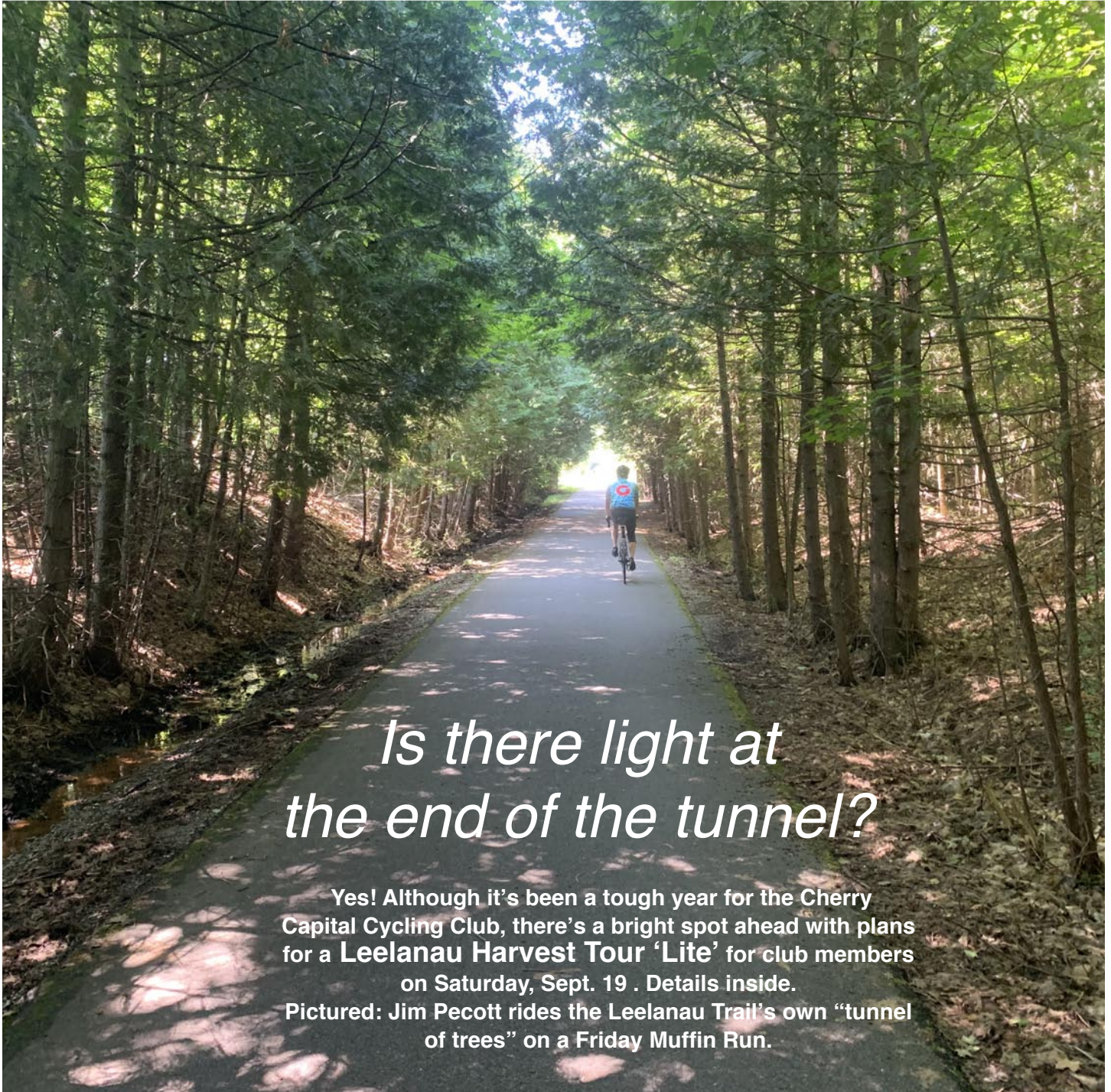


# CCCCC NEWSLETTER

## CHERRY CAPITAL CYCLING CLUB



### *Is there light at the end of the tunnel?*

Yes! Although it's been a tough year for the Cherry Capital Cycling Club, there's a bright spot ahead with plans for a **Leelanau Harvest Tour 'Lite'** for club members on Saturday, Sept. 19 . Details inside.

Pictured: Jim Pecott rides the Leelanau Trail's own "tunnel of trees" on a Friday Muffin Run.

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

AUGUST • 2020



## ***President's Letter*** Pandemic Peddling

What I have found in this unusual Summer is that people still want to connect, but connect safely. Our "social bubbles" may have become smaller, but we still want to get together and chat.

Our Cycling Club members are no different. Our group rides have become smaller this year, and that's a blessing in disguise. The rides we have been putting on give us the opportunity for friendly banter as we roll down the roads and trails of northern Michigan.

The Cycling Club Board has decided to hold several of our traditional Fall events, in a modified manner, to give us options for getting together with our cycling friends. In this newsletter you'll find information on the **Leelanau Harvest Tour "Lite"**, which we have nicknamed **Pandemic Peddling Leelanau, 2020**. This event will be held September 19th and is designed to be very flexible to meet your comfort level. It is largely a "free" event for our members and their guests, with \$10 boxed lunches from the VI Grille, partially subsidized by the Club.



The second event is the third annual **Young State Park weekend**, to be held from September 25th thru the 27th. Whether you come up to the Boyne City area for 1, 2 or 3 days, this is a great way to get some cycling in around the beautiful Lake Charlevoix area. Please see the enclosed article for more details.

On a final note, I want to talk about Club finances. With the cancellation of this year's Ride Around Torch and Leelanau Harvest Tour, our Club's revenue has dropped by roughly 90%. The Board has cut our operating expenses by a similar percentage, such that we are running "in the black" (barely). While we did make a \$10,000 donation to TART earlier this month, that money was earmarked in 2018 for the South Boardman Trail project, *once construction started*. Now that shovels are in the ground, we are all eager to get on the new section of trail, which should be completed by the end of September.

At the Pandemic Pedal on September 19th, we will have a full merch table setup as well as a donation jar. If you can, please kick in \$5, \$10 or \$20 to help defray the cost of this event. The Board appreciates your support very much!

**- Bill Danly, President**



The Cherry Capital Cycling Club made good on its promise to donate \$10,000 to TART Trails this month, with a check presentation ceremony at Hull Park in TC. Pictured from l-r are Janna Goethel, TART Events & Annual Gifts Coordinator; Casey Ressler, TART Development Director; Paula Anderson, CCCC RAT Director; Tom Kirchner, CCCC Treasurer; Skip Miller, LHT Director; Julie Clark, TART Executive Director; and Bill Danly, CCCC President. Photo by Scott Pyles.



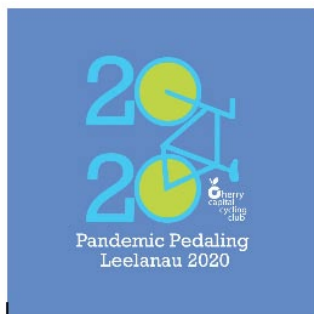
# Leelanau Harvest Tour 'Lite'

## A tour just for Club members!

The Cherry Capital Cycling Club Board of Directors recently decided to offer a modified version of the LHT to our club members and a limited number of guests.

The LHT "Lite" is scheduled for Saturday, September 19th. The ride will start and finish at the Herman Park Pavilion in Sutton's Bay (S. Herman Road, adjacent to Sutton's Bay High School). There is no registration fee. Participants should check-in at Herman Park before starting. Please carry a mask at all times and use it in appropriate settings.

Riders can use the planned 40



will be provided at the Herman Park Pavilion between 11 a.m. and 2 p.m. (Note: Please plan your ride start time accordingly.)

Box lunch options: Chicken Salad Flatbread, Turkey Club Wrap, or Vegan Wrap. A cookie, apple and chips are also included.



65 Mile Route



**Don't miss it: This year's LHT t-shirt is a pandemic keepsake! More info on page 4.**

and 65 mile LHT routes. The ride will be self-supported similar to regular club rides and follow CCCC Covid-19 club ride procedures. We plan on providing a limited selection of pre-packaged snacks at Myles Kimmerly Park (between 9 a.m. and noon) and Herman Park. Riders can also follow shorter routes of their own choice (e.g., out and back on the Tart Trail).

Box lunches from VI Grill (plus water and sports drinks)

ed. Cost: \$10. Please send your lunch order choice by September 5th to: skipmiller32@gmail.com

Payment method: Cash or check at pick up time.

T-Shirts are available for purchase. The shirts are available in men's and women's short-sleeve and long sleeve styles. Cost: \$20.

**Available sizes:**

**Mens:** S, M, L, XL, 2XL (Fit is true to size / same Sport-Tek

fabric shirt style as last year's LHT)

**Womens:** XS (2), S (4/6), M (8/10), L (12/14), XL (16/18), XXL (20/22)

Please note: **You must order by September 1!** Contact: merchandise@cherrycapitalcyclingclub.org

Pick up shirts on Sept. 19 @ Herman Park between 11 a.m. and 2 p.m. If you are unable to pick up on that date then let us know when you order so we can make another arrangement.



40 Mile Route

Payment Method: Cash and Check.

*Club members are invited to order lunch and/or shirts even if they choose not to ride.*

# Get 'em while they're hot: club jerseys, t's and hats

## Merchandise Update

By Merry Vander Linden, Joane Mitchell & Sandy Mitton

Last year the club introduced colorful new jerseys and received positive feedback from club members on the design and comfort. The only negative feedback from some club members was that the Borah Team Cycling Jerseys were too form fitting. Based on this feedback this year the club added another option from Borah. The Club Cut Cycling Jersey has a more relaxed fit and club members report that these jerseys run true to size.

So if you haven't done so already, now is a good time to show your club colors by ordering a jersey!

Please note: **The Borah Team store for CCCC will be open September 1-12.** The team store allows you to place an order and once the jersey is made it will be shipped directly to you. An email with a reminder as well as a link to the Borah Team store will be sent out to all club members in late August or early September.

The **FloraVelo club store** for CCCC is always open on their website, and the link is on our website under store-merchandise:

[https://www.cherrycapitalcyclingclub.org/content.aspx?page\\_id=22&club\\_id=87045&module\\_id=94460](https://www.cherrycapitalcyclingclub.org/content.aspx?page_id=22&club_id=87045&module_id=94460)



**Collector's item: A special club t-shirt commemorating the Pandemic Pedal and a tough year all-around. Orders must be placed by Sept. 1, with pickup at the Leelanau Harvest Tour 'Lite'.**

### **Pandemic Pedaling Leelanau 2020 T-Shirts:**

Unfortunately this year CCCC had to cancel both RAT and LHT due to the pandemic and this also meant no T-shirts for volunteers and riders. When the CCCC board decided to offer LHT "Lite" to members, Joane Mitchell redesigned the LHT t-shirt to "Pandemic Pedaling Leelanau 2020".

Priced at \$20 for short or long sleeved versions you will want to get one of these t-shirts!

**Orders must be placed by Sept. 1,** Contact: [merchandise@cherrycapitalcyclingclub.org](mailto:merchandise@cherrycapitalcyclingclub.org) .with pickup at the LHT tour.



### **Winter Club Beanie Hat:**

Look for new winter club beanie hats to be available in time to pick up at the Leelanau Harvest Tour "Lite."

The price is \$20 and supplies are limited. Contact: [merchandise@cherrycapitalcyclingclub.org](mailto:merchandise@cherrycapitalcyclingclub.org) .

Poms can be easily removed. We plan to have a merchandise table from 11 am to 2 pm. Besides the pre-ordered t-shirts and beanie hats, we plan to offer the following for sale: neck gaiters, socks, black cotton t-shirts, wine glasses, beer pint glasses, skull caps, water bottles. Only checks and cash will be accepted.

## Good times at Young State Park Sept. 25-27

The third annual camping and cycling weekend is a go at Young State Park in Boyne City, Friday through Sunday, September 25-27.

Come for a day or make reservations and stay the entire weekend. Enjoy great cycling, camaraderie, and beautiful Lake Charlevoix. Bring your bike, bathing suit, paddle board or kayak.

Rides are planned for Friday evening and Saturday and Sunday



# CAMP OUT

morning. We'll also have campfires each evening with singalongs and s'mores. Meals will be on your own. Please bring your own food and beverages along with lunch money for the Saturday and Sunday

rides. If preparing meals in camp is not your thing, then restaurants in Boyne City are close at hand.

Young State Park is located at 02280 Boyne City Road, Boyne City. 231-582-7523. To make your reservations, call 1-800-44PARKS or go to [www.michigan.gov/dnr](http://www.michigan.gov/dnr) We are staying at Spruce Campground at the north end. I have reservations at the Sun Dew Mini Cabin. Please contact Carrie L. Baic if you plan on attending either a day ride or overnight at [socialdirector@cherrycapitalcyclingclub.org](mailto:socialdirector@cherrycapitalcyclingclub.org) or 231-313-4990 or if you have any questions.

**-- Carie Baic, Social Director**



## Store Spotlight

Bob McLain with a lineup of ebikes at his flagship store on South Garfield.

# McLain Cycle: A regional cycling powerhouse

Bob McLain was just 21 years old when he launched his first bicycle store fresh out of college. Forty-three years later, that youthful roll-of-the-dice has catapulted him into the role of a regional powerhouse as the head of McLain Cycle & Fitness.

"It's been my longest 'temporary' job," Bob says with a smile, recalling his early days in the business. "I loved working with bikes and decided, this is it; I was going to try opening my own store."

He started out working at the City Bike Shop during high school and studied business at Northwestern Michigan College. His flagship store on South Garfield in Traverse City was his original location. Four years later, he opened a new store in Cadillac and 20 years ago he took over Ralston Cycle on 8th Street.

As a cyclist, McLain has done his share of racing and bike touring and today his company sponsors a mountain bike racing team. In 2008, he founded the Cherry-Roubaix race and tour, which has become one of the biggest cycling events of its kind in the country.

Personally, he's always enjoyed road riding the best. "I still ride about 3,500 miles a year," he says. "I live by Long Lake, so I can ride west to Crystal Mountain and Benzie County or north to Leelanau County."

Like other bike shop owners, McLain was expecting a rough ride when the pandemic hit. This was on top of a 25 percent tariff on bikes last fall, which prompted major manufacturers to limit their orders from China. The tariffs have since been lessened, but combined with the coronavirus pandemic, bike shops everywhere have been hit with diminished inventories of bicycles and supplies.

Thankfully, McLain had the foresight to order a large number of ebikes last fall, beefing up his inventory. One of his major brands, Specialized, also had extra inventory of parts on hand before the pandemic hit.

"The demand this spring went through the roof with parents seeking bikes for themselves and their kids," he says. "Our sales and service are way up and we've had our best year ever."

"It was a perfect storm after bike sales being relatively flat for the past five year," he adds. "We've been selling a lot of bikes to moms and dads instead of the typical bike enthusiasts, because they're looking for something fun that their families can do outside. It's been a real game-changer."

The surge in sales has meant adding more staff, with 32 employees at McLain Cycles' three locations. "We now have the biggest staff that we've ever had."

This year, ebikes are McLain Cycle's number one category, with plenty of the electric-assist bikes still on hand from Specialized and Raleigh. "We were anticipating a big ebike year, so we had a lot of them on hand."

Gravel bikes, touring bikes, mountain bikes, hybrids and fitness equipment round out the offerings at McLain Cycle. As for what the future will bring, McLain is hoping to see new parts and cycles available from manufacturers by this February or March.

"A lot of companies are pushing us to order inventory by spring, but there's a risk that Texas, Florida and the southern states will get product first."

# Bike Fit: Why Do I Need To Carry Personal ID?

Source reference: "OneLife iD, Dec 02, 2019; Road Bike Rider, By John Marsh

We all know we should carry some form of identification and significant medical information with us when we bike, but why is it important? Simply, IT CAN SAVE YOUR LIFE!

Let's review the benefits of carrying important personal information as well as what kind of information you should be carrying and how.

Club members often cycle with a lot of the same folks regularly and while you may know your cycling buddy pretty well like their name, maybe where they live, their spouses name, perhaps their favorite brew. But do you know an emergency contact phone number or if your friend has any drug allergies or any hidden medical conditions... probably not!

Emergency personnel are better able to provide prompt and appropriate treatment with less fear of adverse medical reaction if they have this critical medical information.

Having some form of personal emergency information can also reassure family members at home knowing that if something were to happen to you on the road, they would get a call quickly to inform them.

## What Kind of Personal Emergency Information should you Carry?

Typically the following information



Many cyclists favor identification bracelets from Road ID, available online.

## Safety Corner By Steve Mitton

should be carried with you:

- Copy of your Drivers License
- E-Contact Person; Name/Relationship/Phone Number (make sure the phone number used is one that is often checked)
- Copy of Health Insurance I.D. Card (hospitals really like to have this)
- Information about any specific medi-

cal conditions, medical devices, allergies, medication you may have to take, etc

## How Do I Carry This Personal Emergency Information with Me?

There are several ways to carry your personal information with you while you cycle... here are a few suggestions:

- Wear an I.D. Bracelet (such as Road I.D.)
- Paper Documents: make up an index card (plasticize it for weather proofness or keep in a zip lock baggy)
- Flash Drive: There are flash drive devices on the market that allows you to download your information and wear as a necklace or bracelet. Emergency Personnel can plug this drive into their computer and have all of your pertinent data.
- Smart Phone: There are specific Apps such as "Lock Screen" that allows you to customize information onto your phone's lockscreen and be seen by medical personnel without having to know your phone security code.

In the end, it doesn't really matter in what form you choose to carry your personal information on you when you bike, it is only important that you do, it could save your life.

## Bicycle Shorts

**RING-A-DING-DING:** TART Trails has a new "Bell for Every Bike" campaign as a way to increase awareness of the importance of trail etiquette. Sales of the bicycle bells will help promote positive interactions between all trail users and encourage social distancing for health and wellness.

The bells will be sold at local bike shops and by TART Trails for \$20. Each bell will be sold with a card provided by TART Trails that outlines trail safety and etiquette. **Jan-na Goethel**, Special Event & Annual Gifts Coordinator for TART Trails, says the campaign is also a fundraiser for TART in addition to a way to offer cyclists a pleasant jingle for trail safety.

A Bell for Every Bike

Supports TART Trails

**\$ 20.00 per bell**

**SOCIAL MEDIA SALES:** Joane Mitchell has come up with a novel fundraising idea that uses the power of social media. As a test last month, Joane posted a cycling-related item for sale on the CCCC's Facebook Group Page under the condition that the buyer donates \$5 to the club. Here's how it works:

For example, Joane has a cycling jersey that she doesn't wear (or maybe never wore). She posts a photo of it to the CCCC

Facebook group page with description/size/material/etc. Joane's friend wants to buy it, agreeing to donate a minimum of \$5 to the CCCC. Joane arranges to get the jersey to the "buyer/donor" and the "buyer/donor" either gives the donation to Joane to give to the CCCC or agrees to send it directly to the CCCC Treasurer.

Joane reports that her test was a success! Her proposal will be taken up at the next CCCC Board meeting.

**SPEAKING OF** social media, please remember to *post, post, post* photos of club rides and fun on our **Facebook Group Page!** Only you can help spread the good news about our club.

**BOARDMAN LAKE TRAIL:** Construction is currently underway on a new mile-long trail link between 14th Street and the NMC campus. Estimated completion is in September.



# Nutrition for the Cyclist

## Some Thoughts on Hydration & Carbs

By Michelle Young, MS, RD, LDN

Following some basic nutrition guidelines before, during and after cycling has many perks. It will allow you to train more efficiently, prepare for high performance rides, improve body composition and manage your weight. It also promotes muscle building and recovery, prevents injury and helps to support the maintenance of good overall health. There are three main objectives to a cyclist's nutrition: hydration; fueling before and during the ride; and recovering after the ride.



### Part 2 in a Series

#### Hydration

The body is 55-60% water. Water is important for regulating temperature, lubrication of joints, and the transport of nutrients to active tissues. During exercise you sweat, and when you sweat you lose fluid and electrolytes. The main electrolyte you lose in sweat is sodium. If you don't replace fluid and sodium, you get dehydrated. Dehydration is the largest contributor to fatigue during exercise. It causes your heart to work harder and makes exercise more difficult. It also impairs concentration and your ability to make decisions. Therefore, it is not only important to consider the timing and the volume of fluid intake, but also the type and the composition of the fluid to be ingested.

It is also important to be cautious not to drink too much water, which could lead to overhydration. Also, if you are sweating a lot, but only replacing the fluid and not the sodium, that can lead to hyponatremia or low blood sodium. Since sweating rate and fluid intake vary so much according to factors related to activity and environmental conditions, recommendations should be individualized. A good way to assess this is by the change in body weight before and after your ride (wearing minimal or no clothing). Another great indicator of hydration status is by observing the color of your urine. It should be pale yellow or clear. And don't simply rely on the sensation of thirst, because if you feel thirsty, you are already 1-2% dehydrated.

In order to avoid dehydration and its performance-impairing effects, begin training or exercise sessions fully hydrated, rehydrate as needed during exercise, and replace fluid and sodium losses after exercise. Plain water is a proper rehydration choice for rides lasting less than 60 minutes. However, under some circumstances, individuals may benefit from drinking carbohydrate-electrolyte beverages, or sports drinks. The carbs will help provide the energy needed for prolonged or high intensity exercises; and the electrolytes (sodium, chloride, and potassium) will help replace the losses from sweat, with sodium being the major one.

#### Pre-Cycling Nutrition Prep

Carbohydrates are the muscles' preferred source of fuel for most types of exercise and also for sedentary people. Carbohydrates are formed from various chains of glucose. When broken down in the body, glucose circulates the bloodstream. Glucose is stored as glycogen in liver and muscles in order to be used for energy when needed. Beginning a bike ride with adequate stores delays the onset of fatigue, helps you get the most out of your workout or training, and allows you to perform more effectively. Muscle fuel stores are likely to be depleted after 60-90 minutes.

For the pre-cycling meal, consume a carb-based meal 2-4 hours before you hit the road. For those who are competing, the ideal pre-competition meal should contain 150 to 300 grams of carbohydrate (3-5 g/kg body weight), about 3-4 hours prior to competition or training. For the typical rider going on their standard Saturday bike ride, the amount of carbs doesn't need to be as high, but they should still be the bulk of the meal. The pre-exercise meal should include a moderate amount of protein and foods that contain little fat and fiber, in order to maximize gastric emptying and minimize gastric upset.



Some examples of carb-based pre-cycling meals include:

- English muffin with peanut butter and jam, a banana, and a yogurt
- Cold or hot cereal, fruit, and low-fat or nonfat milk
- French toast or pancakes with maple syrup and 1-2 eggs
- Grilled chicken sandwich, baked potato (low-fat sour cream or salsa), low-fat frozen yogurt
- Pasta with marinara, garlic bread, steamed veggies, pudding (low-fat or nonfat), fruit
- Any lean protein/meat, steamed rice, a roll, veggies, low-fat frozen yogurt, fruit juice
- Lean hamburger on a bun, yogurt, and fruit

In the circumstance that your bike outing takes place well after your meal has digested, eat a balanced snack for pre-cycling fuel. Plan for a pre-exercise snack 30-60 minutes before exercise and consume an easy-to-digest carb-based snack with about 40-60 grams of carbohydrate.

Some examples of pre-cycling snacks include:

- Low fiber cereal with skim milk
- Low-fat yogurt and a banana
- Fruit smoothie or meal-replacement beverage
- Small roll-up or sandwich with small amount of peanut butter, banana and honey
- Protein or power bar

# Tour de Bakeries!

## Bikepacking to the Mackinac Straits & back

By Bill Danly

Club member Bob Downes I were supposed to tour the length of Nova Scotia this past June. But due to the coronavirus and the non-essential travel ban between the U.S. and Canada, we came up with Plan B. We all know that northern Michigan is a beautiful place to live, so why not cruise around here? Using Bob's *Biking Northern Michigan* book as a guide, we headed north and east on a variety of roads and trails.

This was a "loaded tour," so our bikes were heavy with tents, stoves, sleeping systems, clothes and some food. My rig weighed in at 75 pounds!

### Day 1

We rode separately up to Eastport, using the traditional route up to Elk Rapids up the TART Trail and then along Bates Road. Arriving in Elk Rapids, I was sad to learn that Flour Pot Bakery and Java Jones were both closed! This was a double whammy, so I took a break by the marina before pushing on up the west side of Torch Lake.

I'm happy to say that the Torch Lake Market has re-opened, and serves ice cream at a takeout window. From there, it was a short ride up to the Eastport Market for dinner supplies. We stayed the night at the Barnes County Park located on Lake Michigan. No reservation is required at this county park or any state park if you arrive on bicycle or on foot. We set up our tents and jumped into Lake Michigan, which was a wonderful relief. 48 miles today.

### Day 2

The destination today was Petoskey State Park. The route took us along old Dixie Highway through Norwood and then up and down the rolling hills on Barnard Road all the way into Charlevoix. This was good exercise (!) and we refueled at My Grandmothers Table at the corner of Park and Bridge Street. After our snack, we cruised the historic homes on Dixon Avenue before hitting the Little Traverse Wheelway. A lit-



Bill Danly rocks The Wheelway on a five-day trip to the Straits.

tle caution is required along the Wheelway, as several sections have been eroded by Lake Michigan waves and a section close to Petoskey has a detour. We had a nice lunch at Knot a Bar in Bay Harbor and then did a little bike gear shopping at Latitude 45 and High Gear. At the state park, we again jumped into Lake Michigan and got takeout from Toski-Sands deli across the street. 46 miles today, over half of which was on a paved trail.

### Day 3

Our original plan was to head up to Wilderness State Park via the tunnel of trees on M119. With a drizzly day expected, we thought it wiser to stay off the dark roads and hit the Northwest Trail instead. The Northwest Trail starts next to the Top Of Michigan Trails Council office close to Petoskey State Park, and heads to Mackinaw City before turning east to Cheboygan.

Along the way, we made a short stop at the Fish Hatchery in Oden, which is very worthwhile. The fish-rearing ponds in the back of the fish hatchery attract bald eagles! While in Alanson, we stopped at the Dutch Oven Bakery (which doubles as a yarn shop!). Once we left Alanson, the NW Trail turned to a very rideable crushed stone surface, and the rain started. We rode in drizzle to a picnic shelter in Pellston, at which time the rain came down hard. We stayed put for about 20 minutes and waited out the cloudburst. After that, we cruised into Mackinaw City for a well-deserved lunch.

It's about 20 miles from Mackinaw to Cheboygan and another 6 to the State Park, which is located on the northeast side of Duncan Bay. We got dinner in town and headed to the Park. Once there, we ate, set up our tents, and then the skies opened up again. Spent a lot of "tent time" that evening, reading by the light of a headlamp. 59 miles today – almost all on trails.

### Day 4

Today dawned sunny and dry. Good thing, as we had to dry out our tents before packing up. We headed back to Cheboygan and made a stop at the State Street Coffee Company. This was an excellent place to get a brew and some "carb loading" for a long day on the North Central Trail.

Cheboygan is the confluence of three great trail systems in northern Michigan; the Northwest Trail (which we rode yesterday), the North Central Trail to Gaylord, and the Northeast Trail to Alpena. Once we picked up the North Central Trail south of town, it was a 53 mile ride to Otsego Lake State Park located south of Gaylord. The trail took us there via Mullett Lake, Topinabee, Indian River, Wolverine, and Vanderbilt. Each town has amenities, a trailhead, and supplies for the hungry cyclist.

Gaylord is about 750 feet higher than Cheboygan, so it's a net uphill, especially the last section from Vanderbilt south. A large portion of the trail is also along the Sturgeon River, which is gorgeous and "babbling." The river has a relatively steep

Continued on page 9



# Slow Spoke Cycling

## Wineries & Brewpubs as Destination Rides

By Jim Pecott

For recreational cyclists, beer and wine seem to be part of the overall experience. I've been stopped numerous times on the Leelanau Trail by tourists in need of directions to the local vineyards or the Hop Lot. Plenty of local bicyclists will have these directions committed to memory.

Prior to my joining Cherry Capital Cycling Club, I had organized several rides for my coworkers and friends for the laboratories at Munson Medical Center and Cadillac Mercy Hospital. It was a social event and we didn't care about miles, speed, or what everyone was wearing. There was a variety of bikes including comfort, road, and an early ebike. Conversation as the group rode was constant. We liked the idea of "riding with purpose" so stopping for a small plate and a beer mid-ride was our custom. We would see quite a number of cyclists at the Hop Lot, Art's Tavern, VI Grill, and 9 Bean Rows to name a few. It was also standard practice to stop for a post-ride beer at one of the local taps; and occasionally at my



place for beer, snacks, and cooking brats and hot dogs around the fire pit. It was always an enjoyable Saturday afternoon. The only complaint was that two of our riders were habitually very late to arrive. So we implemented a corrective action plan - if we were leaving at 11 o'clock we would tell them 10.

### VIVA VINO

Wine seems to go well with cycling culture too. I was riding with two friends, Jessica and Kyle, and Jessica seemed content

to ride off the back. Then she decided she would like a glass of wine so we stopped at Shady Lane Cellars. When we pulled in there were only two cars in the parking lot, but there must've been at least 30 bicycles. Seemingly, Shady Lane has become a destination as they have an outdoor wine bar and patio overlooking the vineyard. We sat at a small table, and warmed by the sun, took our time to enjoy the view and glass of wine over pleasant conversation. Continuing our ride, Jessica seemed renewed as she was out front for the rest of the day.

## A 5-day bike tour to the Mackinac Straits

### Continued

drop, which I've been told is quite challenging for paddlers.

We made it to Otsego Lake State Park, which has a nice setting on the east side of the lake. There is a fairly well-stocked store across the street from the park, which was convenient for dinner and breakfast. The total distance today was 63 miles, which is a long way on a gravel surface in warm weather (lots of liquids today!).

### Day 5

From Otsego Lake State Park, you head one mile south, turn west, and go straight uphill. Bob got up early and took off ahead of me, not wanting to slow me down on a very long and steep hill. We headed due



A favorite stop in Alanson.

west on Old Mancelona Road, past Lakes of The North and all the way into Mancelona before stopping at Bojack's Bake Shop & Café. Another well deserved stop after 20

miles of large rolling hills and a fast descent into Mancelona. After the break, and after fixing a flat tire on Bob's bike, we jogged 2 miles south to get off the Alden Highway. We headed west on Leonard Road, which kept changing names. The steepest climb of the entire 5 day trip was on this section of road just before getting to Alden. After another fast descent, we gobbled up lunch at the Muffin Tin.

By the time we reached Alden, we were only half-way home from Gaylord. We still had to get around the south end of Torch Lake and the north end of Elk Lake. After re-supplying in Elk Rapids (it was HOT!), we headed back south through the sunflowers again and home on the TART Trail. It turned into our longest day of the trip at 73 miles, but at least we got to sleep in our own beds that evening.

Even with all the bakeries, I still lost a few pounds. As they say, "Ride to Eat!"