

CCCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB

33rd annual Ride Around Torch lake

Volunteers and Riders both make the difference

By Paula Anderson
RAT Ride Director

This year is the 33rd year of the Cherry Capital Cycling Club sponsored Ride Around Torch bike tour. On the third Sunday in July, 800 to 1000 riders will gather at Elk Rapids High School to register and get their wrist bands for food stops and end-of-the-ride picnic. Between 7:00 AM and 10:00 AM cyclists start their ride on the well-marked routes of 26, 40, 63 and 100 miles around Torch Lake.



The ride is one of the best in all of Michigan and as a club we are very proud of the success and reputation of the RAT. It draws riders from more than 12 states with 82% of riders coming from Ontario and the five surrounding states. Most drive more than 3 hours to get here and just 20% of riders come from within a one-hour drive from Elk Rapids.

Riders pedal their first miles along their routes and stop at well maintained food stops at strategic distances designed to keep people well hydrated and fueled. Each year we get rave reviews about the food stops, both the food quality and



friendliness of those who maintain the stops.

At the end of the ride there is a delicious catered picnic to provide a good meal before people begin to pack their bikes and head home.

So what makes it so popular and well received?

- Great scenery
- Easy well organized registration
- Well marked fun routes
- Food Stops & Post Ride Picnic
- SAG assistance easy to access
- **EXCEPTIONAL VOLUNTEERS** to bring it all together.

The scenery we accept with gratitude. But the selection of routes, marking them, setting up and maintaining food stops, support assistance and registering riders can only be done by volunteers.

We count on the many great volunteers that return to their position. every year that come well trained!

WANTED for the RAT this year is a **PHOTOGRAPHER** and there are a few other possible positions open.

Let me know of your interest at ratdirector@cherrycapitalcyclingclub.org. CCCC Volunteers are appreciated and recognized in various ways and throughout the year.



If you aren't volunteering – **please register to ride a ride!!** Any distance. The funds generated from our Club's two one-day tours, the **Ride Around Torch** and the **Leelanau Harvest Tour** generate much of the financial foundation from which the CCCC Grant Program can support deserving programs to further biking in the area and LMB efforts in Michigan.

We look forward to seeing you July 21st in your volunteer T-Shirt OR in your spandex shorts and jersey ready to rock the route of your choice!

President's Letter

Support our mission

AS summer warms up, get on your bike and help support a cause. There are rides for “less cancer”, smart commuters, the League of Michigan Bicyclists (LMB) and local organizations funded via our own Ride Around Torch (RAT). The Cherry Capital Cycling Club has donated over \$300,000 to local trail and cycling organizations over the past 20 years. That’s a great record that our Club members should be proud of.

If you’re not already volunteering for the RAT ride, please consider riding 26, 40, 63 or 100 miles on July 21st. Money raised from our RAT and Leelanau Harvest Tour (LHT) rides helps support the Traverse Area Recreational Trail (TART), Norte youth cycling, cycling infrastructure needs in local communities and State-wide cycling advocacy efforts through LMB.



Remember, the Club’s mission is to “promote recreational bicycling activity in all forms as part of a healthy lifestyle and practical means of transportation. This mission shall be accomplished by conducting rides and other bicycling related events, providing social opportunities for members, promoting bicycle safety, supporting local, state and national bicycling and trails organizations and advocating increased support for cycling among the general public, government agencies and elected officials”. Please help your Club support our mission.

By Bill Danly



Join Traverse City Ride for a Cause



On June 9th, the lesscancer.org group is sponsoring 4 different rides to raise funds and develop educational programming. The groups focus is on preventing cancer, which is a departure from previous treatment-based approaches. Cyclists can ride 15, 30, 60 or 100 miles, with rides starting at Cherry Bend Park in Elmwood Township. The deadline to register is June 5th at 5 p.m.

If you can’t ride that day, consider sponsoring a rider, and donate on the **lesscancer.org** website.



Dan Wittkopp

The Cherry Capital Cycling Club is sorry to report the passing of a Board officer and one of our most active Club members. Since retiring to Michigan 5 years ago, Dan and his wife Pat have worked tirelessly to support many Club events and rides. Dan was the Director of the Leelanau Harvest Tour in 2017 and 2018, and the current Club Treasurer.

Besides Cycling Club activities, Dan was also a volunteer for SCORE - a business consulting group, and a “professional” backgammon player. Please reach out to Pat and give her comfort in this difficult time. Dan’s passing came quickly and is a shock to those closest to him.

Favorite bicycle tours for a memorable summer

By Jim Datsko

Photo Credit: Captivating Photos

Join a number of Cherry Capital riders heading to Lake Huron for their *Sunrise Adventure* on June 13-16. You'll find that quadrant of the state less congested than our North West region. This three-day tour based in Alpena features historic lighthouses, forested roads, a glass-bottom boat cruise of shipwrecks, and kayaking Thunder Bay River. Information at www.lmb.org

Chatting with riders at large tours throughout the USA over the decades revealed that three weeklong tours are consistently in the Top Three of Best Eastern US Tours. One of them is our very own *Shoreline West*, another one now in its 32nd year is *Bike Virginia*. This June 21-26 they are riding the Shenandoah Valley, but registration ends on May 31st, so go to <https://bikevirginia.org> if interested.

The next big event is PALM. *Pedal Across Lower Michigan* is aptly named, as you'll traverse the map's palm from Lake Michigan to Lake Huron on this June 22-28 tour that is our state's most family-friendly tour since 1982. Three generations of family often ride it together including grandparents and children due to short daily distances with emphasis on fun stops including a variety of special youth activities. Information at www.palmbiketour.org

Several states promote their bike trails with organized tours. Our version of that is the 28th annual *Michigander* on July 13-18 that *Bicycling Magazine* rates as one of the Top 10 Multi-Day Tours in America. This year it highlights Michigan State Parks on their 100th anniversary. You'll sample Lake Huron scenery heading north from Tawas City before turning west to Higgins Lake, Lake Mitchell, and ride portions of the Iron Belle Trail, White Pine Trail, and the Pere Marquette Trail. Register at www.michigander.bike

The third top tour occurs in fall, so I'll describe *Cycle North Carolina* from the mountains to the coast later.

If seeking more ideas in Michigan browse www.lmb.org/events/ride-calendar/

Cycling safe habits and rules to live by

Safety Corner

By Steve Mitton

There are many benefits to riding in an organized group including camaraderie, better visibility to motorists, potentially longer, faster rides because more people to share the work, and assistance in the event of a mechanical or safety incident.

In exchange for these benefits, when a cyclist chooses to ride in a group, they assume the responsibility to ride in a manner that enhances group safety and does not create a hazard. It is also important as a club rider to ride in an orderly, predictable manner and abide by safe riding habits to enhance motorists' perception of cyclists and help make for safer riding conditions.

Here are a few rules/tips for safe and courteous riding habits to consider and follow:

Ride predictably, consistently and attentively.

- Stay to the right, but don't hug the curb. While you are not required to use them, bike lanes and shoulders are often the safest place to ride, especially where motor vehicle speeds exceed 45 mph or heavy traffic is present. When these are not present, properly engineered, maintained, or if traffic conditions warrant. "take the lane."



To take the lane, position yourself as if you were a car by riding in the right wheel track of motorized traffic. This places you within the motorists' field of vision and allows you space to move away from traffic to avoid debris, hazards such as car doors opening, and "crowding" by other vehicles. Riding here also properly positions you to make left turns or to pass other road users.

- When riding two abreast, be mindful of the other roadway users and single up when it is safe for others to pass. You may never ride more than two abreast.

Remember, sharing the road is a two-way street.

- Never ride against traffic (on the left side of the road). You may, however, ride with traffic in the far left lane on one-way streets.

- When stopping for a rest or emergency, move completely off the road and onto the shoulder.

- At intersections, make eye contact with drivers. A simple head nod can help ensure they acknowledge your presence.

- Many railroad tracks cross roads diagonally. To prevent catching your tire in the track, especially under wet conditions, always cross at a right angle.

- When moving out into the travel lane, look behind you first, and signal your move to the left when clear.

- When riding in a group, never overlap wheels with the rider in front of you. This is sure to lead to an accident.

- When group riding, call out dangers, both audibly and with hand signals such as "Slowing," "Stopping," "Car Back," "Car Up," and "Debris." These callouts should be passed up and down the group.



- Use hand signals at least 100 feet before turning left or right.

- When passing another cyclist or pedestrian, nicely call out "ON YOUR LEFT." It is the courteous and safe thing to do. Be especially careful around pedestrians with dogs when passing. Give them room and plenty of polite warning.

- When approaching any intersection, EACH rider should proceed through that intersection only after they have personally determined it is safe to do so. **DO NOT RELY ON OTHERS TO MAKE THAT DECISION FOR YOU!**

- Around Traverse City, we are frequently on hilly two-lane country roads, make it your responsibility to ensure that you do not ride near the center line of any road unless you intend to make a left turn and it is clear to do so. Oncoming motorists may be hugging that centerline of these narrow country roads and will not see you until it is too late.

Remember STAY TO THE RIGHT AND STAY SAFE.

Sources: League of Michigan Bicycles 2019 What Every Michigan Bicyclists Must Know Handbook; Sumter Landing Bike Club Safe Riding Rules.

VASA pathway skill-building trail opening 2019

A consortium of local trail and cycling groups are coming together to design and build a 2-mile long mountain bike skill building trail. The trail will be located just south of the warming hut at the VASA trailhead off of Bartlett Road. The trail is being designed to enable beginning & developing mountain bike riders to cycle on progressively difficult terrain while providing a fun and safe experience.



The trail will be designed and constructed with the International Mountain Bike Association's best management practices to help ensure a safe and sustainable trail. The Traverse Area Recreation Trails (TART) and the Northern Michigan Mountain Biking Association (NMMBA) and Grand Traverse County are leading the fundraising, construction and maintenance efforts.



Fundraising is expected to be completed by July 1st, with construction starting in mid-July. The project partners are reaching out to the local cycling community to help in the construction phase. Look for more specific details of how members of the Cherry Capital Cycling Club can help construct this trail in our July newsletter.

CCCC grant program in action!

Bike Fix-it Station installed in Benzie



The next time you're in **Beulah** and having bike trouble or need some air for your tires, please check out the bike fix-it station located at the Beulah Trailhead next to the depot on Crystal Avenue. This project was funded by the Cherry Capital Cycling Club and the Friends of the Betsie Valley Trail. Thanks to Bryce Dreeszen and John Rothhaar for completing the installation this Spring. And thanks to all the Club members who volunteer their time for the RAT and LHT rides, which makes our grant program possible.



CCCC Grant Program

CCCC awards grant money and support to further many bicycle related projects such as paved trails, rides, training programs , youth cycling initiatives and safety programs that keep cycling safe, fun and healthy in Northern Michigan. Club funds for this initiative are generated by our organized rides RAT and LHT, membership dues and contributions from riders like you.



Social Connection



Social Saturday ride and picnic June 29th

Mark your calendars for short and long road rides on June 29, 2019. The ride will begin and end at the Memorial Park in Elk Rapids.



More information will be available soon on the CCCC ride calendar and website.

Welcome Erin and Dan!

Welcome our two newest members of **Cherry Capital Cycling Club** who joined in May.

Erin Bonner
Traverse City

Dan O'Toole
Williamston

If you see them or meet them on a ride, introduce yourself and welcome them to the club.

Annual Spring picnic June 2nd

By Carrie Baic

Join family, friends, and fellow cyclists at the Vasa Trailhead for our annual picnic. This event will happen rain or shine. We will be grilling beef and veggie burgers with all the fixings. Help yourself to some great salads with gluten-free and vegetarian options. Cookies, iced tea and lemonade will round out the menu. Brick Wheels will be on hand with demos and CCCC will have merchandise for sale.

Since we are a cycling club, there will be rides, so come early for a road ride or get on the trail for a mountain bike ride. Ride to Elk Rapids for 30 or more miles with a faster pace group leaving at 9:15 AM. A more moderate paced group will leave at 9:30 or start at 10:00 to ride 17 miles at a more leisurely pace. Check out the single track with a group leaving at 10:00AM.

See the CCCC website ride calendar for more details. If weather is nasty, the rides may be cancelled – but still come out to enjoy the picnic under the tent.

Contact Social Director
Carrie L. Baic with any questions at
231-313-4990 or
socialdirector@cherrycapitalcyclingclub.org

Sunday, June 2, 2019
12:00 Noon-3:00 pm
VASA Trailhead



Save these dates

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.

June 2 – Club's Spring Picnic, starts at noon at the VASA Trailhead. Bike rides start at 9:30 a.m. and 10:00 a.m.

June 3, 10, 17, 24 – SheBikes continues every Monday through June. Arrive 5:30 p.m., be ready to roll at 6:00 p.m. Location: Traverse City Central High School at the corner of Eastern and Milliken.

June 3 through 7 – Smart Commute Week! Promotes cycling, walking, taking the bus and carpooling. Free daily breakfasts hosted around town. See www.TraverseTrails.org for more information.

June 29 – Social Saturday rides and picnic in Elk Rapids. Short and long ride options, with picnic starting at noon. The League of Michigan Bicyclists will be on site to talk about pending legislation.

See the Club's Calendar of Rides for additional details at
www.cherrycapitalcyclingclub.org



Trails Festival offers unique mountain bike trails

June 20th race or tour unique trails

By Cody Sovis



One of the many things cyclists love about northern Michigan is the plethora of opportunities to explore something new! Throughout the seasons, there are countless events that offer unique ways to explore our region by bike. Cherry Capital Cycling Club members, are lucky to not just enjoy, but to host more than a few.



One of the newest additions to our rich regional calendar is run by Northern Michigan Mountain Bike Association. We like to think of NMMBA as your sister organization; what CCCC supports and enrich primarily on the roads, NMMBA works to create and foster on the numerous trails in Traverse City, Leelanau County, Bellaire, Cadillac, and beyond. Their newest event, the **Traverse City Trails Festival**, (TCTF) celebrates those trails and gives us all an opportunity to partake in the ultimate cycling weekend.

Taking place on July 20, the day before the annual Ride Around Torch, the TCTF invites everyone from elite level racers to first-timers to celebrate mountain biking with a once-a-year day to ride. Each of the 40, 25, and 15 mile courses take place primarily on trails that are unmarked for 364 days of the year. With explicit Michigan DNR permission, the TCTF is the only day these trails are signed and marked, giving riders an accessible way to experience the spider web of fun, natural-feeling riding that would otherwise take months or even years to learn to navigate!

The race truly caters to everyone, with the 25 and 15 mile distances offering not just race categories based on age and experience, but a tour option that allows riders to explore at their own pace.



“Over the past two years, plenty of CCCC riders have joined up and rallied together, taking on the woods at a more leisurely pace and spending the morning with friends before joining the whole event back at Ranch Rudolf, the start and finish venue.” explained Chad Jordan, President of Northern Michigan Mountain Bike Association. “With a sponsor like Short’s Brewing, you know the post-race scene is just as fun as the ride itself!” he continued.

Having events like the TCTF and RAT on different days of the same weekend allow us locals and our down-state and out-of-state guests a unique chance to experience the best of the trails and the best of the roads on the same weekend. It’s a big weekend, but a little something to get us motivated and racking up miles during this rather hesitant and halting spring season. Take the time to explore the Traverse City Trails Festival, and consider making both RAT and TCTF on July 20-21 the highlight of your summer!

For more, head to <https://nmmbatctf.com/> or contact communications@nmmba.net with questions!

Photos Credit: NMMBA

Ride of Silence Thanks



Many thanks to the 65 cyclists and 10 volunteers who made the 2019 Ride of Silence (RoS) a great success.

Also thanks to WTCM for promoting the RoS beforehand and to Channel 9/10 News for their great coverage of the ride and subsequent story on their 10 p.m. news show.

WTCM
NewsTalk 580

9:10 NEWS

Mark your calendars for next year's Ride of Silence on May 20, 2020.

New Jersey



The first orders have been placed. Soon you should see smartly dressed CCCC riders flying by sporting their new club jerseys – All new for 2019.

If you didn't order yours- don't miss the Fall call for orders. Learn more on the CCCC website and future newsletters.



Scott Pyles snapped this in Colorado May 16, 2019. Ride anyone?

Bicycle Shorts



Grant Applications Due

The Cherry Capital Cycling Club has a June 30th deadline for minor grant applications (\$1,000 limit). If the Community you love needs some financial assistance with a cycling infrastructure project, please have them go to our website and click on the "Grants" button. Pass the word!

www.cherrycapitalcyclingclub.org

Home
About CCCC
Calendar of Rides/Events
Classifieds
Contact Us
Cycling Links
Documents / Maps
Grants
Leelanau Harvest Tour
Photos
Newsletter
Ride Around Torch
Safety and Education
She Bikes
Store - Club Merch.



Distracted Driving Law

The "hands free" distracted driving House Bill 4198 passed out of the State Transportation Committee unanimously and is now under review by the House

Ways and Means Committee. A companion distracted driving bill (SB 288) was introduced in the Senate on April 26th. The League of Michigan



Bicyclists has testified in favor of these bills and encourages cyclists to reach out to our lawmakers to create a law to put phones down and keep their hands on the wheel.

Traverse City cyclist Larry Warbasse riding Giro d'Italia!

Larry Warbasse is an American professional road racing cyclist, living in France and who currently rides for UCI WorldTeam AG2R La Mondiale.

A Traverse City native, Larry is currently competing in the Giro d'Italia who, at this writing, is at Stage 10 in 27th position within the same second as the top tier. The Giro ends June 2.

Larry started riding seriously on Monday Night rides on Old Mission Peninsula with CCCC on a bike he bought by himself as a mid-teenager. Larry's birthday is June 28. He will be 28 after racing another one of Europe's premier events in professional cycling.



Larry Warbasse - AG2R La Mondiale

Best known for winning the 2017 United States National Road Race Championships. Warbasse has also competed for BMC Racing Team, and IAM Cycling in Europe.



Follow Larry on Instagram
[@Warbasse](https://www.instagram.com/Warbasse)