

# 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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June 2004

## NEXT Meeting!!!

**June 24, 2004 – 7:00 p.m.**  
*Foster Community Center*  
*200 N. Foster St. – Lansing*

**Speaker: Julianne Pattullo**  
**Tour of Hope**



Julianne Pattullo, from St. Johns, MI and a member of the local Saturn Cycling Team, was one of the 26 fortunate riders, selected from more than 1,000

applicants, to participate with Lance Armstrong in the Tour of Hope across the United States from Los Angeles to Washington D.C., October 11 – 18, 2003. The mission of this very select group of riders was to promote greater awareness of the need for "cutting edge" research to find a cure and to also inspire and inform the public about the importance of cancer patients participating in this much needed research.

Julianne is a longtime cyclist who trains five days a week and has competed in numerous cycling events (DALMAC, MS150, Michigander, Mountain Bike Races), Marathons and Adventure Races. She is passionate about cancer awareness and is quite proud of Bristol-Myers Squibb's commitment to cancer research, fundraising and education. The Tour of Hope is but another advocacy in her personal journey toward a cure for cancer.

## 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). If you haven't signed up yet 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).

## Board Meeting

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

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, June 12, 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.

## Cycle Forum

**Topic: "Cadence and Gearing - the Keys to Riding Enjoyment"**

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, June 24, 2004** for the Cycle Forum session.

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## Executive Board Report

Submitted by: Dave Ford

The TCBA Board of Directors met at the Foster Community Center on May 4, 2004. Board members present included Arnie Johnson, Susan Viele, David Ford, John Foltz, Ron Claflin, Phil Wells and Darryl Burris. Also present were club members Charla Scheidler, Katie Donnelly, Cheryl Claflin, Wendell Proudfoot, Mary Burris, and Lee Adair.

### Discussion items/Announcements

Cheryl Claflin reviewed the proposal for a new membership dues policy. Katie Donnelly will draw up a sample application for review. Further discussion was tabled until the next board meeting.

Katie Donnelly reported that the winners had been chosen for the poster contest. There were 3 third grade winners and 3 fifth grade winners. The poster will be on display at the May membership meeting. Prizes also will be awarded at the May membership meeting.

Charla Scheidler asked about planning a trip to the velodrome. The cost would be \$20.00 and would include a box lunch and transportation. An article will be placed in the Chainwheel Chatter to see if there is enough interest for this event.

Susan Vile reported on the status of the membership meetings. She still has to contact a couple of speakers to confirm their program, but everything is going good.

Darryl Burris reported that on DALMAC, the 5-day and the 4-day east & west were all full. He also stated that there were only 80 spots left for the quad century. He also reported that the map booklets are almost done and the new map program is working well.

### Action Items

Minutes of the April meeting were approved.

Arnie Johnson presented a letter to be sent to new members. After some revision it was approved. There was also discussion about contacting new members by phone. The board decided not to do this at the present time. He also will be working on planning an appreciation dinner for TCBA volunteers.

Arnie Johnson, Phil Wells and Mary Burris will be working on creating a ride leader-training book to pass out at members meetings.

There was discussion on eliminating the \$2.00 discount for club members who sign up for the T-shirt and WOW rides. Arnie will contact the ride chairs for their input and it will be discussed at a future board meeting.

Ron Claflin presented a financial report for January 1 through May 1<sup>st</sup>, 2004. The report was approved as presented.

John Foltz presented the final version of the TCBA ride incentive program. After some discussion, it was approved and will be placed in the Chainwheel Chatter. He also presented a proposal for TCBA ride policies. These would be non-binding guidelines for rides and ride leaders to follow. This will be discussed at a future board meeting.

*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).**

### WELCOME NEW MEMBERS



Paul Wojewuczki  
Cynthia Lockington  
Bob Shockey  
Cynthia Cusmano  
Carla Dudash-Mion  
Teri Niederstadt

Richard Young  
Rafael Estrada  
Dan Sokolnicki  
Walter Smiley  
Jennifer Dobson

### 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.

## COMMITTEE & CLUB NEWS

### New Ride Class "F" "F" For Families, First-Timers, Fun & FREE

The Tri-County Bicycle Association has approved a new ride class, "F". This ride class "F" will be geared towards families, first-timers, and having fun. The objective is to learn some basic bicycling fundamentals (i.e. information and skills needed to have fun riding by yourself or with a group). TCBA member, Lenny Provencher (30+ adult years in cycling, 14 years with TCBA) will be coordinating this series of the new class "F" rides.

The rides will be held at the MSU Pavilion, on Wednesday evenings during the months of May and June, beginning at 6:30 p.m. and concluding between 8:00-8:30 p.m. All rides will be open to the public you need not be a TCBA member to attend. All welcome, FREE except for any food/beverage purchased you choose to make during these rides (an ice cream stop will occur nightly). No reservations are necessary, missing a session will not put you behind others who attend weekly, come with your bicycle as your schedule permits. Please show up on time with your bicycle and helmet. (TCBA members these rides are not included in the ride incentive program and participants will not earn leader or mileage points.)

The rides will begin with a short 15-20 minute educational demonstration (with take-home handouts) and continue with a ride to nearby places of interest on and around the MSU campus (the total riding distance for the evening will be less than 10 miles). Rides in the later half of June may include the Lansing Riverwalk from MSU to Potter Park. Examples of topics for the educational portion will include a pre-ride bicycle check, functional parking-lot test-ride before riding on the road, mounting the bike, starting and stopping, turning/steering, communicating your intent to other road users (hand signals and verbal messages), gears and how-to-use them, bike fit, helmet fit, bike clothing and accessories, review of different types of rides, maps and cue sheets, changing a flat tire tube, safely crossing RR tracks, riding and the law, and practical riding considerations.

The only requirements for participating in the rides are: a bicycle, a bicycle helmet, and a desire to have fun while learning more about bicycling.

If you have any questions contact Lenny Provencher at (517) 339-8833, evenings.

### T-Shirt Ride 2004

The TCBA's first big ride of the summer is just around the corner. Be sure you've put the T-Shirt Ride on your calendar for Saturday, June 12 at Laingsburg High School.

Members attending the TCBA Membership Meeting on May 27<sup>th</sup> will have an opportunity to save \$7 off the Day of Ride registration fee if their applications are turned-in at the meeting.

Come out and ride, visit, and catch up on old times with all your cycling buddies.

See you then,  
Al Simons

### The Velodrome at Bloomer Park Bus Trip

The presentation at the April TCBA Membership Meeting, by Dale Hughes, has inspired a group of TCBA members to make a trip to Rochester Hills to see first-hand and up close what a Velodrome is.

The trip is being planned for Friday, July 30<sup>th</sup>. A bus will be reserved and will leave the Lansing area promptly at 5:00 p.m. The cost will be \$20 per person, which includes your bus ticket, a box lunch and non-alcoholic beverage to consume on the trip down. You need not be a TCBA member to participate, but please note that the trip will be limited to the first 50 that send in their reservation.

If you are interested please send your name(s), phone number, email address, and check payable to TCBA to: TCBA Velodrome Trip, P.O. Box 1628, East Lansing, MI 48826. Details regarding a central meeting place where you may leave your vehicle, along with additional items that you will need to bring for your comfort, will be provided later. If you have any questions please email Charla Scheidler at [chainwheelchatter@bketcba.org](mailto:chainwheelchatter@bketcba.org).

### WKAR Auction Report

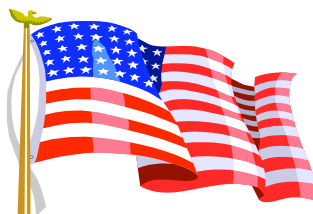
Were you watching? On Friday night, April 23, several TCBA members staffed the WKAR-TV Auction phone bank. After a brief indoctrination, we took our places at the phone bank, taking bids from callers hoping for bargains. Although the noise level and initial excitement were a challenging adjustment, we got into the swing of things just in time for the first "lightning round."

WKAR-TV annually counts on over 2,000 volunteers to help put on this event. In appreciation, our volunteer members were later invited to a live mini-auction to cash in on auction leftovers at bargain prices.

Please join me in thanking the following members who gave up their Friday evening to represent TCBA and support Channel 23. Plan on joining us next year in this "off-road" adventure!

Emilie Gonzalez      Steve Schuesler  
Tom Hardenbergh      Deb Traxinger  
Ron Priest

Katie Donnelly



**FLAG DAY**  
**JUNE 14<sup>TH</sup>**

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## BICYCLE SAFETY POSTER CONTEST WINNERS ANNOUNCED

We're pleased to announce the winners of what we hope will be an annual bicycle safety poster contest. The TCBA-sponsored competition was 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.

This year's winners will be honored at our May membership meeting. They are:

Third Grade		Fifth Grade	
<i>1<sup>st</sup> place</i>	Ben Garrod Gateway North Elementary School St. Johns	<i>1<sup>st</sup> place</i>	Emily Fedewa St. Joseph School St Johns
<i>2<sup>nd</sup> place</i>	Caitlin Strickland Washington Elementary School Charlotte	<i>2<sup>nd</sup> place</i>	Amanda Glowacki St. Joseph School St. Johns
<i>3<sup>rd</sup> place</i>	McKenzie Edgerton Washington Elementary School Charlotte	<i>3<sup>rd</sup> place</i>	Allison Motz St. Joseph School St. Johns

The contest was intended to stimulate thought and discussion as well as to provide a fun creative activity around the theme "**I'm a smart and safe cyclist.**" Posters were judged on creativity, expression of the theme, and consistency with instructions.

All winners will receive cash awards and one-year family TCBA memberships, and schools of the first-place winners for each grade will also receive cash awards. In addition, first-place winners will win gift certificates to local bicycle shops. Congratulations to all of our winners (who are now new TCBA members)!

Betty Johnson and Katie Donnelly

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### Southwest Ontario Self-Supported Tour August 21-26, 2004

Special TCBA-approved "SST" (Self-Supported Touring) "Z" ride  
Approximately 265 miles over 6 days  
Ride Leader: Ed Noonan  
Departure: Marine City, Michigan, 10:30 am, August 21, 2004

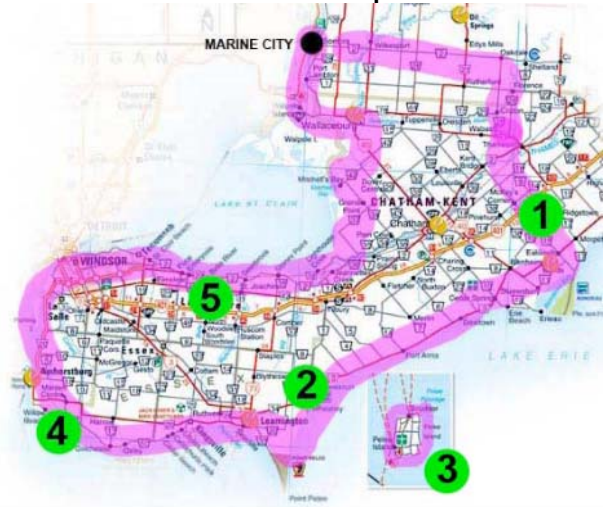
Do you need an adventure? Have you considered riding self-contained in a foreign country? Just across the border from Southeast Michigan is a foreign land of friendlier drivers and easy touring, and they speak the same language as us.

Ed Noonan has laid out a route that will allow ten riders to share a cycling adventure for six days. Cue sheets and maps will be provided and camp sites have been arranged. Of course, all expenses will be borne individually.

Since there will be no SAG support and all riders will be carrying all their gear with them on their bicycles, the average day will be 44 miles and the longest day will be only 63 miles.

The group is limited to ten riders. Campsites need to be reserved quickly, so if you want to participate, you will need to let Ed Noonan, [noonan@tailwinds.org](mailto:noonan@tailwinds.org), know by no later than June 11, 2004. For further details and a sign-up form, see [www.tailwinds.org](http://www.tailwinds.org).

Route Map





## 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:** 1999 Schwinn Bass Boat Blue Homegrown Pro Hardtail in very good condition. Polished and Black Marzocchi Superfly fork. Cane Creek C2 headset. XT 8 speed shifters, front and rear derailleurs, cassette and brakes. Lx brake levers and crankset. Thompson seat post and Serfas Terazzo Ti rail set. Bontrager Valiant rims w/White Bros. front and XT rear hubs. Continental Kevlar Twister Pro tires. Comes w/extra big ring, chain and rear cassette. \$700. Contact Bob at (517) 627-4717.

**FOR SALE:** 2003 Klein Q-carbon Team size 58cm, Kalahari blood red with full Ultegra components and Bontrager Race X Lite wheels. This bike is in great shape ridden less than a year. The stock bike comes with just Bontrager Race Lites, the Race X Lites are 355 grams lighter than the stock wheels, and 10 grams lighter than the Mavic Ksyrium SSC SL. A lite 1490 grams. Plus these where my race wheels and have seen few miles.

Anyway everything is well maintained, I am a shop mechanic. The chain has been replaced regularly to prevent the cassette or the chain from wearing out. The cassette was upgraded to Ultegra (stock bike comes with a 105).

The bike comes with a Cateye computer, and bottle cages, but no pedals Asking \$1,450 OBO. Interested call Nick at (517) 351-4855

**WANTED:** used road bike. 57-59cm. (preferably Shimano 105 or higher group) Looking to spend around \$600 or less. Contact Al Halley at [Alhalley@aol.com](mailto:Alhalley@aol.com) or (517) 349-3232.

**FOR SALE:** Red Cannondale Tandem RT3000 Road Bike (19"/16"). Accessories: Hope Hubs, 48 spoke wheels, Ritchie logic crank sets, 24 spd. 105 STI shifters, XTV brakes, suspension seat post, Cannondale panniers & truck. Asking \$1,400. Contact Jeff or Linda at (517) 628-3976.

**FOR SALE:** Women's touring bike; TREK 1220, 21 gears, purple, smaller frame; bike is in very nice condition; barely ridden by original and current owner. \$150. Please contact Robin at [mecklem@msu.edu](mailto:mecklem@msu.edu) or (517) 244-9097.

**FOR SALE:** Greg LeMond RevMaster spin cycle. Almost new. \$800. view at [www.lemondfitness.com](http://www.lemondfitness.com). Please call Sherri (517) 316-1527.

**FOR SALE:** 2000 Cannondale mountain bike tandem, 19" front, 17" rear, all tricked out w/ very low miles. Asking \$1,650. Contact Joe - Days: (517) 346-5081; Eves: (517) 339-5566.

**FOR SALE:** Child's hitch-hiker (child's 1 wheel bike attaches to post of adult bike). Model: RHODE GEAR INSTA-TANDEM 7 SPEED Blue. Unlike most tandems, this unit allows the child to pedal at the child's own cadence, independent of the adult rider. Rarely used. Like new. Comes with original owner's manual. \$149 or Best Offer. (Original price \$280). Contact Janice W: (517) 335-6339 or H: (517) 347-8254.

**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.

## MEMBER SPECIALS

### 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.

**TIME TO RENEW YOUR MEMBERSHIP? - CHECK YOUR LABEL!**

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TCBA Ride Incentive Program Rules  
Adopted May 4, 2004

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- I. Purpose - The purpose of the Ride Incentive program is to encourage club members to ride together. Riding in groups is more sociable, safer, and promotes club visibility.

II. Definitions

- A. Rides: A club ride is defined by its starting time, starting location, and class. For qualifications, see rules below.
- B. Ride Classes: Ride classes are established to enable riders of similar abilities to ride together. Categories are based on average overall ride speed, as follows:
  - 1. Class A+: 19+
  - 2. Class A: at least 17mph but less than 19mph
  - 3. Class B: at least 14mph but less than 17mph
  - 4. Class C: at least 12mph but less than 14mph
  - 5. Class D: Under 12mph
  - 6. Class Z: Over 40 miles, riders ride at own pace.
  - 7. Class M: Mountain Bike, off-road
- C. Ride Leaders: Are responsible individuals who host club rides.
- D. Riders: Whether club members or not, are individuals who participate in the ride, and who have affixed their name, city of residence, and initials on the official club ride sheet.
- E. Club Mileage Keeper: an individual designated by the Board of Directors who is responsible for maintaining member mileage records.

III. Responsibilities

- A. Ride Leaders shall
  - 1. Scout a route and create maps or cue sheets
  - 2. Provide a notice of the ride in the appropriate club venue. Information in the notice shall include, but not be limited to, leader's name and contact information, date/time, starting location, ride class, and approximate distance.
  - 3. Arrive at the designated starting point early enough to perform all pre-ride duties prior to the advertised starting time.
  - 4. Provide a club ride sheet and a pen, so that all participating club members may indicate their participation in the ride.
  - 5. Provide a reasonable number of maps or cue sheets for the anticipated number of entrants.
  - 6. Ride at the back of the group, to ensure that no riders are left behind to ride alone. This rule does not apply to 'Z' class rides. At no time is the Ride Leader required to ride at a pace which is slower than the minimum designated speed for the ride class.
  - 7. In case of mechanical problems, shall accompany the affected rider as long as it takes to alleviate the problem. The Ride Leader is not required to perform repairs.
  - 8. The ride leader is responsible for timely submission of the ride sheet to the Club Mileage Keeper.
  - 9. A ride leader must ride the designated route to receive incentive points.
  - 10. A ride leader may not lead more than one ride at a time.
  - 11. Ride leaders are responsible for equitably enforcing all provisions of the Ride Incentive Program.
  - 12. Ride leaders must be at least 18 years of age.
- B. Ride participants shall
  - 1. Arrive at the designated starting point early enough to fully prepare for the ride prior to the advertised ride start time.
  - 2. Make a complete entry in, including initialing, the ride sheet.
  - 3. Ensure their bicycle is in proper state of repair to complete the ride.
  - 4. Must be able to perform his/her own on-road repairs. In case of severe mechanical or personal breakdown, the rider is responsible to find a way home.
  - 5. Wear a helmet on all club rides.
  - 6. Ride in a safe and lawful manner.
  - 7. Maintain the minimum average speed for the ride class.
  - 8. Indicate participation in qualifying non-club rides within 30 days of the event, on an official club ride sheet. Entry shall include member's name, date, event's name, and distance.
  - 9. Riders must actually ride the designated route to receive credit.
  - 10. Riders are ultimately responsible for ensuring their mileage is accurately entered in the Club's database.

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- C. Mileage Keeper shall
    - 1. Make every effort to ensure the database is accurate, based upon ride sheets provided.
    - 2. Make periodic updates available to members, so they can compare and reconcile with their own records.

#### IV. Eligibility

- A. Only TCBA members may accumulate mileage points under the Ride Incentive Program.
- B. The following rides are eligible for full credit under the program
  - 1. Properly scheduled club rides
  - 2. SummerTour
  - 3. T-Shirt Ride
  - 4. Women on Wheels Ride
  - 5. DALMAC
- C. Members may claim home miles for riding to/from club rides, meetings, and other TCBA-sponsored events, based on the shortest safe route from their home.

#### V. General Rules

- A. Mileage points for the 2004 riding year can be accumulated between December 1, 2003 and November 30, 2004.
- B. At least 75% of a rider's total mileage points must come from TCBA sponsored events.
- C. The Ride Program Committee will be responsible for equitably enforcing all provisions of the Ride Program.

#### VI. Club Ride Rules

- A. Club rides must be listed in the club newsletter or on the called in Ride Line at least two (2) days in advance of the ride date. Called in rides are subject to deadlines set by the Ride Line Coordinator.
- B. No club rides shall be scheduled during the general membership meetings or to conflict with the Women on Wheels ride, T-shirt ride, holiday party, hayride or club picnic.
- C. Wednesday night rides from the MSU Pavilion at 6:15 are a designated club ride from May through August.
- D. Rides of the same class leaving from the same general location must be at least one hour different in starting time.
- E. If a ride leader fails to participate in a scheduled ride, another rider may assume leadership and will be credited with the leader points.
- F. Rides which fail to leave due to weather or other circumstances will have no mileage points or leader points credited.
- G. Rides that are canceled shall be done in the same manner as they were posted unless conditions are stated in posting.
- H. Home mileage credit will be given for riding to and from TCBA events based upon the shortest and safest route.
- I. Riders must start with the group to receive mileage credit.
- J. On all rides except classes Z and M, the ride leader must stay with the slowest rider maintaining the minimum speed for the class.
- K. Leader points will be credited to only those leaders who participate in the ride.
- L. The ride leader may deny mileage credit for any rider whose participation on the route is not personally verified.
- M. Only one route is permitted per ride.
- N. Ride Leader Points -
  - Class A+ (over 19 MPH) 50 points
  - Class A (over 17 - 19 MPH) 50 points
  - Class B (over 14 - 17 MPH) 50 points
  - Class C (over 12 - 14 MPH) 50 points
  - Class D (Up to 12 MPH) 100 points
  - Class M (Mountain Bike- off road segments at safe speeds) 50 points
  - Class Z (40 plus miles at rider's own pace) 50 points
  - All classes with a leader and no riders 10 points
- O. Leader points cannot be split.
- P. Ride sheets must be submitted to mileage keeper within 30 days of ride. The cutoff date for riding mileage in any year is November 30, and ride sheets must be received by the mileage keeper by the second Tuesday in December.
- Q. Club rides originating outside the tri-county area (Eaton, Ingham, Clinton and the approved section of Shiawassee) must receive Board of Directors' approval to qualify for mileage credit.
- R. Club members must indicate membership on ride sheets and initial the release to receive mileage credit.
- S. Riders not wearing a bicycle helmet and/or wearers of headphone listening devices will not receive ride mileage credit.
- T. Passive riders (passengers) are not eligible for ride incentive points.

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## EASYSPOKEN



### Introducing Snowflake Rides

It's good to get out and ride, for the friendship and the exercise. But many of the routes are the same ones used for years. And some groups get so strung out that you end up being on a ride with most of the riders way ahead, or behind, you.

The Snowflake Ride is a new kind of ride. It will use fresh routes and keep the group together. This is how it works:

The group will follow the leader out from the starting point. At the first intersection, two things will happen:

1. The leader will go straight, turn left, or turn right, and
2. The leader will pull to the left, allowing those behind to pass, becoming the last in the line.

At each intersection, whoever is at the front will decide to turn, or go straight, then be passed by the others.

The ride will be posted with a mileage range and a time limit, like 1 hour and 10-15 miles. The ride leader will be responsible for knowing the area, and when it seems like there is about enough time to return to the start via a fairly direct route, s/he will take control of the group and lead them back. Miles assigned for the ride will be from the ride leader's computer.

Whoever is in the lead is also responsible to go slow enough so the person at the end remains with the group.

Before starting, the group will decide whether to stay on paved roads or not. For the ride to include unpaved roads requires 100% agreement.

So why is it called a Snowflake Ride?

1. Snowflakes are fun.
2. On a warm day, snowflakes have appeal.

3. If you get enough of them, you can have a ball.
4. Every one is different.

This ride can be made competitive by saying that if someone takes the group to a dead end, for that 'round', they can no longer make a decision at an intersection. The last decision maker left is the winner.

When you choose to play the game, you must agree about Cul De Sacs. Either it is scored as a dead end, or it is an opportunity to reverse direction.

John Foltz, the TCBA Ride Coordinator, has offered encouragement for me to give this a try with "D" rides.

With that in mind, I plan to set up several in residential areas, where the opportunity for turns is frequent and the traffic is negligible.

I have no idea how many of you will be interested. I will set nothing up unless I hear from someone, so call (517) 675-7340 or email me at [dickj@tds.net](mailto:dickj@tds.net) and I'll get the ball rolling.

For those who contact me, I will strongly consider your favorite days and times, as well as your general location. If out of all the responses, both of you live in different areas, I'll set up two rides.

The rides will be announced via the Called-In Rideline. If you personally contact me, I will notify you by phone or email of each ride I set up as I post it to the Rideline.

Even if you don't contact me, you are welcome to participate - just show up.

Try a Snowflake ride - it will be a new kind of fun for you.

Dick Janson

Just Me and Sarah Dipitee, and a whole lot of new friends

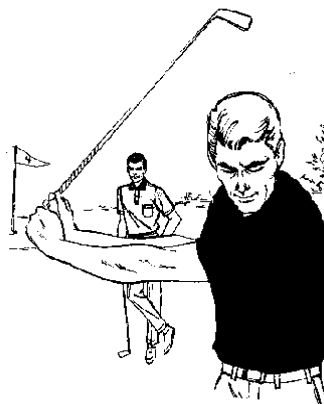
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### SUNRISES & SUNSETS FOR JUNE, 2004

Date	Rise	Set	Date	Rise	Set
1	6:03	9:10	16	6:00	9:19
2	6:02	9:11	17	6:00	9:19
3	6:02	9:12	18	6:00	9:19
4	6:01	9:12	19	6:00	9:20
5	6:01	9:13	20	6:00	9:20
6	6:01	9:14	21	6:00	9:20
7	6:00	9:14	22	6:01	9:20
8	6:00	9:15	23	6:01	9:20
9	6:00	9:15	24	6:01	9:20
10	6:00	9:16	25	6:01	9:20
11	6:00	9:16	26	6:02	9:20
12	6:00	9:17	27	6:02	9:20
13	6:00	9:17	28	6:03	9:20
14	5:59	9:18	29	6:03	9:20
15	6:00	9:18	30	6:04	9:20

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## FATHER'S DAY!!



### JUNE 20



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## Things To Remember On Club Rides

The intent of our ride program is to encourage members to RIDE TOGETHER. "Z" and "M" rides are exceptions, but members can ride in groups on these rides also.

This is ESPECIALLY true when there are "new" riders on the ride.

The "social" aspect of riding is very important to the club's future. So is the physical fitness aspect and it gets more serious as the ride speeds increase. Many bicyclists enjoy going as fast as they can.

Ride Leaders are very important to the club. We do not want to discourage our Ride Leaders. We need MORE ride leaders to cover all of our rider's needs. It is wonderful to see an increasing number of "D" Ride Leaders.

Ride Leaders should not leave any riders behind who are riding the minimum speed for that specific ride. The Ride Leader should be at the rear of the group. This is one of the reasons that Ride Leaders get extra ride miles for leading the ride. Therefore:

When you sign up for an "A+" ride, you should plan on riding over 19 miles per hour average. If you cannot do this, you should not be on this ride. A slow rider may not be able to keep up with the group on this ride.

When you sign up for an "A" Ride, you should plan on riding between 17 and 19 miles per hour average. If you cannot ride between 17 and 19 miles per hour, you should not be on this ride. It is not fair to the Ride Leader.

When you sign up for a "B" Ride, you should plan on riding between 14 and 17 miles per hour. If you cannot ride at least 14 miles per hour, you should not be on this ride. It is not fair to the Ride Leader.

When you sign up for a "C" Ride, you should plan on riding between 12 and 14 miles per hour. If you cannot ride at least 12 miles per hour, you should not be on this ride. It is not fair to the Ride Leader.

When you sign up for a "D" Ride, you should plan on riding less than 12 miles per hour. If you do not plan to do this, you should not be on this ride. It is not fair to the Ride Leader.

Also, remember that no "Ride Leader" should be left behind. This is very inconsiderate after they have done the work of planning the ride.

Most rides should have a "rest or food stop" designated. This is an important part of enjoying a ride. A+ rides are frequently an exception.

Our philosophy is to provide an incentive program that meets your desires as a Ride Leader. If you have suggestions, please let me know.

Arnie Johnson – President