

Chainwheel Chatter



Tri-County Bicycle Association • P.O. Box 22146 • Lansing, MI 48909 • (517) 882-3700 • www.biketcba.org

Volume 31 Number 2

Established 1972

February 2003

NEXT Meeting!!!

February 27, 2003 – 7:00 p.m.
Foster Community Center
200 N. Foster St. – Lansing

MSU Cycling Club



The February meeting will feature members of the Michigan State Cycling Club. Their presentation will cover the clubs activities as well as an update on their trip to the Collegiate Mountain Bike Nationals in Angle Fire, New Mexico. A donation in the amount of \$400 dollars was made from TCBA to cover the four riders entry fees at nationals. Come and bring any questions you may have for the club. In addition, they will also be selling their famous Michigan State jerseys.

TCBA Swap Meet

When: March 27, 2003
Where: Foster Community Center

It's time to gather up all your slightly used bike paraphernalia, and plan to join your fellow TCBA friends at this annual event! Remember one man's trash is another man's treasure!



PROGRAM COMMITTEE DINNER MEETING

VOLUNTEERS AND IDEAS WANTED. . .

Do you have ideas for program content at TCBA Meetings? Would you like to assist with organizing TCBA meetings and TCBA social events?

If you answered, "yes" to one of these questions you should attend the Program Committee Dinner Meeting.

Where: Coral Gables
When: February 10 – 6:00 p.m.

If you are unable to attend, but would like to "help out" please contact Vice President, Chris Harrison at the phone number or email address on the back of this issue.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, February 4, 2003 at the Foster Community Center.

Members are welcome to attend all board meetings to express their concerns. Due to time constraints, if you have a specific item to be brought before the board it is suggested that you contact the President one week prior to the meeting, and ask to have it added to the agenda.

Next meeting: March 4.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, February 8, 2003.** Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, FAX to (517) 339-1758, or email to: chainwheelchatter@biketcba.org.

Ride calendar information should be sent to Wendell Proudfoot, 5380 Barton Rd., Williamston, MI 48895 or email to tcbarides@prowen.com. To be included in the newsletter this information must be received no later than the above-mentioned newsletter deadline.

Cycle Forum

"Small Component (brakes, cables, levers, pedals) Maintenance and Adjustment"

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, February 27, 2003** for the next Cycle Forum session.

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Executive Board Report

The TCBA Board of Directors met at the Foster Community Center on January 7, 2003. Board members present included Arnie Johnson, Chris Harrison, Charla Scheidler, Ron Claflin, Darryl Burris, John Foltz and Phil Wells. Also present were club members, Lee Adair, Cheryl Claflin, Katie Donnelly, Veronica Jackson, Dave Pierce, Wendell Proudfoot and Al Simons.

Discussion Items/Announcements

Chris Harrison reported on upcoming meetings. She will also be hosting a dinner on February 10 for those interested in working on the program committee. More information will appear in the Chainwheel Chatter.

John Foltz reported that a message board for DALMAC and TCBA in general is set-up and running with a link from the TCBA web site. Members and non-members can view information without registering, but must be a registered user to participate in any way. Discussion took place regarding the posting of Wind-Trainer Rides, and whether they should be on the "ride line." It was agreed that the message board would be the best place for notification of events of that type.

Phil Wells initiated discussion regarding his responsibilities as a board member. His first choice of projects to work on is finding ways to get more members involved.

Arnie Johnson reported that Gary Munson, would be implementing a dues renewal reminder system where renewal reminders are sent to members in the month that their membership expires.

It was brought to the boards attention that an advertiser in the Chainwheel Chatter "Member Specials" section was reported to have been offering the TCBA special to non-TCBA members. It was agreed that the offender should be made aware of club policy for Member Specials.

Action Items

Minutes of the December 3, 2002 meeting were approved as submitted.

Ron Claflin presented a financial report through December 31. The report was approved as presented. In addition a proposed budget for 2003 was reviewed.

Discussion, and a vote regarding securing the domain name TCBA.org took place. It was decided by unanimous vote that the domain name should be secured immediately, and used in conjunction with biketcba.org.

A member idea from the Annual Meeting Notes, regarding reports on out of area rides was reviewed. It was decided that club members would be encouraged to report at club meetings and/or in the Chainwheel Chatter, on any recent out of area rides that they participated in.

It was reported that excellent progress was being made on the new map booklets. In addition, Arnie reported on a member's inquiry regarding the board's decision on the quantity to be printed and distribution method, which were approved at the December board meeting. It was agreed that if the member would be willing to volunteer efforts to distribute the booklets in another manner, a proposal would be considered. Additional discussion ensured regarding posting the maps on the web site, and further research will be done by Wendell Proudfoot to ascertain if it is possible.

Note: Information contained in this article is not the official record of the meeting. The minutes of this meeting will be submitted for approval at the next Board Meeting. Any corrections and/or amendments will be noted in next month's edition of the Chainwheel Chatter.

MEMBER SPECIALS

*Mark your calendar so you won't miss
this important event!!!*

18th Annual Open House **Denny's Cycling & Central Park Bicycles**

Sunday, February 9th

11:00 a.m. – 4:00 p.m.

Location – Central Park Bicycles

1805 Central Park Dr., Okemos

Members save 10% off all new products,
including 2003 bicycles, and bicycles
already on sale.

Plus, bigger savings on other select
products. Featuring: Specialized, Trek,
Cannondale, Burley, Yakima
and Pearl Izumi.

Factory reps will be on hand for
the latest info!

Hourly Drawings for Prizes!

Refreshments Provided – Don't Miss It!!

SEW MUCH MORE

Cycling wear: jerseys, cycling shorts, tights,
and cycling shells. Reasonable prices.
Custom fit. Gift certificates. For more
information call Sue at (517) 627-1411.

CLASSIFIED



This section of the Chainwheel Chatter is published as a service for **TCBA members only**, to advertise cycling equipment free of charge. To place an ad, send to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840 - FAX to (517) 339-1758 or email chainwheelchatter@biketcba.org.

COMMITTEE & CLUB NEWS

Safety & Education Community Projects

The Safety & Education Committee of TCBA has taken on a “*new look.*” Many of you will remember the days when committee members stuffed information packets to be delivered to schools, and visited classrooms to make presentations about bicycle safety to students. Those days are gone but not forgotten.

In 2002 the Safety & Education Committee made a change, and ordered bicycle safety videos and distributed them to local schools so that teachers would have the opportunity to present the information to students along with their own lesson plan.

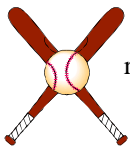
Now we are asking for a few people to serve on this “*new committee*” to identify and implement community projects where our contribution could make a difference.

The TCBA has the capability and financial resources to make some significant contributions to the Tri-County community. Because it is difficult to find volunteers with extra time, this contribution could be mostly financial rather than a lot of volunteer-hours.

It could be as simple as one good idea! Please email or call me if you are interested in this opportunity, president@biketcba.org, (517) 349-0592.

Arnie Johnson

2003 Lugnuts Outing



Regardless of what that Punxsutawney Phil sees on February 2, we know that spring is really just around corner. That means it's time for spring training rides and making plans for other warm weather activities. Mark your calendar now for **Saturday, June 21**, for the eighth annual TCBA Lansing Lugnuts outing. Once again, game time will be at 7:05 p.m., with fireworks immediately following the game. We've reserved 50 box seats, which are available on a first-come, first-served basis for just \$8. There's also an *optional* pre-game buffet-style dinner at the Tailgate Terrace, located over right field. For \$12 (adults) or \$7 (children 12 and under), diners may select two meat entrees and enjoy an all-you-can-eat buffet of salads, rolls, corn-on-the-cob, desserts, and soft drinks. This is a great value, especially when you consider the cost of other ballpark fare. Picnic tables will be reserved to enjoy your dinner, so you needn't worry about balancing plates on your lap! This is a great family event and a good opportunity to introduce non-member friends. If you've attended the Lugnuts fireworks presentations before, you know what a great finale they make to an enjoyable evening. Payment is due to me no later than Monday, May 5. To sign up, send your check for the appropriate amount to my attention at the TCBA post office box, OR catch me on a ride!

Katie Donnelly



Volunteers Meeting

If you are a DALMAC volunteer, or want to be one, please plan on attending a general volunteers meeting on **Tuesday, February 18, at 7:00 p.m., in room 213, at the Foster Center.** Plans for DALMAC 2003 will be reviewed, questions will be answered, and you will be asked to confirm your participation. Volunteers are needed for several open assignments.

Darryl Burris, Events Director

CHANGE OF ADDRESS



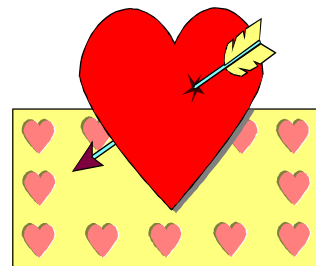
If you move or have your mail forwarded, please notify us as soon as possible. The newsletters are sent bulk mail, and the post office does not forward bulk mail. The post office returns your newsletter to us (we have to pay to get it back), so your membership ends up in limbo until we hear from you. **Please send your change of address to: TCBA, P.O. Box 22146, Lansing, MI 48909, or email membership@biketcba.org.**

WELCOME NEW MEMBERS



Gary Ralph	Lynne Swanson
Joel Wickham	Ted Fox
Tim Sheehan	Amanda Fine
Donna Wynant	Jeff Herschleb
Bill Courser	Kathy Skipper
Amy Jentz	Maureen Wahl
Mike & Gail Lutton	Ron & Brenda Alleman
John & Carolyn Willoughby	

HAPPY VALENTINE'S DAY!



Ride Incentive Award Program 2003

GENERAL RULES

This program is intended to encourage Tri-County Bicycle Association members to participate in TCBA recreational rides.

1. Mileage points can be accumulated between Dec 1, 2002 and November 30, 2003. Points accumulated in December 2003 will count toward your 2004 totals.
2. Mileage points from TCBA club rides and non-commercial invitational rides are creditable.
3. Individual club members are responsible to ensure club and invitational rides are posted on ride rosters within 30 days of the ride or reported to mileage keeper no later than December 9, 2003.
4. At least 75% of a rider' s total mileage points must come from TCBA sponsord events.
5. "TCBA sponsored events" shall be determined by the Board of Directors and include the following:
 - * Properly scheduled club rides
 - * 100,000 Meter T-Shirt Ride
 - * SummerTour
 - * Women on Wheels
 - * DALMAC
6. The Ride Program Committee will be responsible for equitably enforcing all provisions of the Ride Program.
7. Riders not wearing a bicycle helmet and/or wearers of headphone listening edevices will not receive ride mileage credit.
8. Ride leaders will be responsible for enforcing provisions of the Ride Program for individual rides.

CLUB RIDE RULES

1. Club rides must be listed in the club newsletter or on the called-in Ride Line at least two (2) days in advance of the ride date. Called in rides are subject to deadlines set by the Ride Line Coordinator.
2. No club rides shall be scheduled during the general membership meetings or to conflict with the Women on Wheels ride, T-Shirt Ride, holiday party, hay ride (fall party) or club picnic.
3. Rides of the same class leaving from the same general location must be at least one hour different in starting time.
4. If a ride leader fails to participate in a scheduled ride, another rider may assume the leadership and will be credited with leader points.
5. Rides which fail to leave due to weather or other circumstances will have no mileage points or leader points credited.
6. Rides that are cancelled shall be done in the same manner as they were posted unless conditions are stated in posting.
7. Mileage credit will be given for riding to and from TCBA events based upon the shortest and safest route.
8. **The ride leader is required to ride with or behind the slowest rider for A+, A, B, C, or D rides**, but no lower than the stated speed for the ride class.
9. Leader points will be credited only to those leaders who participate in the ride.
10. Leader points shall be assigned as follows:

Class A+ (20+ mph)	50 points
Class A (17-20 mph)	50 points
Class B (14-17 mph)	50 points
Class C (11-14 mph)	50 points
Class D (up to 11 mph)	100 points
Class M (mountain bike, offroad segments at safe speeds)	100 points
Class Z (40+ miles at rider' s own pace)	50 points
All classes with a leader but no other riders	10 points
11. Leader points may not be split between riders.
12. Ride sheets must be submitted to the mileage keeper within 30 days of the ride. The cutoff date for riding mileage in 2003 is November 30, and people must send in mileage sheets by December 9, 2003.
13. Club rides originating outside the tri-county area of Eaton, Ingam, Clinton, and the approved seciton of Shiawassee counties must receive Board of Directors' approval to qualify for mileage credit.
14. Club members must indicate membership and initial the release on the ride sheets to get mileage credit.

BIKING RESOURCE GUIDE

Available at the Capital Area District Library:

Lance Armstrong Program: 7 Weeks to the Perfect Ride
by Lance Armstrong

Complete Book of Long-Distance Cycling

Bicycling Medicine by Arnie Baker

Complete Book of Long-Distance Cycling by Edmund R. Burke

Bicycling Magazine's New Cyclist Handbook, Revised Edition
by Ed Pavelka

Zinn and the Art of Mountain Bike Maintenance, 3rd Edition
by Lennard Zinn

VIDEO/DVD

Bicycle Safety Camp

Suggested Internet Sites:

<http://www.biketcba.org>

Tri-County Bicycle Association site. Information on local rides, DALMAC tour, TCBA organizational guide, news, the monthly Chainwheel Chatter newsletter, weather, and links to other clubs.

<http://www.mikebentley.com/bike>

Mike's Mega Bicycle Links. Links to mountain bikes, women's cycling, bike maintenance, handcycles, bike safety, winter cycling, commuting, and more.

<http://www.exploratorium.edu/cycling/index.html>

Discusses bicycle science from the perspective of the wheel, drives & gears, frames & materials, braking & steering, aerodynamics, and human power.

<http://www.ihpva.org>

International Human Powered Vehicle Association resources include links to national organizations (such as U.S.), FAQ, competition rules, builder's corner, races & records, schools, library, and publications info.

EASYSPOKEN

A Great Rail Trail, A Monster Hotel, and A Gentle Highway



Wed 14

The Greenbrier River Trail would prove to be much better than the North Bend Rail Trail, both in riding surface and in scenery. It is the last un-dammed river east of the Mississippi.

About 8 miles down the trail is the little town of Clover Lick. Nothing there but houses and a restored railroad station. I was eating a snack when a man from Alabama drove up. He wanted to know how to get to Cass. Well, I'd come down the rail trail, which he couldn't use. Looking at his map took a while because the roads all look like curly fries.

I stopped in Marlinton to do laundry and transfer pictures onto CDs. The town has markers on street posts about six feet up to show the high water level of the last flood. Their library is quite nice and had the facilities I needed.

I met a guy on a bicycle from the area. While riding the trail at night with a friend, a bobcat jumped from the trees onto his leg. He lost control and crashed. He grabbed the bobcat by the neck to get it to stop chewing on his leg. His friend hit it on the head with a big rock. It was motionless on the ground.

Returning from the river where he stopped his bleeding, he poked and kicked the bobcat and got no reaction, so he put it on his back rack. He went to throw his leg over the seat when he noticed the bobcat was sitting up, looking at him. His friend hit it a few more times.

They put it back on the rack and headed to the hospital. He needed stitches for a gash near his knee, and attention for the many bite and claw marks on his lower thigh and upper calf. The bobcat had rabies. Both men had to have shots.

He'd also been confronted by a bear. It went away when he barked like a dog. (Later, I would find out why this worked.)

Looking for a place to camp, I checked out the park South of Marlinton. There was a loud noise nearby, so I continued down the trail to the next campsite. It allowed horses, so I had to be careful where to walk and put my tent.

I rode 31 miles today.

Thu 15

Rain was predicted for today and tomorrow.

I swerved to avoid riding across a stick, then realized it was a snake. Beware of straight sticks without branches.

It has been hot and muggy most of the day, but the predicted rain didn't come. Usually, the trail ran higher than the river, or away from it. As soon as I could, I found a place to swim. Well, swim would be stretching it a bit for a river where most parts were currently (no pun intended) only knee

deep. I waded in, found a submerged flat rock to sit on, and stretched out.

When I inhaled, I floated. When I exhaled, I settled back to the rock.

Perfect!

My bicycle computer has been malfunctioning. I think it is a combination of corroded contacts and high humidity.

I stopped at Renick to go to the Post Office. Renick was WAY up on a HILL from the trail, but with a combination of rests and determination, I only had to push the bike about 30 feet. I mailed two CDs with pictures back home. While I was inside, it rained hard, but only lasted about 10 minutes. Nearby, I had a mediocre lunch of chicken and dumplings, and cornbread salad.

The trail brochure said there were raspberries, strawberries, and apples along the trail and to feel free to eat any. I found some raspberries that were ripe and good.

I rode 36 miles today, staying at a trailside camp near Anthony.

Fri 16

I met a guy named Dan Green who lives along the trail. He built a recumbent from Tour Easy plans and two old bikes. He bought the bottom bracket and chain stay part from Easy Racers, and has a nice bike he likes to ride.

As we were talking, a man drove up in a pickup that had a dog in the back. He got out and started to wave around some kind of antenna. Dan excused himself, saying something about trespassing.

It was a bear hunter. He lets his dogs run free to chase and tree bears, much like raccoons. They wear radio colors, and he was trying to find them. Problem was that he had passed two "NO TRESPASSING" signs getting there. It seems that the bear hunters feel they can do whatever they want, including running down fences and chasing bears through people's yards. Some feel that if they got a bear hunter really upset, they would find their house burned down. Hunting bears with dogs is legal in West Virginia. Training the dogs to tree the bears before the season ends is also legal. You just can't kill the bears. At least, not legally.

The last 10 miles of the trail went quickly. I was told that the Greenbrier River Trail was all downhill if you started from Cass. Of the 76 miles, I figure I only knew I was climbing for about 2 of them. It might have been more, but it was so gentle I didn't notice it. Nearly all of the trail is in good repair, and a few miles around Marlinton are paved. Bad stretches were very short and far between.

People had told me that when I got to White Sulphur Springs, I should check out the Greenbrier Hotel. Since rooms are \$300 a night, that is all I did.

As I rode up to the front gate, a guard met me. I was ready and told him that I wanted to shop (there are stores inside).

(continued on next page)

EASYSPOKEN

(continued from previous page)

He said I could park by a white pickup. I lost track of it and rode all the way to another guard station. He had me park my bike in view of the station, then told me how to get to the shops.

I got lost outside the building, walking half way around it. Backtracking, I found a door opening into a huge dining room and asked directions. I got lost again at the end of a dead-end hallway with hotel offices along it. A nice lady led me back.

There were a lot of Ralph Lauren type shops, and a small snack bar. For \$4, I got a piece of German chocolate cake and some peach ice tea. I wandered around to check out the exercise room, the swimming pool, and the 8-lane bowling alley.

In the bowling alley, there was a pool table. I asked the bowling alley attendant what the charge was to play pool. She said it was "Complimentary". There was a kid there just rolling the balls around, so we played two "complimentary" games.

I tried to leave, but got lost again. I mentioned I was lost to another guest. He said he'd been coming here for several years, and he still got lost. It's only three stories high, but huge!

I wanted to get a shower and to charge my camera batteries. There were no motels in Caldwell, the town at the end of the trail. The first motel I came to had two small rooms left. The lady in charge first asked \$50, plus tax, then came down to \$45, including tax. I said that was still higher than I wanted.

The next place was recommended by the guard at the Greenbrier Hotel. It was a bed & breakfast that would normally get \$80, but it was full - the State Fair was still going and this was the ever-popular tractor pull day. The last place normally charged \$50, but had jacked the price up to \$80 because of the fair.

I decided to turn north on WV-92 but missed my turn. Good thing some old men sitting by the road complimented Sarah. I stopped and chatted. They offered me a beer; I said I really needed cold water. One of them went inside and got a gallon jug of bottled water. They then told me that I'd missed my turn.

Back at the turn was a grocery store, where I stocked up for the trip north. I didn't expect many services along WV 92. I bought some turkey and cheese at the deli. I also got a bag of ice, which was more than enough to fill all four water bottles.

WV-92 was looking almost flat compared to the rest of West Virginia. It was actually fun to ride, and had a lot less traffic than folks led me to believe. When I got to the turn to the Blue Bend Campground, I found 4 miles of Cedar Point grade of roller coaster hills, most of which found me pushing Sarah to the top.

With a mile and a half to go, I saw a sign indicating a private campground was only a quarter mile away. I bit. The office was closed and the grounds were full of tin cans without wheels (former travel trailers). I decided another mile or two of hills would be better than this place. And it was.

An 80-something man and his wife hosted Blue Bend Campground during July and August. As we talked, they fed me a sandwich and iced tea. They also let me plug in my camera-battery charger, as the campsites had no electricity. Their miniature hot-dog dog bit my big toe, and it wasn't just a nip. Camping cost \$7.

After dark, everything got quiet, except for one family. About 11, I put on my 'cop' hat and went to talk with one of them about the quiet time and asked if they had someplace else they wanted to be. Things got quiet, but about midnight, the kids were noisy again. I caught the dad, and asked him who would be most upset if they were asked to leave in the middle of the night. Five minutes later, you could hear a leaf drop. It turns out they almost got kicked out earlier in the week for noise making.

I rode 35 miles today.

Sat 17

This morning, about 8:20, the campground host went up the road, issuing many horn toots as he went. I guess he thought everyone needed to be up by then, but he was just tooting 'Hi' to the campers who were already up and out. A while back, he got complained to by a woman. She overslept because he didn't toot to wake her up. He was just being cordial.

I'd promised myself that I would explore a few hollows. I took a side trip up Hatfield Hollow Road. After a few hundred feet, it turned into a one-lane gravel road, and within a half mile, it made a sharp left turn over an embankment. That's where I turned around.

WV-92 kept offering fantastic scenery, but no services. I checked my map and figured the intersection of WV-92 and WV-39 would at least have a convenience store - NOT! Minnehaha Springs, just 4 miles up the road, would. Nope - just houses. That left Frost (that's a town name, too). It had a party store, with grass growing up through the cracks in the concrete and a long-ago posted "For Sale" sign. Half the houses in Frost along WV-92 were empty, and some looked haunted.

I went back a half-mile to the only sign of life - a lady mowing her lawn. She said that Bird Run National Forest was a couple miles down a side road. I was really tired; I had to work just to ride down a gradual hill. I did 44 miles, my longest day.

It was a free campsite with pit toilets, good water, and no other campers. I got a sponge bath at the pump.

Dick Janson, Just Me and Sarah Dipitee



FROM THE TCBA MAIL BAG

Bike Virginia Anyone?

For the last few years, I've tried to take in at least one out of state tour each summer. June 21-25, Pete Derkos, Jim Blais and myself, plan to ride Bike Virginia. (BV). BV, in it's 16th year, is a 5 day tour set up similar to SummerTour in that it's a 'circle tour' starting and ending in the same town. Mileages average about 50 miles per day.

This year's ride is being held in the Upper Shenandoah Valley, visiting places like the Courthouse at Charles Town, where abolitionist John Brown was tried and later hanged for his raid on Harpers Ferry; the National Battlefield at Antietam; and Martinsburg, one of the few remaining steam engine Round-houses, site of Stonewall Jackson's notorious locomotive heist.

The ride fee is \$195. per person, but groups of six, when their applications are received in one envelope only have to pay for five, making it \$162.50 each.

The first three people to contact me will get in on the first "group of six" rate.

Full info is available at: <http://www.bikevirginia.com>.

Email me at: bentaero@att.net asap if you're serious about going. Cutoff date is MARCH 15th for the first group of six.

Join in, and lets have a large TCBA contingent!

See you there, Gary Christopher

CPSC, Sun Rise Industrial Co., Ltd. and Raleigh America Inc. Announce Recall of Bicycles

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Sun Rise Bicycle Industrial Co. Ltd. of Taiwan and Raleigh America Inc., of Kent, Wash., are voluntarily recalling about 2,800 bicycles. The frames on these bicycles can break, which can cause riders to lose control and crash.

Raleigh America has received 13 reports of frames breaking including one incident where a consumer reported a broken heel.

The recall involves the 2002 Diamondback X-10 and X-20 Bicycles. These are full-suspension, Y-frame mountain bikes. They are either silver and black or black and blue. "Diamondback" and "X10" or "X20" are written on the down and bottom tubes.

Authorized Diamondback dealers sold the X-10 and X-20 bicycles nationwide from September 2001 through October 2002 for about \$550 for the X-10 and \$770 for the X-20.

Consumers should immediately stop using these bicycles and return them to an authorized Diamondback dealer to receive a free replacement frame. For more information or for the name of the nearest authorized Diamondback dealer, consumers can call Raleigh America at (888) 805-6396 between 7 a.m. and 5 p.m. PT Monday through Friday, or go to the web site at www.diamondback.com.

To see a picture of the recalled item, please visit: <http://www.cpsc.gov/cpscpub/prerel/prhtml03/03066.html>.

President's Council On Physical Fitness And Sports Announces New Fitness Award To Encourage Physical Activity

Lynn Swann, Chairman of the President's Council on Physical Fitness and Sports and NFL Hall of Fame member, on January 15 launched the Council's Presidential Active Lifestyle Awards. American adults can now join teens and children in participating in the Council's longstanding youth fitness program, the President's Challenge. The goal of the program is to help reverse the rising trends of sedentary lifestyles and poor eating habits leading to alarming rates of obesity and overweight. Some 70% of adults are not regularly active; nearly one-third of adults are now classified as obese, and younger people are increasingly overweight. Both President Bush and Health and Human Services Secretary Thompson have identified prevention as the key to reversing our nation's escalating obesity epidemic. The problem of obesity/overweight in America costs \$117 billion annually and accounts for some 300,000 premature deaths per year, over 14% of the total deaths, making it the second leading cause of death after tobacco use.

Adults can earn a Presidential award patch through the Presidential Active Lifestyle Awards by completing at least 30 minutes of physical activity (such as bicycling, walking, taking the stairs instead of elevators, or active play) five days a week for six weeks; children need to be active for at least 60 minutes. Activity logs for adults and kids for the Awards can be downloaded from www.presidentschallenge.org or www.fitness.gov or by calling 202/690-9000. A free, interactive web site for the program is now under development.

This article was reprinted from "BikeLeague News" the League of American Bicyclists electronic newsletter. *The League of American Bicyclists is the national membership organization of cyclists. Founded in 1880, it promotes cycling for fun, fitness and transportation, and works through advocacy and education for a bicycle friendly America. Membership includes 35,000 individuals, 455 recreational clubs, and 50 advocacy organizations. For more information, or to subscribe to "BikeLeague News" send an email to bikeleague@bikeleague.org*