

CCCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB

Ride the 36th Annual Leelanau Harvest Tour

Register by August 15th to Save

By Skip Miller
LHT Ride Director

Spectacular vistas and miles of great biking routes in Leelanau County are the main attractions for hundreds of riders expected to participate in the Leelanau Harvest Tour (LHT) on Saturday, September 14th. Enjoy the beautiful scenery, the TART trail, and our great small towns.

It is a great opportunity for riders to come to the area for long weekend mini-vacations and visit the Sleeping Bear Dunes, Leland's Fishtown, Glen Arbor, Northport and Traverse City; not to mention Suttons Bay where the tour starts and ends. Last year's tour brought more than 500 riders to the area. So far this year, the tour has registrants from as far away as Ontario, Colorado, Georgia, Tennessee, Pennsylvania, and Massachusetts.

Organized by the Cherry Capital Cycling Club (CCCC), the tour offers 20, 40, 65 and 100-mile routes, with five food stops along the way, and a sumptuous buffet at the end of the ride, catered by VI Grill of Suttons Bay (new for this year.)

Registration is currently \$40 for individuals, with fees increasing to \$45 on Aug. 15, and \$55 on the day of the LHT. The LHT serves as a major fundraiser for the CCCC, which uses the funds to support cycling in the Grand Traverse Area. For more details on the Leelanau Harvest Tour, or to register, go to:

www.cherrycapitalcyclingclub.org.



Volunteers support our riders

The CCCC provides more than 50 volunteers to staff registration, route marking, food stops, the buffet lunch, and SAG vehicles, to ensure an enjoyable day for the riders.

LHT currently needs additional SAG drivers and a SAG Coordinator. Please contact Skip Miller, LHT Director, at LHTDirector@cherrycapitalcyclingclub.org if you are interested in volunteering.



The mission of the Club shall be to promote recreational bicycling activity in all forms as part of a healthy lifestyle and practical means of transportation.

AUGUST 2019

President's Letter

Volunteers are the heart

By Bill Danly

Volunteers are the heart of the Cherry Capital Cycling Club. Whether you are a ride leader, SheBikes leader, coffee host, volunteer for our two signature rides, or on the Board of Directors, you are an important cog in making our Club great!

We have just wrapped up our biggest signature ride of the year, the Ride Around Torch. We had over 1,000 cyclists register for this ride, and over 60 Club volunteers came together to put on a pleasant ride around Torch Lake in perfect cycling weather. We also had record merchandise sales! Many thanks to all of you who worked registration, marked the roads, worked the food stops, sagged the route during the ride, and hawkers of merchandise!

Our second signature ride, the Leelanau Harvest Tour, is on September 14th. Only 6 weeks away! The planners are switching gears from RAT to LHT, and we do have a few volunteer spots to fill. Crew chiefs will be reaching out to volunteers shortly, so please check your calendars to see if you're available on the 14th.



Or you can contact our LHT Ride Director Skip Miller directly as mentioned on page 1.

Lastly, if you're interested in serving on the Club's Board for the 2020/2021 time period, please see the accompanying article on open Board seats. The Cherry Capital Cycling Club has been an important organization in the Traverse area for 35 years now, and it's very satisfying to continue our mission of promoting recreational biking in our area, and being an advocate for safe cycling at all levels.

Be safe out there.

Board Positions

In last month's newsletter, we listed the six Board positions that our membership will vote on at the Annual meeting on October 20th. Half of the six current Board members plan to place their names on the ballot for another two years. These three Board members are Bill Danly (President), Paula Anderson (RAT Director) and Bob Downes (Communications Director).

We ask you to consider if a Board position could be a door for you to contribute to the CCCC mission, giving back to the sport that has given you so much. It's not often you have an opportunity to speak, to have your voice heard and to be part of an organization that is making a big difference in the community.

We welcome candidates for all of the open positions, but we really need a few members to consider joining the Board for the three vacant positions of Vice-President, Membership Director and Social Director. Please contact Dave Drake at:

vicepresident@cherrycapitalcyclingclub.org if you are interested in joining our great Board.

Welcome to our newest members

Welcome our six new members of Cherry Capital Cycling Club who joined in July:

Heath Green	Lake Ann
Greg Riley	Beulah
Paul Molnar	Traverse City
Paul Winston	Lake Leelanau
Greg Lewis	Traverse City
Duane Almeter	Suttons Bay

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



At this writing, 28 July, 2019, Robert Downes, Communications Director of Cherry Capital Cycling Club is riding somewhere in Eastern New York enroute to Nova Scotia and the Eastern coast of Canada.

Bob is on a fully loaded touring bike. It's not his first journey. Leaving Traverse City, he road to Port Huron and crossed through Canada to New York. He is now riding along the Erie Canal.



Life on the road has given Bob material for several novels and books about biking and bike touring. See more at Robert Downes, Author, Facebook page.

Young State Park Weekend

By Carrie L. Baic
Social Director

September 20 – 22, 2019

Mark your calendars for the Second Annual Young State Park Weekend. Come for a day or stay all weekend. Our inaugural weekend last year was wonderful, with over thirty folks attending.

We will have rides on Friday evening, and Saturday and Sunday morning. Breakfast and Dinner will be provided on Saturday and Sunday. We'll be stopping at a restaurant for lunch on Saturday with you picking up your own tab, unless you have a generous friend that will be treating you. Camping is available at Young State Park. Call 1-800-44PARKS or visit website: www.michigan.gov/dnr to make reservations.

We will be gathering at Spruce Campground on northern end of park. Sleeping in a tent or camper not your thing? Check out accommodations in nearby Boyne City. Visit the Chamber or VRBO.

If you plan on joining us, please RSVP to Carrie L. Baic at:
231-313-4990 or via email to:
socialdirector@cherrycapitalcyclingclub.org



You are responsible for making your own reservations. Last year there were plenty of campsites available, but commit and let's do this!

Here is a list of things to bring:

- Bike, helmet, shoes, gloves, air pump, riding attire...
- Post riding clothes, including appropriate campfire evening wear,
- Toiletries and towel (showers and flush toilettes)
- Tent or camper (if applicable) with bedding
- Camp chairs
- Swimsuit and towel
- Kayak, canoe, Paddle board
- Guitar and/or voice for campfire entertainment
- Great Attitude!

Check out www.sierra.com/ for more ideas on what to bring.

cherry capital cycling club

...traveling at the speed of fun!

Home Documents / Maps

Documents / Maps

Documents are organized into folders. Hover over a folder to view the folder's description. Click a folder to view its documents. The documents for that particular folder will appear in the right Documents pane. Click on the document name to open a details window where you can leave comments or rate the document (if enabled). You may also download the document from within the details window, or the download arrow next to the document name. An upload button will appear near the top of the Documents pane if uploads are enabled for that particular folder.

Expand All Collapse All Search

Document Folders

- Maps
- Mileage Archives
- The Cadence Newsletter
- Riding and Leading Rides
- RAT & LHT Registration Forms
- Governance
- CCCC Logos
- Volunteer Organizing Materials
- Safety and Education

Maps

- Chain of Lakes 60 Mile Route - Map
- Chain of Lakes 60 Mile Route - Profile
- Cherry Blossom 57 Mile Route - Profile
- Glen Arbor to Beulah 51 Mile Route
- Glen Arbor to Cedar 36 Mile Route
- Glen Arbor to Cedar 39 Mile Route
- Glen Arbor to ... Mile Route
- Glen Arbor to ... Mile Route
- Glen Arbor to ... 51 Mile Route
- Glen Arbor to ... 54 Mile Route
- Glen Arbor to ... Mile Route
- Glen Arbor to Marle City 47 Mile Route

Did you know?

Cherry Capital Cycling Club Website has route maps that you can download for free! It's true!

Navigate to
cherrycapitalcyclingclub.org/

1. Click on: **Documents & Maps**
2. Click on: **Maps**
3. **Pick a route**



Save These Dates!

Your Cherry Capital Cycling Club has a number of important events coming up. Please mark your calendars!

- **August 18th** - Social Sunday rides & picnic, Cherry Bend Park, Greilickville.
- **September 14th** – Leelanau Harvest Tour, Suttons Bay.
- **September 20th thru 22nd** – Young State Park weekend.
- **October 6th** – Fall (!!) Pancake Breakfast at the VASA single track.
- **October 20th** – Annual membership meeting at Timber Ridge.

Social Sunday Ride and Picnic

Ride your bike with fellow cyclists; then enjoy a picnic hosted by CCCC at noon.

When: Sunday, **August 18, 2019**

Where: Elmwood Township Park on 10090 E. Lincoln

Time: 8:30 AM first longer, faster ride to begin, medium ride to start later. Check Ride Calendar soon for posting.

Come join us for the ride and picnic, or just show up for the picnic if you choose not to ride. We will be having a taco bar with all the fixins', munchies. Some gluten-free and vegetarian options will be available. BYOB if you prefer a beverage other than iced tea or lemonade.

No RSVP needed – JSU (Just Show Up!)

Any questions?

Contact Carrie L. Baic at 231-313-4990 or socialdirector@cherrycapitalcyclingclub.org

CCCC grant program in action!

CCCC grant increases bike ridership

Thanks to CCCC's generous support, Norte's learn-to-ride program using balance bikes expanded to 20 schools in 2018-19, reaching 740 preschoolers in Traverse City, Elk Rapids, Northport and Kingsley. These 3 to 5-year-olds learned more than just how to ride a bike; they learned how to play well with each other, how to listen to and follow directions, and they got to be active for 30 minutes for 4 weeks during their school day, which improves not only gross motor skills but small motor as well - think drawing and writing skills.

One teacher at Eastern Elementary says she always notices an improvement in the kids' learning abilities after "bike club". These preschoolers leave the Estrellas Balance Bike program with the confidence to continue riding bikes and are more likely to be active for life. They are our future bike-to-school champions.

CCCC's support has also helped Norte host several balance bike field trips at the Clubhouse this spring and improved our twice-weekly summer meet-ups which start next week.

Thank you CCCC!

Ty Schmidt

Executive Director, NORTE



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 RAT and LHT rides, membership dues and contributions from riders like you.



Hot new jerseys are available now.



You'll see these riders on the road.

Cherry Capital Cycling Club has a new jersey design – released in June 2019. This design is highly visible, unique, and features the CCCC cherry symbol.

In past years, the Club came up with a design, purchased large quantities of jerseys, put them in a warehouse and sold them from stock. That is a very big investment, with no guarantee that they would ever be sold.

The Club now creates the design, which is manufactured by our vendors. Members will place their orders directly with Borah for men and women's jersey designs and with Floravelo for separate women only designs.



Jim and Joane Mitchell wearing Joane's newest jersey designs

Here's how to order

Both Men's and Women's Jerseys are available from Borah. A separate Women's design series is available from Floravelo.

In coming days, links to Borah and Floravelo will be published on the CCCC website merchandise page.

Clicking those links will take you to Borah and Floravelo's Cherry Capital Cycling Club Catalog page. On their sites you can place your order directly with them for CCCC jerseys.

A small amount of jerseys are available now from CCCC Merchandising team. Please contact David Drake to purchase Members should contact Dave Drake by phone ((231)-360-9360) or ddrake54@charter.net if you would like to purchase any of the items the Club has in stock.



The creative force

By Scott Pyles

Joane Mitchell is often found riding one of CCCC's many road rides with her husband Jim. They are cyclists who lead rides and ride rides. Joane is a seasoned designer who has designed shirt graphics and support materials (ads, posters, post cards, directional signage, route maps, web graphics) for RAT and LHT for 4 years. Most recently, she has designed the club's newest jersey. Joane works with the board, event directors and stakeholders in the community to arrive at an ideal design that communicates clearly. "Working with everyone as a team is important to make the best design," Joane explains, "and the social aspect is fun, too!" Her designs are the result of creative design skill and years of experience working with teams.

Joane's passion for visual communication, design, and graphics began early in life. She earned her BFA at University of Michigan and multi-media certifications at Sessions College for Professional Design. Her work career grew from Graphic Designer to Art Director and Vice President. Her up-North career culminated with her work as Graphic Designer/Creative Director / Brand Manager for Munson Healthcare Corporate Communications. In addition, Joane does freelance and pro-bono design work in the community.

"Life after retiring is exciting. Putting my skills and experience back to work in to the community is quite fulfilling," she continued.

With her sketch pad, cell phone, laptop, camera, and bicycle, Joane brings creative energy to CCCC and Northern Michigan.

Hospitality twist adds spice to Honor rides.

By Mark Esper
Ride Director

Honor, MI, July 8 2019

The Club ride from Honor included a welcomed change- Riders were invited to a coffee stop at Paula and Bryce Dreeszen's Cabin.

The Honor Ride leaves from the small park just east of downtown every Monday at 9:00. The ride leader team includes, Mikke and Jerry Kilts, and Mark Esper. Each week's route is different, heading for locales including Frankfort, Herring Lake, Empire, Glen Arbor, Interlochen, and Lake Ann. It is a well-attended ride often drawing 25 or more members and guests alike. The riders will break into groups based on pace and regroup at the coffee stop.

Several riders live along one of our many routes and provide a special touch by hosting coffee at their homes or cottages. They include Bryce and Paula Dreeszen (Herring Lake), Dave and Gail Komendera (Glen Lake), Ned and Gloria Amstutz (Platte Lake), Mikke and Jerry Kilts along with Dan and Judy Yeager (Empire). Mark and Chris Esper host a post-ride picnic at their cottage on Platte Lake on the Monday after Labor Day.

Consider making the drive to Honor and join us for rides this season!

Photos by Joane Mitchell



Pat Bearup,
LMB 3 Foot Jersey



Sandy & Steve Mitton



Dea Danly, Pat Kopf, Linda Shomin



Pat Bearup, George Lombard



Jim Mitchell, Dave Crary, Robert Buryta, Jim Dasko, Pat Kopf



Bill Danly, Kate Easlick, Barb VanDam

"The Honor ride to the Dreeszen's was very challenging but worth every hill to share the great food and camaraderie with our friends."

Jerry and Mikke Kilts

This August, try something different.

By Mark Esper, Ride Director

Thursday Gravel Ride

Thursdays in August
6:00 PM

Meet at: TART Trail Parking Lot East of Walgreen off Holiday Road
2350 N. US Highway 31 N
Traverse City, MI 49686

This ride is a mixed road ride. Anything goes from nice paved roads, gravel, sandy seasonal roads and maybe a single track on occasion if the group is feeling adventurous. On a typical Thursday evening there are from 4 to 6 riders.

"You can do it on about any bike, Mike said. "we have people do it on mountain bikes, gravel specific bikes, fat tire bikes, modified road bikes (it can be a little harder with thin tires) and even one person came out on there daily commuter bike, he continued."

"Rides very from about 30-40 miles typically, I tend to scout ride every Wednesday to check for road conditions and we normally have the ability to change routes mid ride if we need/want to."

"We always ride it as no drop as 90% of the area we ride is completely new to most riders. The goal is to explore new territory as often as possible."



Michael Stivani
Ride Leader

Mike summed it up this way: "As far as the idea behind gravel riding in general, the best way to think about it is the type of riding most people did as kids before we were "cyclists" a bunch of us go out on what ever bikes we have on roads or trails."

Call Mike to get additional advise if this is your first gravel ride. Who knows? You may just love it!

Heritage Trail Ride

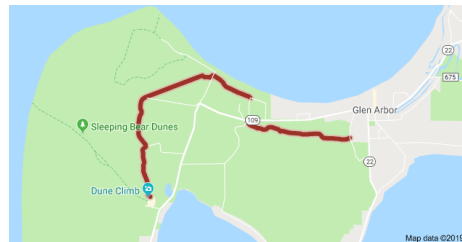
Fridays in August
9:00 AM until 2:00 PM

Meet at: Glen Arbor Health Club
6363 Western Avenue
Glen Arbor, MI 49636



Ken Rosiek
Ride Leader

Ride the Sleeping Bear Heritage Trail 40-50 Miles; some hills. This is a pleasure in cycling. Wonderful views, clean trail and mixture of woods and open vistas, farm houses and curiosities.



The Sleeping Bear Heritage Trail is a non-motorized trail that showcases destinations within the Sleeping Bear Dunes National Lakeshore and the two Lakeshore towns of Glen Arbor and Empire. Currently the trail is 20 miles end to end including a 3 mile route on the road through Glen Arbor. There are 5 miles remaining to complete the 27-mile trail.

Join Ken on Friday's in August. Give this ride a try. You will find it a simply great ride.

13/35 Fair Weather Ride

Sundays August 4th.
7:45 AM until 10:45 AM

Meet at: East Bay Park
E Bay Blvd S. & E Front St.
Traverse City, MI 49686

Ride to Mapleton Market via Center Rd...on the only day of the week that you can enjoy doing this...with a stop at the scenic overlook where we will have a 270 degree view of both bays...and a stop at the market for beverages / snacks / restroom.



Carol Danly
Ride Leader

"I considered calling this ride 'Sunday Morning Meditation'. It's the best, and as far as I'm concerned, only time to ride Center Road. For the most part, people haven't begun to move yet and the 7:45 start is timed to miss the Catholic church traffic." Carol said.

I'm hoping to do a series of 13/35 Fair Weather rides--maximum average speed 13 mph and maximum distance 35 miles. These rides will be for anyone who wants to spend only a few hours in the saddle. They'll be purple on the ride calendar." she explained.

Average Speed: 13 mph.
Distance Today: 22 to 27 miles.
Hills: 1 to 2 good-size hills.

Rain: Ride will be cancelled by or before 6 a.m. if chance of rain is 40% or greater. Please double check this calendar when the weather is questionable.

Maps: Provided. (We'll be taking Center Rd out and either Blue Water or Ladd on the way back.)

See the CCCC website Ride Calendar for all the great club rides.

Favorite Fall Tours

By: Jim Datsko

By fall you've built up a solid riding base, the weather is turning refreshingly comfortable, and some of the best tours of the year are during the color season.

DALMAC is a rite of passage for many Michigan cyclists. Since 1971 this epic Labor Day weekend event has ridden from Lansing through our area of northwestern Michigan and on to The Bridge. A variety of riding distances and choices of east or west routes are available, view them all at www.dalmac.org



Many creative ideas originated in the Hilly before filtering down to the other tours such as a safety video, riding costume contest, bike jersey map of each day's route on the front and back, professional entertainment, an evening audio-visual show of that day's ride, a large tent filled with merchants blowing out gear at ridiculous end-of-the-season prices are just a few such innovations.

Five food stops provide unique live music and an unusual lineup of food. Watch the classic awarding winning movie *Breaking Away* to see some of the roads you'll traverse through Morgan Monroe State Forest.

Join the contingent from CCCC including our prez heading to this Oct. 25-27th tour. Info at www.hillyhundred.org



Bicycling magazine rated Indiana's **Hilly Hundred** as the best bicycle event in America – and they're right. Yes it's very hilly with some resembling extended versions of East Jordan's infamous "wall," but it's only 50 miles each day. Now in its 52nd year, this is much more than a tour as its party-like atmosphere climaxes another great year of cycling.



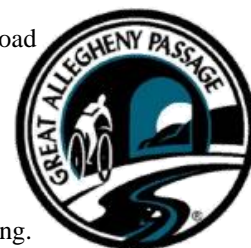
If you'd like to savor a longer tour, one that gradually descends during the week and that experienced cycle-tourists in the eastern US rate in their top three favorite weeklong tours, then consider **Cycle North Carolina Mountains to the Coast**. Riders love to repeat this popular tour as each year brings a different route. One year the tour rode through Andy Griffith's Village of Mayberry. CNC is September 28 to October 5. Information at <https://ncsports.org/event/cyclenc-mountaintocost-ride/>



Cooler fall days are ideal to experience the **Greater Allegheny Passage**, as four different parties of CCCC members have done. The GAP is 150 miles of rails-to-trails from Pittsburgh, PA to Cumberland, MD where you may connect to the historic C&O Canal Path for another 185 miles into Washington DC. Various tour operators will host your group, or plan your own tour using the handy guidebook as all of our club's groups have done. Tourists come from around the world to experience the GAP.

The towering railroad trestle bridges and long tunnels through the mountains are now all yours for the pedaling.

Savage Mountain is the longest uphill railroad grade in America, fortunately it's real gentle. Check ahead as summer rainstorms washed out a portion of the C&O Canal Path, but the GAP wasn't hurt. Information at <https://gaptrail.org/>



Best Bike Tech And Cycling Gadgets 2019

By Steve Mitton
Safety & Education Director

In the same way that it's influenced the fitness industry through wearable tech and innovative studio spaces, advances in technology have had a massive impact on cycling culture across the world over the last few years. Thanks to an influx of innovations making cycling safer, easier and more fun, people are cycling around more than ever before, be it a lengthy commute, adventure trip in the outdoors or just an occasional jaunt to the shops. But with so many devices on the market claiming to improve your cycling experience, it's hard to know which are worth the investment. So we've picked out some of the best bike gadgets for anyone looking to pimp their (two-wheeled) ride.



1. **Lumos Kickstart** is the world's first smart bike helmet that beautifully integrates lights, hard brake, turn signals, and helmet into a single cohesive whole.



2. Envisioned by successful cycling accessories brand **Knog**, **Oi Bike Bell** is not only aesthetically pleasing, but it also sounds way better than most bike bells on the market. Compared with an angel playing the glockenspiel, the slim circular device wraps around the handlebar like a bracelet and is available in five different finishes, making sure it matches your bike.



3. Water bottles should be at the top of your must-have bike accessories list, and this colorful, innovative product from **CamelBak** doesn't disappoint. Thanks to its double-walled construction, the 25 fl. oz. **Podium Big Chill** keeps your water cold twice as long as regular sports bottles, while at the same time ensuring your warm beverages remain so during cool weather rides. Its lightweight, ergonomic design with a patented self-sealing Jet Valve™ makes it easy to squeeze and drink on the go without worrying about splatters and spills. It also sports a wide-mouth opening for easy filling and cleaning.



4. Equipped with white front lights, red rear lights, as well as integrated turn signals and a smart brake light that flashes when slowing down, it's no surprise **Revolights Eclipse** is widely considered the best bike lighting system in the world. Powered by USB-rechargeable batteries, the award-winning mechanism provides unrivaled 360° visibility and features a futurist weather-resistant design. Illuminate your path with this Revolights Eclipse bicycle lighting system. These innovative LED rings attach to your spokes and illuminate both the road and upcoming traffic signs to increase safety. Each ring of this Revolights Eclipse bicycle lighting system has 24 equally spaced LEDs, and eight lights shine at a time for brightness.

5. **Topeak's Ninja P Tire Pump** is designed to be concealed inside your seat post. It is not just ultra-portable, but also quick and easy to access when you need it. There's nothing worse than getting a flat tire when out and about, so make sure you add this handy little item to your bike kit.



6. **Blubel** is an innovative Bluetooth-connected bicycle bell that doubles up as a navigational guide to tell you how to get from A to B via the safest bike-friendly routes, meaning you no longer have to follow confusing directions on your phone. Using your phone's sat nav tech, **Blubel** displays simplified directions using the bell's LED design and your phone can stay in your pocket or bag, meaning fewer dangerous distractions, phone accidents or theft.



Blubel works by using gestures on its 12 LED dial. All you have to do is type your destination into the supporting app and follow the lights on the bell, which indicate where to go. There are also audio signals that prompt you when turns are coming up so you can keep your eyes safely on the road the rest of the time. The bell will also show the direction of your final destination, so you never lose your bearings, using responsive routing that quickly recalculates if you take a different route or a wrong turn.

33rd Ride Around Torch had great weather and turnout

By Paula Anderson
RAT Director

The CCCC 33rd annual RAT ride was one of the biggest ever. With over 1000 registered it was estimated that we saw 950 riders on the road.

Great weather, bountiful food stops, delicious post ride picnic, beautiful routes and FABULOUS Volunteers make this one of the EPIC one-day bike tours in Michigan. Riders came from around the country and Canada.

New this year was a finish line banner and live music at the post ride picnic, both were a big hit with the riders.

Thanks to all the CCCC Volunteers for making this such a successful event and helping our Club to grow the Grant Fund that supports cycling in our region.

Mark your calendar for next years ride on **Sunday, July 19th, 2020!!**



Registration



Finishing her first century ride! 5 PM



Local hand cyclist finishes top ten in back-to-back Boston Marathons - Update

Traverse City, MI

For Steve Chapman the sport of hand cycling started as a way to just ride alongside his son on his bicycle.

Steve was left paralyzed from the chest down after a motorcycle accident 35 years ago. He has spent the past decades searching for other ways to be physically active.



Steve Chapman, Traverse City

Steve started hand cycling and found it was something at which he excelled. In 2019 Steve is racing in 25 races around the country. He raced the Boston Marathon this spring. In 2018 Chapman finished 10th in this prestigious race. This year he moved up to 7th, closing in on his drive to the podium.

In June and July, Steve raced in 14 events including the Tour of America's Dairyland National Criterium and the USA Cycling National Championships in Knoxville, TN. He is a consistent top 10 finisher with four 2nd place podiums, two 3^{rds}, a 4th, three 6^{ths}. Those are great results.

We wish Steve Chapman of Traverse City good luck in his remaining 4 events this summer.

NB

Scott Pyles updated an original article by Harrison Beebe, UpNorthLive.com to include Steve's most recent results.

Bike Shorts



USA Cycling National Pro Road Results

Knoxville, TN – June 28, 2019

Alex Howes (EF Education First) won a three-up battle in downtown Knoxville, to take his first USA Cycling Pro Road Championships Elite Men's title. Howes beat Stephen Basset (First Internet Bank) and Neilson Powless (Jumbo-Visma) for the title after the trio escaped from a select group near the end of the 190.7km circuit race.

Traverse City native, Larry Warbasse came 5th, barely 8 seconds behind Howes. Larry was 4th in the time trial – equaling last years result. Warbasse won the road race in 2017. 120 Elite Pro Men started the race.



Larry Warbasse - AG2R La Mondiale



The perfect combination-a bay and a bike.

Plans, kits and finished products are available now and on product development drawing boards around the world.

Designs include "pontoon" style, shown, and hydrofoil. Standing, sitting and recumbent modes also are featured. One company in Huntington Beach, CA is planning to rent them for \$10/hr. This could be a whole new way to ride around Torch lake.

