

CCCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB

Riding the Storm Out...

We asked Cycle Club members to tell us: **What have you been doing to ride out the pandemic?** Cycling, hiking, socializing on Zoom - we've all been coping in different ways. Following are some of your responses. (More responses on page 4)



Jim Pecott: I stay in shape with my LeMond Sport for a half hour to an hour a day over the winter. I break the boredom with free HIIT/endurance pyramids/fat burning workouts, available through GCN on YouTube. Also, at least twice a week, I have an hour yoga program and a light workout with weights.



Tim Duff: One of my favorite places to ride is the Lake Michigan lakeshore. Today's snowy and cold ride was down to North Bar lake, then up to Bohemian. (note: it was in the low 30s and snowing on the day Tim sent us his photo!)



Paula Anderson & Scott Pyles: In their April 6 challenge to ride a mile for each year of Paula's age on her birthday, she and Scott rode from their home on Washington St. by the standard route to the Old Mission lighthouse, returning via Neahtawanta and Peninsula Drive. Then, they turned around at the Center Street traffic light and rode Peninsula back to Neahtawanta Point before returning home: a 64.38 mile ride, then straight to the hot-tub!

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

MAY • 2020

President's Letter

Coping with Tough Times During the Pandemic

First off, I want to thank our Club Board members who have been very active over the past six weeks, guiding our Club through this difficult period. I also want to thank Club members who have sent us emails with their input and important reference material, re: the coronavirus and safe cycling.

At our next Board meeting on May 6th, the CCCC Board will consider cancelling this year's **Ride Around Torch**. Due to continued social distancing needs and possible orders limiting social gatherings and sporting events, the safest option might be to cancel the event. It's also important to note that there are fewer people signing up, which is an indication that the riding public does not want to participate in crowded events just yet. The impact of not having one, or both, of our signature rides this year will impact the Club's finances.

Your Cycling Club Board has a fiduciary duty to get us through these interesting times. We take this responsibility seriously and have plans in place in case there are no RAT or LHT this year.



What do these plans look like? Well, when revenue goes way down, expenses must be cut significantly. Our membership fees cover our overhead expenses (barely), but they do not cover any of our social events or rider and ride leader award programs. Thus, the Board will be considering a number of significant cuts to what we have come to expect as normal social events and programs. We will, of course, monitor our financial situation carefully and hope that we can get back to some level of normalcy later this Summer/Fall.

We would like to hear from our membership, re: your thoughts on Club rides, putting on our signature events, and what the "new normal" might look like. Please contact us via the Club's website. Our current Board meetings are being held via video-conferencing, so it's important that we hear from you before each meeting.

Right now, there are many unknowns. What we do know is that it's great to get outside and get on our bikes! The Board will be providing updated "ride guidelines" to our members via this newsletter on a monthly basis throughout the Summer. Please see our suggested ride guidelines for the coming month of May, below. In the meantime, get outside and ride safe!

- Bill Danly, President

New Cycle Club guidelines:

By Bill Danly & Mark Esper

As we write this, last Friday the State revised its stay-at-home advisory to stay in effect through May 15th. As such, we will not have any posted Club rides in May.

The Cycling Club Board recognizes that keeping the coronavirus from spreading is paramount and that all outdoor activities should be conducted in such a fashion to minimize our chances of contacting or spreading the COVID-19 virus. To reflect the reality of changing State and local health advisories, our Board needs to be flexible, yet cautious, on how we recommend our members interact with each other and the general public.

The Board will re-examine our Club ride recommendations on a monthly basis so we can get "back to normal" sooner rather than later. What the "new normal" may be is unknown.

Normally, Club rides are very social events with close interactions that would flaunt the current 6-foot minimum social distancing requirements, especially in a pace line. The Board does not want to put our ride leaders in a position to police a "no pace line" policy or even longer recommended distances

between bikes of 6 to 12 bike lengths. To this end, for the month of May, the Board is promoting the following ride guidelines;

- Please do NOT ride if you have been tested for COVID-19 and are either positive or have not yet received the results. Also, do NOT ride if you or anyone in your household are experiencing any symptoms associated with COVID-19, or have been in close contact with someone who is suspected of being infected.

- Get outside and ride on your own or on small non-posted rides. We will not have any posted Club rides in May, and members will not be protected by the Club's rider insurance policy.

- If you choose to ride with other cyclists not in your immediate family, maintain a minimum of 6 to 12 bike lengths between cyclists. This distance depends on speed, and can also be measured as 5 seconds between cyclists at the speed traveled.

- Carry a mask and hand sanitizer with you. Use these items when stopped to protect you and those around you.

- Avoid busy multi-use trails. As the weather warms up, the trails close to town can be quite busy. Think about taking the roads, which have less traffic than usual.

- Please carry your own food and water rather than stopping at local groceries and gas stations. If you must use a local store to purchase products or use a restroom, please wear a mask.

- Don't spit or blow "snot rockets," aka the "farmer's blow." Use a handkerchief or tissue and dispose of carefully.

- Ride more cautiously and be careful when around other people on the roads and trails. Be courteous!

- If you are concerned about your "ride miles," you may accumulate them on your own and report them to the Ride Director on September 30th. We are looking at ways to add these ride miles to your "Lifetime Miles" on the ride mileage spreadsheet maintained by Club Express.

Elsewhere in this newsletter is information on the rider award and ride leader award programs. With 2020 being a very challenging year financially for the Cycling Club, the Board will be discussing the elimination of these two programs in order to keep our bottom line "in the black" until things return back to normal in 2021. If you have any questions on the new guidelines, please contact Club President Bill Danly or Ride Director Mark Esper: - Bill: president@cherrycapitalcyclingclub.org

- Mark: ridedirector@cherrycapitalcyclingclub.org

Out of Africa: Good Gaali

Brad Harrison's bicycle ministry in Uganda

Club member Brad Harrison is using the power of the bicycle to bring medical supplies and hope to desperate people in a remote corner of Uganda.

A resident of Interlochen and a club member for 8-10 years, Brad has made 26 trips to the East African country through the years, both as a cyclist and as a missionary.

"I'm supposed to be there right now, starting our ministry this week, but our plans have been put on hold due to the pandemic," he says. "I'll be leaving as soon as the travel restrictions are lifted."

Harrison, 58, is the executive director of a group called Good Gaali, which he launched in December, 2018 to assist informal caregivers at the Kabale Regional Referral Hospital in southwestern Uganda.

"Gaali is the Luganda word for bike, so our name literally means the Good Bike," he says. "We are using handmade bamboo-framed bikes to serve the community."

"We're working with a hospital near the border of Rwanda, using bikes to carry in supplies," he adds. "If you're a hospital patient in Uganda you have to provide your own caretakers, including all of the medication, feeding, bathing and nursing that you need. People helping the sick have no knowledge or understanding of what is expected of them or how to do it. So we're going to offer a health care training and provide them with care packages brought in on bikes to try to make their burden a little less difficult."

He adds that while Americans are suffering under the viral pandemic, millions of people in Africa face far more horrific conditions. "Their need is incredible. Most of us have some reserve to fall back on, but they don't have any at all, so the virus is really hitting them hard."

Harrison spent ten years in Africa working with an organization that helped AIDS-affected children and other vulnerable people. But he's also done a good deal of cycling and notes that the hill country in southwestern Uganda is, "some of the most beautiful country in the world. You ride through amazing scenes; it's called the Switzerland of Africa."



Brad Harrison and his Good Gaali riders have racks on the back of their bamboo-frame bikes, used to bring supplies to a remote hospital in Uganda.



The genesis of his Good Gaali group got its start in 2017, when he participated in a fundraiser in which 24 cyclists rode half-way around Lake Victoria through Uganda, Kenya and Tanzania.

"We did it on bamboo bikes and it was a fantastic success. We got to talking about how we could use bicycles to serve others."

Their bamboo bikes are built by Ugandan frame-builder Noordin Kasoma, who has traveled twice to northern Michigan to ride

the Iceman mountain bike race.

The bikes offer a "green" alternative to bringing supplies down the wretched dirt roads of Uganda to the hospital. Good Gaali also aims to provide bikes to people in need, and plans to launch a youth cycling academy next year.

But that's all on hold as Harrison waits for the viral emergency to lift. In the meantime, those wishing to make a contribution to his group can visit the webpage, <https://goodgaali.org>



Off the bike but still active: Judy & Dan Yeager, Bill & Marilyn Schultz, Ellen Roberts, Maude Gervais and Jeannette Wildman hiked the Vasa Trail, maintaining their distance.



Good weather is bringing lots of mountain bikers out to the Vasa trailways.

Riding the Storm Out... Continued



Joane & Jim Mitchell: We've been working on some home projects - like installing bike pulleys in the garage to allow room for the cars! Also hiking the trails at The Commons and discovering "artwork" along the way (new building at Copper Ridge). And, of course cooking, cleaning, jigsaw puzzling, and volunteering for various CCCC endeavors. We've also been "solo" riding when weather permits.



The good old days: That was **George and Pat Bearup** riding in Venice, FL before the coronavirus started shutting the town down.

Ride of Silence Goes Solo...

As might be expected, the mass cycling event of the annual Ride of Silence scheduled for May 20 has been “silenced” this year due to the coronavirus pandemic, but will carry on for those who wish to ride solo.

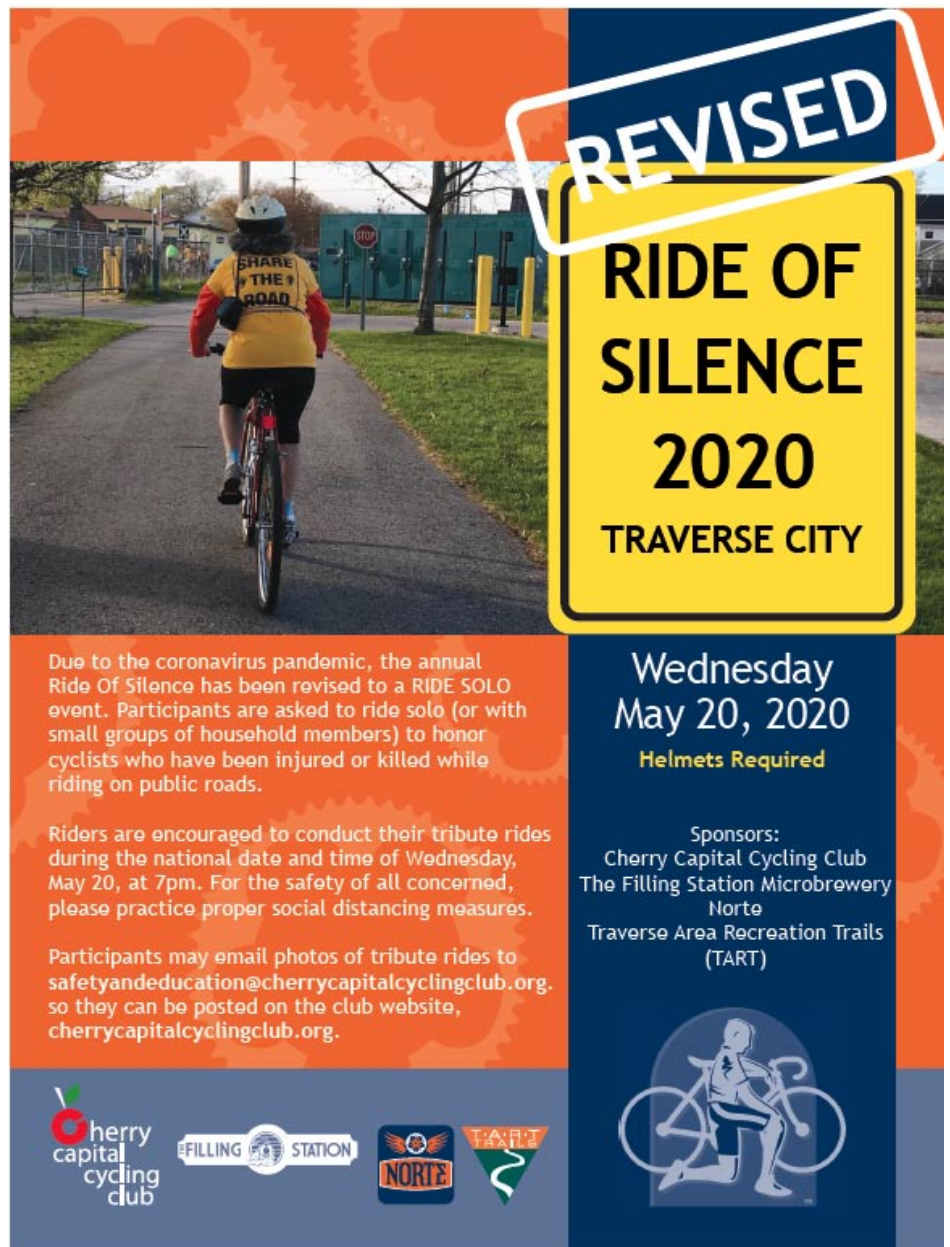
“Instead of a mass start and ride, the National Ride of Silence Foundation is asking participants to conduct their own solo rides to honor cyclists that have been injured or killed while riding on our public roads,” said Steve Mitton, Director of Education and Safety for the Cherry Capital Cycling Club, which has hosted the event for more than a decade in Traverse City.

Mitton noted that the Ride of Silence is held all over the world on the same day and time.

“In Traverse City, solo riders are encouraged to ride on Wednesday, May 20 at 7 p.m., maintaining sixty feet of distance between other riders for the safety of all concerned,” he said.

Cyclists are invited to send photos of their tribute rides to safetyandeducation@cherrycapitalcyclingclub.org which will be posted on the Club website.

“The Cherry Capital Cycling Club along with our co-sponsors TART, Norte and The Filling Station want to encourage you, during this unprecedented time, to get out and exercise responsibly, by walking, hiking, running or biking,” Mitton says. “Enjoy the bountiful beauty that the Grand Traverse area offers and we will look forward to seeing all of you next year for Ride of Silence 2021.”



The poster is a 2x2 grid. The top-left quadrant shows a person from behind on a bicycle on a paved path, wearing a yellow shirt with 'SHARE THE ROAD' on the back. The top-right quadrant is a yellow sign with a blue border that says 'REVISED' in a white box, followed by 'RIDE OF SILENCE 2020 TRAVERSE CITY' in bold black letters. The bottom-left quadrant is orange and contains text about the event being revised to a solo ride due to the pandemic, with details on how to participate and contact information. The bottom-right quadrant is blue and contains the date 'Wednesday May 20, 2020', a 'Helmets Required' note, a list of sponsors, and a logo of a person on a bicycle.

REVISED

**RIDE OF SILENCE
2020
TRAVERSE CITY**

Due to the coronavirus pandemic, the annual Ride Of Silence has been revised to a RIDE SOLO event. Participants are asked to ride solo (or with small groups of household members) to honor cyclists who have been injured or killed while riding on public roads.

Riders are encouraged to conduct their tribute rides during the national date and time of Wednesday, May 20, at 7pm. For the safety of all concerned, please practice proper social distancing measures.

Participants may email photos of tribute rides to safetyandeducation@cherrycapitalcyclingclub.org so they can be posted on the club website, cherrycapitalcyclingclub.org.

**Wednesday
May 20, 2020**

Helmets Required

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

cherry capital cycling club | THE FILLING STATION | NORTE | TART

NEW MEMBERS

Welcome aboard!

Pam & Lance Huffer

Drew Heller

Michael Everett

Lisa & Chris Hebb

Mary N. Smith

Glenda & Ronald Rekey

Carolyn Carton

Mark Munley

Rita & Neal Carter

Ironman Update

The Traverse City Ironman 70.3 is currently scheduled for August 30th, and is proceeding as a “GO” per the event organizers. The Ironman organizers will be implementing distancing features at similar events prior to August 30th, and will announce these measures when the time gets closer. At present, all Ironman events in May have been cancelled, and they plan to ramp up their events in June and July.

The Cherry Capital Cycling Club plans to provide a team of volunteers for the “Bike Check-in” job, which takes place the day before the race on August 29th. CCCC will reach out for volunteers in early June so we can fill the 24 volunteer positions. FYI – after the 2019 Ironman, their foundation did donate \$1,000 to our Cycling Club, which we rolled over to TART for trail maintenance and repair. The 2019 event was a lot of fun for our Club volunteers, and it was great to be part of the inaugural Ironman in Traverse City.

Key Stretches for Staying Injury Free

With spring finally here, many people are hitting the roads and trails (if they are dry enough!) on their bikes. The University of Vermont Health Network has pulled together a list of some key stretching exercises to keep you injury free as you begin to increase your mileage or train for upcoming events. Following are some recommended stretches:



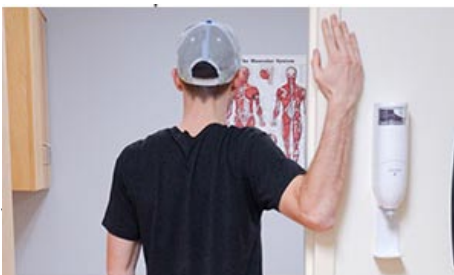
Wrist Extensor Stretch

With elbow straight and while making a fist, assist your wrist downward until a stretch is felt on the top side of your forearm. Hold 30 seconds.



Wrist Flexor Stretch

Place forearm on a doorframe and turn away from your arm until a stretch is felt in the chest. Hold 30 seconds. Repeat on the other side.



Chest Stretch

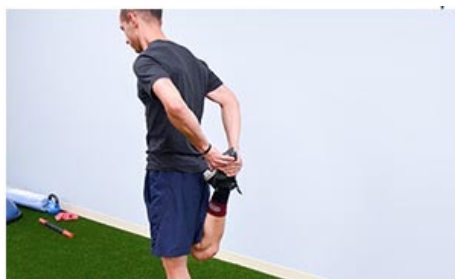
Place forearm on a doorframe and turn away from your arm until a stretch is felt in the chest. Hold 30 seconds. Repeat on the other side.



Hip Flexor Stretch

Kneel on one knee. Place hands on waist or resting on thigh and shift hips forwards towards your front foot. You should feel a stretch across the front of your thigh. Squeeze your gluteal muscle to enhance this stretch effect. Hold for 30sec and repeat 3-4 times.

Safety Corner By Steve Mitton



Quad Stretch

Grasp your right ankle in your right hand or both hands and pull your foot into the back of your hip. You should feel the front of your right thigh stretching. Hold 30 seconds. Repeat on the other side. Squeeze the glutes to enhance the stretch.



Foam Roll (ITB)

Using the foam roller helps to release adhesions and gently stretches the ITB and

surrounding musculature. Lie on your side with the foam roller beneath the middle of your thigh, foot in front for support.

Use upper arm to slowly roll yourself along the foam roller but don't go beyond the knee. Massage for around one minute.

Quads trigger point release (ITB)

Using the same body position as foam roller, use a massage or tennis ball to apply constant pressure to the outer quadriceps tender points. Hold each point for 30-60 seconds until it eases, then move ball down your thigh and repeat.

Source: The University of Vermont Health Network part of the Central Vermont Medical Center, April 2020

Pending events

"Right now we are optimistic and still planning the **Beaver Island Bike Festival** (June 20)," says organizer **John Sohacki**. "This is pretty easy for us to pull off in about three weeks, so we're going to hold off until the last minute before we decide whether to cancel. It's a big economic boost for the island and we're in a wait-and-see mode, but still planning on it." See <http://www.beaverislandbikefestival.com> to register.

Other pending events include the **Tour De Troit** in the Motor City, which attracts 6,000 riders. A decision on Glen Arbor's **M22 Challenge** is expected by May. 1.

Goners...

No surprise here, but if you've been living in a cave for the past month you may not have heard that major bike events around the world have been cancelled or moved to the late-summer or fall.

The **Tour de France**: rescheduled for August 29 through September 20.

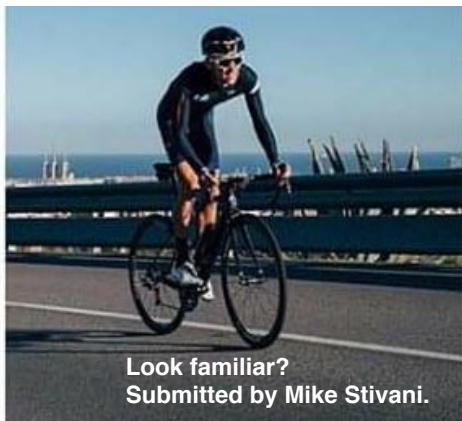
-- **One Helluva Ride**, the chief event of the Ann Arbor Bicycle Society, cancelled.

-- The **Zoo-De-Mack**, a 5,000-rider event out of Harbor Springs has been rescheduled from May to Sept. 18-20.

My life before self-isolation



My life after self-isolation



Look familiar?
Submitted by Mike Stivani.

Bicycle Shorts

BACK IN BIZ: Bike shops have reopened to allow for repairs and tune-ups, per the Governor's recent loosening of restrictions on essential businesses. But, as noted by **Tim Brick** in *The Ticker*, a cautious approach is being taken to avoid viral infection.

"We've got to sanitize bikes before they come in," Brick said. "We have to get masks and gloves for all the employees. I'm making a list and planning to go to the breweries to get more sanitizer. We're looking at getting walkie-talkies (for social distancing among the staff). We're writing up a whole detailed plan... It's not just turning a key. There's a lot to it. It'll be a slow trickle turning everything back on."

SPECIALIZED BIKES has announced an "Essential Rides for Essential Workers," offering free bicycles to "help make life a little easier for those on the front lines with safe, reliable, and convenient transportation." There's an application process online for those who wish to nominate an essential worker for consideration. Details at <https://www.specialized.com>

BIKE TRAIL USE is surging across the country. The Rails-to-Trails Conservancy did a survey of 31 trail counters nationwide and found that trail use had increased by 200% for the week of March 16-22. One can only imagine what it is now with many families flocking to local trails for recreation.

G'NASTY GNATS: Some of us have been wearing masks every spring for years to ward off the annual gnat hatch, which can be a real g'nuisance. If you've ever swallowed a gnat or three while cycling through a marshy area, you know the value of a face mask, virus or not!

COLLAPSED: A section of the Little Traverse Wheelway south of Petoskey has collapsed into Lake Michigan as a result of erosion and high water. About 100 yards of the trail has been destroyed between East Park north of Bay Harbor and Magnus Park in Petoskey. Of note, this stretch tends to be snowbound well into the spring, long after the rest of the Wheelway has cleared.



BEE WARNED! It may feel cool outside, but there are a bunch of busy bees on the Leelanau Trail (above). Commercial fruit growers located north of Shady Lane have placed many bee hives in their usual location on the west side of the trail. Be careful when cycling between Shady Lane and Center Road to the north. One option when using the Leelanau Trail is to bypass this section of the trail and get on the Center Road for a short distance.

NORTE is offering a virtual Bike Mas Project to teach "confidence, indepen-

Club on hold...

Revised COVID-19 Club schedule:

- Ride leader & Spring membership meeting – cancelled for 2020.
- Bike touring workshop – postponed for now.
- May 20th - Ride of Silence is now a solo event, see details on page 5.
- Smart Cycling class – postponed.
- RAB sale – cancelled.
- Club Spring Picnic – postponed into June, at best.
- Ride Around Torch – Club Board to make "Go/No Go" decision on May 6th.
- Leelanau Harvest Tour – Club Board to make "Go/No Go" decision on July 1st.

dence, and mountain bike skills to 1st-5th graders.... Instead of it happening at your school, it happens in your neighborhood." Norte will offer 90 minutes of online training and riding recommendations per week. Details at <https://elgruponorte.org>.

TART FUNDRAISER: In a normal year, TART Trails does a one-day fundraiser in May. This year, due to social distancing needs, TART is sponsoring a virtual fundraiser over a period of ten days, from May 15th thru the 25th. You are welcome to participate anywhere and any time during this timeframe, with or without a dog. For more details on this virtual event, go to www.traversetrails.org/event and click on the Tails-to Trails event.

LEELANAU TRAIL: Later this year, keep an eye open for the following improvements along the Leelanau Trail; 1) just north of M72, reconfiguration of two 90 degree turns to improve trail sight distances near the Larkin Group office building; and 2) at the other end of the trail in Suttons Bay, repavement from 1st to 4th Streets with the construction of a boardwalk into Hop Lot. Look for more info on these projects as construction contracts get signed.

FREEBIE: Adventure Cycling is offering free trial memberships to CCCC members with U.S. addresses who haven't been members in the past. Details at <https://www.adventurecycling.org/membership>