

The Communique

Trails Edition

The Roads Less Traveled



Cover photo of Ride Leader Captain Steve Angst taken by Deb on their Trail Tandem

Wolverine Sports Club

Cycling - Speed Skating - XC Skiing

ISSUE #2

October/November 2020

Message from the Board



TOURING

The current WSC group ride suspension remains in place until further notice. This suspension will be reevaluated in 2021 based on the recommendations and guidelines of the Michigan League of Bicyclists, USA Cycling and State Orders at that time.

The Board had published a Nov 1 save-the-date for the 2020 WSC Banquet, having had such positive experiences from the 2019 Banquet.

Unfortunately, we face ever changing Michigan guidelines due to the numbers of COVID cases. More importantly the state has continued have an unpredictable health situation with again cases rising . In light of this, to be safe and prudent, the WSC Board has elected to postpone this year's Nov 1 banquet to 2021.

We will target a new date as the future becomes clear.



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Stories in Upcoming Issues

Members Tour the Finger Lakes in New York State

Member and Friends Bike Upper Peninsula

Member Solo South Tier - Transcontinental Ride

Member 2020 Season Photos

Have Story To Tell Story To Tell

Submit it here: <https://form.jotform.com/calform/WSC-Newslettershare-your-story-form>

Polly Ann Trail Connector

A bridge and boardwalk are under construction in Orion Township which will connect the Paint Creek Trail to the Polly Ann Trail, completing another piece of Michigan's Iron-Belle Trail. Here is a video on the project. [Polly Ann Connector](#)



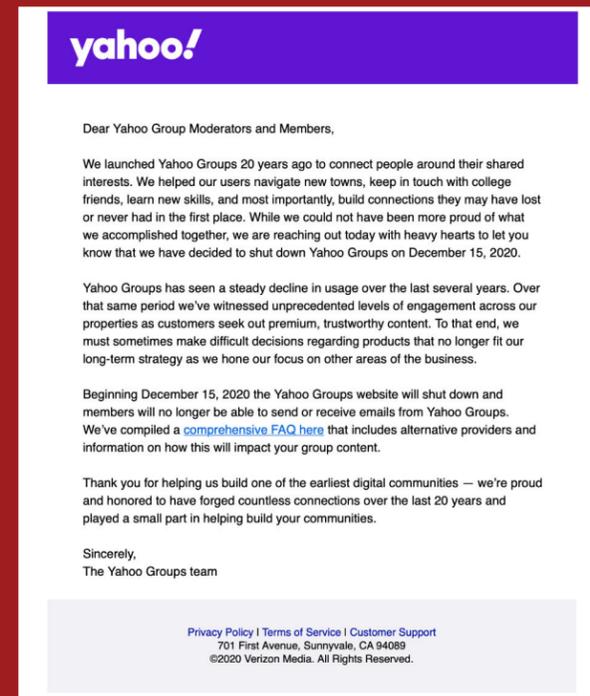
Photographs by Member David Heilbrun

YAHOO GROUP

For many years the Wolverine Sports Club has utilized the Yahoo Wolverine-List Group to communicate with club members and for ride leaders to announce club rides. The yahoo group allowed the club to use push e-mails and yahoo group posts for member to member communication.

The established the Wolverine-List Group in 2001, which now has many hundreds of current and past club member subscribers.

On October 14th, Leonardo the club moderator of the list received the following message indicating the End of Life for All Yahoo Groups on December 15th. Yahoo parent company Verizon Media is finally going to completely shut Yahoo Groups down.



The Board and Officers are now actively working to replace and migrate wolverine-list membership to another social media platform. The goal is complete this switch as soon as possible before the Yahoo Deadline. The new platform will provide the same, if not more enhanced communication services than the original Yahoo Groups.

From Yahoo Help
What will happen to my emails with my group members after December 15?

The emails you have sent and received will remain in your email, though beginning December 15 messages will not be sent or received from your group members. If you try to email your group after December 15, your message will not be delivered and you will receive a failure notification.



**Wolverine Sports Club
Racing Team News**



Here is the WSC Elite Racing Team highlighted racer Joel Poliskey. Joel completed his 2019 on the Wolverine's and had a tremendous impact Joel battled domestic and international PRO talent along with inclement weather conditions to place 21st overall in Michigan's Iceman Cometh Challenge Pro Race! What an amazing accomplishment!

However, 2019 wasn't just about iceman as Joel showed his diversity by competing in multiple disciplines, including cyclocross, gravel, fat biking and road/criterium and Zwit racing.

Joel's power profile and talented bike handling skills helped him to finish 3rd place in Alma Grand Prix pro/elite cyclocross race, 2nd place in the Glacial Hills pro elite cross country race, and 2nd place in the Dogman Fatbike race.

While Joel's road season was brief he made key appearances when the team needed him most.

At the Cherry Roubaix State Championship Road Race Joel animated the event by joining a 3 man early break forcing all the big teams that missed to chase, wrecking havoc on the field.

When his escape companions tried Joel sat up and returned to the pack to attend to our team sprinter by keeping him in position and earning our team's 2nd place podium finish in the CAT1/2 category. In criterium racing Joel lapped the field in 3 successive back to back crits. in 2019. A feat envied by all and matched by none.

His road season was capped off with a two man breakaway from the gun at Waterford Wednesday Night World's where Joel averaged 370 watts for the hour long event. That's greater than 5.0 W/KG for the event and considered by cycling experts to be at a domestic pro level status.

2021

Looks even brighter for Joel. He's been Zwift Racing as the cycling outdoor racing season was put on hold in 2020 due to the COVID-19 pandemic. He's earned multiple podiums and raced in some the largest events against top elite and pro level competition from around the world.

Hi, my name is Steve Forton. On July 18, 2020, I was riding the last few miles leading up to mile 400,000 and I reflected on the past 42 years of my cycling life. As far back as I can remember all I ever wanted to do was ride a bike. Even today, I still don't know why that is.



When I was 14 years old, I did my first 100-mile bike ride and I did it alone, nobody I knew was into cycling. At 15 years old, I did my first 200-mile bike ride. That was also the year I met Don Jaqua at the lumber yard where I was working. The year was 1978. That started a friendship that I cherished until his passing in 2011. He was a great man and a great bike rider. He introduced me to the Wolverine Sports Club, and it was there that I found where I belonged.

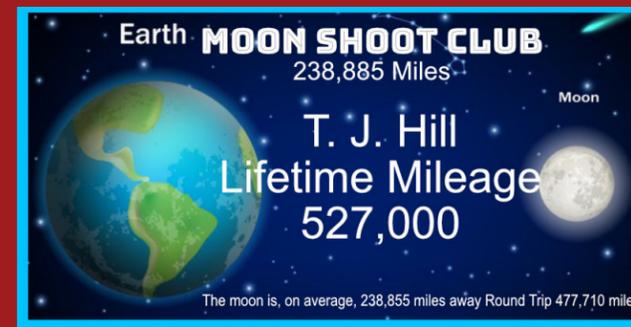
Unfortunately, I didn't have a very positive male role model at home, but I sure did on the bike. These men were older than me and stronger on the bike. In the early on, the Wolverines were a big part of my life. It was a good place for me to be. Over a span of many years, I was fortunate enough to set some personal mileage records. One was around 30 years ago on a ride in Chelsea, MI called "One Hell of a Ride," I rode the first 50 miles with the club, when they pulled off for lunch, I just kept going until the end of the ride by myself. That was quite a thrill for me! I rode that 108-mile course in 4 hours, 56 minutes and 23 seconds. I never thought I could do that ride under 5 hours.

Another is the achievement I am most proud of. I rode 100,000 miles in 6 years, 6 months, 20 days. Well at least we know why my legs are tired! Unfortunately, there were times of great struggle as well. On Oct 27, 1992 I had back surgery to fix my scoliosis. There were some who wondered if I would be able to ride again after that, but I was able to. Then on June 14, 2004 I was involved in a bad crash which broke the ball off my right femur bone. I fought back from that as well. Then sadly, on Oct 1, 2017 I was flying down 5 Mile hill at 48 miles an hour, when without warning the right side of my handlebars broke and I hit the ground at speed. That one scares me even today. I had shoulder and hand surgery 17 days later and was off work for 3 months. To God be the Glory because I came back strong.

With 1 mile left to ride, my wife Patti was waiting at the end to take pictures of me crossing the line. I went past her at 22 miles per hour with my right hand out with 4 fingers to show that 400,000 miles had been completed. Overcome with emotion I started clapping for myself. It's hard to believe that I finally reached that goal.

I pedaled back to where Patti was standing. She handed me the 400,000 sign and I held it up over my head for a picture. There is just no way I could give credit to all the people who helped me along the way. Sadly, some of them are no longer with us.

However, I like to think their spirit lives in those who they had an impact on, guiding us along the way. This achievement is as much for them as it is for me and I would like to thank them for being a part of my life. I celebrated with them in my heart. On behalf of myself and my wife Patti, "thank you" to all who helped through the years.



My best estimate for my mileage between 1945 and 2019 is 527,000 miles.

Between '45 and '47 I had a fat tire paper boy bike. From '47 to '52 I had a 3 speed Sturmer Archer Bike.

After '52 I had a road bike with an 8 speed Derailleur.

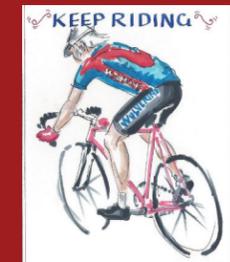
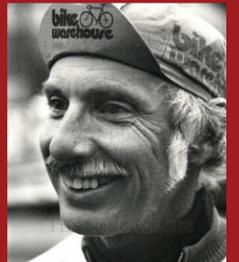
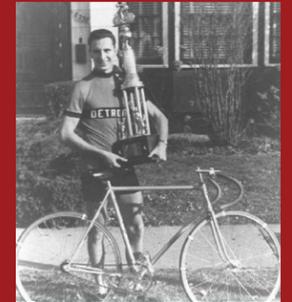
My big mileage years began after '86 when I retired from Chevrolet. I then began going to Bike Camp in Florida from mid February thru the middle of April.

Those were all 12,000 mile years. When Wolverine Bike Camp ended around 2002 I began going to Alabama Bike Camp.

I think 2012 was my last 12,000 mile year. I then had a couple of 8,000 mile years before I really began slowing down due to crashes and health issues.

TJ Hill aka TJ biker

TJ over the years



Are you a Moon Shoot Club Member
Send me your Lifetime Mileage cth_jr1@msn.com
with "Moon Shoot Club" in the Subject Line

Welcome Back

Joan Kennedy

Member Profile



I was a former Wolverine member years ago (was even Club Secretary for a number of years) (your parents would remember me. LOL)

I began riding again this summer since I had more time because of COVID and now I'm hooked again! I rejoined the club and am looking for someone or a small group to ride with.

I am currently riding 40+ miles and ride at a moderate pace (14/15 mph).



Wolverine Sports Club SpeedSkating is Back

Speedskating has Begun

SPEEDSKATING

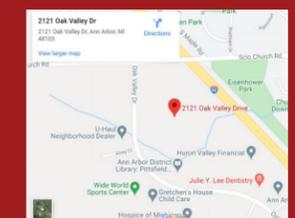
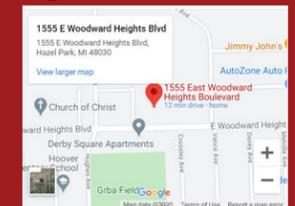
As a member of the Wolverine Sports Club you are invited to participate in our speedskating program. Last year we produced 5 qualifiers for the nationals and a national gold medal champion as well. It is the cross training program of choice by Mike Walden, Clair Young and Jim Smith – the founders of the Wolverine Sports Club. The benefits of speedskating transpose to cycling and vice versa to help shape a well rounded athlete and has been the traditional benchmark of the WSC training program.

In the past, if you wanted to compete in either sport you had to train in the other as a means of developing complimentary muscle groups. Speedskating accentuates fast twitch muscles, core strength, lateral strength and cardiovascular development that you don't get on a bicycle. It is also low impact and weight bearing to offset the calcium draining effects of continuous cycling. If you have skated in any form in the past or present you already have a foundation to learn how to speedskate.

We have 2 US Speedskating certified coaches who can train anyone from Ponies (3 years old) to Seniors (60 and up) so bring your kids for some family fun. Ice time is \$20 per person and includes loaner skates. Dress with your winter riding gear, leather gloves, bike helmet and bring your own water or sports drink. Under the auspices of the rink's corona virus regulations ALL skaters and accompanying guests which is (limited to 2) must wear face masks or gators at ALL times and will have to sign in when entering the facilities.

Ice times are:
7-8:20 PM
Hazel Park Ice Arena – Tuesdays, 7-8:20 PM
1555 E. Woodward Heights
Hazel Park, MI
248-546-5700

4:15-5:45 PM
Ann Arbor Ice Cube – Saturdays, 4:15-5:45 PM
2121 Oak Valley Dr.
Ann Arbor, MI 48103
734-214-2025



Contact coach Dave at (dave@daverondot.com) or Marc Posen (VP-WSC Speedskating) at (marpos@comcast.net) for more details.



During this COVID-19 crisis, I decided to order a number of “N95” Masks advertised as being usable of Cycling and other active sports. I’m strictly evaluating these masks for wearable during cycling not their effectiveness for protection against the Covid-19 virus. By definitions, N95 means the mask is 95% effective. *N95 mask update: Masks constructed with exhaust valves that don’t filter exhalation of the wear are considered less effective than surgical masks or layered cloth mask protect the persons that may be near the wear.*

Cycling Mask Evaluation #2

Calvin T. Hughes Jr. VP of Touring

Sold by Cambridge Mask Pro

Filters Air Pollution, Viruses and Bacteria

www.cambridgemask.com

Our masks use patented carbon filtration technology developed by the UK Ministry of Defense. The filters gas pollution as well as particle pollution such as PM2.5. exhaust fumes, construction dust and pollen.

The filters are treated with silver to actively absorb and kill bacteria and viruses.

Note: This mask provides inserts that used for deactivation the mask valve!
There is no protection for those near the wearer if the valve is not deactivated!



Riding with this mask

Test Ride Conditions Temperature - Start of Ride 50 degrees End of Ride 58 degrees Distance 5 Miles Pace 13 mph Avg
Note: Mask also comes with neck strap and a User Manual. Due to demand this mask takes several months for delivery.

Fit and Comfort

This mask is extremely comfortable and provides a snug fit. Mask includes a foam nose bridge cushion insert. The ear loop straps have string a tightening mechanism that shortens the ear loop for a more tight fit. This mask has only one vent for exhalation, so heavy breathing does create a build up of some heat and moisture.

Drinking Water and Eating

I grabbed the nose bridge of the mask and pulled mask down to my chin. Sliding the mask back up was no problem but had to adjust the ear loops. Pulling mask up from bottom off the chin is not possible.

Breathability

Inhaling was not a problem incoming air felt cool, Exhaling, if breathing mainly through the mouth was not a problem. This mask has only one vent for exhalation, so heavy breathing does create a build up of some heat and moisture with the vent valve deactivated this build up is increased.

Mask does not have a replaceable filter. Surface of the mask can be wiped off, As the mask material layers trap particles in the layers it must be discarded once breathing resistance is felt. This mask can't be washed. This mask should fine Fall and Winter riding as well as Speedskating.

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Bicycling Culture

[Strava Gives Data to Planners to make better bike lanes and bike routes decisions](#)

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[While Ziwit racing took off this year so did Everesting here are the simple rules.](#)

[The sure winner of 2020 Tour de France cruising to victory and then came the Time Trial. Now some are auguring against TT bikes](#)

[Latoya Shauntay Snell Wants You to Keep Learning and Showing Up](#)

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[Autonomous Bicycle? MIT's shared ebike transforms into a self-driving trike](#)

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How To

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[How do I fix a tubeless puncture on the trail and at home?](#)

[Pressurized Frames can fill tubeless tires](#)

[Seated vs Standing Climbing. Which is Faster?](#)

[How to get cycling directions in Apple Maps for iOS 14](#)

[How to Stop Bike Disc Brake Squeal - Here's a GOOD DIY Technique you Probably Haven't Tried Yet!](#)

Trails Roads Less Traveled

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[Cyclists stopped in tracks by giant elk, and it's 'awesome'](#)



Helmets, Eyeware, Goggles, and Gear Bags



Showrooms open by appointment
and also with limited availability.

10% discount on accessories for club members.



**Ebay
Bike
Finds**

Steve Bauer's 1989 Helvetia-La Suisse team Villiger bike
<https://www.cyclingnews.com/news/ebay-finds-steve-bauers-1989-helvetia-la-suisse-team-villiger-bike/>



Pierre Rolland's 2018 Cannondale SuperSix EVO Hi-MOD Disc bike
<https://www.cyclingnews.com/news/ebay-finds-pierre-rollands-2018-cannondale-supersix-evo-hi-mod-disc-bike/>



Vintage 'pantographed' Campagnolo, Cinelli and ITM components
<https://www.cyclingnews.com/news/ebay-finds-vintage-pantographed-campagnolo-cinelli-and-itm-components/>



Buy, Sell, Trade or Give Away Classified Ads for Members Only



For Sale Longbikes "Duplex" recumbent tandem. Includes S&S couplings (allows tandem to split in half for travel). Tandem is also equipped with other features. \$2500 Interested, contact Mark at bedardmab@gmail.com.



Specialized Ruby Competition - size 54 \$900
Shimano Ultegra derailleurs, 105 brakes
Speedplay X2 pedals
Black frame w/ pink accents, matching pink tires,
handlebar tape and water bottle cages
Excellent conditions
Robin / Bob Elkus RME123@comcast.net



Selling a new Michelin Axial Super Pro 23MM tire with Kevlar bead. Asking \$25 or I'll trade you some road tubes for it if you'd rather.
Nino Pacini ninopacini@gmail.com

Submit it here: <https://form.jotform.com/calform/WSC-Newslettershare-your-story-form>

- Ads can contain a picture or pictures.
- Description of Item/item(s)
- Request Price or Best Offer
- E-Mail Address or Telephone#
- Use URL/Hyperlinks to existing postings i.e. eBay, Craig's List etc.
- Your club membership will be verified.

Disclaimer: The club lists these ads as an information service between club members. Club does not warrant the items being sold and/or exchanged and is not responsible for resolving disputes between sellers and buyers.