

# Chainwheel Chatter



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

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April 2004

## NEXT Meeting!!!

**April 29, 2004 – 7:00 p.m.**  
*Foster Community Center*  
*200 N. Foster St. – Lansing*

**Dale Hughes**  
**The Velodrome at Bloomer Park**

Dale Hughes, designed and built the Velodrome at Bloomer Park in Rochester Hills, Michigan, with lots of donations and volunteers. In addition he designed the 96 Olympic velodrome in Atlanta, the 2002 Asian Games velodrome in Pusan, S. Korea, a few in Mexico and one in Canada.

The Velodrome at Bloomer Park, owned by the City of Rochester Hills and operated by the non-profit Mike Walden Velodrome Fund, is now the fastest track in the U.S.

Dale will be discussing plans for 2004, schedules, and breaking some big news regarding television coverage.

## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, April 6, 2004 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: May 4.

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, April 10, 2004.** 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.

## TCBA FAMILY PICNIC



**June 27, 2004 – Birchfield Park**

Lunch will be served between 1:00 and 2:30. The cost will be \$5.00 per person with advance reservations required (children

under 10 will be admitted free, but we will still need a head count for them). A sign-up sheet will be sent around at the April and May club meetings. If you are unable to attend one of these meetings please send your check or money order payable to TCBA to Sue Viele, 4985 Pares Rd., Dimondale, MI 48821. If you have questions you may contact Sue by phone 517-646-8335 or email [vp@biketcba.org](mailto:vp@biketcba.org).

## UPCOMING MEETING!!!

**June 24, 2004**

**Julianne Pattullo**  
**Tour of Hope**

*Rescheduled from February when Julianne had to cancel due to a family emergency.*

## Cycle Forum

**Topic: "Bicycle Maintenance Checklist and Comfort & Enjoyment Accessories"**

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, April 29, 2004** for the Cycle Forum session.

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Insert: LMB Poster Calendar

## Executive Board Report

Submitted by: Dave Ford

The TCBA Board of Directors met at the Foster Community Center on March 2, 2004. Board members present included Arnie Johnson, Susan Viele, David Ford, John Foltz, Ron Claflin, and Darryl Burris. Also present were club members Charla Scheidler, Katie Donnelly, Cheryl Claflin, Wendell Proudfoot, Lenny Provencher, Dick Janson, Al Simons, Steve Schuesler, Deb & Steve Haman.

### Discussion items/Announcements

Katie Donnelly submitted a proposal for a new membership dues policy. This item was tabled until the next board meeting.

Cheryl Claflin reported that she had about 20 welcome bags for the new members and that they would have to attend a members meeting to receive the bag. She also stated that TCBA did not have a printer for membership lists and requested funds to buy one. Approval was given.

Dick Janson reported on his ideas for SST rides. He also submitted a proposal for a membership meeting to be an "open mic" session.

Al Simon reported on the status of the T-shirt ride. This year there is going to be a route change in Byron.

Once again, there was lengthy discussion about ride classifications and rules. There was also lengthy discussion about ride leader and riders responsibilities. John Foltz

submitted a mission statement and a draft of the rules for the ride incentive program. All club members in attendance reported on their ideas on the ride program. The board also discussed ideas and concerns that were raised at the last members meeting. John is going to take this information and incorporate it into the proposal to be voted on at the next board meeting.

### Action Items

Minutes of the February meeting were approved.

Ron Claflin presented a financial report for January 1 through March 1, 2004. The report was approved as presented.

Susan Viele reported on the status of the yearly membership meetings. She has contacted the Michigan Princess riverboat company. She is working on planning an outing for early in 2005. Sign up sheets for the picnic will be in April & May. Cost will be \$5.00 per person.

Darryl Burris submitted a DALMAC Tour Mission statement. He stated that everything is on track for DALMAC.

*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.*

### 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).**

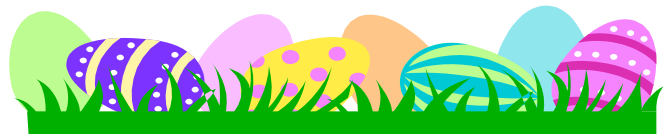
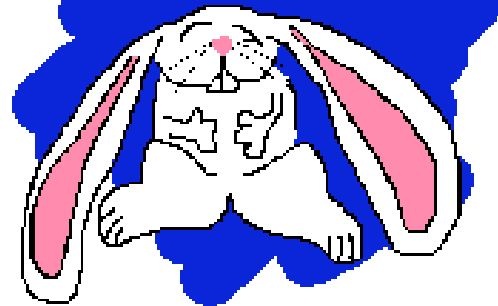
### E-mail Confusion

Joe loves to create confusion. One Tuesday he sent an e-mail memo to his secretary that said, "I'll be back in the office three days before one week after the day after tomorrow."

When would he be back?

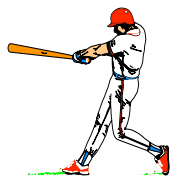
*(see Member Specials page for answer)*

# Happy Easter



## COMMITTEE & CLUB NEWS

### 2004 Lugnuts Outing



Mark your calendar now for Saturday, June 19, for the ninth annual TCBA Lansing Lugnuts outing. Once again, game time will be at 7:05 p.m., with fireworks immediately following the game. We have 50 box seat tickets available on a first-come, first-served basis for just \$8 each. 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 from four meat entrees and an all-you-can-eat buffet of salads, rolls, corn, desserts, and soft drinks - a great value, especially when compared less healthful ballpark fare. Bring along some wet wipes, because this stuff is finger-lickin' good! Picnic tables will be reserved, so you can enjoy your dinner without having to balance a plate on your lap! Also, both the game ticket and the buffet are still at 2001 prices! These outings make great family events, so bring your family or bring some non-member guests. 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 3**. 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

### TCBA Club Jerseys

Show your colors! We have a supply of short sleeve Louis Garneau jerseys with "loose fit" sizing. (meaning that you should generally order one size smaller than your regular bike clothing). They are the traditional yellow and red brick pattern. To view the design, visit the TCBA web site [www.biketcba.org](http://www.biketcba.org). All sizes from XS - XL are available. They are \$45 each. To order by mail send your check with your size to: TCBA Jersey, P.O. Box 22146, Lansing, MI 48909. Please include an additional \$5 if you would like your jersey mailed to you. Jerseys will also be available for purchase at TCBA club meetings. Contact Charla Scheidler, [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org) with questions.

### Map Booklets

Did you get your new TCBA Map Booklet? Each paid TCBA membership is entitled to receive 1 "free" map booklet. If you attend TCBA membership meetings 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.



### Auction

It's almost time for the 27<sup>th</sup> annual WKAR-TV auction. Each year, the auction offers local businesses and groups an opportunity to get together and have a good time and to provide some exposure for their organizations. Once again, I'm recruiting members to work as phone bank volunteers. We're scheduled for the second shift (8:15-11:45 p.m.) on Friday night, April 23. If you've done this before, you know the exciting atmosphere that surrounds the auction. If you haven't, here's a great opportunity to have some fun with other members, perform a great community service, and give TCBA some exposure. Your TCBA jersey will really show up well on TV! No helmets, please. To participate, you must be at least 18 years old and able to hear under occasionally noisy conditions, write legibly, read information on distant boards, and commit to showing up on time. You will be trained, and voluntarism has its rewards. Sound like fun? Call me (517-349-5564) or send me an email ([DONNEL13@MSU.EDU](mailto:DONNEL13@MSU.EDU)), and I'll sign you up and fill you in on the details.

### Let Your Cycling Friends Learn Your Name While Promoting TCBA Order A TCBA Name Tag



- \* Durable Laminated Plastic
- \* Double Clutch Fasteners
- \* Yellow Background
- \* Logo and Lettering Engraved in Black
- \* 18 Characters Maximum for Name
- \* Overall Size -- 1-1/2 x 3 inches
- \* Price \$6.50 Each
- \* Shipping \$2.00 for one/\$2.50 more than one
- \* Visit the TCBA web site for an order form, or contact Kimberly Lynn, D-K Engraving, 517/321-2229.



## MEMBER SPECIALS

### Annual Spring Open House Holt Pro Cycle

Sunday, April 25<sup>th</sup> – noon – 4:00 p.m.

Location: Corner of S Cedar St. and  
Charlar Dr. \_ mile S of Holt Rd.  
(517) 694-6702

- \* 10% off 2004 bikes, including recumbents
- \* 15% off all accessories and clothing, special orders
- \* Yes the famous Bargain Box will be out
- \* Ride your bike to the "open house" and receive a special gift.

**Refreshments provided!!!!**

**Velocipede Peddler**  
2758 E. Grand River  
East Lansing MI 48823

#### APRIL MEMBER SPECIALS:

10% Off Tires and Tubes for the month and free installation when you buy a pair of either. We have a great selection of tires from Continental, Michelin, Bontrager, Panaracer and IRC for both mountain and road bikes.

Take 40% off any remaining cold-weather clothing and 20% off our Spring/Summer clothing. Choose from men's and women's clothing from Descente, Nike and Trek. Also socks from DeFeet, Nike and Sock Guy

Get new road or mountain shoes to replace last year's worn-out pair! Take 10% off shoes from SIDI, Shimano and Nike. In-store and orders!

#### SEW MUCH MORE

Cycling wear: jerseys, cycling shorts, tights, and cycling shells. Reasonable prices. Custom fit.  
Gift certificates available.

For more information call Sue at (517) 627-1411.

#### The answer to Email Confusion is:

Monday of the following week.

## 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.

#### FOR SALE: 1976 Viscount 10 speed racer.

Ultra light weight ultra strong chrome-moly precision welded and finished frame, painted in red, Weinman center pull brakes (still have rubber covers), Shimano Titlist derailleurs, Milremo rims, precision crank with Kyokuto "top run" pedals, SR bars and goose neck, with handlebar end gear shift levers. Original owner's manual included. These bikes were produced in England for the Yamaha Corporation, and imported to the US. This is a fine one-owner bike, which has been adult owned, ridden very little, and well maintained. A unique bike to add to your collection or a great starter bike, for a novice or youth. \$120.00. Contact Corran Cade at 517-349-9182.

#### TCBA Sponsors Bike Safety Poster Contest

TCBA is sponsoring a bicycle safety poster contest open to Clinton, Eaton, and Ingham County students in Grades 3 and 5. Grade levels were chosen for this inaugural competition based on Michigan Model for Comprehensive School Health Education language pertaining to bicycle safety. Although announcements were sent to schools about this contest, members are invited to "spread the word" to teachers and students in eligible schools.

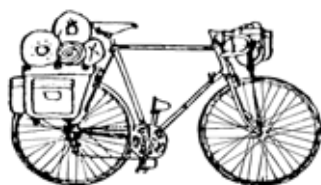
Entries are limited to 10 per grade level per school and must be submitted through the school. Home-schooled student entries will be accepted individually. Only one poster may be entered per student. It is intended that the contest will stimulate thought and discussion as well as provide a fun creative activity around the theme "**I'm a smart and safe cyclist,**" and it is hoped that posters not selected for submission will be displayed in a forum that will generate continued discussion throughout the school.

Copies of the video, *Bicycle Safety Camp*, were sent to many local schools a few years ago as part of the TCBA's Safety Education Program. This presentation dramatizes bicycle safety rules, equipment, and safe riding practices and provides a good starting-off point for classroom discussion.

Posters will be judged on creativity, expression of the theme "**I'm a smart and safe cyclist,**" and consistency with instructions. There will be three cash winners per grade level, and schools of first-place winners for each grade will also receive cash awards. In addition, first-place winners will win gift certificates to bicycle shops near their homes, while all winners will receive one-year family TCBA memberships.

Winners and their families will be recognized at the May membership meeting. Formal rules and entry instruction information is available on the club web site, [www.biketcba.org](http://www.biketcba.org). Entry deadline is Friday, April 2.

Katie Donnelly and Betty Johnson



## 11th Annual Brint Donalson Highland Festival Weekend Ride

*New This Year: Baggage Truck Provided*

The Highland Festival Ride honors the originator and long time TCBA member the late Brint Donalson. Ride from DeWitt Middle School parking lot (west from Dewitt Rd. on Herbison) to Alma and attend the Highland Festival. Camp at the Gratiot County Fair Grounds within walking distance of downtown Alma and the festival at Alma College.

**Yes!** This year TCBA is offering baggage transport (**reservation required**).

Ride Leader: Alex Eglinton

**Departure dates** - two available: Rain or Shine

**Friday** May 28<sup>th</sup> - at 9:00 AM

**Saturday** May 29<sup>th</sup> - at 9:00 AM

**Return:**

**Sunday** May 30<sup>th</sup> - at 8:30 AM

**Ride distance:** 50 miles one way, 100 miles total

**Ride Class:** Z

Ride information and **Baggage Reservation:**

Contact : Darryl Burris (517) 394-1617 or [bikenote@aol.com](mailto:bikenote@aol.com)

### **NOTE: BAGGAGE RESERVATION IS REQUIRED**

This class Z ride defines the Z classification: "rides over 40 miles in length to be ridden at the riders own pace without on the road ride leader supervision." Riders must be self-sufficient, as no SAG support will be provided. The campground at the Gratiot County Fair Ground offers open grassy campsites or camping in a covered animal show ring. Camping fee is \$7 to \$13 per tent for each night depending on participation. Festival entry tickets are \$12 each day. Many varied festival activities are available with the peak on Saturday. The return ride early on Sunday morning allows us to avoid the worst of the holiday traffic.

Food is each individual's responsibility. Restaurants are available within walking distance. Riding up, we stop at the Middleton Diner for lunch and riding back we stop there for breakfast. On Saturday, May 29th Alma College offers a splendid breakfast at the Hamilton Commons on campus 6:30 to 8:30 AM. Last year the cost was \$7.

This ride was originally conceived as a self supported pannier ride and has been presented that way up to this year. With the urging of your events director and support of the TCBA board, baggage support has been added on a trial basis in the hope that participation will increase. Give it a try. The Highland Festival is a unique experience and gives you an activity coupled with a club ride.

Alex Eglinton



## EASYSPOKEN

### Self Supported Touring – Update

There are three luncheon meetings planned for Saturdays in May. Although times and locations are undetermined, the dates will be the first three Saturdays in May. Details will be in the next Chainwheel Chatter. If you want to be notified as times and locations are made certain, let me know at dickj@tds.net or (517) 675-7340 .

#### May 1 –

. Equipment (packing lists, tents, sleeping bags and pads, racks, panniers, bikes)

#### May 8 –

. Equipment (preparation, repair, and maintenance)  
. Concerns (safety, emergency, cleanliness)

#### May 15 -

. Food (types and preparation)  
. Money (amount, forms, storage, what for)  
. Security (daily and overnight)  
. Maps (sources, quality and usefulness, reading)  
. Riding styles (alone, or with others)  
. Location selection (campgrounds, parks, woods, private property, and emergency)

On Memorial Day weekend, there are two groups going to the Highland Festival in Alma. Self-supported rides for other weekends will be announced as they are developed. If you have an idea about a place, or event, to go to, let me hear about it. It should be within 75 miles, and preferably 50 miles, of the TCBA ride incentive area.

As of March 13, there were 9 people showing interest. Five years ago, that number grew to nearly 100, with over 60 different people actually attending at least one luncheon, and over 30 went on weekend overnight rides. To get you thinking what great memories you can develop, I offer this by Dr. Mark Boyd, a college professor from North Carolina who, in 1996, crossed the USA after getting a broken collarbone in his first week, and who has taken many tours since:

--- Quote ---

Something will happen to you while touring.

It may well be good, it might be bad, but heh, that is what living is all about.

If you don't tour, you won't experience life as intensely as if you do tour. No risk, no life?

Maybe that is a little extreme, but that is the way the world seems to work for me.

There was pop song a while back whose main refrain was: "I'm not afraid of dying, I'm afraid of not living." Touring on your own is living.

I've been scared/worried/alarmed regularly while touring. I've even been hurt (badly broken collarbone) while touring.

I remember well many days of riding into the unknown and worrying that I wouldn't reach the food or shelter or get somewhere before that storm I could see coming hit.

I can remember running out of water, running out of legs, bonking, or even all of the above at once with nothing to do but keep on keeping on. I can remember those times.

I can't remember all the days I did my job and was safe and secure and nothing happened. The latter scares me - that is not living, the former was scary, but it is living.

I don't want to hype the dangers of solo touring. It really isn't very dangerous.

Sometimes it is downright boring, but even the boring bits are memorable.

The key is to be as well prepared as possible for the problems that you can anticipate (broken bike, minor injuries, bad weather, no place to eat, no place to sleep, etc.) and to be confident in your ability to keep on even when the unexpected happens.

That confidence comes from experience; you have to have the experience in order to gain the confidence.

In the context of solo touring, that means doing tours even when you know that you can't handle everything that might happen.

Start small (a few days to a week) and work up. You'll get the confidence.

If you do have problems you can't handle, well, there are a lot of nice people out there who will help you.

Since you can't expect the unexpected, sometime you just have to trust that, when something bad happens, someone will be there to help.

Again this is part of living, albeit a part that most people in this society don't want to acknowledge.

Being helped by other people is good, just as helping other people is good, but we find it frightening to put our (self-sufficient - hah!) selves in a position where we might need help.

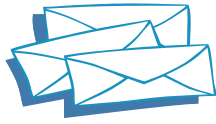
Solo touring does that.

Try it.

It is living.

--- End Quote ---

Dick Janson  
Just Me and Sarah Dipitee



## FROM THE TCBA MAIL BAG

### BentRider Online Recumbent Rally

Dates: August 20-22

Location: Bath, NY, in the Finger Lakes region.

The first and only previous BROL rally was held in 2002, and was a rather spartan affair, attended by about 200 recumbent riders. This year promises to be bigger, with food and camping included in your registration fee, as well as displays by manufacturers, test rides, appearances by well-known recumbent personalities, door prizes, and of course rides! The highlight is a Sunday ride around scenic Keuka Lake. More details are at [www.bentrideronline.com/STP/nyevent.htm](http://www.bentrideronline.com/STP/nyevent.htm)

If you're interested in going with a group, contact John Foltz – [boardatlarge1@biketcba.org](mailto:boardatlarge1@biketcba.org).

### Recumbent Rallies Return

See what all those recumbent riders are smiling about by taking some test rides at one of the Michigan recumbent rallies this year. On May 8th the Michigan Recumbent Rally East will be held in the southwest Detroit area, followed by the Michigan Recumbent Rally Central near Lansing on June 26th. In September there will be the Michigan Recumbent Rally West at Hastings (south of Grand Rapids) on the 11<sup>th</sup> and the Fall Recumbent Rendezvous in the northern Detroit region on September 18th.

The Rallies are free, one-day, no registration events that include recumbent dealers, displays, test-rides and used bicycles for sale. "Buying your first recumbent" talks are given, as well as group rides. For more information, visit the Wolver-Bents Recumbent Cyclists website at [www.wolverbents.org](http://www.wolverbents.org), e-mail [wolverbob@cs.com](mailto:wolverbob@cs.com), or call 734/487-9058.

For those interested in a more competitive event, the Michigan Human Powered Vehicle Association (MHVPVA) will be holding it's annual Rally on June 5th and 6th at Waterford, Michigan (northern Detroit suburbs). For more information on the MHPVA event, visit [www.LMB.org/mhpva](http://www.LMB.org/mhpva) or contact Wally Kiehler at 313/884-0109 or [WKiehler@Comcast.Net](mailto:WKiehler@Comcast.Net)

### S2 Sports Bicycle Radio



Whether you're training for the Tour De France™ or taking a tour of Nantucket, the new S2 bicycle radio puts the "fun" in function and helps you get more from your ride. Its triangular, half-moon shape makes the radio ideal

for mounting on bicycle handlebars with the controls in easy reach. The built-in cycle computer includes a clock display and training tools like a speed meter, odometer, trip distance meter, ride time, average speed and max speed. A digital synthesized AM/FM tuner, lets you access your favorite radio station from 15 memory presets.

The ICF-M88B S2 Sports bicycle radio will be available in June for about \$60.

### Geo-Biking

With Lee and Carol Perrine

What the heck is geo-biking? Don't feel intimidated. It's my new word for combining bicycling and geocaching for a great new fun experience. Are you tiring of just riding circles around the Tri-County area and desire a new challenge? Are inclined to high-tech, and also want to do something different with the new GPS you bought for your bike, car or boat. Try geocaching.

Geocaching is a hi-tech form of treasure hunting. Unknown persons have taken a weather resistant container (Rubbermaid food container with top or Army surplus Ammo box or anything water tight) put a few trinkets, key chains or other "stuff" into it and then taken it somewhere and hidden it.

Then the latitude and longitude coordinates are determined from the hand held GPS and noted on the Internet at [www.geocaching.com](http://www.geocaching.com). From here the rest of the world may attempt to "find" the hidden cache, with the help of the circling satellites of the Global Positioning System, trade a trinket and then log their find on the appropriate site on the Internet.

The best part about this new sport is it's free, assuming you have a car or bike and a hand-held GPS (about \$100.00). If you don't have a computer the information and location can be accessed and printed out at most local libraries.

There are caches hidden in 190 different countries and 82 within a 25-mile radius from East Lansing, including one in the woods behind the library.

Carol and I have found several by riding our bike to nearby the site and then hiking the final distance, usually through the woods but almost always on a marked path or trail.

For more information check out the web site or talk to me at the club meeting.

### A New Member!



Joe and Amy Sims, received their second, bouncing baby boy, Dylan Robert, (8lbs.10oz.) on March 17<sup>th</sup>. A warm

welcome to the new Baby and our congratulations to the proud parents and big brother Zack.

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# FROM THE TCBA MAIL BAG

(continued)

## Ride for Their Future

The Eaton Rapids Public Schools Education Foundation will be holding its second "Ride for Their Future" on Saturday, May 8, 2004. This cloverleaf style ride will consist of 6, 17, 31, and 62 mile loops, each starting and ending at Eaton Rapids High School. All routes open at 7:00 AM and all riders must be on the route by 10:00 AM. The school closes at 3:00 PM, so plan your ride accordingly.

For those participants who pre-register by April 16, 2004 the cost is \$14.00 per person and \$32.00 per family. After April 16, the cost is \$19.00 per person and \$42.00 per family. You may register the day of the ride. T-shirts are available for \$6.00 (child sizes) and \$10.00 (adult sizes). A limited number will be available the day of the ride.

Lunch will be available at Eaton Rapids High School from 10:00 AM – 2:00 PM. From noon to 1:00 PM White Snake Marks, an XGame athlete, will be performing bike stunts in the ERHS parking lot. Bike Rally registration includes entry to this event. For those not riding but wishing to see the stunt show, the cost will be \$2.00 per person.

For more information regarding the bike rally, contact the Eaton Rapids Public Schools Education Foundation at 517-541-2782.

## Guinness-record-holding unicyclist Will give public talk about his epic ride



Remember a couple of years ago; a guy came through Lansing riding a unicycle? Said he had started out in Washington State and was going to the Statue of Liberty?

Well, he did it. And he set two Guinness world records in the process. What's more, he rode back too, traveled down the East Coast and headed back west. The round trip took him to all the 48 contiguous states. For good measure, he rode in Hawaii and Alaska too.

**Now, the Rev. Lars Clausen is returning to Lansing in April and will be talking about his great adventure at 6:30 Saturday evening, April 24, at the Hannah Community Center in East Lansing (819 Abbot Rd.). He will also be autographing his brand new book about the trip, *One Wheel, Many Spokes*.**

The event is being put on by friends at University Lutheran Church, where Lars was formerly the campus pastor, to raise funds for Lutheran ministries at Michigan campuses. The Velocipede Peddler is a sponsor.

In addition to hearing the talk attendees will have a chance to win a unicycle and get lessons from Lars. Beverages and desserts will be included in the price of \$10 each. Children under 12 can come for free. For ticket and book information, call (517) 332-2559 or e-mail [ulc@msu.edu](mailto:ulc@msu.edu).

A former DALMAC bicyclist, Lars says he would enjoy doing it again sometime but on a unicycle.

Riding on a 36-inch Coker Lars established his first Guinness record – most miles in a 24-hour period, a new category – in South Dakota. Traveling from 4:45 a.m. on June 5, 2002, to 4:45 a.m. the following morning, he covered 202.78 miles. You can look it up.

His other Guinness record is for the longest trip on a unicycle – 9,136 miles in 205 days – was established Nov. 12, 2004 at the end of his 50-state journey. That adds up to 5,188,000 turns of the wheel – every one cranked because there's no coasting on a unicycle.

The previous longest trip record was 3,876.1 miles established by Hans Peter Beck on a transcontinental trip across Australia. Lars broke that mark on July 17, 2002 on Ohio Route 2 east of Toledo.

During the trip, he crossed the Cascades, the Rockies, and the Appalachians. He rode on days when gusty winds literally knocked him off his unicycle. And he rode in all kinds of weather -- light snow, blistering temperatures, rain, and humid heat -- traveling 50 to 100 miles on a typical day.

Lars learned to unicycle as a child in Los Angeles. Later he attended the Air Force Academy but transferred to the University of California at Berkeley to study mechanical engineering. He earned a bachelors degree and moved on to Northwestern University for a master's degree and then began studies for a Ph.D. at the University of California at Davis.

After starting to question his life trajectory, he took some time off to think things over as he rode across the U.S. on a bicycle. By the end of the trip he had decided to attend Pacific Lutheran Seminary, where he later received a master's in theology.

He was ordained and had his first ministry with an Eskimo parish in Nome Alaska. His 50-state-unicycle ride was dedicated to raising funds for the Inupiat people that he served there.

While at seminary he married Anne Jacobsen. Predictably, the couple biked across Europe for their honeymoon. Anne and their children, KariAnna and Kai accompanied him on unicycle ride in an old R.V. known as Harvey. KariAnna, then 8, and Kai, then 6, learned to unicycle during the trip.



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# ***FROM THE TCBA MAIL BAG***

*(continued)*



All,

As many of you know, I had one of the greatest experiences of my life last year when I was selected to traverse the US by bike as a member of the 2003 Tour of Hope Team. Soon the 2nd Tour of Hope selection process will be starting and I wanted to give each of you some advanced notice. If you are interested...go to the [www.tourofhope.org](http://www.tourofhope.org) web site and sign up for an application. If you are passionate about helping the fight against cancer in any capacity, are a survivor or have friends and family members who have experienced this terrible disease then you may be a candidate for the second tour. Of course it helps that you are an avid cyclist as well and are ready to commit to some serious training. It is all worth it!!!

As a preview, the Team will begin their journey in Los Angeles on Friday, Oct. 1 and will travel north through Las Vegas, Denver, Chicago, Detroit, Cleveland and Pittsburgh. The grand finale will be held on Saturday, Oct. 9 in Washington DC with lots of activities for the family, including a fundraising recreation ride.

If you have any questions regarding any part of the process, ride, training, or media experiences, I would be happy to answer your questions.

To wet your appetite below is a letter from Lance announcing the 2nd Tour of Hope. Feel free to pass this on to others that may be interested!!! I am certain the 2nd Tour of Hope experience will be your experience of a lifetime!

Best of luck.  
Julianne Pattullo

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## **Lance Armstrong Searching for Cyclists—Pass it On!**

Dear Friends:

Last fall, 26 individuals from the cancer community joined me on an inspiring journey across America from Los Angeles to Washington, DC. This year, I'm looking for 20 cyclists who have been touched by cancer to join the Bristol-Myers Squibb Tour of Hope™ Team to help inspire and invigorate interest in cancer research.

I'm partnering with Bristol-Myers Squibb, the company who provided the drugs with which I was treated, to lead the Tour of Hope. The Tour will kick off in Los Angeles on October 1, 2004 and reach Washington, DC on October 9. The Tour of Hope riders will stop in cities along the way to share their personal stories that bring to life the importance of cancer research. I'll join the team at the start, finish and for selected segments along the way.

The cross-country ride is only one of many ways to become involved in the Bristol-Myers Squibb Tour of Hope. Consider joining us in Washington for a fundraising recreational ride at the grand finale on October 9, or as a volunteer at locations along the route.

The 20-member Tour of Hope Team must have the cycling ability and physical endurance to complete the 3,200 mile trip, which will involve cycling in 100-mile relays each day for 8 days, riding day and night. Equally important is a passion for furthering cancer research. The team will include cancer survivors, caregivers, physicians, nurses, and researchers, who will train for 16 weeks under the guidance of Carmichael Training Systems.

Please forward this message to your friends and help spread the word about the Bristol-Myers Squibb Tour of Hope. If you're interested in being a part of the 20-person team, visit [www.tourofhope.org](http://www.tourofhope.org) to submit your name in advance and be among the first to receive an application when it becomes available online on March 15.

Sincerely,

Lance Armstrong  
Cancer Survivor  
Tour de France Champion