

Cascades Cycling Club Newsletter



Serving Jackson's Cycling Community for over 35 Years - All Riders - All Abilities

In this issue: Our New Website is Open! - Club Jerseys to Arrive in May - More Club Rides Added to our Ride Calendar - Tips for Better Group Rides - and more!

Check Out Our New Website!

cascadescyclingclub.org



new website, continued

After 14 years we have a brand new website with a brand new look! This new site can be found at our old address, and you can access it from any of your devices. This includes your smartphone, tablet, laptop or desktop. Whichever device you use - the content will be the same on each. A special thanks goes out to Bart Hawley for fixing our new website so our online membership application/renewal form worked properly, and for doing other updates so we would not need to spend any more of our club's money with GoDaddy! Visit the website often to check out the Ride Calendar to see the latest information on club rides, the Events page for the latest news and events, and the Newsletters page to check out the latest or back issues of the club's newsletters.

Club Rides for May

In anticipation of the warmer temperatures that we hope will arrive in May, our ride leaders have scheduled the starting dates for their rides. Below is a summary of club rides that are on the calendar for May. Check out the Ride Calendar page on our website for details if you are planning to join any of these great rides!

Monday	11:00 a.m.	Trail Ride
Monday	6:30 p.m.	MTB Ride
Tuesday	5:45 p.m.	Ice Cream Ride
Wednesday		No rides until June
Thursday	6:00 p.m.	Gravel Ride
Friday		No rides scheduled
Saturday	9:00 a.m.	Breakfast Ride
Sunday	9:00 a.m.	Breakfast Ride

2019 Club Jersey Sale Update



The online store for our club jersey sale has closed, and our order has now gone into production. Current estimates call for Garneau to ship our order on or about May 17. As more information becomes available we will share it with you.

This year's sale was a very popular event, with members ordering a total of 38 jerseys. Remember that every time you wear your club jersey you are promoting the best bicycle club in Jackson! Show your Cascades Cycling Club pride and wear your club jerseys often!

Club Membership Drive

All of us who have been members for a year or two know what a great club we have. Whether it is the 10% discount on parts and accessories at P&T Fitness or On Two Wheels, the safety and camaraderie of riding in a group, the friendships we have made during rides with other club members, or being part of an organization that advocates for bicycling safety, we look forward to each riding season and we renew our memberships each year.

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As for me, the best part of our club is its members. This year I'd like to challenge each of you to ask one friend or someone you know who enjoys bicycling to join our club. To make this easier, below is a sample email that you can copy and personalize and send out. I really believe you'll be doing your friend a favor by asking them to join!

Sample email

Hello (fill in the name of your friend here)!

I am sending you this note to invite you to join the Cascades Cycling Club. I know you enjoy bicycling, and this club is made up of lots of people who enjoy bicycling too. I've been a member for a number of years, and I enjoy it because cycling is a great way to keep fit and our club has a number of different weekly rides to choose from.

There are a number of benefits from being a member, including:

- 10% off parts and accessories at P&T Fitness and On Two Wheels bicycle shops
- The safety and camaraderie of riding in a group
- Group rides 6 days a week for all skill levels
- Insurance coverage while you are participating on any of our club rides
- Being part of a group that encourages and advocates for bicycle safety

It's not much money to join our club, just \$15 for an individual membership and \$18 for a family. You can even join online at our website, and the cost will only be \$1 more.

Check out our website at cascadescyclingclub.org and you can find out a little more about our club. If you like, please call me at (add your phone number here) and I'll do my best to answer any questions you may have.

Thank you for your time, and I do hope you will join. I really think you will enjoy it, and I think it would be great having you as a member!

My best regards,

(Your name here)

Help the League Help You



Each year the Cascades Cycling Club gives generously to the League of Michigan Bicyclists (LMB), the main advocate of bicycling safety here in Michigan. The idea is that with contributions from clubs like ours and from individual members like many of you, the LMB will have the funding it needs to advance legislation that will help improve the safety of bicyclists in Michigan. One recent success that many of you are surely familiar with came just last year.

Until September 27, 2018, Michigan was one of only 11 states without a safe passing law. Thanks to the hard work of the LMB staff, as well as LMB members and supporters like our club, drivers must now give a minimum of 3-feet of room while passing bicyclists on Michigan roadways.

This year the LMB will be working to win passage of a “Hands Free” law, which would put significant penalties in place for using a hand-held mobile phone while driving. It will also be working to protect funding for non-motorized transportation by pushing back against House Bill 4410. This bill is aimed at eliminating the long-standing requirement for Michigan road agencies to spend 1 percent of their annual transportation funds on non-motorized safety projects.

You can help the League help you (and me and every other bicycle rider in Michigan) in several ways, including writing to or meeting with your representative and senator to tell them why this legislation is important to you.

Another way is to attend Bicycle and Trail Advocacy Day at the State Capitol on May 22. For more information or to register for this event, visit the website www.LMB.org/advocacyday

Tips for Better Group Rides

This past winter Bicycling magazine published a great article on group cycling entitled “6 Pro Tips to Turn Your Sad Group Ride Into a Rad One”

The article acknowledges that cycling is a social activity and group rides can be great fun and a safe way to ride – when the members of the group abide by certain rules. However, many riders are self taught and “don’t know what they don’t know”, so I will summarize a few of the main points of the article so all of you can help improve the quality of your group rides this season.

Discuss the Ride Before You Ride

Explain (or discuss as a group) the route you plan to take before each ride. Let everyone know about how long you will be out, and where and when you are planning to stop along the way. Discuss where you will regroup if some riders want to go out ahead, and remind your riders about the dangers of half wheeling and how to lead the group in the hills. Be sure to explain the pace you will be riding to any new riders present, and whether the ride is a “No Drop Ride”. That way they will be able to make a more informed decision as to whether the ride is right for them.

Half Wheeling – Don’t Do It!

When riding in a group it is legal in Michigan to ride on the road two abreast, that is to say, two riders side by side. Side by side is also a common way to ride when you are on a trail like Falling Waters. To be courteous you should never “half wheel” the rider next to you. Always try to keep your handlebars aligned with the rider next to you so you aren’t forcing that rider to push themselves beyond their comfort level.

If you are in a pace line riding behind another rider, for safety’s sake you must never “half wheel” the rider in front of you by allowing your front wheel to creep alongside the rear wheel of the rider in front of you. If these overlapped wheels were to touch, it is almost certain that one or both riders will crash.

Hills – How to Do It

As for hills, the group leader or whoever is out front should set a *slower* pace when climbing so the whole group stays together. (When I was first riding group rides with the CCC, Eric McDearmon kindly shared this tip with me.) If you want to push yourself and ride fast on the climbs, then you should let the leader know your plans and then have the courtesy to ride back down, re-join the group and ride back up again.

Registration
is Now
Open!

Mick Webster 11th Annual Memorial Bicycle Ride & Tour

Don't Delay!
Register
Today!



Mick Webster 2/12/1953 - 5/17/2006

Wife for 33 years and partner of George Webster, owner of P&T Fitness. She never gave up during her 6 year battle with Malignant Melanoma.

“She never gave up, let’s not give up either.”

When:
June 22, 2019
Registration: 7:00a.m. -
10:00 a.m.
Mass Start Option:
8:30a.m.

Routes:
On Falling Waters Trail
18 Mile Family Ride
28 Mile Route
Includes Falling Waters
50 Mile Route
100K Route

Where:
Start from P & T Fitness
225 N. Jackson St.
Jackson, MI 49201

SAG Vehicle and 2 SAG
stops with refreshments

More information at PandTFitness.com

All proceeds
will go to:



Pedal & Whine Bike Tour 2019



When: Saturday, August 3, 2019
Where: Sandhill Crane Vineyards
What: Seventh Annual Pedal & Whine Bike Tour

Register Now - and you will be entered into a drawing to win a brand new road bike!

Registration is now open on [active.com](https://www.active.com) for the 2019 Pedal & Whine Bike Tour. Our 2018 ride was a huge success, with 390 riders enjoying this great ride. Sandhill Crane Vineyards has agreed to allow us to increase our attendance this year, so mark your calendars and plan to join your fellow club members for what could be Jackson County's biggest ride ever!

How to Register: Visit [active.com](https://www.active.com) or [cascadescyclingclub.org](https://www.cascadescyclingclub.org) to register today!

Thank You Renewing Members!

A hearty **Thank You!** goes out to all the members who have renewed their memberships for 2019! FYI, dues are payable each year on January 1. Your dues give you a voice in Lansing and in Washington as they allow our club to be a member of the Leagues of Michigan and American Bicyclists. These organizations continually work to make our roads (both paved and gravel!) safer for you and your family to ride.

Funds raised through dues help pay recurring annual costs like our website and insurance policy. Our insurance provides members with liability insurance in case you are sued, and supplemental medical insurance to cover your deductibles in case you are injured on a ride.

Membership in Cascades Cycling Club also gives you a 10% discount on parts and accessories at P&T Fitness and On Two Wheels. You can easily save your membership cost just by renewing!

To renew, just click this link to go to our club's website cascadescyclingclub.org where you will be able to renew online, or print an application form and mail it in with your check.

Spring is Here! Let's Ride!!!

Cascades Cycling Club Officers

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Rose City Crit Update

Due to unforeseen circumstances Cameron Kohn has placed his plans to bring bicycle racing back to Jackson on hold. You can read the full text of Cameron's email on the Events page on our new website.

Mike