

CCCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB



Watching & Waiting...

Steering policy for the Cherry Capital Cycling Club has meant conducting Zoom get-togethers for the club's Board of Directors, as pictured in our May 6 meeting, above.

In this issue, you'll find the thinking that's gone into the club's ride policy and what may lie ahead.

The good news: although club rides have been cancelled once again for now, it's possible under State guidelines to cycle in groups of up to 10 for those wishing to stage their own independent rides. Look for Board recommendations on safe cycling on page 3 of this issue.

**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**

JUNE • 2020

President's Letter

Keeping it together while we're apart

As Michigan re-opens from the stay-at-home orders we've been living under these past several months, the Cycling Club Board is re-thinking our guidelines for Club rides. We have received a lot of input from many resources and our members, and this input has ranged far and wide.

The first thing the Board wants is for our members and guests to stay healthy, and to continue to fulfill our mission of promoting cycling in all forms as part of a healthy lifestyle. With April bike sales off the charts, biking is as popular as ever and our members are out there riding, each in their own way. Our members have strong ties with each other, and we continue to be a very social group with cycling playing a huge part of our healthy lifestyle. Many of our members want to get back together, but in a safe manner. Other



members have stated that they will not be doing any group rides this Summer – for a variety of health concerns.

While the Board and our ride leaders review a draft plan to reinstate Club rides, it is most important to be aware of other people on the road or trails, and give them the space they want.

As you are most likely aware, the Board reluctantly cancelled this year's Ride Around Torch (RAT), which was scheduled for July 19th. The RAT has been rescheduled for July 18, 2021. This year's Leelanau Harvest Tour (LHT) is still being planned, but there are several hurdles to overcome to put on a safe event. Right now, the biggest issue is that this size of event is currently not allowed per Michigan's Safe Start Plan. In addition, safe distancing requirements make it difficult to put on an event for 500 +/- cyclists.

Please be safe out there, and please take into consideration all the ride guidelines listed elsewhere in this newsletter.

- Bill Danly, President

Bicycle Shorts

TOUGH TIMES: The League of Michigan Bicyclists has taken a devastating hit from the coronavirus pandemic, having been forced to cancel all of its tours for 2020. That has meant a loss of \$185,000, and one-third of the organization's operating budget, according to Executive Director **John Lindenmayer**. In the meantime, "virtual tours" are being offered and donations are urgently needed. Details at <https://www.lmb.org>

SHE (DON'T) BIKES: Initially, She-Bikes had been shortened from an 8-week program starting in early May to a 5-week program in June. However, current State regulations do not allow for large gatherings. She Bikes will reboot on May 10, 2021.

VIRTUAL TRAIL FEST: The 2020 **Traverse City Trails Festival (TCTF)** scheduled for July 18, has been cancelled by the Northern Michigan Mountain Biking Association (NMMBA). However, NMMBA is hoping to pull off a virtual event where people will ride the TCTF route over the course of a week. NMMBA will provide .gpx files to anyone interested, but DNR approval will first be required for signage.



Help wanted: John Lindenmayer of the League of Michigan Bicyclists says the cycling advocacy organization has been hit hard by the loss of its entire tour schedule for 2020, which are major fundraisers. See item at left.

NMMBA would like to provide our community an adapted event to be safe in the atmosphere of whatever is going on in July. Visit www.nmmba.net for more details as we work through Summer 2020 together.

PAVED: The shoulder paving project of CR 629 to the Leelanau State Park and Lighthouse Museum has been completed, reports **Don Frerichs** of the paving strategy group. Last year, the CCCC donated \$4,000 as one of a number of groups which helped finance the paving of two miles of the shoulder to the park.

VASA TRAIL LOOPS: Two one-mile, single-track trail loops for mountain bikers have been constructed at the Bartlett Road Trailhead of the Vasa Pathway in a joint

project of TART Trails, Northern Michigan Mountain Biking Association and Grand Traverse County. Some 50 volunteers served 265 hours to construct the trails, which will help new mountain bikers to sharpen their riding skills. The CCCC was a partner and donor in the project.

LESS CANCER RIDE: On Saturday June 6 or Sunday June 7 you are invited to ride in a fundraising event for **Less Cancer**. The format is a 15, 33 or 64 mile ride of your own choosing with no specific start time or location. Please help Less Cancer's mission of risk reduction and prevention as a vital part of avoiding cancer. To sign up for the ride or to donate, visit www.less-cancer.org. There is a \$25 registration fee.

New Cycle Club guidelines in the works

Club rides are cancelled for now, but State guidelines allow for groups of 10

By Bill Danly, CCCC President

The Club Board is reviewing recently issued State requirements, guidelines from state and national outdoor groups, and input from our insurance carrier. This information includes:

- Michigan Executive Order 2020-92, effective May 22nd, that opened up social gatherings for up to 10 people in our area.
- The Governor's Outdoor Recreation Workgroup recommendations.
- USA Cycling guidance for group rides and rider recommendations during a pandemic. See www.usacycling.org for more detailed information.
- Our insurance carrier, American Specialty, is expected to publish guidelines for cycling clubs within the next week.

Using information from the above references, the Cycling Club Board has drafted a Club Ride Policy. We hope to finalize the new policy in the near future, but until that happens, Club rides will remain cancelled.

In the meantime, as you go cycling with other people, we ask that you follow revised guidelines as listed below:



"We'll meet again," as the song goes, but just not quite yet. Club rides are cancelled for June, along with the She Bikes program, pictured.

1. Stay home if you exhibit any symptoms of illness.
2. Group rides are limited to 10 people, maximum.
3. Keep a minimum of 6 feet between you and others at ALL times. Leave places

where you cannot maintain 6' separation and avoid places where large groups may gather.

4. Carry water, hand sanitizer and disinfecting wipes to further protect yourself.
5. Carry a face mask and use it when going into a store or other public setting.
6. No spitting or "snot rockets" when cycling. Carry a handkerchief and cover your mouth/nose when coughing or sneezing.
7. Lastly, it is recommended that the intensity level be "dialed back." Reducing exertion level reduces the risk of transmission. If you need to ride hard, then ride solo or increase the distance between riders to avoid the upstream rider's "respiratory signature" (i.e. 30' to 60').

Please be considerate of all other cyclists in a group setting, including guest riders, and maintain a "situational awareness" of where you are relative to other people in your group. Let's enjoy the 2020 Summer ahead, and let's enjoy each other's company in a fun sociable way. Our mission is to promote recreational bicycling activity in all forms as part of a healthy lifestyle. Let's keep it healthy for everyone's sake!

Get Pumped!

What's in Your Tires?

By the Danly Bros.

Cyclists pump their tires to a wide range of air pressures. But if you pump your tires to the maximum allowable indicated on the sidewall of your tires, you are likely over-inflating and getting a harsher ride than need be. Try using an online bike tire pressure calculator like www.psicalculator.com or www.dorkypantsr.us.

On these websites, typical variables to input include:

- 1) rider + bike total weight;
- 2) weight split between front & rear tire, typically 40% front & 60% rear, or 45%/55%, and;
- 3) tire width.



When comparing two brothers separated by substantial weight, but using the same road bikes, we get some divergent tire pressures recommendations:

1) On a 25mm tire road bike, the lean brother would pump his tires to 60 psi front and 90 psi rear. The other brother needs 15 psi more in each tire to support his weight!

2) On a touring bike with 40 mm tires and 40 pounds of added gear, the big guy needs 45 psi front and 67 psi rear. The lean brother can get by with 10 psi less pressure in his tires.

On a mountain bike there are a larger number of variables, including terrain, grip factor, rim width, and tubes vs. tubeless. There are a number of websites that discuss just mountain bike tire pressures like www.enduro-mtb.com. A starting point for "plus-size" tire pressures for the lean brother would be 17 psi front and 20 psi rear. The big guy needs about 20 to 25% more tire pressure at 22 psi front and 25 psi rear. But the biggest recommendation is to ride the trails and test your grip.

Check out these websites, input the data for you and your bike, and get a better ride.



Tim Brick says bicycles are going fast in response to the pandemic.

Brick Wheels: Riding Out the Pandemic

An overwhelming demand for bicycles and services has meant an unexpected challenge for Brick Wheels in Traverse City.

"While we were closed due to the virus there was a huge bike boom in America and they're selling out everywhere," says Tim Brick, owner of the bike store on Eighth Street. "There's a bike shortage everywhere, with no new bikes coming out of China."

That's especially true when it comes to bikes for children.

For Tim and his staff, the coronavirus has meant trying to keep customers satisfied while staying safe from the pandemic.

"The gyms are closed and there's no soccer or Little League, but cycling is the one thing that families can do together," Brick says. "Parents want their kids out of the house doing something, and kids' bikes are pretty much gone."

Brick had 400 bikes on hand when stores across Northern Michigan reopened a little over a week ago, but those were expected to go fast. Within days, every bike priced under \$1,000 was gone.

Meanwhile, demand for repairs and services is high. Customers are bringing in bikes for service that may be decades old - Nishikis, Fujis and "bikes that aren't even made anymore," that have been dragged out of garages and basements.

"Ebikes are very popular and gravel bikes are a hot unit, but right now it's a matter of whatever you can get your hands on," he says.

A run on bicycles might sound like good news for a bike store, but Brick notes that without resupply, it puts store owners in jeopardy. Bikes are sold at a relatively low 35 percent markup and there are added costs for shipping and assembly.

On top of that, popular store brands such as Trek and Cannondale are out of stock from suppliers and new bikes from manufacturers in Asia might not start arriving until July, or more likely, the fall.

Brick notes that a number of his employees have families with young children and have deep concerns about exposure to the virus. "I respect their fears and we provide masks and gloves, but it's been an expensive way to do business."

After Governor Whitmer gave the go-ahead for bike shops to reopen, Brick purchased 400 gloves, for starters, along with 30 masks at \$5 apiece and gallons of costly sanitizer. Bikes had to be washed and sanitized before being serviced. "The whole thing was so cumbersome," he says.

As an added safety measure, business is currently being conducted at a tent in the parking lot. The store is taking in about 20 bikes per day for repairs and servicing them from 3-6 p.m.

On the plus side, Brick says that he and his partner Kristi Messing were able to give the store a good going over while they were shut down. "We cleaned out a lot of junk that had been piling up in the back room for years."

It's also clear from the steady stream of customers out front that there's a lot of love for Brick Wheels and cycling.

"We've been handling it," he says. "It's just something we have to deal with - it's a different way of operating."

Store Spotlight is a new feature profiling a different bike shop in the region each month.

Ride of Silence Scores a Media Hit

Even though this year's Ride of Silence on May 20 was a solo endeavor, the event got great airplay on Channel 9&10 and its Fox 32 affiliate.

Director of Safety and Education **Steve Mitton** and club President **Bill Danly** took to the airways to explain the ride's mission of honoring cyclists who have been killed or injured on the roadways. They also reminded viewers of important safety precautions when driving alongside cyclists, such as the State's new three-foot distancing rule.

This year's Ride of Silence was co-sponsored by TART, Norte and The Filling Station



Steve Mitton gives TV 9&10 the low-down on the solo Ride of Silence. Above: riders wore commemorative helmet covers.



Bill Danly spoke on rider safety.

NEW MEMBER:

Welcome aboard!
Jim Patton • TC

7 reasons why cycling is good for you

Especially Now...

While the Coronavirus is still playing havoc with our lives, this is the best time to get out and cycle. With some many things closed and so many people staying home from work, there are far fewer cars on the road providing the perfect opportunity to get out on your bike and exercise. Here are some good reasons why you should get out and ride your bike:

1. Cycling helps to prevent diseases

Regardless of age, type 2 diabetes and cardiovascular disease are among the underlying diseases that increase the risk of a more severe course of Covid-19. Cycling regularly can help you reduce the risk of these diseases. In addition, cycling has a positive effect on your blood. The composition of your blood changes and it will flow faster because of the movements you make while cycling and your increased heart rate. The blood vessels will also become more flexible and stronger. Getting out on your bike regularly has also been shown to strengthen your immune system helping to protect you from infections, viruses and cancers. Cycling also helps to improve lung function and strength giving you increased virus protection.

2. Cycling is good for relaxing and helps relieve stress

During cycling you get the possibility to think of something else. Long tours relax the mind. It affects your whole body and feeling; your body and breathing come to rest, but also your head. Cycling has positive effects on the reduction of stress complaints and while cycling you make certain substances, such as endorphins and serotonin. These substances give a feeling of happiness.

3. Cycling prevents sleep problems

Research shows that we can sleep better if we cycle every day. By pedaling for just 30 minutes a day you will fall asleep faster and you even sleep for an hour longer. By being outside and thus being more in the light of day, you are better able to find your natural sleep rhythm again. In addition, with sunlight the production of the stress



Safety Corner By Steve Mitton

hormone cortisol reduces, this can contribute to a good night's rest.

4. Cycling helps against obesity

Cycling is a very good way to lose those extra pounds. Did you know that you can burn about 97 calories with 10 minutes of cycling? Cycling is a low impact training that almost does not burden the joints.

5. Cycling improves Brain function

When you cycle, you not only move your body, but also your brain. Cycling has a positive effect on the blood flow to your brains, allowing more oxygen to enter your brain. This way more proteins are produced to create new brain cells. In addition, cycling ensures that the different parts of our brain can communicate better with each other, which increases our cognitive capacity. This means that our insightful skills - which have to do with thinking, the mind, the intellect and the human cognitive capacity - improve.

6. Cycling supports muscle formation

During cycling you do not just use your legs and feet to turn the pedals around. You also use many additional muscles, including to steer, stay in balance, to keep yourself in position and for extra power. With a regular bike ride you work hard on your muscle formation. If you cycle half an hour to an hour a day, you will get in good shape and you get stronger muscles.

7. When you cycle, you are in open air and nature

Sometimes you only notice how beautiful nature is when you cycle through it. From the car, the nature will pass by much faster from the car. On the bike you see a lot more. It is also healthy to be in nature regularly, your mood improves when you go out, you have less negative thoughts and you experience less stress. Your mental fatigue also decreases. Being sufficiently outdoors ensures that you take in enough vitamin D. Of course, it is also wonderful to breathe the fresh air during a long bike ride.

Sources: VanRaam March 20, 2020 5 Reasons Why Cycling Protects against corona; VanRamm "10 Reasons why cycling is Healthy

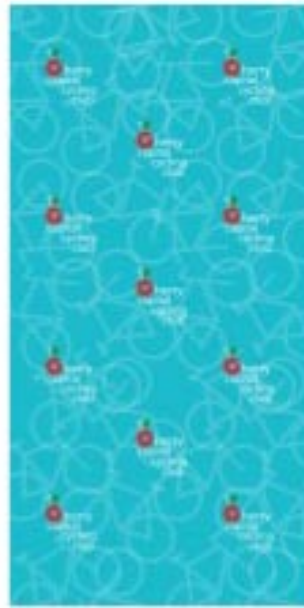
Support the Club with a new neck gaiter

The Cycling Club Board is offering a choice of neck gaiters, available with two different colors in the same design as shown at right. The order has just been placed, and we expect to have them in hand in early July.

If you are interested in reserving a neck gaiter of either teal or charcoal, please “pre-order” what you would like by emailing merchandise@cherrycapitalcyclingclub.org. The price will be \$5 each. Payment for your order won’t be needed until you pick them up.

Important: Please use “Gaiter order” in the subject line of your email, followed by your last name, - e.g., “**Gaiter order Smith.**”

Many thanks to Paula Anderson, Joane Mitchell & Merry Vander-Linden for the creation, design and promotion of this great idea.



Norte's Bike Solution Classes offered to Club members

Norte is offering the opportunity to participate in its Bike Solution repair classes to small groups of Cherry Capital Cycling Club members. Presently, Norte is gauging interest in the following options, seeking your feedback:

OPTION ONE

Classes would meet for 90 minutes online via video conference with a flexible schedule. Cost: \$20 per participant with a minimum of five per class.

OPTION TWO

An alternative outdoor session with fewer than 10 people is being considered. Participants would bring their own tools/stands (for those who have them), wear masks, with frequent handwashing/sanitation.. The three classes, below, are great “nuts and bolts” classes and may be held outside of the Wheelhouse or other outdoor venue. Whatever option is chosen must be approved by Norte’s COVID task force to make sure we’re in compliance.

CLASS CURRICULUMS:

202 – Beginner

- Chains to Cables
- Chain dissection
- Cables and housing, cable maintenance



Norte's bike repair classes have been popular with kids and are being offered to CCCC members.

301 – Intermediate (requires a bike stand)

- Derailleurs
- Shifters
- More cables and housing

302 – Intermediate (requires a bike stand)

- Rim brakes
- Disc brakes
- Brake pads & cables and housing

Contact **Jim Pecott** with your class selection(s) and preferred option: membershipdirector@cherrycapitalcyclingclub.org

Option One: 90 minute Video Conference or

Option Two: Wheelhouse w/your own tools and stand

Class selection: 202, 301 and/or 302.

Preferred days of the week and/or times.

Got something to say? Tell it to the Board

Your CCCC Board has a stake in keeping you interested, informed and engaged in the club and its activities. You can reach out to them at the following email addresses:

President Bill Danly

president@cherrycapitalcyclingclub.org

Vice-President Merry Vander Linden

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Secretary Patricia Bearup

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