

# Cascades Cycling Club Newsletter



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

## Cascades Cycling Club...

It's one thing to say "We Support Cycling", but it is quite another to open up the checkbook and write a check that says "We Actually Do Support Cycling!" Well, that is exactly what your club has done.

For the first time ever, George Webster reached out and asked if the Cascades Cycling Club would help sponsor the Mick Webster Memorial Bike Tour. Each of the club's officers and board members was asked this question individually, and the response was a unanimous "Yes". It gives me great pleasure to announce that our club has provided \$250 to help sponsor this event!

As many of you already know, this event is an annual fundraiser for Relay for Life, and over its first 10 years this ride has raised thousands of dollars for the American Cancer Society.

It would be great if all of you would attend this ride. Please show your support for the club and this ride and register for this event which will be held on Saturday June 22 (see page 6 for details). Also, please invite a friend to join you and invite them to join the Cascades Cycling Club at the same time. We will have a table at P&T Fitness on that day and will be accepting payments for new memberships and for membership renewals. If we sign up just 17 new or renewing members that Saturday we will cover the cost of our sponsorship. With your help I am sure we can do that!

## ...Doing the Right Thing!

## 2019 Club Jersey Sale Update

All of the 2019 club jerseys have been received and many members are already wearing theirs. If you don't have your new jersey yet, please stop in at On Two Wheels and pick it up. To make it easier for you, each jersey has been labeled with your name. Show your Cascades Cycling Club pride and wear your club jersey often!

## Club Membership Drive

Last month when I talked about our Club Membership Drive, I included a sample email in hopes that you would be able to use it to invite your friends to join our club. I had thought you could simply copy and paste it into your own email, and then personalize it and send it out to your friends.

After that email was sent out it was pointed out to me that most members would not be able to copy and past from the .pdf file newsletter. So this month I have attached a separate file to the newsletter "emailing" in hopes you will be able to use that.

You know this is a great club. I know this is a great club. So let's invite others to join us so they can find out what a great club this is as well! If it helps, please use the .docx file also being emailed with this newsletter.



Random Photo: This photo was taken at a recent Thursday gravel ride, and shows Norm's true feelings for Ron!

# Tour de Troit - Tour d'Eastside

As many of you know, I volunteer as a ride leader or ride sweeper (ride along mechanic and traffic control) at the Tour de Troit rides each year. The main event is Tour de Troit in mid September, which is the largest one-day ride in Michigan. Bike the Bridge is in October, which includes riding the Ambassador Bridge and alternates its start/finish point between Detroit and Windsor each year. Saturday June 1 was Tour d'Eastside, which started in the Alfred Brush Ford park on the banks of the Detroit River. This was a police escorted ride which meant most intersections were blocked by the police so we could ride straight through. What a great way to ride through the city! Here are a few pictures from that ride.

More than 700 riders listen to pre-ride instructions from tour leaders and the Detroit PD.

In the right foreground is a fellow in the blue shirt named Sam. He lives just a couple of blocks away in the Grosse Pointe Park neighborhood. Sam had ridden his bike to the Renaissance Center to climb the 69 flights of stairs as he does most Saturdays. On his way back he saw all of the cyclists and discovered this event and signed up on the spot. For the next 23 miles I enjoyed riding and talking with Sam. BTW, Sam is 74, and I'd say he truly has the adventurous spirit of a cyclist!



Exiting Mt. Olivet Cemetery. This was a very scenic, no-traffic 2 mile section of the ride.

# Tour de Troit - Tour d'Eastside

I finally figured out how to take pictures while riding!  
The riders in the red shirts are professional EMTs (Emergency Medical Technicians) that accompany riders in all of the Tour de Troit rides.



One of the few restarts. We had just a short wait until the police had blocked traffic at Mack Avenue.

# We're Not Just Getting Older - We Can Be Getting Better!

No doubt some of you are aware of the story of Robert Marchand. He has been reported on by a number of publications, including the New York Times (February 14, 2017) and the Velonews (March/April 2018). What makes Mr. Marchand newsworthy is that he keeps setting track records for miles ridden in an hour. What makes Mr. Marchand remarkable is that he is now 107 years old!

By all accounts Marchand is an ordinary fellow who did not exercise regularly during most of his working life. Once he retired he took up cycling and began riding most days on either an indoor trainer or on the roads around where he lives outside of Paris. Most of his riding was a nice, easy pace.

When Robert turned 100 he wanted to see how he compared to other riders his age, so he decided to attempt to set the one hour record. As he he was preparing for that ride, professor of exercise science Veronique Billat learned about him and invited him to her lab. She and her colleagues studied Marchand intensely before he set the one hour record for cyclists over 100. He covered about 14 miles

After this Billat worked with him and suggested some minor adjustments to his training program. She had him continue his leisurely pace for most of his riding, but asked him to increase the intensity somewhat for about 20% of his rides. Marchand followed this program for two years, and then tried to best his previous record. He did just that, covering almost 17 miles at age 103!

Marchand's story is still being written, and it is an encouraging one. At age 105 he established the one hour record for cyclists his age by riding more than 14 miles. It was reported he was disappointed in his performance and is hoping he can improve on that in the future.

For me, the takeaway is that at any age we can improve our cycling simply by riding regularly, and by adding a little intensity to our rides.

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](http://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](http://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](http://active.com) or [cascadescyclingclub.org](http://cascadescyclingclub.org) to register today!

## Thank You to New & Renewing Members!!

A hearty **Thank You!** to new & renewing members in the last month!

Steven Bachman - New  
Philip Thorrez - New  
Kim Jennings - New  
Bonnie & Dan Gretzner-  
Renew

Also, even though Charlie & Genie Reisdorf have moved to Ann Arbor, Charlie has renewed his membership for another year. Thank you Charlie!

I personally want to thank 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 a 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.

## Spring is Here! Let's Ride!!!

### Cascades Cycling Club Officers

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## Website Photos Needed!

As reported in the May newsletter, club member and JTV host Bart Hawley has volunteered to help manage and maintain our website. Recently Bart asked me for some new photos so he could improve the way the "slider photos" on the Home page would display on mobile devices like your smart phone or tablet. To help Bart help us, please send your favorite group bicycling photos to our club's email address. Also, please be sure to send the original high resolution images.

Thank you in advance for your help. And **Thank You Bart** for your help in making our website look great!!

*Mike*