with forests, cypress swamps, farmlands and historical stops along the way. The birdsong is unbelievable! Plus, there are no stop signs, traffic lights or billboards along the entire route."

This was a return engagement for Nancy and Dick.

"We've ridden the parkway for the past two years, doing half of it each year," Nancy says, adding that Dick has also ridden the entire route with a friend on another occasion.

DETAILS

Last year Nancy and Dick rode from the park headquarters at Tupelo, Mississippi up to the start of the parkway just south of Nashville. This year they finished the route, riding about 300 miles from Tupelo to Natchez, Mississippi.

They spent five days riding the southern half of the route, camping out for two nights and opting for B&Bs the rest of the time. After encountering a day-and-a-half of rain, they decided to spend an extra night at an Air B&B in the town of Kosciusko.

"I think it's a fantastic place to bike in the spring, but you have to watch the weather forecast for rain or tornados and adjust your trip," Nancy says.

In any event, they were well prepared. Dick rode with panniers on his bike, while Nancy pulled a bright yellow Burley trailer with their camping gear. "The trailer was wonderful," she says. "My bike wasn't weighed down with panniers and it was easy to disengage at campgrounds."

Another convenience: the couple were able to rent a truck from Enterprise at the end of their trip and turn it in near the Park Headquarters where their car was parked.

Coincidentally, the Adventure Cycling Association had a cautionary article about the Natchez Trace Parkway in its spring magazine, noting that some cyclists have been hit by cars. But Nancy is emphatic that she and Dick had no problems.

"We had zero trouble with traffic. There are signs on the parkway that tell drivers that bicyclists have the use of the full lane. The speed limit is only 50 mile per hour and the heavy traffic tends to use other roads."

She adds that drivers were courteous and gave them a wide berth. "I've never met friendlier people than we met in Missis-



Dick Fultz and Nancy Briggs finished the 444-mile Natchez Trace Parkway this spring after doing a portion of the route in 2017. The bike route runs through three states.



issippi. So many of them said they wanted to visit Michigan someday. They were just very nice across the board."

She adds that bike paths circumvent the city of Jackson, Mississippi. "Most of the time you're by yourself with little traffic."

HISTORY TOO

In addition to the amazing Southern scenery, the Natchez Trace is one of the most historical routes in America.

"It was originally a walking trail from

Natchez to Pittsburg because men used to travel downriver on flatboats and then walk back home," Nancy says. "So many of them walked along it that they created this depression that you can still walk along. But once the steamboats came along and could travel upriver, it was no longer needed."

The parkway was constructed by the Civilian Conservation Corps during the Great Depression. Today, it travels through Civil War sites, plantation and cotton country, the footsteps of conquistador Hernan de Soto and the inn where explorer Meriwether Lewis met his doom.

"It goes through a lot of Indian lands, including the Cherokee and Chickasaw," Nancy says. "The Trail of Tears runs through it and there are many Indian mounds."

What did she like best about the Natchez Trace Parkway?

"I loved the freedom and the beauty of the route. "You're free to stop wherever you want. You're on a road, but you have total freedom to explore along the way."

Another treat was at trail's end in Natchez, spending a night in a B&B with a beautiful view of the Mississippi River.

After conquering the South, Nancy and Dick are looking to European horizons for their next bike trip. "We're going to ride in Italy next September, in the boot on the Adriatic Sea."

Club rolls out welcome mat for the RAT

Each summer, hundreds of bicyclists from throughout the Midwest head north for the annual Ride Around Torch (RAT), which takes in some of the most beautiful scenery in Michigan as it winds its way around Torch Lake in Antrim County.

Sponsored by the Cherry Capital Cycling Club, the tour offers 26, 40, 63 and 100-mile rides, with this year's 32nd annual tour to be held on Sunday, July 15.

Typically, the tour attracts 900 riders of all abilities, with the most popular route being the 63-mile "metric century" ride that circles Torch Lake. Roughly 70 percent of riders choose the 63-mile loop, with 125-150 opting for the 100-mile route.

A VOLUNTEER EFFORT

"I think the tour is so popular because it's held in such a beautiful part of our state," says tour Director Paula Anderson. "It's also very well organized with lots of rest stops, SAG-wagons for those who need them, and a great group of volunteers."

Riders celebrate the end of the tour with a BBQ picnic at a bayside park just off the beach in the Village of Elk Rapids, which is where the tour starts and ends.

A nurse practitioner who specializes in psychiatric nursing, Anderson has ridden the RAT five or six times, including the challenging 100-mile route, which includes



Paula Anderson is the first-time Director of the Ride Around Torch. She's asking for your help for volunteers and to register for the Club's top fundraiser.

a healthy portion of hills.

"That was back when I was riding 2,000-3,000 miles per year and across the country," says Anderson, who is currently recovering from knee surgery and has been forced to ease up a bit. "These days I ride about 1,000."

She notes that the RAT owes its success to the 65-or-so volunteers who provide food, beverages and encouragement at several food stops around the lake. "This is our club's signature summer event and everyone is happy to pitch in."

SCENIC LAKESHORE

Torch Lake is perhaps the biggest draw for the RAT. At 19 miles in length, it is the longest inland lake in Michigan and is second in size only to Houghton Lake. It is considered one of the five prettiest lakes in Michigan and was cited as one of the most beautiful in the world years ago by *National Geographic* magazine.

The Club uses funds raised by the RAT and the upcoming Leelanau Harvest Tour on September 15 to support cycling initiatives throughout the region.

Registration fees for the RAT are \$35 per individual and \$80 per family prior to June 15, with fees increasing to \$40 and \$90 thereafter.

For info and to register, see <http://cherrycapitalcyclingclub.org>

Dear Volunteers,

We're less than two months away from the CCCC epic summer Ride Around Torch bike tour!

I'm writing in the hope of securing your support. As you all know, it takes 60+ volunteers to make the RAT a successful ride that draws nearly 900 cyclists from across the Midwest. The RAT is looking for volunteers to be SAG drivers and there may be a few additional needs.

Former director **Jim Mitchell** has passed the leadership to me (along with a vote at the annual meeting) for the RAT after his very successful four-year lead. But it will still take all of you to again make the ride a success.

Since this is my first year as ride leader I also would love any feedback you have from your experiences to improve the ride, or any concerns you've had in the past.

It would be wonderful if someone would step up as a leader in each volunteer area. Some have already made that commitment. If you are interested please let me know via email.

I am very excited for the 2018 Ride Around Torch and so grateful for such a wonderful, committed group of volunteers that make this such a special event, and an event so important to the Club.

-- **RAT Director Paula Anderson**
ratdirector@cherrycapitalcyclingclub.org



Ride of Silence

News coverage of last month's five-mile Ride of Silence through Traverse City shared the importance of public safety for all users of the public roads. Some 61 riders took part, including 15 club members. The message: stay safe this summer!



The Traverse City Police Department is on a roll with the donation of two new Police ebikes, courtesy of Brick Wheels, Keen Technical Solutions and Remax Bayshore.

Electrifying News!

Officers with the Traverse City Police Department will be patrolling the streets with two electric assist Police Bicycles this summer, courtesy of Brick Wheels in collaboration with Keen Technical Solutions and Remax Bayshore.

With a value of more than \$10,000, the donated Cannondale E-Cujos are outfitted with Shimano MTB electric-assist motors capable of 25 mph with

a 60-80 mile range. The ebikes have Night Rider emergency vehicle flashing red and blue lights and sirens, rear racks with storage bags, and police markings on all sides.

"We have tremendous respect for our first responders, and wanted to say thank you for all the hard work they put in," said Tim Brick. "They see a big advantage getting around during large civic events like

the Cherry Festival where traffic is challenging. These bikes will make it easier to circulate through crowds and get officers where they are needed quickly and safely."

The Green Bay, WI police have had ebikes for two years and report many benefits. Officers were quicker to a crime scene, fresher, and better able to protect the public. E-assist bikes help officers to be unhindered by their safety equipment and supplies, which can be 15-20 lbs. Officers on bikes also

save gasoline and wear and tear on vehicles.

"We think any steps towards a greener city and less pollution are very important," Brick said. "The operating cost of an E-Cujo is pennies a day compared to a patrol car. Plus, an ebike is a great way to start a conversation, especially with the kids."

Traverse City Police Chief Jeff O'Brien said, "We looked at ebikes last year but we just don't have the budget to make that type of an investment. We utilize cycle patrols during the summer and realize the need is there. However, it's asking a lot of the patrolling officers to speed to an accident scene carrying all their gear and arriving fresh. A tired cop is a vulnerable cop and these bikes will level the field. We are very appreciative of this contribution that's sure to have many far-reaching benefits."

BJ Brick of Remax Bayshore properties and Tim Pulliam of Keen Technical Solutions expressed their gratitude in being able to contribute to the community gift. "These are great tools for our police department to have at their disposal" said BJ Brick. Tim Pulliam, an avid cyclist, thinks seeing our officers patrolling on bikes "shines a great light on the department and our community."



LOOKIN' GOOD: A number of clubmembers took part in the 10th Annual Sisterhood Weekend at Watervale last month. It's a celebration of life that includes biking, socializing and fun, organized by Terri Hanson, center front.

Wet Weather? No Problem!

A Short Guide to Biking in the Rain

There is no such thing as “bad biking weather,” just ask those happy folks cycling around rainy Portland or snowy Minneapolis every day of the year! Let’s take a look at how they do it, while staying stylish and still arriving at home or work in warm, dry socks.

On your body:

- A synthetic or wool (non-cotton) base layer (underclothes) will keep the sweat from sticking.
- A wool or fleece (again, non-cotton) outer layer (shirt or sweater) will breathe but keep you warm in cold temperatures.
- A waterproof jacket or rain cape will keep the water out, but avoid hoods that cover your ears and keep you from hearing traffic noise.
- Waterproof rain pants and boots or shoe covers will keep you dry from all of the water that your tires will splash up from the roadway.
- Neon and bright colors are especially important in dim but not dark conditions.
- A waterproof bag, pannier, or backpack will ensure that all of your valuables stay dry even if you don’t.
- You can put a rain cover over your bike helmet but avoid wearing a hood that covers your ears. You need to be able to hear traffic to stay safe, especially in rainy conditions.

Alternately, if it is rainy but not too cold you can ride in quick drying, synthetic biking gear but carry a change of clothes in a waterproof bag or pannier.

On your bike:

- Highly recommended: Plenty of bright lights AND reflectors to the front, rear, and sides of your bike (even during the day!)
- Fenders on your front and rear wheels will keep water on the road from splashing up onto you. Longer, “full” fenders will also prevent some dirt and grit from getting into your chain and gears, keeping things running smoothly.

Things to know:

- Bike brakes are much less effective when wet. Take it slower than normal and give yourself LOTS more time to stop.



Safety Corner

By Skip Miller

- Metal, painted, and brick surfaces in the roadway can become very slippery during and after the rain. This means watch out for train tracks, utility hole covers, bike lane markings, etc. When you cross over them keep your handlebars straight, not turning, to avoid a slip.
- Hands and feet get the coldest when biking, if wet and unprotected. If you plan to bike more than just a couple miles in the rain, make sure both are covered with waterproof and well insulated material.
- Beware of bike-eating puddles! Even little ones can hide nasty things like potholes, nails, or glass, which can cause a flat tire or a crash.
- After your ride, take some time to wipe water and dirt off the metal bike wheel rims, front and back. This will ensure that the brakes are still effective the next time you take your bike out.
- Also wipe water off the chain after a rain ride, and squirt on a little bike lubricant if possible. This removes grit and prevents rust from building up on the chain, extending its life.

Most importantly, don’t worry about getting a little wet and don’t let the rain keep

you from having fun on your bike! With the exception of some wicked witches, most humans are water-resistant and will get through it just fine. Everyone has their own routine and preferences, so feel free to experiment and see what works for you.

Source: Robert Prinz, BikeEastBay.org

New Members!

Give a shout-out to these newcomers at this season’s club events:

Name	Date Joined
Laurie Stevenson, TC	4/30
John Stevenson, TC	4/30
Jane Krynski, Suttons Bay	5/9
Tammy Leishman, Kingsley	5/13
Loretta Harris, TC	5/15
John Harris, TC	5/15



Please pass it on: Got friends who like to ride, but aren’t in the club? Feel free to share this online newsletter with them to show what they’re missing! Just copy the link and paste it into your email to them.