

# Chainwheel Chatter



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

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July 2003

## NEXT Meeting!!!

**July 31, 2003 – 7:00 p.m.**  
*Foster Community Center*  
*200 N. Foster St. – Lansing*

## The McClain Rollers Racing Team

Dave Hanson, Brett Robinson and Chuck Allaire will be our featured speakers this month to present a program on the Spring Classic. The event was held in April of this year, in France & Belgium. They will also talk about local races and upcoming events.



PLEASE NOTE  
When attending meetings at the Foster Community Center. . .  
There is **NO PARKING** on the West side of Francis St.

(There has recently been some confusion about this

matter and parking tickets were issued to some TCBA members on the evening of our May meeting).

**HAVE A SAFE AND ENJOYABLE**



**4<sup>TH</sup> OF JULY**

## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, July 1, 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: August 5.

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, July 12, 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, P.O. Box 1628, East Lansing, MI 48826, or emailed to [tccarides@prowen.com](mailto:tccarides@prowen.com). To be included in the newsletter this information must be received no later than the above-mentioned newsletter deadline.

## Cycle Forum

### Topic: "Dress for Success on a Multi-Day Ride"

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, July 31, 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 June 3, 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, Mary Burris, Pete Derkos, Katie Donnelly, Tom Hardenbergh, Veronica Jackson, Dave Pierce and Lenny Provencher.

### Discussion Items/Announcements

Chris Harrison reported on upcoming meetings, to include the picnic, to be held at Sleepy Hollow State Park on June 28. With approximately 80 signed up to attend.

Lenny Provencher expressed his disappointment with the board's action to rescind the decision made at the May Board Meeting relative to SummerTour.

Lenny also expressed that in his opinion the announcements at the monthly membership meetings are a bit lengthy and take time away from the actual program. In addition announcements that are of a sales pitch nature should not be allowed. Arnie agreed to use a little more discipline at future meetings.

Pete Derkos reported that several TCBA members received parking tickets while parked on the West side of Francis Rd. during the May membership meeting. Although the area is posted with "no parking" signs some feel that they are a bit misleading and are working with the City of Lansing to resolve the issue. Pete asked that a message be placed in the Chainwheel Chatter, and that Arnie make an announcement at the beginning of each membership meeting, to alert members of the "no parking" area. John Foltz volunteered to obtain maps for overflow parking from the City of Lansing.

Discussion took place regarding the frequency of membership renewal notifications and what procedure is used for reinstating a membership once it has lapsed. Arnie will speak with Gary Munson to obtain the answers for the next meeting.

Arnie expressed concerns that were received from two TCBA members regarding observations of fellow TCBA members not obeying traffic signals/signs, not using hand signals for others to know what their intention is when in traffic and making a turn, and riding 2 abreast not allowing for traffic to get by. It was agreed that safety reminders at club meetings, during rides and in the Chainwheel would/should take place.

Discussion took place regarding the possibility of a 2-day weekend ride for TCBA members that would leave from the Tri-County area and have a baggage truck for those that don't want to transport their own gear. Ideas that came from the discussion were that a nominal fee should be charged to cover the cost of the baggage truck, and the destination would need to have a campground and adequate eating establishments for members to purchase their own meals. No decision was made at this time and board members agreed to bring additional ideas to a future meeting.

### Action Items

Minutes of the May 6, 2003 meeting were approved as submitted.

Ron Claflin presented a financial report through May 31. The report was approved as presented.

Board members were asked of their intention regarding running for reelection and some expressed an interest to step away. Katie volunteered to head-up the nominations committee again and will begin soliciting for volunteers.

Arnie reported that the map booklets would be ready for distribution at the June membership meeting. It was reiterated that one "free" booklet would be provided to each paid membership. Members will be able to claim their copy at a membership meeting, or by sending a request to the TCBA P.O. Box. Arnie volunteered to handle filling the mailed requests. In addition local bicycle shops will be asked if they would be interested in a supply of the booklets to sell in their shops. It was agreed to sell the booklets to interested shops for \$1 each, with a suggested retail price of \$5.

Phil Wells presented a proposal for TCBA to again co-sponsor with the League of Michigan Bicyclists, the bike parking at the Great Lakes Folk Festival by making a donation of \$200. The Funds will be used to purchase the claim tickets needed for the project, refreshments for volunteers and signage. The request was approved as presented.

*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.*

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### 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).**

### Map Booklets



Do you ever wonder where in the world to ride in the Tri-County area? Thanks to TCBA volunteers Gary Patterson and Joe Adams, as well as TCBA members who submitted maps, the "new" TCBA Map Booklets are printed and ready for distribution. Each paid TCBA membership is entitled to receive 1 "free" map booklet. If you attend TCBA membership meetings on the last Thursday of each month you can pick-up your copy there. If you would like one mailed to you please forward your request to: Map Booklet, c/o Tri-County Bicycle Association, P.O. Box 22146, Lansing, MI 48909.

## COMMITTEE & CLUB NEWS

### You Can Help TCBA Provide Bicycle Parking At the Great Lakes Folk Festival!

For the last three years, TCBA members have supported the club, bicycling, culture and the community, had lots of fun and met new people: all by staffing the free guarded bike parking service at the 2000 & 2001 National Folk Festivals and the 2002 Great Lakes Folk Festival (GLFF). East Lansing hosts this year's free GLFF on August 8, 9 and 10. Together with the League of Michigan Bicyclists, TCBA is again sponsoring the bike parking service for festivalgoers and volunteers. Over the course of the 2-day event, up to 50 volunteers will be needed to staff the service.

Past festivals have been a big success with huge crowds and extraordinary multi-cultural and international performances. With the crowds come traffic and parking problems. The "valet" bike parking encourages people to cycle to the festival instead of driving. This helps alleviate traffic congestion and promotes cycling as a convenient and practical transportation mode. Below the bike parking banner, which announces TCBA and LMB sponsorship, we promote membership in both organizations, plus cycling safety and events. This is a golden opportunity to bring new blood into the club.

Volunteers are asked to attend a training session (afternoon of August 2 or evening of August 4) and to work one or more shifts (approximately 3 hours each) between the afternoon of Friday, August 8, and the evening of Sunday, August 10. **Please consider volunteering for this exciting project.** The bike-parking volunteers will have chairs, a tent for shade, snacks and refreshments. And this year, we will have a larger corral in a better location, plus professionally designed and built bike racks. All volunteers receive an official GLFF volunteer T-shirt, an invitation to the awesome performer/volunteer party on Saturday night, access to the nearby "Green Room" (free drinks and snacks) and other perks.

For on-line sign-up, go to the GLFF volunteer page at <http://www.greatlakesfolkfest.net/Volunteers/JobDescriptions> and click on "Volunteers: Sign Up" near the middle of the page; or call (517)-432-GLFF. On the sign-up form you can ask to be assigned to bike parking, and indicate approximate times you are available to work. In a few weeks, festival coordinators will provide us a list of bike parking volunteers; we will then contact each volunteer to work out his or her precise work schedule. (To help with bike corral set-up, select the 1-4 p.m. Friday shift; for teardown, select 3-6 p.m. Sunday.)

For more information about working at the bike parking service, contact Phil Wells (517-267-8971, [philwells99@yahoo.com](mailto:philwells99@yahoo.com)). E-mail or call GLFF today to volunteer!



### Registration Volunteers Needed

Many of you have helped with DALMAC Registration before and know what a rewarding job this can be and a GREAT way to meet other club members. There are always many necessary and enjoyable tasks to be done. If you can help for any period or any part of a registration period, please contact Mike Hudson at 517-321-4297 (please, no calls after 10:00pm) or e-mail [HUDSONMI@MSU.EDU](mailto:HUDSONMI@MSU.EDU). A sign-up sheet will also be passed around at the June and July club meetings.

We will again be registering DALMAC riders at the MSU Pavilion and the schedule is as follows:

Tuesday, August 26th, 5:00 – 8:00 p.m.  
Wednesday, August 27th, 7:00 – 9:00 a.m. &  
5:00 – 8:00 p.m.  
Thursday, August 28th, 7:00 – 9:00 a.m.

Please plan to arrive at least 15 minutes prior to your shift starting time.

### Frankfort Weekend

It's time again to plan the annual Frankfort Weekend, the Crystal Cruise Outing. The dates are July 26th. & 27th. Reservations can be made at Betsie River Camp Site at any time, phone: 231-352-9535 or at their Web site: [www.michcampgrounds.com/betsieriver](http://www.michcampgrounds.com/betsieriver).

This is a small campground, so please make your reservations as early as possible. The owner usually makes exceptions for us bikers and allows 3 tents per site.

Restaurants are within 2 miles of the campground, but we are planning on at least one hearty cookout with all the trimmings. If you wish you may bring along a dish to pass. Plenty of ice for the coolers is available.

Most everybody, who has joined us in the past, has enjoyed the Crystal Cruise Outing tremendously. There are several breathtaking up and down hills along the routes, many interesting items to check out and places to visit on or off the bike. If you need directions to get there, please, contact me. Hope to see you there.

Edie

### WOW Ride 2003

The WOW Ride committee is looking for volunteers. This year the ride is scheduled for Sat. July 19<sup>th</sup> at Mason High School. If you have worked WOW in the past and would like to help again, or have never worked on a ride before and are interested in getting involved contact Joane Gruizenga at (517) 337-3026, or email [wow@biketcba.org](mailto:wow@biketcba.org).

## 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 email to [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org), FAX to (517) 339-1758, or mail to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840.

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## MEMBER SPECIALS

### 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.

## CAR BACK!!

In the good old days, if somebody yelled “CAR BACK!!” while we were riding as a pack, that meant we were blocking traffic or about to be blocking traffic, and we would merge into a single line if we were riding double file, and we would move to the right as far as safely possible. It’s not hard to do. Riders would point to where they wanted to move or say something, and riders on the right would make room and indicate when it was safe to pull in. With a little practice it becomes second nature.

These days, especially with the large groups on Saturday rides, whenever somebody yells “CAR BACK!!” usually nothing happens. The group continues to ride two abreast and annoy the drivers waiting to pass. At best some of the riders riding near the centerline might move over to the right a little but still stay double file. Some of the more experienced riders seem to be the worst offenders and don’t even move a little to the right, in spite of repeated shouts of “CAR BACK!!”

While I wax nostalgic, in the good old days it was a sin to be on the front of a big group and coast, even momentarily, and especially downhill. If you were in front you were expected to pedal constantly and evenly so the group didn’t (unsafely) bunch up behind you.

I won’t even mention the fact that if there is a strong wind from the left for example, the front riders could ride nearer the center of the road, with the riders behind each a little to the right and behind the riders in front (echeloning.) I want to point out that I am not advocating overlapping wheels with the riders in front. I have only known a few riders I would trust never to make a sudden, unannounced move. Echeloning can be done double file or single file. A similar strategy holds for a strong wind from the right. For a very strong crosswind and a very large group, it is possible to break into two or more smaller groups in order to form echelons. I seldom, if ever, see the Saturday group compensate for a strong crosswind. Maybe it’s not worth the trouble on a friendly touring ride, but on the other hand it’s not that hard to do and why not do it? But as I said, I won’t even bring up this topic.

I am not saying that the rides should become regimented, precision drills. However, it is more fun and more relaxing if the riders around you are riding intelligently and safely. As I said before, it’s just not that hard to do. For starters, moving to the right into single file when someone yells “CAR BACK!!” would be nice.

Oh well, everything was better in the good old days, right?

Byron Drachman



## Photo-Biking

By Ron Truax



The title is just something I've made up. As far as I know, Photo-Biking isn't a trademark name. Nor is it photojournalism specializing in bicycling. But if you own and ride a bike more than occasionally, it's something you've become involved with to some degree. You own a bike, you own a camera, and you're Photo-Biking

It starts out slowly. You begin by taking a few pictures at the start of a ride and then at the finish. The bike, the bike and you, the bike and you and some friends. And at this point the camera stays back in the car. But then comes a new camera, small enough to fit into your shirt pocket. Now you can catch some action shots. So there you are, burning up the highway on a high tech, super light bike with a 35mm camera and three rolls of film in your pocket. But the really big breakthrough came with the digital camera. Now anyone could afford to carry the box that captures the moment. And capture it we've tried. I suspect that even Lance Armstrong was snapping away on that last day of the Tour de France. Talk about the ultimate attempted to capture the moment. And digital cameras also gave us the excuse we needed to upgrade our old computers.

The next question is, "When are we taking all these pictures?" No doubt, each of us believes that we're not encroaching on anyone's cycling pleasure. We're just taking a few discrete shots along the way. But at the same time it drives us nuts to keep stopping and/or posing for someone else's photo opp. Give it a rest!

But you can't really complain about something when you're one of the perpetrators. Even I've collected bags and bags of pictures over the years. If it weren't for my wife, I wouldn't have a clue what I had on film. Some time ago she began sorting them by event and year and placing them neatly in boxes. I'm sure that was time consuming enough. But this past winter, she painstakingly put them into albums, five albums with over twelve hundred pictures. And I don't take a lot of pictures. The task, left to me, would probably have ended up as a one-way trip to the fireplace. Her mission was successful and greatly appreciated. Enough so that I don't plan to ever take another picture. She's earned the rest. But if I don't, I'm sure I'll just bug someone else to take it for me. It seems that Photo-Biking brings a certain love/hate relationship with it. On one hand you want to take the picture, and on the other hand you want to smash everyone else's camera.

To confound things even more, only the one looking through the viewfinder ever sees and appreciates the entire picture. Everyone else only gets to see a rectangular cutout from the panorama that lay before the photographer. A picture is merely a triggering mechanism for total recall of past events. To everyone else it's just a piece of paper with bright colors on it, and we don't understand why no one else ever gets as excited as we do. But we keep snapping away, hoping for all times to capture "**THE MOMENT.**"

As the astronomer, Carl Sagan, may have observed, "The magnitude of these collections must number into the billions upon billions upon billions." So what? Where would we end, for that matter, the world be without cameras and photo albums. Without them we'd have to find some other way to totally bore our friends. So keep the faith, keep up the good work, and just say, "Cheese!" It's only a few pictures.

## SHARE THE ROAD

The League of American Bicyclists urges both motorists and cyclists to share the road. There have already been a number of needless tragedies involving experienced cyclists.



Following are a few basic rules of safety to keep in mind:

### Cyclists:

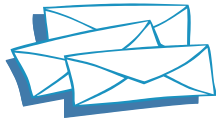
- Always ride on the right. Use the lane furthest to the right that heads in the direction that you are traveling.
- The same laws that apply to motorists apply to cyclists: Obey all traffic control devices, such as stop signs, lights, and lane markings.
- Always use hand signals to indicate your intention to stop or turn to motorists and cyclists.
- Always wear a properly fitted helmet.
- Ride predictably.
- Be visible.

### Motorists:

- Drive cautiously.
- Reduce speed when encountering cyclists.
- In inclement weather, give cyclists extra trailing and passing room.
- Recognize situations that may be potentially dangerous to cyclists and give them space.
- Yield to cyclists. Bicycles are considered vehicles and should be given the appropriate right of way. Cyclists may take the entire lane when hazards, road width or traffic speed dictate.
- Allow extra time for cyclists to traverse intersections.

For more details, see the League's Share the Road tips at [www.bikeleague.org](http://www.bikeleague.org). Copies will also be available at the TCBA membership meetings. Or contact the editor of this publication for a copy.

**Editor's note:** In light of recent incidents that were witnessed by a TCBA member (perpetrators and informants will be kept anonymous) and brought to the attention of the TCBA board, I feel that this article is appropriate, and will serve as a refresher to us all. We need to always keep in mind that as TCBA members we are very visible when wearing the "club colors" and should set an example for all by obeying traffic devices or signs and using our hand signals. To receive respect we must also give respect.



## FROM THE TCBA MAIL BAG

### **Michigan Senior Olympics August 1 - 5, 2003 Volunteers Needed**

The City of Lansing, in conjunction with the Lansing Convention and Visitors Bureau, is hosting the Michigan Senior Olympics at various venues throughout the Lansing area. Over 1000 senior athletes will participate in more than 25 sports.

Steve Widder from Lansing Parks and Recreation will be coordinating the cycling and triathlon events and is asking for volunteers to help out with registration, course marshals, and finish.

The cycling will be on Sunday, Aug 3 and Monday Aug. 4 between the hours of 9AM to 3PM, with a time trial each morning followed by afternoon road races (5k TT & 40k road race; 10k TT & 20k road race respectively).

The triathlon will be held on Tuesday, August 5 beginning at 9AM and is a 500yd swim, 20k bike and 5k run.

Please call Steve at work (517-483-4208) or at home (517-347-7572) to volunteer and/or ask questions. Your assistance and support will be very sincerely appreciated.

### **Consumer Product Safety Commission (CPSC) Announces Recall of Bicycle Helmets**

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm listed below. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: Catlike Kompact™ Bike Helmets

Units: 2,250

Distributor: Monarch Velo, LLC, doing business as Catlike USA, of Houston, Texas

Hazard: The helmets fail impact testing required under CPSC's safety standard for bicycle helmets, violating the Consumer Product Safety Act.

Incidents/Injuries: None reported.

Description: This recall involves Catlike Kompact™ adult bicycle helmets. The helmets were sold in two sizes (small/medium and large/extra large) and various colors. The sizing label inside the helmets reads "Kompact" and "SM/MD" or "LG/XL."

Sold at: Bicycle shops nationwide sold the helmets from March 2002 through February 2003 for about \$130.

Manufactured in/Imported from: Spain

Remedy: Contact Monarch Velo for information on receiving a free replacement helmet.

Consumer Contact: Contact Monarch Velo toll-free at (877) 228-5646 between 9 a.m. and 5 p.m. CT Monday through Friday or visit the firm's web site at [www.catlike-usa.com](http://www.catlike-usa.com).

Catlike USA Media Contact: Chris Watson at (877) 228-5646

Picture at:

<http://www.cpsc.gov/cpscpub/prerel/prhtml03/03132.html>.

A hearty "Thank You" to Roger Nelson, who again invited us to his cookout on Memorial Day. The food was excellent and we stayed dry during the bike ride. What more can a biker's heart ask for? - Edie



### **Velodrome at Bloomer Park Rochester Hills, Michigan USA**

Due to the lousy wet spring, it took longer than expected to finish up with the new tunnel (a big thank you to the DALMAC Fund) and infield grading.

Everyone should give Michigan CAT a big thank you. The Frost family - Michigan CAT - donated the use of a big dozer for almost 2 weeks. We were only able to use it 3 days because of the wet weather.

The weather has also delayed the topsoil, seeding and asphaltting on the outside of the velodrome. This has caused us to delay our NAS-TRACK Friday Night League Races.

So here is the schedule: As of May 20th. Things may still change due to weather and improvements.

Tuesdays nights - Training for A riders

Wednesday nights - Training for B riders

Thursday nights - Training for C, juniors, new riders

Saturday - 1st Class 101 10a.m. - 2p.m.

Saturday - 1st Michigan CAT Summer Points Series

- 3 p.m. "Races for the Riders" all abilities, all ages.

Track opens full time hours on Monday May 26<sup>th</sup> 11a.m. to dusk.

1st NAS-TRACK FRIDAY NIGHT LEAGUE RACE - JUNE 20TH, 7p.m. Italian-American night with the Wolverine Blues Band providing the music.

Our New website: [www.velodromeatbloomerpark.com](http://www.velodromeatbloomerpark.com).

### **The Magic Window**

From: The American Cancer Society and  
Adventure Cycling Association

There is a magic window in which a rider should begin refueling in order to maximize glycogen synthesis. You may know that the window lasts for about 2 hours following a ride, but there's something you probably don't know. If you begin refueling in the first 20 minutes following a ride, your legs will feel better the next day. What's more, if you include some protein in that post-ride refueling session, your recovery will be even more pronounced. In short, the sooner you begin refueling after a ride, the better you will feel.