

## Ride of Silence promotes safe cycling on May 15

By Steve Mitton  
CCCC Safety & Education Director

On Wednesday, May 15, club members and the general public are invited to show their commitment to safety on the roadways by participating in the Ride of Silence through the streets of Traverse City.

The Ride of Silence (RoS) is a free 5-mile slow 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 6:30 p.m. in the parking lot at the former train depot (The Filling Station Microbrewery), 642 Railroad Place in Traverse City, and begin the ride at 7 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.

In Michigan, the number of cyclists killed dropped from 38 to 21 between 2016 and 2017. A continued emphasis on both cyclist awareness and safe riding practices along with driver education and sensitivity regarding the biking public will help continue this trend in a positive direction.

The May 15 RoS is a worldwide event, taking place in 445 locations in all 50 states and 45 countries.

Cherry Capital Cycling Club members will lead the Traverse City RoS, while other club members will work to provide safe passage through a number of intersections. The ride starts and finishes at the The Filling Station Microbrewery parking lot.

As this is a very important message to the public which all cyclists should support. All CCCC members are asked and encouraged to participate in this event, either to ride or volunteer to support.



**FACT: Of the 1,030 traffic fatalities in Michigan in 2017, 21 (2%) were bicyclists**

**- Office of Highway Safety Planning**



## ***President's Letter*** May is National Bike Month

While biking is now a year-round sport, May is the "official" start of bike season and is known as Bike Month. Please go out for a RIDE!

There are many events taking place in May, including the Ride of Silence on May 15, as noted on page one of the newsletter. Norte is also planning a Slow Roll ride in May, with details to be announced. For additional events in May, please check "save the dates" item on page 7 as well as our own Calendar of Rides and event calendars on the NMMBA, Norte & TART websites.

Traverse City is a vibrant cycling community. There are many cycling and trail advocacy groups working to improve cycling in and around our area. New trails for building riding skills are being planned at the Civic Center and VASA trailhead. There are many opportunities to get involved in these projects, and more information will be forthcoming on these and other great projects.

One big project that is getting underway is the re-building of 8th Street. Once this project is completed this fall, we'll have wide sidewalks and cycle-tracks to help us get across town. We want to thank the City for approving this progressive design, and hope that



non-motorized travel continues to gain traction in our town.

I want to thank the 65 club members who showed up at our Spring Membership gathering last Friday. It was a great turnout, with a high decibel reading on the social meter. I also want to thank Bob Downes for his presentation on cross-country bike touring, great cycling trails and tips and tricks for setting up a proper touring bike. Very informative and inspirational.

Lastly, be safe out there. Check your rear-view mirror frequently, know the rules of the road, and think defensively. There are a lot of distractions out there, and we must be careful and vigilant of where we are on the road/trail with a focus on getting home safely.

-- Bill Danly

### **Recycle-A-Bicycle 9th Annual Bike Swap**

Need a new/used bicycle? Come help support the Traverse area Recycle-A-Bicycle organization, and get yourself some new wheels!

The bike sale is on June 1, from 9 am to 2 pm. If you want to sell a bike, trailer, tag-along or bike rack, please drop off your equipment in good working order between 6-8 pm on Friday May 31 at the Old Town parking garage, 125 E. Eighth St., Traverse City.

If your bike or other item sells, you receive 75% of the proceeds and 25% goes to support the Recycle-A-Bicycle program. Recycle-A-Bicycle provides referred clients used and refurbished bicycles free of cost to residents of Northern Michigan in need of a bike as their principal mode of transportation.

If you are interested in volunteering to work at the event, please contact [Chris@traversetrails.org](mailto:Chris@traversetrails.org) If you have any questions about the program or sales event, please call 231-941-4300, or check online at [www.recycleabicycleetc.org](http://www.recycleabicycleetc.org). Thank you for your support.

**9TH ANNUAL RAB  
BIKE  
SWAP  
BUY - SELL**



# **SATURDAY JUNE 1**

**From 9AM - 2PM**

**Check in items to sell Friday May 31 6PM - 8PM**

If sold you receive 75% of sale price. 25% supports the Recycle-A-Bike Program!

**For more information: 231-941-4300  
[www.recycleabicycleetc.org](http://www.recycleabicycleetc.org)**

**Old Town Parking Garage  
125 E. Eighth St., Traverse City**







## Calling all Ride Leaders: You're invited to May 8 meeting

Ride leaders are the backbone of the Cherry Capital Cycling Club. Without them, the club's wheels would literally stop turning.

Thus, all past and prospective ride leaders are invited to a 2018 rollout 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 occur because someone 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.

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

**Thank You, Ride Director Mark Esper**

## Spring Picnic Yum! June 2

Come and enjoy the company of your fellow club members at our annual Spring Picnic on Sunday, June 2. Come join us for a road or mountain bike ride before-



hand. The activities all take place at the VASA trailhead off Bartlett Road.

A 30 mile-ish road ride will start at 9:30 a.m. A shorter 20 mile road ride and a mountain bike ride will

each start at 10:00 a.m. The actual picnic starts at noon. The Club will be providing grilled burgers, veggie burgers & brats with all the fixings, as well as salads, sides and cookies. The events take place rain or shine. The Club has rented a large tent and will be offering Club merchandise for sale.

## 8th Street Update:

The City is proceeding full steam ahead with reconstructing 8th Street this summer. At its April 15 City Commission meeting, the City approved the construction contract, including wider sidewalks, wider cycle tracks and larger trees along the road. Sidewalks will now be 6' wide and the cycle tracks 6.5' wide instead of the 5' widths for each in the original design. The sidewalk and cycle track will be separated by a detectable edge between the two. The project will get started in May, with the street closed to through-traffic until late August. Finishing touches will be completed by October.

The City Commission approved the improvements with encouragement from the greater Traverse area walking and cycling

community. Communities find that more cyclists are willing to use bike paths that are separated from traffic, and the 8th Street corridor will be built to accommodate all users with increased safety in mind.

## LMB seeks hands-free driving law:

For 2019, the League of Michigan Bicyclists (LMB) is focusing on reducing distracted driving and protecting funding for non-motorized transportation.

LMB is working on winning passage for a hands-free law, which would put penalties in place for using a hand-held mobile phone while driving. Three house bills have already been introduced in the House

(HB's 4181, 4198 and 4199). Please contact your state legislators and tell them you support a hands-free driving law. For more information, check out [www.lmb.org/current\\_issues/distracted-driving](http://www.lmb.org/current_issues/distracted-driving).

Current law requires Michigan road agencies to spend one percent of their annual transportation funds on non-motorized safety projects, but House Bill 4410 proposes legislation to eliminate this long-standing requirement. Please let your legislator know that you are in favor of keeping the current 1% spending rule in effect for non-motorized safety projects.

-- Bill Danly







There was plenty of fat tire cycling action for those who stayed home this winter.

## *How we spent our Winter Vacation...*



George and Pat Bearup finished the 63 mile Tour de Parks ride on March 24, supporting the Legacy Trail system. The trail will go from Venice, FL to Sarasota, FL.



Skip and Carol Miller rode a tandem on the Legacy Trail.



Steve and Sandy Mitton and Bill and Dea Danly enjoyed good times on the Withlacoochee Trail in central Florida.



# Let's Make a Date!

The Ride Calendar is *your* key to Cycle Club fun



Ride Director Mark Esper

Welcome newer members to the club. The key to full enjoyment is tuning in early and often to our **Calendar of Rides**. The calendar can be found at [www.cherrycapitalcyclingclub.org](http://www.cherrycapitalcyclingclub.org).

On it you will find a listing of all club rides, meetings, and special events. Click on rides for additional details. Rides on the calendar are color coded according to this key.

Note that each ride includes comments regarding the distance, pace, and terrain to help you choose rides that you are most likely to enjoy. Be sure to check the calendar in advance of each ride, especially if the weather is questionable, as rides can be cancelled up to one hour before the posted ride time.

The ride listing will also include the address of the start location as well as a map showing the location. Look for the **Google Maps** icon right next to the start location address.



As a safety measure you will need to sign in for each club ride. Afterwards the ride leader will enter the mileage for each of the ride participants. You can see your total mileage for

the year on the Mileage tab of the club website.

Feel free to contact the listed ride leader should you have questions regarding an upcoming ride.

Our ride leaders are key players in making our club work. When you arrive for a ride please introduce yourself to the ride leader and inquire as to any particular protocols for the ride. For example, on some rides members will regroup, on others the ride breaks into groups based on speed. Some

rides stop for a coffee break while others do not.

Spend a little time poking around the club website. There is a wealth of information to help you enjoy biking in our area. Pay particular attention to the Safety and Education tab. Note that helmets are required on all club rides.

Those are the basics. We're glad to have you along for the ride. Hopefully we'll see you on the road or trail this biking season.

- Mark Esper  
Ride Director

The online Ride Calendar, pictured here, keeps club members up to date on daily rides as well as important events such as club picnics, campouts and social outings.

Help	
Category	Color
Canceled Events	Sample Text
Cruiser (slower)	Sample Text
Delayed Event	Sample Text
Fund Raising Rides/Events	Sample Text
Mountain Biking	Sample Text
Other CCCC Events	Sample Text
Racing	Sample Text
Rides by Others	Sample Text
Road Riding	Sample Text
Winter Fat Tire	Sample Text

The Ride Legend on the Calendar site offers a key to the color coding of each ride.

# Five things you should check before every ride

You're not a pro rider, but you can give your bike a professional check before each ride and prevent major problems from occurring.

In about the time it takes to down a post-ride espresso at your local coffee shop, you can give your bike the same attention that the pros' bikes receive before each race.

**Check the wheels.** Make sure the quick-release skewers are tightened correctly. Spin the wheels to check that they are true and don't rub on the brake pads or anywhere on the frame or fork. If there is a wobble in the rim, it is probably time to true that wheel. Also check that the wheels turn freely and there are no grinding noises coming from the hub. If the wheel stops turning after only a few revolutions or if there is a grinding sound from the wheel, then you'll need to adjust the hubs.

**Inspect the tires.** Check for adequate air pressure in the tires. Most tires will have the proper tire-pressure range printed on the sidewall. For the majority of road tires, a pressure of 110 to 120 pounds per square inch is best, depending on your size and riding style. Although a lower pressure around 95-100 psi for most riders will offer a softer ride (especially for those riding stiff carbon or aluminum frames) without any loss of performance. Check for any cuts or nicks in the sidewall or tread of the tires where the inner tube can bulge through and cause a flat. Also check for adequate tread on both tires. "A tire needs to be replaced when the tire's cross section is no longer round; it will take on a square shape. Replace the tire if it is severely worn or has cuts."

**Test the brakes.** Spin the wheels and apply the front and rear brakes independently of each other. Check that the brakes engage before the brake lever reaches the handlebars and that there is enough stopping power to be safe. It is also important to ensure



## Safety Corner By Steve Mitton

the brake pads are not worn. Inspect where the brake pads hit the rim; they should contact the rim evenly on both sides and not rub the tire in any way, which could cause a flat.

**Lube the chain.** There are many styles of lube available, and each works differently in different conditions. If you're unsure what to use or if you like to keep only one type around for all conditions, then use a light oil, such as Tri-Flow. Apply a small amount to the inside of the chain as you pedal backward so the entire chain gets an even coat. It's important to note that you should always apply lube to the inside of the chain so that, as you pedal, centrifugal force will push the lube into the chain parts.

If you apply the lube to the top of the chain, the centrifugal force will simply fling the lube off the chain before it does any good.

**Check the shifting.** Check that the rear derailleur shifts evenly and smoothly between all the gears on the cassette. Also check that the chain doesn't fall off the front chain rings when performing front derailleur shifts and that it shifts smoothly between the small and large chain rings.

A quick run-through of your bike's most important working parts is all that's necessary. With proper maintenance, your bike should last as long as you care to take care of it.

**Source: BikeRadar July 18, 2012.**  
**Author Daimeon Shanks (author and longtime Professional bike mechanic)**  
**Excerpts from Essential Bicycle Maintenance & Repair by Daimeon Shanks.**

## cycle shorts

**RAT VOLUNTEERS:** Did you know it takes more than 60 volunteers to run the Ride Around Torch tour each July? More than 900 cyclists take part in the tour, and its success all depends on many helping hands. If you'd like to volunteer on Sunday, July 21, contact RAT Tour Director Paula Anderson at [pwollin@hotmail.com](mailto:pwollin@hotmail.com).

**GONERS:** Performance Bicycle, once the largest retail bike chain in the country, has declared bankruptcy, closing its 104 stores nationwide. According to news reports, the company has seen declining sales over the past six years along with increased competition from online sources. It's a reminder to support your local, independent bicycle stores, rather than shopping online.

**ELK RAPIDS CONNECTION:** There's strong local support for a new bike trail from Elk Rapids to TC, reports Website Director **Jeff Dillingham**, who attended a planning meeting on the subject last month. Tentatively, plans are to construct the path on the west side of US-31 along East Bay from Acme to Elk Rapids. Work is currently underway on a final design to be presented to local townships and agencies





Four for the desert: Jerry Kilts, Jerry Glenn, Mark Esper and Scott Phillips on a roll outside of Tucson.



CCCC members Shira and Steve Klein and Mikke Kilts riding Saguaro East Park in Tucson.



Bonnie Johnston and Dave Orr checked out the old mission south of Tucson.

## From TC to Tucson

With 131 miles of bike paths and bike lanes within the metro area, Tucson, Arizona makes an irresistible destination for many snowbird members of the CCCC. Add in the bike lanes of nearby Green Valley and you've got endless days of riding in the sun.



Jeannette Wildman cruised Catalina State Park.



Jerry Kilts took on mighty Mt. Lemmon.

## Save these dates!

- **May 6** – SheBikes inaugural meeting. Starts at 6 p.m. at McLains on Garfield.
- **May 8** – Ride leader informational meeting. Starts at 5:30 p.m. at the Blue Tractor restaurant.
- **May 15** – Ride of Silence. Be ready to roll at 7 p.m., from The Filling Station.
- **June 1** – Recycle-A-Bike sale. 9 a.m. at the Old Town parking garage, 125 East 8th Street. More details at [www.TraverseTrails.org](http://www.TraverseTrails.org).
- **June 2** – Club's Spring Picnic, starts at noon at the VASA Trailhead. Bike rides start at 9:30 & 10:00 a.m.

See the Club's Calendar of Rides for additional details at [www.cherrycapitalcycling-club.org/calendar](http://www.cherrycapitalcycling-club.org/calendar).





## Road Cycling Racers Wanted!

Want to take your cycling to a new level? Maybe team racing would be a good fit! The CCCC is drawing together members interested in joining the club's teams.

This will be our third year racing, and we hope to improve our status. The plans include three events: The Bike Benzie Grand Fondo, scheduled for June 1. The Black Bear Gran Fondo, scheduled for July 13, and the Cherry Roubaix, scheduled for August 3.

In preparation for the Bike Benzie Grand Fondo, the race team staff will conduct a qualifier on Saturday, May 11. Potential racers unable to ride the qualifier may still race if an alternative arrangement can be made.

The qualifier will be meet at Darrow Park at 9:00 am on May 11 before the Saturday Morning Hill Training ride. The qualifier will consist of a timed ride up Grandview hill, from the Leelanau Trail crossing to Bugai Road. The qualifier will be held rain or shine (it poured last year, everyone survived).

The club is sponsoring a women's team of three and a men's team of four. A second team for each gender may also race with enough demand. The club pays the sponsored racers' entry fees. Other considerations may be provided.

Last year was our first year for this fondo, and our women's team took second! Our men's teams took third and seventh place. Great results for teams new to road racing!

Racing on our cycling team is a fun, physical challenge and a great way to improve skills and endurance. Please join us!

More information about the ATeam Time Trial@ at the Bike Benzie Gran Fondo is available here: [www.bikebenzie.org](http://www.bikebenzie.org).

For more race team information, contact Mike Corcoran (231) 463-0460

## Club membership on the rise

Welcome aboard to the following Cycle Club members. Membership Director **Pete Danly** reports that the club's current membership stands at 420 cyclists, up 30 members from 390 members a year ago and an increase of 57 members from 2017.

We still have a way to go from the club's average of 478 members from 2008-2013, however. If you know of a local cyclist who'd enjoy a blend of camaraderie, fitness and fun, please pass the word about the Cherry Capital Cycling Club.

Philip Dent	TC
Laura Howard	TC
Toni Torti	Grandville, MI
John Krieger	TC
Mike Sheldon	Huntington Beach, CA
Alan Mikesell	Maumee, OH
Art Gibson	Interlochen
Craig Wares	TC
Wendy Wares	TC
Lisa Woodcox	Royal Oak, MI
Steve Hollington	TC
Ralph Bednarz	Lansing
Jacques-Brett Burgess	Suttons Bay
Beth Lamphere	TC
Eileen Rudzinski	TC
Alice Hauser	Suttons Bay

## 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](mailto:SafetyAndEducation@CherryCapitalCyclingClub.org)

**SPONSORED BY CHERRY CAPITAL CYCLING CLUB**

