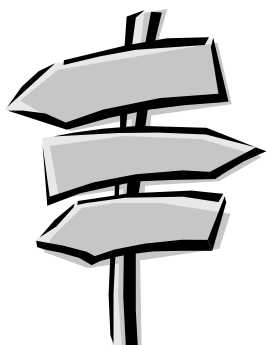


***PALM***

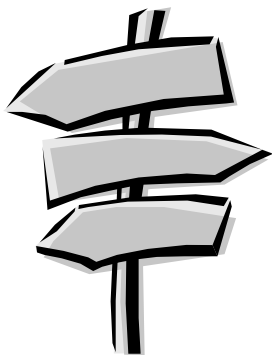
***XLI***



**MILEPOST**  
**June 22-28, 2024**

# How to use the PALM Milepost

The purpose of the PALM Milepost is to give you an idea of where to find restaurants, food, stores, picnic area, and playgrounds along the route. Included in the PALM Milepost are interesting facts and background information for each of our host cities. As you explore these cities and others along the way you will enjoy discovering other bits and pieces of information on your own. We have also included some interesting facts about our beautiful state of Michigan.



*Tina Brander and Andy Vast-Binder, PALM 2024*

## HISTORY OF PALM

As told by Doris West, Mail Granny Emeritus

Thomas Pendelton, City of Ann Arbor Bicycle Coordinator, Peter Lagerway, and Sally Janacek were driving home from a professional bicycling conference in Wisconsin and were discussing the fact that there should be a ride similar to RAGBRAW across the state of Michigan. This kind of ride would be good for cycling and good for Michigan. They brainstormed a ride name: PALM (Pedal Across Lower Michigan) and decided to plan a ride. As Doris says "Tom has a big personality and is a good idea man that people are willing to follow."

The idea of the ride was to be open to all cyclists especially novice riders and families. The first annual ride was June 20 through June 25th, 1982 and was sponsored by the Great Lakes Bicycle Council with the assistance of Metropolitan Detroit Council of AYH; Southwestern Michigan Regional Planning Commission, South-Central Michigan Planning Council and the Southeast Michigan Council of Governments.

In the "Background" paragraph from the first registration form it stated:

*Michigan is considered by many to be the prime vacation/recreation state in the Midwest.*

*Bicycling is an unsurpassed way to experience*

*the pleasures of such a state. We hope that by involving up to 500 people in bicycle touring, they may think about using bicycles more in their everyday lives.*

*At the same time, thousands of Michigan citizens will encounter PALM participants during the tour. We hope that this will increase their consciousness about safe bicycling too.*

As you can see from our current application, we haven't strayed far from the original goals.

Standing committees for PALM have been: Registration, Routing, Site Coordination, SAG Service, Transportation, Repairs, Milepost Booklet, Publicity and Education.

A group of dedicated volunteers has led the steering committee for PALM and meet monthly beginning in September to review the previous year's ride and begin the planning for the next year. Since the beginning, the staff of PALM has always been a volunteer group. The cooperation among the diverse members has been extraordinary. PALM continues to attract riders of all ages and abilities not only from Michigan but many other states and countries.

Below is a list of the cities we visited on previous tours:

1982 - Berrien Springs, Dowagiac, Kalamazoo, Marshall, Michigan Center, Ann Arbor, Detroit

1983 - Grand Haven, Grand Rapids, Ionia,  
DeWitt, Grand Blanc, Memphis, Port Huron

1984 - South Haven, Kalamazoo, Colon,  
Concord, Pinckney, Rochester, Mt. Clemens

1985 - Holland, Allegan, Hastings, Eaton  
Rapids, Dexter, New Boston, Grosse Isle

1986 - Muskegon, Sparta, Lake Odessa, Olivet,  
Jonesville, Dundee, Monroe

1987 - Pentwater, Montague-Whitehall,  
Newaygo, Stanton, St. Charles, Vassar, Yale,  
Port Huron

1988 - Bridgman, Cassopolis, Schoolcraft,  
Coldwater, Hudson, Blissfield, Luna Pier

1989 - North: South Haven, Otsego, Hastings,  
Mason, Fenton, Romeo, Marine City

South: Bridgman, Cassopolis,  
Schoolcraft, Coldwater, Hudson, Blissfield,  
Luna Pier

(The South Route Was the First Time A  
Ride Was A Duplicate of A Prior Year)

1990 - North: Montague, Fremont, Lakeview,  
Breckenridge, Frankenmuth, Yale, Port Huron

South: St. Joseph, Dowagiac, Colon,  
Jonesville, Brooklyn, Milan, Monroe

1991 - North: Pentwater, Manistee, Cadillac,  
Big Rapids, Mt. Pleasant, Sanford, Pinconning

South: Grand Haven, Sparta, Greenville,  
St. Johns, Chesaning, Sanford, Pinconning

1992 - North: South Haven, Parchment, Olivet,  
Leslie, Dexter, Tecumseh, Monroe  
South: South Haven, Comstock,  
Marshall, Michigan Center, Chelsea, Tecumseh,  
Monroe

1993 - North: Fruitport, Grant, Stanton, St.  
Charles, Caro, Pigeon/Elkton, and Harbor Beach  
South: Fruitport, Cedar Springs, Carson  
City, Chesaning, Mayville, Deckerville, Harbor  
Beach

1994 - North: Saugatuck, Caledonia, Pewamo-  
Westphalia, Chesaning, Millington, Brown City,  
Lexington  
South: Saugatuck, Middleville, Holt,  
Owosso, Lapeer, Brown City, Lexington

1995 - Bridgman, Cassopolis, Colon, Jonesville,  
Onsted, Dundee, Monroe

1996 - Fruitport, Rockford, Carson City,  
Owosso, Millington, Brown City, Lexington

1997 - Whitehall, Freemont, Big Rapids, Mt.  
Pleasant, St. Charles, Caro, Bad Axe, Harbor  
Beach

1998 - New Buffalo, Brandywine, Three Rivers,  
Coldwater, Addison, Dundee, Luna Pier

1999 - Grand Haven, Rockford, Carson City,  
Owosso, Otisville, Almont, St. Clair

2000 - South Haven, Otsego, Battle Creek,  
Leslie, Dexter, Dundee, Luna Pier

2001 - Muskegon, Grant, Lakeview, St. Louis,  
Montrose, Marlette, Lexington

2002 - Stevensville, Cassopolis, Three Rivers,  
Coldwater, Addison, Dundee, Luna Pier

2003 - Montague, Newaygo, Big Rapids, Mt.  
Pleasant, St. Charles, Marlette, Lexington

2004 - Holland, Allegan, Hastings, Eaton  
Rapids, Chelsea, Tecumseh, Monroe

2005 - Pentwater, Montague, Fremont, Big  
Rapids, Clare, Midland, Pinconning

2006 - South Haven, Plainwell, Battle Creek,  
Leslie, Chelsea, Dundee, Luna Pier

2007 – Spring Lake, Rockford, Carson City,  
Owosso, Millington, Almont, St. Clair

2008- New Buffalo, Dowagiac, Sturgis,  
Coldwater, Hudson, Tecumseh, Monroe

2009-Whitehall, Grant, Stanton, St. Charles,  
Vassar, Marlette, Lexington

2010-South Haven, Otsego, Hastings, Eaton  
Rapids, Grass Lake, Milan, Erie Metro Park-  
Gibraltar

2011-Ludington, Hesperia, Big Rapids, Clare,  
Bay City, Bad Axe, Harbor Beach

2012-St. Joseph, Paw Paw, Battle Creek, Leslie,  
Perry, Ortonville, New Baltimore

2013-Norton Shores, Grandville, Lake Odessa,  
Dansville, Manchester, Petersburg, Luna Pier

2014-Holland, Wayland, Greenville, St. Johns,  
Flushing, Kingston, Lexington

2015-Bridgman, Dowagiac, Three Rivers,  
Coldwater, Hudson, Dundee, Sterling State  
Park-Monroe

2016-Pentwater, Whitehall, White Cloud, Evart,  
Gladwin, Hale, Oscoda

2017-Saugatuck, Otsego, Nashville, Eaton  
Rapids, Grass Lake, Milan, Lake Erie Metro  
Park

2018-Holland, Middleville, Portland, Owosso,  
Otisville, Almont, St. Clair

2019-South Haven, Lawton, Union City,  
Jonesville, Adrian, Dundee, Luna Pier

2022-Whitehall, Hesperia, Big Rapids, Clare,  
Bay City, Bad Axe, Harbor Beach

2023- New Buffalo, Niles, Centerville, Homer,  
Napoleon, Milan, Trenton

2024- Norton Shores, Newaygo, Vestaburg,  
Saint Charles, Vassar, Marlette, Lexington



# **SUNDAY, JUNE 23 NORTON SHORES TO NEWAGO**

## **Norton Shores**

<https://nortonshores.org/about>

**2.0** party store

**2.8** park

**3.1** party store

**4.4** Walmart

**5.1** party store

**7.5** grocery, party store

**18.7** **Ravena**

<https://www.bestplaces.net/city/michigan/ravenna>

stores, grocery, **ice cream**, pub

**19.2** **FS/PP**

**25.5** The Full Belly-Food Truck

**33.1** **Bridgeton**

<https://bridgetontownship.org/about/>

River Launch Park

**34.2** Dollar General, 7 Mile Inn

Restaurant

**42.0** **Newaygo**

# **MONDAY, JUNE 24**

## **NEWAGO TO VESTABURG**

### **NEWAYGO**

<https://www.newaygo.gov/>

**22.2 FS, PP**

**23.1 Coral-coffee shop, bar/restaurant,  
SUNOCO (lots of food options to go),  
PO**

**25.9 Cowden Lake Boat Launch-PP**

**31.2 5 Corners Party Store-Pizza**

**33.0 Farm and Country Cheese House-  
cheese, dried meats, sandwiches, baked  
goods...[farmcountrycheese.com](http://farmcountrycheese.com)**

**37.5 Entrician**

**43.3 McBride**

**43.8 SUNOCO, PO**

# **TUESDAY, JUNE 25 VESTABURG TO ST. CHARLES**

**12.0 ALMA** <https://myalma.org/>

**12.9 ALMA COLLEGE**

<https://www.alma.edu/>

**13.4** stores, coffee shop, restaurants, bike store, PO, bank/credit union

**13.7** Park

**14.0** Pine River Park/play structure

**22.2** Park

**22.4 ITHACA**

<https://www.ithacami.com/> bank,

restaurant, stores, coffee and the

Hearthstone Oven Restaurant

Gratiot County Area Historical Museum

<https://gchgs.org/museum/>

**23.3 Ice Cream**, Dollar General

**23.5** Coffee, fast food

**23.9** Store

**25.8 WINDMILLS**

**30.6 FS/PP**

**45.1 St. Charles**

# **WEDNESDAY, JUNE 26**

## **ST. CHARLES TO VASSAR**

### **ST. CHARLES**

<https://stcmi.com/>

**21.5** Cross the Iron Belle Trail

<https://www.michigan.gov/dnr/places/state-trails/iron-belle>

**25.8** FS/PP

**27.5** St. Lorenz Church and  
Museum, open 10:00-1:00

<https://stlorenz.org/>

### **28.1 FRANKENMUTH**

<https://www.frankenmuthcity.com/>

Shops, restaurants, bank, PO

**28.8** Park

**28.9** Memorial Rose Garden

[https://www.frankenmuthcity.com/departments/parks\\_and\\_recreation/rose\\_garden.php](https://www.frankenmuthcity.com/departments/parks_and_recreation/rose_garden.php)

**32.7** Cross the Iron Belle Trail

**32.9** Tuscola Township Hall-**Amazing  
play structure**

**37.5** Vassar

# THURSDAY, JUNE 27

## VASSAR TO MARLETTE

### VASSAR

<https://www.cityofvassar.org/>

**17.9 MILLINGTON** - stores, restaurant, grocery, pharmacy

<https://millingtonvillage.org/>

**17.1 Otter Lake**

<https://villageofotterlake.com/>

**17.7** store, restaurant-Dine and Dip

**17.9 SWIMMING**, restaurant/bar

**18.2** Dollar General

**25.0 FOSTORIA**-store

[https://en.wikipedia.org/wiki/Fostoria,  
Michigan](https://en.wikipedia.org/wiki/Fostoria,_Michigan)

**26.2 FS/PP**

**31.2 MAYVILLE**-playground, PO, Library <https://villageofmayville.org/>

**31.8** grocery, gas station/store

**32.4** Mayville Area Museum

<https://mayvillemuseum.weebly.com/>

**41.1 CLIFFORD**- playground, PO, café

<http://www.villageofclifford.com/>

# FRIDAY, JUNE 28

## MARLETTE TO

## LEXINGTON

**26.9 CROSWELL** – Home of the famous swinging bridge, stores, restaurant

[https://en.wikipedia.org/wiki/Croswell,\\_Michigan](https://en.wikipedia.org/wiki/Croswell,_Michigan)

**Swinging Bridge**

<https://historicbridges.org/bridges/browse/?bridgebrowser=other/swinging/>

**27.9** McDonalds, Subway, Family Dollar

**28.5** Taco Bell

## ***Thanks...***

*The volunteer staff of PALM sincerely hopes you have enjoyed a week of cycling and sightseeing in the beautiful state of Michigan. If this was your first major tour, we hope we have inspired you to continue bike touring. If you are a seasoned bike tourist, we hope this was one of your best. In either case, we would like you to come again---and bring another friend!*

*For a ride calendar of more Michigan bicycle tours and weekend rides, contact the League of Michigan Bicyclists, 416 S. Cedar Street – Suite A, Lansing, MI 48912. Or LMB.org. Also thanks for donating “From A to Z by Bike”.*

*Remember to always say “On your left”. Wear a helmet and a smile as you ride down the beautiful roads of Michigan.*

## **Michigan Symbols**

State Flower: Apple Blossom State

Bird: Robin

State Tree: White Pine

State Stone: Petoskey Stone

State Gem: Chlorastrolite

State Fish: Brook Trout

State Game Mammal: White-tailed

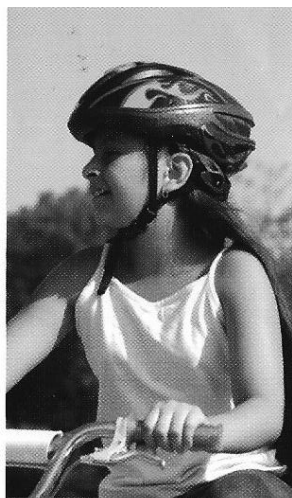
Deer

**"If you seek a pleasant peninsula,  
look about you."**

# Be a Safe Cyclist







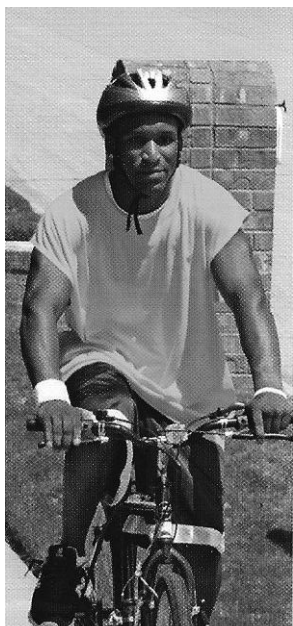
**PROTECT YOUR  
HEAD, WEAR A  
HELMET**

*Make sure it fits  
correctly and meets  
U.S. Consumer Product  
Safety Commission  
standards.*

**RIDE SINGLE FILE  
IN A STRAIGHT  
LINE WHEN RIDING  
ON THE ROAD**

*Michigan law allows  
bicyclists to ride two  
abreast as long as it  
doesn't impede traffic.*





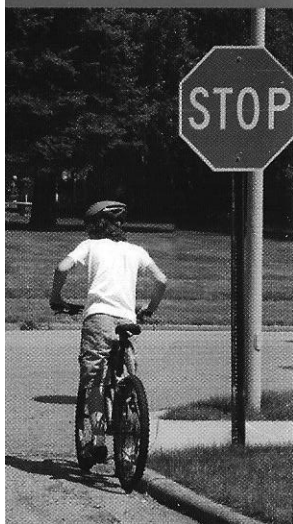
**STAND OUT,  
BE SEEN**

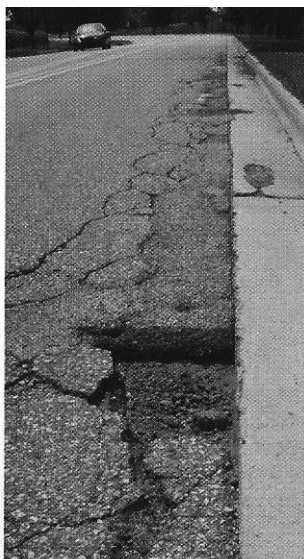
*Wear light-colored or  
reflective clothing.*

**ALWAYS OBEY  
TRAFFIC SIGNALS**

*Use hand signals  
when turning (see  
back panel for more  
information).*

**MICHIGAN LAW**





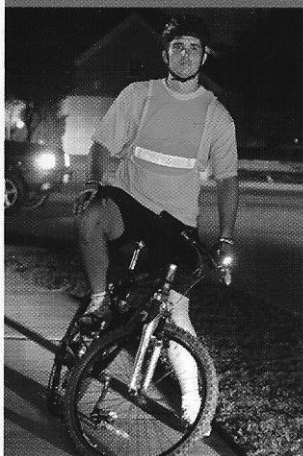
**STAY ALERT, AVOID  
ROAD HAZARDS**

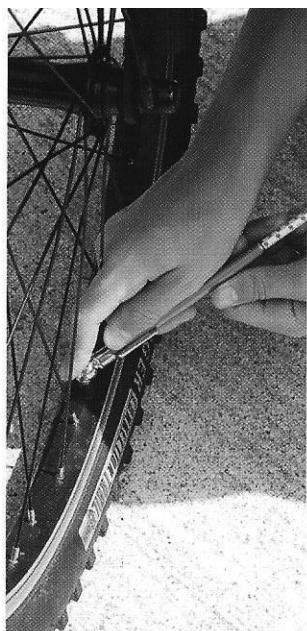
*Watch for potholes,  
cracks, railroad tracks,  
drainage grates, and  
obstacles in your path.*

**LIGHT IT UP  
AFTER DARK**

*If riding after dark,  
bikes must be  
equipped with a lamp  
on the front that emits  
a white light and a red  
reflector on the rear.*

**MICHIGAN LAW**





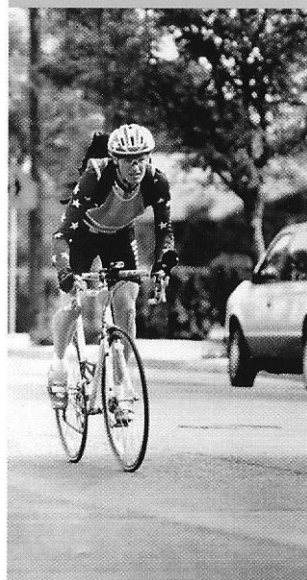
### **CHECK YOUR BIKE**

*Be sure your brakes work and tires are properly inflated.*

### **RIDE WITH TRAFFIC**

*Bicyclists must ride on the right side of the road.*

### **MICHIGAN LAW**



## THE RIGHT HELMET FIT IS IMPORTANT

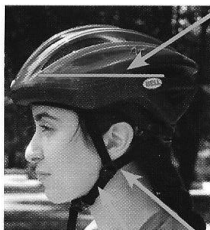
Make sure your bike helmet fits correctly, and read the owner's manual for fitting instructions. Buy a helmet to fit a child now, not a helmet to grow into. Helmets should fit snug and sit low on the forehead.

*Should not rock side-to-side*



*One to two finger widths above the eyebrow*

*Should not slip forward or backward*



*Tighten chin straps snugly*

*Side straps should form a V-shape around the ear*



*For a better fit, use the included velcro foam pads inside the helmet.*

**ALWAYS USE HAND SIGNALS** to tell other cars and bicyclists what you intend to do.

- >> Left turn: Left hand and arm extended straight



- >> Right turn: Left hand and arm extended upward



**OR**

- >> New right turn: right hand and arm extended straight *Public Act 1 of 2014 effective Jan. 1 2014*



- >> Stopping or slowing down: Left hand and arm extended down



*Per Section 257.648 of the Motor Vehicle Code*

