

## Club action plan for COVID-19

The Cherry Capital Cycling Club Board has been paying attention to the latest news re: the COVID-19 virus (aka coronavirus). We have reached out to the League of Michigan Bicyclists and the Michigan Department of Health and Human Services (MDHHS) for advice, as well as other Cycling Clubs and tour directors. While we are still assimilating a number of different ideas, we wanted to pass along the following for your immediate use.

### Club Rides Cancelled for Now

In response to the developing COVID-19 pandemic, the CCCC will not sponsor or endorse any club rides/events on our website calendar from now until April 6. We will reassess this policy as the situation progresses. The current pandemic is unprecedented in our lifetime and there are, as yet, many unknowns. CCCC believes it is important to take the concepts of “social distancing” and “flatten the curve” seriously.

It is our priority to keep all members of our community safe and healthy while we weather this storm. We want our members safe, and are sorry for the inconvenience.

Once the viral emergency subsides, if sanctioned by public health officials, we'll implement the following safeguards for smaller ride gatherings:

- You must be healthy. If you're feeling at all “out of sorts,” you must not participate in a Club ride. Please stay home.
- You will not be required to sign in. The ride leader must acknowledge your presence and will record your miles. No common paperwork will be required.
- Avoid handshakes & high fives. Keep “social distances” to avoid airborne contaminants (6' +).
- Refrain from sneezing. Cover up sneezing and coughing with inside elbow or handkerchief/tissue.



**Going solo. Enjoying the great outdoors is still one of the activities that are considered safe in the viral emergency, as long as you keep your distance from other cyclists.**

- No “snot rockets” or spitting – use a handkerchief/tissue.
- Wash your hands often with soap and water or use hand sanitizer that contains at least 60% alcohol (BYO).
- Clean frequently touched surfaces and objects (handlebars, water bottles, gloves, etc) using a regular household detergent and water prior to disinfection.

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## President's Letter

# Putting the brakes on a difficult time

These are interesting times.... When starting to plan this Spring Newsletter, there was little mention of coronavirus in the United States and Club members were starting to come out of winter hibernation and plan Club rides again. In a brief time, much has changed.

The Club has decided to not sponsor or endorse any Club ride or event until at least April 6th. This is a precautionary measure to keep people from passing along any virus and to help with the social dis-



tancing phenomenon. The Board is continuing to plan all the events listed in the "Tentative Dates" item in this newsletter (below), but we may cancel any of these events as conditions warrant. State and Federal health guidelines for conducting social events seem to change almost daily, and we will continue to monitor this information carefully. Please keep an eye on the Calendar of Rides/Events on the Club's website for any last minute changes. We may also send out email blasts to communicate changes with our membership.

As the weather warms up, it is a great time to get outside and get fresh air. Consider going for a hike, riding your bike, and get some exercise! Stay safe and stay healthy.

## Cycle Club reponse:

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### Club Social events:

This applies to events such as our Ride Leader/Spring membership meeting on May 3, the Ride of Silence on May 20, the Spring Picnic scheduled for May 31 and the Fall Pancake Breakfast. The Club is forging ahead with all regularly scheduled social events, BUT, we may cancel these events as conditions warrant.

The MDHHS guidelines published on March 11 indicate that gatherings of more than 100 people should be cancelled or postponed. Generally, our Club social events are less than 100 people, but the Cycling Club Board will review each event on a case-by-case basis at our April 1st Board meeting. If the Board cancels an event, the Calendar of Rides will be updated and we will send an email blast to members.

### Bike Tours:

For our signature Ride Around Torch (RAT) and Leelanau Harvest Tour (LHT):

Our Ride Directors will be in touch with local health and county officials regarding the viability of these events. At present, the RAT is scheduled for July 19 and the LHT is scheduled for September 19. Work is proceeding on both events, with an eye toward possible cancellation. Both events far exceed the 100 person criteria put out by the MDHHS, but since they are three and five months from now, it is possible this criteria will change in the meantime. If the RAT and LHT rides proceed, it is anticipated that the following improvements would be put into place;

- Add hand washing stations at each food stop, school and picnic area.

- Communicate and reinforce best practices for washing hands and covering coughs and sneezes.
- Ensure hand hygiene supplies are readily accessible.
- Implement social distancing measures.
- Regularly clean and disinfect frequently touched surfaces.

The Board will continue to monitor the COVID-19 pandemic and make changes as conditions warrant.

## Tentative dates...

Please note: some of these events are likely to be cancelled. Keep track of the Ride Calendar and email blasts for updates:



- **May 3** – Ride leader meeting at noon and Spring membership meeting starting at 1 p.m. Location: The Peninsula Room at the Jolly Pumpkin. Optional rides afterwards.
- **May 7** – Bike touring workshop at TADL, starts at 6 p.m. Light refreshment included.
- **May 20** – Ride of Silence. Start registering at 6:30 p.m. and be ready to roll at 7 p.m. Meet at The Filling Station depot building, with beer & pizza fundraiser after the ride.
- **May 30** – Smart Cycling bike class. Enrollment limited to 12 cyclists (+/-). Stay tuned for more details.
- **May 30** – Recycle-A-Bike sale. Doors open at 9 a.m., located in the parking structure near Union & 8th Streets.
- **May 31** – Spring Picnic and bike rides at the VASA trailhead.

# How to Ride Safely Amid Coronavirus Concerns

**BIKING MAGAZINE OFFERS ANSWERS TO YOUR FREQUENTLY ASKED QUESTIONS AS THE VIRUS CONTINUES TO SPREAD.**

While the coronavirus pandemic continues to spread, causing bike races—and many other large events—to be postponed and canceled, you might be wondering what you should do for your own personal health and how this could affect your training.

We tapped David Nieman, Dr.PH., health professor at Appalachian State University and director of the Human Performance Lab at the North Carolina Research Campus, and Brian Labus, Ph.D., MPH, assistant professor in the School of Public Health at the University of Nevada Las Vegas, to help answer cyclists' most frequently asked questions.

## **Is it safe to ride outside?**

Yes—in fact, it's safer to be outside than inside when it comes to disease transmission. When people congregate together and someone sneezes or coughs, droplets get onto objects that people touch, and then people touch their face, Nieman explains. The best plan for riding right now is to go out and ride solo and enjoy the outdoors.

Additionally, people might be afraid to ride outside in the colder weather for fear of illness, but that's not true; there is no data that you will get sick from really any respiratory pathogen when riding in cold weather, Nieman says.

Getting in 30 to 60 minutes of moderate to brisk activity can help your immune system keep viruses at bay. Be sure you know what's going on in your area and if there are any restrictions or mandatory self-quarantines. And, if you're sick or at-risk of spreading the virus, you shouldn't go out.

During a quarantine, Nieman suggests doing some exercise, while staying quarantined wherever you are to keep healthy—doing bodyweight exercises or riding on your living room trainer are great ways to do this. Unless you're sick.

"If you do have flu or coronavirus, or have a fever, sick people think wrongly they can 'exercise the virus out of the system' or 'sweat it out,' that's a myth. It's actually the opposite."



**"The best plan for riding right now is to go out and ride solo and enjoy the outdoors."**

## **Should you avoid riding in groups?**

As of March 18, USA Cycling has recommended races and other gatherings, such as races and group rides be canceled or postponed and is suspending permits on all events through May 3.

## **How dangerous is spitting while cycling right now?**

Spreading COVID-19 via spit is possible, according to Amy Treacle, M.D., an infectious disease specialist with The Polyclinic in Seattle. "COVID-19 is spread by respiratory droplets when a person coughs or sneezes, and transmission may occur when these droplets enter the mouths, noses, or eyes of people who are nearby. Spit contains saliva but could also contain sputum from the lungs or drainage from the posterior nasopharynx," she says.

Sorry, snot rocketeers: Treacle says shooting mucus out of your nose isn't any better. "Having witnessed and participated in

races, I think it's appropriate to note that this would apply to projectile nasal secretions."

## **How long can COVID-19 live on clothing?**

Experts don't yet know the risk of transmitting the virus from surfaces like clothing, Treacle says. But the World Health Organization reports that coronaviruses can remain on surfaces for a few hours up to several days. If your clothing gets hit by spit, avoid touching the area, and change your clothing as soon as possible, washing your hands afterward. To disinfect clothing, wash it in hot water and use the dryer's high setting.

## **Should I avoid touching things outside?**

The latest data with the novel coronavirus is that it does not last very long on objects outside because of the exposure to sunlight (UV light). In general, objects outside should have little virus on them, Nieman explained. However, there could be a problem if someone coughs into his or her hand immediately before touching something like a traffic button, and then you touch the traffic button after them. If you must touch something, do not touch your face after. Even better? Use a glove (then avoid touching your face), sleeve, or elbow.

## **Can coronavirus be spread through sweat?**

According to the CDC, transmission of the coronavirus happens between people who are in close contact with one another (about six feet) and through respiratory droplets, produced through a cough or sneeze—not sweat.

## **Am I contagious if I have no symptoms?**

This is one thing we don't fully understand yet about coronavirus. You are probably contagious right before you begin to show symptoms, but we don't know for what time period and we don't know how contagious. It makes sense that you would be more contagious once you are coughing, but we don't fully understand transmission yet, Labus says.

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The Club's annual Ride of Silence is tentatively set for Wednesday, May 20, with cyclists gathering at 6:30 p.m. at the Filling Station adjacent to the TC District Library. New this year will be the active participation of TART Trails and Norte with helping to promote the event, which honors cyclists struck down by motorists. Also participating will be the Filling Station, which will offer discounts on pints and pizzas, contributing a portion of sales to the national Ride of Silence organization via the CCCC. See the poster by Joane Mitchell on the last page of this issue for details, along with an article in next month's newsletter.

## Bicycle Shorts

**THE TRAVERSE CITY HALF IRONMAN** is tentatively scheduled for Sunday August 30. That's of course if the all-clear is given regarding the coronavirus pandemic. Race organizers also have to configure a new bike course due to widespread complaints from Leelanau motorists in the wake of last summer's race.

Be that as it may, the CCCC will once again be in charge of the bike transition area at the downtown Farmers Market. The Club will need to provide 22 volunteers in addition to our team captains. The nice thing about this job is that we work the day before the event, so we can still enjoy the Ironman event on our own time. The kickoff meeting for the Ironman volunteer captains will be held shortly, and we will

pass along details of how to register in the near future.

**BLIND CYCLISTS:** This year's LMB Shoreline West will be held from August 1-8, and will include 15 or more blind tandem teams from San Diego. The "Blind Stokers Club" (BSC) is looking for a few performance tandems and a few tandem captains to help out. If you are interested in providing a tandem or pedaling with an experienced stoker, please contact Terry Barnes at LMB (terry@lmb.org) or Dave White with BSC (director@blindstokersclub.org).

**NO GO:** Note to Ride Leaders: The bridge over the Narrows in Lake Leelanau (on M204 or Duck Lake Road) will be reconstructed between the end of March and July 18. One lane will be kept open with "traffic control" (i.e. a traffic light), but it might be wise to avoid crossing this bridge



Rough road ahead? TC's Half-Ironman race will have to weather the coronavirus as well as resistance from Leelanau County motorists.

for the first half of the summer. The bridge deck is expected to be widened to accommodate a sidewalk.

**GOT PICS?** The next issue of our Club newsletter will feature photos from your Winter break! Please send your cycling photos to Bob Downes at communication sdirector@cherrycapitalcyclingclub.org by April 24.

### BIKE TOURING FOR EVERYONE:

Ever wanted to ride your bike as part of an active vacation? The Club is tentatively hosting a bike touring workshop on May 7 at the TC District Library, with details on the poster in this issue. Experienced touring cyclists **Bob and Laura Otwell, Bill Danly** and **Bob Downes** will share their touring philosophies, review proper gear, and give tips on the type of cycling vacation appropriate for you. This is a chance to look at some touring bikes and gear, and talk with folks who have toured thousands of miles. We'd like to share our touring experiences to that more people get outside and enjoy a great active vacation at "touring speed"! For details, see the poster on the following page.

**FINISH LINE IN SIGHT:** TART Trails expects to finally complete the last 1.8-mile stretch of the Boardman Lake Loop trail later this year. TART has been scrambling to make up a \$1.1 million shortfall in funding to complete the project. In February, the trail project received a big boost when the Traverse City Track Club awarded TART a \$60,000 grant.

## Safe cycling & Corona...

Continued

Social distancing is the answer right now, Nieman says. Experts are still trying to figure out how long the virus lives on objects, and the problem is that it appears to be highly contagious, spread easily by coughing and sneezing, and can be spread by people who don't think they're sick. That's why hand-washing and not touching your face are so important.

Source: Jordan Smith, *Bicycling Magazine*, March 13, 2020

**Tentative: look for updates...**

# Bike Touring for Everyone

*from Weekend Rambles to Long-range Expeditions*

**May 7, 2020**

Learn from Experienced Touring Cyclists:  
Robert Downes, Bob and Laura Otwell, and Bill Danly

Informative and Entertaining:  
Tips and Stories Covering the Joys and Challenges  
of Light Touring and B&B Stays, Traveling  
America's Most Notable Bike Paths,  
and Self-supported Camping Trips  
Across the U.S. and Europe.

Slide Presentation and Discussion  
6 - 8pm McGuire Community Room  
Traverse Area District Library

Sponsored by Cherry Capital Cycling Club.  
For More Information: [president@cherrycapitalcyclingclub.org](mailto:president@cherrycapitalcyclingclub.org)



# Spring Tune Up: 8 Easy Steps

Maybe your beloved bike has been sitting neglected in the basement or garage throughout the winter months just waiting for the days to grow longer and the temperatures to rise. With the sun shining and clear roads calling, it's time to think about what you need to do before heading out on your first ride of the season. Going through this easy eight-step tune-up will not only ensure your bike functions smoothly, but will prevent any unnecessary wear and tear on your components.

## 1) Wash your bike

The first thing to do is a general full cleaning of the bike to make identifying what needs to be done next much easier. Use some degreaser to clean off the chain, chainrings, jockey wheels on the rear derailleur and any gunk that has built up on the cassette. Then use a wet rag to wipe off the braking surfaces on your rims and any grit that's accumulated on your frame, especially in the nooks and crannies around the brakes, cables and bottom bracket.

## 2) Check the chain for wear and replace it if needed

Check the chain length with a chain-checker tool before you do anything else and replace it if it's worn out. If you ride too long with a stretched chain, you risk wearing out your chainrings and cassette, which will mean you'll need to replace sooner than you should have to. So save yourself the hassle, get a chain tool and get in the habit of checking chain wear.

## 3) Check your brakes

Inspect the brake pads at their wear indicator lines. Replace the pads if they're getting thin. Next, pull down on the brake levers to make sure the pads are engaging properly on the braking surface of the rim. If it takes a lot of force to engage the pads, loosen the cable's pinch bolt with an Allen key and pull the cable through a bit farther to tighten them up. Next, give the wheel a spin to make sure the brake pads aren't rubbing.

## 4) Make sure your wheels are in good condition and true

Check that your wheels are true and tight—any loose spokes. Spin your wheel to see if it has any wobbles or hops. You can fix these irregularities at the truing stand with a spoke wrench. While the wheel is on the



## Safety Corner By Steve Mitton

stand, squeeze all the spokes to make sure they are properly tensioned. If you do not have a truing stand, any good bike shop can help with this process.

## 5) Make sure your cables are in good condition

First inspect your brake and shift cables for fraying at the ends and proper tension. If you find nicks or fraying replace the cable. If they are stretched, tighten them. These adjustments can really improve your shifting and braking performance. While you are at it, consider lubing your cables with a few drops of chain lube to keep them sliding smoothly.

## 6) Make sure your headset is properly tightened

First, turn your stem to make sure it moves freely and smoothly. Drop the front end of the bike to see if you hear any rattle that would indicate anything in the headset is loose. If there is a lot of rattle, investigate further by engaging the brakes and pushing the bike forward and backward to see if there is any movement in the headset. If the rattle is coming from your wheel's hubs, consider bring them into your local bike shop so a mechanic can have a look at it.

## 7) Check that your pedals and bottom bracket are rotating smoothly.

Before you jump on your bike, remove the chain from the chainring. "Rotate the crank

**Another option: treat yourself to a new bike.**

and just feel how the pedals and bottom bracket are rotating. There should be no resistance or lateral movement. Removing the pedals and the BB to clean and lubricate them seasonally is also a good idea.

## 8) Check your shifting

Go through all the gears and make sure the chain isn't skipping. Make any final necessary adjustments with the barrel adjuster and finally lubricate your chain.

Now it's time to pump up your tires and head out to the open roads.

Not everyone is comfortable or has the proper tools to perform these eight essential steps to assure your bike is ready for the new season. That's okay, our community has several very capable shops that for a reasonable charge will perform all of these and more checks on your bike to have you safely on your way in the Spring.

If you don't feel like doing the tune-up yourself, you can always take your bike into one of our local shops who can do the job for you. Your best bet is to call around for a quote and you will likely have to decide how extensive of a tune-up you might need. Or better yet, take your bike in and let the experts give you a quote after they have had chance to look your bike over.

Our local shops are:  
<https://www.brickwheels.com>  
<https://www.mclaincycle.com>  
<http://Citybikeshop.com/>  
<https://einsteincycles.com/>

**Source:Philippe Tremblay/Maintenance Magazine April 8, 2018**

**Tentative: look for updates...**

# **RIDE OF SILENCE 2020 TRAVERSE CITY**



All are welcome to participate in a free, silent, slow-paced bike ride to honor those who have been injured or killed riding on public roads.

We all share the road. Meet at 6:30 pm. Ride begins at 7:00 pm. Distance 5 miles. Ride begins and ends in The Filling Station Parking Lot, 642 Railroad Place, in Traverse City. Free helmet cover for participants.

Sponsors: Cherry Capital Cycling Club, The Filling Station Microbrewery, Norte, and Traverse Area Recreation Trails (TART)

**Wednesday  
May 20, 2020**

The Filling Station Parking Lot  
642 Railroad Place  
Traverse City

**Helmets Required**

