

Bicycling

Dale Murrish

9 May 2014

With some slides from Bill Hughes
See his presentation on bike touring
from May 2012 on our website

<http://usameltingpot.org/category/hobby/biking/>

Bill rides about 4000 miles / year,
including commuting to work



Bicycling – a hobby for everyone

- Recreational riding with family and friends
 - Find someone who knows about it and ask!
- Organized rides, informal and formal
- Bicycle touring

Recreational Riding

- Start out with a bike & helmet
 - Road, Touring, Mountain/Trail, or Urban/Hybrid
- Add equipment slowly – specialized gear has a reason...

Essentials

- Helmet
 - ANSI Approved
 - \$20 to \$200
 - Protection is the same



- Gloves
 - Protect hands in a fall
 - Better grip



Other Essentials for Touring

- Bike Shorts
 - Help prevent chafing and saddle sores
 - A must for long distance riding
 - Cotton underwear will be killing you after 4 hours
 - Skin creams are also recommended
 - Padded briefs are also available if you want to wear regular shorts



Shoes

- Any type of shoe is OK if it has good support and protection
 - Leather topped walking shoes are good
- Clipless biking shoes
 - Special cleats on shoe lock into specially made pedals
- Tennis shoes are OK for recreational riding but not recommended for long tours – stiff sole on bike shoes helps transfer power to pedals

Comfort

- Comfort depends on
 - Proper bike fit
 - Seat height
 - Handlebar height
 - Handlebar positions
 - Drop handlebars are best – have the most hand positions



- Remember that comfort is a relative concept.

Pedal Cadence

- Gears allow for optimum pedaling cadence and effort under variable riding conditions
- Cadence – pedal rotations per minute
 - 80 to 100 is best

Places to buy a bike

- Local bike shop for proper fitting
 - D&D Bicycles, Berkley
 - KLM Bike & Fitness
 - American Cycle and Fitness
 - REI
 - Many others
- Avoid stores that sell but do not support
 - Big box stores
 - Sporting goods stores
- Internet and mail order stores OK for accessories and parts but little support for bike purchases

MPG Dream Ride

a bicycle tour to benefit

Special Olympics
Michigan



Hosted by **GM Milford Proving Grounds**
Organized by **GM Jumpstart Community Service Group**,
Led by **Ben Christian**.

Sponsored by **Specialized, Cycletherapy,**
Essex Brass/Prestige Cycling Club.

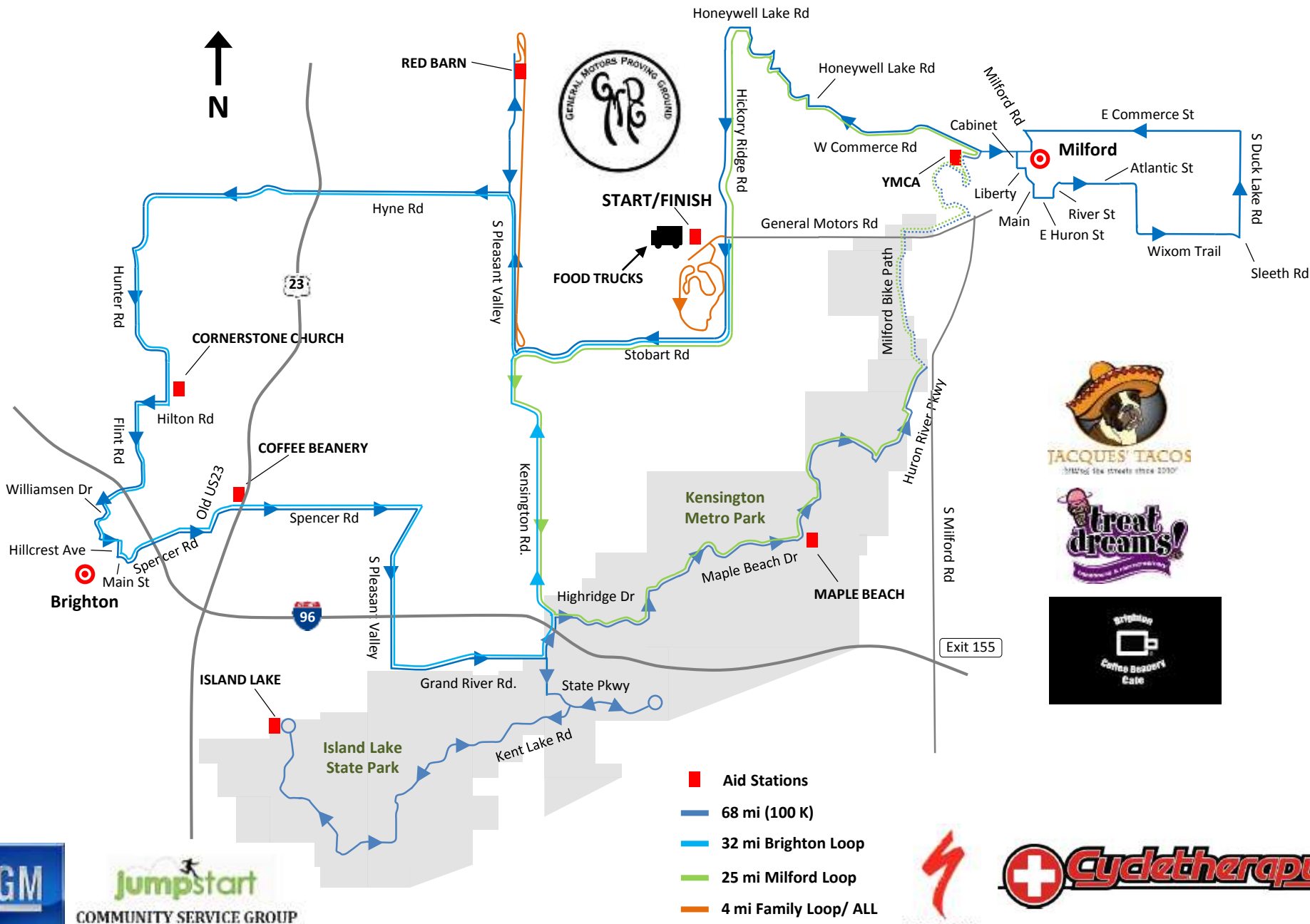
Food providers: **CliffBar, Jacques' Tacos, Treat Dreams!,**
Brighton Coffee Beanery Café.

Photos by **Dale Murrish**, GM Powertrain, Pontiac, MI

August 3, 2013



MPG Dream Ride - Route



Start your Pedals!



GM's Milford Road Course



Milford Road Course



Nürburgring Replica Turn



GM Volunteers on the “Lutz Ring”



GM exec Bob Lutz pushed for the construction of the Milford Road Course in 2004, so track testing of performance cars would not have to be done off-site.

Who holds the MRC track bicycle record?



Riders at Milford Proving Grounds



Brake Test Loop

**Ben Christian &
Teammates**

03 Aug 2013



**North-South
Straight**



Photos this page
courtesy of Ben
Christian



The Red Barn Aid Station



03 Aug 2013

Volunteers manned rest stops around Milford & Brighton.



Red Barn Site



**Entrance to the
North-South Straight**

North-South Straight – Quiet!

