

Wolverine Sports Club

ISSUE#3 Cycling - Speed Skating - XCSkiing January/February 2021



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.

Changes in Wolverine Sports Club Leadership News
The WSC Board has announced several Board & Officer changes, the outcome of looking ahead for our organization.

George Dubrish is stepping down from the role of President after 10 years of dedicated support. We as a club owe him great thanks. When the future allows, we would like to formally recognize George for his contributions.

We are pleased to announce John Sammut has been appointed our new WSC President. Looking forward to lots of great things to come.

Replacing John as VP of Racing will be Tim Fargo, who has had an ongoing involvement in the race activity. Tim has also been appointed a WSC Board member filling the remainder of John's board term.

Nancy Short has resigned her position as WSC Board member. We thank her for her contributions.

Calvin Hughes has been appointed a WSC Board member filling the remainder of Nancy's board term. Calvin has elected to step down from his role as VP of Touring. Replacing Calvin as VP of Touring will be Chuck Reynolds.

Glenn OConnor is now our VP of Cross Country Skiing.



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Stories in Upcoming Full Issue

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





Enjoy Our Winter Wonderland















Ride - Snowshoe - X Ski

WSC Speedskating still an available cross training option this winter.

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.

Contact coach Dave at (dave@daverondot.com)

Marc Posen (VP-WSC Speedskating) at (marpos@comcast.net) for more details.

Hazel Parklee Arena Tuesdays, 7-8:20 PM 1555 E. Woodward Heights Hazel Park, MI - 243-546-5700

Ann Arborlee Cube Saturdays, 4:215-5:45 PM 2121 Oak Valley Dr. Amn Arbor, MI 48108 - 784-214-2025

CLICK A TOPIC TO LEARN MORE

Bicycling Culture

Greg LeMond receives Congressional Gold Medal

Connie Carpenter: Olympic champion, world champion, frustrated cycling fan

Bikes projected to outsell cars

in Europe two-to-one by 2030

Video: Shawn Neer Rides Bikes Ridiculously Fast & Announces Support of Grow **Cycling Foundation**

Riding Bikes with Ruby Isaac Is a Total Blast. Even When She Drops You.

Bike from Banksy's Nottingham hula-hooping girl vanishes

14-year-old schoolboy completes Everesting in 28 hours without sleep

Watch "3 VS 1 | Can A Time Trial Bike Beat 3 Roadies

Dog Terrorizes Racers at Vlaamse Druivencross

Festka creates another spectacularly intricate one-off the Scalatore Samurai and Cactus Bike Crash - OUCH

100 Mile Record Holder Jonathan Shubert Gets PEZ'd!

The Story of My Life, in 12 **Bicycles**

What it's like to write off a \$20,000+ bike on the first ride Video of Crash

I Build Ghost Bikes. Here's What It's Taught Me About Who Dies on a Bike

Is the Rim Brake Dead? Disc **Brakes Versus Rim Brakes**

Bike Tips Health

The Benefits of Speedskating for Cyclists Bicycle Racing

Top 10 Health Benefits of The Zwift world **Cross-Country Skiing**

Burn, Baby, Burn: Reap **The Health Benefits of** Snowshoeing

Strava finally reinstates support for Bluetooth heart rate monitors

Ebike ambulance hits the Bicycle Saddles streets of Paris /

The long and the short of Covid-19 for cyclists

The 10 Best Home Exercise Bikes in 2020

Can't Take Your Bike! This Exercise Bike Folds Down To The Size of A Carry-On Bag

6 Exercises to Boost the Power in Every Part of Your Pedal Stroke

Do low-cadence drills actually make you

Warning lights: Nine health checks for <u>cyclists</u>

Carrying Children In Cargo Bikes Can Be **Dangerous, New Report**

Feds seize 600 kids bikes with lead paint

Bike Tips &Tech

Al Coverage Comes to

championships are coming complete with a pixelated rainbow jersey

Radical new chain claims to be faster, more durable than anything available

Brexit Halts Home Sales Of Made-In-England Brooks

Bob Jackson Cycles Saved!

Shimano patents suggest wireless, 12-speed coming

Speeco causes a stir: new aero optimised road handlebars with forearm rest launched

Spring-powered wheel claims to be 'E-bike alternative at lower cost

You Should Hot-Wax Your Bike Chains. Here's Why.

Zipp explains hookless tubeless rims for road bike.

Should you put tubeless sealant inside tubular tyres? Pro teams think so

Rimpact CX tire inserts make clincher tires a viable option for gravel and cyclocross racing

Black Ox Sealant mixes carbon fibers to create a "bulletproof" bike tire sealant

Wandrer - New Way To Track Your Rides

How To

5 Drills To Improve Your **Bike Handling Skills**

The better (and easier) way to bleed brakes | **Syd Fixes Bikes**

How To Brake Hard On Your Road Bike Without Crashing

Riding With The Best Trials Rider In The World : Jack Carthy

How tires are made Vee Tire Co. Factory Tour // Part 1 - From tree to tire, this is where rubber comes from Part 2

How to buy a complete winter cycling clothing wardrobe for \$200?

The best winter cycling socks can be the difference between success and failure on a cold winter ride

The Lost Art of Winter Cycling - It's never too cold to ride outside. (Well, almost never.)

The man behind the world's lightest 29" bike The US is building a bike Rail to Trail that runs coast-to-

Trails

Roads

ess Traveled

Rail Riding, No Not Trails I mean on the rails. Watch Video

coast across 12 states

What's more Canadian than a bear saying sorry? Ice bikes

Bikepacking the Colorado Trail Riding high from Denver to Durango

Following the Underground Railroad Route By Bicycle

Gravel tire group test - On the search for the best allrounder

CounterPoint: Knobby Tires and Gravel Bikes DO Matter

How the White Rim Fastest Known Time became a thing <u>The 100-mile mountain bike</u> loop in Utah has become a target for amateurs and top pros alike.

Why Your Next Trip to New York Should Include Riding the Empire State Trail

Bikepack Racing 101: presented by Adjunct Professor Ted King

15 Products to Make Riding **Gravel Less of a Grind**

The Best Bottle Cages for Gravel Cycling: They Don't Launch Bottles!

We're getting closer to knowing <u>where e-bikes</u> belong

Scout ebike camper trailer inspires two-wheeled micro adventures' with you





Gary Fisher

Totally Original, Uncensored and Beyond Cool



Lee Hoffman Gary Fisher Calvin Hughes Ypsilanti, MI - Post Ride Party after February Yet Another Chili Ride Circa @ 2000





Click Above to hear this downtime,com podcast with Gary.

Much has been written about Gary Fisher, one the pioneers of the mountain bike industry. Hear Gary tell his life story in his own words in this great downtime podcast. How he got into cycling and mountain biking and building the Gary Fisher Brand.

Shop Our Club Sponsors



Helmets, Eyeware, Googles, and Gear Bags

Being Gary Fisher and the Bicycle Revolution Autobiography available at Trek.com









Spin with Ray





When the weather is frightful outside spin with Ray Dybowski in his Virtual Training - Every Tuesday and Thursday until 3/11/2021 from 6:00 PM to 7:30 PM (GMT-05:00) Eastern Standard Time.

Go to Zoom.com Meeting ID: 937 2532 4216 Passcode: 439762

Use this Link: https://zoom.us/j/ 93725324216?pwd=T0hNTDhoZmZzWW85eHNtUTcvK381Zz09



Learn from Ray and his knowledge of the Coach Mike Walden's training and other legendary Wolverines.

Training indoors can be fun and keep you in shape in these winter months.

Just grab your shoes and jump on your trainer or exercise bike, Spin along with Ray and many others.





Circa 1980(s) Florida Walden School of Cycling





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 or Best Offer Interested, contact Mark at bedardmab@gmail.com.



2015 TREK BOONE 9 CYCLOCROSS BIKE 56cm \$1,700

BIKE IN EXCELLENT CONDITION. Well maintained as a back-up bike.
Used only for road riding.

WHEEL-SET & TIRES- Bontrager RXL Tubeless ready with new 32 cm Gatorskins DRIVE TRAIN – SRAM-FORCE II (46/36 11-28) For more information call or text Tom O'Keefe 313.319.2819









For Sale Wolverine Sports Club Short Sleeve Jersey

Size XL - Wool
Three (3) Rear Pockets
Good Condition
Worn Twice - Wrong Size
Just \$60 Great Deal!!
Contact: James Marble
248-417-5320
jfmarble11@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 responsibility for resolving disputes between sellers and buyers.

