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**Ann Arbor Bicycle Touring Society**  
**P.O. Box 1585 Ann Arbor 48106**  
**www.aabts.org**

**WINNING STREAK CONTINUES**

**WITH ONE HELLUVA RIDE 2014**

Doug Tidd

**O**n July 12<sup>th</sup> we were blessed with blue skies, light winds, cooler temperatures and most importantly hundreds of volunteers for yet another very successful event. Several changes implemented last year were continued—bike racks in Chelsea, laser printed wristbands and “bagless” rider packets worked so well last year that we plan on continuing these for the foreseeable future. Some of the changes this year were no early registration discount, online only pre-registration, stepped up involvement with law enforcement, bike racks at Gee Farms, additional racks at Gregory, and adding the ability to accept credit cards. All of these seemed to contribute to a smooth running event. Online pre-registrations were higher than last year so moving to online only did not reduce our numbers and saved many hours of input and travel time.

The different event chairs did their usually great job of handing SAG, Food, Facilities, Parking, Routes, Maps, Publicity, Safety, Volunteer Recruitment, Merchandise, Signs, Registration, Route marking, etc. I don't tell you enough that your many hours of work are much appreciated. Speaking of appreciated, I must thank all of our hard working club members that year after year come out and make this event such a success. I think we have the best club event in southeast Michigan if not the whole state. I have done many of the organized rides in Michigan and have never seen as many SAGs, as good a selection of food, better scenery, or music than at One Helluva Ride. It is all of us working together than enables us to pull it off!

Thank you from 2014 Co-chairs Doug Tidd and Tim Loviska. We look forward to see you next year on July 11, 2015

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**MICHIGAN PUBLIC ACT 283 OF 1909  
TO BE USED FOR  
WASHTENAW ROAD FUNDING  
IN 2015**  
Doug Tidd

**W**ashtenaw County Commissioners have just passed a special one year assessment to fund some road repairs that would not otherwise be possible due to the state legislature's failure to figure out a way create more funding for roads. This is great news for our club as many roads that we ride on will receive some help in 2015. These roads include Cavanaugh Lake, Mast, Huron River between Mast and Territorial, Pleasant Lake, Parker, Warren, Nixon, Hadley, Curtis. This doesn't include roads within the cities that will get a share of the funds. Check here [http://www.mlive.com/news/ann-arbor/index.ssf/2014/09/see\\_a\\_list\\_of\\_road\\_projects\\_in.html](http://www.mlive.com/news/ann-arbor/index.ssf/2014/09/see_a_list_of_road_projects_in.html) for a more complete list of county roads that should get some much needed work.

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**NEWS FROM JOE DATSKO**  
Vickie Smith

**E**ven though Joe Datsko moved to Maryland nearly 3 years ago, he has not forgotten AABTS and his bicycling friends here. He still is a member of the club, and his Christmas letter tells how he reads the AABTS website and the online Ann Arbor newspaper. He is pleased that his namesake Friday morning ride, which he started some years back after he moved to the NE part of town, is still running. What he doesn't realize is that the ride is always growing in popularity. It averages close to 20 riders in the height of summer.

Joe enjoys his new home at the Charlestown (MD) Retirement Community, which sounds like a small town with some great amenities, such as cafes, markets, pharmacy and medical center, and many opportunities for activities of all kinds. He is living closer than before to many of his children, so family get-togethers are easier to arrange.

Joe does not ride as much as previously because of a condition known as "foot drop," which he developed soon after he moved to Maryland. He regularly bikes 5-12 miles on local bike path loops 3 to 4 days a week in good weather. He is, however, thinking about stopping riding altogether next year and spending more time improving his walking.

Joe tells us he misses Ann Arbor and the bike club and thinks of us often. And of course, we all feel the same about him!

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**DOROTHY STOCK  
BIRD LOVER**

**D**orothy Stock, longtime AABTS member and bird lover, volunteers at the Bird Center of Washtenaw County. To learn more about this nonprofit organization, visit them at <http://www.birdcenterwashtenaw.org/>.

Dorothy also figures in an article in the *Tampa Bay Times*: "Easier than flying", by Jim Damaske, Thursday, December 18, 2014

A young robin bursts free as Dorothy Stock opens the lid of it's cage Thursday afternoon 12/18/14. Dorothy Stock from Ann Arbor Michigan, a volunteer with the Bird Center of Washtenaw County, brought along two feathered friends in her minivan on her migration to Florida for the Winter. . . View the entire article and a photo at:

<http://www.tampabay.com/news/humaninterest/easier-than-flying/2210799>

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**“NATHAN’S LAW”  
TO BRING BICYCLE  
AND MOTORCYCLE AWARENESS  
TO DRIVER’S ED**

Originally appeared in *The Eastern Echo* By Betty Adams, 10/26/2014 (Brought to our attention by AABTS member, Jim Melosh)

Oct. 14 was a good day for bicyclists and motorcyclists, when Governor Rick Snyder signed Public Act 317, also known as Nathans Law, to add information about bicycle and motorcycle awareness to the Michigan drivers education curriculum. . . View the entire article at:

<http://www.easternecho.com/article/2014/10/nathans-law>

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**THANK-YOU NOTES**

Greetings from Nobuki Sekiguchi  
November 16, 2014  
Dear AABTS friends,

I am Nobuki Sekiguchi, AABTS member since 2011. Now the time has come to return to my home country Japan in this month. Thanks to AABTS’s incredibly friendly atmosphere, I could enjoy a lot of rides and also learn a lot how to enjoy group riding, especially through the Dexter Ride. Regarding Sunday rides, I followed ride captains such as Dan, Joe and many others, and could experience breath taking view rides. I love them!

I really appreciated all the AABTS members who rode with me for 4 years.

Thanks again and have a wonderful holiday season!

Regards,  
Nobuki Sekiguchi

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To AABTS:

To thank your for your kindness and sympathy at a time when it was deeply appreciated.

Thanks for the lovely dish garden. Its our reminder of Mother.

Dave and Kathleen Farmer, 12/29/2014

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University of Michigan  
Matthaei Botanical Gardens  
And Nichols Arboretum

December 2, 2014  
Ann Arbor Bicycle Touring Society  
c/o Kathleen Donahoe, Treasurer  
PO Box 1585  
Ann Arbor, MI 48106-1585

Dear Kathleen and members of the Ann Arbor Bicycle Touring Society,

On behalf of everyone here at The University of Michigan Matthaei Botanical Gardens and Nichols Arboretum, I would like to extend our shared sympathy for the loss of Ms. Allison A. Arscott. Please accept our sincere appreciation for your thoughtful contribution to support the Arb and Botanical Gardens in her memory.

More than ever, we need public gardens and natural areas like Matthaei-Nichols to help preserve unique ecosystems, plants, and wildlife while inspiring people to care about the natural world. Not only do our green spaces provide a wonderful retreat for the University and Ann Arbor communities, they’re a refuge for some of southeast Michigan’s rarest plants and migrating birds. I hope you have a chance to take a stroll to see the importance of your gift this autumn. Although we’re at the end of our fall color season, there’s plenty to discover out on the trails and in the conservatory.

From purchasing equipment to remove invasive shrubs and preform prescribed burns, to funding immersive student internships, and hosting community youth education programs, your generous \$75 gift will help ensure Matthaei-Nichols continues to be a treasure and learning resource for future generations.

I will notify Allison's family of your wonderful gift. Please feel free to phone or email me with further questions or comments. Thank you for *caring for nature and enriching life*.

Sincerely,  
Andy Sell  
Membership, Tribute,  
& Annual Giving Manager  
734-615-9475

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*Storm's a-commin' — time to run for cover*



*Sunday, Oct. 26, Salem Witch Cider Ride. Riders stop at Obstbaum Orchards in Northville for cider and doughnuts*

### AL NEWMAN'S GREAT RIDE

**I**n July, AABTS member Allan Newman participated in a bike ride organized by CrossRoads Cycling Adventures (<http://www.crossroadscycling.com/>) in which he rode from Caspar, Wyoming, to Birch Run, Michigan. The ride was originally planned for June and extended from San Francisco to Colorado Springs, but because Al needed to attend to urgent family affairs in Ann Arbor, his itinerary had to change at the last minute. What follows is an edited excerpt of Al's blog postings, 4–23 July, 2014. The contents published here can serve as an inspiration or as a cautionary tale, depending on your attitude. The complete blog posts can be read at: <http://whereislancc.com/index.php?id=132>

**You are going to ride from Caspar,  
Wyoming to Michigan. Why?  
The answer I give. . . and the truth**  
2014-07-04

I've decided there are two kinds of people. Those who understand a ride like this and those who do not. The people who get it don't ask why, they already understand. The people who don't get it, no matter what I tell them, they will never understand. So this is how I deflect the question:

"I'm trying to ride in all 50 states."

"What? How many have you ridden in?"

"I've ridden in 38, and this ride will give me three more."

"What states have you not ridden in?"

"This ride will give me two more, Wyoming and South Dakota.

This pretty much ends the conversation, and I can see their wheels spinning. He is a lunatic, I would never want to do something like that but he wants to ride in all 50 states.

What is the truth? Is it the adventure, seeing the country and its people, incredible fitness, weight loss, accomplishing something really difficult, committing to be immature forever, fighting aging, entertaining my friends, the great friendships you develop? Got me. I don't know.

I wrote the above and then went for a ride.

I got to thinking about that great twentieth century American philosopher, Elvis Presley. He said "you need something to do, someone to love and something to look forward to." Well, I have more than enough to do and many people I love. Something to look forward to. Hmm. Interesting.

Tomorrow it begins. 106 miles from Caspar, WY to Lusk WY. High of 96.

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### Have you graduated from high school?

2014-07-05

106 miles from Caspar to Lusk, WY

On the fourth day of my LA to Boston ride we were doing 117 miles on I-10 across the Mojave desert. As the temperature soared over 100 degrees I realized that I was going to pass out. I managed to hitch a ride to the ER. When I arrived at the hospital, I had cooled off in the air conditioned car and re-hydrated.

The ER doctor asks why I have come to the hospital. I am feeling fine at this point and am quite fit. "Well, I am from Michigan, and we have had a very long and cold winter and I have been training in 20 and 30 degree weather. We did 101 miles yesterday and the temperature was over 100, and today I was trying to do 117 miles, and when the temperature got over 100 I felt like I was going to pass out".

He stares at me for a very long time and he finally asks me "Have you graduated from high school"? Another long silence as I ponder the fact that I have so stunned this doctor that he did not ask me about my health. Shouldn't he have asked if I was having chest pain or something like that?

Before I answer he says "What did you expect to happen"? In reflection I suppose he did have a point.

Which brings me to today's ride.

106 miles from Caspar Wyoming with the temperature at the finish at 105 in the shade. Caspar is a mile high and I have not had time

to acclimate. This past week we vacationed with our 4 granddaughters ages 3 and under and a virus went through the family. I was violently sick Tuesday night and have not felt great since. Last night I woke up feeling nauseous. The rest of the riders have been on the road for three weeks and are seriously fit. Sebastian, a 22 year old from Germany is out of category fast.

So what do I do? Those who know me well don't have to be told. I jump in with the fastest group. We scream along averaging 22.5 mph until the 71 mile mark when kaboom. I'm nauseous and my legs start to cramp to the point I can't pedal. Even my thumbs cramped. I coast into the SAG at mile 86 which is a covered picnic table. My riding companions are just leaving. One of the staff says to a driver "put Al's bike on the truck, he shouldn't ride. OK by you Al"? What little common sense I can muster says "OK, I'm done for the day".

What did I expect to happen? Well there was a chance I could do it, wasn't there?

Tomorrow: 93 miles with the wind in our face with a high of 93 from Lusk to Hot Springs, SD

I just returned from dinner. 95 degrees at 7pm

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**93 Miles from Lusk, WY,  
to Hot Springs, SD, my 40<sup>th</sup> state  
2014-07-06**

Stunningly beautiful ride in the middle of nowhere

Rolling terrain, buttes, mesas, grasslands, arid wilderness with a wide smooth shoulder to ride on with little traffic. This route rates up there with the Santa Fe to Tucomcari, NM ride I did on XC09.

I did not know that this area was known for its strong winds. Not that this would make any difference in my choice of rides. I did know that it would be hot, but today the wind was out of the north bringing in cooler temperatures. When I rolled into Hot

Springs a little afternoon the temperature was only 88.

We stay in mostly 3 star hotels. Last night they said breakfast at the hotel was available at 5:30 but they would only have cereal. We would be leaving at 6:30. There was a local restaurant nearby that opened at 5am, and I was the first one through the door. I did not get served until after 6, and by the time I finished packing many had already left on the ride.

I started out riding alone hoping that the fast guys were behind me and I would hook onto them. The staff on this ride is able to ride every other day. Two of them come up, and I ride with them. I do not know anything about their riding abilities. Soon, Jim, one of the mechanics, drops back, and I am riding with Karen. It's obvious she is an experienced rider. We arrive at the first SAG, and the fast guys come in. Someone at the SAG tells me she is really fast and has been on podiums. We take off, and I learn she rides 12k miles per year and has placed in the senior Olympics in time trials. At one point there was a 4 mile uphill with a grade of 5-7% and she has waited for me. From then on she mostly pulls me the 93 miles, and we never saw another rider. A very nice ride indeed.

I am losing it however.

Exhibit 1. I had to wait 2 hours to get into my hotel room. I hop into the shower and it only has cold water. Not exactly what you want after a long ride. When I go to turn the water off I notice that in fact there was hot water, I had the handle turned the wrong way.

Exhibit 2. There were no pictures taken after the first SAG. Why? I thought I had left my camera at the SAG when I washed my hands. Coming into Hot Springs I noticed that it was where it was supposed to be.

Tomorrow: 74 miles to Rapid City. We do go past Mt. Rushmore so I will stop and take pictures.

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### **I just love a good lunatic**

**2014-07-07**

74 great miles through the Black Hills of SD from Hot Springs to Rapid City

Ok, it's 1927. Some lunatic stares at some mountains and says "Hey that sort of looks like George Washington, why don't we blast 60 foot high head sculptures into the granite. People will come from all over". "But we are hundreds of miles from any population center, and not all that many people have cars". "No problem, and we are just the guys to do it".

AND IT WORKED. You've got to love guys like that.

As I rode today, I was thinking how lucky I am. What a stunning ride. Up there with the ride yesterday, if not more spectacular. Very few people have the financial resources, health, family and work situations to be able to something like this. I am blessed.

Last night we were dining at the local bowling alley, and Sebastian (a 22 year German) says his coach wants him to do extra climbing tomorrow. The ride already has 5500 ft. of climb and his addition on would add 1500 ft. of climb and an additional 15 miles. Two of the other serious riders agree, and I keep telling myself DON'T DO IT. It is a beautiful morning, and we climb through hills and grasslands to the first SAG. Guess what? I didn't do it.

I stopped, took plenty of pictures, checked out the Crazyhorse and Mt. Rushmore monuments. I did get caught in a squall that I tried to outrun about 7 miles from our hotel. As I rode through this storm, I was thinking that this is a piece of cake compared to what Jim Lyle and I rode through in Erie PA.

Sebastian is an interesting young man. He will be trying to get his bike racing license when he returns to Germany. We believe this is equivalent to a Cat 1 or 2 here. When entering the bowling alley, he looks at the American flags and says to me "if we did this in Germany, you would think we were all Nazis" I found it interesting that he would mention the Nazis and also how our nationalism appears to some foreigners.

I asked him what he found most interesting about the US. "That the hotdog eating contest (another lunatic won by eating 61 hotdogs in ten minutes) was the lead story on ESPN." He then went on to enlighten us about a sport in Bavaria where they see who can jam the most snuff into a single nostril. He says the winner looks like he has a nose goiter. At least I assume it was a male.

I was just looking at the map of tomorrow's ride and noticed a marker about 60 miles north of here marking the geographic center of the US. What? That can't be right. Who decides these things anyway?

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### **An excellent ride from Hot Springs to Wall SD including 20 miles on I-90**

**2014-07-08**

I'm not sure what I expected, but this is a very nice part of the country. No population, but lots of green rolling grasslands and small rock formations.

Because of a mix-up in hotel accommodations, riders stayed in three different hotels in Hot Springs. This meant three different luggage loading times and three different start times. There are many A riders on this trip, and Sebastian is out of category. My guess is there are two A+ rides, Ken and Tom. I meet Tom as we slowly follow the many turns on our cue sheet to get out of town.

What follows next often happens on a bike tour. Tom and I discuss how difficult tomorrow's ride is going to be and therefore how we intend to take it easy. As soon as we are out of town the road is smooth with great rolling hills for cycling. Soon we are at 24mph charging up and down the hills. Great fun but stupid.

I prefer to spend less time at the SAGs than most others. I hook up with Dave from CA, and we have a spirited, sane ride into Wall. This included 20 miles on I-90 but the shoulder was clean, and there was not much

traffic. It was the first time I have not disliked expressway riding.

One of the things I enjoy about tours is what I get to eat. First I stop in the DQ for a chocolate milkshake. From there I go over to the Red Rock Cafe for a very nice steak sandwich. Now that's good eating and not something I do anywhere else.

Wall is home to the famous Wall Drug store. Every single day I have ridden, I have seen signs promoting Wall Drugs. Imagine a large building displaying every single item in the Oriental Trading Post catalog, that is Wall Drug.

I'm losing it, exhibit 3: First thing I do in the morning is look at the weather. It had changed overnight to lots of rain. When I returned from breakfast I realized I was looking at the Ann Arbor forecast.

I'm losing it exhibit 4: Winding out of town I check the sun and realize the wind will be in our face all day. Tom asks why I think that. Well if the sun rose is the south, I would have been correct. I can't imagine why I was thinking the sun comes up in the south.

Tomorrow: 117 miles to Pierre into the wind. Intimidating when you are as fatigued as I am.

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**117 miles from Wall to Pierre SD  
My 10th state capital**

**2014-07-09**

South Dakota has been a surprisingly fine biking state.

Much to my surprise I have greatly enjoyed biking in SD. Terrific scenery, rolling hills, smooth road surfaces, and little traffic. And the heat and wind have been manageable.

I realized today that Pierre is the 10<sup>th</sup> state Capital I have ridden in. Santa Fe, Topeka, Springfield, Indianapolis, Albany, Boston, St. Paul, Jackson and Honolulu. Maybe I should try riding in all 50.

4:15 wake up call today. 5:15 luggage load, and off to breakfast. Or so we thought. The

door of the restaurant was locked, and as we waited I consider the fact that I was probably not calorie deficient considering the milkshake and steak sandwich for lunch, the two huge heaping plates of BBQ ribs, beef and pulled pork for dinner. And let's not forget the bowl of chocolate sauce with a dab of ice cream for dessert.

Back to the Econo Lodge for two pasty bagels and off I went. Others took this option but I had no idea where anyone was. I ended a long day on the bike riding in with Kurt, a Washington University professor. Sebastian came charging past us at mile 106, but we were quite pleased to be in the hotel before the heat of the day.

There are 42 riders on this tour. Two of my favorite are good ole boys from Oklahoma. Russell last night told me while coming down a hill in the rain that he was as nervous as a dog shitting razor blades. Quite the image.

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**The wind won today**

**2014-07-10**

OMG the wind. 84 miles from Pierre to Chamberlain SD

The forecast was for winds starting at 15mph in our face and rising to 25mph. For those of you that are not cyclists this is a challenge. Also the wind is different in the grasslands than in Michigan. There are no trees or buildings to give you a break. Unlike a ride from home, we are going in the same direction all day long.

Since the wind was howling, I chose my riding partners carefully. I wanted strong but very safe companions, as we would be working as a team. Marshall from TN and Mark from England were great. We helped each other immensely. Both being physicians was an added bonus.

We would normally average 20+ mph on a ride like today. It took us 6 hours and 15 minutes, and we averaged 13.7 mph. That is a tough day.

This morning we had the option of eating in the hotel or going next door to McDonalds for breakfast. On principle I ate at the hotel. After dragging my tired body into the hotel, I looked for the closest eating establishment. You guessed it. McDonald's shakes are really quite tasty.

In Pierre today I saw a three story building. First of the trip and over two stories.

I was wondering why it took Sebastian until mile 106 to catch me yesterday. He is far and away the fastest rider I have ridden with. Well, he told me. "I'm young, I like to sleep in in the morning" He gets up after everyone else has left, eats breakfast, and then flies by us.

Barry's posting about my eating reminded me that these riders have bought a scale to see how much weight they have lost. Some claim to have gained as much as four pounds. That's good eating.

The Internet in some of these hotels is terrible. Occasionally I can't get on at all and have no chance to edit what I have written.

Doug, one of the riders on this trip does a daily limerick:

Making our way 'cross the Dakota prairie  
 Today's ride felt particularly airy  
 With nothing to prove  
 The wind it did move  
 Us cyclists in ways that were scary

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**Another one—The Corn Palace**

**2014-07-11**

Easy 71 miler from Chamberlain to Mitchell SD

OK, he says, "The Black Hills has Mt. Rushmore, Wall has a Drug Store, why don't we nail some corn stalks on a wooden building. People will come from all over." AND IT WORKED. Call me irrational, but I don't get it. Not even a little bit. Tacky, tacky, tacky. Next thing you know someone will get a giant clam, say it is man-eating, and people will stop there too.

Today I tried to ride with Sebastian. Ha. He comes by me, I catch his wheel and we are going 25mph. For a while. This was about 40 miles into a 71 mile ride. I knew I could not keep this up for 30 miles and eventually backed off. I rode into Mitchell just before the DQ opened at 10:30. Those chocolate shakes are tasty.

Even I realize my eating has gotten out of control. What I have not mentioned are calories consumed at the SAGs. Today was the first one SAG day. Most were three, with one four. Let's say an average of 2.5. What do I eat at each SAG? At least 20 oz. of Gatorade. Actually more, because I put a double dose of powdered Gatorade in a 20 oz. bottle. Let's say 200 calories. A banana covered with peanut butter. Another 200. Four Fig Newtons with peanut butter on top. Another 200. At least a half cup of nuts. Another 200. Two energy bars. Another 200. That is 1000 calories per SAG, and this is conservative. Plus I eat at least 2 Power bars while riding. Another 400. If I don't get done with this ride soon, I will be too fat to ride.

It feels like we have left the West and entered the Great Plains. Little elevation change, corn, wheat and cattle. South Dakota has been a lot more pleasant to ride than when I rode across Kansas.

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**Childbirth is easier than this tour**

**2014-07-12**

74 MILES FROM MITCHELL TO SIOUX FALLS SD

Two of the tour riders, Liz and Melissa are leaving the tour today. Last night at dinner they declared "Childbirth is easier than this tour." Personally, I have not found childbirth to be all that unpleasant.

The forecast last night was for a 60% chance of serious rain. We woke to substantial storms to both the north and south, but we were dry all day. The weather gods have been good to us.

I have become a fan of farmer TV. Did you know they are using UAV's (unmanned aerial vehicles—drones)? They monitor machinery performance, where to water and fertilize, etc. Also grain prices are so low that some farmers are raising goats.

Directly across from our hotel is a biker bar. These bikers like to just sit on their bikes and rev their engines. I'm not sure I get it.

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### **REST DAY in Sioux Falls, SD**

**2014-07-13**

676 MILES IN 8 DAYS, A REST IS APPROPRIATE

Averaged 84.5 miles per day. So here is my plan:

Rest

Watch Tour de France

rest

Go to a kids baseball tournament

rest

Get a massage—alas not possible, it's Sunday and they are all closed.

Watch World Cup

rest

Go to a Sioux Falls Canary baseball game

Is it considered a nap if you have gotten up, shaved, read your email, turned on the Tour de France and then fallen asleep without going to breakfast?

By the way I have sort of gotten my eating under control. I figure that by the time I get home, I will have lost the weight I gained on the first 6 days of riding. Believe it or not, I was not alone in my eating habits. Last night we ate at the Royal Fork, an all you can eat buffet. Some of the riders had a minimum of 6 separate desserts.

This has been a difference experience for me than the other organized tours. In those I have ridden pretty much with the same riders day after day. Here I have ridden with all the fast riders, and there are a lot of them. They

have been very accepting of me dropping in the middle of their cross country tour, and I appreciate it.

I also learned some useful riding tips.

On the day I rode with Karen, one of the staff, she drank on every odd mile. I have adopted this habit, and it is a sure cure for not drinking enough when riding. I now wash my helmet on a regular basis. I had been wondering what that stench was since the only time my helmet had gotten clean was in a hard rain. I have always been worried about what grows in my water bottles, especially when I drink Gatorade. I now use Efferdent and it works great.

Jim's comment about me possibly being able to ride like Sebastian when I was younger is just wrong. I do not have the body type, just too big. In the mountain stages early in this tour, he would race up the mountain, turn around and ride half way back down and meet the A+ riders and ride back up with them. On these reactively flat stages he is just playing with us. At dinner last night I asked how many training miles per week he normally rode. "None". "What", I ask. "I ride kilometers". Well he has ridden 10,000K on this bike this year, he has another bike, and does indoor riding as well.

I just came back from the Sioux City Canaries vs. Grand Prairie Air Hogs. Unfortunately the World Cup went into extra time, and I got to the baseball game in the bottom of the first. The Air Hogs had scored 9 runs in the top of the first on 6 hits, which is not easy to do. I actually thought I might be able to hit the Canaries pitching. I went to buy a T-shirt, but all they had were Sioux City Pheasant logo-shirts. Apparently that was the name of the team last year, and they are not going to reorder until they sell out of their current inventory.




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**Minnesota 10,000 Lakes?**

**2014-07-14**

71 WHAT SHOULD HAVE BEEN EASY MILES FROM SIOUX FALLS SD TO WORTHINGTON MN

Minnesota has always been advertised as the state with 10,000 lakes. I have been in northern MN, and it is beautiful. I did not know that central part of the state is agricultural and looks just like eastern SD. No lakes here.

The following riding days are:

- Mankato 106 miles
- Rochester 99
- La Crosse WI 88
- Wisconsin Dells 91

An average of 96 per day. So I thought I would take it easy. Until Sebastian came by trailed by 4 of the A team. Off I went. Sebastian eventually drops me and everyone else. However all stop at the Minnesota state line at 25 miles into the trip except Kurt and myself. Sebastian passes us again before the SAG. I'm third to leave the SAG and try successfully to make it into Worthington before anyone can catch me. Stupid, given what we have in front of us.

Yesterday was by far the most dangerous part of this trip. I hailed a taxi to take me back to my hotel from the baseball game. The driver had the same driving skills as my mother but had the added dimension of being the dispatcher for the taxi service and

constantly on his cellphone. I kept trying to hit the brake from the back seat as he went through a red light. He had to go pay for gas for another driver and entered an on ramp of a busy seven lane road and stopped so he could go directly across all seven lanes. I thought I was a dead man.

On these long bike trips I have counted golf courses I see along the route. Golf course number one today.

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**Solution to the use of fossil fuels**

**2014-07-15**

111 MILES FROM WORTHINGTON TO MANKATO MINN

The solution to no longer having to depend on fossil fuels is immediately obvious to me. Take some of these endless corn fields and put up some windmills. The way the wind blows out here would put OPEC out of business. Today the wind only "blew like a mother", (I tried putting another word instead of mother, but this program would not let me do it). This is opposed to yesterday when the wind "really, really blew like a mother".

We have been engaged in a debate as to why some trucks coming in the opposite direction have a wind blast that is like hitting a wall and some don't. Some of the lighter riders have been blown off the road. This, of course, is not an issue with me. Our conclusion: The blast is dependent on the speed and direction of the wind, the speed and direction of the truck, and the shape of the front of the truck.

Today when we began our ride it was in the high 40's, and when I finished it was 64. Other riders are freezing, but they did not have the Spring we had in Michigan. I find it kind of warm. My biggest concern with this trip was heat. After all it is July, and these are normally some of the hottest weeks of the year. I have been thrilled with the weather.

Minnesota continues to be agricultural. No lakes have been seen.

The Worthington paper did an article on this trip with a group photograph. Check it out at: <http://www.dglobe.com/content/america-bicycle-stops-worthington>

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**I'm in Rochester, MN,  
home of the Mayo clinic.**

**I think I will go get my head examined  
2014-07-16**

104 miles from Worthington to Rochester MN

This was sent to our family email list by my son-in-law Darin:

I was fortunate enough today to get pocket dialed by Al at the very moment he was ordering a meal. In case you were wondering, here is what he ordered. Must be nice to experience all this wonderful food.

- Bowl of Minestrone
- Beef Brisket
- Sweet Potato fries
- Chocolate Milk
- Diet Coke

Actually, I feel I am eating so well that the pounds are falling off me. Maybe I could slip a salad or two in there but I have only been having pizza for dessert.

The riders on this tour are amazing. I have ridden with Dave who I have learned has had both knees and a hip replaced. His right foot had a nine hour operation on it, and his left foot needs an operation also. He can hardly walk but on a bike he is as crazy as I am.

Speaking of crazy. Marshall, who is as crazy as I am, and I biked the 104 miles today absolutely as fast as we could. Sebastian, Tom and Ken arrived at the hotel 30 minutes after we did. Sebastian must have taken the ride as an active rest day. He speaks to his coach daily who plans what he is to do on the ride. He will do intervals, hill climbs, etc. He is competing in a stage race in Italy in August.

The ride was more scenic today. As we got closer to Rochester there were rolling hills,

tree cover and civilization. Two golf courses and three lakes today.

Today is the birthday of my wonderful daughter Katie. She went to Slovenia for a wedding and is out of email contact. Happy birthday Katie.

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**ANOTHER MAGNIFICENT RIDE**

**2014-07-17**

89 MILES FROM ROCHESTER, MN  
TO LA CROSSE, WIS

Oh my, what a scenic ride today. Rolling green hills to start, 13 miles along the Root River on a bike trail, and then a high ridge road with vistas were I could see for miles. It was as good as it gets.

However to get to the high ridge road you had to climb a mile long 10% grade 70 miles into today's ride. Who is that up ahead? Well it is Sebastian. He is going back up a second time. As I struggle up, I have the thought that maybe he is going to do hill repeats, and I could be passed twice going up the same hill. Sure enough he is screaming back down. He only passed me once, but he did do the hill five times.

There was an insect hatch today. On the 13 mile bike path along the Root River I had to keep my mouth shut and jersey zipped up tight. The fish in the river were have a feeding frenzy. It was great.

Last night at dinner we had an interesting discussion about please and thank you. Phillip is from New Zealand and is appalled with American's lack of the use of please and thank you. Sebastian says that in Germany if you go into a store and ask for something without saying please you will not get it. We then tried saying please and thank you as we were being served and it was damn near impossible.

To answer Pat's question about why I ordered the diet coke, it's because I'm on a diet. Actually I fell off the diet a bit yesterday. There was no pizza available, so for dessert

I had an ice cream sundæ and only one large chocolate chip cookie. Still not too bad.

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**Computer not working. Can't post**

**2014-07-18**

91 LONG MILES FROM LA CROSSE TO WISCONSIN DELLS

We started at 8:00AM and immediately got caught by a long freight train. Anyone care to guess the number of cars? There were 25 of us waiting, and we decided to all ride together to the First SAG. It was very cool but slower than I normally ride.

Then we rode 34 miles on the unpaved Sparta to Leroy rails to trails bike path. This included three tunnels where you had to walk with flashlights. This added another 40 minutes.

Combine this with the fatigue of riding 466 miles in the last five days (93 per day), and you have a group of tired riders. Even Sebastian admitted he was tired last night. I got into the hotel today at 2:30, the latest yet. Sebastian and Tom were slow through the tunnels, I was ahead, and they proceeded to get lost today. The pleasure of bonus miles.

A note on bike trails. I find them much more dangerous than riding on roads. Untrained riders, kids not paying attention, dogs not well controlled, ugh. Today I was riding with Ken, and two teenagers were riding on both sides of the trail. We were right in front of them coming in the opposite direction, and we had to yell at them to avoid a collision. They simply were paying no attention at all as to what was in front of them.

I may have fallen off the dessert wagon, but I am nothing compared to Ed, a rider who grew up in Dexter. Last night at another awful buffet, there was a self serve scoop your own ice cream bar with all the fixings. I may of filled a bowl, but not Ed. He got a dinner plate, filled it with ice cream, piled on as many candies as it would hold and returned to our table. When I pointed out there was chocolate sauce he went back and put on

enough sauce to fill a tanker. I left while he was eating it. When I asked him how it was this morning he told me it was so good that he went back for a second helping.

Sparta, Wisconsin, claims it is the bicycle capital of the world. I have no idea why.



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**A Brat Fry  
I don't know what I did  
to deserve this, but thank you**

**2014-07-19**

86 Miles from Wisconsin Dells to Fond du Lac

Nice rolling country ride with lots of scenic farm views today. I was sluggish early in the ride, and it may have been because of the Denny's Grand Slam breakfast I had eaten. Four pancakes, eggs, and bacon can sit a little heavy early in a ride.

Entering the little berg of Princeton there is a sign. Brat fry on Friday and Saturday. Wait, what day is it? Oh yes. I only had one and was light on the sauerkraut at 10 in the morning. It made me feel much better.

Kurt, who is as crazy as I am, is hurting it when we run into the van, with Sebastian and Ken. The road is closed. They take one road. I use a little orienteering instinct and find the fast way back on the route.

After the second SAG, Kurt and I are within a quarter mile of Sebastian and Ken. They noticed us and off they went. We were doing about 24 mph, and they quickly disappeared out of sight.

We were discussing Cuba last night, and the conversation turned to Communism. Sebastian was born after the Berlin Wall was torn down but made a very interesting comment. The East Germans he knows liked their life more before the country was united. He is taxed to support East Germany and refers to them not as Germans but as Easties.

I was talking to Don at breakfast, and he mentioned that he had fallen seven times. I was reflecting on how many times I have fallen, when he pointed out he had fallen seven times on this trip. SEVEN TIMES. I will give him this, he is durable. I will ride nowhere near him.

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### **Rural Wisconsin**

**2014-07-20**

68 Miles from Fond du Lac to Manitowoc, WI, on Lake Michigan

Rural Wisconsin is quite nice for biking. Lots of large family farms, rolling terrain, and small towns. Yesterday had more of an "Up North" feel with small lakes, vacation cabins, and pine forests.

These family farms appeal much more to my sensibilities than the massive factory farms we have seen out west.

It is Sunday. We passed a Lutheran Church in the middle of nowhere and a mile later passed another Lutheran Church. There must be a story there.

We were told there were great cinnamon buns at a restaurant 20 miles into the ride. I was riding with Ed and Phill, both of whom could be described as good eaters. I went in and waited to be seated when I noticed they had decided not to indulge and were getting on their bikes. Well, if they wouldn't eat this early, I decided it was probably not a good idea for me, and I also left.

We were passed by many tanker trucks today. There must be numerous wells in this area.

I don't believe we have been farther than 30 miles from I90 since Wyoming. It left us today. Tomorrow we take the ferry across Lake Michigan to Ludington.

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### **Ferry across Lake Michigan**

**2014-07-21**

MUCH NEEDED REST DAY Manitowoc, WI to Ludington, MI

We met at the Ferry at 12:30. I was more tired than I understood. Without an alarm clock to wake up to, I slept 11 hours. I lay in bed, read, and casually rode the 3 miles to the ferry. Nice.

We averaged 89 miles per day over the past 7 riding days. Tomorrow's ride is 114 miles from Ludington to Mt. Pleasant. Wednesday is my last riding day, a mere 74 to Burch Run. We will have averaged 87 miles per day. No wonder I'm tired.

American by Bicycle has a volunteer staff. Most of them work an average of 4 tours a summer. They must love it. Most have been doing the tours for years. They do get to ride every other day and that is a big attraction.

Since many of the staff have ridden the Mississippi River ride I sat down on the ferry and got input on the route for Mr B. Helpful indeed.

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**My Bleeding Ass and Michigan Roads**  
**2014-07-22**

119 Miles from Ludington to Mt. Pleasant MI

I have had irritation problems on my rear end this riding season. I finally had decided it was a problem with one of my bike shorts. Early in this ride it occurred again on a ride of 80 miles. I put the suspect shorts aside and decided not to wear them. Well, this morning I was up at 4:30 and my shorts from the previous day were still wet. I grabbed the wrong pair.

About 80 miles into the ride I realize that I am getting open sores on my rear. I am riding with Marshall, tell him to go ahead, and apply Chamois Butt'r (a lubricant bikers use to avoid chaffing). It does not help. I decide that when the SAG comes by I will take a lift to the hotel. However, because of the distance today all riders started together. Normally, those riders who need more time start up to an hour earlier than the faster riders. This means that the support vehicles are spread out over a larger distance. I am riding along thinking how much my bleeding ass hurts when Tom and Daz come hammering by. What a stroke of luck. Soon we are all hammering and I am focused on the ride and into the hotel. But my ass does still hurt.

On this trip I have ridden in Wyoming, South Dakota, Minnesota, Wisconsin and Michigan. All states that have freeze thaw issues. Michigan's roads are by far the worst. And Washtenaw county sets the standard for bad roads. What a disgrace.

I have never been in most parts of the state

I rode in today. Leaving Ludington we were in an agricultural part of Michigan. I especially liked the cherry orchards and the asparagus farms. Then into Manistee National Forest with no traffic and pine tree forests. Prime deer hunting terrain. The rest was like biking in Jackson County. Rolling, tree lined roads.

Why does the mileage vary from the forecast the day before? Detours. Ugh. Today we had two. But there is nothing we can do about it.

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**Home, Sweet, Home**

**2014-07-23**

74 Miles from Mt. Pleasant to Birch Run Mission accomplished: Arrived safely, ate a lot, made great new friends, saw the country, got more fit, rode in two more states. I'm blessed to be able to do something I love. Averaged 87 miles per day. Hammered most of it. Saw 6 golf courses. It's great to be home. I weighed myself. Lost 8 pounds. How great is that?



★★ **SPRING POTLUCK** ★★

**Wednesday, April 8, 2015**

**Elections, Awards, Patches, Trophies, OHR Volunteer Sign-up  
Ride Captain Prize Drawing.**



*A Hardy Group Turns out for a Sunny and Brisk First Miles 1 January 2015—16° F and Winds SW 18 / G 26 mph)*

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### **WORST DAY OF THE YEAR RIDE — JANUARY 25, 2015**

Stuck in Michigan for the winter? Don't fret

Sign up for the Worst Day Of The Year Ride — January 25<sup>th</sup>, 2015

**WARNING:** Usually this ride does live up to it's name!

<http://wheelsinmotion.us/articles/worst-day-main-page-pg208.htm>




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**May—June 2015 Newsletter Submission Deadline**

**May 1, 2015**

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Typesetting: Jonathan Rodgers, Ann Arbor MI