

Cascades Cycling Club

Serving Jackson's Cycling Community for over 30 Years

In this issue: How to Enjoy Riding in Winter - What are Fat Bikes? - Time for a Tune Up - Meet Your Ride Leaders - Sunrise/Sunset calendars on page 9 - & much more!

Pedal & Whine Bike Tour

Register now for our classic summer ride and the main source of income for our club. See page 8 for details.

Did You Know?

You can find the club's Ride Calendar by clicking on the 'Calendar' tab on the Cascades Cycling Club's website, or by clicking this link: <http://www.cascadescyclingclub.org/2011.htm>. We also have a mobile website, which means you can access the club's Google ride calendar from your smartphone or tablet device. You can also access the current and past newsletters and all the other great content on our main website from your mobile device as well.

Spring Rides are on The Calendar!

Rides are now being posted for March on the Cascades Cycling Club's Google ride calendar! FYI, all rides this year will only be published on our Google calendar. Please check your ride's status on the Google calendar and our Facebook page for last minute changes before leaving to join your ride.

From the President's Desk

In the book "Road to Valor: A True Story of WWII Italy, the Nazis, and the Cyclist Who Inspired a Nation" by Aili & Andres McConnon, Italian cyclist Gino Bartali must ride through extreme cold and snow to win the 1948 Tour de France. Riders' hands were so numb from the cold they used their teeth to fix their flat tires. Many riders abandoned the race because of the terrible cold. When I first read this book I could not imagine riding in those conditions under any circumstances. Then I talked with Ron Utter who, along with a number of our club members, has been riding all winter long. Ron shared his thoughts about cold weather riding with me, and I asked him to share his tips with the rest of our club. You can check out Ron's article beginning on page 2.

Speaking of snow, there is a fun new way for cyclists to keep riding through the winter, and continue to enjoy riding all year long. It is called the Fat Bike, and you can learn more about them in Adam Kohn's article on page 5.

With the riding season about to begin it is time for those spring tune ups. Oliver Cook's article on page 6 is a great reminder for all of us to get that work done now.

With the beginning of the riding season we are now scheduling weekly rides on our club's Google ride calendar. See page 7 for pictures of our ride leaders for the Sunday through Thursday rides. My picture is here because it wouldn't fit on page 7!



Saturday Morning Ride - Mike Woizeschke

Earth Day Celebration Saturday, April 23

The Jackson Area Outdoor Coalition will be hosting a Celebrate Earth Day Festival on Saturday, April 23. This festival is designed to increase awareness of the outdoors and promote environmental education. We will be there trying our best to encourage people to join our club and participate in our Pedal & Whine Bike Tour. The event will be held from 1-4 pm at the Cascades Park, and will be located near Kibby Rd., across Denton Rd. from the Cascades Manor House. Ride over, stop in and say Hi!

Carnegie Bike Rally Saturday May 14

It's back! The Carnegie Bike Rally is a fun event for kids and families and anyone interested in bicycling. We will have a table there from noon-3 p.m., so get on your bike and ride over, stop by and hang out for a while.

New Club Logo

The logo design we voted on at our annual meeting has been revised to 1) improve its appearance and 2) create an alternative that includes an image of the Cascades Falls. The revised logo designs will be sent to you this month so you will have an opportunity to vote for your favorite. So be on the lookout for another email from me, then vote for your preferred logo.

The Two Essentials for Winter Riding

by Ron Utter

Why would you want to ride in the bitter cold elements in the dead of winter? I have to admit that riding in the winter is not quite as simple as riding in the summer, but with the proper clothing to ensure your warmth and comfort, the proper equipment and the right attitude, it's not as formidable as you may think. In fact, it can be just as much fun as riding in the summer. If you enjoy cycling, you likely already appreciate that nothing can compare to riding outside. Added to this, winter air is more crisp and invigorating, and you can gain the satisfaction of meeting the challenges winter riding can present whether it's the cold, the wind, the snow or the ice. Furthermore, exercising outdoors can provide huge benefits to your physical and mental well-being and health. Besides, it can also be a heck of a lot better than risking death through the boredom of riding an indoor trainer all winter.

One question you may have is where do I ride in the winter? A good choice in our area is the Falling Waters Trail. The trail is a real gem in the winter, allowing you plenty of solitude to enjoy nature while providing a relatively safe riding experience. The trail is cleared of snow on a regular basis and traffic on the trail in the winter is an occasional deer or squirrel crossing the trail. Another benefit is that the trail is somewhat sheltered by the trees, which line most of its length. This provides some protection from the wind, which can be a welcome benefit when cycling at below freezing temperatures. *(continued on page 3)*



**Norm Althoff
enjoying a ride in
typical winter
conditions on the
Falling Waters Trail**

Who's Doing Dalmac?

One of the things I wonder about each year is which of the riders from Jackson will be riding in Dalmac and which route they are on. Knowing who will be on my route gives me something to look forward to and helps motivate me to keep up with my training rides. Send me a note if you are planning to ride Dalmac and which route you will be on, and I'll report it in this column. Here is what I have so far:

5 Day (West)

George & Sally Webster
 Harry Pulver
 Tom Dean
 Bob Trowbridge
 Mike Woizeschke

4 Day

Adam Kohn
 Chris Kohn
 Frank Thomson

Free Membership to the CCC!

To increase awareness of and membership in our club, we are offering free first year memberships to anyone who purchases a new bike from P&T Fitness or On Two Wheels. Spread the word: Buy a bike and become a member!

One challenge to riding in the winter is just getting out the door and doing it. I would suggest don't think about the bad, in fact don't think about it at all. You might consider extending your fall riding season one day at a time. This allows acclimating yourself to riding at lower temperatures and gradually you will find yourself riding in the winter. One way to motivate yourself to ride in the winter is to set a goal for some future early season event you wish to participate in. Whether that event is a bike tour or race or whatever suits your level of ability or riding style makes no difference. What is important is to draw up a written plan or roadmap working back from your future event to the present and then follow that plan to schedule your riding.

Another strong way to motivate your winter riding is to ride with a friend. Riding with a friend in winter provides multiple advantages. If you and your friend schedule a ride for a certain time, you've got to be there as you can't let your friend down, right? Riding with a friend in bad weather is simply a great morale booster. You're both in it together, and it has the added benefit of providing great safety insurance for both of you.

(continued on page 4)



Norm and Ron stop while riding the Falling Waters Trail to take in the scenic winter view at Lime Lake.

Experience Jackson Sponsorship Award

Do you remember playing the "Jackson Trivia" game during our Annual Meeting at the Sandhill Crane Vineyards in January? That was one of our last requirements to qualify for a sponsorship from Experience Jackson. This month our club finally received the sponsorship funds - a check for \$750 from Experience Jackson to help promote our Pedal & Whine Bike Tour on August 6. Experience Jackson is investing these funds in our club, hoping that at least some of the riders we bring into the area will choose to spend some extra time (and money!) in Jackson. So please, invite your friends, your relatives, your neighbors, and anyone else you think of who can ride a bike. They will have a great time, and they will thank you for it!!

Falling Waters Trail Update

The Board of Directors of the Friends of the Falling Waters Trail has approved our request to post the CCC membership application and our Pedal & Whine Bike Tour application in their 3 kiosks along the Falling Waters Trail. We will also be placing trifold copies of these applications in the brochure boxes on the kiosks as well. Look for them when you ride the FWT, they will be appearing there very soon.

There are a lot of aspects to dressing for winter riding which could easily be an article on its own. For a little insurance, you can pack an extra windbreaker in your pocket for an unexpected stop. I, like many, have suffered from cold toes and finger tips over the years when being outside in the winter especially when the temperature gets below freezing. For me, this was solved when I started to use the little warming packets that hunters and ice fishermen have been using for decades to keep warm. Like magic, these packets heat up when they are exposed to air. Slipping a packet between an inner and outer sock works for the feet. For the hands, slip them between a liner glove and outer glove or mitten. After use, you can seal the packets in a zip lock bag which can allow you to get at least one more use out of a packet.

If you ride in the winter, the chances are you will eventually run across some ice. That makes studded tires a nice safety feature and aids your confidence when riding in icy conditions. Similarly, there will be a time in the winter when the road surface is going to be wet or covered with slush. To address these conditions, adding fenders will help keep you dry and you and your bike clean. I might add that another advantage of having fenders is that it also makes those early spring gravel rides on muddy roads less messy and a whole lot more pleasant.

In the end, I think the most important objective is to have fun. There are going to be some winter days when the conditions are just too formidable to head out on the roads or trails on a bike. When this occurs, it's time to take a day off and do something fun inside, or maybe dust off that trainer and get bored while riding for a change of pace.

So, all this being said, what are the two necessities for winter riding? To find the answer to this intriguing question I'll go with the wisdom in the advice from my winter riding buddy Norm. According to Norm, those two necessities are: "You need warm clothes and to be nuts!"

Ron Utter (the warm nut)

Fat Bikes

by Adam Kohn

The bikes are not actually fat. Riding these bikes is an exciting activity. The term “fat bikes” refers to the fact that the tires are much wider than normal bicycle tires.



Normal mountain bikes usually have a wheel width near 2 inches. Fat bike tires make a normal mountain bike tire look thin. The tires are usually 3.7 inches wide or more. Of course, these wide tires require wide rims and other modifications made to the fat bike frame and components.

Fat bike tires have the advantage of being ridden at dramatically lower pressure. Manufacturers suggest most standard mountain bike tires be filled to 25–65 psi, but the fat tires can run 12 psi or even much lower depending on trail conditions. The lower pressure allows more of the tire to grip the ground. This drastically increases the tire’s surface area.

For conditions such as snow or sand, that extra width allows the rider to ride over the unstable terrain. Riders can glide through corners that may have sent them hurtling to the ground on a standard mountain bike. The softer tires can also make for a much more comfortable ride on the trail.

Today these bikes are very common, and it is not that rare to see people riding their bikes on a snowy day, on the beach or mid-summer on the trails. In fact, one Wall Street Journal article referred to these bikes as the “Hummers” of the bike world. Even though the reporter made this reference to an expensive vehicle, these bikes come in a variety of models and price ranges. Consumers who want a decent fat bike can purchase a starter model for a fairly affordable price.

Fat bikes are so much fun that some riders are selling their mountain rigs and riding their fat bikes year-round.

On Two Wheels (otwjackson.com) has a great selection and a great resource for fat bikes and fat bike knowledge. The shop holds a Monday night mountain bike ride at Ella Sharp Park at 6:30pm year round with a mix of riders attending on normal mountain bikes and fat bikes. Please feel free to contact the store or check their FaceBook page for more information.

It's that time of the year again — Tune-Up Time!

by Oliver Cook



Tony Berlanga doing a spring tune-up on a planful customer's bike

Enjoy getting back in the saddle this spring with a bicycle tune-up

Whether it's a brand new bike you just bought or that 20 year old classic, every bike needs a tune-up from time-to-time for a safe and quality riding experience.

Save time and take your bike to your favorite local shop

The field of bicycle maintenance has evolved over the past couple of decades. Bicycle maintenance is now a science, not only an art. In other words, there are certain practices and skills required to finely tune a bike in order for it to perform safely as it is designed to do.

If you live in a larger town, chances are good that your city has a bike mechanic professional at a local shop with many years of experience who can help you with your bicycle needs. Most of today's mechanics are experienced with the constantly evolving technology of the bicycle industry. Having a pro who can do the dirty work for you will not only save you time and money by not making any accidental errors, it can give you peace of mind as well.

Mechanics can also make recommendations and provide bicycling tips based on your goals, needs, and desires with cycling. Whether you are interested in going as fast as possible, want the most comfortable ride, or simply plan to go on the off-road path less travelled — your local bike shop and mechanic can be your source for a more enjoyable experience.

Check with your local bike shop to see what they include in a bicycle tune-up and just how quickly of a turn-around you can expect. Oh yeah, and don't forget to ask if there are any specials. Many bike shops run specials on service in the spring to help encourage getting riders out early in the season.

Meet Your Ride Leaders

Here are the club members who have volunteered to lead our rides this year. Check the club's Google calendar at <http://www.cascadescyclingclub.org/2011.htm> or our Facebook page for current ride information before you head out to ride.

Sunday a.m. & Wednesday Social Rides - Adam Kohn



Wednesday Gravel Rides (April) - Ron Utter



Monday MTB Rides - Mark Cole & Pat Sowle



Wednesday Road Rides - Rick & Cindy Acker



Tuesday Easy Road Rides - George & Sally Webster



Tuesday/Thursday Speed Rides - Gilbert Blanks



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Pedal & Whine Bike Tour 2016



When: Saturday, August 6, 2016

Where: Sandhill Crane Vineyards

What: Fourth Annual Pedal & Whine Bike Tour

Why Not? This well supported, hugely popular ride keeps getting bigger and better every year. Ride lightly travelled roads in scenic eastern Jackson county, then enjoy a delicious, locally sourced gourmet lunch provided by the talented staff at Sandhill Crane Vineyards. Our riders come from as far away as Grand Rapids and Toledo to enjoy this ride. This ride is in your own backyard, so why not sign up today and find out for yourself how much fun this ride is!

How: Visit cascadescyclingclub.org or the Pedal & Whine Facebook page <https://www.facebook.com/events/1643614559225053/> to register today!

Sunrise / Sunset Times

March 2016

Jackson, Michigan, USA

Latitude, Longitude: 42 14.5' N, 84 24.2' W Time zone: -5:00 (Eastern) DST observance: North America

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Sunrise: 7:13am Sunset: 6:27pm Last Qtr: 6:12pm	2 Sunrise: 7:11am Sunset: 6:28pm	3 Sunrise: 7:10am Sunset: 6:29pm	4 Sunrise: 7:08am Sunset: 6:31pm	5 Sunrise: 7:06am Sunset: 6:32pm
6 Sunrise: 7:05am Sunset: 6:33pm	7 Sunrise: 7:03am Sunset: 6:34pm	8 Sunrise: 7:01am Sunset: 6:35pm New Moon: 8:56pm	9 Sunrise: 7:00am Sunset: 6:37pm	10 Sunrise: 6:58am Sunset: 6:38pm	11 Sunrise: 6:56am Sunset: 6:39pm	12 Sunrise: 6:55am Sunset: 6:40pm
13 DST Begins Sunrise: 7:53am Sunset: 7:41pm	14 Sunrise: 7:51am Sunset: 7:42pm	15 Sunrise: 7:49am Sunset: 7:44pm First Qtr: 1:04pm	16 Sunrise: 7:48am Sunset: 7:45pm	17 Sunrise: 7:46am Sunset: 7:46pm	18 Sunrise: 7:44am Sunset: 7:47pm	19 Sunrise: 7:43am Sunset: 7:48pm
20 Sunrise: 7:41am Sunset: 7:49pm	21 Sunrise: 7:39am Sunset: 7:50pm	22 Sunrise: 7:37am Sunset: 7:52pm	23 Sunrise: 7:36am Sunset: 7:53pm Full Moon: 8:02am	24 Sunrise: 7:34am Sunset: 7:54pm	25 Sunrise: 7:32am Sunset: 7:55pm	26 Sunrise: 7:30am Sunset: 7:56pm
27 Sunrise: 7:29am Sunset: 7:57pm	28 Sunrise: 7:27am Sunset: 7:58pm	29 Sunrise: 7:25am Sunset: 8:00pm	30 Sunrise: 7:24am Sunset: 8:01pm	31 Sunrise: 7:22am Sunset: 8:02pm Last Qtr: 11:18am		

April 2016

Jackson, Michigan, USA

Latitude, Longitude: 42 14.5' N, 84 24.2' W Time zone: -5:00 (Eastern) DST observance: North America

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Sunrise: 7:20am Sunset: 8:03pm	2 Sunrise: 7:18am Sunset: 8:04pm
3 Sunrise: 7:17am Sunset: 8:05pm	4 Sunrise: 7:15am Sunset: 8:06pm	5 Sunrise: 7:13am Sunset: 8:07pm	6 Sunrise: 7:12am Sunset: 8:08pm	7 Sunrise: 7:10am Sunset: 8:10pm New Moon: 7:25am	8 Sunrise: 7:08am Sunset: 8:11pm	9 Sunrise: 7:07am Sunset: 8:12pm
10 Sunrise: 7:05am Sunset: 8:13pm	11 Sunrise: 7:03am Sunset: 8:14pm	12 Sunrise: 7:02am Sunset: 8:15pm	13 Sunrise: 7:00am Sunset: 8:16pm	14 Sunrise: 6:58am Sunset: 8:17pm First Qtr: 12:01am	15 Sunrise: 6:57am Sunset: 8:19pm	16 Sunrise: 6:55am Sunset: 8:20pm
17 Sunrise: 6:54am Sunset: 8:21pm	18 Sunrise: 6:52am Sunset: 8:22pm	19 Sunrise: 6:50am Sunset: 8:23pm	20 Sunrise: 6:49am Sunset: 8:24pm	21 Sunrise: 6:47am Sunset: 8:25pm	22 Sunrise: 6:46am Sunset: 8:26pm Full Moon: 1:25am	23 Sunrise: 6:44am Sunset: 8:28pm
24 Sunrise: 6:43am Sunset: 8:29pm	25 Sunrise: 6:41am Sunset: 8:30pm	26 Sunrise: 6:40am Sunset: 8:31pm	27 Sunrise: 6:39am Sunset: 8:32pm	28 Sunrise: 6:37am Sunset: 8:33pm	29 Sunrise: 6:36am Sunset: 8:34pm Last Qtr: 11:30pm	30 Sunrise: 6:34am Sunset: 8:35pm

Latitude and longitude are not for navigational purposes.

Daylight Saving/Summer Time is in effect for the entire month.

Courtesy of www.SunriseSunset.com

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Did You Know?

Dues for 2016 are now due, and can be paid by sending a check to:

Cascades Cycling Club
P.O. Box 515
Jackson, MI 49204

Individual Members: \$15

Family Membership: \$18

Help Write Our Next Newsletter

Please send me your ideas for our newsletters, or your completed articles. I want to include what you want to read.

Mike

In Our Next Issue

We'll Remind You Again to Register for the Pedal & Whine Bike Tour :-)

Join Mike as He Plans and Rides Ontario's Beautiful Waterfront Trail

And Much, Much More!!

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