

SPEED
LIMIT
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CCCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB



Safer Cycling in Traverse City

The City of Traverse City took a huge step toward promoting cycling and safety in town last week with the opening of a new bike-way along 8th Street.

Running nearly half a mile, the new bike-way sends a powerful message: that creating safe zones for cyclists and pedestrians is essential to the wellbeing of a community.

Who knows? Perhaps passing motorists will be encouraged to try commuting on two wheels once they see cyclists breezing by alongside 8th Street.

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

OCTOBER • 2019

President's Letter

Looking back on a great cycling season

The 2019 Ride Around Torch (RAT) and Leelanau Harvest Tour (LHT) are behind us – phew! These two rides attracted over 1,500 riders to the area, and I believe we put on a great show at both events. It also helped to have bicycle-friendly weather!

The RAT & LHT are the Club's signature rides, and they generate funds we use to support our mission of promoting recreational cycling. We do this by giving grants to other specialty organizations like TART, Norte, and NMMBA (Northern Michigan Mountain Biking Association), and for cycling infrastructure in communities where we go on Club rides.

In 2019, our Club will be donating over \$25,000 to area organizations to use for trails, cycling infrastructure, and youth cycling



programs. That's a significant investment in this community's cycling needs. It is my hope to continue this trend in future years, and to focus the Club's generosity where it will have the biggest effect.

The Club will announce final 2019 grant awards at our annual membership meeting on October 20th. Please come to Timber Ridge at 4 p.m. for social hour and 5 p.m. for a potluck dinner. The annual business meeting will be directly after dinner. Please check the Club's calendar soon for more details.

Lastly, this is the 8th and last Club newsletter for this year. I want to thank Bob Downes and Scott Pyles for putting these together from numerous "stringers" who send in articles. There's a lot of information to pass along to our membership! We will have a "mid-Winter" issue coming out after the first of the year, so please pass along any ideas and thoughts you have to anyone on the Board. Let's ride smarter – together.

--- Bill Danly



CCCC Grant Program at work

A year ago, the Cycling Club made a grant award of \$4,000 to Leelanau Township to help fund road shoulders on County Road 629 to the Leelanau State Park and Lighthouse Park, which is on the 100 mile route of the Leelanau Harvest Tour.

Up until now, 2.2 miles of CR 629 had no shoulder, and cyclists had to "take the lane." This past month, the Leelanau County Road Commission added 3-foot shoulders on both sides of this stretch of road, making it safer for all "non-traditional" road users. The project is just winding down, as the new shoulders are being back-filled and a white fog line added soon.

Take a bike trip from Northport out to the Grand Traverse Lighthouse, and enjoy the new road shoulders! It's a safer trip now.

PROPOSED PAVILION: The Northern Michigan Mountain Biking Association (NMMBA) is taking the lead on the construction of a 30' by 30' pavilion at the VASA Single Track. It would be an open post & beam style structure on a concrete slab, with metal roof. A similar structure has just been completed at the Cadillac Pathway trailhead, which is shown in the enclosed photo. The Cadillac pavilion includes an optional stone fireplace.



The project has reached 70% of its \$50,000 funding goal. It is one of the grant projects that CCCC is considering allocating funds for. Individuals may make contributions by contacting NMMBA directly. Check out their website at www.nmmba.net.

A WILDERNESS FIRST AID course is being offered this fall by the Greilick Outdoor Recreation and Education Center. Available is hands-on certification for road bikers, mountain bikers, trail runners, hikers, etc., led by instructors from Wilderness Medical Associates. The course provides outdoor first aid techniques for use when calling 911 isn't an option. It's a weekend of training at the former Camp Greilick on 500 acres on Renzie Lake. Contact Melissa Fri at www.exploreGOREC.org for details.



ANNUAL MEETING

Sunday, Oct 20
Social Hour: 4 p.m.
Dinner: 5 p.m.

Our Annual Meeting and Potluck will return to Timber Ridge Resort Banquet Hall at 4050 E. Hammond Road.

. All Welcome!

We will be electing directors and presenting mileage awards. This is a potluck dinner, so please bring a dish to pass, table service, and your favorite beverage. The club will offer wine, beer, and a nonalcoholic beverage. (Please note: Last year we had oodles of desserts, but ran out of main course dishes.) Please join us before the Snowbirds begin their migration!

Join us Sunday, Oct. 6 for the Goodbye Summer Pancake Breakfast

Club members will let the good times roll on Sunday, Oct. 6 at the annual Goodbye Summer Pancake Breakfast.

The event takes place at the VASA single track off Supply Road east of town (Google it).

As in the past, club members are invited to participate in mountain bike rides on the 11.5-mile single track route at 9:30 a.m., with distance options of 3, 10 or 13 miles. All ages and skill levels welcome. Details can be found on the club's Ride Calendar.

The pancake breakfast will be served from 11 a.m. to 12:30 p.m. All are welcome, including CCCC members, non-members, other cycling groups, family and friends, bike shop owners and staff. Breakfast will include pumpkin and blueberry pancakes, bacon, scrambled eggs, fruit, coffee, and juice. Come hungry and stay long!



Cycle Club of the Year? We're a finalist!

The Cherry Capital Cycling Club has been selected as a finalist for Michigan's Cycle Club of the Year by the League of Michigan Bicyclists (LMB). We'll learn our fate at the LMB's award ceremony on October 19 at the Lexus Velodrome in Detroit.

Other clubs selected as finalists include: Social Cycling Flint, 313 Ambassadors, Metro Detroit Mountain Bikers, and the Ann Arbor Velo Club.

The CCCC was selected for the following reasons:

With nearly 450 members, the Cherry Capital Cycling Club (CCCC) is a powerhouse supporter of bicycling in northern Lower Michigan. No other cycling club in the northern half of the state shows as much initiative to promote recreation, safety and fitness.

- The club offers more than 600 rides throughout the spring, summer and fall, each of which is lead by one of our 50-plus Ride Leaders. Rides generally range from 30-50 miles and include a coffee/snack stop.

- Over the past 20 years, the CCCC has donated over \$300,000 for local trails, cycling infrastructure, youth cycling, and cycling advocacy.

- The CCCC hosts two cycling tours in the summer (Ride Around Torch) and fall (Leelanau Harvest Tour), which attract some 1,000 and 600 riders, respectively, from across the country and Canada. These tours net up to \$25,000 per year to support cycling in the region.



- The CCCC provides grants each year to support organizations such as Traverse Area Recreational Trails (TART), NMMBA (Northern Michigan Mountain Biking Association), Recycle a Bicycle, the Norte youth cycling organization, and many municipalities.

- The CCCC has numerous social get-togethers throughout the year, including picnic rides, a campout, spring and fall membership meetings, a volunteer party, a Ride of Silence event, and an end-of-summer pancake breakfast. Club members are engaged both as cyclists and as friends.

- Club members also serve as volunteers at other cycling events in the region, such as the Iceman Mountain Bike Race and NMMBA races. Recently, the CCCC

fielded two teams to assist the first Ironman 70.3 race in Traverse City.

- The CCCC has both women's and men's road racing teams, competing in events such as the Cherry Roubaix Gran Fondo in Traverse City and placing high on race podiums.

- The club also puts an emphasis on the safety aspects of cycling, and teach our members good/safe behavior on the road. Ride Leaders discuss the rules of the road before each group ride.

NEW MEMBERS:

A big Cycle Club welcome to:

- Ken & Karen Dawson TC
- Janet Navarro Glen Arbor

A Super Day in Leelanau County

The 2019 Leelanau Harvest Tour was a huge success! Sunny skies and warm temperatures brought out many late-registering riders, the food stops were well stocked and the lunch afterwards by the VI Grill from Suttons Bay was delicious. Except for a little wind, conditions were exceptional.

Many thanks to the 60-some volunteers who put up/took down the road signs, registered riders at the school, provided SAG support, worked the food stops, sold merchandise, and served lunch after the ride. Without you, this event would not be possible and the Club could not raise the funds that we give every year to our grantees.

By the numbers:

- Number of registered riders: 576, up 10% from the year before.
- Sold 89% more t-shirts! Great design!
- Revenue up 23%.
- We held the line on expenses.
- Income up 53%.
- In-kind donations of \$2,714 !

Our donors were very generous this year. Our hats are off to: 9 Bean Rows, Cherry Republic, Food For Thought, Gallagher's Farm Market, Great Lakes Potato Chips, Higher Grounds, Mackinaw Brewing, Meijer, Naturally Nutty, Oryana, Pure Water Works, VI Grill and Walmart.

The next time you are in any of these shops, please thank them for being a supporter of our Club, the Leelanau Harvest Tour, and for supporting cycling in northern Michigan.



A doggone good time for everyone.



First-time Leelanau Harvest Tour Director Skip Miller was thrilled that the event came off so well under sunny skies.



Cycle Club Volunteers got a huge thumbs-up from tour riders.



SAG teams kept every rider rolling through multiple courses.

Safety tips for Fall cycling

Autumn is a time of change. Some of it great – the leaves changing color, a new season for new endeavors, and a welcome relief from the heat. But that change also brings with it some new challenges for those who like to continue to bike into the fall for recreation or as a means of transportation. The shorter days, cooler mornings and evening, more cloudiness and rain are all conditions that present challenges that can make cycling this time of year more interesting. But these conditions need not be a deterrent, just another opportunity to find your footing on two wheels. Here are some tips for cycling in autumn to keep you enjoying your commute through the cooling season.

1. Stay dry

First and foremost, one of the biggest obstacles when it comes to fall cycling is the rain. But rain doesn't have to stop us from biking. Good rain gear can keep you dry and warm and on your bike in even the most torrential of downpours.

2. Wear waterproof shoes

Our feet will inevitably feel whatever the weather of the day is. Make sure to have waterproof shoes to keep your feet dry; wet feet all day long is no cakewalk. And if it's cold as well as wet – a warm pair of socks to make sure you don't get tingly toes.

3. Be wary of slick spots on the roads

Railroad tracks, manhole covers, or any form of metal are all going to be much more slippery during those rainy fall days. Similarly, piles of leaves that become matted in wet weather and painted lines will be a bit slick, as will anywhere you see gasoline on the concrete as the new rain brings up oil and gas left from cars.

4. Don't ride through puddles on roads you're unfamiliar with

Although riding through puddles seems like a great idea at first, it won't be quite as much fun when it sends you flying over your handlebars. The reflection on the water can easily disguise potholes or dips in the road.

5. Feather those brakes

If you're riding through the rain and your bike uses rim brakes (brakes that rub against the rim to stop you) you've probably experienced a worrying moment where you can't stop fast enough no matter how hard you squeeze the brake lever. The best way to overcome this is by continually feathering the brakes on and off until you feel them begin to grip. By feathering the brakes you help remove the water and dirt that keeps the brake pads from effectively gripping to rim. You'll be surprised at how well this works! I was.

6. Layers!

With the changing season, we never know what to expect from morning to night. Raining and cold in the morning, warm and dry

by afternoon then cold again by evening. Wearing layers makes you adaptable to whatever the day brings and keeps you comfortable commuting in any conditions. Pack extra layers in your bag on warm mornings in case an unexpected chill moves in while you're out and about.

7. Waterproof panniers and bags

There's no sense packing extra layers if they're just going to get wet in your bag, not to mention your laptop or any other valuables you have packed away in there. Waterproof or weather-resistant panniers and bags will ensure that your change of clothes and essential electronics and other possessions don't get ruined. Or just place your gear in bags before loading into your panniers or bike bags.

8. Maintain your chain, and clean your bike!

Wet and dirty roads tend to kick up a lot of dirt, which makes your chain and bike all grimy. Make sure to clean your chain more often and keep your bike as clean as possible. A dirty bike will mean more trips to the bike repair shop.

9. Stay visible

With shorter and shorter days creeping up on us, we need to remember to be visible more than ever. Shorter days mean earlier, darker evenings. Get yourself a good light for the front and rear of your bike. And

with all the great clothing options with subtle reflective striping cropping up, it's never been easier to add a little reflective strip to your wardrobe as well.

10. Wear gloves

We do everything with our hands, so it's the least we can do to try and keep them warm. Whipping winds and cool rain can leave our hands dry, numb, and cold, after a ride. Rather than an afterthought, gloves should be a staple component of your fall cycling wardrobe. Leather gloves are a great, stylish option for dry, cold days, as is anything merino wool. Quick-drying neoprene gloves keep your hands toasty warm in wet weather, then dry off while you're in your morning meeting. For a considerably less-attractive but affordable alternative on wet days, take any old pair of gloves you have laying around the house, and put them inside a loose-fitting pair of dishgloves. It's not pretty, but it works!

11. Keep your vision clear

Rain can get in our eyes and obscure our vision, not to mention it's annoying! To keep the rain out of your eyes, consider glasses with clear or light lenses. If you're not into glasses or find that the droplets on the lenses are more distracting than the rain itself, try a helmet with a visor or try a good-old-fashioned baseball hat.



Safety Corner
By Steve Mitton

BIKE CLUB CAMP OUT

Good times around the campfire and on the roads around Boyne City made the club's second annual campout loads of fun for several dozen members.

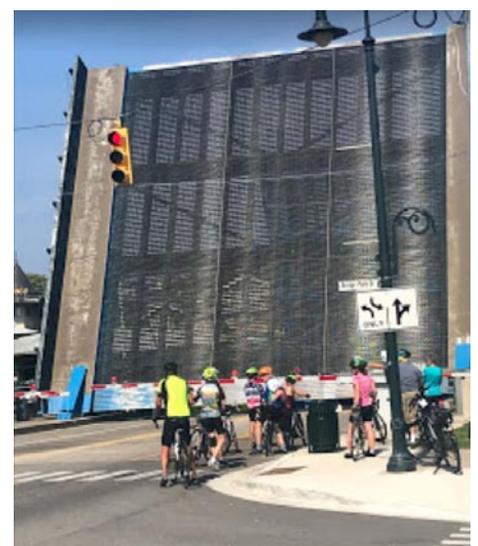
Mega-thanks to Club Social Director Carrie Baic and volunteer chef Vinny Festa for their total commitment to making the campout at Young State Park a complete success!



Social Director Carrie Baic and chef extraordinaire Vinny Festa saw to it that everyone was well fed.



Saturday's ride included a cruise on the Ironton ferry.



Whoopsie... waiting for the bridge in Charlevoix.