



Michigan Sport Touring Report

April 2018

Editor – Ian Orr

Jim Murray Memorial

Saturday, April 28, 2018, @ 12:30 – 3:00
Doc's Sports Retreat, 19265 Victor Parkway
Livonia, MI

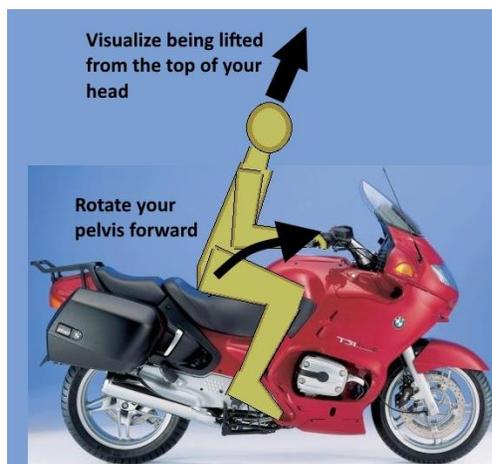
Please join us as we celebrate Jim's life (10/25/60 – 3/21/18). Hors d'oeuvres and light refreshments will be served. Bring your stories and memories. Drop in and share a toast to a great friend, brother, partner, co-worker, riding buddy and more.

Spring Tune-up: Riding Position

By Ken Snodgrass

This article is a summary of Coach Ramey Stroud's March 8 Podcast on Adventure Rider Radio. I believe these suggestions will be helpful to riders of standard, touring and dual sport bikes but maybe not so much for you folks on sport bikes.

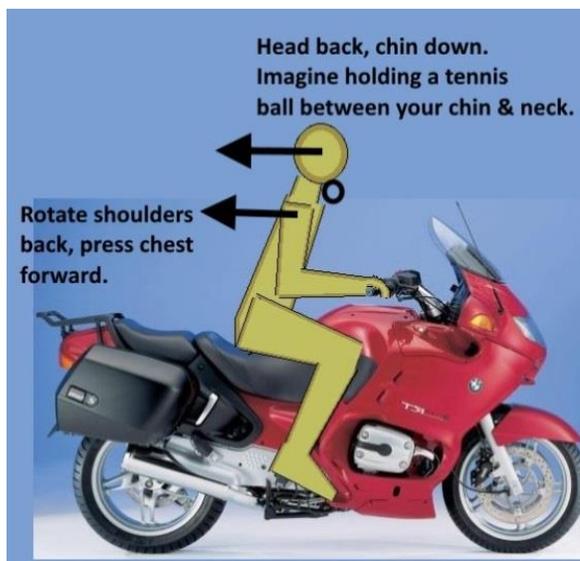
1. Remember what your mom told you – sit-up straight and don't slouch.



- Visualize yourself being pulled up from the top of your head.
- Rotate your pelvis forward and move from sitting on your glutes to your "sit" (ischial tuberosity) bones

Sitting up straight will align your spinal column and give your body more stability and ability to absorb bumps. It will also engage your iliopsoas muscles, one of the 4 muscle groups that make up your hip flexors. If you are like me, you'll find your iliopsoas are a little weak. Not to worry, a couple of weeks of 5 minute exercises (easy to find on the internet) will make a big difference.

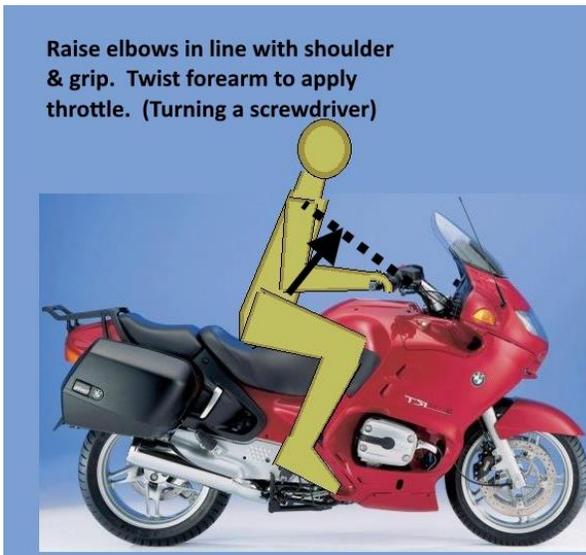
2. Give your shoulders and neck a break.



- Rotate your shoulders back and press your chest out.
- Imagine holding a tennis ball between your chin and neck – this will move your head back, straighten your neck and align it with your upper spine.

By rotating your shoulders back, you will carry the weight of your arms with your back muscles, relieving your front shoulder muscles which tend to be weaker. As with your spinal column, aligning your neck with your spine will increase stability and the ability to absorb bumps.

3. Give your wrist a rest.



- Raise your elbows so they are on the line between your shoulder and the handlebar grip.
- Control the throttle using a twisting motion of your forearm (turning a screwdriver) rather than flexing your wrist.

There are two major nerve groups that go through the carpal tunnel in your wrist and which can become irritated if you continually flex your wrist leading to wrist pain and tingling.

Old habits die hard, so you will probably not be able to adopt all of these suggestions quickly. But when there is a little lull when you're riding give these ideas a try. It may take a while, but these changes to your riding position will reduce fatigue and next day stiffness and pain.

A special thanks to Ken Snodgrass for his article featured this month.

Remember... All published articles earn a free breakfast, entry into the year-end newsletter drawing AND your articles will be appreciated by your fellow members and the newsletter editor, and you will also earn points toward the **2018 MOTY Award!**



MSTR Heads Up

Here's a listing of some of the upcoming local events and meetings within the next few weeks. If you know of a local motorcycle event in Michigan or Ontario the MSTR would be interested in attending send Ian Orr an e-mail at Communications@mstriders.com with the details.

MSTR EAST Breakfast Meeting

Saturday, April 28, 2018, @ 9:00 AM
Doc's Sports Retreat, 19265 Victor Parkway
Livonia, MI

Doc's is located east of I-275, north of 7 mile road and across from Dave and Buster's.

Gregg Mitchell will be moderating this meeting

MSTR WEST Breakfast Meeting

The Saturday, May 21 breakfast meeting is cancelled due to Gala being out of country. The meetings will resume on June 9th at the same location, the Alibi Bar & Grill in Ionia.

MSTR Sunday & Wednesday rides

The Sunday and Wednesday morning local rides will begin as soon as the weather permits.



MSTR 2018 Rides

In 2018 we'll have a similar number of events for MSTRiders to attend.

The dates for many events have already been set and are listed on the Events page of the MSTR Website (www.mstriders.com)

2018 MSTR Historic Courthouse Grand Tour

April 23 – November 17, 2018
Michigan



As I write this, the calendar says that spring is here, but looking out the window, I see freezing rain. I'll take the calendar's word for it. Therefore, since spring is here, I've finally finalized this year's grand tour. We're calling it the 2018 Michigan Historic Courthouse Grand Tour this year.

A courthouse has always been a necessity for county government, both as a courthouse, as well as a location for county offices and officials. Today, as with most other buildings, they are built to be serviceable and look nice, but on a budget. Therefore, most use traditional building materials, which include glass and steel, and some brick and stone. In

the past, a courthouse was also a source of civic pride. They were designed and constructed by craftsmen and built using materials that were locally available to put their best foot forward – to display their prosperity to visitors. As such, most had grand entrances, and a large tower, frequently with a clock. They had many large windows to provide light in a time when artificial lighting was oil lamps or those new-fangled electric light bulbs, neither of which provided much light for reading. Many of those old courthouses were subsequently destroyed by fire, or torn down to make way for newer, modern buildings with good lighting, better HVAC systems, and more space for the ever increasing demands for services to county residents. In the 70's as the old, grand buildings were slowly disappearing efforts began to preserve some of the remaining examples of county government buildings, and they began to be added to the National Register of Historic Places.

Hence, we have a theme for a grand tour. There are about 20 or so of these old courthouses in Michigan that have been so preserved, with some having been updated and expanded, and continue to serve their original purpose to this day. Others have been sold off and repurposed for other functions, with most still remaining in some sort of public service, while a few are now privately owned and used for office space. Some originally served some other purpose, and were adapted to become courthouses, and have now been returned to non-public uses. While many seem to present similar ideas in design and layout, some are quite different.

I have once again picked 14 such examples of county courthouses as checkpoints for this year's grand tour, with 8 in the Lower Peninsula, and 6 in the Upper Peninsula. The checkpoints will take you from Adrian, in Lenawee County in southern Michigan, all the way up to Cheboygan, in the northern Lower Peninsula, and from Sault Ste. Marie, in Chippewa County to Bessemer, in Gogebic County in the Upper Peninsula. As each is a Michigan Historic Site, you will find a historical marker near each that you can read to learn a

little bit about the architectural style and history of the building you stand in front of. If you are of a mind to do so, you could probably also go inside (hopefully not as a defendant) if you are there during normal business hours. If you do, you would have to go through a security check, so you would have to leave anything that could be used as a weapon outside.

As in the past, you will have a sign to display on your motorcycle with the checkpoint in the background as proof of your visit there this year. Your sign should also be in your extra credit photos. I have already sent out the information to everyone who has expressed an interest in participating in the past, so you may have already gotten your information packet. If you would like to participate, you can send Keith an email (see below) to get your information packet if you didn't get it. If you get an information packet, but things just don't line up for you to be able to visit any checkpoints, no worries, as there is no obligation to visit any checkpoints. We will again recognize those who got out and visited at least all of the checkpoints in the Lower Peninsula at our annual awards banquet in January.

Whether you visit all of the checkpoints or not, the grand tour is primarily 14 (hopefully) interesting destinations that give you an excuse and a purpose to go out for a motorcycle ride on a nice day or weekend. It is a way to get out and explore some of the history, scenic attractions, tourist destinations, and unique culinary experiences that Michigan has to offer.

I hope you will be able to get out and see a little bit of Pure Michigan along with me this summer.

Ride Organizer: Keith Danielson
keith.danielson@att.net

Fair Weather Frolic

Dates: April 26-29 or May 17-20
Marietta, Ohio

This ride is for people who can only afford one day off for a trip and can easily ask to take Friday off with little notice.

The ride will only happen on one of the proposed weekends and IF the weather for that weekend looks like we will wake up to ~50+F temps each day with little to no possibility of rain.

Schedule:

- 1st Day (Thursday) – ride/drive down in afternoon, after work
- Friday - ride
- Sat - ride
- Sunday - possibly ride in the morning for a few hours, saddle up, drive home

Russ McClelland will call the ball on Tuesday of that week if the weather is in our favor, and if you can join us, reply back to Russ quickly and organize quickly how you're going to travel. If the weather is never favorable, then the ride won't happen on any of the weekends.

Russ's trailer can accommodate 4 bikes. For those that wish to ride, please feel free to meet us there. Russ lives in Walled Lake/Novi for trailer meetup point.

Ride Organizer: Russ McClelland
russell.mcclelland@gmail.com

ROUGH RIDER 1/2-K RIDE

Saturday, May 5, 2018
Plymouth, Michigan

This year's Half-K begins at the Plymouth Coffee Bean, in Plymouth, Michigan. Departing at 8:30am, we'll do a scenic ride, enjoy lunch with friends, then continue looping back toward the start point...though I expect most folks will chose their own routes home.

As a general overview for those new to this ride, stops are planned allowing for 20 minute stops every ~90 minutes, an hour for lunch, and various tourist stops along the

way. Yet to be laid out, I design the route each year to be around 375-400 miles. It's a relaxed day-ride that has most folks back home by 6pm.

Ride Meet Location

Plymouth Coffee Bean Company (opens 7am)
884 Penniman, Plymouth, MI 48170
Bus: (734) 454-0178
Direct Phone: (734) 845-1445

Ride Meet Time

No later than 8:15am for logistics
Friends and MSTR recruits are welcome.

Plymouth Coffee Bean Company provides typical café type pastries. They also do a range of cook-to-order crepes that are popular.

So, make sure to mark your calendar! And, this year, the event will be a go, regardless of the 'forecast.'

Ride Organizer: JT Pedersen
jt.pedersen@live.com

MSTR Ladies Ride Day

Sunday, May 6, 2018

For the second year mj Allmond has organized the MSTR Ladies Ride Day. Ride details are as follows:

Where: Zukey Lake Tavern

When: 10:00am, Sunday, May 6th.

So ladies, SAVE the Date, Sunday May 6th 2018 for the **Second MSTR Ladies Ride Day!**

To join the MSTR Ladies Ride add your name to the sign-up sheet at an upcoming monthly meeting or send an email to mj.

Ride Organizer: mj Allmond
vtxchick@hotmail.com



Michigan Renegade Mountain Ride

May 13–19, 2018
Waynesville, NC

There will be two days of travel and five days of riding on some of the best motorcycle roads in the US. We stay at one location and, each day, choose from any one of 20 different routes.

Ride HQ: All week

Best Western Smoky Mountain Inn
130 Shiloh Trail, Waynesville, North Carolina
Phone: 828-456-4402

A block of rooms are being held as follows:

- Check-in: Sunday, May 13, check-out: Saturday, May 19
- \$75/night + tax. Same rate for King and Double, 24hr cancellation. Request the MSTRiders rooms and rate

The ride begins and ends in Waynesville, NC. There will be a mandatory rider's meeting at the hotel on Sunday, May 13 at 8pm.

On Wednesday, May 16 we'll have a group dinner at Fat Buddy's BBQ. You must indicate on the sign-up sheet if you plan to join us.

About one week before the event starts we'll pick one warm and dry evening to have an onsite group cookout. Those who want to join in can either bring their own food or, as some did last year, pick it up at a local grocery store.

Event information including Rider Information Packages and GPS routes will only be sent to those who have signed up. To join us for MR2 add your name to the sign-up sheet at an upcoming monthly meeting or send an email to lan.

Ride Organizer: Ian Orr
Communications@mstriders.com

ROUGH RIDER 1000 NASHVILLE STRINGS

August 4th & 5th

Calling all MSTR Roughriders: past, present or future, and anyone else who even thought of a beautiful couple of days in the saddle on a Southern ride. This year, the MSTR Roughrider 1000 is a little modified and I think will prove very interesting for those who wish to participate.

We will depart at approximate 6:00 am on Saturday, August 4, 2018 and ride the first 500 mile, on the route to Nashville, TN. On arrival in Nashville, approximately 10 hours later, we will all stay at a Hotel to be selected and start the evening with a Southern Dinner and entertainment at the Historic Wild Horse Saloon. After an evening in Nashville, in accordance with your own schedule, we will return to the Hotel for the customary riders meeting and get a well-deserved rest for the return trip. On Sunday, August 5, 2018, at approximately 6:00 am we will start the return trip home on a different route.

To join us for the 2018 Roughrider 1000 Nashville Strings add your name to the sign-up sheet at an upcoming monthly meeting or send an email to Terry.

Ride Organizer: Terry Odom
tjopc1@gmail.com

7R2
7 Ranges Ride
June 28–July1, 2018
St. Clairsville, OH

If you are like me, you are counting the days until riding season. You might even be thinking about which club rides to go on this summer. And I'm here to give you a new choice and make the decision more difficult. The routes are north of the Marietta routes, sharing a few

roads along the way, and run in Ohio, W. Virginia, and Pennsylvania.

Ride HQ: All week

Fairfield Inn

67731 Mall Road, St. Clairsville, OH 43950

Phone: 740-699-4980

A block of 15 rooms are being held until June 7 as follows:

- Check-in: Thursday, June 28, check-out: Sunday, July 1
- \$114/night + tax. 24hr cancellation. Request the MSTRiders rooms and rate

Please use the link below which connects you directly to the room block to make online reservations. If you call the hotel to make reservations, be sure to ask for the MSTR group rate. Email Jac if you make a reservation from this block. If we use it up early, we may be able to get more rooms added.

[Click Here For Fairfield Inn Reservation](#)

If the Fairfield is a bit too expensive, there is a Super 8, Red Roof, America's Best, and Knights Inn within 1 mile. Overall, there are 13 hotels within 2 miles.

At the moment, there are 5 routes between 240 and 300 miles long. The roads are very good with lots of variety. They range from narrow backroads with no centerline to a 30 miles stretch of smooth highway sweepers. The countryside varies from quaint farmland to hollars down by the creek to forest on good size mountains.

Event information including Rider Information Packages and GPS routes will only be sent to those who have signed up.

To join us for 7R2 add your name to the sign-up list at upcoming monthly meetings or send an email to Jac.

Ride Organizer: Jac Brown
jac.brown@2020comm.net

BGB Blue Grass Boogie

July 19–22, 2018
Morehead, KY

Join us in Morehead, KY to ride some great roads in Eastern Kentucky on Friday the 20th and Saturday the 21st. We'll be staying at the following hotel:

Hampton Inn
500 Hampton Way
I-64 Exit State Route 32
Phone: 1-606-780-0601

Should they fill up, or if you want a little less expensive room, there are plenty of other motels nearby.

There will be a **Mandatory "Rider's Meeting"** held at the hotel every evening, beginning on Thursday 19th at **9:00 PM**, where we'll set up the riding groups, review the routes and prepare for the next day's ride. If you want to participate - here's what you do:

1. Make your hotel reservations at the hotel **without delay**. There is **NOT** a block of rooms being "Held".

The sign-up sheet will be available at upcoming monthly meetings or contact Kelly.

Ride Organizer: Kelly McCrystal
kmcc927@comcast.net

BBR 3 Pre-Event

August 15, 2018
Fayetteville, WV

Dave Ostaszewski is organizing a day-long white water raft trip on the New River prior to the start of BBR 3. This will be the same trip enjoyed by eight MSTRiders last year.

We'll travel and stay in Fayetteville, WV on Tuesday, August 14th. The raft trip starts mid-morning on August 15th and finishes

around 4pm. After changing back into dry clothes we'll travel back to Marietta, OH and get an early start on BBR 3 on August 16th.

We would like to get eight people so we fill up one whole raft with MSTRiders. The sign-up sheet for the raft trip will be available at upcoming monthly meetings or contact Dave.

Event Organizer: Dave Ostaszewski
1daveo@comcast.net

BBR 3

Barn Burn Raid 3

August 17–19, 2018
Marietta, OH

This is an early ride-hotel announcement. The ride hotel has agreed to hold a block of rooms at a reduced rate and recommended booking these rooms **now** to ensure availability due to other (non-motorcycle) group bookings.

Ride HQ: All week
Best Western Plus Marietta Hotel
701 Pike St, Marietta, OH 45750
Phone: 866 677-7048

A block of 25 rooms are being held as follows:

- Check-in: On or after Wednesday, August 15, check-out: Sunday, August 19. Request the MSTRiders rooms and rate

The routes will be similar to last year's BBR event. The event proper runs from August 17th to the 19th but many MSTRiders arrive early to enjoy the area roads.

The sign-up sheet for BBR 3 will be available at upcoming monthly meetings or contact Keith.

Ride Organizer: Keith Danielson
keith.danielson@att.net

MSTR Newsletter & Website

The MSTR Newsletter and Website (www.mstriders.com/) belong to you, the riders. They both can only be as good and as interesting as you make them. If you've got something to say about a ride, your bike, perhaps a trip you're planning, whatever, send it in for the newsletter and/or website to:

Ian Orr: Communications@mstriders.com

MSTR Photo Gallery

The MSTR maintains a SmugMug photo gallery (<https://mstriders.smugmug.com/>) to allow riders to upload and download pictures of various club events. Upload and download passwords are sent out to participants for each event. Click on the above link or visit the MSTR website and select the MSTR Photo Gallery link to check out all the event pictures.

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