

# Chainwheel Chatter



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

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June 2003

## NEXT Meeting!!!

**June 26, 2003 – 7:00 p.m.**  
*Foster Community Center*  
*200 N. Foster St. – Lansing*

### Beth Homan

Local Triathlete, Beth Homan, will be with us to share her experiences & training technique. Beth has been a Personal Fitness Trainer at the Michigan Athletic Club since 1997, earning her Bachelor's degree from Michigan State University and personal training certifications from the National Academy of Sports Medicine and ACE.

Over the past 20 years Beth has competed in over 100 triathlons (professionally in 7) across the US and about a dozen international races, including 2 wins in Japan. Highlights of her racing career include: Pro National Champion, 4 time All-American, 4 time competitor at the Hawaii Ironman World Championship with a top finish of 7th Place female.

Beth is married to Chef and Cyclist/Duathlete Mike Homan, and both are proud parents of 2 year old, Hannah.

Currently: she wants to fit in all the cycling, swimming, running and strength training a job and family will allow so that she can compete this summer and have fun! And if that's not enough she and Mike are preparing to open a new restaurant in Mason, Mike's Firehouse Grill.

## Ride Incentive Awards

The June 26 meeting will be the last chance to claim your 2002 Ride Incentive awards. If you can not be at the meeting please have a friend pick-up your item(s) for you. Don't have a friend? - Contact John Foltz at the email or phone number on the back of this issue.



# FLAG DAY – JUNE 14

## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, June 2, 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: July 1.

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, June 14, 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 [tbarides@prowen.com](mailto:tbarides@prowen.com). To be included in the newsletter this information must be received no later than the above-mentioned newsletter deadline.

## Cycle Forum

### Topic: To Be Announced

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, June 26, 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 May 6, 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, Joe Adams, Lee Adair, Howard Baldwin, Mark Cotter, Pete Derkos, Katie Donnelly, Tom Hardenbergh and Dave Pierce.

### 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 only 17 signed up to attend it was decided that the club would refund the \$5.00 per person charge to those that attend.

Darryl Burris gave an update on DALMAC applications received to date. The 5-day and 4-West are full with the 4-East about \_ full and the Quad \_ full. The 5-day and 4-West routes were overbooked to allow for the normal 10% cancellation/no show factor that usually takes place. By doing this there is no waiting list to maintain and riders don't have to wait until August to find out if they will be on the ride or not.

Several ideas were presented for Ride Incentive Awards for next year. John Foltz will take the ideas to his committee where the final decision will be made.

### Action Items

Minutes of the April 1, 2003 meeting were approved as submitted.

Ron Claflin presented a financial report through May 5. The report was approved as presented.

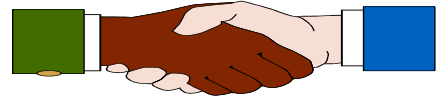
Lee Adair, and various members from the SummerTour Committee (Joe Adams, Howard Baldwin and Pete Derkos) voiced their disagreement with the board's decision regarding restricting SummerTour registration to TCBA members through March 1<sup>st</sup>. After consideration of their views a motion was made seconded and carried to rescind the action taken last month. SummerTour applications will be mailed to members in the February issue of the Chainwheel Chatter, but not inserted into the issues that are distributed to the bike shops and various other locations. Two weeks will be allowed for delivery of the Chainwheel Chatter before any applications are mailed to non-member riders that participated in the tour the previous year. One week later the application will be active on the web site. Discussion also took place regarding increasing the size of the ride slightly. That matter will be handled within the SummerTour Committee.

Tom Hardenbergh presented the DALMAC Fund Grant recommendations from his committee. A motion was made, seconded and carried to endorse the recommendations presented. A complete list of those receiving grants will appear in a future Chainwheel Chatter.

*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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## WELCOME NEW MEMBERS



Robert Carpenter	Jennifer Rappin
Rebecca King	Jokay Maxie
Molly Stapish	Mary Klein
Andrea Preston	Mark & Mary Johnston
Bill & Tyna Smith	Amaresh Joshi
David Williams	Steve & Connie Veil
Jonathan Schelke	Paul Resnik
Chris & Shelly Picuch	Tricia Fraas
Janice Buhs	Brenda Johnson
Donald & Julie Simon	Paul & Leanne Harker
Tom Houle	Nicole Haynes
Gordon Webb	Monica Johnson
Robert & Ronda Nystrom	

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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).**

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## CONGRATULATIONS GRADUATES!!!



## 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.

## 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.



### *2<sup>nd</sup> Annual Michigan Recumbent Rally Central*

*Location: Holt Pro Cyclery  
Cedar St. and Charlar Dr., Holt*

*Saturday - June 28 -  
10:00 a.m. - 3:00 p.m.*

- Come see all the different kinds of recumbents.
- Test rides will be available on store bikes.
- A discussion on buying your first recumbent will take place at 11:00.
- Specials on recumbent parts and accessories and 10% off all new recumbents.
- Beverages and snacks will be served.

For more information call (517) 694-6702 or email [tibone@comcast.net](mailto:tibone@comcast.net).

## FATHER'S DAY!!



## JUNE 15

## COMMITTEE & CLUB NEWS

### T-Shirt Ride 2003

Preparations are ongoing, but so far, all is in order for **Saturday, June 14 at Laingsburg High School**. I have reviewed the menu and some of your suggestions with the chef. Each year there is some agony over how much chicken to order, because if the weather puts a damper on the ride... we literally have to eat the chicken. So this year, should the crowd be larger than expected, we'll grill some burgers and veggie burgers to supplement possible short comings of the chicken order. The soup this year will be Crème of Broccoli and the food service is provided by the Laingsburg Police Reserve. There will be plenty of rest stops on every route and all riders are served lunch.

For those of you that may have ridden the long route recently, you noticed that Goodall Road is closed where it crosses I-69. I have been told it will be re-opened by the end of May. If not, you'll get to tour parts of Durand to get around this. If we do detour thru Durand, take extra care when crossing train tracks... there will be some.

Bicycle Stores Assenmacher, Prestige, and Riverfront will be there to sell various bicycle accessories and clothing. Also, a representative of the MSU Cycling team will be there selling those cool Spartan cycling jerseys.

Remember, TCBA members whose applications are received before May 25<sup>th</sup> get \$7 off the day of ride adult entry fee. You'll also want to order your t-shirt when you pre-register as there will only be a limited number of extra shirts at day of ride.

See you all June 14,  
Al Simons

### News From The Ride Mileage Keeper

If you haven't had a chance, take a moment and visit the TCBA web site, [www.biketcba.org](http://www.biketcba.org), and check out the **new "Ride Mileage Report" feature**. Thanks to the efforts of Wendell Proudfoot you can now look-up your mileage points on the web site. Thanks to Wendell for all his hard work! However, this information can only be as current as what is received. Ride leaders are reminded to turn-in their ride sheets in a timely manner.

In addition, the ride mileage keeper appreciates the effort by riders and ride leaders to **legibly** fill in all required information on the ride sheets. Riders should print their names (last name first). Also, for all non-TCBA invitational rides, the rider taking credit should supply the name, date, location, and distance of the ride.

Safe riding to all! – Steve Schuesler

### TCBA FAMILY PICNIC

**Saturday, June 28 –  
Sleepy Hollow State  
Park**



Lunch will be served between 1:00 and 2:30.

**Advance reservations are required** and \$5.00 per person will be due when you make your reservation (children under 10 are free, but we will still need a head count for them). **NOTE: Your payment of \$5.00 per person will be used to hold your reservation and if you attend the picnic it will be refunded to you. If you do not attend it will be deposited in the club account to cover expenses for meals that were ordered but not needed.**

To make your reservation see Chris Harrison at the May TCBA meeting, or mail your check or money order payable to TCBA to: Chris Harrison, 9100 14 Mile Rd., Mecosta, MI 49332. If you have questions you may contact Chris by phone (231) 972-5278 or email [vp@biketcba.org](mailto:vp@biketcba.org).



*"Her First Ride"*

*TCBA member Natalie Anne Stroup and mother Susan*

### **Kudos to TCBA member Jim Matson of Grand Ledge!**

*A long-time DALMAC veteran, Jim has voluntarily cancelled his DALMAC registration this year to spend time with his friend and riding partner who was recently diagnosed with cancer. Jim says "I want to spend the time we would normally spend riding together doing things with him that he can enjoy." A true friend!*



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## Florida Bicycle Safari

By Dee Gilmore (with a little help from my friends)



### *Does this look like a motley crew or what?*

On Friday April 4, 2003 about 20 members of the TCBA met in Live Oak Florida for the 23<sup>rd</sup> annual Florida Bicycle Safari sponsored by the Florida Freewheelers. It was wonderful to see so many old friends from the Lansing area down there. Several of us had been in Florida for a few weeks riding the bicycle trails to get in condition for the ride. After setting up camp, we went into town to have a great lunch at the Dixie Grill and discovered the best bread pudding any of us had ever eaten. It was swimming in banana rum sauce and was so good one member of our group had two helpings.

Saturday morning, after breakfast a group of us headed out about 7:30 AM to avoid the mass start at 8:00 AM. It was a nice day and we rode the 57 mile route that was mostly low traffic and good roads. We rode past a big field full of buffalos. Also we heard a lot of roosters crowing in the early morning that reminded one couple that they had heard a rooster crowing all night. I wonder if Howard knew anything about that! At the rest stops we were treated to peanut butter, jelly and banana sandwiches along with many other goodies. In the afternoon after our showers we sat around in a big circle and swapped stories waiting for a delicious catered dinner.

Sunday morning also dawned clear and sunny. We split up and rode different routes and different mileage but all had a good ride. In the afternoon there was a huge sweet corn roast, along with peanuts, popcorn, soft drinks, and beer. The corn was cooked in a big tub and there were jars of butter to dip it in. While waiting for dinner and afterward, we were entertained by a country western band. They were very good and even had a little six year old boy that filled in and played drums and guitar.

A foggy Monday morning was moving day so we packed up our tents and headed up to Cherry Lake to swat mosquitoes. After the tents were set up there were grilled hot dog, chips and beverages to snack on for everyone. We once again put our chairs in a big circle to swap stories. The ride photographer stopped by and said "you all must be from Michigan because you all are the only ones who sit around in a big circle."

Tuesday was warm but cloudy. We rode different routes with all going into Georgia. One couple from our group

riding a tandem had a spill on the railroad tracks and got scraped up pretty good, but managed to finish the ride. I think we all got rained on before we got back to Cherry Lake. It then started pouring buckets of rain and didn't quit until the next morning. They set up the grill in the pavilion and grilled hot dogs for all the soggy riders. In the evening after dinner most everyone gathered in the cafeteria to play games, read, or just get out of the rain. Our Michigan group had some rowdy card games going. Two gals from our group got crowned queen and princess of corn for their sweet corn eating ability.

Wednesday morning it was still drizzling rain and a notice on the bulletin board said the road marking could be washed out so be sure to use the maps. Some of us decided we didn't want to ride the unfamiliar roads without markings so we began packing up our gear to go home. In the mean while it started to clear up a little so others went out riding. They managed to get a good ride, shower, and pack up their dry tents before it started pouring down rain again. Usually Wednesday evening dinner of barbequed spare ribs is served at the lakefront with everyone sitting on their lawn chairs to eat. This evening the dinner was held inside the pavilion to get out of the rain. Our group all had their vehicles at Cherry Lake so they opted to skip the Thursday ride back to Live Oak and head back home after dinner Wednesday evening.

All in all it was a great time of riding, fellowship, and eating. We met a lot of nice people from different states that shared a common interest of biking. We had lots of fun with Bubba, a retired police officer from Missouri who has a business of setting tents and pampering bikers all over the States for a nominal fee. He will once again be working on the DALMAC quad and also the Michigander.



*"Bubba" on the right, and who's that other guy? His eyes look bigger than "Bubba's" Hamburger.*

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## E A S Y S P O K E N

### Experience is the Best Teacher

I thought by now I'd know how to tour self-supported by bicycle. I've gone far enough to have crossed the United States, but it's not the mileage. After a week or so, you get into a routine - your lifestyle temporarily changes and you get used to it. I'd passed that point on two previous tours, so that was expected. As a matter of fact, I got into that groove sooner on each subsequent tour.

There still seems to be some distance between the plan, and the reality. I see that generally as a good thing. I want to tell you about both. Perhaps a useful way to do that is to tell you what I took with me, both in expectations and in equipment, and you can see for yourself how close I came. Perhaps that will encourage you to plan a trip of your own. Maybe not. ;-)

I did a lot of planning and study prior to leaving. I talked (mostly via eMail) with others who had been in the area. I reviewed web sites of several West Virginia locations. I studied my electronic map of the state.

We know that streams flow downhill. I reasoned that a road along a stream would also go downhill.

I figured that on a hot day, I could take a dip in a nearby stream.

I figured too, that I would have trouble with rednecks in pickup trucks, and with loose dogs.

With so much of West Virginia dedicated to national forests, state forests, and logging, it would be easy to wild camp. I'd just pull off the road when no one was coming and disappear into the woods. This would save mucho money in camping fees. I would have to be careful about bears and raccoons.

I was quite willing to take side trips on unimproved roads. After all, this was to be an adventure. Knowing I might have a flat, or even cut a tire, out in the middle of nowhere, I carried two spare tires and four spare tubes.

I laid out routes along paved roads that closely followed the waterways on my electronic map. I imagined that when I was above where the streams started, I'd be way up high and have a nice scenic view. I marked those places with little camera icons.

I took to wearing swimming trunks instead of bike lycra so I'd be ready to swim every chance I got.

For the rednecks and loose dogs and bears and raccoons, I took pepper spray. Not just one or two, but a half dozen to get a variety. Some had extra ingredients, and some had extra content. Without knowing what worked, I figured there was safety in numbers.

I took about 50 feet of cord to hang my bags in the woods, out of reach of the wild things, and far enough away to not draw attention to me.

How could I be so wrong, wrong, wrong? Well .

Well, often there wasn't room for a road along a stream, or the railroad was there first. And when there had been, the first couple of floods probably convinced the road builders to go to higher ground. So a road only a hundred yards from a stream could be way above it, and out of sight.

I also learned that the blue lines on the map were not rivers and streams. They are just places that, at one time, had water. Since I toured during a drought, most that had water could have been walked without getting my knees wet. Often, the water was nearly stagnant and, far from drinkable, you'd need a bath after leaving it. So much for the quick swim or free bath.

There were no bothersome rednecks. Nearly everyone I talked to was very nice. Even the bear hunters - the closest thing I found to rednecks - were not a problem for me. Loose dogs were no worse than at home. I never used any of the pepper spray.

Now, about that wild camping - it wasn't to be. Most of the time, pulling 50 feet off the road meant climbing a 5-story high hill going in or coming out. Even then, you would not find flat ground for a tent. I never hung anything in a tree and only experienced bears and raccoons second hand through the stories of others.

I took my Tour Easy recumbent and about 50 pounds of stuff. I hung the bike on a standard bike rack on the back of my Saturn. Although none of the bike hung out more than six inches, on the narrow back roads of West Virginia, some people noticed my hangover.

Concerned about the hills, I equipped Sarah Dipitee with really low gears. The granny on a stock road bike is normally about 28 gear inches. I thought 18 gear inches (the lowest my budget could go) would be enough. It wasn't, by a long shot.

There were two problems, besides the weight of my gear. West Virginia is only 2% flat, and I took my Michigan legs. That translated into a lot more pushing up hills than I anticipated. What I could have used were stronger legs for long hills, and a tricycle for steep hills.

50 pounds of stuff? Was there anything I wouldn't take again? Just a bike lock, the hanging rope, and the pepper spray. Because of the ninety-degree plus heat in the first week, I sent home tights, oversocks, sweats, then wished a couple weeks later I had the sweats back for sleeping.

Although I didn't use some things, I'll still take them along next time. They include the wind jacket, wind vest, extra glasses, and extra tree inspection units (toilet paper and baby wipes).

This trip wouldn't have been the same had I not taken some things most tourists don't consider.

The Lumetec headlight, powered by a SON generator in the front hub, was useful most of the time. I left it turned on, even in the daytime, thinking it made me more noticed.

Only when riding on a gravel rail trail at night did it become exciting. If I came upon gravel that was large or loose, keeping my balance became more important than looking ahead and holding the wheel steady. I found myself riding into the darkness from time to time. I also learned how much I depend on visual clues to help me maintain my balance.

(continued on next page)

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## Creating a More Welcoming Atmosphere in TCBA

By: Phil Wells

It's no secret that the TCBA membership is aging. Our president has said that the average age of our membership increases by one year every year! The future vitality of our club depends on bringing in more people, especially young adults, and especially those who may eventually move into leadership roles in the club.

A simple way all club members can help is by taking better advantage of opportunities to make "new people" of all ages feel welcome. I admit that when I arrive at a club ride or monthly meeting, I tend to gravitate towards the people I know. I think the same is true of many club members; and it's only natural.

But how about if, upon arriving at the starting point of a club ride, each of us seeks out somebody we don't recognize or who appears not to know other riders? If you find out they're new to club rides: welcome them, introduce them to others, ride with them for a while at least, and invite them to future rides and club meetings. This applies especially to ride leaders. It's part of the role of all ride leaders to welcome new riders and make them feel at home.

The same applies to club meetings. When we arrive, we can also seek out somebody we don't recognize or who appears not to know others. During the business meeting, our president asks new members and guests to introduce themselves. If at least one club member seeks out each of these folks after the meeting, welcomes them, and introduces them to others, they will be more likely to come back and may get more involved in club activities.

These suggestions are not meant to imply that TCBA is not already a friendly and welcoming organization. I'm only suggesting that if each member does a little more to welcome new people, it can make a big difference in bringing new energy and vitality into the club. And we might also make some new friends!

If you have other suggestions for attracting new members, please let me know (267-8971; e-mail [philwells99@yahoo.com](mailto:philwells99@yahoo.com)). I'd especially like ideas from younger members.

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### EASYSPOKEN

(continued from previous page)

A great accessory for a hot day is a bandana with crushed ice rolled up inside, then placed around my neck.

On the other hand, when it is a bit nippy, I've found that a pair of orange cotton utility gloves makes me more visible to approaching drivers and lets my hand signals get the attention they deserve.

I took a small backpack for when I bought more stuff than would fit on the bike. This lesson was learned two trips earlier in Wisconsin. I also took a couple of bungee cords, just in case.

I included a bunch of various sizes of plastic bags. A hole in the one protecting my sleeping bag or ThermoRest mattress, plus a storm, would be a formula for misery. They are light and they don't take much space.

Although everyone who goes tent camping takes a tent, many people make some common mistakes when selecting one. My second tent, the one I now use, corrects mistakes I made.

It is a 3-man tent, which means the designer was able to squeeze three average-sized sleeping bags inside. This allows me to have all my stuff inside, and still have 2/3 of the floor space available to find a good position for my bed. It's also large enough to sit and change clothes, and to wait out a storm without touching the walls every time I move.

It has a U-shaped doorway. This way, the open door doesn't get stepped on with muddy shoes. However, it has no doorway on the other end to give flow-thru ventilation.

For on-the-spot trip notes, I took a digital voice recorder. I've tried remembering, and paper and pen, and even small tape recorders with less success.

I made a list of emergency information: name, address, phone and three people to contact. I added additional phone numbers and eMail addresses, just in case.

On the back I put a complete inventory of everything I had with me. That included the serial number of my bike and a record of money I had hidden, and where (coded). This would be useful if my bike were stolen (for identification and replacement). It would also remind me what I took as I prepare for the next trip. One copy stayed with the bike; another stayed with me in my fanny pack.

The planning that was not related to reality had many benefits. Going through the motions forced me to consider what there was to see and do, and that provided a variety of environments. The misconceptions are now etched in my mind in a way that is hard to forget - through experience. And not knowing everything assures that there would be surprises - and that is what turns a trip into an adventure.

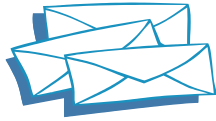
Plan, ride, and remember - three trips for the price of one!

Now, go ride your bike, and don't come back until you get it out of your system.

Dick Janson

Just Me and Sarah Dipitee

[dickj@tds.net](mailto:dickj@tds.net)



## FROM THE TCBA MAIL BAG

### CPSC, Dynacraft Industries Inc. Announce Recall of BMX Bicycles

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Dynacraft Industries Inc., of San Rafael, Calif., is voluntarily recalling about 52,900 BMX bicycles. The stems on these bicycles can loosen during use, causing riders to lose control and fall.

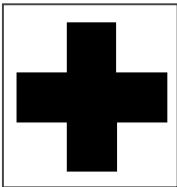
Dynacraft Industries has received 35 reports of stems loosening on these bicycles, resulting in one report of an injury (a broken finger).

The recall includes two models of 20-inch BMX bicycles. The Next Voltage-model bicycles are metallic green, have model number 8535-99 and were manufactured between March 2002 and June 2002. The Vertical Street Blade-model bicycles are dark blue and chrome colored, have model number 8527-99 and were manufactured between March 2002 and April 2002. The model name is written on the bicycle frame, and a label on the frame near the crank housing shows the model number and manufacture date.

Wal-Mart stores sold the Next Voltage-model bicycles nationwide, including Puerto Rico, from May 2002 through November 2002 for about \$70. Pamida stores sold the Vertical Street Blade-model bicycles nationwide from April 2002 through April 2003 for about \$80.

Consumers should stop using these bicycles immediately and contact Dynacraft Industries for information on receiving a replacement stem. For more information, call Dynacraft Industries at (800) 288-1560 between 7 a.m. and 4 p.m. PT Monday through Friday or visit the firm's Web site at [www.dynacraftbike.com](http://www.dynacraftbike.com)

To see a picture of the recalled product(s) go to the following address: [www.cpsc.gov/cpsc/pub/prerel/prhtml03/03109.html](http://www.cpsc.gov/cpsc/pub/prerel/prhtml03/03109.html).



Hello Sailors !!!

Hank Studly (known also as John Stroup) (or is that backwards ?) of Ingham Regional Medical Center's oncology team (& team Kinder Window cycling) just received his 7 gallon blood donor pin !!! & would like all the "Hard Guys" of TCBA (& kind Ladies too) to go donate some blood this month - it prolongs lives & maintains families... thanks to all....

### Mountain Biking

We had a great Friday evening bike ride. We went to Brenda Cartwright's 5:00 mountain bike ride at Burchfield Park. Brenda was a great ride leader and made sure no one got lost on the miles of pathways.

We had not been there since the mountain bike club made many significant improvements in the pathway system. This area is now the best mountain biking area in the Lansing area. There were all levels of trails, from easy to very difficult, and all 6 of us were challenged. We could not keep up with Brenda and could not climb the hills that she rode right up, but maybe with some more practice we will get close. The technical areas were filled with guys trying to figure out how to ride narrow bridges with turns and bumps. If you have not been there and want a change of pace, you must try it.

Betty and Arnie Johnson

### Attention: Half-Centurians

If you thought that turning 50 only made you eligible for black balloons and AARP solicitations, think again! You're now qualified for the Michigan Senior Olympics, a 24-year tradition that comes to Lansing this year. Medal sports range from archery to volleyball, including four cycling events (5K and 10K timed trials, and 20K and 40K road races, all starting on Stillman Road) as well as a sprint-distance triathlon. It's time for TCBA to exercise its seniority and demonstrate the value of lifelong fitness to our hometown crowd. Medals will be awarded for first, second, and third place finishes in five-year age categories. The games will be based in Lansing for two years, and next year's participants may qualify for the National Senior Games.

The games run from Friday, August 1, through Tuesday, August 5, and include a Parade of Athletes down Michigan Avenue on Saturday evening. Athletes must be at least 50 years old by August 1. Early registration deadline is June 13 (to save \$10); late registration deadline is June 25 and will be *strictly enforced*. More information about the Summer Games is available at [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org), and brochures will be on hand at the May membership meeting.

TCBA appears to have many qualified and talented prospects for these events, and a significant turnout of our members for these games would be good for our community and for cycling in general. If you're not quite eligible for this elite "club," mark your calendar and be sure to show up to support the games and athletes.