

## 2019 RAT & LHT registration open!

### Sign up early for big discounts

It's time to start planning your summer bike tours! Registration for the Ride Around Torch (RAT) and the Leelanau Harvest Tour (LHT) opened February 1.

Now, you can sign up early as rates increase May 21 for the RAT and July 15 for LHT. Rates start at \$35 and increase by \$5 at two and one month prior to each ride.

The 2019 dates for the RAT is Sunday, July 21 and Saturday, September 14 for the LHT.

The **Ride Around Torch** is the CCCC signature summer annual one-day 26, 40, 63, or 100-mile bicycle tour, primarily along the scenic shores of Torch Lake.

Torch Lake is Michigan's longest and one of its most beautiful inland lakes with unusually clear, bright turquoise-hued waters. Several villages and hamlets lie along the lake's shore including Alden, Eastport, Clam River and Torch River. Cyclists will enjoy a recreational, social tour that is neither a race nor a test of strength, although the very hilly 100-mile route can be a challenge. At the finish enjoy a picnic by the Bay in Elk Rapids.

The **Leelanau Harvest Tour** is a great biking adventure for both families and single riders as the fall colors begin to show and apple trees are laden with fruit. Leaving from the Suttons Bay High School, routes of approximately 20, 40, 65, and 100 miles wind throughout beautiful Leelanau County on excellent paved roads passing by farms, orchards, vineyards, dunes, and through quaint villages. So come, ride, re-



lax, and enjoy all that this beautiful peninsula has to offer. There is also a delicious meal at the school following the ride.

Don't miss participating in these great CCCC one day tours. Proceeds of these rides support the League of Michigan Bicyclist and the CCCC Grant Program which funds bicycling trails, infrastructure and programming focused on bicycling and advocacy in our region.

Cycle with friends and family this summer & fall with two of the state's best tours.

# President's Letter Looking ahead to Spring cycling

As I write this at the end of January, we are in a deep freeze and the snow is swirling about. Yet, your CCCC Board is very busy planning great cycling events for the year ahead. Please check out the "save the date" section for important rides and social events in 2019.

One new event in 2019 will be a general Spring membership meeting on April 26th. The event will be held at the Mount Holiday lodge, and a light dinner will be served. Please come hear **Bob Downes** give a presentation on his cross-country bike touring adventures! More details to follow.

By the time you read this, registration for both the **Ride Around Torch** and the **Leelanau Harvest Tour** will be open. If you're not volunteering to help on the RAT or LHT rides, please sign up early if you want the best rates. We have bumped up the registration fees this year to be better able to support our mission of promoting recreational cycling and supporting cycling and trail organizations.

In this newsletter, there is a short article on local bicycling happenings. Please check it out, and contact a Board member if you



have any questions or comments on these projects. Also, we would like to hear about any upcoming bike projects in your area so we can make our membership aware of improved bike infrastructure in our region.

Last, but not least, for our current and future ride leaders, please come to our ride leader kick-off meeting on May 8th. We'll be talking about leading safe rides, ride maps, and developing new ride leaders for short to medium length rides. The exact time and place for this meeting

TBD!

Thanks for being a member of the Cherry Capital Cycling Club. We have a great group of people, and it's a pleasure being involved with CCCC.

**Ride safe! Bill Danly**

## January board meeting report:

We welcomed **Steve Mitton** as the incoming Safety & Education Director at the January meeting of the CCCC Board. Several other board members changed hats; **Dan Wittkopp** is the new Treasurer and **Skip Miller** is the new LHT Director. Three other board members renewed their positions; **Pat Bearup** as Secretary, **Jeff Dillingham** as Website Director and **Mark Esper** as Ride Director.

We also thanked **Tom Kirchner** for his

excellent service as he closed out four years as the club's Treasurer. Our hats are off to Tom in his "retirement" (we're keeping him on as an overseer of merchandise!).

Also at the January meeting, we reviewed the 2018 final financial results and 2019 budget. One point of discussion was about using membership revenue to better cover our overhead expenses. At present, a portion of overhead costs are supported by income from our two major tours. The board

voted a \$5 increase in the membership rate to close this gap, but this increase does need to be approved by a majority of voting members at an annual meeting (per Article II, Section 2 of the by-laws).

Other discussion items included; a review of proposed bike jersey designs, introduction of a CCCC embroidered patch available for \$5, and a presentation about the 2018 National Bicycle Tourism Conference that was attended by **Paula Anderson** and **Scott Pyles**. The board will need some time to implement the ideas brought back from that conference.

## cycle shorts

**BOARDMAN:** The much anticipated completion of the Boardman Lake trail will be going out for bids in early 2019. Look for information about this project in the local news and on TART's website [www.traversetrails.org](http://www.traversetrails.org).

**8TH STREET:** Traverse City's 8th Street reconstruction project is slated to begin in early July, and run through mid-November. Preliminary drawings include a 10' wide combined cycle-track/pedestrian trail on both sides of 8th Street.

**NEW TRAILS:** The former 389 acre Camp Maplehurst property located northeast of Elk Rapids is being turned over to Milton



Township, and will be developed with hiking and mountain biking trails. The Township has applied for grants via the Health Department of Northern Michigan. The contact for this project is Lon Bargo, Milton Township Supervisor. CCCC has written a letter supporting their grant application.

**IN THE WORKS:** The League of Michigan Bicyclists will be drafting new legislation regarding distracted driving and vulnerable roadway users this year, as well as implementation of the recently passed safe driver education program and 3' passing laws. More details are available at [www.lmb.org](http://www.lmb.org).





# How to Stay Fit During the Cycling Off-Season

When it's time to put the bike away for the season, it is often difficult to know how to replace that level of exercise you are accustomed to during the summer cycling season. Here are some tips to help keep you lean and fit while waiting for the snow to melt away.

## Focus On Consistency Over Volume of Exercise:

It is vitally important in keeping your fitness level by maintaining a consistent workout schedule, even if the sessions are of a shorter duration.

## Do What You Like So You Can Stay Motivated:

As with any kind of exercise, compliance is an important factor. Find exercises you enjoy doing as a way to stay motivated over the off-season months. Mix it up so to keep it interesting and avoid boredom.

## Keep Up The Cardio Training:

Maintaining good cardiovascular fitness is vital during the off-season. Sports like swimming, cross-country skiing and spinning are all great cardio sports during the northern winter months.

## Rebuild Muscle Mass With Weight Training:

Endurance sports like cycling can rob you of important muscle mass. The off-season is a great time to work on rebuilding that muscle through weight training. Include some core building exercises, which are vital for improving cycling strength and balance.

## Work On Your Flexibility:

Cycling is inherently restrictive to muscles and bones, especially in your hips. So any exercises that work on stretching legs and hip muscles such as Yoga, dance or simply stretching exercises that work the lower body are great for cyclists.

## Move Sideways:

Cycling is a highly repetitive uni-directional sport. The off-season is a good time to focus on working your body in other directions...especially sideways. Doing exercises that involve side lunges, monster walking (walking with stretch bands around



## Safety Corner By Steve Mitton

your ankles/calves) as well as playing sports such as basketball, racquet/pickle ball or tennis can provide that needed sideways strength training for your hips, knees and ankles.

## Back Down On The Calories:

As the days get shorter your workouts likely get shorter as well. Remember that if you are not burning the same amount of calories, you need to reduce your calorie intake appropriately.

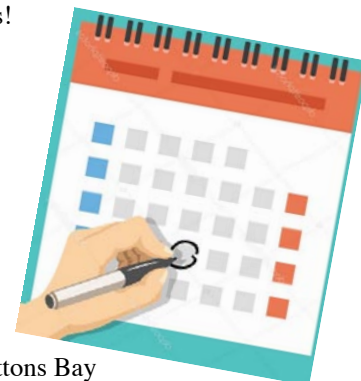
## Sources:

<https://health.clevelandclinic.org/4-Tips-To-Stay-Fit-During-The-Cycling-Off-Season>

## 2019 save these dates!

The CCCC Board has selected the following dates for special Club rides and social events. Please mark your 2019 calendars!

- April 26th – Spring membership meeting
- May 6th – Start of SheBikes program
- May 8th – Ride leader meeting
- May 15th – Ride of Silence
- June 1st – Recycle-a-bike sale
- June 2nd – Club Spring picnic
- June 29th – Social Saturday ride & picnic
- July 21st – Ride Around Torch, Elk Rapids
- August 17th – Social Saturday ride & picnic
- September 14th – Leelanau Harvest Tour, Suttons Bay
- September 20th-22nd – Bike/camp outing to Young State Park, Boyne City
- October 6th – End of Summer Pancake Breakfast, VASA single track
- October 13th – Volunteer dinner
- October 27th – Annual Club meeting





No surprise: the social aspect is a big reason many join the Cherry Capital Cycling Club. Photo by Joane Mitchell

# 2018 member survey results

In late 2018, the Club sent a survey to our membership asking for input on a variety of subjects. A total of 89 members responded. Enclosed is a brief summary of those results:

- The top two suggestions people gave for increasing participation in more Club rides were a desire for more social rides with a stop during the ride and for more afternoon rides. However, of the 8 answers offered, the range of responses were very small. This indicates to us that all rides are good!

- In regard to leading Club rides, a fair number of respondents either don't want the responsibility of being a ride leader or want help in designing routes. The Club's Board is looking to expand the number of ride leaders and types of rides, and will be looking at route design options in the near future. Stay tuned.

- For Club Merchandise, the top 3 vote-getters were cycling jerseys, socks, and vests. Everything else was pretty low on the list. Look for more information on a redesigned Club jersey in the near future.

- On the Club's e-newsletter, members thought it was very informative and useful.

Suggestions for future topics included bike maintenance tips and more information about bike tours in the greater U.S.

- As far as how the Club disperses grant funds, the top three vote getters were; 1) area trail building groups, 2) improved biking infrastructure in towns where we ride, and in a tie for 3) bike advocacy & safety,

and Club social events.

The Board appreciates input provided by the membership, and uses this information in making decisions for the Club. Thank you for your responses and written comments.

-- Bill Danly

## Our Healthy Bottom Line:

The Club's year-end financial results for 2018 were good. Revenue was higher than budgeted and expenses were less than budgeted. Our budgeted net income was \$7,100, but we ended up with a final net income of \$14,900.

In 2018, the Club awarded a total of \$32,150 in grants. This reduces our overall surplus, but we still maintain a rainy day fund for emergency needs.

Our revised grant program awarded four major grants to: TART for completion of the Boardman Lake trail, Norte's Estrellas balance bike program, Leelanau Township for road shoulder improvements, and Elk Rapids for bike racks in town.

Four minor grants of less than \$1,000 each were awarded to Friends of the Betsie Valley Trail for a bike repair station in Beulah, the Village of Honor for parking improvements at our Monday ride site, Norte's clubhouse, and to Northern Michigan Mountain Biking Association (NMMBA) for their annual trails festival.

In addition to the above grant awards, TART and Recycle-A-Bike received a portion of our net income for their ongoing programs.