

BJT SPOKES



Berry Junction Trail

By Tom Lindrup
President & Founder of Friends of the Fred Meijer Berry Junction Trail

We are a volunteer group, created February 2015, called Friends of the Fred Meijer Berry Junction Trail.

Our group is focused on our Mission and Vision.



Tom Lindrup



Mission: "Our mission is to promote, to maintain and to enhance the Fred Meijer Berry Junction Trail. This trail will be accessible year-round and will be an environmentally-friendly recreational trail for all individuals."

Vision: "To promote healthy outdoor activities on a user-friendly trail."

Reaching us

Email:
BerryJunction@gmail.com

Find us on **Facebook:**
Friends of the Fred Meijer Berry Junction Trail

Also visit our website at:
www.berryjunctiontrail.com



BJT officers & board members

- Tom Lindrup, pres.
- Bonnie Lipon, treas.
- Kathy Whalen, sec.
- Rosalie Mancier
- Ray McLeod
- Rob Taylor
- Sheila Molenkamp
- Tim Nink
- Oscar Reed
- Lynne McGarry

Trail sculpture a tribute to rider's dedication



Trail sculpture

By Sheila Molenkamp

Mikel Kuras is what one calls an avid cyclist.

This year he's biked more than 8,000 miles.

And many of those miles have been on the Fred Meijer Berry Junction Trail. Family members say it's his favorite local trail.

Mikel has biked his entire adult life.

After spending his working years near Boston Mikel moved back to Michigan and settled in the Spring Lake area.

Biking options available in South Western Michigan was the primary attraction for him.

When Mikel goes for a bike ride he likes to put some miles on.

Two to three times weekly he bikes the Berry Junction Trail and continues on to also complete the Hart Montague trail. His ride traverses 80-plus miles.

Mikel has ridden a recumbent for the last 25 years. His love of cycling and the Berry Junction trail sparked an idea with his two brothers Jerry and Greg and Greg's wife Janet.

See Sculpture, p3

BJT SPOKES



Our debut issue

This is the first edition of our newsletter called **BJT Spokes**. Our plan is to publish Fall/Winter and Spring/Summer editions to profile cyclists, enhancements, highlights and general updates of happenings on the Berry Junction Trail.

Contributors this issue: Tom Lindrup, Sheila Molenkamp, Frank Michels, Raymond McLeod. Feel free to share your comments and ideas to:

BerryJunction@gmail.com

Note: Newsletter also on our **Facebook** page

Remembering Gary Rider

By Tom Lindrup, BJT president

Gary Rider was the Vice President of the Friends of the Fred Meijer Berry Junction Trail group. He died suddenly on June 4, 2019.



Gary Rider

His family and friends have contributed a memorial bench and bike rack at what is now called "Rider's Ridge."

This is located on the Berry Junction Trail between Lakewood Road and Durham Road. Please

stop at this scenic spot and reflect on how much Gary Rider meant to all of us.

A plaque at the bench is in honor of "Gary Rider at 'Rider's Ridge' Vice President - Friends of the Fred Meijer Berry Junction Trail, A passionate Cyclist, and True Friend."

Enhancement highlights since the trail's opening in July 2018:

- Created a map/brochure and distributed it to multiple locations in Muskegon County as well as three information kiosks on the trail;
- 5 memorial benches & bike racks donated;
- 3 information kiosks with benches, bike racks donated;
- Scenic overlook with 2 tables, bench & bike rack. A roof will be installed by spring of 2021;
- Way-finding signs at each road crossing;
- Mileage signs showing the distance from the North Muskegon Trailhead to Hart Trailhead of the Hart-Montague trail totaling 37 miles;
- US Bike Route 35 signs: The Michigan portion of US Bike Route 35 extends from New Buffalo, MI to Sault St. Marie MI extends for 501 miles. The route follows the Berry Junction Trail for 11.5 miles;
- Gary Rider Memorial Bench and Bike Rack;
- Mikel Kuras Sculpture Garden.

How to support the trail

Donations are always welcome.

Please send to:

**Friends of the Fred Meijer
Berry Junction Trail,
P.O. Box 5021, North Muskegon, MI 49445**



The Three Amigas (l-r) Lynne McGarry, Sheila Molenkamp and Rosalie Mancier

The 'Three Amigas,' friends in bicycling

Improved mental well-being, weight loss, reducing heart disease and cancer risk, strengthening your immune system, time outdoors, learning new skills, reducing carbon emissions and new friendships. All are the benefits of bicycling.

Bikers tend to be friendly and happy.

Through their common interest in biking and serving on the Friends of the Fred Meijer Berry Junction board the friendship of the Three Amigas developed.

In 2017 Lynne McGarry and Sheila E. Molenkamp moved to the Muskegon area from Lansing (Lynne) and Gaylord (Sheila) and joined the Berry Junction Trail board as a way to meet fellow bikers.

It was there they also met Rosalie Mancier who had been a board member since 2015.

The three became acquainted during meetings and working on projects together.

It wasn't long before rides were planned and through shared experiences and fun times the friendships strengthened.

During the cold winter of 2019 plans developed for a Spring ride.

The three participated in a three day bike trip from Norton Shores to Holland on day 1, Holland to Sagatuck and back to Holland on day 2, and from Holland back to Norton Shores on day 3.



ENJOYING A CAMPFIRE (l-r) are Rosalie Mancier, Sheila Molenkamp and Lynne McGarry.

In 2020 the Amigas biked from Muskegon to Cedar Springs (day 1), Cedar Springs to Edmore (day 2) and Edmore to Alma and back to Edmore (day 3). To make things a little more challenging the first day to Cedar Springs was bike-packing where they carried their gear.

On the other days Sheila's husband, Frank Michels, was the Support and Gear (SAG) driver and provided a base camp and warm fire.

Plans are in the making for 2021 which will include a multiple day ride where each of the riders will take turns being the SAG driver while the other two ride to the next camp site.

Ride on Three Amigas!



Mikel Kuras

Sculpture a birthday gift for cyclist

**'I don't ride a bike to add days to my life,
I ride a bike to add LIFE to MY DAYS.'**

Quote from a plaque on the bench next to the sculpture captures Mikel's thoughts on why he rides.

Cont. from p1

Impressed by Mikel's accomplishments the three thought a gift to the trail would be a great way to celebrate his 75th birthday and honor him.

By doing so Mikel would see and enjoy his gift several times a week as he rode the trail and realize the love the three had for him.

One thing led to another and the end result was a \$1000 gift from the Kuras family to the Berry Junction trail of a fabulous sculpture, a bench with a plaque, cement pad for the area, a bike rack and landscaping around the area.

Board member Rosalie Mancier and Janet Kuras took on the project of landscaping the area. The sculpture is located on the trail near White Lake Drive.

Mikel's brother Greg is a Clay Modeler in the Design Studio at Ford Motor Company, Dearborn, Michigan and a hobby welder.

Greg decided to take on the task of building the sculpture himself.

The sculpture is all steel which will add to the longevity of the art. It is comprised of steel tubes and bike parts. He found



Mikel Kuras cruises the trail.

many of the parts in Jackson at a business that sold used bike parts. The sculpture depicts a recumbent bicycle, like the one Mikel rides.

Note: The Friends of the Berry Junction Trail thank the Kuras family for their generosity and appreciate that all riders (and walkers) on the trail are able to enjoy their gift.

Trails & features

Musketawa Trail -

www.miottawa.org

A 25 mile long paved trail between Muskegon and Marne.

Hart-Montague Trail

A 23 mile long paved trail between Hart and Montague.

Pentwater-Hart Trail

A 7 mile long trail in the planning stages.

North Bank Trail

Finished trail from Spring Lake to Nunica.

White Pine Trail

A 20 mile paved trail from Grand Rapids to Sand Lake then gravel to Big Rapids and ending at Cadillac.

Heartland Trail

A 40 mile paved trail from Greenville to Alma.

Millennium Park Trails

18 miles of paved trail in Millennium Park – Grand Rapids.

West Michigan Trails and Greenways

A coalition for funding and promoting bike trails in West Michigan.

Michigan Trails Magazine

A magazine with information on bike trails in Michigan.

League of Michigan Bicyclists

A group that promotes bicycle safety and events in Michigan.

Michigan Snowmobile Association

A group dedicated to improving snowmobiling in Michigan.

Berry Junction, other area trails



Ray McLeod offers some cold weather biking tips



Ray McLeod

It's inevitable: temperatures drop, and so we look forward to those first pedal strokes with less fervor. The crisp, clean air of cooler temperatures that greet us in the fall and winter can add to our robust nature.

Certainly, there's a bit more pre-ride prep to going for a bicycle ride in the fall and winter, but once you have your routine established, you'll feel like a real adventurer!

Before opening the garage, check to be certain that your headlight and rear reflector/taillight are in good working order. The cold air will deplete your batteries much more quickly than they did in the summer months.

Another safety precaution is to set your tire pressure closer to the minimum PSI that is indicated on the sidewall. This will give you better traction, and take some of the harshness out of your ride as you roll over cracks, and can offer improved traction in wet conditions.

When you're getting yourself geared-up, use several thin layers, as opposed to thick winter coats. You can expect to be chilly for the first 15-20 minutes of your ride.

As your core begins to warmup, you won't be overheated for the balance of your ride. Under your helmet, wear a thin beanie/helmet liner to help keep your body heat in.

When it comes to your feet and hands, keeping them dry is paramount. Donning a pair of surgical latex gloves before putting on your outerwear gloves will keep your perspiration from soaking into your gloves, and thus, cooling your hands. If your feet sweat a lot, your feet will get colder quicker with the excess moisture. To block your sweat ducts apply an antiperspirant with aluminum chloride or aluminum zirconium to warm, dry feet before you put on your socks.

When we finish our winter rides, no one really feels like crouching down in their cold garage fussing over their bike. However, with all the salt and slush that has been splashed up on them, they really need a good wipe-down with a rag. After you've wiped off most of the filth, is just about the only time you can get away with using WD-40 on your bicycle chain. WD-40 is a solvent/rust prohibitor, and it can help to get much of the remaining salt and slushy buildup off of it.

Then, dry it for a second time with a rag, and she'll be ready for your next adventure!