

Chainwheel Chatter



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

Volume 32 Number 5

Established 1972

May 2004

NEXT Meeting!!!

May 27, 2004 – 7:00 p.m.
Foster Community Center
200 N. Foster St. – Lansing

Sarah W. Colegrove
Tri-Athlete/Attorney at Law

Our speaker for the May meeting will be Sarah W. Colegrove. Sarah is an attorney at Briggs Colegrove, P.C. in Detroit. She is also a tri-athlete, passionate cyclist, and a defender of cyclists who have run afoul of the law. She has had several articles published in the Michigan Bicyclist Magazine - Winter 2002 - Should I Ride on the Shoulder? and in the Summer of 2002 - Who Let the Dawg Out? Sarah won the overall 2000 Anchor Bay Triathlon; in 2000 she was an Ironman USA Finisher at Lake Placid, New York; she finished 3rd place in the 1996 BYC Mackinac Race; and first place in the 1995 Long Course Series.

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 May club meeting, or you can 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.

UPCOMING MEETING!!!

June 24, 2004

Julianne Pattullo
Tour of Hope

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

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, May 4, 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: June 1.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, May 8, 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: "Fixin' Flats and On the Road Repairs"

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, May 27, 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 April 6, 2004. Board members present included Arnie Johnson, David Ford, John Foltz, Ron Claflin, Phil Wells and Darryl Burris. Also present were club members Charla Scheidler, Katie Donnelly, Cheryl Claflin, Wendell Proudfoot, Lenny Provencher, Dick Janson, Ed Noonan, Dwayne Schneider.

Discussion items/Announcements

Katie Donnelly submitted a proposal for a new membership dues policy. This item was referred to Cheryl Claflin for review. Further discussion was tabled until the next board meeting.

Dick Janson reported on his ideas for contacting new members to get input on how they feel about the club. Cheryl will present the current welcome letter to the board next month for review and discussion.

Darryl Burris reported that on DALMAC, the 5-day and the 4-day west were both full. He also stated that there were only 150 spots left for the 4-day east, and 164 for the quad century.

John Foltz reported that the ride incentives are almost ready.

Action Items

Minutes of the March meeting were approved.

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

Phil Wells gave support to TCBA being represented at the Quiet Water Symposium. It was agreed that Phil and Ed Noonan should make up a display representing TCBA and present it to the board at a future meeting before approval to attend is given.

Arnie Johnson reported that the Okemos library wants a recumbent bicycle program this summer. John Foltz will handle this.

Lenny Provencher presented a proposal for "F" rides. These would be fun, family rides for new riders. No ride or leader points would be earned. He wanted to try it for 8 weeks out of the pavilion on Wed. night. The board gave approval for his idea.

Dwayne Schneider presented the insurance renewal for the club. The proposal was approved.

Ed Noonan requested approval for a club ride. This would start out of county, go into Canada and be a SST ride. After lengthy discussion and requirements being set, approval was given.

Darryl Burris submitted a proposal for board members to get a free DALMAC starting in the year 2005. This was to increase the desirability of running for a board position. The proposal was approved.

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.**

HAPPY MOTHERS DAY – MAY 9TH



WELCOME NEW MEMBERS



Terry Stepanski	Emily Flynn
Robert & Pamela Cline	Jim DaVee
Bruce & DeAnna Fedewa	Randy Underhill
Jill Hoort	Roy & Terry Fedewa
Karen Dunning	Raymond Baser
Cyndi Davidson	Mark & Anne Pullano
Glen Feldpausch	Ron Mosher
Julie Reincke	Michael Danek
Judy Hegle	Anatole Shamson
Sally Backofen	Diane Brandt
Darlene Karns	Jane Baker
Donna Leahy	Erin Vandever
Michael Menard	Rebecca & Donna Wolfe
Mike & Tammie Williams	Julie Urbain
Dr. Michael Kasavana	Richard & Bea Murray
Carol Piper Curtis	Michael & Vicki La Charite
Jeff Smith	Arthur & Barbara VanDyke
Jill Ann Schott	Scott & Elizabeth Pratt
Stephanie Hogle	Scott Winterstein

COMMITTEE & CLUB NEWS

Family Fun and First-Timers Ride

Al Simons

Lenny Provencher will be coordinating a series of what have been designated as Class "F" rides. These rides will be geared towards families and first-timers to have fun and obtain some basic knowledge of bicycles and the skills needed to ride with a group.

The sessions will be held at the MSU Pavilion, on Wednesday evenings during the months of May and June (no ride 05/19), beginning at 6:30 p.m. and concluding between 8:00-8:30 p.m. All sessions will be open to the public; you need not be a TCBA member to attend. No reservations are necessary, just show up at the appropriate time w/your bicycle and helmet. (TCBA members these rides are not included in the ride incentive program and participants will not be awarded leader or mileage points).

Rides will begin with a short 15-30 minute educational demonstration complete with handouts, and conclude with a ride to nearby places of interest on and around campus and on the Lansing Riverwalk. Examples of topics for the educational portion include a pre-ride safety check, making sure your bike is functioning as it should (gears, brakes, etc), pedaling techniques, bike fit, helmet fit, bike clothing and accessories, review of different types of rides, changing flat tires, safely crossing RR tracks, riding and the law and practical riding considerations.

The only requirements for participating in the rides are: a bicycle, 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.

T-Shirt Ride 2004

All is in order for Saturday, June 12 at Laingsburg High School. We've made a few changes this year. There is a different route going into Byron and between Byron and Morrice where we get to utilize some fresh blacktop! These minor route changes coupled with a dry Saturday should make for a great ride. Come on out and see folks that you haven't seen since last fall.

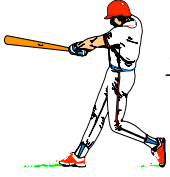
Lunch is served up again by the Laingsburg Police Reserve at the High School. Grilled chicken sandwich with vegetables and soup, yummm-yummm! There will also be some veggie burgers available. And as always, there will be plenty of rest stops on every route with fresh fruit and cookies.

The Laingsburg Police Reserve will also assist riders and motor vehicles at the 4 way stop in Laingsburg. Take advantage of all the other stop signs on the ride to give your bike a brief rest.

Remember, all applications post-marked by May 22nd get \$5 off the day of ride adult entry fee. You'll also want to order your t-shirt when you pre-register as there will be a limited number of extra shirts on the day of the ride.

See you all Saturday, June 12!

2004 Lugnuts Outing



It's *almost* too late to sign up for the ninth annual TCBA Lansing Lugnuts outing. This year's lycra-optional event is scheduled for Saturday, June 19. 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, catch me on a ride, or call me at 517-349-5564.

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.

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.

**Here's a Potential Club Project!
Anyone Interested?**



**SUNRISES & SUNSETS FOR
MAY, 2004**

Date	Rise	Set	Date	Rise	Set
1	6:32	8:39	17	6:13	8:56
2	6:31	8:40	18	6:12	8:57
3	6:29	8:41	19	6:12	8:58
4	6:28	8:42	20	6:11	8:59
5	6:27	8:44	21	6:10	9:00
6	6:26	8:45	22	6:09	9:01
7	6:24	8:46	23	6:08	9:02
8	6:23	8:47	24	6:07	9:03
9	6:22	8:48	25	6:07	9:04
10	6:21	8:49	26	6:06	9:05
11	6:20	8:50	27	6:05	9:06
12	6:19	8:51	28	6:05	9:07
13	6:17	8:52	29	6:04	9:08
14	6:16	8:53	30	6:04	9:08
15	6:15	8:54	31	6:03	9:09
16	6:14	8:55			

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.

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: Mountain Bike. TREK Y22 OLCV carbon frame, XT/LX components, 18" or 46 CM, like new (less than 350 miles) \$750 or make offer. Contact David at 517-485-4900 (w) or 517-332-1983 (h).

FOR SALE: Practically new Campagnolo build kit for sale. Installed, tested a few times and removed. Includes choice of two wheelsets, both with 4-500 miles on--I was swapping between several sets for a while. Parts are:

2001 Campagnolo Chorus 9-speed Ergo levers and brake calipers, RacingT cranks, bottom bracket (english/standard threads), front (1 1/8 clamp on) and rear derailleurs. Cranks have 170mm arms, and 30/42/52 rings.

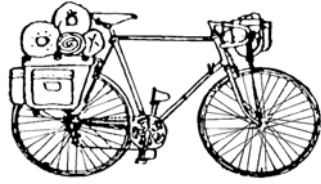
Wheels are 1) Chorus hubs, 36 rear, 32 front, dt 14/15 spokes, brass nipples, silver Mavic MA-3 rims. or 2) Record hubs, 32f/r, dt 15 gauge front, 14 rear, gold alloy nipples, silver Mavic Open Pro rims. Both sets hand built, one by Licktons the other, by Colorado Cyclist. Hubs are latest 9/10 cog-comatable versions.

I can help with installation if desired!

I'd like to sell as a complete kit, rather than parting out. \$800/offer with choice of wheels, or \$900/offer takes kit and both wheels. Contact Steve at freder16@msu.edu or (517) 332-0351.

FOR SALE: Red 1996 GT Force Touring Bike. 50cm, 7speed (21 gears), triple chainring, Shimano RSX group, 2-sided pedal (SPD on one side, standard pedal for non-created shoe on other), bottle cages, Avenir computer, Topeak Combo Master Blaster pump, Blackburn bag. Great looking and well maintained. \$175. Call Karen at (517) 351-5423.

FOR SALE: Rans V-Rex, perfect condition, low miles. Asking \$975. call Jeff (810) 629-0177 or (810) 238-7898.



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 28th - at 9:00 AM

Saturday May 29th - at 9:00 AM

Return:

Sunday May 30th - 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

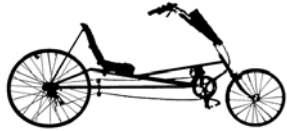
NOTE: BAGGAGE RESERVATION IS REQUIRED

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 – Schedule of Rides & Luncheons

Come and learn how to tour self-supported. What do you need, and what do you need to know.

First, there is a training ride. You don't bring any equipment, except your bike. The ride is not mandatory, but I consider it real important.

Next, there is food (bring your own wallet). Drinks, appetizers, meals will be available.

Training sessions will begin as soon as I finish eating. The first part of the program will discuss aspects of the ride you were just on as it relates to Self Supported Touring.

After the training session at the second luncheon, we will demonstrate some camping equipment, and point out things to consider if you need to make buying decisions.

Saturday, May 1 –	Saturday, May 8 –	Saturday, May 15 –
Location: South Lansing - Jackie's Diner, 5600 S. Pennsylvania (across from the Toyota dealership) Ride: 11:30am 11-mile "D" ride Luncheon: 1:00 Program: 1:30 - 4:00 Training ride discussion - Equipment (packing lists, tents, sleeping bags and pads, racks, panniers, bikes) Parking: Park in restaurant lot - start toward back and fill forward	Location: Grand Ledge - Cugino's, 306 S Bridge (south of downtown signal light) Ride: 10:30am 21-mile "D" ride Luncheon: 1:00 Program: 1:30 - 4:00 Training ride discussion - Equipment (preparation, repair, and maintenance) Concerns (safety, emergency, cleanliness) 4:00 - 5:00 Tent and other equipment demo in Island Park Parking: In lot behind restaurant, off of West Jefferson. If full, use lot across Jefferson to the north	Location: North of East Lansing - Maggy's Sports Grill, 16800 S Chandler (take Abbott north of Lansing Road about a half mile) Ride: 11:15am 14-mile "D" ride Luncheon: 1:00 Program: 1:30 - 4:00 Training ride discussion - 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) Parking: Huge lot in front of building

Each location can handle at least 50 of us. Please contact me with a "probably" or "maybe" to show your interest so they can be properly staffed. Also, if you want to be notified of Spring and Summer ride plans; let me know at dickj@tds.net or (517) 675-7340.

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

The Last Hurrah of '03 by Ron Truax



A bike tour called, Cycle North Carolina, was my last hurrah this year. It was a seven-day ride across the state during the month of

October. I may keep riding, but the season has come to an end. So with my two buddies, Dave and Rich, I made my way down to North Carolina. The ride would start atop the Blue Ridge Mountains in Boone and end seven days and 450 miles later on Oak Island, off the Atlantic coast. Being an organized ride for 1,200 made planning much simpler. Organized means it's supported. Baggage is hauled, showers provided, camp space made available, and meals catered in. And 1200 means there's that many riders to share the road with, a daunting task unto itself. Baggage was limited to two military style duffel bags, not to exceed 80 lbs. in total. Being able to compress my life's needs into 25 lbs. meant I had plenty of leeway as to what I could pack. Clothes and camping gear are the priority.

But first we drove 900 miles to the finish line at Oak Isl. Near there we parked and bid farewell to the Van, loaded the bikes on trucks, threw our bags in the luggage compartment of a waiting tour bus, and piled in for a six hour journey back to the starting point. Rich and Dave made the first bus, but making sure my bike was loaded without incident, I ended up in the last row of the second. With the only empty seat on one side of me and the lavatory on the other, I had plenty of room to stretch out. And sitting next to the lavatory turned out to be a very social thing. During the six-hour ride I met everyone else on the bus except the driver.

Check-in always brings a certain excitement and its share of anxiety. You have to be up extra early, you have to find the meeting place, load up and deal with all the strangers. Luckily, there were only 150 people that chose this option to begin the ride. And the bus pulls out on time with or without you. So when you finally hear the air brakes release and feel the bus lurch forward from your seat, you can relax and listen to the collective sigh of relief pass down the center aisle. We're on our way. Things are quiet for a while but soon whispered introductions begin. Then

eventually everyone is trying to talk to those three rows up and back. We even got to sing a rousing chorus of Happy Birthday to who knows who up front. But some time after lunch the mood changed and silence fell over the bus again. Behind us the terrain was flat, but we were headed to the top of the Blue Ridge Mountains. Somewhere you have to start up and when we did, it didn't stop. The steeper it became, the more the bus began to labor, the quieter everyone became. Self-doubt and panic are contagious. Nearly everyone was riveted to their seats. With their necks stretched out, their eyes were wide open like deer caught in headlights. I remember thinking to myself that this was going to be fun. This was the other side of wanting to experience new things, face new challenges, set new goals. Sometimes reality can rear its ugly head and bite you right square in the ass. And on this bus, reality was closing in fast. So I stood up to stretch awhile, bent over to look out the window again, and just announced, "Well, hey! I've never met a hill I couldn't walk." That's all it took to break the silence and tension with some much needed laughter. Over anticipation can really put a dampener on a good time. I know, I've been there. That's why this was so funny. Besides, from atop the Blue Ridge Mountains it's downhill to the ocean. What were they thinking?

We finally reached our destination. That big diesel was just screaming to pull us up the drive into the schoolyard in Boone. Then it was; find the bags, set up the tents, and reassemble the bikes. It was warm back at the ocean, but here at 4,500 ft. above sea level, it was a nice fall day. It was easy to see we were outnumbered by our southern brothers and sisters. Winter clothes were abundant everywhere. Still wearing shorts and T-shirts, we were getting strange looks. It was a southern thing, but that's another story. I was just anxious to get started and morning was a long ways off. It finally arrived, it was time to go. With a clear, crisp morning came more strange looks because of our dress. I'm sure they thought we were *daft*. No matter. We're here and we're starting and that's all that counted. All those last minute jitters just melted *away* with the turn of a wheel. It's not just the start of one ride but two. The one on the road and the one in your head. Like a test, do I make it or is this just a \$3,000 walker I'll be pushing down the road? My attitude ... go for it. We're in our seats, we have our popcorn, and the movie is just beginning. With hand shakes all around for good luck, we were off. We were off to see the Wizard.

(continued next month)

MAY IS NATIONAL BIKE MONTH™ BE WELL. >> RIDE YOUR BIKE



<http://www.bikemonth.com>/Welcome to [National Bike Month™](#). If spring weather doesn't make you want to get out and ride your bike, just think of what bicycling can do for you. Bicycling is good for you: heart, children, smile, community, wallet, stress level, lungs, outlook on life, waist line, car, knees and joints, sex life, self esteem, sleep pattern, muscle tone, soul, everything...Most importantly, bicycling can save your life.

The year 2004 will mark the 48th consecutive year the League of American Bicyclists has declared May to be [National Bike Month™](#). The League is promoting Bike-to-Work Week from May 16th - 22nd and Bike-to-Work Day on Friday, May 21st.

Bicycling and other forms of exercise play a critical role in healthy active living and wellness, the active process of living in ways that prevent illness and improve your physical, emotional, intellectual and spiritual health. "Exercise has to be the foundation of any good preventive medicine program," says Dr. Ken Cooper, M.D., M.P.H., founder of the world-renowned Cooper Clinic and the Cooper Aerobics Center.

Bicycling can help you lose weight and increase your physical fitness, preventing or reducing overweight and obesity, which a new study links to more than 90,000 deaths from cancer each year in the United States. Nearly 65% of Americans are overweight and 31% are obese, or more than 30 pounds over a healthy weight. Obesity appears to increase the risk of dying from cancer significantly, according to a study recently released by the American Cancer Society.

At a time of continuously heightened tension in the U.S., bicycling can reduce stress and promote a sense of well-being. Bicycling and other types of physical activity increase the body's release of endorphins, which create a feeling of heightened well-being. An online survey of over 2000 American adults conducted by Harris Interactive(R) during the war in Iraq shows that bicycling was one of the most popular outdoor activities respondents participated in "to seek comfort or 'get away' from all the international conflict/war coverage."

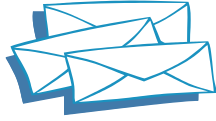
Bicycling may be able to reduce the impact of aging on the brain. Researchers at the University of Illinois at Urbana-Champaign studying brain scans of 55 volunteers over age of 55 found anatomical differences in gray and white matter between physically fit and less fit subjects. Their study, published in the February 2003 issue of the Journal of Gerontology: Medical Sciences, found an inverse relationship between physical fitness and brain density/shrinkage in three key areas of the brain adversely affected by aging. In other words, the better shape you are in, the denser, bigger, and more efficient your brain.

The Cooper Institute recently published a study in the American Journal of Cardiology showing that men with high blood pressure who participated in physical activity, such as bicycling, on a regular basis were much less likely to die prematurely than men with high blood pressure who did not participate in physical activity. Tim Church M.D., PhD., M.P.H., of The Cooper Institute, said, "In my opinion, if you have high blood pressure and it is properly controlled with medications, regular physical activity is the most important change you can make to improve or maintain your health. Of course with any new lifestyle change, it is best that you check with your doctor to assure increasing physical activity is right for your particular situation."

So get out and ride...and bring along a friend. Be well. >> Ride your bike. (<http://www.bikemonth.com>)

Reprinted from the League of American Bicyclists web site. *The League of American Bicyclists is the national membership organization of cyclists. Founded in 1880, it promotes cycling for fun, fitness and transportation, and works through advocacy and education for a bicycle friendly America. Membership includes 35,000 individuals, 455 recreational clubs, and 50 advocacy organizations. For more information, or to subscribe to "BikeLeague News" send an email to bikeleague@bikeleague.org*

Pass this article on to friend. . . who currently does not ride and invite them to go on a ride with you.



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/nyeevent.htm.

If you're interested in going with a group, contact John Foltz - 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 11th 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, e-mail 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 its 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 or contact Wally Kiehler at 313/884-0109 or WKiehler@Comcast.Net

HOUSE COMMITTEE APPROVES TEA-21 REAUTHORIZATION BILL

The House Committee on Transportation & Infrastructure approved a \$275 billion six-year TEA-21 reauthorization bill March 24. There is talk that the full House may consider this measure next week. The Senate passed its \$318 billion version on February 12. The federal six-year surface transportation legislation expired on September 30, 2003, but is currently operating under an extension through April 30.

Both bills contain elements of importance to the bicycling community. Currently, both bills protect the core programs such as Enhancements, Recreational Trails, Congestion Mitigation and Air Quality, but at varying levels. In addition, both bills contain a national Safe Routes to Schools program, also at different spending levels. The Senate bill contains language that increases bike/ped safety funding. Right now, neither bill contains Bicycle Commuter Act language or Complete Streets language.

The League will continue to work with our members, partners, and Congress to insure that bicycling interests are maximized in the final legislation. BikeLeague News will keep you posted on significant changes as this bill progresses through Congress; for the latest information, visit the [League of American Bicyclists](http://www.leagueofamericanbicyclists.org) site.

TOUR DE LANCE PART VI EXCITEMENT STARTS EARLY

For those who just can't wait until July, Outdoor Life Network (OLN) will offer two new weekly shows leading up to the 2004 Tour de France. Starting Thursday April 29 at 8:30 PM ET/PT, OLN will premier a 13-part behind-the-scenes documentary on Lance Armstrong and the U.S. Postal Service Pro Cycling Team as he goes for a record-breaking sixth consecutive Tour win. "The Lance Chronicles: The Real Life Saga of Armstrong's Quest for Six" will give viewers an in-depth look at daily life on the team. The show will debut and continue on Thursdays at the same time slot through July.

"The Road to the Tour" will debut on Thursday, April 1 at 9:00 PM ET/PT. The show will offer action-packed race highlights coupled with analysis by leading cycling experts to build awareness and excitement on the road to the most monumental Tour in history. This show will air on Thursdays through July and track the progress of Armstrong and his main rivals as they prepare for the 2004 Tour de France.

The above two articles are reprinted from "BikeLeague News" the League of American Bicyclists electronic newsletter. *The League of American Bicyclists is the national membership organization of cyclists. Founded in 1880, it promotes cycling for fun, fitness and transportation, and works through advocacy and education for a bicycle friendly America. Membership includes 35,000 individuals, 455 recreational clubs, and 50 advocacy organizations. For more information, or to subscribe to "BikeLeague News" send an email to bikeleague@bikeleague.org*

FROM THE TCBA MAIL BAG

(continued)

FOR IMMEDIATE RELEASE

April 2, 2004

Release # 04-113 Firm's Hotline: (877) 564-2261

CPSC Consumer Hotline: (800) 638-2772

CPSC Media Contact: (301) 504-7908

CPSC, Pacific Cycle Inc. Announce Recall of Mongoose 20-Inch Mountain Bicycles



WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop

using recalled products immediately unless otherwise instructed.

Name of product: Mongoose aluminum 20-inch-wheel "D-XR AL" mountain bicycles

Units: About 14,000

Manufacturer/Importer: Pacific Cycle Inc., of Madison, Wis.

Hazard: The rear shock absorber allows the aluminum, dual-suspension frame to flex severely, causing the frame to become unstable and break, posing the risk of injury to riders.

Incidents/Injuries: Pacific Cycle Inc. has received two reports of the frames on these bicycles breaking, resulting in abrasions and bruises to the rider.

Description: These are Mongoose aluminum 20-inch-wheel, D-XR AL, dual-suspension mountain bicycles. They have model number "R1590WMET" written on the service sticker, located on the bottom bracket tube near the pedals. The bicycles are silver and red colored. "Mongoose" and "DXRAL" are on the frame of the bicycles. Only Mongoose 20-inch D-XR bicycles with aluminum frames are included this recall. Bicycles with steel frames are not included.

Sold at: Bicycle stores and department stores nationwide from September 2003 through March 1, 2004 for about \$99.

Manufactured in: China

Remedy: Consumers should stop using these bicycles immediately and call Pacific Cycle Inc. to receive a free replacement rear shock and instructions.

Consumer Contact: For more information, call Pacific Cycle Inc. toll-free at (877) 564-2261 between 8 a.m. and 5 p.m. CT Monday through Friday.

To view this press release online, use the following link:
<http://www.cpsc.gov/cpscpub/prerel/prhtml/04/04113.html>

MSU FARM DAZE TOUR

- Mark your calendars for the 1st Annual Farm Daze Tour on May 15th, 2004.



Join the MSU Bike Project Volunteers in an early season warm-up though the beautiful areas in and around the MSU campus. This tour happens just after the academic year is over, the flowers and gardens are in bloom, the farm animals have their new babies, and life is

abundant and again good. The tour, supported by maps, marked routes, sag services, refreshments and optional T-shirts, will start at the MSU Pavilion and meander in the MSU farm areas and surroundings. There will be 12, 25, 50, and 100-kilometer routes. A registration form is available - www.msu.edu/~bikes/Farm%20Daze%20Ride%20Application.doc. The fee is \$15 for adults, \$8 for youth and \$30 for a family if registration is postmarked by May 1. After May 1, it will be \$20, \$10, and \$40 respectively. On site registration will be accepted the day of the event from 8:00 to 10:00AM. For more information, you can visit our website at www.msu.edu/~bikes/. The contact person is Gus Gosselin at 517-625-7322 or gavgoss@hotmail.com.

The MSU Bike Project is an effort dedicated to transforming recycled bicycles into a fun, economical, environmentally friendly and healthy transportation alternative for the MSU campus community. The bikes are refurbished from the salvage yard and donations, painted green and then checked out to departments or students. Proceeds from the Farm Daze Tour will be used for tools, parts, locks and bike stands. A subcommittee of the [University Committee for a Sustainable Campus](#), their aim is to make bicycles available free to members of the MSU community, with an eventual goal of providing free bikes for hundreds of riders on campus. Their initial aim is to make free bikes available to departments and programs. Each unit will lease one or more bikes for a yearlong term, and will be responsible for making it available to people within the unit. In addition, the group offers FREE bike clinics to students/staff who want to repair their bike and learn how to maintain them, as well as demonstrations and discussions of bike handling and commuting skills. VOLUNTEERS AT THE CLINICS ARE ALWAYS WELCOME! General inquiries can be emailed to: bikes@msu.edu.

Colorburst 2004

NOTICE: The dates published in the LMB Ride Calendar for the Colorburst 2004 ride have been changed. Please mark your calendar for **Sunday October 10th** for this event.

Additional information about the event can be found at | www.lmb.org/rapidwheels/.

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.

Join Us On A Ride Around Beautiful Lake Charlevoix The Charx - Saturday, June 26, 2004

The Lake Charlevoix area in the summer time is a bike rider's paradise. Sparkling water, hill top vistas, vibrant Northern Michigan towns and miles of rolling twisting blacktopped roads all add up to some of the best bike riding to be found. We have selected three of our favorite routes, each one designed to meet your particular riding interests.

The Charx is a nonprofit ride. This allows us to provide you lunch and many services at a low cost. Your fee is used only to provide ride related services.

20-Mile Ride This ride goes from Boyne City to the Ironton Ferry, and back. It is perfect for riders who want a leisurely pace. If you get tired, you simply turn around. The terrain is fairly flat with only one large hill at the Ironton Ferry. Free refreshments are available at the Ironton Ferry and restrooms are available at Whiting Park. Registration or map pick-up starts at 10:00 AM and the riders depart no later than 11:30 AM

43-Mile Ride Our new scenic route along the shore of Lakes Michigan and Charlevoix proved to be very popular and we are repeating it. This route still includes the Ironton Ferry crossing. It is fairly flat to moderately rolling. There is one hilly section. Registration or map pick-up starts at 7:00 AM and the riders depart no later than 8:30 AM

62-Mile Ride This ride is the hilliest metric century in Michigan. It leaves Boyne City and immediately starts in the hills going north towards Bay Harbor. You continue the hill work until you have a 6-mile cool down stretch into Charlevoix. After Charlevoix the hills continue all the way through Ellsworth, up the well-known "Wall" in East Jordan and all the way back to Boyne City. Registration or map pick-up starts at 7:00 AM and the riders depart no later than 8:30 AM

105-Mile Ride For the truly crazed. This ride is the 62-mile ride before lunch. After lunch you ride the 43-mile loop. Due to time constraints maps only are supplied for the 43-mile ride after lunch; no other support.

Rides start and finish at the marina at Veteran's Park on Lake Charlevoix in Boyne City. **Lunch** catered BBQ with varied menu noon to 2:00 PM in Veteran's Park in Boyne City. Free on-the-road refreshments on all routes.

Cost: \$16 for registrations received by June 22nd; \$20 after June 22nd Prior registration encouraged. We can't do refunds after June 22nd. Ride and lunch rain or shine.

Non-riders: are welcome to join the riders for lunch Prior registration encouraged. Non-rider cost \$10.

Safety: All riders ride at their own risk. Helmets required. All riders must obey all applicable laws. Be sure your bike is in good working order. Children 16 and under must be accompanied by an adult.

Sag service: provided from the start of each ride until 1:00 PM. We will carry tools, tubes, and air pumps for you to use for flats and minor repairs.

Directions: Maps provided. The routes will be marked with painted arrows on the roads.

Showers: At the park. Please bring your own towel.

Registration Information Available from:
North Country Bicycle Club
232 Water St. suite 138 Boyne City, MI 49712
Phone (231) 582-3468
e-mail: servaispm@aol.com
web site: www.lmb.org/nmb