

# Chainwheel Chatter



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

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January 2003

## NEXT Meeting!!!

January 30, 2003 – 7:00 p.m.  
*Foster Community Center*  
*200 N. Foster St. – Lansing*



**Lucinda Means, Executive Director,**  
**League of Michigan Bicyclists**

**Topics to include:** Safe Pathways to School, A Walkable Community & Getting Physically Fit.

## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, January 7, 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: February 4.

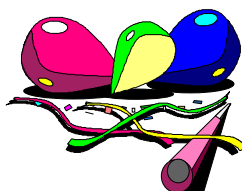
## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, January 11, 2003.** Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, FAX to (517) 339-1758, or email to: [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org).

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

## Cycle Forum

Plan to join Alan Huber **at 6:00 p.m.** immediately preceding the membership meeting on **Thursday, January 30, 2003** for the next Cycle Forum session.



## Executive Board Report

The TCBA Board of Directors met at the Foster Community Center on December 3, 2002. Board members present included Arnie Johnson, Charla Scheidler, Ron Claflin, Dwayne Scheidler, John Foltz and Gary Patterson. Also present were guest, Stephan Wenis and club members, Lee Adair, Darryl Burris, Katie Donnelly, Gary Munson and Phil Wells.

### Discussion Items/Announcements

Dwayne Scheidler initiated discussion regarding the Chicago Bike Show. It was the concensus that expenses for booth space are not justifiable, and TCBA/DALMAC would not participate in 2003.

The issue of Fund Raising by individuals, for their own charities, within TCBA events was again brought to the table. It was agreed that this practice is in conflict with the intent of the DALMAC charter and that a recommendation should be sought from council on the best way to advise offenders of future restraints.

Gary Patterson reported on work that is being done on the new member map books. The initial printing will include 500 booklets. The booklets will be distributed at club meetings to members, with approximately 150 held in reserve for mailing to new members throughout the year.

Lee Adair presented thank you letters from Harrisville and Tawas Point State Parks for the donation made to each.

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## Executive Board Report (continued)

### Action Items

Minutes of the November 5, 2002 meeting were approved as submitted.

Ron Claflin presented a financial report through December 1. The report was approved as presented.

Charla Scheidler reviewed correspondence from the Foster Center regarding donations for Holiday Food Baskets for needy families. A motion to make a donation to the Foster Center in an amount equal to what was given last year was made and carried.

John Foltz presented proposals for 2002 Ride Incentive Items, Guidelines for the 2003 Ride Incentive Program and Guidelines and Locations for Class M Rides. All were approved with minor modifications, and will appear in an upcoming Chainwheel Chatter.

Guest Stephan Wenis reviewed his proposal for funding for a project in conjunction with MSU Urban Planning Partnerships. A team of 3-5 MSU graduate and undergraduate planning students would engage in a 14-week capstone project to create a bicycle plan for the city of Lansing, with a goal of earning Lansing the Bicycle Friendly Community recognition from the League of American Bicyclists. A motion to approve funding in the amount of \$2,500 was made, but did not pass.

*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

### Bicycle Repair Class Riverfront Cycle

It's time to sign up now for a bike repair class starting **Jan. 15th**. It is **6 weeks in length** on **Wednesday nights from 6:15 until 8:15**. Held at the Riverfront Cycle. Located at 507 E. Shiawassee St., Lansing.

The class will cover everything from emergency repairs from flat tires to chain repair and move into full tune-ups and overhauling the bearings in the entire bicycle.

The class is open to every level bicycle enthusiast. **Call (517) 482-8585** and get your name on the list. The class size is limited so don't delay.

### 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](mailto:chainwheelchatter@biketcba.org).

### 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](mailto:membership@biketcba.org).**

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## COMMITTEE & CLUB NEWS

### Spin Trainer Parties



It's that time again! It was 16 BELOW zero when I rode into work this morning (Dec. 3). Fortunately, I only have to go a mile and a half (I drive in most of the way, but hey, it saves parking costs, not to mention that I enjoy the ride). It looks to be a cold winter, and winter isn't even here yet (officially anyway). So I'm having *Spin Trainer parties* at my house on three *Saturdays, January 4, February 1, and March 1*. Last year I called them Wind Trainer parties, but who's using fans anymore? I myself got a fluid trainer.

Here's the format. Get to my place a little before 10:00 to set your bike up. We'll start spinning at 10:00 and go for about an hour, more or less. If you don't want to ride that long, no one is going to make you. The nice thing is, you can ride with the fast riders and not get dropped. You can even keep up with John Foltz on his speedy little recumbent.

No point in letting the flab set in just cause it's winter! Roger Nelson, [nelsonrs@hotmail.com](mailto:nelsonrs@hotmail.com)

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### Safety & Education Committee

Our club has a need for a new Safety & Education Committee for 2003, and the first challenge is to find a chairperson and committee members.

The second challenge is to pick a project or projects for 2003. Prior committees have had several quality projects, but currently we are short of ideas. The Board of Directors is working on the club budget for the coming year and will be giving consideration to safety & education endeavors. There are probably some excellent projects that require a little funding rather than more work to achieve the desired results. It would be great if a few members could spend some time brainstorming for new projects. Please email or call me with ideas that you are willing to work on, [president@biketcba.org](mailto:president@biketcba.org), (517) 349-0592.

Arnie Johnson



The first planning committee for DALMAC 2003 will be held in February. Watch your next Chainwheel Chatter for an announcement of the date and time. In the meantime, if you are interested in being involved on the committee in 2003 you can let Darryl Burris know at the January TCBA club meeting, or send an email to [dalmac@biketcba.org](mailto:dalmac@biketcba.org).



### CONGRATULATIONS!! To our TCBA Volunteers

#### Volunteer(s) of the Year

The 2002 Volunteer of the Year award was given to Charla and Dwayne Scheidler. It has been very obvious that they are making an outstanding contribution to our club.

Dwayne has been a very effective DALMAC director and gets a lot of help from Charla.

Charla is the club secretary and the editor of the Chainwheel Chatter, which Dwayne helps her distribute.

They are both active riders and ride leaders. They participate in all club activities and work on most of them.

Their suggestions have resulted in an excellent budget process for tracking our finances. They have both been major contributors to new software programs required to track the clubs activities.

Thank you for the hundreds of hours that you have contributed to our club's activities.

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#### Ride Leader of the Year

Edie Belcher is the 2002 Ride Leader of the Year. Each year Edie leads more than 100 rides and many of these are very large groups.

Thanks for helping make our ride program very active.

Arnie Johnson.

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#### Election Results

For those of you who were not able to attend the Annual Meeting in October, and/or have not heard the results of the election, the following members have been elected to represent TCBA for the coming year.

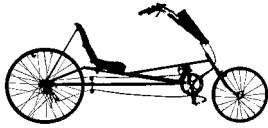
President: Arnie Johnson  
Vice President: Chris Harrison  
Secretary: Charla Scheidler  
Treasurer: Ron Clafin

Board at Large: John Foltz & Phil Wells  
Events Director: Darryl Burris

*Terms of Office to Begin January 1, 2003*

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## EASYSPOKEN



### Bluegrass on Green Grass, Hospitality, and a Steam Engine

#### Thu 8

It was COLD in Petroleum this morning, so I stayed in the tent awhile before riding on down the rail trail to Cairo.

I think I can prove that I saw a butterfly larger than my bicycle. I have photographic proof. Those nonbelievers would just say the butterfly was caught in flight on its way to a flower close to my camera. It's my story, and I'm sticking to it!

Someone across the trail had placed a bunch of ceramic ducks in very realistic poses on a grassy area. There was an adult and seven, cute ducklings. Then these ducks started to move in very realistic ways. They were real, and tame from eight feet away.

In Cairo, the Scoop Ice Cream Parlor had dozens of ice cream scoops in the window and only six flavors of ice cream.

The R. C. Marshall Hardware (and museum) had over a dozen functional models of oil pumping equipment throughout the store, all connected by a single 'cable', to demonstrate use of a single power source. They also had a galvanized bath tub tipped up against a wall, with a sign in it:

***Saturday Bath***  
***Cold 25 cents***  
***Warm 50 cents***  
***Private buck fifty***

At the campground office, Danny's girlfriend Karen met me, unaware that I had made reservations. She was camping and would have shared her space. She invited me and two co-workers for a dinner of Hamburger Helper. We couldn't quite finish it off.

#### Fri 9

The nearest Internet connection was at the Harrisville Library, a half-dozen hilly miles from camp. After sending off a message, I had pictures to unload to a CD. The librarian had no equipment, but called the local Radio Shack store. Yes, they could do it, but giving directions to someone with a bicycle would be hard. The manager arrived at the library with his personal computer just 10 minutes later. Soon, I had everything offloaded onto two CDs, one to mail home and one to keep with me and add to.

With the Bluegrass Weekend beginning in the next hour, riding Sarah back would make me late. For the first time, I asked for help. The second pickup driver, a guy in his twenties, took me to the top of the big hill above camp, and I coasted down. Whee!

The amphitheater was 2 minutes from my campsite by bike. It had 8 terraced grassy ledges - plenty large enough to set up camp chairs. This evening had three groups, with the Lonesome Whistle appearing again tomorrow evening.



Before the music started, I rode around the area. I struck up a conversation with a guy on a bridge who had been just looking off into the woods. For 45 minutes, we chatted. Russell is a singer, and would be performing later. His group was on the road most of the year in an old Greyhound bus.

It was his family's only source of income.

It turned out Russell is the leader of the Lonesome Whistle. His wife Becky is the left-handed base fiddle player. And their 11-year-old son Wes has been doing solos with them since he was 8, although now with his voice changing, it is interesting. The banjo player is a fun-loving guy that joined them about a year ago. He started on stage with them after only a day of practice.

It is getting scary here. A West Virginian has recognized my Michigan accent! Didn't know I had one.

#### Sat 10

I bought 5 bananas yesterday. Last night, the raccoons didn't get any of them. At a campsite a couple hundred yards away, they got five pounds of bacon out of a cooler that had the lid bungee-corded on. I ate all 5 bananas today.

At the afternoon concert, Mrs. Cisco, the lady who recognized my Michigan accent, came up behind me and invited me to dinner. With her husband and their three teen age daughters, I had great conversation as well as tasty chicken and corn-on-the-cob.

I would also play volleyball with them later. School kids and old folks were all included. When a little kid got beaned, Mrs. Cisco said "It'll be OK-- I'm a doctor." She wasn't, but it was effective.

Becky of the Lonesome Whistle told of a time before she traveled with the group. Russell came home from a road trip to discover Becky was planning to start a new business. She would sell fresh eggs. "You don't know how to do that", he said. "Yes I do" she said. "I've already got one chicken and two roosters!" Russell said "Well, that proves it. You don't need two roosters."

"I do" she said "when one of them spends a lot of time on the road!" She's been touring with them ever since.

When the Lonesome Whistle finished, I helped them load their bus. I bought a CD and a T-Shirt, too. Just call me a groupie.

#### Sun 11

I would have gotten out of camp sooner, but the people in the trailer in the next campsite insisted on feeding me breakfast. Those scrambled eggs, bacon biscuits, and milk sure were good. Then they sent me away with a slice, and

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## EASYSPOKEN

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the rest of a loaf, of fresh homemade banana nut bread. I put it on the back rack where the sun would make it warm when I was ready for it.

The plan was to ride the trail back to West Union, then pick up county roads back to Weston. When I got to West Union, I rode/pushed Sarah up to the courthouse on the highest ground. I sat down in the shade across the street, got out my map and my jar of Jiff Chocolate Silk Peanut Butter, and dug into both.

A woman in a pickup truck came by asking about a place not on her map. She thought a bike tourist might have been there. I hadn' t. She wanted to know where I had been, and where I was going. She offered to drive me to Weston. It was hot, so I accepted.

She didn' t go the way I planned, but a **loger** way using the "4-lane" and the interstate. In West Virginia, a "4-lane" is like an interstate, except there are no overpasses or underpasses - traffic just comes in from side roads like old-style highways. The hills going up were miles long. I enjoyed the scenery, but felt very glad about having a ride.

In Weston, I gave her the rest of my banana-nut bread. The piece I had was wonderful, but so was her generosity.

I stayed in the county park just outside of Weston. It has a swimming pool, and I was able to get a shower. I put my tent by a little stream that wanted to gurgle, but couldn' t. I was the only tent camper, and a travel trailer was almost out of sight.

### Mon 12

The road to Cass was over some hilly, curvy mountain roads where, in places, the natural maximum speed was under 30mph. Campgrounds in the area were full as Showshoe Mountain was hosting the National Archery Championships.

The Cass Scenic Railroad and town are a state park. When I arrived, the steam engine and train had left the station.

I saw the slide show about the lumber industry that created Cass a hundred years ago. They used Shay train engines, designed by a guy near Traverse City, Michigan. They could climb 10% grades around tight curves on track that was not permanently laid. Each wheel was a drive wheel, connected with a gear to a drive shaft. No engine, past or present, can do what Shay does. If a part breaks, they make a new one from models in their shop.

I arranged to leave my car in their parking lot for the next couple weeks while I ride down the Greenbrier River Trail and return on WV-92.

I rode down the trail a couple miles to a free campsite. Riding on gravel using headlights takes some concentration, and you can only look away from the surface for a moment without riding into the shadow beyond your headlight.

Finding this campsite after dark was a challenge. It was an unmarked clearing with a picnic table, just past a bridge over a creek running into the Greenbrier River. The up-side was -- I had it all to myself.

### Tue 13

Today was forecast to be a hot day. At noon, I got on the train that climbs Cheat Mountain to Bald Knob, the second highest place in West Virginia. The 34-mile round trip takes 5 hours.

Each car has a roof and railing, but is otherwise open. Benches ran back-to-back the length of each car. There were not enough seats for everyone, but it wasn' t long before more people were standing for a better view.

I met a fireman (one who transfers coal to the firebox in the engine) from a scenic railroad in Kentucky. I said I wasn' t getting my money' s worth in smoke. He said a lot of smoke met the fireman was doing a bad job. When the fireman lets the fire get too low, then piles on a lot of coal, it smothers the fire.

They try to keep the steam pressure between 195 and 200 pounds. Too little and the engine struggles. Too much and the relief valve opens and wastes energy. A proper job is to throw nine half-shovels, in a precise pattern, then take a 5 minute break. On our trip, the fireman would shovel about 9 tons of coal.

If you' ve seen old steam engines, up front is the smokestack which, due to corrosion, is a disposable item. Behind it are two domes. The one farthest back collects condensate from the steam and returns it to the boiler to be heated. The other one was a surprise to me - it holds sand. When 18 tons of engine is not enough to keep the wheels from spinning, sand is dribbled on the wheels for traction. More modern trains use sand, but it is stored elsewhere.

The wood hicks (called lumberjacks in Michigan) lived in a camp in small buildings - and later, in bunkhouses on rails. They often worked from sunrise to sunset for \$1.50 a day, which was pretty good pay a hundred years ago. Once every eight or nine months they would take a vacation, come into town, spend all their money, and return to the mountains to get back to work.

The saw sharpener got a separate place, and it had larger windows to help him see his work. He had above average pay, and frequently got tips from the wood hicks. That often made his job worth more than the job of foreman.

Wood hicks got 3 meals a day. The cook had rules, like NO talking at the table. Less time eating meant more time working. Break a rule - you don' t eat. Don' t like-~~it~~you find another job.

You must wash your hands before eating. Once a month, you got a bath. Because of fleas, ticks, and other bugs from the woods, after your bath you covered yourself in kerosene. Anyone who used tobacco chewed it or sniffed it - flames were a bad thing.

The Cass General Store was once the Meijers of Cass, selling everything anyone needed. Now it was a restaurant and tourist store. I had dinner there.

I packed everything on Sarah and rode a couple miles down the Greenbrier River Trail. I used the same campsite I was at last night.

Dick Janson, Just Me and Sarah Dipitee



## FROM THE TCBA MAIL BAG

### 2003 Road World Cycling Championships

Cycling and cycle racing in the US still have a long, difficult climb even to come close to the popularity of the sport in Europe. That's why the Road World Cycling Championships are basically a European event. They were held in Belgium this year, and in Italy, Spain, Holland, and Switzerland the previous 4 years. Only occasionally since it's inception in 1927 has it ventured outside of Europe. The "Worlds" made it's only visit to the US when it was held in Colorado Springs in 1986. Two of the most famous American cyclists have both won world championships: Greg Lemond won twice, in 1983 and 1989, and Lance Armstrong won in 1993.

The REAL NEWS is that in 2003 the Championships are venturing outside of Europe and to within about 4½ hours of Lansing, as they are being held in Hamilton, Ontario. This will be a unique opportunity for us Michiganders to see the best road cyclists from around the world in competition. The date for next years event is October 6-12, Monday thru Sunday. Over this week long period world champions will be crowned in both time trialing and road racing, with separate categories for men and women at both the junior and professional levels. The culmination of the championships is the pro mens road race on Sunday.

And although he hasn't competed in the world championships the last few years because of his Tour de France focus even Lance is considering being there! I know I will be. In fact, I've already made my hotel reservations. Good luck getting yours...

The Hamilton 2003 Road World Cycling Championship website is still under development but can be found at <http://www.hamilton2003.com/>.

Jeff Dillingham

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### Diets and Dying

Here's the final word on nutrition and health. Frankly, it's a relief to know the truth after all those conflicting medical studies.

- The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.
- The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.
- The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.
- The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.
- **CONSLUSION:** Eat and drink whatever you like. Speaking English is apparently what kills you.

### Kids Repair Program

The Kids Repair Program (KRP) will soon be celebrating its 7<sup>th</sup> year of successful operation in the Lansing community. In 2002 the KRP provided over 60 kids, ages 9 through 17, the opportunity to participate in a unique program. The FREE 21-hour class shows students how to properly care for their bicycle and to safely ride on the road.

The KRP was a proud recipient of a DALMAC Grant in 2002, which will allow them to continue toward their goals and objectives for the future.

The coordinator, and President of the KRP, Curt "Grandad" Eure, encourages those with an interest in the program to drop in and see what they have to offer. They operate at 200 Museum Dr., Lansing, or can be reached by calling (517) 485-8956. He will gladly show you around and outline the benefits of participating in this exciting and rewarding opportunity.

A familiar face at TCBA functions, Jethro "Bubba" Wise is an instructor assistant for KRP, as well as TCBA member. Jethro completed his first DALMAC in 2002, displaying both an American flag and Kids Repair Program banner on his bike. Jethro was extremely eager to participate in and complete his first DALMAC and has already begun training for 2003.

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### Mike Walden Velodrome Update

After years of hard work, a relatively small group of people saw their dream become a reality. In the spring of 2002, a tribute to its namesake, the *Mike Walden Velodrome* became a living symbol of Mike's belief that the individual can make a difference. For that small group of dreamers and 250 believers, the Mike Walden Velodrome stands majestic.

The \$500,000 facility was paid for by private donations and built by volunteers. While it will be for all to use, it will be maintained by volunteers and continue to be supported by contributions and user fees.

Later in the year, funding provided by a grant from the DALMAC Fund made it possible for a new edition to the project. The grant provided funds for the purchase of materials and rental of equipment to construct an infield tunnel, to be named "The DALMAC Tunnel."

As a result of everyone's hard work, young kids will get a taste of track racing; the public will start to learn more of what the sport is all about; fitness riders will use it for workouts; and racers will be able to train and race on a world-class velodrome. The track will be everything it can be and more -- proving out one of Walden's favorite sayings: "If you think you can do it, you will."

(Information for this article was obtained in part from the Mike Walden Velodrome web site - [www.lmb.org/velo/](http://www.lmb.org/velo/).)