

Michigander Bike Tour 2012 and Bicycle Gears

Bob Paull & Catherine Herron

31 May 2012



Bob Paull bio

- Hometown – Rochester Hills, Michigan
- BSME – General Motors Institute
- 27 year pro, currently design release engineer at GM Powertrain – crankshafts, bearings, dampers, flexplates
- 15 years Michigander bike tour
- Other hobbies – Beach vacations, cooking, Rochester Mills Bike Club





Who: Experienced and beginner cyclists will enjoy this biking adventure on northern Michigan's rail trails and back roads.

When: July 14-20, 2012

What: 21st Annual Michigan Trails and Greenways Alliance Michigander Bicycle Tour.

Where: Ride on some of Northern Michigan's most beautiful trails and back roads, including the North Central State Trail and the North East State Trail. Visit Mill Creek State Park, Cheboygan, and Alpena. An all-paved route is available for road bikes, and mountain bikers can test their mettle on singletrack.





Welcome to the 21st Annual Michigander Bicycle Tour

JOIN US July 14-20 for the 21st Annual Michigan Trails and Greenways Alliance Michigander Bicycle Tour. Experienced and beginner cyclists of all ages will enjoy this biking adventure in north east Michigan's rail trails and back roads.

The two-day tour option is a great choice for families and first-time riders who want to see what bicycle touring is all about. Those who want to extend their fun and fitness challenge will enjoy the many trails and towns of the 6-day tour.

The featured trails on this year's tour are: North Central State Trail and North East State Trail.

Bring your hybrid, mountain or road bike. An all-paved route is available for road bikes and there are opportunities for mountain bikers to test their mettle on singletrack.

2-Day	Description	Miles	Road Miles	Trails
Saturday, July 14	Indian River - Check-in Ride to Mackinaw City	*36	*36.5	North Central State Trail (All Trail)
Sunday, July 15	Back to Indian River (Finish)	*36	*36.5	North Central State Trail (All Trail)
6-Day				
Sunday, July 15	Mackinaw City - Check-in Ride to Onaway	*44	*45.5	North Central State Trail, North East State Trail (All Trail)
Monday, July 16	to Alpena	*50	*57	North East State Trail (All Trail)
Tuesday, July 17	to Atlanta	*45	*45	Road (All Road)
Wednesday, July 18	to Gaylord	*47	*47	Road (All Road)
Thursday, July 19	to Indian River	*30	*30	North Central State Trail (All Trail)
Friday, July 20	to Mackinaw City (Finish)	*36	*36.5	North Central State Trail (All Trail)
7-Day				
Saturday, July 14	Indian River - Check-in Ride to Mackinaw City	*36	*36.5	North Central State Trail (All Trail)
Sunday, July 15	Follow same route as 6-day (above)	*44	*45.5	North Central State Trail, North East State Trail (All Trail)

Mileages are approximate (subject to change)



Michigander 2012 Dates

2-Day “weekend” – July 14 & 15

6-Day – July 15-20

7-Day – July 14-20

Online Registration Available:

<http://www.michigantrails.org/>

https://fs20.formsite.com/barrymichigantrailsorg/form3/secure_index.html

[Michigan Trails & Greenways Alliance](#)

MTGA is a non-profit organization that shall foster and facilitate the creation of an interconnected statewide system of trails and greenways for recreation, health, transportation, economic development and environmental/cultural preservation purposes.

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1213 Center St, Lansing MI 48906

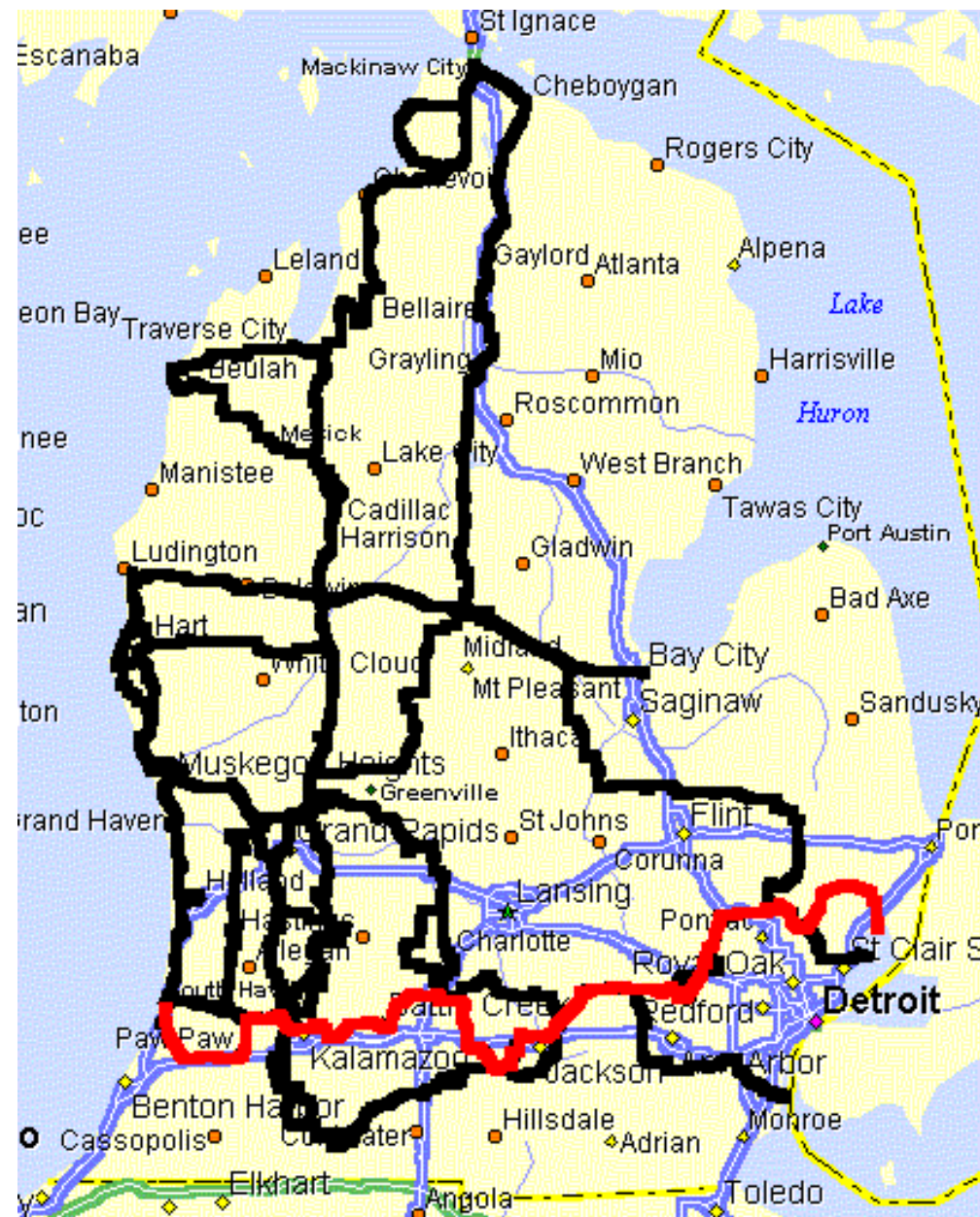
mailing address: PO Box 27187, Lansing MI 48909

phone 517.485.6022 | fax 517.347.8145 | email info [at] michigantrails [dot] org



Past Michigan Bike Tour Routes

The following
slides have
pictures from
previous
tours.





Registration



Camping



Dinner Buffet



Bike Mechanic on the Ride

31 May 2012





Muscatewa Trail



Taking a Break at Grand Haven Beach



31 May 2012

Relaxing in Camp



0

Sag Stop





Riders Going to Mackinac Island



Little Traverse Wheelway –
Petoskey Bay



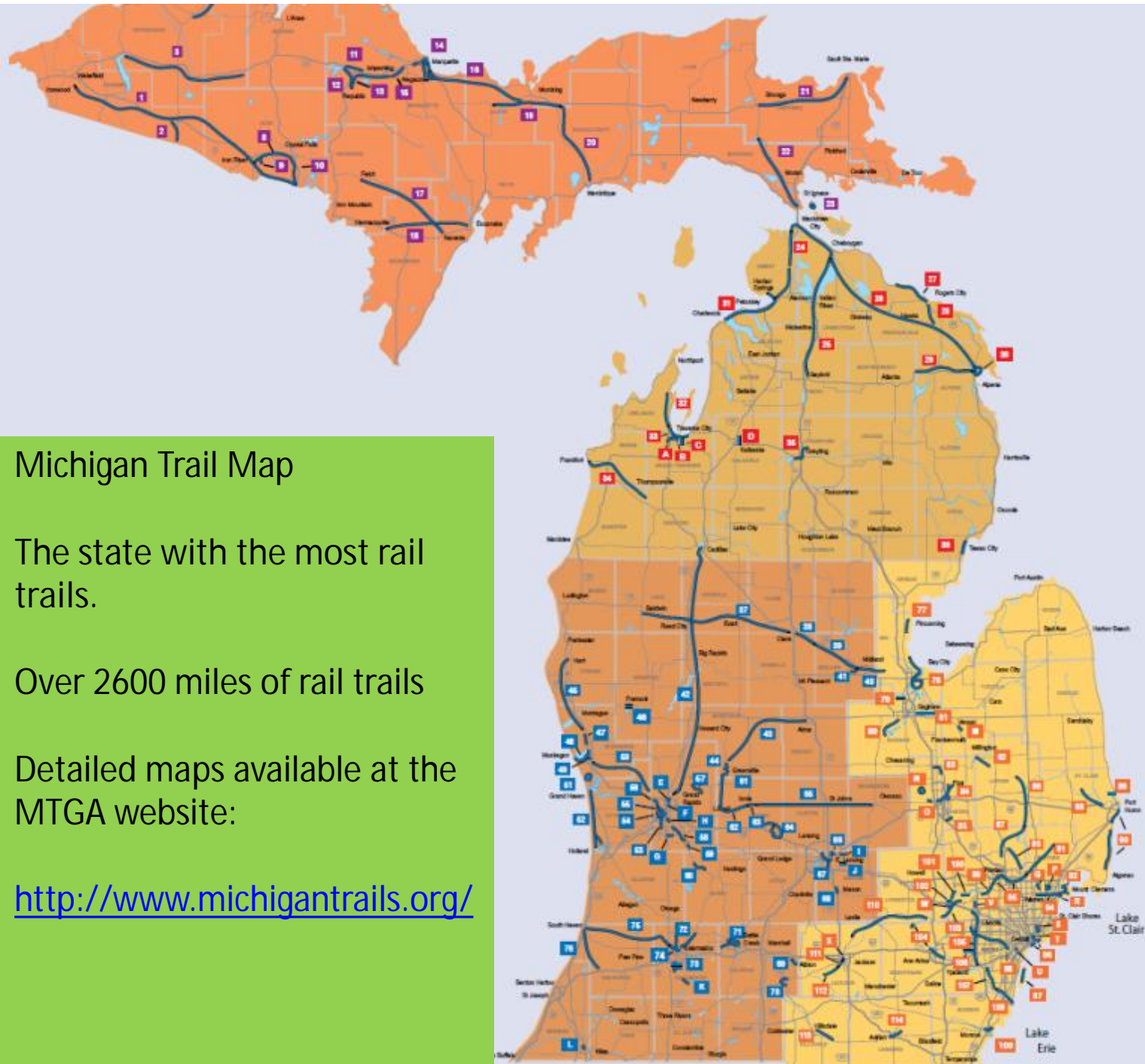
31 May 2012

Relaxing at New Holland Brewery



Finish Line – End of 6 Day Ride





Michigan Trail Map

The state with the most rail trails.

Over 2600 miles of rail trails

Detailed maps available at the MTGA website:

<http://www.michigantrails.org/>



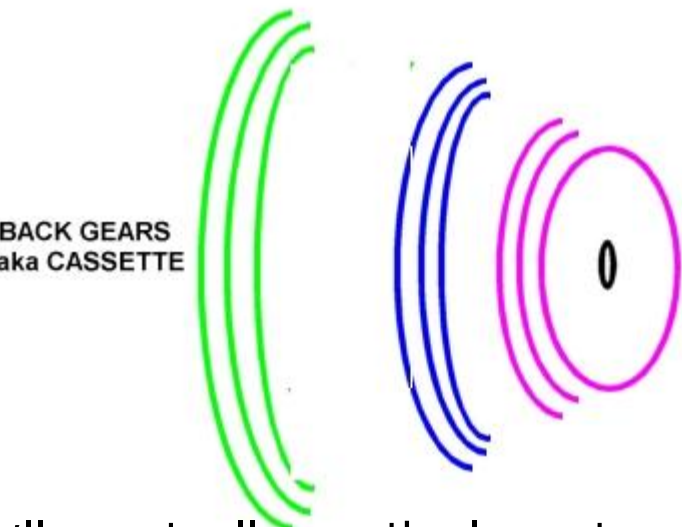
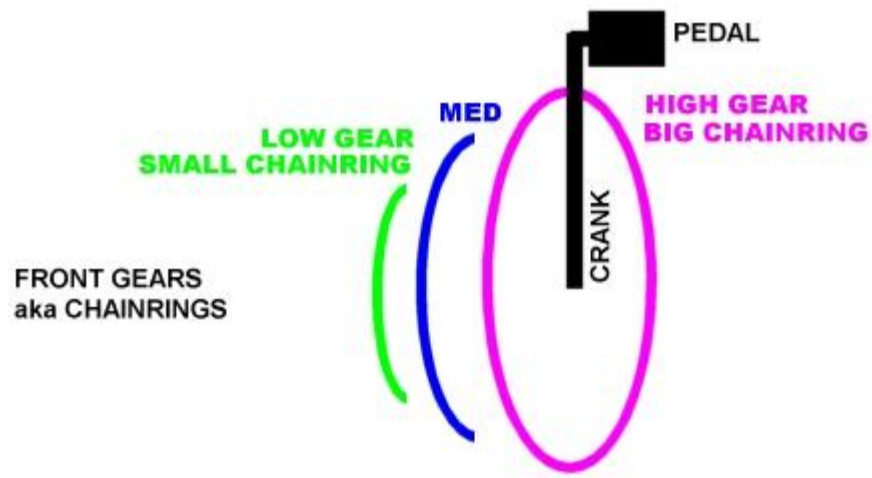
RIGHT HAND SHIFTER – SHIFTS REAR CASSETTE
LEFT HAND SHIFTER – SHIFTS THE CHAIN RING



REAR CASSETTE

CHAIN RING





Gear Inch Calculations (F/R)*27 and Effective Shifting Pattern

		FRONT CHAINRING		
		20	32	46
REAR CASSETTE	34	16 ¹ LOW	25	37 NA
	30	18 ²	29	41 NA
	26	21 ³	33 ⁶	48
	23	23 ⁴	38 ⁷	54
	20	27 ⁵	43 ⁸	62
	17	32	51 ⁹	73 ¹²
	15	36	58 ¹⁰	83 ¹³
	13	42	66 ¹¹	96 ¹⁴
	11	49	79	113 ¹⁵ HIGH

You'll eventually use the lowest granny gear, especially if you're camping and carrying your stuff like Bill showed. It's slow but it sure beats pushing the bike up the hill!
 $20/34 * 27 = 16$ gear inches * 80 rpm \rightarrow 3.8 mph

