

CCCCC

NEWSLETTER



CHERRY CAPITAL CYCLING CLUB

Join us by the campfire...

Club Camp-Out Sept. 20-22

Mark your calendars for the Second Annual Young State Park Weekend, Sept. 20-22. Come for a day or stay all weekend. Our inaugural weekend last year was wonderful, with over 30 folks attending. We will have rides Friday afternoon at 4:30, and on Saturday and Sunday starting mid-morning. See the Clubs' Ride Calendar for details.

The Club will provide Saturday breakfast, Saturday dinner and Sunday breakfast, as well as hot coffee, tea and orange juice at breakfast. We'll also have a social hour on Friday at 6:30 with vegetarian chili. On Saturday and Sunday we'll stop at area restaurants for "BYO" lunches. Camping is available at Young State Park. Call 1-800-44PARKS or visit the website: www.michigan.gov/dnr to make reservations. We will be gathering at



Spruce Campground on the northern end of the park. Sleeping in a tent or camper not your thing? Check out accommodations in nearby Boyne City. Visit the area Chamber of Commerce (www.boynechamber.com) or VRBO.

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

so that she is able to plan meals. You are responsible for making your own camping/hotel reservations. Last year there were plenty of campsites available, but please commit and let's do this!

Here is a list of things to bring:

- Your own beverages & cooler.
- Bike, helmet, shoes, gloves, tire pump, riding attire...
- Post-riding clothes, including appropriate campfire evening wear,
- Toiletries and towel (showers and flush toilets available).
- Tent or camper with bedding.
- Camp chairs.
- Swimsuit and towel.
- Coffee/tea mug.
- Kayak, canoe, paddleboard.
- Guitar and/or voice for campfire entertainment.
- Great Attitude!

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

Gear up for the Leelanau Harvest Tour!

Celebrate the glory of Indian Summer on Saturday, Sept. 14 with the Leelanau Harvest Tour on the back roads of Leelanau County.

Bonus: there's still time to catch a break on the entry fee, which is currently \$45, increasing to \$55 on the day of the tour.

Tour Director Skip Miller reports that more than 400 cyclists have already registered for the tour, with at least 600 projected for the event - a smash success!

The tour runs through the wine country and farms of Leelanau County and then along the Sleeping Bear National Lakeshore. For cyclists, it's a great way to wrap up the summer with one last bike tour while enjoying all that northern Michigan has to offer.

More than 50 volunteers are turning out to support the tour with registration, route marking, four food stops and SAG vehicles, not to mention the sumptuous buffet luncheon at the end of the ride.

The tour starts and ends in Suttons Bay with 20, 40, 65 and 100-mile routes with proceeds going to support cycle recreation, bike



trails and safety in the region. Interested? Go to www.cherrycapitalcyclingclub.org for details and to register.

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

SEPTEMBER • 2019

President's Letter

Wanted: Your input for future bike facilities in TC

Between the time this is written and the time you read it, there will be a workshop to discuss ideas about improving Traverse City's bike transportation system. Several of our Board members will attend this meeting and provide input. However, we'd like to hear from you as well!

If you have any thoughts on additional bike lanes, cross-town connectors, bike parking or dangerous intersections, please write me at president@cherrycapitalcyclingclub.org. I'll make sure these comments get passed along to City Planning and Engineering staff.

Please think of areas where you would bike more frequently if it was safer, and areas where you make frequent short trips in an automobile only because you feel you can't get there by bike. One of the keys to reducing congestion in town is to reduce the number of short trips in the automobile when alternative forms of transportation are available, and often more convenient than a car.

I'll report back to our membership on the ideas presented at the August 29th meeting in our next newsletter in early October. In the meantime, I'd appreciate your input very much.



--- Bill Danly



Goodbye Summer Pancake Breakfast

Come out and join a raucous crowd at the VASA single track on October 6th! Mountain bike rides start at 9:30 a.m., with distance options of 3, 10 or 13 miles. All ages and skill levels welcome. Additional details can be found on the Club's Calendar or Rides.

The pancake breakfast will be served from 11 a.m. to 12:30 p.m. All are welcome; CCCC members, non-members, other cy-

cling groups, family and friends, bike shop owners and staff. Breakfast will consist of pumpkin pancakes, blueberry pancakes, bacon, scrambled eggs, fruit, coffee, and

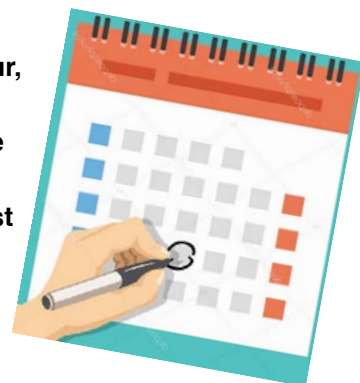
juice! Hope to see you out there!

If you have any questions, please contact **Yvonne Cunkle** at ycunkle@gmail.com or 231-631-2200.

2019 save these dates!

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

- 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.**
- November 2nd – **Iceman race.**
- November 3rd – **Volunteer dinner (by invitation).**



Why Cycling Posture Is Critical to Performance

By Marc Lindsay
Courtesy of Mapmyride

The more comfortable you are on the bike, the more efficient you'll be. Cycling with good posture is one way to ensure comfort over long distances while lessening the risk of unnecessary injuries. Good bike posture also enables you to recruit more muscle groups for increased power and improved balance, making it easier to steer and control your bike.

While no one bike position is right for every cyclist, there are some basic principles you can try to achieve good cycling posture. Let's take a look at what good cycling posture is and what you can do to improve your position on the bike.

Safety Corner By Steve Mitton

THINGS YOU CAN DO

Whether it's aches and pains or your position just feels a little off, there are several things you can do to improve your cycling posture. The tips below are a good place to start:

1. GET A BIKE FIT

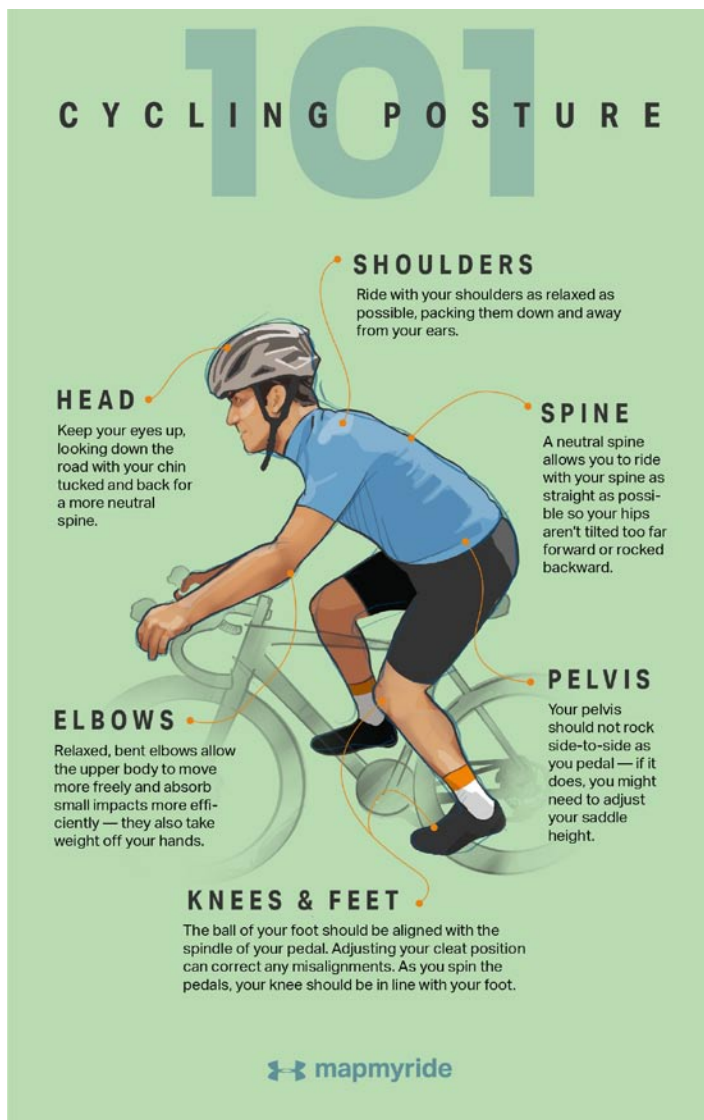
A professional bike fit is one of the best investments you can make. From handlebar reach to saddle height to cleat position, a bike-fit specialist can fine tune your bike posture according to your body type to ensure you're comfortable and stay injury free.

2. IMPROVE YOUR FLEXIBILITY

Poor range of motion can make it difficult to achieve good cycling posture. The hamstrings, quadriceps and hip flexors play an important role in your posture as you pedal. Lacking flexibility in any of these areas can lead to bad habits and poor posture as you ride. Follow this guide for a few basic stretches every cyclist should do to improve your overall flexibility.

3. STRENGTH TRAIN

Other than poor position, bad cycling posture is most often caused by weak muscles. As you ride more, if your muscles aren't strong enough to support the position, you'll eventually begin to fall into bad habits such as lowering your head, rounding your back and not tracking your knees as you pedal. Work on a strength-training program designed to strengthen your core and support your weight on the bike.



Map My Ride is a GPS-guided app that includes unlimited cycling routes, workout tracking, a calendar, training plans, fitness plans and many other tools for cyclists. See <https://www.mapmyride.com/us/> for more information.



Here comes the... sunflowers! Last month's Elk Rapids Sunflower Ride had club members shining.

Loving the experience of riding...

What was your most memorable ride this summer?

By Scott Pyles

I caught up with a few CCCC riders and asked how they enjoyed their summer riding. Here's what they had to say.

Bob & Laura Otwell – Traverse City

"Laura and I enjoy riding the roads up north of M-204 in Leelanau County, but sometimes are looking for a shorter ride than a round trip from TC. A solution we have utilized is to take BATA up to Suttons Bay or Northport. Yesterday, with the north wind blowing, we took the bus to Northport and enjoyed a leisurely, tailwind aided ride home.

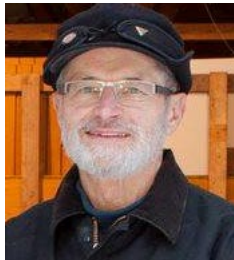
"With the cool north breeze, the air was clear and the views spectacular at Peterson Park, and along Onomonee and Jelinek roads. We then took Setterbo (my favorite Leelanau County road), down into Suttons Bay, and the trail back to TC. It was a great ride!"



Laura Otwell making good use of a BATA bus.

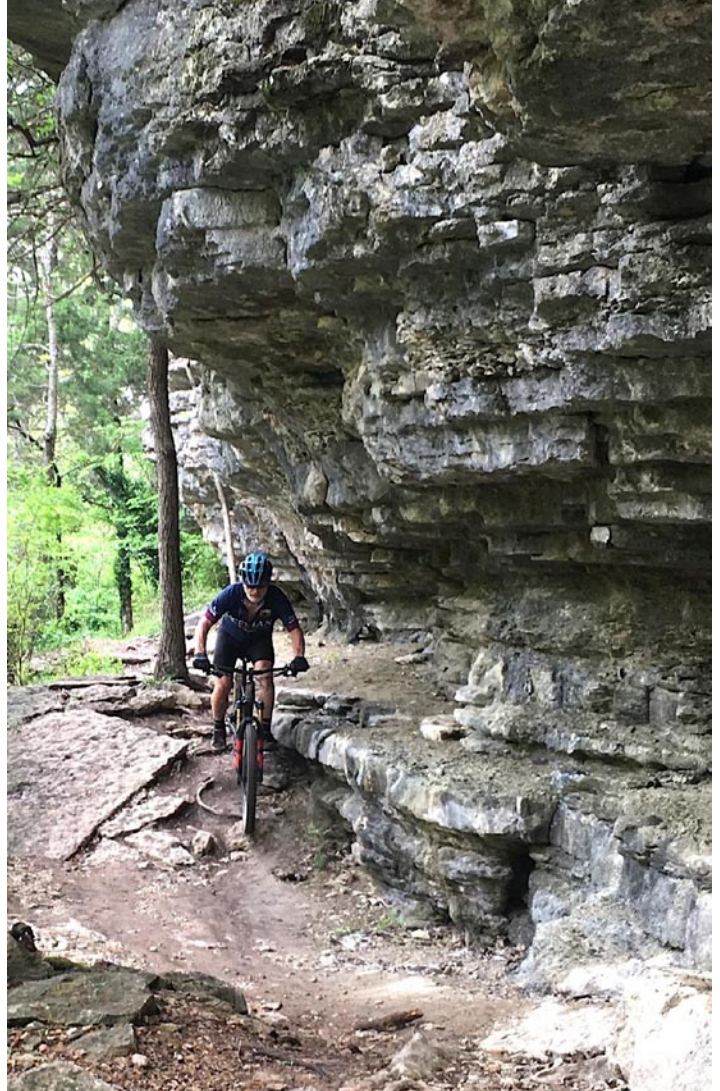
Roger Raehl – Traverse City

"This past spring a group of mountain bikers from the Club including Dan Packer Sr, Paul Conlen, Don Cunkle, Mike Aja and myself made our second trip to Bentonville, Arkansas, which with the help of the Walton Foundation, is fast becoming a mountain bike mecca. The 160 miles of trails with something for every level of ability are outstanding and well worth considering for a week-long adventure."



Megan Hancock –Traverse City

"We were stoked to ride Whiskey Creek! A haven of mud puddles that you could drown in through the wild, untouched forest. So stoked, in fact, that we chose to ignore the 60 percent chance of rain. As we rode the two track, we were careful not to ride straight



Roger Raehl and friends enjoyed a mountain bike adventure in Arkansas.



Sisters Megan and Molly had an electrifying adventure on Whiskey Creek.

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My most memorable ride...

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through the mud puddles, not wanting a big bike cleaning operation later on. Deep into the forest we rode (my sister, Molly and me.) So deep that we did not actually know where we were headed.

CRACK! BOOM! Thunder!!! Lightning!! “Quick, ride faster!” The rain began. At first, just a light drizzle, but after a few frantic moments of riding as fast as we could to who-knows-where, a full on deluge of cold, pouring rain. Molly and I stopped, not sure of what to do, and squatted under a sad apple tree in the middle of the forest. We didn’t stay long, as it started getting cold, and we felt that lightning had a better chance of striking us under the tree than if we were moving. Molly and I apprehensively darted on, like fools through the thunderstorm. To our great relief, the forest opened up and we were back at Whiskey Creek and familiar territory. The clouds cleared and the storm cleared as swiftly as it had arrived. On the return trip, we made sure to bomb through the middle of those mud puddles, each and every one.”

Bob Eichenlaub – Traverse City

“The highlight of my summer was The Cycle Greater Yellowstone bicycle tour. It was well organized with good food and lots of volunteers. The route weaved back and forth over the Montana / Wyoming border on the NE corner of the park. The major challenge was the third day’s ride over the Bear Tooth Pass up to the entrance of Yellowstone National Park. We climbed 32 miles at an average grade of 3 1/2%. That’s like climbing Grandview hill for



Bob Eichenlaub discovered the joys of biking the Rockies.

32 miles. All told, we climbed 7,000 vertical feet that day.

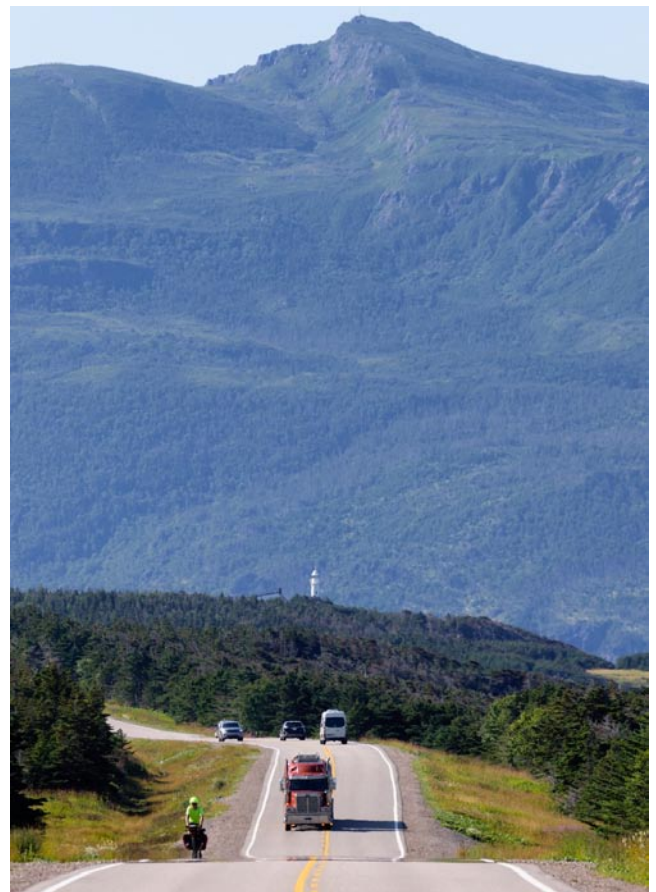
I made friends with another slow rider at the beginning of the ascent. He was a quirky general practice attorney from California with a very funny sense of humor. We talked all the way up and before you know it we were within a couple miles of the peak. The tour had hot soup waiting for us at the summit. The wind kicked up to 25 to 30 miles per an hour, made the descent very interesting. Over 5 days, we climbed 22,000 feet. I’m looking for a flatter ride for next year!

Do you have a favorite story about a ride that was memorable for you? Send it to me, perhaps we can use it in a future issue of the CCCC Newsletter. spyles@aol.com.



Communications Director Bob Downes reached the northern tip of Newfoundland on Aug. 19, arriving at the 1,000-year-old ruins of a Viking settlement at L’Anse Aux Meadows after more than a month and nearly 2,000 miles of cycling with 70-plus pounds of bike and camping gear. The route included nearly 300 miles of the Erie Canal Trail and 475 miles through the wilderness of Newfoundland.

The cancellation of ferry services at Bar Harbor, Maine, means he’ll be returning to bike another 200 miles of Nova Scotia next June in his quest to bike all the way across the continent.



Tough climbs, biking the mountains of Newfoundland.



The mens and womens teams with coach Mike Corcoran.

ROCKING THE CHERRY ROUBAIX

A sunny morning greeted our club racers at this year's Cherry Roubaix Gran Fondo held on August 3.

Club teams were standouts in the Fondo: The Queen Annes women's squad took second place, riding the 60 mile course with a team time of 3:31 (17 mph). Riding for the Queen Annes

were **Mary Peterson, Merry Vander-Linden and Julie Tebo.**

The men's squad, the Balatons, took third place, riding a team time of 3:08 (19.5 mph) despite a crash. The Balatons included **Tom Haug, David King, Steve Robertson, Mike Stivani and Dave Sutton.**

Our racers ride frequently together, honing their time-trial skills and enjoying the camaraderie and fitness gained from competitive events.

Thinking about team racing? Contact **Mike Corcoran** at (231) 463-0460. Please congratulate our racers when you ride with them!



Ironman 70.3

The Ironman bike corral. Hmmm... 2,500+ bikes at an average cost of \$3,000-\$4,000 each? That's \$7.5-\$10 million!



Bike corral volunteers kept an eye on those dazzling cycles prior to the race.



Clubmembers came out in force to volunteer at Ironman 70.3, with Tami Stagman, Todd LaBonte and (not pictured) Dave Anderson competing.



Shoreline West:

A tour to put on your 'must do' list next summer

The League of Michigan Bicyclists (LMB) Shoreline West ride was fantastic this year. We had great weather and beautiful scenery the whole way.

The 2019 tour was the 33rd year that LMB has put on this ride, and it has proven to be a perennial hit and fundraiser for LMB. There were participants from 34 States and 5 countries! A cyclist from Brazil won the prize for most distance traveled!

The ride starts in Montague, Michigan and ends in Mackinaw City. We averaged about 60 miles per day, but also had a day off in Traverse City to goof off, hang out at the beach, or do a local ride on Old Mission Peninsula. With stops in Ludington, Frankfort, Traverse City, Charlevoix and Harbor Springs, there were lots of things to do along the way and great evenings on the town.

At least 10 members of the Cherry Capital Cycling Club were volunteers and/or riders on this tour. In addition, ElGrupo Norte had 5 youth cyclists and several adult chaperones participating. The youth cyclists helped raise funds for both LMB and Norte through a donation program being tested out by LMB for use around the State.

The League of Michigan Bicyclists is our state-wide cycling advocate, and the four rides they put on each year go a long way to funding their operations. In 2020, please consider joining LMB on the one-day Hubfest in Adrian in early June, a three-day "Sunrise Adventure" based out of Alpena in mid-June, a week long tour in Michigan's Upper Peninsula (MUP) in mid-July or the 34th annual Shoreline West tour held the first full week in August.

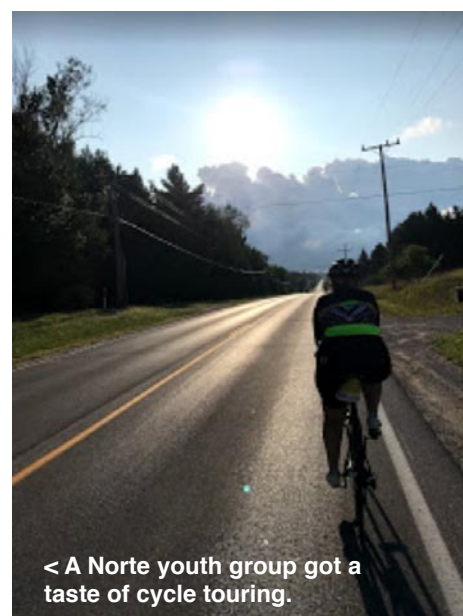
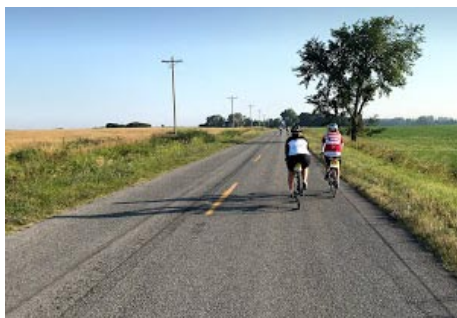
-- By Bill Danly

NEW MEMBERS

WELCOME to these new members!

Jane Elzerman	Thompsonville
Curtis Wilkerson	TC
Paul Wilkins	TC
Michael Rhodes	TC
Robert Haydock	TC

-- submitted by Pete Danly,
Membership Director



< A Norte youth group got a taste of cycle touring.



CCCC members and volunteers enjoy their reward at ride's end.



Tents ready & waiting for weary pedalers...