

Chainwheel Chatter



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

Volume 32 Number 9

Established 1972

September 2004

NEXT Meeting!!! (CORRECTION)

September **30**, 2004 – 7:00 p.m.
Foster Community Center
200 N. Foster St. – Lansing

Nominations for Club Officers

At this meeting nominations will be taken for the 2005 Board of Directors. Elections will be held at October meeting.

Guest Speaker: Dan Caulkett

Dan is an Emergency Management Assistant for the MSU Department of Public Safety. He is also a cyclist and he will share with us some of the safety concerns associated with biking, such as dehydration, heat stroke, low blood sugar, etc.

Michigan Princess Riverboat Fall Excursion – October 1

Please mark your calendar now for a fun-filled autumn evening on the Michigan Princess Riverboat.

This promises to be a great night of fun. A cash bar will be available beginning at 6:00 p.m.; a "Better Than Thanksgiving" turkey dinner at 7:00 p.m. and a comedian/hypnotist at 8:00 p.m.. The cruise will conclude at approximately 9:00 p.m.

The cost is a mere \$10.00 per person (with the club picking up the remainder of the fee). You can mail your checks to Sue Viele at 4985 Pares Rd., Dimondale, MI 48821 or you can sign up at the membership meetings. We must plan ahead, so please sign up soon.

Please note that this is an adult only affair.

Executive Board Report

Submitted by: Dave Ford

The August 2, 2004 Board of Directors meeting was cancelled due to lack of a quorum.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, September 7, 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: October 5.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, September 11, 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

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, September 23, 2004** for the Cycle Forum session.

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MEMBER SPECIALS

SPINNING CLASSES – Fall Session

Oak Park YMCA
900 Long Blvd.
Lansing MI 48911
517-699-9622

The Fall session starts September 11th and goes through October 29th.
Registration STARTS August 9th for YMCA members and August 16th for non members.

TCBA member price \$25 per class Monday – Thursday (discount for 2 days M/W or T/TH registration) or \$30 per class for Friday.

Schedule:

Monday 6pm (45min class)
Tuesday 7pm (45min class)
Wednesday 6pm (45min class)
Thursday 7pm (45min class)
Friday 5:45am (1 hour class)

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TIME TO
RENEW YOUR
MEMBERSHIP?
- CHECK YOUR
LABEL!

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: Used ML Red Recumbent Tour Easy bike with the following extras: full fairing, carbon fiber front fender, mirror, odometer, kickstand, rear rack, light and pump. \$1,195.00. Contact Bob Bartlett at (517) 676-9453.

FOR SALE: Tour Easy Recumbent Medium size frame 21 speed clip one, lites, computer full fairing extra sprockets & tools \$1,800. Please call Roger Bronson (517) 627-7317.

FOR SALE:

1. 2003 Trek 2300 road bike, aluminum frame, carbon fork, 56 cm, Ultegra components/drive train. Less than 350 miles, Continental tires (25 mm) and originals (23 mm), 2 bottle cages, abt 18 lbs, Serfas dual density men's seat and original. New was \$1850, asking \$1350.
 2. 2003 Trek FX 7500 "city" bike, 56 cm, aluminum frame, gray/silver, suspension seat post (added), less than 200 miles, 35 mm Bontrager tires, abt 24 lbs, Cane Creek Ergo bar ends, 2 bottle cages. Asking \$450.
 3. 1993 Klein "Rascal" mountain bike, purple/silver aluminum frame, excellent/new condition, less than 300 miles, 2 bottle cages. New price was \$1350, asking \$400. Light and fast, two sets of tires (knobbies & slicks).
 4. 1981 Brooks leather saddle, almost new, not broken in. \$50.
- Contact Bob at (517) 241-5934 (days) and (517) 485-6315 (evenings).

FOR SALE: SKATE SKIIS--Atomic Skate Skiis, poles and Salomen Boots (Size 6-7) for 5'3" height. Only used a few times. Asking \$100 or best offer. Call Mary at (517) 281-6875.

FOR SALE:

1. 2000 Eddy Merckx titanium road bike. 57cm. Rolf wheels. Record/dura-ace components. Time fork. Look carbon seatpost. Great bike in great condition. Asking \$1,900.
 2. New Record 10 speed ergopower levers. Asking \$150.
- Contact Tom and leave a message (517) 655-5808.

FOR SALE: 58cm Commotion Nor'Wester frameset. New and unused, designed for and equipped with the new Shimano long reach brakes. Also includes a King headset, Ritchey stem, Bontrager post, Blackburn rack and Ultegra bottom bracket – all new. Worth nearly \$1,800, asking \$975. Call Chris at (517) 789-6077.

WANTED: Used, Burley child trailer. Contact Charla -charla@voyager.net or (517) 339-4586.

WANTED: Anyone that has good condition biking clothes or other biking gear that you no longer use and would be happy to donate, OR if you are a new rider that could use some used items as you go through the process of gaining up. Call Sheri at (517) 323-7487 to donate or to be donated to. I will match donations with new riders. Excess items will be donated to a charitable organization that provides bikes & biking gear to riders in the Ukraine as part of a bicycle tour each year.

COMMITTEE & CLUB NEWS

Bike Racks

TCBA has acquired a small quantity of bike racks. Most are sized to fit 6-8 bikes and are relatively easy to move and store, but we also have a few of the large, industrial-type ones. Our mission now is to find places to put them. We are aiming to place them at restaurants where the club tends to stop for food. So, ask the management at your next food stop if they would like a bike rack. Return all 'yes' answers to me. – John Foltz, boardatlarge1@biketcba.org, or call (517) 655-2823

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.



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To order contact: D-K Engraving, Inc., Kimberly Lynn – (517) 321-1203. Or visit the web site, www.biketcba.org for an order form.

WELCOME NEW MEMBERS

Mike Norton	Paul Englehardt
Denise Cadreau	Frances Bourgault
Robert Quayle	Dolly Benjamin
Eric Grasse	Jean Baker
John Davidson	Gary Vittoz
Michelle Morgan	Stan Pash
Thomas Brennan	Manuela Kress
Jessica Mosier	Catherine Phillips
Barbara Hamm	Gregory Cabose
Julianne Pattullo	John Kruger
Luke Huelskamp	John Mathieson
Elizabeth Waies	Karen Moubray
Dale Lienhart	Tim Wohlford
Patrick Lynch	Neil Wright
The Wade Family	Debbie Burgess
Terry Habetler	Stan Kaplowitz
Stacia Stephenson	Raymond Miller

SUNRISES & SUNSETS FOR SEPTEMBER, 2004

Date	Rise	Set	Date	Rise	Set
1	7:03	8:12	16	7:20	7:46
2	7:04	8:10	17	7:21	7:44
3	7:06	8:08	18	7:22	7:42
4	7:07	8:07	19	7:23	7:40
5	7:08	8:05	20	7:24	7:38
6	7:09	8:03	21	7:25	7:37
7	7:10	8:01	22	7:26	7:35
8	7:11	8:00	23	7:27	7:33
9	7:12	7:58	24	7:28	7:31
10	7:13	7:56	25	7:29	7:29
11	7:14	7:54	26	7:30	7:28
12	7:15	7:53	27	7:31	7:26
13	7:16	7:51	28	7:33	7:24
14	7:17	7:49	29	7:34	7:22
15	7:18	7:47	30	7:35	7:21

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.**



TCBA Needs You! Nominations for Club Officers

TCBA is looking for club members interested in running for club offices. New ideas and fresh perspectives are needed! Please consider taking this opportunity to serve your club. Also, look around at your fellow members – many may be willing to serve if asked, but would never do so without encouragement from others. You probably know someone who just needs a friendly “nudge” to step forward. A brief description of the positions available and their responsibilities follow. All require that candidates be members in “good standing” (current on dues), and all are one year terms. Board members are expected to attend monthly board meetings.

President. The President presides over all membership and board meetings. He/she prepares agendas for board meetings and prepares an annual report for presentation to the membership at the Annual Meeting (October). The individual in this position would benefit from previous organizational leadership experience, practical knowledge of or experience in running efficient meetings, and the ability and willingness to delegate responsibility to others.

Vice President. The Vice President acts in the President’s absence and performs such other duties as delegated by the President. To that extent, the personal characteristics described for that position apply here as well. In addition, the Vice-President has, in recent years, been charged with developing club meeting programs and social activities (picnic, hayride, holiday party). He/she may establish and lead a Program Committee to assist in this function, so the ability and willingness to delegate responsibility to others is especially beneficial to provide back-up support for these activities.

Secretary. The Secretary records and files the minutes of all meetings, prepares and conducts the annual election of directors, and performs such other duties as delegated by the President. In addition, he/she prepares and submits documents to government agencies on an annual basis and handles all official correspondence for the club, including get-well and sympathy notes. The individual in this position should be a good listener in order to take notes at meetings and should have better than average writing skills in order to accurately record the actions taken. A working knowledge of word processing and email capabilities is especially useful as minutes have, in recent years, been sent electronically to board members for review prior to board meetings.

Treasurer. The Treasurer is responsible for the funds and financial records of the Association, prepares and delivers an annual accounting at the annual membership meeting, and performs such other duties as delegated by the President. He/she presents a draft budget annually for board consideration as well as monthly reports documenting cash flow and adherence to the approved budget. This individual works with the Events Director and an appointed DALMAC treasurer to establish procedures and to maintain accountability for all transactions. Previous accounting experience and working knowledge of accounting-related computer software are desirable.

Events Director. The Events Director prepares and conducts the annual DALMAC bicycle tour, delivers monthly and annual reports to the Board of Directors to account for all bills and receipts, and performs such other duties as delegated by the President. He/she appoints and chairs the DALMAC Committee and DALMAC volunteers. Previous experience as both a DALMAC volunteer and DALMAC rider benefits this individual by providing an appreciation of the breadth of the DALMAC operation as well as rider needs. Experience working with volunteers or with a volunteer organization is desirable; an ability and willingness to delegate tasks to others is essential.

Director-at-large (2). The Directors-at-large have no specific duties, but have full voting rights as members of the Board of Directors. These individuals are often assigned to lead or serve as a liaison with club committees. The Ride Program Committee has generally been led by one of these board members. A director-at-large position would be especially useful for an individual who desires to learn more about the operation of the club before serving in other elected positions.

If you have other questions about these positions, contact any current or former board member for more information. A nomination form is available in this issue, on the club web site (<http://www.voyager.net/TCBA/board/NomineeProfile.pdf>) or from any board member. Completed forms may be returned to any board member or mailed to TCBA, P.O. Box 22146, Lansing, MI 48909. Nominations will be taken from the floor at the September 30 membership meeting, at which time nominations will close. The election will be conducted by mail and at the October membership meeting. Those elected will take office effective January 1.

For a copy of the Nominee Profile – go to <http://www.biketcba.org/board/NomineeProfile.pdf>

The East Coast Greenway

The East Coast Greenway (ECG) is the nation's first long-distance urban, shared-use trail for cyclists, hikers, and other non-motorized users. The trail provides a safe pathway for adventure travel and tourism along the eastern seaboard, linking cities from the Canadian border of Maine to Key West, Florida. Begun in 1991, the project is now 20 percent complete with a goal of 80 percent realization by 2010. Ultimately the route will consist of trails that are locally owned and managed, forming a continuous, off-road route easily identified by the public through signage, maps, user guides, and common services. The urban sister to the Appalachian Trail, the Greenway serves people of all abilities, traveling through gentle terrain along scores of waterfront esplanades, park paths, abandoned railroads, canal towpaths, and parkway corridors.

Located in the nation's most densely populated region, the East Coast Greenway is easily accessible by an estimated 30 million people. The ECG benefits both the individuals who use it and the communities it passes through, promoting health through physical exercise and cleaner air and increasing tourism dollars to towns and cities along the route. Development of this trail is promoted by the East Coast Greenway Alliance, a nonprofit organization with 15 volunteer state chapters.



The *First* ECG Maine to Florida Tour

This fall a group of 10 cyclists will participate in the *First* ECG Maine to Florida Tour, the inaugural end-to-end bicycle tour of the East Coast Greenway. Ranking alongside the Appalachian Trail and Alaska's Iditarod, the ECG is one of the most ambitious trail projects to be undertaken in the United States, yet it is not widely known amongst the general public. This tour will serve as a catalyst for greater trail awareness and provide critically needed funding to complete the Greenway through pledges raised by the participating cyclists. Additionally, the *First* ECG Maine to Florida Tour showcases a new era in travel and tourism that promotes more livable communities. Corporate and community support will underwrite many costs, permitting the majority of funds raised to go toward trail development.

The Cyclists

All of the cyclists riding from Maine to Florida are over the age of 50, making the ride of significant interest to advocates of active living for older Americans. These cyclists will not only be making history but also accomplishing a feat most 20 and 30 year olds could not: riding 60-plus miles a day for 53 days, totaling roughly 2,800 miles. Their participation proves that people can lead active, healthy lifestyles well past middle age. These individuals' involvement also speaks volumes about the primary demographic support for trail projects like the East Coast Greenway in America. Seniors often have time and resources and are looking for ways to stay active after retirement while leaving a legacy for future generations.

Two of the tour's more remarkable participants are Anne and Mike Kruimer of Edison, New Jersey. Anne, paralyzed at the waist in a 1992 cycling accident, and her husband, Mike, ride a specially-designed tandem bicycle with a front hand crank. The couple averages 4,000 miles annually as avid members of their local cycling club. Theirs is a remarkable story of overcoming obstacles and continuing to reach goals in the face of adversity.

For more information on the East Coast Greenway or the upcoming *First* ECG Maine to Florida Tour, visit our website at www.greenway.org. Tour specifics are available by clicking on the tour logo.

Also see the article "Former TCBA Member Makes History *Jack Kurrle Rides Inaugural Tour of East Coast Greenway*" in the TCBA Mailbag section of this Chainwheel Chatter.

For a copy of the Ride Schedule – go to <http://www.biketcba.org/rides/ridelist.html>

E A S Y S P O K E N



With Bicycling, the Ride is the Second Best Part – Pass It On

I recently rode with an empty-nest novice. She remarked how much bicycling had expanded her familiarity of local areas, and her ability to easily make new friends. I remember the same feeling when I joined TCBA eight years ago. I had lots of questions about hills and shifting and what to wear. Once, I had my shoes laced tight – like ice skates. When they swelled in the heat, someone told me why my feet hurt, and what to do about it.

Since then, I've been able to find ways to be on my bicycle more. I ride on unpaved roads. I ride at night. I ride in places farther and farther away.

But I also stop riding. When I rest, I look around. I look for people to talk with and try (sometimes unsuccessfully) to listen more than I talk. The parts of my rides I remember best are when I am not riding.

I feel bad for some members. They get a membership, may attend a meeting or go on a ride or two, then just fade away. Frequently we see a list of new members here in the Chainwheel Chatter. Yet, our total membership is not climbing and our average member's age seems to be a year higher each year.

We have interesting meetings, a great website, sponsor 4 fantastic invitational rides, and have rides for riders of varying abilities almost daily during the season. In the past few months, it seems the number of "D" rides has increased. So, what more could we do?

First, we could make visitors and new members feel welcome when they come to our meetings. If you were a visitor or new member entering our meeting, all you would see is people talking to their friends. We should have a table set up at the doorway, identified with an appropriate sign. It should be staffed with a few volunteers so that each stranger would have a member to talk to and sit with.

Next, within a month of receiving an application, a new member should be contacted by phone by a Board member. They should be welcomed and be allowed to reveal their motivation for joining TCBA. They should be guided to resources that will help them answer their questions and be invited to volunteer however they can. Currently, we send a letter, but that is very impersonal and we get no feedback about how to help them get pleasure from their membership.

Then we should introduce them to at least a half dozen members that live near to them. This could either be a list of names and phone numbers given a new member (easier to manage, but less secure), or the name and phone number of a new member could be given to participating nearby members (more coordination and more secure). There would be guidelines on a per/person basis about when to call. Only members - new or not - who wanted to participate in this program would be included.

When we convince new members to decide to join in, good things can happen. The inexperienced are eager to learn, allowing us to give back to the club that has meant so much to us. And the experienced that move in from other areas can help us appreciate our strengths and reduce our weaknesses.

There are those who will say this is too much work, or it won't work, or even that it hasn't worked in the past. We all know people like that, but they are hard to draw inspiration from. This is not rocket science - it is all doable. Let's give it a fair trial and look forward to meeting our new friends.

Dick Janson
Just Me and Sarah Dipitee

End Of Summer Picnic & Ride At Island Lake State Recreation Area Sunday, September 19 – 11:00 a.m.

Looking for something fun & different to do? Different scenery & a change of pace? Come to beautiful Island Lake State Rec Area and enjoy 3 lakes with 2 beaches, and the Huron River as well as dirt & paved biking trails. Bring your family & friends for an afternoon of riding or your choice of fun activities. There will be an organized mountain bike ride from the trailhead at 11:30 am. For those new to mountain biking, there will be experienced riders to ride with & coach you along the way, as well as a couple members of the *Planet Cycle Mountain Bike Racing Team* from Plymouth on hand to help you with safety and riding tips at the beginning of the ride. There will not be incentive points for road riding, but bring your road bike for pointless riding fun if mountain biking does not appeal to you. There is 10 miles of paved road within the park, which is frequented by road riders. There is also 23 miles of paved biking/walking/rollerblading pathway that lead toward South Lyon or around the shore of Kent Lake and into Kensington

Metro Park, where there is a Farm Learning Center for the kids. Pack your own picnic or organize a potluck with your riding buddies. Canoe rental with pick-up is available by pre-arrangement - \$19 (1 hr) or \$ 27 (2 hrs). Call 248-685-2379 with 2 days advance notice. Take I-96E to the Kensington exit (x151), turn left and Island Lake State Rec Area is ¼ mile beyond the first stop light on the left. Picnic area will be announced on the ride line at a later date or call Sheri Christie (517) 323-7487 or Sheila Fandrick (517) 327-0921 for more information, (or just to let us know you are there). A picnic shelter can be rented for \$90 if there are enough donations. In any event, meet for the M ride at the trailhead at 11:30 a.m. State park entry fee applies. No fee to ride into Kensington Metropark from Island Lake via the bike path. <http://www.michigandnr.com/parksandtrails/ParksandTrailsInfo.asp?id=462> – Island Lake Rec. http://www.metroparks.com/parks/pk_kensington.php - Kensington Metropark.

Make the Grade with Back to School Safety



As the lazy days of summer begin to wind down, kids will soon trade in their sunscreen and beach towels for school supplies and book bags. Instead of playing with friends and swimming at a nearby pool, children will begin turning their attention to homework and pop quizzes. However, the biggest test kids may face this school year may be not in the classroom, but on the journey to and from school. That's why the National SAFE KIDS Campaign is encouraging parents and caregivers to teach and review important safety guidelines that will get children back to school safely this fall.

To keep children safe, the National SAFE KIDS Campaign offers these safety tips for children riding bicycles to school:

Riding Bikes to School

Bicycle riding is a favorite pastime of children. More than 27 million children ages 5 to 14 ride bicycles. Whether out of necessity or for fun, many of these children choose to ride their bikes to school. Unfortunately, bicycles are associated with more childhood injuries than any other consumer product except the automobile. In 2001, 134 children ages 14 and under died in bicycle-related crashes. Also, more than 288,900 children ages 14 and under were treated in hospital emergency rooms for bicycle-related injuries in 2002.

- **Wear helmets at all times when bicycling.** Head injury is the leading cause of death in bike crashes. Head injuries account for more than 60 percent of bicycle-related deaths, more than two-thirds of bicycle-related hospital admissions and about one-third of hospital emergency room visits for bicycling injuries. Bike helmets have been shown to reduce the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent. Purchase a bike helmet that meets U.S. Consumer Product Safety Commission safety standards for each child, and make sure that it is worn correctly every time the child rides his or her bike.
- **Follow the rules of the road.** Children who ride bikes to school should be taught to follow the rules of the road that apply to all vehicles. Ride on the right side of the road, with traffic, not against traffic; use appropriate hand signals; respect traffic signals; stop at all intersections, marked and unmarked; and stop and look left, right and left again before entering or crossing the street.
- **Never let children ride on the road without direct adult supervision until age 10.** Cycling should be restricted to sidewalks and paths until a child is age 10 and able to show how well he or she rides and observes the basic rules of the road. Parental and adult supervision is essential until traffic skills and judgment thresholds are reached by each child.
- **Plan a safe cycling route with your children, and ride it with them.** A safe cycling route to school may not be the same as a safe walking route. Streets with a steady flow of fast-moving traffic are not appropriate for young cyclists with limited traffic experience.
- **Do not ride at night.** Children should not be allowed to ride after dark and should wear retroreflective clothing when biking at dawn, dusk, or during inclement weather. The risk of sustaining an injury at dawn, dusk or night is nearly four times greater than during the daytime.
- **Make sure schools provide cyclists with "safe areas."** Bike racks should be placed in areas where there are few motor vehicles and pedestrians. In addition, schools should offer space for safe storage of helmets. Avoid drop-off and pick-up zones in school parking lots.

If you don't have school age children at home please pass this article on to a friend, neighbor or family member who does.

Reprinted from the National SAFE KIDS Campaign web site – www.safekids.org



NEWS FROM THE LEAGUE

Massbike Scores Legislative Victory On Drivers' Manual

The Massachusetts Bicycle Coalition reported earlier that it scored a decisive legislative victory today when the Massachusetts State Senate overrode Governor Romney's veto of legislation that will require the Registry of Motor Vehicles to update its drivers' manual and driving test to include information about bicycles and bike safety. The State House of Representatives overrode the measure last week. "This is a major victory for MassBike and bicyclists across the Commonwealth," said MassBike executive director Dorie Clark. "As it stands now, Drivers Education does not adequately discuss how drivers should relate to bicyclists on the road. This is the time when a captive audience of citizens becomes educated about driving, and it is essential to include information about all roadway users." MassBike credits its members, who, "called their legislators and exercised their grassroots clout to help this measure succeed, "for the victory. For details, go to <http://www.massbike.org>.

Chicago Makes Bike Commuting A Breeze

A new state-of-the-art bike station has just opened in downtown Chicago's brand new Millennium Park. It provides secure parking for 300 bicycles, offers showers and lockers (and towel service!), bike repair and rentals, a snack bar, and more. The bike station has already begun getting many commuters onto bicycles now that they have a secure place to store their wheels. Its great web site (<http://www.chicagobikestation.com>) also promotes bicycling and tells companies why they should promote bicycle commuting.

Tour Of Hope To Ride Into DC: Grand Finale With Lance On Ellipse

Join the ride to help celebrate the completion of the Tour of Hope Team's cross-country journey this October. You can be one of 1,500 people to go the distance for cancer research in Washington, D.C. on the morning of Saturday, October 9. After the 25-30 mile ride, join Lance Armstrong, the Tour of Hope Team, and special guests at the grand finale event on the Ellipse, open to the public. All of the funds raised during the Bristol-Myers Squibb Tour of Hope will benefit cancer research through the Lance Armstrong Foundation.

To learn more about the ride, and register, visit <http://www.tourofhope.org>.

Riding To The White House

The League is pleased to note that both of the major presidential candidates, President George W. Bush and Senator John F. Kerry, are serious cyclists. President Bush has become an avid mountain biker since taking up the sport in February, after giving up running which hurt his knees. According to an AP writer who accompanied the President on a recent ride at his ranch in Crawford, TX, "Over an 18-mile ride that lasted an hour and 20 minutes, he burns about 1,200 calories and his heart rate reaches 168 beats per minute". "This is like running except I don't feel bad afterward," the President said, adding, "You can cover a lot more, and you can go very fast on a bike". Senator Kerry generally travels with a road bike on his campaign plane, so he can get in a ride between events, and is a regular participant in charity rides in Massachusetts. Last year, he finished the 110-mile Pan-Massachusetts Challenge as 37th of 3,000 riders. Kerry also wears a yellow "Live Strong" wristband from the Lance Armstrong Foundation (<http://www.laf.org>). Our only quibble: with rare exceptions, it seems the media only covers the candidates' cycling habits when they crash. We wish we could hear more about their passion for cycling and how good it is for them-and for all of us.

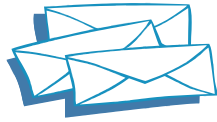
World Bike For Breath Approaches Finish Line

The Eber family (parents Paula and Lorenz; daughters 14 year-old Anya and 12 year-old Yvonne) left Seattle on May 7, 2003 on tandems to raise money for World Bike for Breath, a nonprofit supporting asthma research and treatment programs. So far, they have traveled over 8,730 miles (13,795 kilometers) through New Zealand, Australia, China, Japan, Russia, Eastern Europe, Western Europe, Canada and the U.S.A., and are hoping to raise \$5 million for asthma.

Teen magazine has named Anya and Yvonne to its list of "Top Teens Making a Difference". The magazine's deputy editor said, "We went through a highly selective process to find Anya and Yvonne. The sisters stood out to us for their early commitment to helping others".

Now the Ebers are closing in on their finish line. The ride will conclude Saturday, August 28, with a ride into Washington, DC along the C and O trail, starting from the Carderock Parking Lot at 10:00 a.m. and finishing with a celebration at Fletcher's Boathouse, on the C and O trail at 12:00 p.m. The Ebers will then cycle on to finish their world ride in front of the Capitol at around 3:00 p.m. See <http://www.bikeforbreath.com/> to follow their progress, and to support the cause.

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FROM THE TCBA MAIL BAG



Roger & Pat Trudgen with Lenny Provencher
On SummerTour 2004

Long-time club members Pat and Roger Trudgen were involved in a tragic car accident on July 24th.

For those that were not aware of the accident Pat and Roger were traveling east on I-69 near State Rd. when the driver of a westbound vehicle lost control, crossed the median and struck their vehicle head-on. Both Pat and Roger were air-lifted to area hospitals with severe injuries.

Pat has now been released from the hospital and is recuperating with the assistance of her two daughters Kathy and Kris.

Unfortunately, Roger never regained consciousness and subsequently died on Monday August 2, 2004.

If you've had the pleasure of spending any time at all with Pat and Roger you'll know what is meant by the statement "you'll never meet a nicer couple." Both have been active TCBA members and volunteers, hardly ever missing a TCBA Club Meeting or function. As coordinators for the Club Picnic their entire family got involved and did a fabulous job. Roger was elected TCBA Treasurer two consecutive years and during that time was instrumental in updating the club's accounting functions to a more professional standard than we had known in previous years. He was a familiar face as SAG driver on the WOW ride (which is where he spent a good share of his day just prior to the accident) and with Pat provided assistance on the DALMAC Food & Facilities Committee for a number of years.

As active ride leaders for 6+ years Pat and Roger are well known for their Sunday morning rides from Haslett to Sleepy Hollow, as well as their Haslett Wednesday night D rides. New riders on these D rides were treated to two ride leaders that went to extraordinary lengths to assist them and make them feel comfortable. No speed was too slow!

Roger's fun-loving, positive, here to help anybody with anything attitude will surely be missed in the ranks of TCBA.

TCBA Members:

The Roger Trudgen family would like to take this opportunity to thank everyone from TCBA. The kindness that has been shown to us through cards, letters, flowers, visits, phone calls and financial assistance has been wonderful. Thank you!

We will be having a *memorial service* for Roger on **September 18th, 2:00p.m.** at **Haslett Community Church**. We will be sharing feelings, thoughts and stories at this service. If anyone would like to share a story, please leave a message at 517-339-2831. We would like to have an idea of how many people would like to share.

Thank you again for everything!

Hermon Hoffer Rides Again

The seventh annual Hermon Hoffer Harvest Adventure! (HHHA!), a bicycle tour of central Michigan will be held the last weekend of September, Friday the 24th through Sunday the 26th. This ride commemorates Hermon, a Gratiot county resident, and long-time TCBA member, who rode his bicycle 100,000 miles between the ages of 64 and 92. These miles included fourteen DALMAC rides, eleven PALM rides and coast to coast in both directions making friends across the country. Hermon's motto on his personal card was "Have Bike, Will Travel."

Visitors will camp and be served their evening meals at McNabb Park in Ithaca. However, each day's ride begins with breakfast in a different Gratiot county community making it easy for local residents to join the event for a single day.

On Saturday, the ride includes a part of the Heartland Trail where efforts are currently underway to extend this facility along an abandoned railway into Alma. The banquet Saturday evening is a grand event featuring lamb roasted whole in a cooker and live music. Following the meal a short meeting will be held during which a decision will be made on the expenditure of funds that have been raised. The original plan was for a bronze sculpture of an older cyclist as a work of art commemorating Hermon and other cyclists. Recently an additional proposal as been introduced for a rest stop and agriculture interpretation area on the new trail. All participants have a vote as \$2 of each registration fee is for membership in the HHHA! Fund Committee.

The fee for the 3-day event is \$70, weekender \$52 and any single day \$30. Applications are available from the Gratiot Area Chamber of Commerce, 110 E Superior, Alma, MI, or by calling Nellie Lou Simmons at (989) 875-4761.

FROM THE TCBA MAIL BAG

(continued)

Former TCBA Member Makes History

Jack Kurrle Rides Inaugural Tour of East Coast Greenway

Former TCBA Member Jack Kurrle (pronounced 'curly') is feeling a bit—well—fuelish. This fall he plans to traverse the length of the eastern seaboard from Canada to Key West on less than a single gallon of gasoline. And as if that is not ambitious enough, he intends to make a little history while he is at it.

Between Sept. 12 and Nov. 3, 2004, Kurrle and nine other cyclists from around the nation will be the first people ever to ride the full length of the East Coast Greenway, averaging 60 miles daily over 53 days for a total 2,800 miles. This inaugural tour will raise critically needed funds to develop and sustain the Greenway, frequently referred to as the urban sister to the Appalachian Trail because it links cities from Calais, Maine to Key West, Fla. utilizing scores of urban greenways, waterfront esplanades, park paths, and abandoned railroads.

Kurrle, 74, of Sun City West is an avid cyclist who has ridden across the United States twice in the past 20 years. In June of 2002 he was involved in a cycling accident that left him severely injured for a year. Since climbing back on his bike again last summer he has ridden around 5,000 miles despite lingering physical problems. The tour's oldest participant, Kurrle sees the upcoming tour not only as a way to help raise money for a worthy cause but also as a way to fulfill his own personal goals.

"This tour will be something for me to be proud of," Kurrle notes. "It's the equivalent to being in the first group to hike the Appalachian Trail, and that's exciting. For me it's more than that though—it's therapy. Today I don't take any medications, not even aspirin, and I owe it to cycling. People tell me I'm crazy for getting back on a bike at this point in my life. I say, when you fall off a horse you have to get back on. You can't let your mind get in the way of having a good time and doing the things you like to do."

And Kurrle certainly is not letting anything stand in his way.

Two years, a broken neck, a life-threatening staff infection, and \$450,000 in medical bills after the accident he now cycles approximately 100 miles each week in preparation for the First ECG Maine to Florida Tour. For him the tour means more than just raising money for another trail to ride on. Had the Greenway been built in the summer of 2002 he might never have had the accident at all.

"If the ECG were open two years ago I would have been on it. Instead I was on a two-lane road with no shoulder and was forced to compete with traffic." Kurrle pauses, breathes deep. "Cyclists have a right to the road, too. That's the law. And until more greenways are built bikers will have to share the roads with cars. It's time to build the Greenway. It will solve so many problems."

Named one of 16 National Millennium Trails in 2000 by former First Lady Hillary Clinton and then US Secretary of Transportation, Rodney E. Slater, the East Coast Greenway ranks alongside such greats as Alaska's Iditarod and the Underground Railroad. Passing through 15 states plus Washington, D.C., the trail is today 20 percent complete with the goal of 80 percent realization by 2010. Route highlights include Maine's fabled rocky coast, the Manhattan skyline, Spanish moss-festooned oaks in coastal Georgia, and the architectural treasures of Florida's St. Augustine and Miami Beach.

For more information about the East Coast Greenway and Kurrle's involvement with the project, visit the trail's website at www.greenway.org or call (401)789-4625. Also, see the East Coast Greenway article in this Chainwheel Chatter.

CPSC, PTI Sports Inc. Announce Recall of Schwinn Toddler Bicycle Helmets

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: Schwinn-brand Toddler Bicycle Helmets

Units: About 9,000

Manufacturer: PTI Sports Inc., of Rancho Cucamonga, Calif.

Hazard: The helmets do not comply with impact testing requirements in the Consumer Product Safety Act.

Incidents/Injuries: None reported.

Description: These Schwinn-brand Toddler Bicycle Helmets have "SCHWINN" written on the back of the helmets. A white label inside the helmets reads, "Lot# 791913." This number is followed by a date from "12 01-03" through "5-15-04." This label also contains the model number SK103, SK107 or SK108.

Sold at: Wal-Mart, Target, Academy and Mills Fleet & Farms stores nationwide from January 2004 through July 2004 for between \$17 and \$20.

Manufactured in: China

Remedy: Return the recalled helmet to the store where purchased for a replacement or refund. Consumers also can send the helmet back to the manufacturer.

Consumer Contact: For more information, contact PTI Sports at (800) 515-0074 between 9 a.m. and 5 p.m. ET Monday through Friday.

To view this press release online, use the following link: <http://www.cpsc.gov/cpsc/pub/prereel/prhtml04/04199.html>

FROM THE TCBA MAIL BAG

(continued)

The Lakeshore Loop

The Lakeshore Loop is a three-day cycling event supporting the American Lung Association of Michigan's prevention programs and research related to lung disease. The bike ride takes place September 10, 11, and 12 at the beautiful Lake Ann Baptist Camp in Northern Michigan. All age groups and all levels of physical ability are welcome. Riders are encouraged to collect pledges to support their ride. For more information or to register, go to www.alam.org or call Sandy Piotrowski at (231) 946-1344.

CPSC, Geartec/Mackarl Announce Recall of Bicycle Helmets

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: DBX Engage (VT-3), DBX Ravage (FX-2), and Geartec ESPY bicycle helmets

Units: 4,600

Distributor: Mackarl Enterprises Inc., of City of Industry, Calif., and KHS Bicycles Inc., of Rancho Dominguez, Calif.

Hazard: The helmets may not meet CPSC safety regulations for helmets, which poses a risk of a rider sustaining a serious head injury if he/she falls from a bicycle.

Incidents/Injuries: The firms have not received any reports of incidents. This recall is being conducted to prevent the possibility of injuries.

Description: The recalled Geartec ESPY and FX-2 (DBX Ravage) model helmets come in carbon yellow, silver, or blue and have a carbon fiber graphic on the front to middle part of the helmet. The helmets have 15 vent holes, a removable visor, and the logo ("Geartec" or "DBX") printed on both sides of helmet. The recalled VT-3 (DBX Engage) model helmets come in either blue/silver/black, red/yellow/black, or silver and black. The helmets also have 15 vent holes, a removable visor, and the "DBX" logo printed on both sides of helmet.

Sold at: Dick's Sporting Goods stores nationwide sold the DBX Engage (VT-3) and Ravage (FX-2) model helmets from June 2003 through June 2004 for between \$40 and \$60. KHS Bicycles stores sold the Geartec ESPY model helmets between May 2003 and June 2003 for about \$40.

Manufactured in: China

Remedy: Consumers should stop using these helmets immediately and return them to the place of purchase for a full refund or replacement.

Consumer Contact: For more information, call Mackarl toll-free at (866) 432-7832 Ext. 195 between 8 a.m. and 5 p.m. PT Monday through Friday.

To view this press release online, please use the following link: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml04/04189.html>

Other Rides for your calendar. . .

ODRAM – September 11 – Call (231) 893-2453 or email: dctandem@aol.com www.lmb.org

HERMON HOFFER HARVEST ADVENTURE! – September 24-26 – Call (989) 875-4761 M-F 5-10PM or email: nsimmons@nethawk.com

31st APPLE CIDER CENTURY – September 26 - Call (888) 877-2068 or visit the web site: www.applecidercentury.com

News From The League

(continued)

New York City Dot Study Finds Quality Bike Lanes Encourage Cycling And Calm Traffic

We learned recently from Transportation Alternatives of the interesting results of a study conducted by New York City's Department of Transportation to determine the impact of placing well-designed bike lanes on a Brooklyn road. According to Transportation Alternatives, this was the DOT's first comprehensive before and-after bike lane analysis. It was carried out in response to community opposition to new bike lanes on Oriental Boulevard in Manhattan Beach, Brooklyn.

TA reports that, "The 'Oriental Boulevard Bike Lane Impacts' study showed that the new high-quality bike lanes (five-foot lanes with a four- to five-foot buffer) reduce speeding, increase bicycling and contribute to an overall decrease in motorized traffic on Oriental Boulevard and adjacent streets. The community had complained about drag racing, speeding and cruising on Oriental Boulevard, so the DOT removed one eastbound and one westbound motor vehicle travel lane and striped buffered bike lanes".

According to the DOT, "First, many bicyclists took advantage of the opportunity to have their own lane and more bicyclists traveled along Oriental Boulevard than ever before – during both weekdays and weekends. Also, motor vehicle travel times along both the eastbound and westbound directions on Oriental Boulevard decreased, thus producing a traffic calming effect. Finally, there was no evidence of vehicular diversion to Shore Boulevard." Visit www.transalt.org and www.nyc.gov/html/dot/html/abut/pr2004/pr04_61.html for more information and to view the study.

These 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.*