

Cascades Cycling Club Newsletter



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

Congratulations to Ultra-Cyclists Dieter & Greg!



37th National 24 Hour Challenge!

Greg (Mojo) Lorencz

On Father's Day weekend club members Dieter Dauberman and Greg Lorencz participated in the 37th annual National 24 Hour Challenge bicycling event in Middleville, Michigan. This is an event in which cyclists ride as many miles as they can in 24 hours. In spite of shifting winds throughout the day and night, including 7 hours of rain, Dieter and Greg finished with 229.5 and 240.7 miles, respectively! It should be no surprise that both men have already set their goals for next year. Dieter will be riding this event for the 14th time and needs 304 miles ride to earn his 4,000 mile patch. Greg, whose ride ended this year with a flat tire at 19 hours, wants to complete 350 - 400 miles with no flats! Kudos to Dieter and Greg!

Independence Day Photo for July



I took this photo on July 4, 2015 on a ride to Albion. For me this image is a reminder of the agricultural foundations of our country and seemed like a perfect photo for Independence Day.

Mick's Ride Recap

On June 22, 128 riders enjoyed a beautiful day as they participated in the 11th annual Mick Webster Memorial Bike Tour. As in past years a police escort shepherded riders through town in a mass start. Refreshments were served at Lime Lake and Hanover, and after the ride a lunch of pulled pork and chicken sandwiches, macaroni and cheese, coleslaw, salad, fruit and cookies was served to all participants. This event was sponsored by your **Cascades Cycling Club**, Consumers Energy, Orthopedic Rehab Specialists, RW Mercer, Crazy Cowboy, Tri-County Water, Top Line Apparel, Gilbert Chocolates and JTV. Best of all, this ride raised \$2,425 for Relay for Life!

Photos provided by Bart Hawley of JTV.



The Wall

A story of personal accomplishment by Cindy Acker

I did it. I climbed “The Wall” on DALMAC! When I saw the sliver of sunlight on the road as I neared the top and saw the shoes of other bikers yelling encouragement, it didn’t seem real; I was going to make it. My mouth was wide and my tongue was numb as I sucked in air. My focus was, “Keep ‘em going around”.

There was a bottle neck at the top; those yelling and those who made it but didn’t have anything left to move ahead. I didn’t want to add to it. I pushed to get out of the way for whoever was behind me. I went another 20 feet, got one foot unclipped, another and bent over the top of the bike sucking air. I watched the crest of the hill for my husband’s helmet to appear.

My husband was walking on the left as I started the steepest part of the climb. He yelled, “You can do it baby doll!” Dave Ford, just behind me, replied, “Thanks honey!” Rick yelled back, “Not you!” Dave acted embarrassed. The veterans on the hill laughed. I allowed myself a quick smile. I could not afford to break my concentration.

Seconds later, a whisper from behind, “You can do this Cindy.” It was Dave. The year before within 100 feet of the top The Wall beat me. Dave said the key to climbing The Wall was all in the approach. He told me to ride the approach with him this year and I would make it.

Walking up The Wall is tricky too. Because of the grade and gravel sides I didn’t know if Rick would be able to watch me and maneuver himself up the hill. Then I caught sight of him. He was waiting for my expression, but my face was so distorted he couldn’t make out the smile from the pain. Dave yelled, “She did it!” I did. It still hadn’t registered.

For the next several miles I rode in silence having a private celebration; going over the experience. Then a huge down hill. I looked at my computer, 40MPH. I normally start sitting up to catch the wind at 38 mph and the thought scrolled across the fore front of my brain, “I’m 47 years old, should I be doing this?” and I tucked back down.

September 2005

Pedal & Whine Bike Tour 2019



Pictured above is our very happy new bike winner from 2018, Lesley Saucedo of Jackson. Register by July 28 and you will be entered into this year's new bike drawing!

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 Trek, Jamis or Cannondale bike!

Registration is now open on 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 or cascadescyclingclub.org to register today!

Thank You to New & Renewing Members!

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

David Balogh - New
Megan Stelpflug - New
Robin & Scott Vogel-Renew

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.

Summer is Here! Remember to Hydrate!

Experienced cyclist know the importance of staying hydrated during a ride. This is especially important during the summer months when the heat index reaches into the 80s and 90s. A good rule of thumb is to try and drink one bottle of water for each hour you ride.

An easy reminder is to “Drink before you are thirsty” to prevent becoming dehydrated.

Cascades Cycling Club Officers

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New Pavement Report

New pavement is happening all over our area and I am sure many of you would like to get out and ride it. Here are a few places we have noticed:

Sandstone road south of Michigan Ave.

McCain Road west of Reynolds.

King Road west of Parma

Churchill Road north of Territorial to Olds Road

Cooper north of Territorial to Fitchburg Rd

Mike