

Chainwheel Chatter



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

Volume 33 Number 6

Established 1972

June 2005

NEXT Meeting!!!

June 30, 2005 – 7:00 p.m.
Foster Community Center
200 N. Foster St. – Lansing

Todd Scott

Michigan Mountain Bike Association

Todd is the Executive Director for the Michigan Mountain Bike Association. He will share information regarding some of his endurance training/racing, as well as road advocacy.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, June 7, 2005 at the Foster Community Center.

Members are welcome to attend all board meetings to express their concerns. Due to time constraints, if you have a specific item to be brought before the board it is suggested that you contact the President one week prior to the meeting, and ask to have it added to the agenda.

Next meeting: July 5, 2005.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, June 11, 2005.** Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, email to: chainwheelchatter@biketcba.org or FAX to (517) 339-1758.

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, June 30, 2005.** Bring your experiences and stories to share with the group.

TCBA Family Picnic June 26, 2005 – Hawk Island Park

(located on E. Cavanaugh between Pennsylvania and Aurelius Roads)



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 club meetings, 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.

Happy Father's Day



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May Executive Board Report

Submitted by: Charla Scheidler

The TCBA Board of Directors met at the Foster Community Center on May 3, 2005. Board members present included Arnie Johnson, Ron Claflin, Charla Scheidler, Darryl Burris, Kori Sperling and Ed Usewick. Also present were club members Lee Adair, Pam Bogle, Cheryl Claflin, Katie Donnelly, Ken Hendrick, Dick Janson and Lenny Provencher.

Discussion Items/Announcements

Lee Adair presented the 2005 SummerTour mission statement which will be on file with the minutes from this meeting. Lee also advised that he had spoken with the DNR representative and they are working on the revision to their camp site reservation procedure for 2006, for groups such as ours.

Action items

Minutes of the April meeting were approved.

Ron Claflin presented a financial report through May 1, 2005. The report was approved.

Arnie Johnson reported that organizers of the Smart Commute Week have applied for a DALMAC Fund Grant, and that the funds needed to complete the project in May are based on approval of that grant. Discussion took place regarding procedures in place for grant approval and whether or not to deviate from that procedure by expediting

this particular request, if the grant committee recommends approval of the grant. Concern was expressed relative to the \$500 contribution that TCBA has already made to this organization and what funds were being used for. Due to the fact that the board was not cognizant of all the details or the dollar amount of the grant no decision was made. Arnie will contact Tom Hardenbergh, DALMAC Fund Chair, to obtain additional information and distribute it to board members via email.

Pam Bogle presented a request for financial support from TCBA for 3 TCBA members participating in the Make a Wish ride. No funding was approved. It was suggested that Pam write a narrative about the ride for the Chainwheel Chatter which would instruct members interested in donating to contact her.

Ed Noonan presented plans for his August self-supported tour and requested that the ride be recognized as a TCBA ride for mileage credit in the incentive program. Permission was granted. The tour begins and ends in Port Huron MI and travels through Ontario.

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.



WELCOME NEW MEMBERS

Shanna & Andy Draheim Family
Kathleen Neumeister
Duane Albright
Collin Hennessey
Brain & Sally Foreback Family
Jill Hough
Rick Mandle
Helen Keefe & Family
M. Dale & Ellen McKay
Andrea Rybicki
Nathan Blosser
David Switzer
David Johnson & Andrea Funk Family
Chris Hundt
Kathy King
Steven Halstead & Robin Rosenbaum Family
Janet Smith
Pat Flannery
Jerry & Michele Kirkland
Ronald & Angelina Munk Family
Jill Crane

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.**



TIME TO RENEW YOUR MEMBERSHIP? - CHECK YOUR LABEL!

COMMITTEE & CLUB NEWS

T-Shirt Ride 2005

The TCBA's first big ride of the summer is just around the corner. Be sure you've put the T-Shirt Ride on your calendar for Saturday, June 11 at Laingsburg High School.



Members attending the TCBA Membership Meeting on May 26th will have an opportunity to save \$5 off the Day of Ride registration fee if their applications are turned-in at the meeting.

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

Anyone interested in working on the ride should contact Deb Holdcraft, tshirt@biketcba.org.

Al Simons

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). We also have some "snugger fitting" sizes available if you want a more tailored look. They are the traditional yellow and red brick pattern and are priced at \$45 each. To view the design, visit the TCBA web site www.biketcba.org. At this time sizes are limited so please contact Charla Scheidler, chainwheelchatter@biketcba.org to see what is available. To order by mail send your check with your size to: TCBA Jersey, P.O. Box 1628, East Lansing, MI 48826. Please include an additional \$5 if you would like your jersey mailed to you and also indicate "loose fit" or "snug fit." Jerseys will also be available for purchase at TCBA club meetings.

Bicycle Safety Poster Contest Winners Announced

We're pleased to announce the winners of this year's bicycle safety poster contest. The TCBA-sponsored competition was open to Clinton, Eaton, and Ingham County students in Grades 3 and 5. Grade levels were chosen for this competition based on Michigan Model for Comprehensive School Health Education language pertaining to bicycle safety.

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

	Third Grade		Fifth Grade
1st place	Hannah Elizabeth Garn Washington Elementary School Charlotte	1st place	Nikki Nicolaou Willow Ridge Elementary School Grand Ledge
2nd place	Hanna Holmi St. Gerard School Lansing	2nd place	Alex Hallenbeck St. Joseph School St. Johns
3rd place	Lauren Burnett St. Gerard School Lansing	3rd place	Emily Zipple Willow Ridge Elementary School Grand Ledge

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

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

Betty Johnson and Katie Donnelly

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: Tandem - 1997 Cannondale RT2000 – Los Dos tandem. This Metallic Blue tandem has an Aluminum Alloy 20" x 16" frame, 24 gears with a Shimano Deore XT gear shifter with click shifters on handlebar ends. It has less than 1000 miles on bike and also comes equipped with 26 X 1.50 smooth road tires, a Blackburn back rack, Cateye bike computer and 3 water bottle cages. Asking \$1,300, OBO. Call Catherine at (269) 781-4457 or email: cathayes@voyager.net

FOR SALE: 1420 Trek road bike, 49 cm, aluminum frame, 21 speed, computer & rear rack. In very good condition. Asking \$300. Call Sheila at (517) 327-0921 or (517) 285-4571.

FOR SALE:

1. Assenmacher touring tandem. Custom built for smaller riders. 165mm cranks, triple chainwheel geared for hilly terrain. 50cm front. Rear suitable for 5'-5'7" riders. Phil Wood hubs, bottom brackets. Shock absorber rear post. 4 water bottle cages, rear rack, computer, fitted pump. Lots of extras including custom roof carrier for Yakima rack. Beautiful condition. Ready for DALMAC or local riding. \$900.
2. Assenmacher single bike. 50cm frame. Classic beauty for shorter rider. Matches front of tandem above. 165mm cranks, triple chainwheel. Chromed fork ends, chainstay. Campy hubs, brakes, headset. Phil Wood BB. Computer, water bottle cages, rear rack, fitted pump, computer, Lots of extras, spare parts. Perfect condition. \$700.

Call Army at (517) 351-5306 or e-mail at werner@msu.edu .

FOR SALE: Used 1997 Cannondale tandem touring bike. Flat black aluminum frame, large/medium, standover height 31" and 29". Twenty four speed with Shimano Deore XT derailleurs, and 105 bar-end shifters, Phil Wood hubs, special built 48 spoke wheels 700c x 25, new cables and bearings. Bike is in good condition. \$1,200 OBO. Contact Ron or Mary Sue at (517) 655-9381

WANTED: TCBA 2001 Ride Incentive Jacket, size large. Contact Merle (517) 545-1335.

FOR SALE: Linear Aluminum Recumbent Bicycle w/ saddle bags on the back of it and several lights attached to it. Asking \$1,200. Contact: Kathy (517) 694-1000 evenings.

FOR SALE: Thule bike roof rack. Set up for two bikes, locks for bikes to rack and rack to vehicle. Good condition. Two sets of mounting feet for '90s Explorer or Tarus. Or, should work with Thule mounting feet for your vehicle. Good condition. Asking \$175. Contact: Fred (517) 675-2025.

FOR SALE: 2002 Bachetta Giro. Was brand new for DALMAC 2003, hung in the garage for DALMAC 2004 (Knee replacement), just had a check-up and is ready to have someone ride it in DALMAC 2005. Excellent condition. Has been ridden less than 1,000 miles. Fits folks 5' to 5'9". If your familiar with Bachetta you know it's a good one. Asking \$900. For details Call Chris at (517) 768-5192 or e-mail me at chris.rockey@jcisd.org

FOR SALE:

1. 2004 16.5 Trek Navigator 300 Like new. \$200 firm
 2. 1 1/4 Performance 3 bike hitch rack. Still in the box. Never used \$90
- Contact: Brenda (517) 483-9610
-

WANTED: Your used bike, Share-A-Bike gives old bikes to folks in the Lansing area that need transportation. Got one that is working or fixable, bring it to the East Lansing Fire station on Abbott Road, in the back parking lot, on the first Saturday of each month between 9-11 AM. We could also use some help fixing bikes. For details call June (517) 267-9822.

GIVE OR TAKE. . . Cleaning out your closets or garage? Please consider recycling items you no longer need...biking gear and/or clothing in good condition will be passed on to new riders who need like items. Please call if you have things to donate, or if you wish to be donated to. Overflow will be donated to a charitable Bike Tour going to the Ukraine for the purpose of donating bikes, etc. Thank you very much to those who have already donated. Call Sheri. (517) 323-7487.

OLD BIKES/TOOLS HANGING AROUND? The MSU Bike Project (grateful recipient of \$ from the DALMAC fund in '04) is looking for old bikes in working or restorable condition. Ideal bikes are 1 ~ 5 spd. with fenders/ chain guards, baskets, etc. but newer are great! Tools & parts for all types of bikes much needed. Full details on donating: www.msu.edu/~bikes/donations.html.

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

Ride Starting Point Descriptions

67th District Court House Grand Blanc
Coaches..... Corner of M-99 and Bishop Road, SW Lansing
(former City Limit, Plum Crazy Too, Bishop Inn)
Dewitt Junior High Sch, South lot Dewitt
Dewitt Township Hall.... 1401 W. Herbison Rd. 1/2 mi. west of Old 27.
Former Holt High School (Holt Junior High).....
..... Aurelius Rd, 1/2 mi south of Holt Rd, Holt
Haslett Middle School
.....E on Franklin St from Marsh Rd, 1st light S of Haslett Rd
Holt Commuter Lot..... US-127 & Holt Rd., Holt
Holt Pro Cycle(New store) Cedar, 3 blocks S of Holt Rd.
Kroger, Coolidge & Lake Lansing..... Parking lot near Coolidge
Lennon United Methodist Church I-69 and M-13 to Lennon,
W on Lennon Road to Oak Street, S to 1014 Oak St.
Mega Mall..... 15487 Old US-27(Northeast St.) & Northcrest
Rd/NE corner of lot
Oneida Gospel Church.....
..... Corner of Oneida and Strange Hwy, Gd Ledge
Oneida Township HallSt. Joseph & Oneida Road, Gd. Ledge
Rayner ParkAsh Street (M-36), west of fairgrounds, Mason
Victor Township HallAlward Rd & Shepardsville Rd.,
Laingsburg, 1 mi. n. of Round Lake Rd
Williamstown Twp Hall.....Corner Zimmer & Germany Rds
(4 mi east & 1 mi south of Haslett)

RIDE CLASSIFICATIONS

A+ 19+ MPH
A 17-19 MPH
B 14-17 MPH
C 12-14 MPH
D Under 12 MPH Fun and Social Group Ride
F Family Fun & First-Timers Ride
M Mountain Bike..... N/A
Z Rides over 40 miles in length to be
ridden at the rider's own pace without on the road
ride leader supervision. Leader must have detailed
map of the ride for all riders.

**FOR MORE RIDES CALL:
517-882-3700 - or visit the Web Site:**

www.biketcba.org

**Also check this number for updates-
changes on rides listed in this
Chainwheel Chatter.**

To receive the Ride Line Transcript by email
send your email address to: donnell13@msu.edu

E A S Y S P O K E N

Crosstown Maps, and More Bicycling Tips

By now, you should have your copy of the new CROSSTOWN Bicycle Route Map booklet. One was mailed to every paid member with a ZIP Code within 30 miles of Lansing. If you didn't get one, and want one, send me an eMail at CrosstownMap@biketcba.org, and I'll drop one in the mail (assuming you include your address).

Here are some more bicycling tips:

* KNEE PAIN

If you have pain in the front of your knee, raise your seat. If you have pain in the back of your knee, lower your seat. Do 1/4 inch at a time and try it for 2-3 rides. If you have a pain a bit higher up, get a recumbent.

* AVOID THE HORIZONTAL TRACK STAND

When you first install your new clipless padals, be sure you can get out of them BEFORE you start riding. Sit on your bike and lean against a wall to practice.

* GET PUMPED

If you get your tire installed on the rim evenly all the way around the rim, and on both sides, it can take more pressure than most can pump by hand - double the amount printed on the side. Put in 10 lbs less than recommended, and your ride might be cushier, but you will work harder. Too low and hitting a big pothole will get you a snake-bite flat, where the tube can get pinched between the tire and the rim.

Put in an extra 10 lbs and pedaling will be easier, but put in too much and you will feel all the bumps.

* LOOK WHERE YOU WANT TO GO

If you look at an obstacle in the road, chances are you will ride over it. Look where you want to go and you are more likely to miss the obstacle.

*** RAIN GOOD, SPRINKLES BAD**

The first 5 minutes after rain starts are the most dangerous. Accumulated oil hasn't been washed off the road, and the oil/water combination is quite slippery. A good hard rain after a dry period is the bicyclist's friend, especially if you aren't caught in it.

*** OVER THE HILL, AND BEYOND**

After pedaling up a difficult hill, you should keep your legs moving a bit. That will help work out the lactic acid that built up in your legs. Too much lactic acid makes your legs feel tired.

*** AVOID UNSCHEDULED STOPS**

Look through rear windows of parked cars. Someone inside might open their door in front of you. That could spoil your ride.

*** YOUR SHADOW KNOWS**

At night, with a vehicle approaching from behind, if your shadow is not heading for the side of the road, you should be.

*** GOING TO FALL - HAVE A BALL**

If it looks like you are going to do an unscheduled separation from your bike, think tuck-and-roll rather than using arms or legs to stop yourself. Abrasions heal better than broken bones.

*** RELAX - YOU CAN BE SAFER**

It is safer to ride with your muscles relaxed. If you need to make a quick correction, you don't have to relax first, and that makes your reaction quicker.

Dick Janson
Just Me and Sarah Dipitee
dickj@tds.net (517) 675-7340

**SUNRISES & SUNSETS FOR
JUNE, 2005**

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



***FLAG DAY JUNE
14***

DALMAC 2005 - The Year of the QUINT

The 35th Annual DALMAC will continue a tradition established in 1995. This will be the 3rd Quint Century in the long history of DALMAC. The Quad Century will still be done for those of you who think four 100 mile days in a row is enough.

The Quint Century will begin on Wednesday, August 31, 2005 at the MSU Pavilion. You will follow the same route as the Quad Century, but a day earlier. Because of suggestions from Quad Century riders on DALMAC 2004, there is a major route change for the first day. The route no longer goes through Saranac and Lowell. Instead I have returned to some roads not traveled by DALMAC since 1997 and some that we have never ridden. You will be with the 5 Day riders until they turn off at Turner Road. Don't go that way.

"Major" cities that the route goes through are Westphalia, Carson City and Sheridan. Smaller towns include Pewamo, Hubbardston and Sidney. There will be a rest stop in Carson City at the Methodist Church. They've hosted a rest stop for us in the past. There are many places to get food along the route. However, there may not be a restaurant where you want one, but there are stores that sell drinks, sandwiches and snacks. Today you ride 93.1 miles. The Wednesday night campground will be at the Lakeview High School in Lakeview, Michigan. The downtown area is less than a mile away.

Thursday's route is 105.6 miles. It starts out fairly flat and, because of loud protests from riders last year, I have removed the White Pine Trail from the route. It will still be on the map, but not marked with arrows or SAGed. After Big Rapids, Hersey and Leroy, the route starts to climb. After Luther, the elevation ranges from about 1430 feet near Caberfae to 900 feet at M-37. Some of the climbs are long and "gentle," while others are short and brutal. If, after all of this, you still have something left, you can extend your day by 16.1 miles (you do the math) by following the alternate route. This is only for the fearless (animals) and the strong (animals) but anyone may choose this extension. Choose wisely for there is a 310 foot climb that, after riding more than 100 miles, may be too much for the average century rider. You will have nearly a 200 foot drop close to the end of the extended route that should help ease the pain of that huge climb. Your overnight campground is at the Mesick High School in Mesick, Michigan.

Friday is where the Quint portion of DALMAC happens. We have set up a 96.6 mile route that loops out to Lake Michigan at Frankfort. The route is through Onekama and Bear Lake on the way to Frankfort and through Benzonia and Thompsonville on the way back. Did you notice that no where did I say, "pack up your tent and load it onto the truck?" That's because you don't have to. This is what is known as a layover day. You can ride or not. (But if you signed up for the Quint Century, why wouldn't you ride?) Because the route generally is east or west, expect a climb or two. The beach at Frankfort is great for swimming or just lying around. There are restaurants and stores as well as ice cream along Main Street. Souvenir shops abound. On the

return trip, you may have to go off the route a block or two to find food, but the information will be in your map booklet. When you get back to Mesick, all you have to do is shower and you are ready for dinner. That's the best reason for a layover day. Also, you will have new neighbors. The Quad Century riders have arrived and begun to set up for the night. They will be with you for the rest of DALMAC.

Saturday will be the same as last year. I'll give some details for those of you who weren't with us. Today, you must pack your tent and load it onto the truck. After breakfast, be prepared for a short climb when you turn onto CR #9. The next 20 miles are fairly routine; flat to rock-and-rollers. Does anyone remember 'PUKE HILL?' It was named a few years ago by a member of the DALMAC Road Crew after a situation at the top of the hill. You'll have time to recover before you get to a place for food. This is at the corner of M-37 and US-31. It's a very busy area, but there are many places to eat within 100 yards of the route. You'll then ride through an area of lakes just southeast of Traverse City. At the end of 5 Mile Road, you'll ride the TART Trail for about 0.4 mile. This is needed because US-31 is so busy and dangerous and it made sense to keep riders off of it. There are no cross streets and you can be seen from either end. Another hilly section begins here on Bunker Hill Road. (Note the name.) There will be a repair truck and fruit stop to the left as you come off the TART. Elk Rapids and Alden offer many food opportunities. After Alden, the route splits at Bellaire Hwy. You will turn left and the 5 Day route turns right. Don't go there. Once you find out you've made a wrong turn, you'll have to climb up the hill to get to the YMCA Camp, your overnight campground. The YMCA Camp is a great place to recover from the previous days. There are very few lights and no city sounds.

Sunday will wrap up your DALMAC experience for 2005. Mackinaw City is 97.4 miles away. Again, the route isn't changed from 2004. I tried to make some changes, but the local road commissions aren't doing the work I need to make changes. Maybe in a year or two. But, I digress. Those of you who do the Quad Century every year know the challenges of today's route. You get the climbs before East Jordan. You get "**The Wall**" after East Jordan. And you get the relatively new, three tiered climb on Old State Road after Boyne City. This is only the beginning. You are on your way to Petoskey on Howard Road. A few ups and downs can be found here. Once you get to Petoskey, you won't go to the downtown area, but you will be able to tell your family, friends and co-workers back home that you were, indeed, in Petoskey. The food is in Bay View on US-31. Just be careful on US-31. You will be turning left onto M-119 in less than a mile. Be prepared to cross over three lanes safely.

In Harbor Springs, the local bike shop always serves us watermelons, bananas and bagels. You've had your fill and now you begin the "Tunnel of Trees." Somewhere in this

(continued on next page)

DALMAC 2005 - The Year of the QUINT

(continued)

one lane forest is "The Chute." It's a long, dark, winding downhill that will get your heart racing. Wait. You just climbed a long hill to get to this. Your heart is already racing. About five miles farther is Goodhart. It's just a wide spot in the road, but you can get a huge variety of food at the store. They put on an outdoor cafeteria line that is loaded with choices. Cross Village is next and now you only have 23 miles to go. You ride next to Lake Michigan, then away from it and, after Cecil Bay Corners, you'll get your first look at the Mackinaw Bridge. Less than five miles to go. In the last mile, you're going downhill to the Mackinaw High School where your family and/or friends are waiting for you.

DALMAC 2005 may be done for you or you line up for the famous DALMAC Bridge crossing to LaSalle High School in St. Ignace. We hope you placed your bags on the correct truck.

DALMAC is something that only about 1,800 riders get to enjoy each year. We hope yours will be an experience you will long remember.

Next month Quad Century Route.

Joe Adams (I don't name my bike)
DALMAC Route Chairman

MEMBER SPECIALS



Mike's Firehouse Grill would like to invite the Tri-County Bicycle Association members to come join us for lunch or dinner! We are extending a 10% discount to all TCBA members.

Located at 447 S. Jefferson St., Mason, in the former building of the City of Mason Firehouse.

For directions, menus, and the history of our unique and exciting atmosphere visit our website www.mikesfirehousegrill.com.

We hope that you will take advantage of this offer and we look forward to seeing you at Mike's Firehouse Grill!

SEW MUCH MORE

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

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



A Helmet Word Game from the Bicycle Helmet Safety Institute <http://www.bhsi.org/>



Can yuo raed tihs?

Bciylce hmleets poretct yuor bairn form dmagae in a carsh and can svaе yuor lfie. Ecah yaer aobut 800 poelpe are kliled on byiccels in the US. You need a hmelet eevn for srhot reids aaround yuor nighorboohd, or for rdiing to shoocl. Smoe plcaes hvae lwas taht rquerie you to waer a hemlet. Raecrs lkie Lnace Amrsrtnog waer teihr heemlts too.

Why can you sitll raed tish msseage?

Aoccdrnig to rscheearch, it deosn't mttae in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a total mses and you can sitll raed it. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

In fcat, teh fstaer you raed teh esaier it is! Amzanig, huh?

Lucinda J. Means - 1955 – 2005

By the time you read this you will have most likely been informed of the untimely death of Lucinda Means, TCBA member and Executive Director of the League of Michigan Bicyclists.

Lucinda, 49, died on April 29 of a stroke in her sleep at home. She was born in Boston, Massachusetts and was a leader in cycling advocacy in San Francisco before coming to Michigan in January 1997 to become LMB's first Executive Director. Under her tireless and skilled direction, LMB has become a leading force in transportation policy in Michigan. Just hours before her death, Lucinda--along with Todd Scott, her counterpart at the Michigan Mountain Biking Association--taped a TV interview with Senator Michelle McManus about pending legislation to clarify and strengthen cyclist's rights on the road. Todd was the last person with her on the day of her death. It was a very positive time in her life.



Lucinda made an impact on all who met her. She was not shy about expressing her beliefs and that had a variety of effects on people. Anyone who got to know her respected her consistency and the integrity of message and behaviors. Having never owned an automobile Lucinda "walked the talk" as they say. In an intelligent and humorous manner, she changed the way people thought about the bicycle in the future of transportation, recreation, the economy, health management, and even the engineering of roads. We already find ourselves missing her wit, candor and leadership. There will never be another Lucinda.

Although the majority of Lucinda's time and energy – both at the office and on "her own" time - were devoted to bicycle advocacy, she had some special sources of joy. Her passion for animals and especially her pound puppies Harlan and Rainy was unabashed. More recently mandolin lessons provided seriously needed relaxation and renewal. She was happy to have recently bought a cozy house in East Lansing, and took pleasure in planning her flower garden.

Those wishing to make a financial contribution in her memory are invited to donate to the Lucinda Means Bicycle Advocacy Fund established by LMB. Contributions go into an endowment fund. In any year, a maximum of five percent of the principal can be spent on bicycle advocacy projects and the rest is invested, insuring that funds for cycling advocacy will be available in perpetuity. Checks should be made payable to the Capital Region Community Foundation; write "Lucinda Means Bicycle Advocacy" on the memo line. Mail your check to CRCF at 6035 Executive Drive, Suite 104, Lansing, MI 48911. Contributions are federally deductible; in addition, contributions by Michigan residents are eligible for a 50-percent credit against the contributor's Michigan income tax, subject to maximum contribution limits. See www.lmb.org and www.crcfoundation.org for more information. Thanks for your support.

LMB would like to thank Arnie Johnson and Patrick Baughan for facilitating the club's invitation to participate in the May 19 celebration of Lucinda's life and work at the state capital. A "Thank you" also goes to Katie Donnelly for sending the e-mail notice. All of your kind words and gestures in this time of loss and grief were appreciated by her LMB "family".

Philip Wells, Christina Riddle, John Lindenmayer, Nancy Krupiarz, Barry Culham, Karen Petersmarck

In Loving Memory of Lucinda J. Means 1955 - 2005

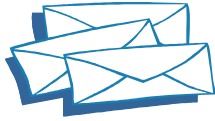


**May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your face...**



**Thank you for your dedication, determination,
and
friendship.**

**We will sincerely miss you.
~ LMB Board & Staff
~Tri-County Bicycle Association**



FROM THE TCBA MAIL BAG

The "Shuttle Guy" DALMAC 5 Day

The Shuttle Guy will be coming to the DALMAC 5 day route this year. He offers a host of services for tour participants. The Shuttle Guy can provide, for a fee, a comfort camper package (tent, air mattress, set up and take down, chair and towel service), hotel shuttle, towel service, chair rental and more. Click on the link at the DALMAC home page or go to www.shuttleguy.com

The New Liferide

"The New Liferide will be held on July 9 and 10, starting at the Outlet Mall north of Lansing (Intersection of Clark and U.S. 27). This is the tenth year the ride will be held, but there is an entirely new format. It will include two 60+ mile loops around the greater Lansing area (two metric centuries) and a shorter "family ride" on Saturday. Cost is \$25 per day in advance, \$35 the day of, and includes a t-shirt, sag support, and meals. The entrance fee is waived if a participant raises at least \$500. Proceeds of the ride will benefit the Lansing Area AIDS Network, a non-profit that provides prevention and education and serves people living with HIV/AIDS and their families in the greater Lansing Area. Please call 517-394-3560 or visit www.lansingareaaidsnetwork.org."

2005 Ride the Charx

"The 2005 Ride the Charx, a bike ride around Lake Charlevoix, starting in Boyne City has been rescheduled. It will be held this year on Saturday, August 6, 2005. August is the best month of the year in Northern Michigan; the weather is more dependable. Last year there were about 300 riders, most from southern Michigan and many from TCBA. It is a great way to train for DALMAC. Routes are 10, 43, 62 and 105 miles long. All are scenic and include miles of shoreline riding. The 62 mile ride is billed as the hilliest metric century in Michigan.

Information and a printable registration form are available at www.lmb.org/nmb/ Lodging information is available through Google by entering "chamber commerce" and "Boyne City," "Charlevoix," or "Petoskey." You may also call fellow TCBA member Paul Servais (231) 582-3468 for information.

Programs to Educate All Cyclists

Hello TCBA Members!

Thank you for the warm reception after my presentation about PEAC at last month's meeting. I am so excited that TCBA shares my mission to establish a cycling program in the Lansing area! With such a strong cycling community through your club, individuals with disabilities would have a great place to ride.

I am setting up a committee for those who want to help with the establishment of PEAC Lansing for the summer of 2006. We have a lot of work to do! If you are interested in seeing this great program in your area, please join me for a meeting in early June. Please contact me either through email at jwaterman@bikeprogram.org, or call me at 734-658-8347.

Thanks for all of your support over the years. The DALMAC fund allows us to provide cycling programs for individuals with disabilities, and TCBA puts on great rides for our cyclists to show off at!

John Waterman
Executive Director
Programs to Educate All Cyclists (PEAC)

Secretary's Note: Although the TCBA Board of Directors has not yet voted to approve this project, we ask that you contact John if you have an interest in serving on the organizational committee. Through this committee we will gather the information needed to make a decision on whether or not to go forward with the project for 2006.

Group Cycling at the Westside YMCA

The Westside YMCA has been offering group cycling for over two years. Some of the members from TCBA are avid indoor riders over the winter months when weather prevents us Michiganders from being outside as much as we like. Even though the weather is finally warming up, we'd like to offer TCBA cyclists an opportunity to participate in our group cycling classes at a discount to our published prices. Contact Rebecca Kegler for additional information.

Rebecca Kegler
Health and Fitness Director
Westside Community YMCA
3700 Old Lansing Rd
Lansing, MI 48917
(517) 316-YMCA x18