

CCCCC

NEWSLETTER



CHERRY CAPITAL CYCLING CLUB

Gift Guide!



Looking for gift ideas for the holidays? Inside you'll find some must-haves from the Cycle Club and local bike stores.

Photo by Joane Mitchell

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

DECEMBER • 2020

President's Letter

Planning for the New Year...

We are not hibernating. With Winter fast approaching and the pandemic at a new height, the Cycling Club Board is planning now for our 2021 riding season.

A number of us attended virtual State and National bike tour conferences last month to compare notes and get ideas for what's ahead. At the national level, predictions are for a "topsy-turvy" first six months in 2021 as local and State health guidelines get revised across the country. These guidelines are expected to change sporadically as vaccine(s) get rolled out and our immunity to the coronavirus gets better. The same national bike tour director's group expects a "return to normalcy" by the third quarter of 2021.

The Cycling Club surveyed our members this past month to gauge how we handled 2020 and what you're interested in for 2021. The results are interesting and are included in this issue on page 6. Your Club Board will review the results in detail at our January meeting and use this information to plan ahead.



Two ideas we are already moving forward with are offering bike mechanic classes at several different levels and a bike fit workshop. Please check out the articles on these classes and contact the point person listed if you are interested. We are keeping the class sizes small for several reasons; better individual attention and continued social distancing. If a specific class is popular, we will offer it more than once. Details on these and other workshop offerings will be forthcoming in our next newsletter, due out in March.

For our popular Ride Around Torch (RAT) and Leelanau Harvest Tour (LHT) rides, we are taking a "wait and see" attitude. While there is a huge pent-up demand for bike tours, we need to see where local health guidelines are headed before we can firm up our plans. Thus, registration for these rides will be delayed into March for the RAT and April/May for the LHT. Each Tour Director is working on several contingency plans, and we definitely plan to hold both events in 2021.

With Christmas just ahead, please think of an appropriate gift for your friends and loved ones. A few gift ideas are enclosed! Have a great and happy holiday season!

- Bill Danly, President

Bicycle Shorts

MOUNT UP: Looking for some new mountain biking trails? Head up to Boyne City and ride the trails at Mount Avalanche. The trails are challenging and the views terrific from the top. The parking area is located at 1129 Wilson Street on the south side of town. Trail maps are available from the Top of Michigan Mountain Biking Association website at www.tommba.org. Afterwards, head into town for some sustenance! It's only a few short blocks away.

NEW CHALLENGE: Another mountain biking trail that's in the planning stages is a joint effort between Leland Township and Bike Leelanau. Bike Leelanau is a local chapter of the Northern Michigan Mountain Biking Association, or NMMBA. The proposed trail will be located in the Provemont Pond Natural Area located on the southeast corner of M204 (Duck Lake Road) and Popp Road. The name of the proposed trail is "Coburn's Challenge". More information can be found at www.bikeleelanau.com.

Gift ideas...



online at cherrycapitalcyclingclub.org

Online shopping is all the rage this year, and for those who love it there are good things available at the Store/Merchandise link on <https://www.cherrycapitalcyclingclub.org>.

The club is offering winter beanie hats (with detachable pom) pictured here at \$20, and neck gaiter/buffs at \$5. Both include the club logo. Some very snazzy Cool Comfort athletic socks (at right) are for sale at just \$5. Insulated water bottles can be had for \$10. All merchandise sales go to support club programs and projects. Buying club merchandise is a great way to support cycling in northern Lower Michigan and also helps spread the word on the Cherry Capital Cycling Club! (Photo by Joane Mitchell)



Christmas Gift Ideas for your Cycling Sweetie

By Steve Mitton

With a chill in the air and snowflakes beginning to fall and our skinny-tired bikes all nestled away for the season, thoughts turn to what to get your cycling sweetie for Christmas.

So with a little help from our friends at our local bike shops, I have put together a list of ideas that might help you with your Christmas gift selection.



Nick at Sutton's Bay Bike likes the Ragnorok Reflective Cold Weather cycling Boot from 45NRTH. Perfect for those late Fall/early Winter rides with comfort down to 25F. <https://45nrth.com/products/ragnorok-reflective>

If your sweetie has been exceptionally good this year, Nick suggests the Wahoo Kickr indoor Trainer. They are a bit pricey but he says they are great fun and a good workout when it's too nasty to ride outside. <https://www.wahoofitness.com/devices/bike-trainers/kickr/buy>



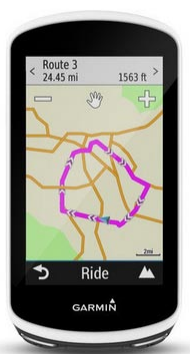
Matt at Brick Wheels had several ideas including the Bontrager Flare and Ion bike lights, which are always a good idea when wanting to be seen. https://www.trek-bikes.com/us/en_US/equipment/bike-accessories/bike-lights/bike-light-sets/bontrager-ion-200-rt/flare-rt-light-set/p/23710/ Another popular gift idea is the Lezyne



Smart Phone Grip Mount, because we all carry our phones with us when we ride but do not always have it handy when we need it. <https://www.brickwheels.com/product/lezyne-smart-phone-grip-mount-379278-1.htm>

Store Spotlight

For that person in your life that is always getting lost, Matt recommends a GPS bike computer such as the new Garmin 1030 with turn-by-turn navigation to help them find their way back home every time. <https://buy.garmin.com/en-US/US/p/567991>.



Matt also suggests a timeless cycling gift of socks. Smart Wool socks that come in all weights, sizes and colors are an affordable and welcome gift. <https://www.smartwool.com/shop/phd-cycle-ultra-light-chains-print-crew-socks-sw001262>



Steve & Julie Baesch at City Bikes made the practical suggestion of getting your sweetie a Flat Kit including spare tube, patch kit and tire levers to fit in their bike bag. <https://www.parktool.com/product/tire-lever-set-tl-4-2> And if they don't have a bike bag, you can get that too.



Brian at McLain Cycle offered the suggestion of a bike pump; both floor standing and bike-mounted models are available for your selection. A couple of examples are included below:

<https://www.sks-germany.com/en/products/rennkompessor/> <https://www.park-tool.com/product/mini-pump-pmp-4-2>



Several shops also recommended carrying a multi-tool in your bag, so a couple of options would include Crank Brothers M19 or the Vibrelli multi-tool. <https://www.crank-brothers.com/products/m19> <https://vibrelli.com/products/bike-multi-tool>



Lastly, if you just can't decide what to get your sweetie for Christmas, a gift certificate from any of our great local bike shops is a safe, easy and always welcome gift idea for the avid cyclist in your life.

Good shopping and have a Merry and Safe Holiday Season.

'Tis the season for trail extensions

Proposed: New 3 Mile Trail Corridor

The Traverse Area Recreational Trail (TART) group is at it again! In the past few months, they have been cranking up conceptual planning for a new trail corridor on the east side of Three Mile Road, between the State Campground on Munson Avenue and the Traverse City East Middle School located south of Hammond Road. This corridor is about 2.5 miles long and goes through a significant protected piece of property owned by the Grand Traverse Regional Land Conservancy. Once completed, this trail will be a major connection to four schools and a large commercial area located near the corner of Hammond & Three Mile Roads. The proposed trail corridor is shown as an orange dashed line on the enclosed drawing.

Project partners for this trail corridor include TART, East Bay Charter Township, the Grand Traverse Regional Land Conservancy and Norte. Norte will be taking the lead on the Safe Route to School (SR2S) portion of this project, as this trail will improve non-motorized transportation to Grand Traverse Academy, GTACS Middle School, Cherry Knoll Elementary, and TC East Middle School.

The approximate time frame for this project is as follows;

- 2020-21; Conceptual planning.
- 2021-23; Design & engineering. Active fundraising.
- 023; Construction.

If you are a resident of East Bay Charter Township, please get involved in the planning phase! If you have questions or comments on the proposed trail corridor, contact the Township Planner, **Claire Karner**, at ckarner@eastbaytwp.org.

(Continued on next page)



Presently, the 3 Mile Trail runs along the highway to South Airport Road. The new 3 Mile Trail Corridor will lie to the east, through land conservancy property, depicted by the red line on the map.

Existing Trail

New Trail

Community Services

Open Space & Preserves

Schools

Trail extensions update ...



Waiting in the wings is the extension of the TART trail from Bunker Hill Road in Acme to the trail link at Lautner Road and the proposed Nakwema Trailway to Charlevoix. If funding is secured, construction will begin in 2021.



Team Elmers is making progress on the new Boardman Lake trail extension from 14th Street to the satellite NMC Campus along Cass Road. The project runs alongside the railroad tracks, paralleling Boardman Lake. The target date for completion is Spring, 2021. Plans are to complete the entire trail around the lake by Fall, 2021.

Coming in 2021: Bike Maintenance Classes

By Jim Pecott

In the recent survey sent to members, 57% of the respondents were interested in attending bike maintenance classes. In the Spring of 2021, the Cherry Capital Cycling Club will be offering 5 different bike maintenance classes, as outlined below.

The classes will be taught by Chris Remy, who has taught maintenance classes at NMC in the past and who now is in charge of the Crystal Mountain bike program. Classes will be held on week-day evenings in April, May and June at the Recycle-A-Bike facility on Woodmere Avenue.

Class size will be limited and on a first come basis. If you are interested in any of the classes listed, please contact Jim Pecott at membershipdirector@cherrycapitalcyclingclub.org, and include your name, email address, and classes of interest.

Basic: Class Size: 8 - Fee: \$20

- Drivetrain inspection and adjustment
- Brake inspection and adjustment & common brake types



- Tire inspection, examples of worn tires,
- Flat tire cause and how to fix a flat
- What you should carry with you

Advanced 1: Class Size: 6 - Fee: \$30

- Inspecting, removing, and replacing cables and housing - setting barrel adjusters
- Drivetrain and brake inspection and adjustment - adjusting the L & H screw settings.
- Replacing common brake types

Advanced 2: Class Size: 6 - Fee: \$30

- Inspection, sizing, and replacing chain
- The difference between free wheels and cassettes - inspection and removal

- Cleaning and maintenance of crank and bottom bracket
- Replacement of bottom bracket, and swapping chain rings

Advanced 3: Class Size: 6 - Fee: \$30

- Disc brakes - inspection, cleaning, adjusting, and maintaining disc brakes.

Advanced 4: Class Size: 6 - Fee: \$30

- Full Suspension Mtn Bike systems
- Chain growth, bearing, bushing, and pivot service intervals
- Setting your suspension
- Mechanical vs hydraulic inspection
- Setting lever throw and caliper reach

Additional details as to specific dates and time will be forthcoming in our March and April newsletters. Please contact Jim if you are interested or if you have any questions about the classes. We expect that some of these classes will be quite popular, and we will offer them more than once as demand requires.

Jim Pecott is the CCCC Membership Director.

You spoke, we listened: Member Survey results

In early November, the Club Board sent out a survey to our members. We are looking for feedback from the 2020 cycling season and to get some guidance for the year ahead. The survey was only available for about 5 days, but we received responses from 100 of our members, which is a significant sample size.

A brief summary of your answers is included below. These results and your written comments will be invaluable as we plan for 2021. Thank you for participating in our survey.

1. In this 2020 pandemic year, did you:

- a. Ride less than normal = 39%
- b. Rode about the same distance as the past several years = 40%
- c. Rode solo or only with members of my household = 47%
- d. Rode with a small group of friends (i.e. "my bubble") = 56%
- e. Rode some Club rides = 27%
- f. Rode with many others, but not Club rides = 3%
- g. Did a lot less road riding and a lot more mountain biking = 12%
- h. Other; 8% commented that they rode more in 2020 than the previous year.

2. In 2020, I felt the Club's response to the coronavirus was:

- a. Too strong; i.e. the Club should have allowed Club rides all year, allowed ride mileage, and not had any minimum spacing requirement between cyclists = 7%
- b. About right = 80%
- c. Too weak; i.e. the Club should not have reinstated Club rides this past June = 6%
- d. I was not aware of any change in the Club's ride policies = 1%

3. If a coronavirus vaccine gets developed by Spring 2021:

- a. I will most likely get vaccinated = 76%
- b. I will definitely not get vaccinated = 7%
- c. The vaccine will change my attitude about getting together with others, such as group cycling and social events = 42%
- d. Even with development of a vaccine, I will be leery about doing things with larger groups of people = 32%
- e. I would consider being a volunteer at our Ride Around Torch or Leelanau Harvest Tour rides = 25%.
- f. Other; we had 17 member comments on this question, which is significant.

4. In 2021, I would like to see the Club:

- a. Continue to add Club rides as health regulations ease up = 83%
- b. Add more social rides that include a stop either during the ride or afterwards = 45%
- c. Bring back the RAT and LHT in their original format so long as changes in the health regulations would allow this type of event = 66%
- d. Add more mountain bike and/or gravel rides = 26%
- e. Other; lots of good member comments.

5. What is your attitude about Club miles (check only one):

- a. The Club should reinstate recording Club miles in 2021 = 23%
- b. The Club should record the number of rides a member does, and

not record mileage = 9%

c. If possible with our website provider (Club Express), the Club should develop separate mileage lists for road rides and mountain bike rides = 10%

d. Do away with recording of rides or miles and just go for rides as posted on the Ride Calendar = 33%

e. Other; 25 member comments received. Most folks are ambivalent about their Club recorded miles, or had "no opinion".



6. The board is discussing whether to conduct cycling workshops in 2021. Potential topics include the following:

- a. Basic bike maintenance; tire, brake, and drive train care = 52%
- b. Advanced bike maintenance; front & rear derailleur adjustments, brake pad replacement and adjustments (disc and rim brakes) = 57%
- c. Improved bike handling skills; parking lot obstacle course and city street riding = 26%
- d. Bike safety; how to ride with others on roads and trails = 43%
- e. Selecting the correct bike for your needs = 22%
- f. Bike fitting demonstration = 43%
- g. eBike riding skills and safety = 22%
- h. Errands by bicycle; what you need to know = 22%

7. Safety & Education Newsletter articles should cover:

- a. Bike safety topics = 29%
- b. New cycling technologies (bikes/gear/safety items) = 58%
- c. Fitness/performance improvement = 34%
- d. Avoiding cycling injuries = 34%
- e. Off-season training/exercises to maintain cycling fitness = 43%
- f. Bike maintenance tips = 56%
- g. How to create a digital bike map using Ride with GPS = 46%

8. Would you participate in a club led multi-week bike safety class aimed at increasing your comfort level riding in a group and riding safely on roadways and city streets?

- a. Yes, I am relatively new to cycling and need to improve these skills = 2%
- b. No, I am already comfortable riding in all typical local situations = 82%
- c. Yes, but I am mainly interested in increasing my comfort level riding on roads = 7%
- d. No, but I might be interested in helping as an instructor or an instructor's aide = 7%



NEW: Bike Fit Workshop

Coming soon, the CCCC will sponsor a bike fit workshop led by **Mark Gerlando**, a highly regarded and certified bike fit specialist. Mark is the owner of Ride Science and has been practicing in the Traverse City area for almost ten years. Mark has fitted professional as well as amateur cyclists of all types and ages, and attracts clientele from a multi-State area.

The 90-minute session will cover Mark's top areas of focus when it comes to bike fit issues, including;

- crank arm length,
- saddle height/position,
- pedal/shoes contact points,
- reach/handlebar position, and
- issues related to flexibility, injuries and previous surgeries.

Mark plans to demonstrate a complete bike fit using his state-of-art Ergo Pro Bio-bike (with a volunteer!). Using the volunteers' current bike setup, Mark will demonstrate the performance and comfort improvements through the fit process. Bike fit discussions will cover road, mountain and gravel biker topics.

If you are interested in attending this bike fit workshop, email Steve Mitton at stevemitt619@gmail.com. A workshop date and time will be set up as soon as we get 6 members signed up. The workshop will be held at Mark's shop at the corner of Garfield and Boon Street.

Mark Gerlando spent 22 years as a pit trader in Chicago. Mark and his wife Karen left the big city to live in GOD'S country, Traverse City, to follow their passion for science and cycling. Mark studied at the University of Illinois and has continued to study anatomy and bio mechanics at the Gray Institute and the Khan Academy. He is certified through the Serotta International Institute of Cycling and for Applied Functional Science at the Gray Institute.

Mark has completed an Ironman, marathons, and has undergone multiple surgeries that have taught him the importance of injury prevention.

Ride Science was established in 2012 in his basement, and has expanded into a custom studio on 413 North Division Street in Traverse City. Mark has become the go-to bike fitter in Northern Michigan, fitting famed cyclists Larry Warbasse and John Leach and members of numerous cycling teams. He's fitted doctors, electricians, principals, lawyers, triathletes and athletes of all ages.

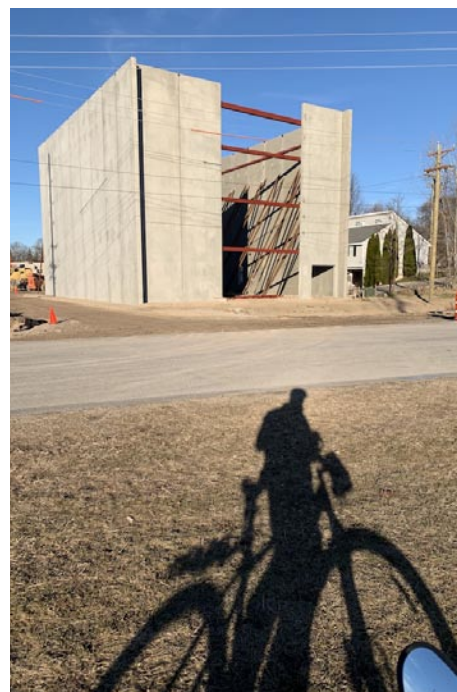


FOR THE PERSON WHO HAS EVERYTHING: Built in 1905 at the small arms workshops of Birmingham, Great Britain, this fire bike was designed for firemen on duty in petrochemical plants. It has a hose coiled inside the frame, a nozzle, and a pulley block. The siren is activated by clicking the brake lever into its first position

Bicycle Shorts

GET HIGH: This spring you'll be able to wrap up your bike ride on the TART trail with a workout on the new ELEV8 climbing wall, presently under construction between Brick Wheels and McLain Cycle & Fitness near Eighth Street. The 40-foot climbing wall will include 5,000 square feet of roped climbing and unroped bouldering areas. ELEV8 will also offer workout equipment, yoga and fitness classes, and child care. Kevin Vlach and Nick Olson are the partners behind the project and say there's nothing like it in the region between Big Rapids and Marquette.

REMINDER: It's been a tough year for the League of Michigan Bicyclists. There's still time to support the cycling advocacy group with a tax-deductible donation. Offer your support and/or join up at <https://www.lmb.org/>



It's a Wrap: *Annual Board Meeting Recap*

The Cherry Capital Cycling Club held its 2020 annual meeting via a Zoom conference call on October 25th. We had 29 attendees, which was a decent size turnout all things considered. The minutes of the meeting are on the Club's website, under "Documents/Board and Annual Meetings". Some highlights from the meeting;

- The Club did cancel all Club rides this past Spring due to the pandemic, and re-started them on June 10th with safety protocols. There were a total of 169 rides posted this year, led by 9 ride leaders. Many thanks to our ride leaders during these unusual times.

- While we did cancel the regular Ride Around Torch (RAT) and the Leelanau Harvest Tour (LHT), we did offer the "LHT Lite" to our members on September 19th, at no cost. A total of 60 riders attended, and rode two separate routes. We did sell a large number of "Pandemic Pedal" t-shirts and other Club merchandise at the event. It was a big hit for those who attended.

- Club finances did run "in the black" this year, even without the RAT and LHT rides. We did have to cut back on a number of CCCC social events and "perks", but this allowed us to leave our rainy day fund intact.

- Bike map sales were strong in 2020 because there were many new cyclists in our area. This helped our revenue and net income.

- Many thanks to our volunteers who helped with merchandise & map sales, especially **Joanne Mitchell, Sandy Mitton, Earl Gervais, Jerry Kilts, Linda Deneen, Linda Shomin** and **Merry VanderLinden**.

- We welcomed our incoming Board members **Al Bonney** (Treasurer), **Nancy Quinlan** (Secretary), and **Mike Stivani** (Ride Leader). Our hats are off to our outgoing Board members **Tom Kirchner, Pat Bearup** and **Mark Esper**. We owe them each a big thank you for their years of service and for helping the Club run smoothly.

- Looking to 2021, we are moving forward with plans for the RAT & LHT rides. Registration for these rides will be delayed into the March/April time frame as we await the effect of the coronavirus and related vaccine. The Board will be working on digital bike route files over the Winter, and will roll these out next Spring. This will be a useful tool for both ride leaders and our members. The Club will also be offering a number of educational workshops next year, including bike maintenance, bike fit, bike touring and a 4-week basic riding program. This last program will be targeted to beginning cyclists and non-members.

More detailed information on our plans for 2021 will be forthcoming in this and subsequent newsletters. Please feel free to contact any of our Board members should you have questions or comments.

Regards, Bill Danly
Club President

