

Chainwheel Chatter



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

Volume 32 Number 3

Established 1972

March 2004

NEXT Meeting!!!

March 25, 2004 – 7:00 p.m.
Foster Community Center
200 N. Foster St. – Lansing

TCBA Swap Meet

It's time to gather up all your slightly used bike paraphernalia, and plan to join your fellow TCBA friends at this annual event! Remember one man's trash is another man's treasure!



NEXT MONTH!!!

Dale Hughes

The Velodrome at Bloomer Park

- * Michigan's only Velodrome - bicycle racing and riding track.
- * The fastest velodrome in the US.
- * 1/8th mile wooden oval, paid for by donations, built by volunteers.

TCBA FAMILY PICNIC



**June 27, 2004 –
Birchfield Park**

Mark you calendar now, and watch for more information in the next Chainwheel Chatter



An Irish blessing:
May your blessings
outnumber the
shamrocks that grow
And may trouble avoid
you wherever you go.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, March 2, 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: April 6.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, March 13, 2004.** Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, FAX to (517) 339-1758, or email to: 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. To be included in the newsletter this information must be received no later than the above-mentioned newsletter deadline.

Cycle Forum

Topic: "Bicycle Fit and Adjustments."

Plan to join Alan Huber at 6:00 p.m. immediately preceding the membership meeting on **Thursday, March 25, 2004** for the Cycle Forum session.

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Executive Board Report

Submitted by: Dave Ford

January

The TCBA Board of Directors met at the Foster Community Center on January 6, 2004. Board members present included Arnie Johnson, Susan Viele, David Ford, Ron Claflin, Darryl Burris, John Foltz and Phil Wells. Also present were club members Lee Adair, Cheryl Claflin, Katie Donnelly, Lenny Provencher, Charla Scheidler and Wendell Proudfoot. Larry Myers from the Lansing City Council was also present.

Discussion items/Announcements

Larry Meyers presented information on the Lansing SW non-motorized corridors. He is seeking members help in this project.

John Foltz reported that he picked up 12 bike racks. There was discussion on purchasing and placing signs on the racks indicating they were purchased by TCBA.

Discussion was held on how to welcome new members. It was decided to make up a new members packet containing items such as a map book, decals, ride applications, water bottles in a DALMAC tote bag.

Open discussion was held regarding the community project fund. No decision was made.

Action Items

Minutes of the December 2nd meeting were approved.

Ron Claflin presented a financial report for 2003, and a projected budget for 2004. The report was approved as presented.

John Foltz reported that the mileage reports had been finalized, and the incentive letters were ready to be mailed.

Susan Viele has been appointed to the position of Vice President. There was open discussion about programs for membership meetings and other TCBA social functions.

Darryl Burris reported that there would be some cost increases for DALMAC this year. He also said that we would no longer be selling cycling shorts, but we would offer a baseball cap.

February

The TCBA Board of Directors met at the Foster Community Center on February 3, 2004. Board members present included Arnie Johnson, Susan Viele, David Ford, Ron Claflin, Darryl Burris, John Foltz and Phil Wells. Also present were club members Cheryl Claflin, Katie Donnelly, Charla Scheidler and Wendell Proudfoot. Gus Goslin from the MSU bike project was also present.

Discussion items/Announcements

Gus Goslin presented information on the MSU bike project. He submitted a DALMAC grant application to help fund this project.

Action Items

Minutes of the January 6th meeting were approved.

Ron Claflin presented a financial report for January 1 through February 2nd 2004. The report was approved as presented.

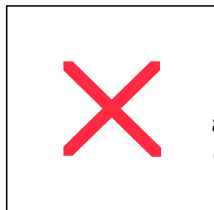
Susan Viele reported on the status of the yearly membership meetings. It was decided to pay mileage for the guest speakers that travel from out of town, and to give each guest speaker a \$25.00 gift certificate.

Darryl Burris reported that the DALMAC applications would be getting mailed soon. He is also currently working on this year's jersey. New mapping software was discussed and it was decided that the purchase would be financed by DALMAC.

There was lengthy discussion about ride classifications and rules. There was also lengthy discussion about ride leader and riders responsibilities. Darryl Burris and John Foltz will be presenting their recommendations at the February members meeting for comment and feedback. These proposals will be voted on at the next board meeting.

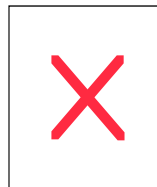
Note: Information contained in this article is not the official record of the meeting. The minutes of this meeting will be submitted for approval at the next Board Meeting. Any corrections and/or amendments will be noted in next month's edition of the Chainwheel Chatter.

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.**



WATCH YOUR MAILBOX FOR THE 2004 RIDE APPLICATION BOOKLET!!!!

COMMITTEE & CLUB NEWS

2004 Lugnuts Outing



Although I'm writing this in mid-February, I'm optimistic that by the time you're reading this things have warmed up a bit and there are actually rides being called in to the ride line! Instead of being "just around the corner," let's hope spring is just past the next driveway. That means spring training rides and plans for other warm weather activities. 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. 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 with questions.



Auction

It's almost time for the 27th 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 again 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), and I'll sign you up and fill you in on the details.

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.

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

Open House

Eric's Cycling & Fitness

Sunday, March 7th – noon – 4:00 p.m.

6070 S. Martin Luther King
Blvd.–Lansing

(1 mile S of Jolly and 3 blocks N off I-96 exit 101)

10% off All 2004 Bikes and special orders

10% off Sale Prices on 2003 Bikes

10% off All Accessories

Food and Refreshments Provided – Don't Miss It!!

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.

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, FAX to (517) 339-1758, or mail to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840.

FOR SALE: SPECIALIZED Sirrus Elite road bike. Two years old. 17", silver. Handlebars recently updated to road bars with Shimano Tiagra shifting. Shimano 105 drive train. Ritchey Aero Road tires. Cat-Eye odometer. Two extra tire tubes. Well-maintained and ready to ride! \$950.00. Call Marcia at (517) 355-0281 (days) or (517) 702-9148 (nights).

FOR SALE:

1. Very unique Control Tech road bike with Rockshox Ruby suspension fork, 58 cm (C-T) Easton Elite frame, Mavic Classic Pro Wheels, and a new Shimano 105 drivetrain and STI shifters. Showroom condition, comfortable and 19.5 lbs - \$875.
2. Late 80's Bianchi Volpe road bike – great for touring/commuting. Tange cro-mo 56 cm (C-T) frame has recent pro repaint. Equipped with current Shimano bar-end shifters, cantilever brakes, and a mix of 105 and Ultegra parts. Includes a Blackburn rack and matching Esge fenders. A great looking, versatile bike - \$575.

Call Chris at (517) 789-6077 days.

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. Entry deadline is Friday, April 2.

Katie Donnelly and Betty Johnson



HAPPY ST. PATRICK'S DAY



EASYSPOKEN

Self Supported Touring - Want to learn about it?

Five years ago, I didn't know how to do self supported touring. I started a program within TCBA, and let the experienced teach me. Since then, many of you have read about the tours I have taken.

I'll bet you'd like to get on your bike and explore beyond the Tri-County area. Of course, you have to wait until you retire, or come into some money, or both. This kind of dream takes a lot of time and resources, for sure. Or does it?

Each year your schedule may include club rides, personal rides, and maybe a multi-day supported tour. But you yearn for more. Freedom, and independence, and whimsy. You want to come and go, when and where you feel like it. No schedules. No routes. No baggage truck leaving too early, or not loading early enough.

On Saturdays in May, I will lead three luncheon programs that focus on the basics of Self Supported Touring (SST). Topics will include choosing equipment, getting and reading maps, riding with a load, handling challenges on the road, finding a place to camp, and other topics. Some experienced club members have agreed to help, and more may decide to join in the fun.

Over the summer, there will be several overnight SST rides on weekends. We'll leave from the edges of the Tri-County area, finding ourselves in areas less familiar, and as a result, more interesting. As a group, we'll have fun while we help each other to learn.

These SST rides will be low-budget getaways. Tent camping and some in-camp cooking will be the norm.

If you are new to touring and are unsure about riding DALMAC, SST rides will involve you with experienced cyclists. If you want better training for DALMAC, riding with a load prepares you for northern hills better than other club rides. If you're an experienced SST cyclist, you can do what you love and pass your savvy on to the others.

If Self Supported Touring interests you, let's talk: dickj@tds.net or (517) 675-7340

If I have your email address, I can keep you up to date on when things will happen. This will be useful if details are not wrapped up by a Chainwheel Chatter cut-off date.

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TCBA has a large membership and a lot of experience. We also welcome a number of new members each month, and I expect that a significant number of you new members want to learn from the experience of others. Well ...

At some meeting in the near future, the program will focus on making that happen. The idea is for the experienced members to offer as many short bits of wisdom as they can in the time we have available.

Examples are "Drink before you are thirsty and eat before you are hungry." and "Several light layers of clothing are better than a few heavier layers". So, between now and then, be thinking of what you can contribute and, if your memory is like mine, bring notes. We want ideas that can be expressed in 30-60 seconds, and have a scheme that gives everyone a chance to contribute. If you want to contribute, but don't want to speak, write down your ideas, one to a page, and let the moderator (me) read them to the group.

This program will also give those of you who have unanswered questions a chance to see who might have answers for you later. Don't be shy. We've got a group with a reputation for contributing what they can. I don't know any member who would not love to be helpful. You only need to ask.

Dick Janson
Just Me and Sarah Dipitee

Lansing Bike Lane Project In Jeopardy

The City of Lansing's Public Service Department has developed a plan to re-stripe nearly nine miles of city streets to include bike lanes, and has secured funding for the project. Through my involvement in the League of Michigan Bicyclists, I was able to have some input into the project planning. However, the project took an unexpected turn when several businesses and residents in the project area spoke out against it. The city council almost killed the project, but finally asked city staff to hold public meetings and try to address citizen concerns. I spoke in favor of the project at city council meetings, as did

other cycling advocates including TCBA members.

TCBA member and city councilman Larry Meyer is the city council's leading advocate for this project and for the broader goal of making Lansing more bicycle and pedestrian friendly. Larry has appeared at TCBA board and club meetings and asked for member support for the project.

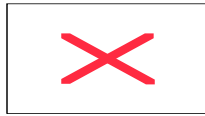
The proposed project includes:

- Mt. Hope between Moore's River Drive and Washington: Restripe from four lanes to three (two motor vehicle travel lanes plus left turn lane) plus bike lanes.

- Holmes between Waverly and MLK: Same as Mt. Hope.
- Pleasant Grove between Mt. Hope and MLK: Stripe parking lanes along curbs, and stripe bike lanes inside parking lanes. (A small segment just south of Mt. Hope is already done.)

If you have views on this project and are willing to appear at a community meeting to express those views, please contact Phil Wells - 517-267-8971 or boardatlarge2@biketcba.org. Comments from residents of the city would be especially effective.

--Phil Wells



FROM THE TCBA MAIL BAG

Lance To Compete In Tour de Georgia

The road to France now goes through Georgia. The United States Postal Service Professional Cycling Team®, which is presented by Berry Floor, has committed to enter a full squad in the 2004 Dodge Tour de Georgia April 20 to 25.

Leading the way for the USPS Pro Cycling team will be five-time Tour de France champion Lance Armstrong. "I am pleased to confirm that Lance will be part of the USPS Pro Cycling Team that will compete in the Dodge Tour de Georgia this year," said Bill Stapleton, principal at Capital Sports & Entertainment, the agency that represents Armstrong. "This is a great opportunity for him as he prepares for his attempt to win a historic sixth Tour de France. And he is pleased that the Tour directly supports the Georgia Cancer Coalition."

For additional information visit the Tour de Georgia web site at: www.tourdegeorgia.com.

Pedal-Powered Soaps: Yet Another Great Gift Idea



Just Soap makes finely crafted all natural soaps and shampoos-blended by bicycle. At the heart of their soap making process is a human-powered "bicycle blender," a one of-a-kind soap-making machine that helps make larger batches of handmade soap while keeping the company's commitment to human scale eco-friendly production, by cutting down on energy use.

Traditional soap making demands hours of stirring! So founder

Frederick Breeden - a biking enthusiast and environmentalist - had plenty of time to dream up a more efficient and eco-friendly method of mixing the soap. He shared his vision with a bicycle builder, and the result is a one-of-a-kind bicycle-powered soap blender.

Here's how it works: The bicycle drives a belt that turns a blade in a large stainless steel vat, where the purest ingredients - saponified olive, coconut and palm oils, essential oils, and organic herbs and spices are stirred together. Once the ingredients start to thicken, the magic of soap making has begun, and the mixture is poured into wooden frames to set. A few days later, the bars are cut with a wooden press, and cured for over two months to ensure a long-lasting bar. The unique bicycle blender allows them to make larger batches of handmade soap, keeping prices lower. To learn more about Just Soap, or to order products visit their web site at <http://www.justsoap.com>.

Investment Opportunity for New Bicycle Invention



Preparation and mastering of the series production of modern without chain bicycles, with radically improved consumer quality. For more information visit the web site: <http://bicycle.kcci.ru/> (if

you can read Russian) or email ser@kcci.ru.

Loss of TCBA Member

Gibbs, Mary Ellen (Colburn) Okemos, MI Passed away on Sunday, January 18, 2004, in East Lansing. Mary passed her 86th birthday on November 5, 2003; she was born in Bellevue, OH in 1917. She lived in Ypsilanti, MI until she graduated from Michigan State Normal College (Eastern Michigan University) in 1940 and then began teaching high school in Clare, MI. She married Robert Gibbs, of East Lansing, who survives her, in 1949. Mary's life was spent in service to others as the president of the Child Service League, 28 years as a volunteer in the pediatrics ward at Sparrow Hospital and an early participant in the Mobil Meals Program. She attended Edgewood United Church in East Lansing from its conception and leaves behind many old and dear friends. Mary divided her life between the family cottage on Arbutus Lake in Traverse City, MI, and home in East Lansing for 40 years. She was a familiar site with her husband for music events at the Auditorium, Wharton Center and Music Building on the M.S.U. campus and the weekly music recitals at the Molly Grove Chapel of Lansing's First Presbyterian Church. They would arrive on their bicycle for 2 accompanied by a 3rd rider, their dear beagle dog, from homes in East Lansing and Okemos. Mary was a loving wife, mother, sister, aunt and grandmother. We will forever miss her. **A Memorial Service will be held when the wild flowers are in bloom.**

Leroy Henry Undergoes Surgery

TCBA Member, Leroy Henry was hospitalized earlier this month for bypass surgery. Cards and calls from TCBA friends would be most welcome.