

CCCCC

NEWSLETTER



CHERRY CAPITAL CYCLING CLUB

RAT Round-Up!

Balmy temperatures and a superb effort by club volunteers made this year's Ride Around Torch a super success.

Tour Director Jim Mitchell says that 983 cyclists registered for the tour. "We always estimate that there will be about 100 no-shows, so we probably had about 875 riders this year," he adds.

How much was raised? The total won't be known until all the bills are paid, but Mitchell estimates that around \$15,000 will be added to club coffers to support cycling in the Grand Traverse Area.

Pictured here are photos taken by Joane Mitchell. You can see more of her work on page 6 and on the club website: <http://www.cherrycapitalcyclingclub.org>



The Universal cycling team was ready to rock the 63-mile course.



Crystal Beach volunteers were a welcome sight for weary cyclists on the home stretch.



Ellen Fivenson and George Kuhn share a laugh.

Got News?

Your photos and input for the newsletter are more than welcome! Send to Bob at communicationsdirector@cherrycapitalcyclingclub.org



President's Message

Dear Members:

Our riding season is in full swing – actually full roll. Our membership numbers keep climbing just like the temperature this time of year! Our Ride Calendar is full of various types of rides; slow, fast, long, medium, short, flat, hilly, coffee stops, muffin runs, donut shop stops, in town, out of town, – you name it, we've got it! Every rider should be able to find a day to get on their bike and ride. Enjoy the beautiful summer weather that has finally come to Northern Michigan.

I urge all riders to obey the traffic laws, be aware of your surroundings and maintain an attitude of kindness. We need to be mindful and courteous of others using the trails and roadways. Use hand signals, call out directives and don't cut the corners. While on the TART trail please use caution as there are many folks walking and running, children riding and the elderly out for a stroll. Remember it is a multi-use trail. When passing someone let them know by announcing out loud that you are passing on the right or left, but do not scare them by coming so close and hollering. It only takes one rider to make a bad name for cycling – so please do your part and be patient and polite to pedestrians using the trails and motorists using the roadways.

I would like to thank our Board for their hard work and dedication in each of their



respective areas. We are establishing terrific friendships, getting exercise and meeting new friends while riding our bikes in this beautiful area many of us call home. Thank you Jim Mitchell for another successful Ride Around Torch (RAT). This signature event would not be possible without the help of so many volunteers. Hats off to each of you!

Dan Wittkopp is gearing up for the Leelanau Harvest Tour (LHT) which is not far off. I would encourage anyone who has an interest in volunteering for the LHT to let us know as soon as possible. The date is Saturday, September 16. If interested in helping please contact Dan at lhtdirector@cherrycapitalcyclingclub.org. (See a message from Dan, below.)

We are looking for individuals to fill vacancies on the Board. We currently have members whose names will be on the ballot running for President, Vice President, Communications Director, Membership Director and Social Director. The only position without a candidate on the ballot is the Ride Around Torch (RAT) Director. It is

not too late to get your name on the ballot for any of these open positions! If you have any interest in serving please let me know.

I have had the distinct pleasure of meeting with the Club's First President, June Thadina in a couple of times this spring. The wealth of information she has turned over to me is amazing. There is a plethora of files and history dating back to 1983. We are looking for a **Club Historian**. This position would involve taking the box of achieve documents (all sorted and in order) and writing a short history of the club from then until now. At our Annual Meeting in October the Board would like to recognize those individuals who had the vision and determination to start a cycling club in Northern Michigan. Since that time, the Cherry Capital Cycling Club has continued to be an exciting cycling club that is here to stay. Let's celebrate our Club by thanking them in October. Please contact me at president@cherrycapitalcyclingclub.org if you are interested in the Club Historian position.

There are many cycling events this summer. I hope each of you will support various cycling rides, tours, and events. It is an exciting time to be on a bicycle! It is an exciting time to be outside! It is an exciting year to be a member of the Cherry Capital Cycling Club! We have a number of events coming up soon, so stay tuned for more information about your cycling club.

Ride on Safely
- Darcie C. Pickren, President

Help Wanted for the Leelanau Harvest Tour

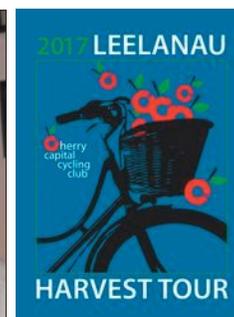
Participating in his first year as Director of the Leelanau Harvest Tour, Dan Wittkopp is looking for all the help he can get to make this major event a success.

"Although the Leelanau Harvest Tour does not normally have as many riders as Ride Around Torch, it requires about the same number of volunteers," Wittkopp says.

Wittkopp is currently filling out the roster of volunteers and still needs help in the

areas of food stops, registration, SAG drivers, t-shirt distribution, event-day tasks and servers for lunch.

Last year, about 450 cyclists rolled into Fall with the LHT. Wittkopp's goal is to boost participation to 500 riders, with the added allure of a post-ride dinner catered by Sparks BBQ. It's a "last chance" to get in a major cycle tour to wind up the season and Wittkopp is urging club members who aren't volunteering to give it a spin.



Contact Dan Wittkopp at lhtdirector@cherrycapitalcyclingclub.org if you'd like to volunteer. You can register to ride the LHT at <http://cherrycapitalcyclingclub.org>



When she's not leading the Leelanau Hills ride, chances are you'll find Tami Stagman training to hike the John Muir Trail in California this August. Above, riders on a recent cruise to Cedar and back.



Ride leader Tami Stagman has some cautionary advice for cyclists who want to join her Leelanau Hills ride on Tuesday evenings: "It's not a beginner ride, it's for seasoned riders who like a hill challenge," she says. "If you're not used to riding hills, it can be pretty difficult!"

Actually, "ride leader" is a bit of a misnomer, since Tami tends to ride the sweep position with her group, making sure that no one gets left behind on the up-and-down circuit of some of Leelanau County's steepest hills.

She launched the ride last summer, with participants meeting at the Subway lot off M-22 at 6 p.m. on Tuesdays. The ride attracts anywhere from 9-17 cyclists.

"We ride a different route each week, picking different hills to ride," she says. "It ends up being about 1,200 feet of climbing on a ride of 28 to 32 miles"

A Certified Medical Assistant with the practice of internist Steven Lamie, M.D., Stagman is a notable endurance athlete who most recently placed fourth in the Interlochen Sprint Triathlon.

But her biggest challenge lies ahead: this August, she's heading to California with fellow club-members Nancy Briggs and Gussie Peterson to hike up to 140 miles of the mountainous John Muir Trail, said to be the most beautiful stretch of the Pacific Coast Trail. That has meant a heavy schedule of training hikes for her this summer, carrying a 35-pound pack on long stretches of the North Country Trail route through Michigan.

One thing for sure, after biking all of those hills in Leelanau County, Tami is sure to have the leg strength needed for a long hike through the Sierra Nevadas!

The Leelanau Hills ride meets every Tuesday, 6 p.m., at the parking lot behind Subway Sandwich near Grandview Parkway off M-22. The next ride will be to Maple City.

cycle briefs

A DANGEROUS STRETCH of M-22 between Bohemian Road and Leland is a lot safer this summer, thanks to the road-widening efforts of the Michigan Department of Transportation.

As of last week, improvements were still underway on M-22, including striping to create a shoulder lane that's safe for cycling. It's a vast improvement over the crumbling, non-existent shoulder of M-22, which has been deteriorating for years. Bonus: it should make riding in this fall's Leelanau Harvest Tour much safer.

ANNUAL MEETING: Club Social Director **Carrie Baic** is hard at work, seeking a venue for the club's annual meeting this fall. A tentative date has been set for Sunday, Oct. 22. Look for the final details in the August newsletter or on the website.

SPEAKING OF CARRIE, she has organized a **Social Saturday** get-together for August 26 at Elk Rapids Park. The event will feature a variety of rides for various skill levels, followed by a Potluck Picnic with the club providing burgers and beverages. The idea is to allow club members to get to know one-another in a fun, relaxed setting. Watch for details on the

Ride Calendar. If you wish to help Carrie with this event contact her at socialdirector@cherrycapitalcyclingclub.org

MOVING ON UP: If you happened to see the latest issue of the League of Michigan Bicyclists magazine, you may have noticed that our own **Bill Danyl** has joined the board of the statewide cycling organization. Bill presently serves as the CCCC's Membership Director and has volunteered to serve as club President next year. In his additional role on the LMB board, he'll represent the interests of cyclists in northwestern lower Michigan.



UPRISING!

CCCC Race Team rides again

Jeremiah Edson, Tom Haug, Mike Stivani and Brad Terrill are among the magnificent seven who'll represent the club. Photos by Mike Corcoran.

There was a time years ago when riders from the Cherry Capital Cycle Club were hot contenders on the racing circuit, with a club team traveling to races as far away as Minnesota.

Those days are coming back, thanks to the efforts of **Mike Corcoran**, who has organized a team of seven riders to compete in the upcoming Cherry Roubaix Grandfondo on August 5.

Mike put together two time-trials on a two-mile hill course up Grandview Road over the past two weeks and a number of riders answered the call to compete for a spot on the club's racing squad. The best of the best chosen were **Jon Delboy**, **Bryce Dreeszen**, **Jeremiah Edson**, **Tom Haug**, **Mike Stivani**, **Brad Terrill** and **Gar Watson**. Be sure to give these guys a high-five and come on down to the support the team at the mass start on Front Street, 10 a.m., Aug. 5!



Did you know?
Cycling while intoxicated is illegal as well as hazardous to your health

More than 1 in 4 adult bicyclists killed in 2012 were alcohol-impaired.

Think about it..
Wishing you a safe ride from the Cherry Capital Cycling Club

Seeking artist for safety campaign

Wanted: an artist to create a fairly simple graphic once a month to illustrate a safety concept, such as the one pictured at left.

The club's goal is to create a safety campaign on social media (Facebook, Instagram, etc.) to raise awareness in both the cycling and motorist communities. The "Did you know? Think about it..." message pictured at left will resonate from month-to-month, reinforcing the club's commitment to safety.

Safety & Education Director **Skip Miller** will be crafting messages sponsored by the Cherry Capital Cycling Club. Once the campaign is up and running, the plan is to approach local television stations to create public service messages to improve safety on the roads for cyclists, pedestrians and motorists.

Although there is no payment in the works, as yet, the artist position could be a valuable resume-and-portfolio builder for any young person interested in giving it a go, or an enjoyable pastime for those artists among the club who are retired.

Interested? Contact Skip Miller at safetyandeducation@cherrycapitalcyclinclub.org to volunteer your talents.



Honor-able Mention!

Paula and Bryce Dreeszen played hosts to the Honor Ride on July 3, inviting club members to their beautiful cottage on Herring Lake. Pictured are some of those who made the scene. *Photos by Paula Dreeszen and Joane Mitchell.*





Starting out early, literally, at the RAT.
All photos by Joane Mitchell.



Bill Danly and Mikke Kilts sent out good vibes at the RAT.



Volunteer Mary Peterson (top) and the food stop teams (below) helped keep the RAT in high gear.



Here's
Lookin'
at You

Send photos to:
communicationsdire
ctor@cherrycapitalc
yclingclub.org

The McLain Team (left) and club riders (below) in a rare stationary moment. Photos by Joane Mitchell and Darcie Pickrin.



Kathy Pilon juggled oranges for food stops.