

CCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB



Club members were everywhere this season, riding the roads despite a soggy spring.

From bike tours on Beaver Island and in Alpena to regularly-scheduled events on the Ride Calendar, you didn't have to look far to find miles of smiles behind a host of handlebars. More photos inside!

A Summer of Fun Cycling!

The CCCC was well-represented at the 10th anniversary Beaver Island Bike Festival in June with the Sisterhood gang riding in their tutus.



Kim Bazemore made riding the hills look easy on a Tuesday night Leelanau Hill Ride.



Scott Pyles was one of many CCCC riders who took part in Alpena's Sunrise Tour.

President's Letter

We're literally on a roll...

The 2019 Ride Around Torch is less than three weeks away. Club volunteers have been lined up, preparations are well underway, and the number of pre-registered riders is making us wonder if we'll have enough food and drink!!

The Club wants to provide our RAT riders the best experience possible. One rider approached me anonymously last week and said it was the best ride in northern Michigan. Let's exceed their expectations.

On a Club note, our membership numbers are very strong. We are seeing new members join all the time. Please welcome the new members to our Club and engage them on rides and in social situations. We are blessed to live in a beautiful area, and cycling through our country-side is the best way to enjoy friends and the vistas (and hills!!).

Summer is here, "Hill-Billy"



Would you like to be on the CCCC Board?

Attention Club members! Your Cycling Club Board of Directors has 12 members who each serve a two-year term. At the end of each calendar year, six Board positions open up.

At the end of this year, the following six positions will be available for terms from 1/1/20 thru 1/31/21. Listed after each position is the current director:

- President – Bill Danly
- Vice-President – Dave Drake
- Ride Around Torch Director – Paula Anderson
- Membership Director – Pete Danly
- Social Director – Carrie Baic
- Communications Director – Bob Downes

If you are interested in joining the Board, please talk with any of the current or past directors about what each position entails. Each director's position is assigned specific duties, which are detailed in the By-Laws on the Club's website (see "Documents", then "Governance", then "Bylaws adopted 10/23/16"). The election of new directors will take place at our regular annual meeting to be held on October 27. If you're interested, please contact our current Vice-President Dave Drake at vicepresident@cherrycapitalcyclingclub.org. Dave supervises the annual nominations and elections. We would appreciate all submittals be made by the end of September.

Thank you for your interest in continuing to make the Cherry Capital Cycling Club a great bike club and cycling advocate in northern Michigan.



Ride Around Torch - July 21

We are just three weeks away from our big summer one-day bike tour, Ride Around Torch, otherwise known as the RAT. To date we have 667 registered riders and hope to hit 1,000! Haven't registered yet? It's not too late. Online registration closes on Tuesday, July 16 at midnight and you can always show up and register on the day of the ride.

This year the ride will be held on Sunday, July 21, starting at the Elk Rapids High School with four supported routes and great food/rest stops. Choose from 23, 40 63 or 100 mile routes with well-marked roads and maps with cue sheets that travel through beautiful scenery.

After the ride there is a delicious picnic at the Veteran's Park downtown Elk Rapids where you can even take a swim. New for this year is live music at the picnic.

So, as a member of CCCC, if you aren't committed to volunteer on the day of the ride please REGISTER TODAY and join us for a great summer cycle tour. This is fun way to support the club and much of the funds raised go to our Grant Program that supports cycling in our region

SEE YOU ON JULY 21st!!! - Paula Anderson, RAT Director

Emergency Essentials:

The 10 things you should bring on every ride

These are ten essential items of gear to get you moving should disaster strike while you are out on a ride. Your jersey pockets and perhaps a small saddle bag can hold all of these items that could help you or someone you are riding with to get back on the rode again.

1. Inner Tube: A properly sized tire tube is always a must on a ride of any length. A flat tire is the most common problem you will face out on the road. It is not a bad idea to carry more than one spare, but at least one is a must.

2. Tire Levers: While it is possible to get the tire off the wheel rim and back on again without using tire levers, it is much easier if you have them.

3. Pump/Air Cartridge: You will need a way to inflate your tube once you have replaced it, so a small frame mounted pump or air cartridge is recommended.

4. Patch Kit: If you choose not to carry a spare tube, a patch kit is the next best thing. It will take a bit longer to patch a tire, but it is also handy if you have more than one flat and you only brought one tube. Good to carry both, if you can.

5. Small section of bike tire: Take an old tire and cut a 2-3" long piece and tuck it into your bag....this comes in handy if you should cut or blow out the tire (not the tube) itself. Simply insert the piece of tire inside the hole and mount the tube as normal and you will be back on the road to finish your ride. A folded up dollar bill will also work in a pinch (if the hole is small).

6. Multi-tool: Is a small combination of wrenches and screwdrivers in a single tool. You might ride several times without need of one, but when you do need to fix a loose seat or handlebar, it is an invaluable tool to have with you and takes up little space.

7. Emergency Energy: Even the most experienced cyclists sometimes misjudge the amount they have in the tank need a little energy boost to get you home. Tuck an energy bar or gel pack in your pocket or bag just in case.

8. Cell Phone: Most of us carry a cell phone with us all the time anyway, you might as well take it with you on the bike. They come in handy if you get caught in some freaky weather conditions, your bike might suffer a significant mechanical breakdown you can't fix or you or someone you are riding with may need medical help.



Safety Corner By Steve Mitton

It is also handy for navigational support.

9. Money/Card: It is always a good idea to have a little money or credit card with you should an emergency occur such as needing to buy a Snickers or two during the ride or you breakdown and happen to be near a town and can buy parts.

10. Personal ID: You should always have on your person some form of personal

identification should you be involved in a mishap. Many cyclists use a wristband, or ankle band (Road ID) with name, address, name of an emergency contact and contact phone number and any medical conditions that emergency personnel should be aware.

Sources:

Road CC; Emergency Essentials by Mat Brett March 7, 2019

Cycling Weekly; Seven essentials you need to take on every ride. By Simon Richardson, April 21, 2015



Bicycle across America by trail? The latest issue of the Rails to Trails Conservancy (RTC) magazine talks about pedaling across the entire continental U.S. on a bike trail. The proposed "Great American Rail-Trail" would be 3,700 miles long and cross 12 states, from Washington to the District of Columbia. The RTC has been working closely with local trail partners, state agencies and elected officials to develop the preferred route, which will connect more than 125 existing trails. The best part is that this trail is more than 52% complete!

The RTC is providing the national vision, leadership and expertise to ensure connectivity across state lines and bring the resources to close approximately 1,700 miles of gaps in the trail. Learn more at www.greatamericantrail.org.

Late summer bike tours for a memorable season

By Jim Datsko

You've ridden your share of CCCC rides this summer and are again one with your bike. You're now seeking to enjoy a cycling adventure in new scenery.

A perennial Midwest favorite over the past 45 years is **Amish-land & Lakes**, and that is exactly where they'll be riding July 26-28 from the base at Howe Military Academy in Indiana.

Saturday offers a big loop through Indiana's Amish Shipshewana country farm area where the shy and respectful Amish children set up homemade cookie tables and root beer float stands along your route. You'll be sharing the road with Amish horses and buggies. On Sunday everyone heads north to cool blue Michigan lakes. Information at www.AmishLand-Lakes.com

Michigan's Upper Peninsula offers two weeklong touring opportunities. The **MUP** sponsored by the League of Michigan Bicyclists is full with a wait list. However the 29th **Annual Tour Da U.P.** is still open for their Aug. 4-8 tour that covers the eastern U.P. with visits to three Great Lakes. As their website hints, you're supporting a worthy cause. www.teachingfamilyhomes.org/events/tour-da-up

There are two events in August that are a coming-of-age experience for many Michi-



gan cyclists; in fact you could call them mountains. The **Bon Ton Roulet** has been attracting cyclists there for decades, where the history and entertainment complement the stellar riding. This year's Bon Ton is July 20-27 with registration at <https://bontonroulet.com>

At left, the Shoreline Tour follows the Lake Michigan coast.

gan cyclists. You've seen them camping at Traverse City's Civic Center and at high schools along the Chain Of Lakes. **Shoreline West** is famous for sand dunes and waves as it hugs the Michigan shoreline all the way from Montague to the Bridge. This year's 33rd annual occurs August 3-10. www.LMB/org/west.

The **DALMAC** is the second event and it is a sign that summer is over. This epic Labor Day weekend tour from Lansing to the Bridge is in its 49th year. Find out more at www.dalmac.org

Many cyclists interested in an out-of-state bicycle tour vacation head east such as to the beautiful Finger Lakes region of New York State. In some regards it resembles northwest Michigan with its scenery and vineyards, except the lakes and the hills

For those seeking more options, here is a pair of tour aggregators to satisfy any cyclist's dreams:

- Adventure Cycling is the modern incarnation of Bike Centennial that celebrated America's 1976 Bicentennial by staging their inaugural coast-to-coast group tours. They now offer tours and special events most anywhere a rider might desire at www.adventurecycling.org
- Another modern evolution is the Bicycle Adventure Club that continues the tradition begun in 1964 by their predecessor, International Bicycle Touring Society. IBTS heralded the era when organized group bicycle tours were just beginning to emerge from the near-extinction caused by Henry Ford's Model T during the high-wheeler age. Their rides and their history are both fantastic, and can be seen at www.bicycleadventureclub.org

Tour de TART

The 19th annual Tour de TART (Traverse Area Recreation and Transportation Trails) takes place on Friday July 19. Please come out and enjoy the beautiful Leelanau Trail between Darrow Park and Suttons Bay, complete with two food stops and a waterfront dinner at the Suttons Bay Marina. This is a fun ride up the trail, complete with crossing guards, dinner catered by the VI Grill and Grand Traverse Pie Company, a bus ride back to Traverse City, and many other features.

The ride is limited to 600 riders, so sign up soon. Go to www.traversetrails.org for more details and online registration. Riders must check-in at Darrow Park between 4 and 6:30 p.m. on the day of the ride, and the last bus leaves Suttons Bay at 9:00 p.m. sharp.



Support the trail you love with the Tour de TART on July 19. Photo courtesy of TART Trails.

Biking Europe? Consider the Danube Trail

In June, club members Jeannette Wildman and Bob Downes spent four days biking the Danube Bike Trail (*Donauradweg*), the most popular stretch of which runs 210 miles from Passau, Germany to Vienna, Austria.

The couple rented hybrid bikes in Vienna, took them on the train to Passau along with a change of clothes, and rode back along the Danube.

The trail is the longest and most popular in Europe, with at least 70,000 cyclists riding the Danube each year. There are numerous guesthouses along the route which cater to cyclists, and many cafes and restaurants filled with cyclists enjoying a pint of beer, a glass of wine, and some weiner schnitzel or gelato.

Downes and Wildman rented their bikes at the Vienna train station for just \$12 per day, spending another \$35 to rent helmets. The seven-speed bikes were equipped with large baskets for carrying gear.



The Danube Trail runs along a former towpath on central Europe's longest river. Note: all of Jeannette's change of clothing is in the basket on the back of her bike.



Numerous towns offer B&Bs and cafes all through the heart of Austria.

Each summer we hear of club members planning exotic bike tours of Europe, with destinations including Italy, the Netherlands, Croatia and more. In fact, a group of 18 cyclists from Traverse City are planning to circle Lake Constance on the border of Switzerland and Germany this fall.

Europe has thousands of miles of bike paths, many bike rental outlets, scores of assisted tours and tens of thousands of fellow cyclists enjoying scenery that includes castles, cathedrals, vineyards and mountain vistas.

Some tips:

- If you decide to ride the Danube, consider renting an ebike. Although the route is all downhill along a bike path, it can get very hot and humid along the route and at least half the riders on the trail are riding

ebikes.

- Guest houses run \$60-\$75 per night, sometimes with breakfast included. Be sure to book lodgings in advance at Booking.com or Hostelworld.com. AirB&B can be a gamble, since these home-stays can be difficult to find at times, hidden away in apartments or down tangled, medieval streets. Not fun if you've just completed a weary day of cycling and can't find your lodgings!

- Forget about costly self-guided tour companies or boat/bike trips. You can easily do this route yourself and save hundreds of dollars.

- BUT, be sure to invest in a guidebook to the Danube Bike Trail. There are frequent river crossings and it pays to know what's up ahead.



The trail runs through the heart of Austria's wine country.



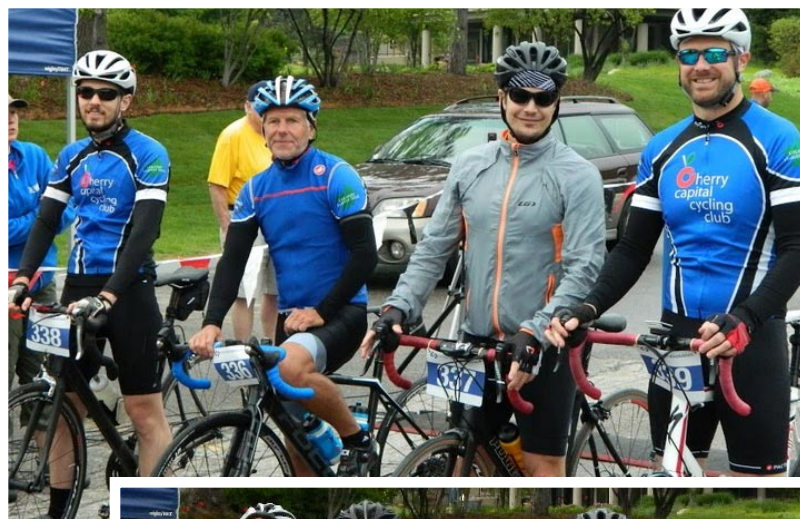
The huge bike rental facility at the train station in Vienna.

Club Racing Teams Dominate Benzie Podium!

A cloudy and wet morning greeted our club racers at this year's 11th Annual Bike Benzie "Up North Race, Team Time Trial and Tour" held on June 1. The women's teams were unopposed, taking first and second place. The "Sanitas" won the women's side riding the 62 mile course with a team time of 4:06. Riding for the "Sanitas" were **Amelia Hasenohrl, Darcie Pickren and Kelly Robertson**. The "Queen Annes" weren't far behind at 4:15. Riding for the "Queen Annes" were **Beth Lamphere, Mary Peterson and Merry VanderLinden**.

The "Balatons" took third place on the men's side, riding a team time of 3:16; only 41 seconds behind second place! The "Balatons" were **Tom Haug, David King, Steve Robertson and Mike Stivani**. The "Morellos" took fourth, with a team time of 3:23. The "Morellos" were **Mike Cudlip, Dave LaValley, Dave Sutton and Bradley Terrill**. The teams are named after cherry varieties, in keeping with our Club's identity.

These results show real racing talent within the Club. Next up? The Cherry Roubaix, on August 3. This year's Cherry Roubaix is the site of USA Cycling's Michigan State Championship Road Race, so the competition will be hot! Interested in our team? Contact Mike Corcoran at (231) 463-0460. Please congratulate our racers when you ride with them!





Reaching out to motorists on safe cycling

At the request of the Suttons Bay Congregational Church, Steve Mitton & Bill Danly put on a bike safety workshop on June 28th. The request came about due to increased cycling activity in Suttons Bay from local trail traffic and cycling tourism. The participants had questions about;

- bicycle/pedestrian interactions;
- proper locations for cyclists on the road;
- the Michigan Vehicle Code; and
- other experiences that local citizens have had with cyclists.

The CCCC gave out the booklet titled "What Every Michigan Bicyclist Must

Know," 2016 edition. This booklet is published by the League of Michigan Bicyclists (LMB). It is currently undergoing a re-write, and a new 2019 edition is due out shortly.

Information in the booklet answered many of the participants' questions, and the dialog interaction was very informative. The church asked if we would be willing to repeat this workshop at a later time when new participants step forward. This was a good experience for everyone, and we believe it was an excellent way to review why cyclists ride the way we do, and how we occupy part of the road that is allowed by the Michigan Vehicle Code.



ALPENA RECAP: Some say there was as much dining out as there was cycling at the Sunrise Tour in Alpena in June, where the CCCC turned out the largest contingent for the event. Below, Paula Anderson waves from the lighthouse along the route.



NEW MEMBERS

WELCOME to these new members!

Kathleen Ligons	TC
Deborah Zerafa	Williamsburg, MI
Davis Sutton	TC
Jim Pecott	TC
Erica Austin	TC
Greg Miller	TC
Todd Gignilliat	TC
Neve Gignilliat	TC
Alison Ernst	TC
Jay Sender	Georgetown, TX
Christine Buron	TC
Mary Beth Milliken	TC
KC Maddelein	Naperville, Illinois

Dig this...

Volunteers needed to help construct Skill-Building Trail

TART, NMMBA, local bike shops and the CCCC are getting together to construct a 2-mile skill-building trail near the warming hut at the VASA trailhead. The trail will allow beginner mountain bikers build their skills and confidence over progressively difficult terrain. The trail is designed with the International Mountain Bike Association's best management practices to ensure a safe, enjoyable trail.

Twelve volunteers are needed on four successive Saturdays, from July 13th through August 3rd. TART will have a sign-up sheet for volunteer positions on it's website, located at www.traversetrails.org. The preliminary jobs are listed below;

- Saturday, July 13 8:00am-11:00am - Clear Blue Loop corridor with handsaws, loppers, weed trimmers, and rakes. Also, two people to operate walk behind tillers.

- Saturday, July 20 8:00am-11:00am - Clear Red Loop corridor with handsaws, loppers, weed trimmers, and rakes. Also, two people to operate walk behind tillers.

- Saturday, July 27 8:00am-11:00am - Finish clearing Red Loop corridor with handsaws, loppers, weed trimmers, and rakes. Also, two people to operate walk behind tillers.

- Saturday, August 3 8:00am-11:00am - Cap sandy sections with gravel using shovels, wheelbarrows, rakes, and compactor.

Questions? contact Chris Kushman at ckushman@traversetrails.org.