

CCCCC

NEWSLETTER



CHERRY CAPITAL CYCLING CLUB



You're Invited: Spring Membership Meeting

Bike Touring America to be featured at April 26 event

Kick off Spring on Friday, April 26 with a special meeting of the Cherry Capital Cycling Club that will include dinner, a brief business meeting, and a presentation on cycle touring across America.

The meeting will be held at the Mount Holiday ski lodge, located at 3100 Holiday Road. Happy hour will start at 5:00 pm, with dinner at 6:00. The short membership meeting and a slide talk by touring veteran Bob Downes will be held after dinner.

DUES INCREASE?

The purpose of the membership meeting is for consideration of an increase in dues. The Board proposes to increase the general membership rate for individuals from \$20 to \$25/year, and for families from \$30 to \$35/year. Discounts would continue for

two and three year memberships. Individual two and three year memberships would be \$45 & \$60, and family memberships would be \$65 & \$90.

The main reason for the proposed increase is that membership fees no longer cover our general operating expenses, such as liability insurance, website fees, storage rent, and the recently added portable restroom rent. P.S. It looks like the last time dues were raised was about 2005.

BIKING AMERICA

In 2016, club member Downes cycled 2,711 miles from Seattle to Traverse City, camping the whole way. The author of *Biking Northern Michigan* and *Bicycle Hobo*, Downes has presented his slide show at numerous libraries, bike clubs and book



Bob Downes will present a slide show on cycling from Seattle to Traverse City, along with other touring opportunities.

stores across the Midwest. He'll also discuss many other bike touring destinations, including his 470-mile Great Northern Loop of Northern Michigan.

President's Letter Time to get rolling!

It's late March, and there's a Club ride this afternoon! Time to put the skis away, clean the bike, and do a pothole inventory.... be careful out there. Use your bullet-proof tires and watch out for all the crud on the road shoulders. Also, check out the tips for Spring training, enclosed.

Please mark your calendars for the following;

- A general Spring membership meeting on April 26th,
- Ride leader meeting at the Blue Tractor on May 8th, and
- The Ride of Silence on May 15th.

All three events are posted on the Ride Calendar, with meeting times, places and details included in this newsletter.

Later this Summer, the City is hosting a half-Ironman. The Cycling Club is encouraging members to volunteer for any of the 1,000 volunteer positions required to put on this event. The Club has taken on one specific volunteer task called "Transition Area Bike Check In," which happens the day before the event. There are



15 spots left for CCCC members. Check out the enclosed article and please sign up soon! It will be a lot of fun, and you'll get to handle some very nice bikes!

As our bike riding season ramps up, please be aware of local construction activities. The City is undertaking many bridge rehab projects and has decided to move up the timeframe for reconstructing 8th Street. That project is now slated to begin around mid-May, and 8th Street will be closed between Woodmere and Boardman Avenue until at least the end

of August. If you're going across town, please use the TART trail or side streets.

See you on the roads and trails soon!

-- Bill Danly

New Cycle Jerseys:

Our Club jerseys have been completely redesigned and will be available for purchase soon. We'll be offering jerseys for both men and women from Borah, the vendor we used for the most recent jerseys. In response to comments received from a number of women regarding the fit of the Borah jerseys, we'll also be offering women's jerseys from a second vendor, FloraVelo. The jerseys from both vendors will look pretty much the same.

Shown are the men's jersey from Borah and the women's jersey from FloraVelo, which are pullovers (no zipper). Women will also be able to purchase long sleeve and no sleeve jerseys from FloraVelo. Unfortunately, FloraVelo does not offer men's jerseys.

Pricing for these jerseys can vary somewhat based on the quantity ordered but we would anticipate you can purchase Borah jerseys for \$75 to \$80 and FloraVelo jerseys from \$50 to \$55 (long sleeve jerseys will be between \$60 and \$65).

You'll also be able to purchase matching medium weight vests from Borah for \$95 to \$100. FloraVelo does not offer vests.

In early April we'll send out a form for you to express your interest in purchasing a jersey along with sizing charts. If you'd like to make sure of the fit, there will be a fitting party on April 26 at the Spring Membership Meeting (see the Club calendar for times and location).



The new women's jersey, left, and the men's jersey, right.

cycle shorts

GEAR UP: Norte is starting bike mechanic classes for youth and adults. The classes will be held at their Wheelhouse located in the northeast corner of the Civic Center site, just off Munson Ave. Each class is 90 minutes long and is limited to five students working on their own bikes. For more information go to www.elgruponorte.org/solutions or contact Ben at 231-883-2404 or ben@elgruponorte.org.

'PASS' IT ON: This Spring there is a State-wide push to educate drivers and cyclists on the three-foot passing law that was signed into law last June. To promote this

new legislation, the League of Michigan Bicyclists (LMB) created a 5" x 4" sticker that can be applied to the rear window or bumper of your car, and an 18" x 24" yard sign made from coroplast material. If you're interested in either item, please contact Bill at president@cherrycapitalcycling.org



Ride Leaders to meet on May 8:

All past and prospective ride leaders are invited to a 2018 roll-out meeting on Wednesday, May 8 at 5:30 p.m. 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). The handbook describes our purpose as integrating fun, friends, and ride safety.
- Send an email to Mark Esper, Ride Director at ridedirector@cherrycapitalcyclingclub.org indicating that you will lead rides in a manner that is in step with the handbook.

We will have refreshments and food, and a freewheeling discussion on how to improve the riding experience of our club members.

-- Thank You, Mark Esper

SheBikes rides again:

Want to join the fun of cycling with a great group of like-minded women who enjoy the beautiful Old Mission Peninsula? The Cherry Capital Cycling Club is sponsoring six weekly rides for beginning and intermediate women cyclists from mid-May to the end of June. The goals are to ride various routes on the Peninsula, how to ride enjoyably and safely in small groups, and to prepare participants for further fun with CCCC rides that are scheduled almost daily throughout the riding season. Club ride leaders will review rules of the road, and other topics like how to fix a flat tire and basic bike maintenance.

The SheBikes organizational meeting will be on Monday, May 6th @ 6:00 p.m. at McLain's on 2786 N. Garfield Street. Bring a snack and/or beverage to share. Rides will start Monday May 13th, and will be posted on the "Calendar" on the Club's website www.cherrycapitalcyclingclub.org.

We meet at the Traverse City Central High School, at the corner of Eastern & Milliken. Roll-out starts at 6 p.m., so please show up early to sign in, get your gear ready and



CCCC volunteers will check in cyclists at the Ironman 70.3 race this August.



break into smaller groups. Any questions about the ride can be directed to Linda Deneen (email: deneendaisy@charter.net) or Bill Danly (email: wbdanly56@gmail.com). If you're not a member of the Cherry Capital Cycling Club, you're invited to ride with us and check us out!

Wanted: Ironman volunteers

The first annual Ironman event is coming to Traverse City on August 24-25. Athletes check in on the 24th and the event will be on Sunday the 25th. The Cherry Capital Cycling Club will be supplying all the volunteers for bike check in on Saturday the 24th.

The organizers need a total of 24 volunteers for this job in two shifts, which will run from 9 am to 1 pm or 1 pm to 5 pm.

So far, the Club has filled nine of the 24 slots just by word of mouth. If you're interested in joining our crew, search for www.ironman.traversecity.com, scroll down to the volunteer button, enter "CCCC" as a password, and go to the "Transition Area Bike Check In" tab. Select one of the two shifts, and enter your contact information. It will be a fun time on the 24th, and will leave you free to enjoy the event on the 25th or volunteer for another position on the course during race day. Some of our members are providing kayak support during the swim or working a water or bike aid station. Come out and enjoy this inaugural event in our great city!

If you have any trouble signing up, contact Bill at president@cherrycapitalcyclingclub.org.

Camp out fun this fall:

The Cherry Capital Cycling Club will again sponsor a weekend biking getaway this September 20-22. The event will take place at Young State Park, just north of Boyne City. Members are invited to come up for one, two or all three days! There will be a number of rides available each day, including road, mountain bike and trail rides. Ride maps will be provided.

Each member will be responsible for making their own reservations for overnight accommodations. Please note that campsites at Young State Park may be reserved six months in advance, so if you're interested in the camping option you can make your reservations now. This is a popular campground and Lake Charlevoix will still be warm enough to swim in, SUP, or kayak. If you don't like camping, consider staying in a local motel, or just come up for the day!

The Club will provide breakfast and group dinners. The Club will also provide fixings for s'mores and yoga sessions. Members will be on their own for lunch as each days' ride destinations will vary, as well as BYOB for all meals. If there are any questions about this ride, please contact our Social Director Carrie Baic at 231-313-4990 or at socialdirector@cherrycapitalcyclingclub.org.

We had over 30 people show up for the inaugural Young State Park getaway in 2018, and we expect a similar crowd this year. Please reserve these dates for a great time near Boyne City and Lake Charlevoix this September!

Bike tours to warm up your Spring

Scioto River Valley Tour tops the list

By Jim Datsko

Many of our CCCC members are discovering the adventure of bicycle touring in other states and countries. So, anticipating spring, I suggest a couple of the best group tours during the season.

Let me digress momentarily to give you a little history so you'll appreciate why I'm naming one tour in particular as a perennial favorite: The **Tour of the Scioto River Valley** in Ohio.

When Henry Ford's Model T came along to force the League of American Wheelmen off the very roads that they had first succeeded in paving, the golden age of high-wheelers ended.

Bicycle touring lay dormant through both World Wars. Only a few hardy souls kept the spirit of touring alive. They were a close-knit group mainly in the Chicago area, composed of Fred and Phyllis Harmon, and Dan Henry, the legendary DC-3 American Airlines pilot. Dan marked painted arrows on good biking routes in his layover towns for friends to explore later on their 3-speeds. There were no organized bike tours available other than the occasional tour that Phyllis's diehard group, the Int'l Bicycle Touring Society (now Bicycle Adventure Club) might do with a couple of friends.

Then a historic Ohio family event occurred. Greg Siple and his son attempted the feat in 1962 of riding their bikes from Columbus to Portsmouth on the Kentucky border. They followed the Scioto River all the way to where it flowed into the Ohio River. Their weekend ride involved 105 miles down and 105 miles back. The next year a few friends joined them.

When my family began riding it in the late-1960s, there were hundreds of cyclists and in following years, thousands joining the tour start after being photographed on the Ohio Capital steps. The tour is known as TOSRV, short for Tour of the Scioto River Valley; and with its introduction, bike touring emerged from its dark ages.

With TOSRV, America now had its first 20th century organized group bike tour, known as an "invitational," hosted by the Siple family and friends transporting all your gear and arranging for your meals and accommodations. All for about the cost of



Jim Datsko on the Pinellas Trail Near Tarpon Springs on the Bike Florida tour.



Rolling out on the Horsey Hundred in Kentucky bluegrass country.

a new silk sew-up tire.

To this day, riding the TOSRV is still considered a coming-of-age experience for many cyclists. It is the undisputed granddaddy of all current bike tours. Flattered by imitation, we now have a couple of TOSRV Wests: one in Washington State and another in Montana. The original Ohio TOSRV has always been a Mother's Day tradition. The 58th Annual TOSRV occurs on May 18, with information and registration at www.tosrv.org

THE HORSEY HUNDRED:

There is one other notable longtime spring bike tour in the Midwest. The **Horsey Hundred** is staged each May in the Kentucky bluegrass country north of Lexington.

The Horsey features scenic quiet lanes winding between million-dollar horse farms with essentially no traffic, gently rolling hills, and endless scenery. In fact of all the century tours I've ridden, this is the

only one I never got off my bike. It was just so beautiful and everything so perfect that I was afraid it all might end or something change if I stopped pedaling. There are varied distances from which to choose each day.

Indoor weekend accommodations are provided both nights at Georgetown College with tasty meals in their cafeteria. This year's Horsey is May 24-26. Information at www.horseyhundred.com.

Extend this two-day event into five days by joining my former club, the Ann Arbor Bicycle Touring Society, which partners for the extended tour with a Canadian bike club. Join at www.aabts.org

WARMER OPTIONS:

If you wish to tour in a more distant or warmer area, here are two suggestions:

Bike Florida: Join their fully supported 25th anniversary spring tour March 29 to April 3. Information at www.bikeflorida.org

Riccione, Italy: This town on the Adriatic Coast discovered its tourist niche as a cyclist's city. At least 13 of resort hotels offer a reasonably priced cycling package used by some Americans for their spring training. Options include home cooked Italian meals, and a variety of guided bike tours each day.

A Virginia cyclist I met on a central California coast tour led by the Seattle club was wearing his Hotel Sardi jersey, and that led to my discovery of this unique city. Information at www.riccionebikehotels.it/en/hotels



May's Jolly Pumpkin Ride on Old Mission Peninsula is a good test of your spring training.

9 tips for seamless progression into Spring cycling

(By Michelle Arthurs-Brennan *Total Woman Cycling*, March 10, 2016. Edited for length.)

With March in full swing, we're seeing the first signs of spring. This can be hugely exciting, and also nerve-wracking for cyclists who haven't quite managed the intended training that was prescribed on New Year's Day.

Don't panic, train:

There's a name for knee pain that starts in the early months of the year – it's called "spring knee" – and it gains its title from the countless number of riders who decide to suddenly up their mileage in March, April and May out of fear that they've not done enough to reach their desired level of fitness.

Ramping up training volume or intensity too quickly can result in injury. If you feel you've not been doing enough, take a look at your goals and work out what you need to do to reach them – it's more than likely a slow and steady build is still an option.

Move goals if you have to:

This one is for those who can't reach the goals they had planned with a slow and steady build. Such would be the case if your goal is to do a 100 mile ride in two weeks and so far you've only ridden 10 miles at one time.

If you find you haven't gotten your miles in, set yourself a new goal of a similar distance later in the year, but be sure to replace the initial one with something challenging to ensure you don't lose motivation and find yourself in the same position three months down the line.

Start working on short efforts if you've met your mileage goal:

If you're assured that you've gotten all the mileage you need as a base, then now is the

time to start injecting some speed into your training. Start riding shorter intervals at a higher intensity. A rough guide might be focusing on one-to-three-minute hill intervals for fast-paced criterion races or, eight to ten minute efforts if you're all about time trials, and a mixture of the two if you are training for longer events and want to build some leg strength over a variety of terrain.

Safety Corner

By Steve Mitton

Sign up to events before they sell out

This is just a matter of housekeeping – but it's amazing how easy it is to get so carried away with preparation and training that you leave signing up for an event to the last minute – and things do sell out.

Look at your own progression, and no one else's

If you regularly ride with a group, remember that gaps in ability are caused by a relationship between two riders. Just because your friend is suddenly getting up the hills twice as fast, or sprinting to every line ahead of you, it doesn't mean that you've gotten worse, it might just be that they've had a sudden injection of fitness thanks to whatever they've been doing over winter.

First up: applaud them. Everyone likes to be told they're doing well. Secondly: compare your efforts with your own past performances. Thirdly: let your friend inspire you – find out what they've changed, and chase after them!

Don't forget what you learned over the winter

Every off-season, cyclists troop into the gym and start working on core strength, jump onto the rollers or turbo to develop better cadence, and spend time in the kitch-

en perfecting their nutrition. Then come spring, we get all excited about riding and forget the basics of a strong, healthy body. Try to keep up the good habits you developed over the colder months.

Prepare the bike

Give your bike a good bath and replace any parts that needs replacing before you start lining up at any events or rolling out of the door for your longest ride ever.

Key areas to check are the brake pads – are they worn? The tires – do they need replacing? And the cables – if you're finding shifting and braking isn't quite what it used to be, these could need refreshing.

Don't get caught out without layers

Spring weather is notoriously changeable – you can find bright sunshine one moment, only to be doused with rain the next. Thankfully, a range of useful accessories are available.

The most crucial items to own are arm warmers, leg warmers, and a packable waterproof jacket. A good base layer that guards against chill and wicks sweat when you heat up is also a lifesaver as are boot/shoe covers that guard your feet from the worst of the windchill on cold mornings.

Remember it's about fun

If riding a bike is not your career then remember that performing well is something that you'd like to do, but not something that you have to do. Riding a bike is a joy, and putting too much pressure on yourself can take away from that – so don your helmet, pop on those glasses, get on the road and have fun.

Sources:

<https://health.clevelandclinic.org/4-Tips-To-Stay-Fit-During-The-Cycling-Off-Season>

TRAVERSE CITY

Ride of Silence

WED., MAY 15, 2019

Depot Parking Lot - 642 Railroad Place TC

One Day. One Time. Free Worldwide.

ALL ARE WELCOME FOR A FREE, SILENT BIKE RIDE.
JOIN CYCLISTS WORLDWIDE IN A SILENT SLOW-PACED
RIDE IN HONOR OF THOSE WHO HAVE BEEN INJURED
OR KILLED WHILE CYCLING ON PUBLIC ROADWAYS.

RAISE AWARENESS THAT WE ARE HERE.

WE ALL SHARE THE ROAD.

MEET AT 6:30 - RIDE BEGINS AT 7:00 - DISTANCE = 5 MILES

CONTACT SAFETY & EDUCATION DIRECTOR,

STEVE MITTON: SafetyAndEducation@CherryCapitalCyclingClub.org

SPONSORED BY CHERRY CAPITAL CYCLING CLUB

FOLLOW THE RULES
OF THE ROAD



12 MPH MAX
HELMETS REQUIRED

WWW.RIDEOFSILENCE.ORG

BILLINGS ART