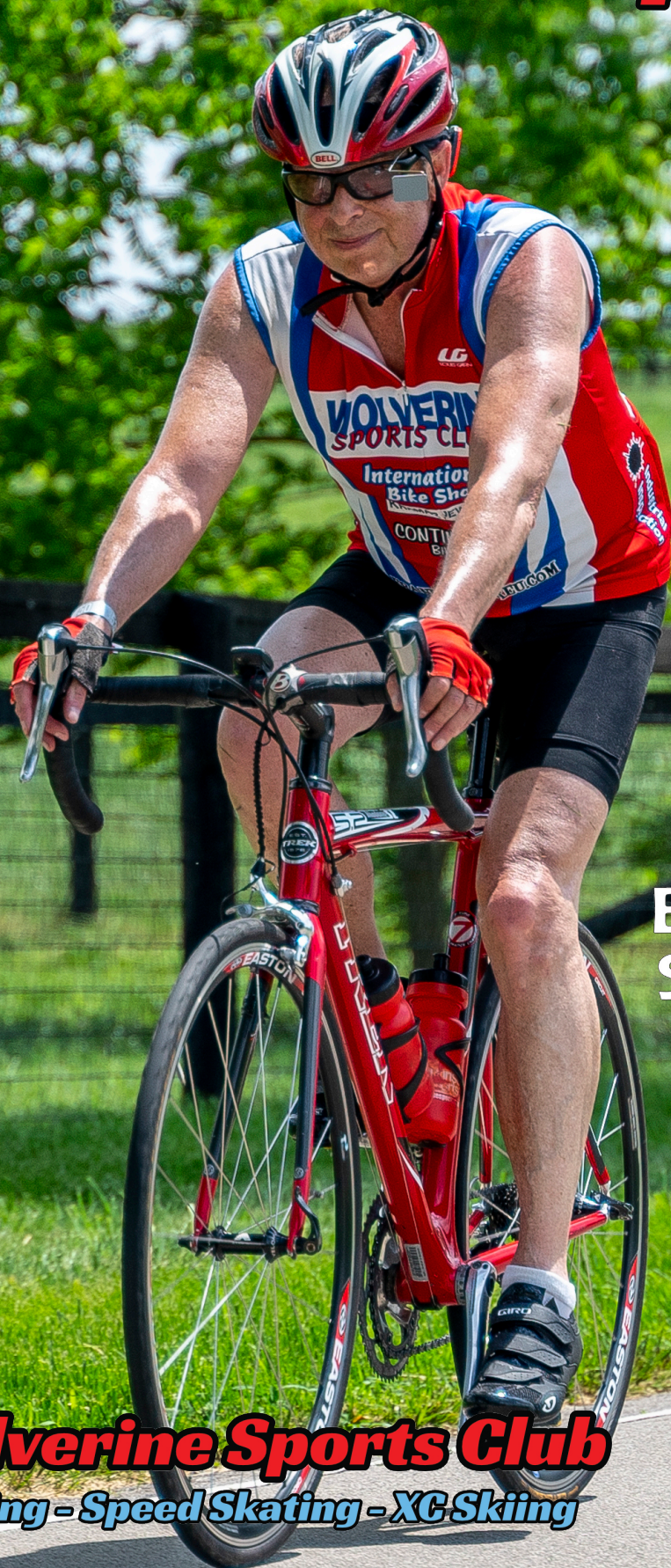


# ***The Communique***



**Member  
Eric Rafeld  
See Profile**

***Wolverine Sports Club***  
***Cycling - Speed Skating - XC Skiing***

**ISSUE # 1  
July - 2020**



## Message From the Board



In keeping with the 5/21/2020 Michigan rules which now allow groups of up to 10 people to gather with appropriate Social Distancing, the WSC Board has revisited our club policy regarding group rides and other club events. We look to the LMB (League of Michigan Bicyclists) and USA Cycling, our sanctioning organization, for cycling guidance.

Due to the anticipated difficulty of keeping official group rides at the 10-rider maximum and maintaining Social Distancing during a ride, the Board has decided that all official WSC Club rides, which normally appear on our calendar, will continue to be suspended until further notice.

The safest approach continues to be riding solo or with members of your own household.

[League of Michigan Bicyclist COVID -19 Guidance](#)

[USA Cycling Video on COVID-19 Guidance](#)

## On the Cover - Eric Rafeld

***Riding the 2019 Horsey 100 in Georgetown Kentucky***

***Former Club Vice President of Touring***

***Eric joined the Wolverines in 1982 for racing and touring before that he raced with the downriver club for two (2) years.***

***Eric has provided ride leadership for 17 years leading Northville rides.***

***He started a Sunday ride which at first were for newer riders on Hines Drive. To learn paceline, rotating pace lines and just general skills so they could join the other group rides.***

***Eric rode TOSRV, 17 times, DALMAC Quad or Quint 15 times. Numerous other rides Bicycle Tour of Colorado, Red Flannel, MMM, Ride the Charx, Metro Grand Spring Tour, Club Point Pelee Ride from Amherstburg to Lemington in Canada.***

***“I’m sure there’s many others that don’t come to mind. Rode Grand Teton this past summer with my son, that was a great time.”***

# Great Ride Pictures

Have great riding picture send and see it here.



**Photo by Scott Kroske**  
**during a “D” Ride**  
**Reflector Art Installation**

**Location: Detroit’s New Center Area Cass Avenue Railroad Viaduct**

**Sumbit your picture here**

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

# In this Issue

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**Member Eric Rafeld Profile**

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**Wolverine Racing New Team members Pages 7 - 8**

**Dirty Kanza 200 Gravel Ride Pages 9 - 15**

Dec-2020 Editors Update: This article was written before race organizers made the decision to rename the event for 2021 to **UNBOUND GRAVEL**. "The word unbound most literally means to be free," The name change was in recognition that the current name offensive and was not representing the what organizers wanted going into the future. [Click Here for More on Name Change](#)



**XC Skiing and Riding in “D” Tips Page 16**

**Detroit Bicycle Repair Stations Page 17**

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**News,Cycling Articles & Videos & Other Fun Stuff Page 19**

Page 19 Includes Must Read and Important WSC Kit Delivery update and the LMB article on “What Cyclists need to know about No Fault Auto Insurance Changes”

**Wolverine Sponsors Page 20**

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**Next Issue September**

**South Tier - Transcontinental Ride**  
**Wolverine Racing Team Profile Joel Poliskey**

**Have Story To Tell Story To Tell**

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





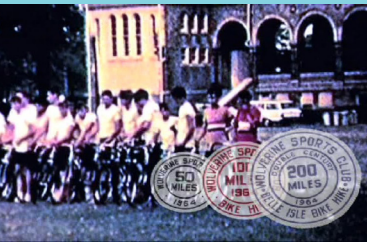
The Wolverine 200 got its genesis from a series of Pepsi marathons events, one of which was in New York's Central Park and one on Detroit's Belle Isle.

When John F. Kennedy was president, he promoted physical fitness with his President's National Fitness Challenges which included Jumping, Push-ups, Running, and 50 mile hikes.



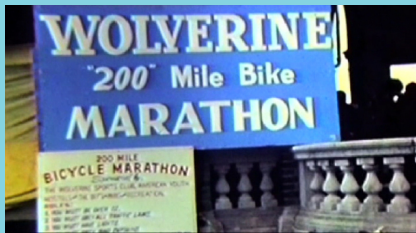
So legendary Wolverine Coach Mike Walden said "if an average person can walk 50 miles in a day, a cyclist on a halfway decent bike could go to 200 miles." The idea of the Wolverine 200 was born. The club held its first event in 1963, when the club had 40 riders.

The big question was whether the City of Detroit would allow people to camp out on Belle Isle for 24 hours. Mike convinced the Detroit Parks and Recreation Department and the city leaders to allow overnight camping in support of the riders.



The Wolverine 200 was an annual spring event where the Belle Isle roads for the course were closed. Each Lap, riders rode through a checkpoint near the Belle Isle Casino where volunteers provided proof of every lap.

The second Wolverine 200 was opened to everyone, not just club members, and brought 280 cyclists to the event. Club members acted as Road Marshals to keep things orderly and safe.



The Pepsi Cola company and Detroit News became sponsors of the event, and their publicity brought a high number of over 10,000 cyclists to the marathon.

The Wolverine Sports Club and The Boy Scouts of America were the only two (2) groups ever allowed to camp on Belle Isle for an entire weekend.



Riders and volunteers would arrive on Friday afternoon or evening and stay until Sunday afternoon.



People brought campers and set up tents, housing friends and family members who supported their riders with food and water.

When the event allowed camping, it was a wonderful occasion and a rare opportunity to camp on Belle Isle with its great river views.

The Wolverine 200 grew to become a family weekend event drawing people from across the nation.

Thousands and thousands of riders participated in this event over the years and it generated great memories for all that rode it. The last Wolverine 200 was 2008. The number of cyclists declined, camping had to be eliminated, and the cost of island rental and police protection made the event financially unfeasible.

*"Great enthusiasm remains from the WSC Membership for a fun-focused and family-friendly, Club-Sponsored Event. The Wolverine Board is exploring future events for 2021."*





New riders are joining the Wolverine Elite Race Team. Eric McBride raced for the club throughout 2019 season. Eric made several podiums during the season and has improved our team racing. James Ried has also joined team.

The 2021 season looks promising and the club continues building on it's long of history of producing Champions.



**2019  
Rider of  
The Year  
Eric  
McBride**

**2019  
Master Rider of  
The Year  
Ray Dybowski**

**Wolverine Sports Club Racing Team:**

The WSC Racing Team is open to any WSC member that competes as a citizen or licensed racer. The WSC Racing Team will have access to any and all WSC training rides and confidential training information. The WSC racing staff will do their best to help any WSC member develop the skills, knowledge, and fitness needed to compete safely, confidently, and in good sportsmanship, with the hope that he or she will develop into a WSC Elite Racing Team member. Minimum qualifications for the Wolverine Sports Club Racing

**Team:**

- Member of the Wolverine Sports Club, in good standings with membership dues paid.
- Must maintain a high standard of good sportsmanship.

**Wolverine Sports Club Elite Racing Team**

The WSC Elite Racing Team will be made up of Wolverine Sports Club members (developed or acquired) that have a demonstrated ability to compete at the highest level of racing in Michigan, the Midwest and national events, with the goal that he or she will develop into a national class or Pro racer. Junior & U-23 riders will also race on the WSC Elite Racing Team in a development status. The WSC Elite Racing Team will have access to any and all WSC training rides, confidential training information and if possible, assist in the development of club riders.

**Minimum qualification for the Wolverine Sports Club Elite Racing Team:**

- Member of the Wolverine Sports Club, in good standings with membership dues paid.
- Commitment to compete in a minimum of 10 races, not including training races (Waterford, Ann Arbor, Ciociaro, etc....)
- Commitment to race a minimum of 7 Michigan points races.
- Demonstrate ability and desire to compete with the best racers in Michigan.
- Must maintain a high standard of good sportsmanship.
- Junior & U-23: Any level.
- Women: Must compete in category 3, Expert/Elite MTB or higher.
- Men: Must compete in category 2, Elite MTB or higher.







## **200 Miles of Gravel You Say!! .**



**Each Year Roughly 2,750 riders roll away from the start line in Emporia, Kansas, for the running of Dirty Kanza, considered the world's premier gravel cycling race.**

**Most will contest the marquee 200-mile route, though others will ride the 100-mile course and a select few will embark on DKXL, a 350-mile invite-only trek that actually starts the previous afternoon.**

**"Over 35 percent of 200-mile riders do not even finish the DK 200."**

# **2019 Dirty Kanza 200**

## **The Experience of a Lifetime**

### **By: Chuck Cory**

**DK200**, an adventure that I didn't think would ever be on my bucket list and now that I have completed it, the question is would I ever want to put myself through such agony again?

**My Steed!** As many of the Wolverines know, I like to ride the group rides whether it be on the road or gravel with my 19lb hardtail mountain bike. It's a great bike and quite frankly I didn't want to buy yet another bike, I was already at N+1!

Well, over the winter months and quite a bit of smooth talking to my wonderful wife my plan quickly changed to compete (let's just say finish) on something other than a bike that I already own. Figuring that even if I rode at an average pace of 15mph (which would be ambitious for me over that distance) it would still take me just over 13 hours! I quickly mobilized to execute plan B.

The bike of choice for my longest ride ever turned out to be a Salsa Warbird. I purchased the bike from Grand Rapids Cyclery, they were so kind to deliver the bike the day before to the starting line of one of my training rides, the 100 mile Barry Roubaix Psycho Killer. After a few quick updates, saddle change and removal of the reflectors and silly chain guard, I was set for the maiden voyage.

The Warbird was an economical choice, I ended up getting the base model and in preparation for the DK200 I purchased a few **MUST** needed items.



## MY GEAR

**Ok, maybe more like wants vs needs but come on, If I am going to be riding all Damn day (maybe eclipse into the next) I needed whatever I can get just short of a new motor.**

**Upgraded drive train – I went with a 2x mechanical Ultegra setup to have the range of gears to suit the hills. Yes hills, the Dirty Kanza 200 clocks in at just over 10,000 ft of climbing. That's the same type of elevation gain that I endured for the Leadville 100!**

**Upgraded wheels – While aluminum wheels would have worked just fine, I opted for some weight saving robust carbon wheels. Rubber – I opted for the Teravail Rutland 700x42c with durable compound. While at Grand Rapids Cyclery, they noted that Matt Acker rides with those. If they are good enough for Matt, they are Damn sure good enough for me!**



**Pump – the flint hills are known for shredding tires and causing flats and I wasn't sure just how much CO2 I would need so I ended up getting a frame pump to make sure I was covered.**

**Frame Cleaner – they say that the mud in Kansas gets to be the consistency of peanut butter. A mud clearing device is a crucial tool to be able to clear the mud that could get stuck between the frame and tires. I also heard about the unfortunate circumstance where flint rock is embedded within the muck and can tear up your frame! Helicopter tape is recommended to protect the frame, I did not go that route.**

**With the gear to cover me for the race and supporting family to keep me going through Hell and Back we flew into Kansas and were greeted by such a hospitable town!**

**Its highly recommended to get to Emporia at least by Thursday to see the area, get your bike dialed in and to be able to take full advantage of all the festivities including the Dirty Kana expo and pre-race ride!**



# Race Day

**I was setup for whatever was thrown my way! I had 4 tubes with me, 3 strapped to my frame and 1 in my seat bag in case of a flat and I was at the starting line ready for the 6am start. As I reflect back on my experience there are a few things that stick out in my mind.**

**The 1st break stop was at mile 64. With a rough calculation of my expected pace, my wife would need to be at the checkpoint between 9:30 -10am. The initial shock hit me just shortly after the race started, a text came in of a flat!**

**With my heart racing from the adrenaline pumping through my body a quick realization came to me that NO, it was not my bike but my wife's Suburban. She did a tremendous job problem solving the issue and staying on track to still meet me before I hit the first checkpoint.**

**Fortunately, she found a local tire store who made valiant efforts to get someone in at 6:30am on a Saturday to plug her tire. Crisis averted!!**

**I jumped around a number of pacelines from the beginning of the race. It was a beautiful day, as I kept keen focus on the tire ahead of me every now and then I caught a glimpse of the blue skies and rising sun casting stunning rays of light across the vast fields.**

**It was at 9:35am when I recall a quick glimpse of the Flint Hills stunning landscape that I realized how warm I already was and concern about how warm that it would soon become. The first checkpoint came and went without a hitch. For 2019, the race organizers switched from 3 checkpoints (50, 100 and 150) to 2 (64 and 154).**

**Why you may ask, well for many the 100 mile mark was a point at which many people in the past called it quits! The thought was that everyone would make it to 64 and if you could push through it to make it to 154, you would finish the race.**



## 100 miles

**As I surpassed 100 miles, I said to myself “I just have 100 miles to go!” Now I read and watched many excerpts about the race and heard so many talk about the DARKNESS that one goes through leading up to 150 miles and no shit, they were right!**

**The heat wore on, once passed 120 miles I had apexed over my longest ride that I had done on a single day. I struggled hard and lost time.**

**I kept envisioning my family at the second checkpoint parked in a vast grassy field where I could just maybe lie down and take a quick 30min nap to recover and get my wits back.**

## 154 miles

**Unfortunately, as I inched my way into mile 154, I was not only greeted by my very supportive family but also a large blacktop parking lot with now where to take a nap!**

**I sat off the edge of the car closed my eyes and intermittently ate fruit and drank pickle juice and a tall chocolate milk.**

**My whole family felt my pain, my wife leaned over and gently whispered that “what you have completed is a great feat. There is no shame in calling it a day.”**

**That’s when I lit up and said that there was no chance that I was going to quit, for all that I had been through, hey I only had 50 miles left!!**

## 201 miles

**Believe it or not, the last leg of the race was my fastest.**

**I got my 15th wind and with the carrots dangling in front of me – Salsa Chase the Chaise somewhere between where I was at and the finish at 201.7,**

**I was PUMPED! No longer was I riding in pacelines, that stopped at about mile 80.**

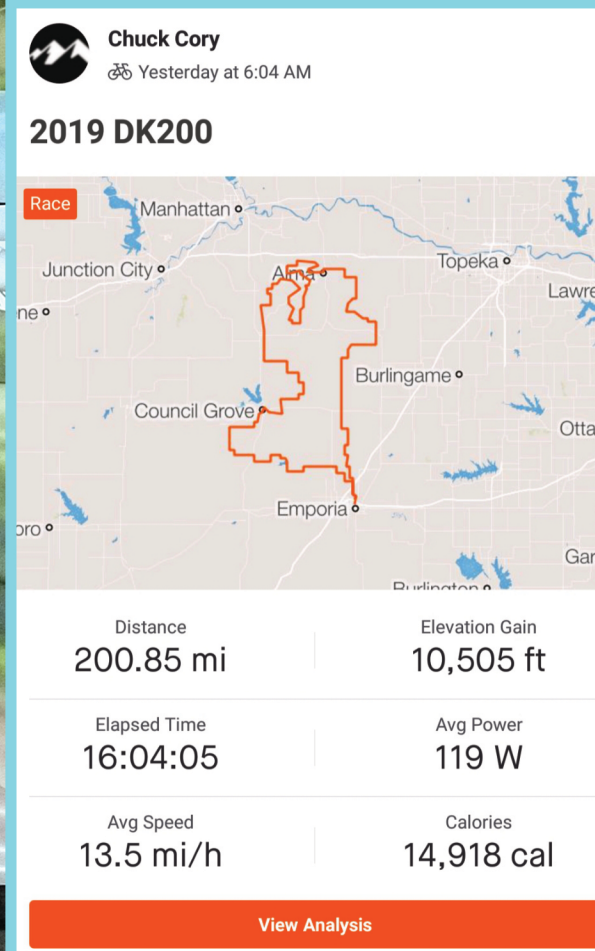
**However, I was passing people and I felt good. With roughly 15 miles to go, the sun was setting and with dusk coming upon me I was riding by the lite on my bike.**

**While I missed the cutoff for the sunset patch, I rolled in at 10pm and was greeted with one HELL of an after party. The whole town was lit up, cheering and various food booths open to get some much-needed calories!**





# Chuck's Support Crew



## XC SKIING

**Bev & Scott Duthie after XC skiing (at least 10k) at 10,000 feet at the BRECKENRIDGE NORDIC CENTER COLORADO.**



**Each January the Wolverine Sports Club holds a weekend of XC Skiing and Clinics for members. Two (2) Days of great skiing and fun with races and team challenges at the Forbush Corner Lodge in Frederic MI.**

**Weekend Activities : Crazy Hat Relay Race, Badlands Fun Ski Poker, The famous Crazy Hat Relay Race, and Badlands Ski Poker Envelopes/Hands Nordic CLASSIC ski clinic and Nordic SKATE ski clinic**  
**Trails groomed for both skating and classical skiing, also Snowshoe trails**  
**Ski shop featuring Madshus skis and equipment**  
**Expert ski sizing services and Rental equipment**

### Tip for Riding in the "D"

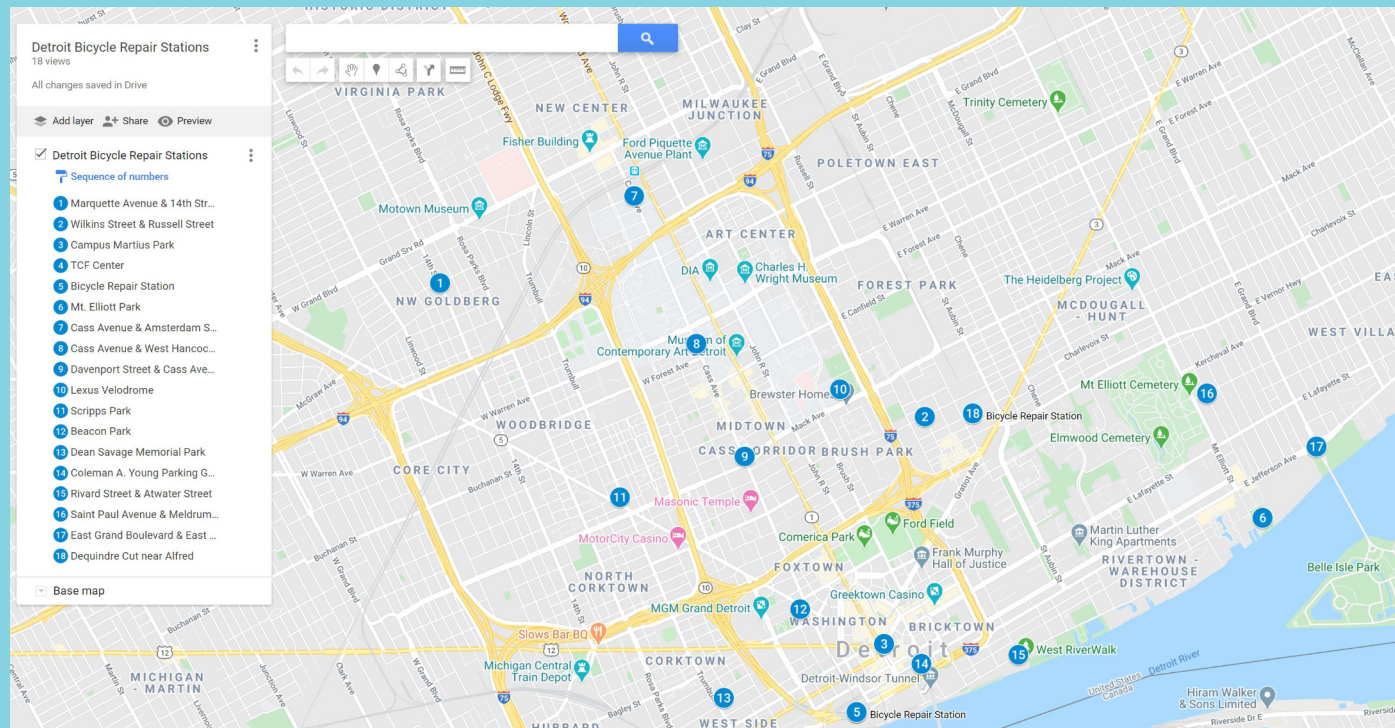


**Due to the State of Michigan Stay At Home Order, Detroit is behind the on cutting the vacant lots. As a result on some areas have grass and weeds are 4 to 5 Feet high. This means both riders and cars have limited visiblity at intersections, so use extreme caution when riding thru cross streets and insections.**



# City of Detroit Bicycle Repair Stations

## New Repair Stations are being installed throughout the city.



**Click Map to view on Google Maps**



***Stations have tools and a stand to hold the bike.***

Crockett Park Marquette and 14<sup>th</sup>  
 Eastern Market Wilkins and Russell  
 Campus Maritus Park Woodward and Madison  
 Detroit Exposition Center TFC W. Jefferson & Washington Blvd  
 MT Elliot Park Detroit Riverwalk Mt. Elliot and Wright  
 Wayne State University Cass and Amsterdam  
 Wayne State University Cass and W. Hancock  
 The Hub of Detroit Cass and Davenport  
 Detroit Lexus Velodrome Tolan Playfield Chrysler Dr & Mack

Dequindre Cut Greenway at Alfred  
 Scripps Park Grand River and Trumbull  
 Beacon Park Grand River and 1<sup>st</sup>  
 Dean Savage Memorial Park Trumbull and Abbott  
 Coleman A. Young Parking Garage Larned and Randolph  
 Detroit West Riverwalk Rivard and Atwater  
 Capuchin Soup Kitchen St Paul and Meldrum  
 Gabriel Richard Park East Grand Blvd and E. Jefferson

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.

## Cycling Mask Evaluation #1

Calvin T. Hughes Jr. VP of Touring

## Sold by Fit Sports Products

<https://www.fitsportsproducts.com/>

<https://www.fitsportsproducts.com/search?type=product&q=mask>

Sold as N95 Mask with Active Carbon Filter and Washable Exterior

Sport Mask Made in China with exhalation valves

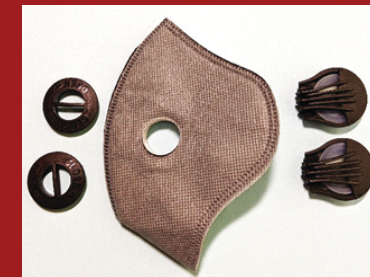
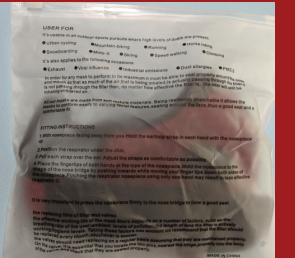
Activated Carbon Dust Mask (extra filters can be purchased)

Protection Level of 2.5 PM (particulate matter)

Recommended Filter Replacement once a month - Standard Size (Stretchy and Adjustable)

**Note: This mask provides protection for the wearer only!**

**There is no protection for those near the wearer as the exhalation is not filtered!**



## Riding with this mask

Test Ride Conditions

Temperature - Start of Ride 68 End of Ride 78 degrees

Distance 10 Miles

Pace 13 mph Avg with a few 18 mph spirits

## My Observations

### Fit and Comfort

This mask is adjustable with the combination of the ear loops and the behind the head velcro straps. Mask did not slip or shift during the ride. Nose Bridge is moldable plastic to provide maximum seal. Mask extends over entire mouth area and below the chin.

### 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, I did feel some residual heat and moisture inside the mask as air exited from the mask through the dual valves. I felt no shortness of breath or struggled to inhale.

### Masks Fact Checks and Info:

<https://www.usatoday.com/story/news/factcheck/2020/05/30/fact-check-wearing-face-mask-not-cause-hypoxia-hypercapnia/5260106002/>

<https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data>

<https://www.materials-talks.com/blog/2020/04/22/treatments-for-the-novel-coronavirus-covid-19/>



# Wolverine Sports Club Sponsors



**30% Member Discount**  
**Helmets, Eyeware, Goggles, and Gear Bags**



Showrooms open by appointment  
and also with limited availability.

10% discount on accessories for club members.



## Cycling Articles and Videos and Other Fun Stuff

### In The News

WSC Board Member Nancy Short is now a League of Michigan Bicyclists (LMB) Board Director. LMB advocates for bicycle-friendly policies at the State Capitol; provides financial assistance to individuals and organizations with a shared mission; develops and promotes educational materials for bicyclists, motorists, engineers, and law enforcement; runs several annual multi-day cycling tours; and provides bicyclists with an annual ride calendar featuring statewide bicycling events.

Michigan No Fault Auto Insurance Reform begins July 2<sup>nd</sup> League of Michigan Bicyclists (LMB) provides primer for what it mean for you as Bicyclist.  
<https://www.lmb.org/2020/06/what-cyclists-need-to-know-about-no-fault-changes/>

**Notice:** Update on WSC Kit orders. The order finally went into production on June 8 at the Louis Garneau Mexico factory. It is scheduled to direct ship by July 13th.

### Videos

Watch "Danny MacAskill - Archive - The Trailer Flip" on YouTube [From his Danny Daycare Video see entire video here](#)  
Danny MacAskill takes you behind the scenes of one his most iconic tricks.  
Showing you the meticulous months of planning he puts into his tricks.

Watch "Are You Riding With the Wrong Saddle Height? The Science" on YouTube

Watch "Does Your Pedaling Technique Affect Your Cycling Performance? The Science" on YouTube

Watch "Why Guinness DIDN'T Give me a World Record for Unicycling 35,000km around the Earth" on YouTube

Tweets of the week: A farmer drafts Rigoberto Urán while Kwiatkowski gets taste of his own medicine



### Reviews and Tips

<https://www.velonews.com/gear/swedish-group-tests-27-helmets-to-determine-the-safest-for-cyclists/>

<https://www.cyclingnews.com/features/tyre-pressure-explained/>

What you need to know about tyre pressure, rim width and the limits of safety | CyclingTips

<https://road.cc/content/buyers-guide/buyers-guide-tubeless-tyres-214416>

<https://road.cc/content/feature/why-you-should-check-out-your-bikes-warranty-268653>

### Be Inspired

<https://www.cyclingnews.com/amp/news/ted-king-puts-down-phenomenal-20-hour-310-mile-gravel-ride/>

<https://www.bicycling.com/culture/a32346213/leo-rodgers-amputee-cyclist/>

### Articles Submitted by Member Nino Pacini

<https://www.velonews.com/culture/how-rick-denman-went-from-bicycle-stunt-cameraman-to-bicycleclean-organizer/>

<https://www.losaltosonline.com/news/sections/community/177-features/62262-local-forms-cycling-group-to-clean-up-streets>



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

**2010 S-Works 29er Carbon Mt. Bike.** SramXX + S-Works crank. 19 inch. Used approx. 600 miles a year. Used only in the fall or spring. Mostly used on roads. I mainly ride a road bike and just got a gravel bike. Pedals are not included with the bike.

\$2500. Cash only.

If you want pictures of this bike write to me: [JFMarble11@gmail.com](mailto:JFMarble11@gmail.com)

Cell number: 248-417-5320. Call or TXT.

**2018 Pro Ksyrium Carbon SL Wheelset for Sale** - Excellent Condition

Selling with excellent condition carbon rim brake pads. Barely ridden. Never raced. Make an offer! MSRP was \$2199. Lightest wheelset I've seen in awhile.

Contact directly:

**Lindsay E. Klee**

(734) 660-8152

[Lindsay@LindsayKlee.com](mailto:Lindsay@LindsayKlee.com)

***We are in a historic NO BIKES CRISIS Supply Chain is Empty!!  
Now is time to sell a bike or stuff that has been sitting.***

**Place Your Ad Here Now for Next Newsletter in August**

**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.***