

# CCCCC NEWSLETTER

## CHERRY CAPITAL CYCLING CLUB



## Ride of Silence promotes safe cycling on May 16

On Wednesday, May 16, club members and the general public are invited to show their commitment to safety on the roadways by participating in Ride of Silence through the streets of Traverse City.

The Ride of Silence (RoS) is a free 5-mile ride that asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. We'll meet at 5:30 p.m. in the parking lot at the former train depot, 642 Roadroad Place in Traverse City, and begin the ride at 6 p.m.

There are no registration fees. The ride, which is held during National Bike Month, aims to raise the awareness of cyclists, motorists, police and city officials that cyclists are frequent users of public roadways. The ride is also a chance to show respect for and honor the lives of those who have



been killed or injured in cycling accidents.

The May 16 RoS is a worldwide event, taking place in 445 locations in all 50 states and 45 countries.

The Traverse City RoS will be led by club members. Club members will also provide safe passage through a number of intersections. The ride starts and finishes at the Depot parking lot and all CCCC members are encouraged to participate in this event.

-- Skip Miller  
CCCC Safety & Education Director

**FACT:** Of the 1,064 traffic fatalities in Michigan in 2016, 38 (3.6%) were bicyclists - *Office of Highway Safety Planning*

## President's Letter Some events you won't want to miss

While there's still ice on the inland lakes and snow banks on the road shoulders, we are finally seeing a turn in the weather. The roads and trails are improving, and the first cyclists of Spring are coming out. Please check the Club's Ride Calendar, as we are starting to see more rides posted and well attended. There are some pent up cyclists out there!

Important events in the near future are listed below. The Ride Calendar on our website has additional details.

- Monday, May 7 at 6 p.m. is the kickoff meeting for **She Bikes** at McLain Cycle & Fitness on Garfield Road.
- May 9 is our annual **Ride Leader meeting** at the Blue Tractor on Union Street.
- May 16 is Traverse City's **Ride of Silence** that starts and ends at the Filling Station.
- June 2 is the annual **Recycle-A-Bike** event held at the Old Town Parking Garage off 8th Street. Bike drop off is the night before. Please see the enclosed article.
- June 2 is also the **Bike Benzie Fondo**. CCCC is sponsoring Mens and Womens race teams. Team time trials are on May 19



& 26. On June 2, please come out to Crystal Mountain to cheer them on!

• June 3 is our popular **Spring Picnic**, held at the VASA trailhead off Bartlett Road.

• June 4-8 – **Smart Commute Week** in Traverse City. See [www.traverse-trails.org](http://www.traverse-trails.org) for lots more information about this week long event.

As we head out on the roads and trails please keep your safety #1 in mind. Look out for potholes and winter's leftovers on the road shoulders. Make sure

you signal other riders behind you if you see anything dangerous in the road or trail. Our Safety & Education Director, Skip Miller, is posting safety tips in each newsletter. Please pay attention to these safety tips and listen to any advice from our Ride Leaders just prior to your ride.

**Ride safe! Bill Danly**

## **Invite:** *Recycle-A-Bicycle's 8th Annual Bike Swap*

Need a new or used bicycle? Come help support the Traverse area Recycle-A-Bicycle organization, and get yourself some new wheels! The sale is on June 2 from 9 am to 2 pm in the Old Town parking garage, 125 E. Eighth St., Traverse City.

If you want to sell a bike or accessory, drop off bicycles in good working order between 6-8 pm on Friday June 1. If your bike or accessory sells, you receive 75% of the proceeds and 25% goes to support the Recycle-A-Bicycle program.

Spearheaded by Recycle-A-Bicycle Director Don Cunkle, RAB provides used and refurbished bicycles free of charge to referred residents of Northern Michigan in need of a bike as their principle mode of transportation.

If you are interested in volunteering to work at the event, contact [Chris@traversetrails.org](mailto:Chris@traversetrails.org). Questions? Call 231-941-4300, or check online at [www.recycleabicycletc.org](http://www.recycleabicycletc.org).



**CCCC member and Director of Recycle-a-Bicycle Don Cunkle provides bikes to those in need. Photo courtesy of Traverse, the Magazine.**



### **Got News?**

Your photos and input for the newsletter are always welcome! Send to Bob at [communicationsdirector@cherrycapitalcyclingclub.org](mailto:communicationsdirector@cherrycapitalcyclingclub.org). Be sure to include names on photos.

## New Members!

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

Name	Date Joined
Larry Hebert, Williamsburg	3/31
Linda Becraft, Richmond, VA	4/4
Bill Burch, TC	4/6
Kimberly Bazemore, TC	4/7
Dan Tholen, TC	4/12
Jerry Arduino, Empire	4/21
Christine Chambers, TC	4/25
Peter Mantei, TC	4/26



**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.

## Safety Corner

By Skip Miller

### Dealing With Dogs

Club riders occasionally encounter dogs during our rides. Here are some tips from the League of Michigan Bicyclists:

Dogs can sense fear, so try to remain calm if you encounter an angry canine. You'll feel more confident, and the dog likely will sense this too.

Dogs tend to be territorial. Once you leave "their" territory, they will usually lose interest. However, if a dog does chase you, here are some options. Think ahead of time about which are right for you.

- Don't try to outrun the dog unless you are a very strong rider. If you can't completely outrun it, the dog may catch your wheel and knock you down.
- While on the bike, don't try anything beyond your bike-handling skills.
- In a loud, firm voice say, "No!" "Bad dog!" "Go Home!" or other common commands.



## NEW T-SHIRTS!

You can now be the proud owner of a Cherry Capital Cycling Club T-shirt for the low price of \$12.

The shirts will be available for sale prior to rides shown on the website's ride calendar with the notation, "Pre-Ride T-Shirt Sales." We'll try to do this before as many rides as possible.

You can also email Dave Drake at [ddrake54@charter.net](mailto:ddrake54@charter.net) to get your shirts. The shirts are 100% cotton and tend to run on the small side. Check out the tees on models Jim and Joane Mitchell!



**Dogs are man's best friend... except when they're not. A normally friendly dog may get excited and evoke a chase response when a cyclist is passing by.**

- Carry pepper spray. Practice reaching and using it while riding. Protect your eyes from "blowback" by not aiming it into the wind. Don't carry or use anything illegal in Michigan.
- Carry an "English Bobby"-style or dog-training whistle; they can often stop charging dogs in their tracks and send them home.
- Just stop. If you do, the dog may also stop, allowing you to walk or ride slowly

away.

- Get off your bike quickly; if the dog attacks, use your bike as a barrier.
- If a dog is a repeated problem, try to photograph it. Send a polite complaint letter with the photo to the owners, with copies to the police and local animal authority. In the letter say that, if the dog hurts someone, the letter constitutes notice to the homeowners, which may be used in a lawsuit against them.

## Race Team Time Trials: May 19 & 26

In preparation for the Bike Benzie Fondo scheduled for June 2, the Cherry Capital Cycle Club will be conducting individual



time trials on two upcoming Saturdays: May 19 and May 26.

Time trial participants will meet at Darrow Park at 9 am on those two Saturday mornings before the Morning Hill Training ride. The time trial will consist of one run up Grandview hill, from the Leelanau Trail crossing to Bugai Road. The time trials will be held rain or shine.

The club is sponsoring two mens teams of four members each and one womens team of three members. Other club riders are welcome to form un-sponsored club teams. See [www.bikebenzie.org](http://www.bikebenzie.org) for additional details of the Fondo.

### cycle shorts

**EARLY REGISTRATION** rates are still possible for the **Ride Around Torch** on Sunday, July 15. Currently, it's \$30 per individual rider and \$70 per family to register. Rates go up to \$35 and \$80 on May 15.

**ADVOCACY DAY:** Cyclists will gather at the Michigan State Capitol on Wednesday, May 23 for the **Linda Means Bicycle Advocacy Day**. Hosted by the League of Michigan Bicyclists (LMB) in partnership with the Michigan Trails and Greenways Alliance, Michigan Mountain Biking Association, and PEAC, this collaborative effort brings bicycle advocates together to educate legislators on key policy issues that facilitate a more bicycle-friendly Michigan and discuss bicycle-related issues in their own communities. See the LMB website if you'd like to pitch in: <http://www.lmb.org/>

**HOT STUFF:** A number of CCCC members are looking forward to riding the League of Michigan Bicyclists' **Sunrise Adventure Tour** on June 14-17. Based in Alpena, the tour will feature several out-and-back rides of 21-62 miles, along with a glass-bottom boat trip and other fun activities. Details are at <http://www.lmb.org/>

Meanwhile, about a dozen club members will be participating in the **Go Bike Montreal Festival**, June 1-3, which is expected to draw 50,000 cyclists to the Canadian city. The festival includes a night ride around the city and a 30-mile ride around the Isle de Montreal.

Club members will also be well represented at the **Beaver Island Bike Festival** on June 23, which includes 20 and 42-mile bike rides around the forested island (bring your mountain bike), a picnic lunch stop, BBQ buffet and two parties. Book your hotel asap if you're interested in this event. Details at <http://www.beaverislandbikefestival.com/>



## Spring Picnic

Sunday, June 3 Noon-3 pm

Enjoy a delicious picnic with family, friends, and fellow riders on the first Sunday in June.

Spark's BBQ will be serving chicken sandwiches, veggie wraps, coleslaw and oven roasted beans from their food truck. We will also have cookies and beverages.

Dust off your bike if you haven't already and get out and ride. Join us for a road or trail ride before the picnic at 9:30 a.m. for 30-mile road ride or 10:00 for shorter, slower pace rides. Come out for a day of bike demos, club merchandise, a bike ride, food and fun!

For more information:  
**Carrie L. Baic** at 231-313-4990  
Email [socialdirector@cherrycapitalcyclingclub.org](mailto:socialdirector@cherrycapitalcyclingclub.org)

## Update: League of Michigan Bicyclists

Your State-wide bicycling advocate organization is busy as usual. On the legislative front, the League of Michigan Bicyclists (LMB) is pleased to announce that two bills, the Safe Passing Law (HB 4265) and the Drivers Education Bill (HB 4198), have passed the State House of Representatives and are now under discussion in the Senate.

With encouragement from the bills' sponsors, advocacy groups, and concerned citizens, it is hoped these two bills will be voted on by the full Senate prior to their summer recess. Please contact your State Senator to voice your opinion. LMB sets up face-to-face meetings with legislators on bicycle advocacy day, May 23. You can talk with your legislator on these topics on May 23 by registering at [www.lmb.org/advocacyday](http://www.lmb.org/advocacyday).



### CYCLE CONFERENCE:

LMB is a co-sponsor of the Rolling Forward conference being held in Grand Rapids on June 1-2. Other sponsors are the Grand Rapids Bike Coalition, City of Grand Rapids, MDOT, the Office of Highway Safety & Planning, and MSU.

The two-day conference has four separate workshop sessions with topics such as; the Grand Rapids bicycle safety campaign, funding resources, bicycle training for law enforcement and the public, and legal updates. There are also on-site exhibitors and bike rides planned for Friday evening and Saturday mid-day. This conference is being held at the GVSU Eberhard Center, located downtown Grand Rapids. You can register online at [www.lmb.org](http://www.lmb.org).

# Reminder: SheBikes meeting this week

Women interested in improving their cycling skills and joining a group that values both safety and socializing are invited to attend the spring organizational meeting of SheBikes on Monday, May 7 at 6 p.m. at McLain's Cycle at 2786 Garfield Road, Traverse City.

The Cherry Capital Cycling Club (CCCC) is sponsoring six weekly rides for SheBikes from mid-May to the end of June.

"The rides are open to all ages and abilities, focusing on beginning and intermediate women cyclists," says Linda Deneen, who heads up the group. "Even if you're not a member of the Cherry Capital Cycling Club, you're invited to ride with us and check us out!"

SheBikes' goals include riding various routes and distances on Old Mission Peninsula; learning how to ride safely in small groups; preparing its members for CCCC rides that are scheduled almost daily throughout the riding season; and to have a great ride suited to each woman's ability.

Club ride leaders review the rules of the road and other topics each week, for example, how to fix a flat tire and some basic bike maintenance.



Beginning and intermediate riders will find rides tailored to their abilities and interests in the SheBikes group rides, beginning Monday, May 14.

Women are invited to bring a snack and or beverage to share at the organizational meeting.

Rides will start Monday May 14 at the Traverse City Central High School, at the corner of Eastern and Milliken streets. Roll-out starts at 6 p.m., so please show up early to sign in, get your gear ready and break

into smaller groups based on pace and distance. SheBikes events and club rides are posted on the CCCC's website calendar, [www.cherrycapitalcyclingclub.org](http://www.cherrycapitalcyclingclub.org).

Questions about the ride can be directed to Linda Deneen (email: [deneendaisy@charter.net](mailto:deneendaisy@charter.net)) or Bill Danly (email: [wbdanly56@gmail.com](mailto:wbdanly56@gmail.com)).

## In Memory

Club members were saddened to learn of the passing of Diane Sherman this week, after a long battle with cancer. Diane loved participating in CCCC rides with her husband, Doug. Her funeral will be held May 11 at 11am at the Lutheran Church, 1020 South Harrison Road, East Lansing.



**DONATION:** Brick Wheels, Keen Technical Solutions, and ReMax Bayshore have teamed up to donate two Cannondale E-Assist mountain bikes to the Traverse City Police Department, so their bicycle patrol officers can be even more effective getting around town.

Club members are invited to stop by Brick Wheels on Thursday, May 10 at 10 a.m. for the presentation, along with refreshments and ebike demos.

## Calling all Ride Leaders: Meeting on May 9

All past and prospective ride leaders are invited to a 2018 roll-out meeting on Wednesday, May 9 at 5:30 at the Blue Tractor on Union Street in Traverse City.

Who's invited? You are! Club rides are at the heart of what we do as a cycling club. Club rides occur because someone (you?) takes the initiative to organize a ride and go through the 5 minute process to post it on the ride calendar.

All you have to do to become a ride leader is:

- Be a member of the club
- Review the Ride Leader Handbook on the club website under

Ride Leader Toolbox ([www.cherrycapitalcyclingclub.org](http://www.cherrycapitalcyclingclub.org)). The handbook describes our purpose as integrating fun, friends, and ride safety.

- Send an email to Mark Esper, Ride Director at [ridedirector@cherrycapitalcyclingclub.org](mailto:ridedirector@cherrycapitalcyclingclub.org) indicating that you will lead rides in a manner that is in step with the handbook.

That's it. Oh, and come to our meeting at the Blue Tractor. We will have refreshments and food, and a freewheeling discussion on how to improve the riding experience of our club members.

-- Ride Director Mark Esper

# 'How I spent my winter vacation...'



Ron Heverly climbed mighty Mt. Lemmon near Tucson during Thanksgiving week, 2017. That meant a 5,500' elevation gain over 20 miles, almost all uphill! "Rolling back down was great!"



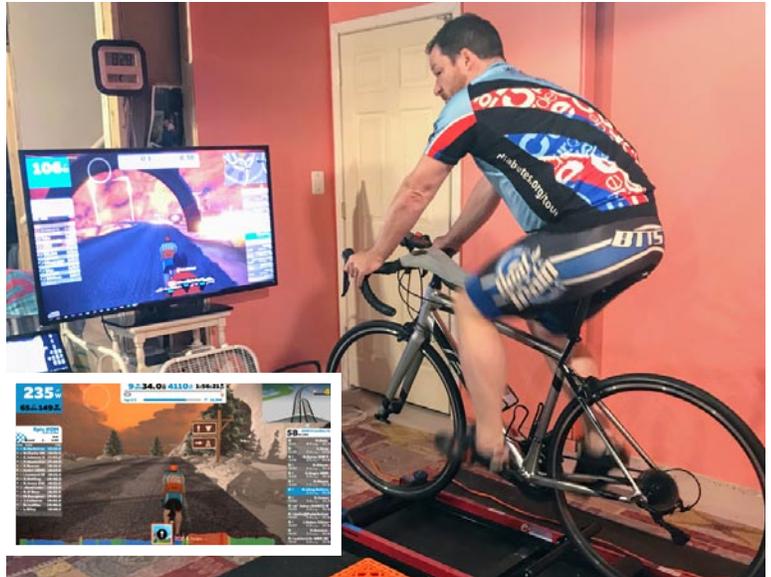
CCCC members Sandy Mitton, Steve Mitton, Sharon Glenn, Jerry Glenn, Carol Miller and Skip Miller rode the 3-Day, Sebring Florida Tandem Bike Rally in March.



Club member Nancy Briggs and Dick Fultz rode the Natchez Trace Parkway through Tennessee, Alabama and Mississippi, wrapping it up in the last week of April.

Here's  
Lookin'  
at You

Send photos to:  
communicationsdi  
rector@cherrycapit  
alicyclingclub.org



"Zwift online riding was a BLAST for me," notes club member Dave Smith of Rochester/Maple City, right. Dave racked up more than 1,800 virtual riding miles on rollers from January-March and was able to chat with other riders as well as friends via headphones while riding. "It's made the winter cycling season fun and allowed some dust to accumulate on the fat bike."