

CCCCC NEWSLETTER

CHERRY CAPITAL CYCLING CLUB



On the Road Again...

Club rides with appropriate social distancing were approved on June 10, with more than 60 CCCC members participating in one or more rides by July 6.

The most popular outings thus far have been the Honor Ride on Mondays, pictured, and the Muffin Ride to Suttons Bay on Fridays.

Meanwhile “destination rides” are being encouraged by the bike club board, in which cyclists ride independently to meet at appropriate locations where social distancing is possible. See the article on page 7 for more information on destination rides.



... somewhat

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
JULY • 2020

President's Letter

A cautious start to the cycling season

On June 10th, when Michigan entered phase 5 of the State's Safe Start Plan, the Cycling Club Board re-started club rides with specific guidelines and restrictions. Between June 10th and July 6th, club ride leaders have put on 16 rides that have attracted over 60 Club members plus several guest riders. This is a good, cautious start to the 2020 riding season. We want our members to know that the Board checks in with our Ride Leaders and various riders to make sure things are starting up okay, and that we're not having significant issues with people following too closely or not social distancing when stopped at local coffee shops or other meet-up locations.

The coronavirus is not going away quickly, and with more and more visitors heading "up north" to their cottages and local hotels, we need to be very careful around each other and respect the space that people want.



With the slight uptick in coronavirus cases in northern Michigan recently, the Board felt it wisest to postpone this year's Leelanau Harvest Tour to September 18, 2021. The requirements to put on an event of this magnitude are daunting and not well-defined at present. Also, we did not want to place our member/volunteers at risk in order to serve a large group of riders.

The club's tour directors are looking at options for a smaller get-together later this year, but there are many factors that must be in alignment before this can happen. In the meantime, it's July and it's time to get out and ride! With this extremely hot weather, many folks are getting out early in the day and the trails are busy. See elsewhere in this newsletter for tips on being courteous and careful on the trails. Please be courteous and ride safe.

- Bill Danly, President

Bicycle Shorts

TART BINGO: The annual Tour de TART has been reimagined for July with a do-your-own-thing approach. Participants are invited to experience nearly 100 miles of trail by running, walking, biking, skating and/or roller skiing their way across a TART Trails bingo card.

How it works: Register at <https://www.traversetrails.org/event/tour-de-tart/>

Complete your bingo card between July 10 - July 26 for prizes and sweet swag. Club members can get a 10% discount by using the code "CHERRY10TART" when registering.

Have FUN enjoying the TART Trails network – stay active, healthy and safe!

WANTED: People interested in taking the Smart Cycling Complete class, formerly known as Traffic Skills 101, which is the first step to becoming a League Cycling Instructor (LCI). An LCI helps teach bike education classes for kids or adults, especially how to ride in traffic.

More information can be found at: <https://bikeleague.org/content/become-instructor>

If you are interested, please email me at stevehannon@gmail.com. I will coordinate



times and locations among those interested. I am anticipating about 4-8 students maximum in a class, and I am willing to teach this class multiple times if there is enough interest.

-- Stephen Hannon, League Cycling Instructor (LCI) - Board Member, LMB

BOARD OPENINGS: Step up & help run the Cherry Capital Cycling Club!

Every year, the Cycling Club Board has 6 positions that open up. While some current Board members may "re-up", we want our members to know which positions are available. The 6 Board positions we are looking

to fill for the 2021/2022 term are listed below along with the current office-holder;

- Secretary (**Pat Bearup**)
- Treasurer (**Tom Kirchner**)
- LHT Director (**Skip Miller**)
- Ride Director (**Mark Esper**)
- Safety & Education Director (**Steve Mitton**)
- Website Director (**Jeff Dillingham**)

If you have an interest in club operations and want to help promote recreational cycling in the greater Traverse area, please contact any board member for more information. Contact information for all club board members is located on our website at www.cherrycapitalcyclingclub.org.

BIKE SHOP NEWS: If you're ever in Harbor Springs, please check out **Touring Gear's** new location at 262 East Main Street. Ed Wagar has relocated from his old location on Third Street to a great location on the east side of downtown. You can check out Touring Gear's offerings at www.touringgearbicycles.com.

Pedego has opened up a brand new store in Traverse City at 823 S. Garfield. Pedego specializes in ebike sales and rentals. Although, in this first year, the owner has indicated that the rental fleet is sparse due to strong sales. Pedego can be reached by phone at 231-421-1771 or contact dan@pedegotc.com.

Nutrition for the Cyclist

A healthy diet promotes stronger cycling

By Michelle Young, MS, RD, LDN

As a dietitian and marathon runner, sports nutrition is a passion of mine, to say the least. I know what you may be thinking. She runs, but how much does she know about cycling? I will be blunt here and state that it doesn't really matter. The specific nutrition routine in any endurance sport is comparable, with recommendations varying depending on the duration and intensity of the activity. However, what makes me even more qualified to give advice on the subject matter, is that over the last several years, I have taken a liking to cycling myself and hop on my bike at least once a week, weather permitting. When I am out cycling for more than one or two hours, snacks and hydration are a must.



Here, I am going to delve into the world of sports nutrition as it pertains to various levels of cycling. In what's to follow, you will see a trend, which is that hydration and carbohydrates are your best friends when it comes to cycling and performing at your best.

But first, I feel the need to review some of the excellent benefits of cycling. Whether you ride for fun, to stay in shape or to get in shape, or for the competition, the health benefits of cycling are in no doubt, substantial. Regular participation in cycling helps you to control your weight. The more intense the cycling, the more calories your body will burn. When you include regular exercise in your weight management plan, your metabolism increases, and this allows you to enjoy your Sunday ice cream without the health consequences otherwise. Along with weight control, cycling can reduce your risk for heart disease and help you to manage blood sugars. Lack of regular physical activity is a main cause of chronic disease. Cycling strengthens your heart muscle, improves circulation, and raises oxygen levels in your body, which helps lower your risk for things like high cholesterol, coronary heart disease and heart attack. It can lower your blood sugar level and help your body's insulin work better, decreasing your risk for type 2 diabetes. Other important benefits of cycling include: improvements in mood and mental health; helps to strengthen bones and muscles; helps you sleep better and longer; boosts your energy level. It can even improve your thinking and memory.

The Basics of a Healthy Diet

The same basic nutrients are needed for everyone, whether for active individuals who compete, those who exercise for health and fitness, or those who are sedentary. A balanced diet consists of three macronutrients that make up one hundred percent of our caloric (or energy) intake. The three macronutrients are carbohydrates, proteins and fats, and they are the three nutrients ingested in the human body that have the potential to produce energy for the body to perform various types of work.



First, we have carbohydrates or carbs for short. Carbs are our body's preferred source of energy, and they serve as the primary fuel for working muscles during cycling, especially as the duration and intensity of cycling increases. Carbohydrates contain 4 calories per gram to be exact. For a while it was recommended that carbs comprise of around 55% (45-65%) of total caloric intake, with an absolute daily requirement of 100-120 grams. With all the experimentation with low-carb diets lately, that is no longer the case. Carbohydrate intake is quite variable and individualized, to say the least. Although the body can adapt quiet well to a low-carb diet while participating in endurance sports, carbs are still the body's number one fuel of choice. Carbohydrates are found in the diet as grains, fruits, beans, legumes, milk and yogurt, and are made up of various chains of sugar units. Foods that include sugar are also considered carbs, however it is advised to watch the amount you consume of these foods.

Part 1 in a Series

The next macronutrient is protein. Protein is involved in the development, growth, and repair of muscle and other bodily tissues. Therefore, it is critical for recovery from intense physical training. Protein can also be used for energy, providing 4 calories per gram, just like carbohydrates. However, protein is not used as efficiently as carbs and therefore is not a source of energy preferred by the body. Proteins are found in the diet as fish, poultry, lean meat, beans, soy products, nuts, seeds, as well as in grains and vegetables.

Fat, also known as lipids, come from both plant and animal sources. Animal sources are higher in saturated fats which can increase cholesterol and cause inflammation if consumed in excess. Most plant sources of fats are higher in unsaturated fats, which are more preferred by the body for proper blood flow and cardiovascular health. Fats are a more concentrated source of energy, providing 9 calories per gram, and is primarily used as fuel at rest and during low to moderate-intensity exercise. Fat is found in oils, butters, nuts, seeds, avocados, meats, dairy products, some fish, and some grain products.

In a nutshell, a healthy diet should be a balanced of carbohydrates, protein and fat, and should consist mostly of unrefined, whole foods, that are minimally processed. That describes a healthy diet in general, but how should a cyclist eat in order to get the most out of their ride, perform at their best, and feel in top shape during and after cycling? In the next issue, I'll offer some basic nutrition guidelines before, during, and after cycling.



Store Spotlight

Keith Conway, Elliott Putman, Sean Weeks, Nick Wierzba and Hal BeVier are part of the dynamic team that powers Suttons Bay Bikes.

Suttons Bay Bikes: On a Roll in Leelanau County

When Nick and Kasey Wierzba started their bicycle touring business in Suttons Bay 12 years ago, they had little idea that they would eventually own the largest full-service bike shop in Leelanau County.

“We had heard about the Leelanau Trail and started Grand Traverse Bike Tours,” Nick recalls. “Then we decided to open a bike shop and it grew three times as fast.”

Today, Suttons Bay Bikes offers everything a cyclist could desire, including gravel bikes, fat-tires, mountain bikes, road bikes and more, in addition to stand-up paddle boards, which, along with kayaks, the store also rents.

The Wierzbas had an interesting career path on their odyssey to Suttons Bay. Kasey grew up in Traverse City, while Nick is Lansing native. He was a member of the Michigan State University cycling team in college and also worked at bike shops in Lansing.

“I got a lot of biking time in during my early 20s,” he recalls. “My wife was working in the wine industry and that took us first to Colorado, then to California.”

The couple combined their talents to launch Napa Valley Bike Tours in the California wine country, a business which they owned for seven years.

“Life was good. We had our first son, but then with another on the way we decided to move back home.”

The creation of the Leelanau Trail provided an opportunity to recreate the sort of bike touring business the Wierzbas had in Cali-

fornia. “Our target market for the touring business is people who don’t ride bikes that much,” Nick says. “We rent them bikes and it’s mostly all on the trail, safe and easy.”

Initially, they worked out of an alley near the bike path access on the west side of town. The success of Grand Traverse Bike Tours encouraged Nick to launch Suttons Bay Bikes, conveniently located next to the marina at 318 N.St. Joseph Street. Then, it was off to the races.

Speaking of which, Nick still races with the Hagerty Team, mostly on a mountain bike, and many of the 12-15 staffers at his shop are also racers.

He says the store has done a good job of riding out the pandemic. “I was scared at first because all of our bills came due in May and June and I worried that we would lose business, but it’s been the complete opposite of what I expected. There’s been a boom in the bike business with people who haven’t biked in years coming in; we’ve had a big uptick in business.

“I’ve been lucky, really blessed with a great cycling community,” he adds. “There’s no town I’ve ever seen with this many dedicated cyclists who enjoy the sport and give back to it. I have a lot of gratitude for those riders, who are willing to share, build new trails, and keep things interesting.”

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



Beaver Believers:

The Beaver Island Bike Festival was strictly unofficial this year, with about 30 cyclists doing their own thing on the forest trails.

Even though there have been no reported cases of the coronavirus on the island, Beaver Island has been hit hard by the pandemic with many businesses closed and/or for sale. Sign of the times: this year's unofficial bike tour T-shirt included the legend: "If you've got a fever, don't ride the Beaver."



Gettin' buffy

At left, Soren and Anna Wildman model the CCCC's new neck gaiters, also called buffs. The club has ordered 250 buffs, available in charcoal or blue, and has sold more than 60 so far. They're a super-fashionable steal at \$5 each. Check out the Store - Club Merchandise page on the club website to order yours.

Glen Arbor Pocket Park

The Cherry Capital Cycling Club has been a long time sponsor of the pocket park located on the east side of Glen Arbor. This park is right off M22, and is an excellent place to rest and take in a view of the Crystal River.

Last month, club volunteers did a Spring cleanup and replaced the split rail fence located on each side of the Park. Many thanks to Cindy & Ken Rosiek, Kevin Aucello, Cindy Eppolito, and Dea Danly. Also thanks to the Leelanau County Road Commission who paid for all the materials (it's their property!). The next time you're cruising through Glen Arbor, please stop by and check it out! Maybe we'll add a bike rack next year....



Bike Fit: Are You In The Best Riding Position?

Source: "The Correct Riding Position on a Road Bike" By Simon Doyle (Realbuzz.com)

If you are like me, you may have experienced numbness in your hands or neck or back pain after a road bike ride and wondered why? Or you may wonder if there is anything you can do to become a more efficient biker. The answers to those questions could be found in a proper bike fit.

There is no such thing as THE correct biking position, only the correct position for you. Since everyone has different physical attributes, the proper fit differs accordingly. Here are a few basic set-up tips, which may help provide you with a ride closer to perfection:

SADDLE HEIGHT: The saddle height is measured from the top of the bicycle seat to the pedal when it is at the bottom of its turning circle. When the pedal is at the bottom of the stroke, the cyclist's legs should not be fully stretched out, but there should be a slight bend of around 25 degrees from a straight line.

The most common means of setting the correct saddle height is to set it at 109 per cent of the inside leg (the distance between the crotch and the ground, in bare feet). The extra 9 per cent allows for the extension of the ball of the foot below the heel. However, it is important to take into account the height of the cleats or shoes being worn by the rider, so it is best to set the bike saddle at 109 per cent and then raise it by the thickness of the sole.

KNEE POSITION: The position of the knee relative to the bike pedal also needs to be taken into consideration. To check this, hold the pedals in a horizontal or level position. A plumb line from the center of the knee joint should be vertically above or just behind the axle center of the crankarm. If the knee is slightly in front of the axle center of the pedal, this tends to force the rider out of position when riding hard.

REACH: This is the distance between the shoulders and the top brake levers when the cycle rider is sitting in the more upright position. The correctly set reach should allow the rider to sit an angle of around 45 degrees to the top tube of the cycle.



Good riding position is especially important during a race, as in the M-22 Challenge from a prior year.

HAND POSITION: The bike handlebars should be positioned slightly below the level of the top of the saddle. Bear in mind that if the handlebars are too low it can cause pain in the lower back and the shoulders.

Safety Corner By Steve Mitton

A significant bend in the elbow, with a near horizontal forearm, is good and helps reduce shock from the road.

Bike handlebars are shaped to give the rider three positions where they can comfortably grip - the tops, hoods and drops.

Tops - these are quite literally as they sound the top straight portion of the handlebars.

Hoods - the hands grip the brake level hoods at the top of the curved portion of the handlebars.

Drops - the hands hold lower down the curve on the dropped or curved section of the handlebars.

When riding long distances cyclists can suffer pain in the hands and this can be helped with use of gloves and bar tape on the handlebars. Varying the position of the hands on the handlebars can also help.

PEDAL FOOT POSITION: The foot position is mainly determined by the adjustment of the shoe cleats. Generally speaking, the ball of the foot should be over

the pedal spindle to produce maximum efficiency and reduce the risk of injury. Incorrect positioning can force the leg into an unnatural twist, reducing performance but also increasing the risk of knee injury. Cleats positioned too far forward on the shoe can produce excessive ankle movement, leading to the possibility of Achilles strain.

The cleat should be adjusted so that the foot is directly in line with the cycle's direction of travel and not splayed out, although some minor adjustment can be allowed for those with a natural splay of the foot in one direction or another.

BIKE FRAME SIZE:

The size of the frame is measured from the top of the frame at the point where the seat post is inserted, down to the center of the axle carrying the pedal arm (bottom bracket). Typically women have shorter legs than men and need to use smaller frames than men of a similar height. Manufacturers offer cycles tailored specifically for men and women taking into consideration the differences in arms and legs.

If all of this information has left you feeling a bit unsure, then good advice and help can be found at your local bike shop or professional bike fitter, who can help dial in the perfect set-up for your specific physical needs.

Leelanau Harvest Tour bows out...

Dear Fellow Cyclists,

After great deliberation, the Cherry Capital Cycling Club has come to the decision that for everyone's health and safety it is best to reschedule the 2020 Leelanau Harvest Tour bike tour to September 18, 2021 due to the COVID 19 pandemic. We want to thank you all for your support of this tour and hope to see you healthy and ready to ride next September.

There are two options regarding your registration fee and unless you choose option 2, you will automatically be registered for the 2021 Leelanau Harvest Tour. The options are as follows:

1) ROLLOVER MY PAYMENT - I'M COMING NEXT YEAR !

You will automatically be registered for the 2021 event and there is no need to take any action. Your fees will rollover unchanged to September 18, 2021 and if you purchased merchandise it will remain in your purchase order.



2) REFUND REQUEST

Please make your request for the refund of the registration fee and LHT merchandise by August 1, 2020 by email. Your refund will be processed and returned to you in the same manner as you paid.

We appreciate your support and wish you health and safe riding and look forward to seeing you all again once it becomes safe for cycling in groups.

Regards, Skip Miller
Director, Leelanau Harvest Tour

Destination Rides:

Destination rides are being encouraged in an effort to provide an engaging social option for members who are not quite ready to join a regular ride, but who would like to maintain a safe way to connect with their riding friends.

A ride leader would take the initiative to post an event on the calendar.

An outside venue, such as a park, would be designated as well as a time to rendezvous. Successful past events have directed riders to bring or buy their lunch and meet in an outside venue.

Riders would start wherever, whenever, they choose and plan their own route to the event, aiming to arrive at the designated time.

All current ride protocols would be in effect when riders come together at the destination.

Ride leaders would tally those present at the event and award each with a singular (1) mile for the event.

- Mark Esper, Ride Director

On the Trail: Kindness and Courtesy Win Every Time

While a lot has changed in the past four months, one thing has stayed the same - our love of biking on the trails. This spring and summer, more people than ever are out enjoying the trails. It's great to see so many folks outside and active. Many of them are on the trails for the first time or the first time in a long time. Kindness and courtesy on the trails makes for great experiences for new users and veterans alike. In the time of COVID-19, it turns out good trail etiquette is pretty much all you need to practice the safest form of recreation.

When you're on the trails you'll see signage and reminders for physical distancing as well as general trail etiquette. But for all the signs and reminders, it's really quite simple. If we each practice courtesy, caution and control we can all have a safe and enjoyable experience. As cyclists, we are some of the fastest users on the trail and we need to be very careful in how we interact with other trail users. As Cycling Club members, we can lead by example, and make sure whether it's your first time or 400th, it's a great time on the trails.

So, here's a quick reminder of the three C's to a safe and enjoyable trail ride.

First off, please be Courteous to others. Kindness and courtesy go a long way to resolving potential conflicts. Remember that faster moving trail users must yield to slower moving users. Please slow down as you pass and make sure they know you're passing. Give them a friendly hello and let them know you're coming up from behind and about to pass. Better, yet, pair that "Hello" with a sweet sounding bell as you make your way down the trail. If you need to adjust your bike, please step off to the side of the trail.

Second, be Cautious. Look ahead for conflicts and err on the side of safety. Try not to take other trail users (including critters!) by surprise. It's busy on the cross-roads and farm access drives, so make sure you're watchful at all road & drive crossings. Third, always be in Control of your bicycle. Don't go too fast for the conditions on the trail. Did you know there are speed limits of 10mph on the Leelanau Trail in areas where congestion is high? When you're around others,



always be prepared to make a quick change of direction or come to a stop - especially when you're near kids and our four legged friends. They are predictably unpredictable. Be aware of your surroundings and call out conflicts clearly to other bike riders who may be behind you.

Lastly, when you come across trail maintenance volunteers on the trail, please walk your bikes through active maintenance zones. Volunteers often wear ear protection and are concentrating on a task at hand (like operating a chainsaw!), and do not hear or see us coming. Please dismount from your bike, make your presence known, and then proceed to walk through construction zones. If there's a detour sign, please take it and respect construction zones. Thanks for helping everybody have a safe and happy trip on the trails!

Social Media:

Can you help give the club an online boost?

Creating a bigger social media presence on Facebook, Instagram and other platforms is one of the club's goals for 2020. Even though there's not much happening on the local cycling scene, that's all the more reason to "toot our horn" to let fellow cyclists and the general public know that our club is riding the storm out.

Recently, club members Joane Mitchell, Paula Anderson and Bob Downes got together on Zoom to discuss some possibilities for creating a larger presence on Facebook.

Currently, the CCCC has both a "group" page and a "club" page on Facebook, with roughly 600 people either "liking" or belonging to the respective pages.

That's a lot of people power to harness if we can encourage club members to post info and photos on rides and events.

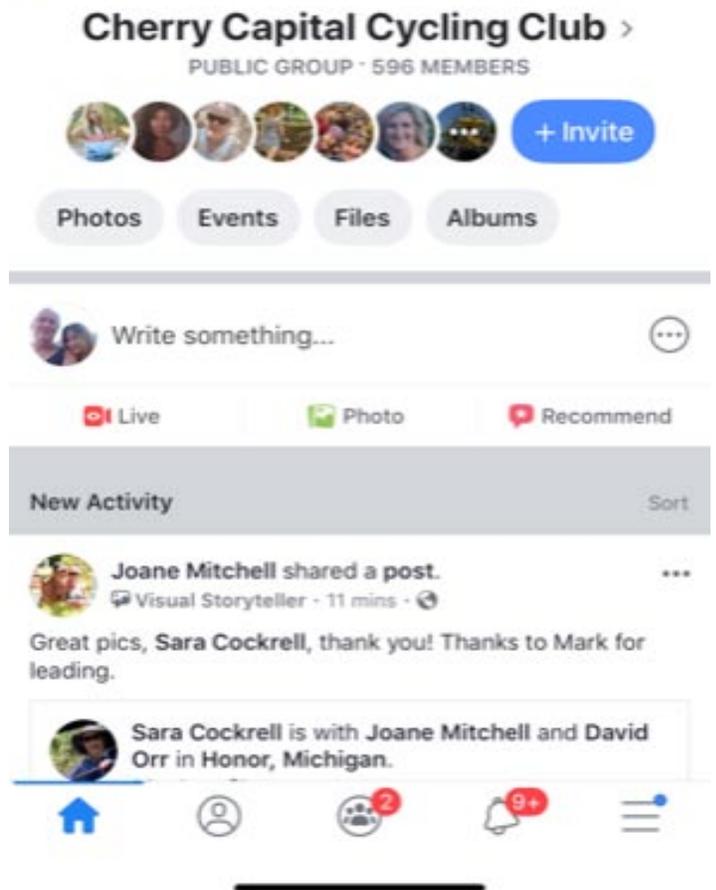
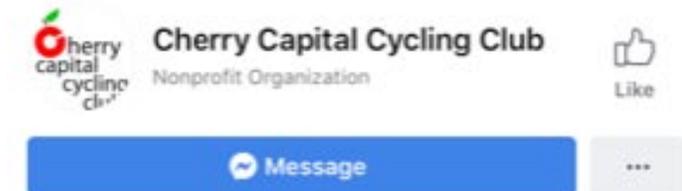
Some club members already do a fantastic job of posting on Facebook. One idea to make these posts more effective would be as follows:

- When you post photos, mention that the **Cherry Capital Cycling Club** was involved in the ride. This will automatically provide a link to the club's public page, offering newcomers among your Facebook friends a peek into our activities.

For the club's group page, please share or post photos directly.

- If possible, include the club website link: <http://www.cherry-capitalcyclingclub.org> in your post.

That's it! We'll have updates on our Social Media Street Team in future issues, along with suggestions as to how we can be more effective with our posts. In the meantime, please feel free to *post, post, post* your club rides with a link to the Cherry Capital Cycling Club and "share" to our group page.



The CCCC has both a "group" page, above, and a nonprofit "club" page at left. Encouraging members to post on Facebook would help attract new members and keep our own members better informed on upcoming rides and events.

The key is to mention the Cherry Capital Cycling Club in your posts and "share" your posts with your Facebook friends.