

# Chainwheel Chatter



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

Volume 33 Number 5

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May 2005

## NEXT Meeting!!!

**May 26, 2005 – 7:00 p.m.**  
*Foster Community Center*  
*200 N. Foster St. – Lansing*

**Kirk Livernois**  
**TCBA Photographer**

A little over a year ago Kirk Livernois volunteered to serve as the official photographer for TCBA events. At this meeting Kirk will share some tips on taking photographs as well as provide us with a “snap-shot” of his web site.

## 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 the April and May 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](mailto:vp@biketcba.org).

## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, May 3, 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: June 7, 2005.

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, May 14, 2005.** Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, email to: [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org) or FAX to (517) 339-1758.

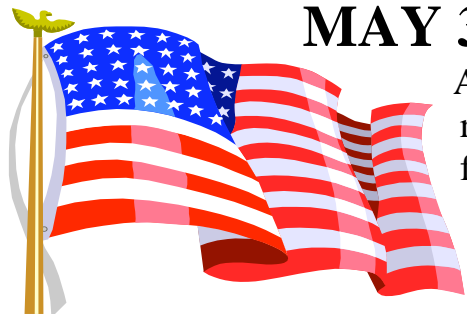
**Ride calendar information** should be sent to Wendell Proudfoot, P.O. Box 1628, East Lansing, MI 48826, or emailed to [tbarides@prowen.com](mailto:tbarides@prowen.com). To be included in the newsletter this information must be received no later than the above-mentioned newsletter deadline.

## Cycle Forum

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, May 26, 2005.** Bring your experiences and stories to share with the group.

## MEMORIAL DAY

**MAY 30 –**



A day of remembrance for those who have died in our nation's service. . .

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## April Executive Board Report

Submitted by: Charla Scheidler

The TCBA Board of Directors met at the Foster Community Center on April 5, 2005. Board members present included Arnie Johnson, Ron Claflin, Charla Scheidler, Darryl Burris, Kori Sperling and Ed Usewick. Also present were club members Joe Adams, Cheryl Claflin, Katie Donnelly, Dick Janson, Lenny Provencher and Dwayne Scheidler.

### Discussion Items/Announcements

Darryl Burris provided an update on a record number of DALMAC applications received to date. See article in this issue.

Cheryl Claflin reported that she had requested some programming changes be made in the membership database that will hopefully expedite some of the functions she performs.

Katie Donnelly reported on status of the Poster Contest submissions. A good response was received and judging will occur in the next couple of weeks so the winners can be notified and recognized at the May TCBA Meeting.

Katie Donnelly advised that given the nice weather that is upon us, club members are starting to abuse the intended purpose of the ride line in that they are submitting recurring rides for inclusion in the ride line listing. A statement will be posted on the ride line voice mail greeting and also be included on the ride line listing that is emailed to members to remind them that recurring rides are to be submitted for publication in the Chainwheel Chatter .

### Action items

Minutes of the March meeting were approved.

Ron Claflin presented a financial report through April 4, 2005. The report was approved.

Dwayne Schneider presented the liability insurance renewal for the club. Renewal of the coverage as proposed was approved.

Charla Scheidler provided board members with a copy of an email that was sent to the individual using DALMAC as part of their email address. The email requested that they cease use of the DALMAC name and a copy will remain on

file with the board minutes. The board was also advised that two more instances have been discovered with individuals registering for DALMAC. The board instructed Charla to forward the same email to those individuals requesting that they cease use of the name DALMAC as well.

Discussion took place regarding reordering some of the TCBA socks like the ones that were offered as an incentive item in 2003. Since there is still some inventory remaining, from extras that were ordered originally, it was decided that no order would be placed at this time. If a need is determined at a later date the matter will be revisited.

Joe Adams presented a proposal for the purchase of a new computer that would be adequate to run the mapping software he uses. The request was approved as presented. It was suggested that his previous computer be passed on to someone in the club that may be able to use it to perform their volunteer work for TCBA.

Arnie Johnson presented an offer from a TCBA member to purchase a previously-owned, in good shape, enclosed utility trailer for \$600. It was suggested that TCBA purchase the trailer and make it available for club members to borrow for their own use, with no restrictions on what it could be used for. After extensive discussion, which included issues of maintenance, insurance and liability, the purchase was approved (by a 4 to 2 vote) however usage will be limited to TCBA sponsored activities only. Darryl Burris volunteered to store the trailer at his property.

A status report on the Crosstown Map project was presented by Dick Janson, along with a request to expand the project, which would necessitate additional funding. The request for additional funding was denied. The matter will be revisited if it is determined that there is sufficient need to expand the project.

*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

Ron Hammond  
Ronald Jacobs  
Tim & Toni Martin  
Joe Binder  
Sharon Donnenwerth  
Terry & Michele Tice & Family  
Bobbie Emerson  
Kevin Gamper  
Dennis & Nancy Kelly & Family

## CHANGE OF ADDRESS



If you move or have your mail forwarded, please notify us as soon as possible. The newsletters are sent bulk mail, and the post office does not forward bulk mail. The post office returns your newsletter to us (we have to pay to get it back), so your membership ends up in limbo until we hear from you. **Please send your change of address to: TCBA, P.O. Box 22146, Lansing, MI 48909, or email [membership@biketcba.org](mailto:membership@biketcba.org).**

## COMMITTEE & CLUB NEWS

### T-Shirt Ride 2005

All is in order for Saturday, June 11 at Laingsburg High School. We've learned not to mess with success so kept the same routes (and same cooks). The routes have not changed... unless we find some fresh blacktop between now and when the maps are printed! A couple 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. Please take advantage of all the stop signs on this tour, as it's a great opportunity to give your bike a brief rest.

Purchase of a T-shirt is optional. To be guaranteed a shirt, include it on your application before the May 21 deadline. A limited number will be available for purchase the day of the ride.

Remember, all applications post-marked before May 21st will get \$5 off the day of ride adult entry fee.

Come on out!! Saturday, June 11!

Al Simons

### TCBA Club Jerseys – Get Ready for Spring!

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. To view the design, visit the TCBA web site [www.biketcba.org](http://www.biketcba.org). All sizes from XS - XL are available. They are \$45 each. To order by mail send your check with your size to: TCBA Jersey, P.O. Box 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. Contact Charla Scheidler, [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org) with questions.

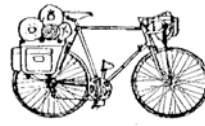


### CONGRATULATIONS!! To our TCBA Volunteer of the Year

The 2004 Volunteer of the Year award was bestowed upon Al Simons at the February Membership Meeting.

An active TCBA member and ride leader in the Lennon area, Al has served as chairman of the T-Shirt Ride and on the DALMAC Committee for the past several years in addition to a term on the Board of Directors.

Thank you Al for the numerous hours that you have contributed to our club's activities.



### 12th Annual Brint Donalson Highland Festival Weekend Ride

Baggage Truck Provided

The Highland Festival Ride honors the originator and long time TCBA member the late Brent 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.

TCBA is offering baggage transport (**reservation required**).

Departure dates - two available: Rain or Shine

**Friday** May 27th at 9:00 AM

**Saturday** May 28th at 9:00 AM

Return: **Sunday** May 29th 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](mailto:bikenote@aol.com)

### BAGGAGE RESERVATION REQUIRED

This is a class Z ride: "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 camp sites or camping in a covered animal show ring. Camping fee is \$5 per tent for each night. Last year festival entry tickets were \$12 each day. If you would like to stay in an Alma College dorm room, check out the festival site: [www.almahighlandfestival.com/house\\_meals.htm](http://www.almahighlandfestival.com/house_meals.htm).

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 28th Alma College offers a splendid breakfast at the Hamilton Commons on campus 6:30 to 8:30 AM. Last year the cost was \$7.

The Highland Festival is a unique experience and gives you an activity coupled with a club ride.

Darryl Burris

## CLASSIFIED



This section of the Chainwheel Chatter is published as a service for **TCBA members only**, to advertise cycling equipment free of charge. To place an ad, send email to [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org), FAX to (517) 339-1758, or mail to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840.

**FOR SALE:** 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](mailto:cathayes@voyager.net)

**FOR SALE:** 2002 RANS V-REX, blue. Many upgrades. Used two years. Approx 3,000 miles. Very fast and comfortable bike. I like it, but it doesn't suit my riding desires for group riding. Excellent condition. 27 gears with SRAM and Shimano components. Ultegra triple crankset, SRAM 9.0 shifters, Avid brakes. Comes with 2 sets of wheels; the original wheels and a set of racing wheels. The original wheels have Alex rims with Deore LX hubs and SRAM 9 speed cassette. The racing wheels: the front wheel has a Velocity Aeroheat rim with American Classic hub; very light and fast. The rear wheel is a Mavic X 517 rim with Shimano XT hub and Shimano Ultegra 9 speed cassette. It has the original, well-padded seat and a thinner, weight-saving seat. Take it for a test ride. Asking \$1,100. \$1,600 new without the upgrades and extras. Call Robin (517) 546-4686. Or email: [rallen48843@pngusa.net](mailto:rallen48843@pngusa.net)

**FOR SALE:** Gary Fisher, Hoo Koo Koo model, complete with: Alloy frame, Shimano DEORE XT shifter and derailleurs, Avid AD-1-0L brakes, HydraCoil Rock Shox - front, Shimano pedals w/top strap, Bontrager Cruiser 6061 T6 handlebar, Bontrager "Corvair" aluminum rims, with Bontrager "Revolt" medium tread tires, Serfas contoured gel seat, 3 years old, in excellent shape, Asking \$500 or best offer (originally priced over \$900). Contact Douglas at (313) 425-2653 or E-mail: [DLGEOR@roushind.com](mailto:DLGEOR@roushind.com).

**FOR SALE:**

- 1) Trek 520 Touring Bike 21" Frame, about 12 years old, well-maintained \$250, or make offer.
- 2) Performance hard-shell travel case \$25

Contact Bob (517) 351-1577 or email: [BobLovell@Comcast.Net](mailto:BobLovell@Comcast.Net)

**FOR SALE:** Rans Nimbus Recumbent, New Paint (Red Basecoat/Clearcoat). All new: sprockets, chain, shifters sealed wheel bearings, bottom bracket, seat cover, tires, bottle cage, handle wrap, and kickstand. Also comes with computer, rear bag w/light, and zipper fairing (fairing in fair condition). Great bike to try a recumbent. Asking \$375. Contact: Russ (517) 377-6125 days; (989) 58403865 evenings.

**FOR SALE:** Schwinn Super Sport SS road bike. 2000 Model, 54 cm, Reynolds 853 frame, carbon fork, triple chainring, Ultegra, STI, SPD. \$1,700 new, asking \$700 O.B.O. Contact Mike (810) 655-8509.

**WANTED:** Used bicycle rack for carrying Tandem. Call Al Halley at 517-614-2020 or e-mail at [Alhalley@aol.com](mailto:Alhalley@aol.com).

**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 a Saturday 9-11 AM starting the first Saturday in April. 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 next spring 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](http://www.msu.edu/~bikes/donations.html).



**HAPPY MOTHER'S DAY  
MAY 8<sup>TH</sup>**

## May Ride Calendar

### Recurring Rides

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Sundays	8:30am	40	Z	67th District Court House	No ride if under 45 deg. or raining.	Ed or Roxanne Usewick 810-694-9919
	10:00am	25-35	B	Former Holt High School		Pete Derkos 517-694-3024
	1:00pm	25-40	D	Kroger, Coolidge & Lake Lansing	<b>No ride on 5/29.</b>	Jethro Wise 517-575-1600
Mondays	10:00am	25-35	C	Rayner Park	No ride if rain. <b>No ride on 5/30.</b>	Janice Koller 517-669-5744
	6:00pm	20-30	C	Coaches	<b>No ride on 5/30.</b>	Ginger Royston 517-393-4799
	6:00pm	15-35	B	Oneida Gospel Church		Ellen Lamb 517-627-4614
	6:00pm	15-25	B	Dewitt Junior High Sch, South lot	No ride if wet pavement. <b>No ride on 5/2, 5/9, 5/30.</b>	Steve or Deb Haman 517-669-1978
	6:00pm	10-25	D	Oneida Township Hall	<b>No ride 5/30.</b>	Kris Stairs 517-627-4211
Tuesdays	10:00am	25-45	B	Holt Commuter Lot		Edie Belcher 517-669-7259
	5:00pm	25-35	B	Owosso Fire/Police Station	No ride if rain or wet.	Dave Smith 989-723-1211
	6:15pm	20-30	B	Holt Pro Cycle(New store)	No ride if pavement wet or below 45 deg.	Larry White 517-694-8667
	6:30pm	20-25	B	Williamstown Twp Hall	No ride if rain.	Dwayne Scheidler 517-339-4586
Wednesdays	6:00pm	15-35	B	Oneida Gospel Church		Ellen Lamb 517-627-4614)

**Wednesday Night Rides - MSU Pavilion - ALL CLASSES, 6:15pm**  
(1/2 mi. south of the Y-Lot)

Ride Leaders	5/4	5/11	5/18	5/25
Jethro Wise; 517-575-1600				D; 15-25 mi.
Jim Delinescheff; 517-333-9327	B; 25-35 mi.			
Katie Donnelly; 517-349-5564			B; 25-35 mi.	
Kori Sperling; 517-393-2842		B; 25-35 mi.		
Lenny Provencher; 517-339-8833			D; 15-25 mi.	
Mary Burris; 517-394-1617		C; 20-30 mi.		C; 20-30 mi.
Pam Bogle; 517-485-8379				B; 25-35 mi.
Sara Troutman; 517-394-4637	C; 20-30 mi.		C; 20-30 mi.	
Syd Hager; 517-393-2579	D; 15-25 mi.	D; 15-25 mi.		

Thursdays	5:00pm	25-35	B	Owosso Fire/Police Station	No ride if rain or wet. <b>No ride on 5/26.</b>	Dave Smith 989-723-1211
	6:00pm	15-25	B	Dewitt Junior High Sch, South lot	No ride if wet pavement. <b>No ride on 5/5, 5/26.</b>	Steve or Deb Haman 517-669-1978
	6:00pm	10-25	D	Oneida Township Hall	<b>No ride on 5/26</b>	Kris Stairs 517-627-4211
	6:30pm	20-25	B	Williamstown Twp Hall	No ride if rain. <b>No ride on 5/26.</b>	Charla Scheidler 517-339-4586



## May Recurring Rides – continued

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Fridays	10:00am	25-38	C	Dewitt Township Hall	No ride if rain. <b>No ride on 5/27.</b>	Janice Koller 517-669-5744
	6:00pm	20-25	D	Coaches	No ride if rain. <b>No ride on 5/27.</b>	Kori Sperling 517-393-2842
Saturdays	8:00am	50-85	Z	Sawdon School		Dale Stairs 517-627-4211
	8:30am	40	Z	67th District Court House	No ride if under 45 deg. or raining. <b>No ride on 5/14.</b>	Roxanne or Ed Uswick 810-694-9919
	9:00am	35-65	B	Holt Commuter Lot	<b>No ride on 5/28.</b>	Edie Belcher 517-669-7259
	9:00am	12	D	Coaches	Breakfast ride. Bring the kids! New rider-friendly!	Milt Gruhn 517-393-1617
	1:00pm	25-40	D	Kroger, Coolidge & Lake Lansing	<b>No ride on 5/28.</b>	Jethro Wise 517-575-1600

### Other Rides

Saturday, May 21, 2005	8:00am	35-45	Z	Coaches	To Eaton Rapids, Onandaga, and back.	Ginger Royston 517-393-4799
Friday, May 27, 2005	9:00am	100	Z	Dewitt Middle School	12th Annual Brint Donaldson Highland Festival Weekend Ride - Baggage Service	Darryl Burris 517-394-1617
Saturday, May 28, 2005	8:00am	97-100	Z	Dewitt Junior High School (North Lot)	Annual Memorial Day ride to Alma and back.	Edie Belcher 517-669-7259
	9:00am	100	Z	Dewitt Middle School	12th Annual Brint Donaldson Highland Festival Weekend Ride - Baggage Service	Darryl Burris 517-394-1617
Monday, May 30, 2005	8:30am	40+	Z	67th District Court House	No ride if rain or under 45 deg.	Roxanne or Ed Uswick 810-694-9919

## 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 Junior High School (North Lot) ..... Dewitt  
 Dewitt Middle School ..... 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  
 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  
 Oneida Gospel Church .....  
 ..... Corner of Oneida and Strange Hwy, Gd Ledge  
 Oneida Township Hall ..... St. Joseph & Oneida Road, Gd. Ledge  
 Owosso Fire/Police Station ..... Owosso  
 Rayner Park ..... Ash Street (M-36), west of fairgrounds, Mason  
 Sawdon School ..... Lamson Road, Grand Ledge  
 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](http://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: [donnel13@msu.edu](mailto:donnel13@msu.edu)

## E A S Y S P O K E N Bicycling Tips

In the past decade, I have come to believe a number of things. Whether they are useful to you, or only applicable to me, is something for you to decide. In any case, I hope you find something here that is of some help.

### \* FOOD FOR THOUGHT

Dehydration thickens your blood. That makes it harder for your brain to get fed. Your thinking becomes confused. Your response time gets longer. Drink plenty of water, even when you think you don't need it.

### \* MOUNTAINS AND MOLE HILLS

When looking at the next hill is scary, don't. Look only far enough ahead to avoid obstacles. Be in a gear that feels like you are on level ground as you pedal.

### \* UNLOCK AND UNLOAD

Unlock your elbows to reduce pain in your shoulders and palms. Change your arms from shock transmitters to shock absorbers.

### \* PUFF - THE MAGIC DRAGON

If you are out of breath, concentrate on your exhale – the inhale will take care of itself. By having a deeper exhale, you will inhale more fresh air. Exceptions: near barn yards, roadkill, diesel-powered vehicles, or just after your tandem captain had a big bean burrito lunch.

### \* DON'T BE SHIFTLESS

You paid for your gears; use them. Most of the time, you should be pedaling in a gear that lets you carry on a normal conversation.

### \* KNEE JERK REACTION

If you get cramps while riding, it could be a lot of things. Two

of them are easy to correct. Drink more water and eat a banana (for the potassium).

### \* THE HOLE TRUTH

When you mount a tire, line up its logo with the valve stem. Then, when you get a puncture, look for the source in the tire or the tube. Use the logo and valve to line up the tube and tire. To find the hold in the tube, look where you found the debris in the tire. If you first find the hole in the tube, you know right where to look in the tire for glass or wire to remove.

### \* YOUR LAST TATTOO

Getting a chain tattoo? Lube on the outside of your chain is no help, and it attracts dirt. Wait an hour or more after you lube your chain. Grab a lower section of chain with a rag and turn the crank backwards. Repeat until the rag finds no more dirt or grease, or you run out of rags.

### \* RETIRE WITH CONFIDENCE

If you have to replace a tire (and your wheels are the same size), put the new tire on the front. Steering is more important than traction. This can be proven to you as you are riding down a big hill.

### \* HOT AIR IN THE SUMMER

On another topic, I'm planning to have a Self-Supported Tour in July. We'll go to Jackson to see the hot air balloon festival. Depending on whether it is a two- or three- day trip is yet to be decided. In either case, we will come home on Sunday, July 17. We will camp on the airport grounds. At this point, there are three of us. If you have an interest, and particularly, if you have a choice on the number of days, please let me know.

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

### SUNRISES & SUNSETS FOR MAY, 2005

Date	Rise	Set	Date	Rise	Set
1	6:32	8:39	17	6:14	8:56
2	6:31	8:40	18	6:13	8:57
3	6:30	8:41	19	6:12	8:58
4	6:28	8:42	20	6:11	8:59
5	6:27	8:43	21	6:10	9:00
6	6:26	8:44	22	6:09	9:01
7	6:25	8:46	23	6:08	9:02
8	6:23	8:47	24	6:08	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	6:06	9:06
12	6:19	8:51	28	6:05	9:07
13	6:18	8:52	29	6:04	9:07
14	6:17	8:53	30	6:04	9:08
15	6:16	8:54	31	6:03	9:09
16	6:15	8:55			



**MAY IS  
NATIONAL  
BIKE MONTH!!!**

**BIKE TO WORK  
WEEK – MAY 16 -20**

**BIKE TO WORK DAY – MAY 20**

Take a look at the May Ride Calendar in this issue. . . I believe TCBA members are doing their part to promote National Bike Month in the tri-county area.

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## DALMAC 2005 - The 4 Day East

The 35th Annual DALMAC continues the 4 Day East Route. This is the "Short" 4 Day Route. The Quad Century riders will be with you only until Turner Road south of Dewitt and the 4 Day West riders are there until you end your day's ride at Shepherd. Don't follow the Quad route or bypass the campground in Shepherd or you won't be with your bags at the end of the day.

You'll begin at the MSU Pavilion on Thursday, September 1, 2005. You'll be with the 4 Day West riders for the whole day. See the March and April Chainwheel Chatters for the 5 Day and 4 Day West descriptions of your route today. There will be rolling hills and flat areas the first day. Be sure to have a good lunch in Perrinton. Alma and Shepherd are next. Follow the arrows to the 4 Day East camping area in Shepherd. Don't continue on the 4 Day West route to the CMU campus. Today's mileage is 72.7 miles. Downtown Shepherd is only three blocks away.

For the next three days, you won't see riders from any of the other routes until you get to Mackinaw City. If you elect to take the century option at Wolverine, you'll meet the 4 Day West, Quad Century and Quint Century riders in Petoskey.

Start Friday by riding north out of Shepherd and past the Soaring Eagle Casino east of Mt. Pleasant. The rest of the route goes nearly straight north. It zigs where it has to and zags sometimes too. On the way to Houghton Lake High School, there will be mostly roller type hills. There may be a couple that will test you. Like last year, we are avoiding M-18. The route will pass through Harrison where stores and restaurants are available, then follow Old US-27 most of the way to Houghton Lake. This new route also keeps you off of M-55 for the most part. There is only .3 mile on M-55 to the school. You have the option of using the side path for safety. You have ridden 68.7 miles today.

Saturday's 68.5 mile route takes you on some very scenic roads around Houghton and Higgins Lakes. The only towns you will ride through are Grayling and Waters. There are restaurants and stores off the route in Grayling and, in Waters; there is a store and a bar/restaurant. Follow Old

US-27 into Gaylord and then ride residential streets on the way to Gaylord Middle School. The business district isn't too far from the school.

Your last day gives you options. You can ride the regular route for 66.9 miles or select the optional century route. This is 92.8 miles. This final day is relatively flat. It starts with a couple of heart pumpers and then is mostly rollers and grades all the way to Mackinaw City High School. Vanderbilt and Wolverine are small villages with limited food opportunities. There are small stores and a restaurant in both. Indian River has many restaurants and at least one ice cream place. This may be a town for a late breakfast or an early lunch since it is only 31 miles into your day. Cheboygan is at about 50 miles and could be the lunch stop for you. You now have only 17 miles to Mackinaw City High School. Most of this is on US-23. It has a paved shoulder, but traffic can be heavy, so ride carefully.

The 4 Day East Century option turns west in Wolverine. This is a challenging option, because of the hills on the route. Once you get to Petoskey, you will have a lot of people to ride the last 50 miles with. The 4 Day West, Quad Century and Quint Century riders will join you. We'll ride near the Petoskey Middle School where the 5 Day riders left hours before. If you read previous Chainwheel Chatters, then I don't have to go into much detail about the remaining 50 miles. Just remember the following: Harbor Springs mansions, the food stop at the bike shop, the "Tunnel of Trees," Goodhart, Leggs Inn, Lake Michigan and the Mackinaw Bridge. The route will be the same except for the increased bike traffic.

The 4 Day East route looks like it will be exciting as usual.

Next month: The Quint Century

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](http://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!

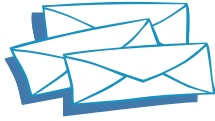
### SEW MUCH MORE

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

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



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## FROM THE TCBA MAIL BAG

### The Ideal Place To Mount Your Taillight

After being told several times by coworkers that they couldn't see me on my nighttime commutes, I did some digging through "Effective Cycling" and learned perhaps the ideal place to display my bicycle's taillight.

Before, I'd hung two ordinary Vistalites on my seatbag. But whether the angle wasn't right or for some other reason, it wasn't adequate.

I know a number of you who carry the oversized blinker, with modified bracket to fit on the seatpost. But if you carry a seatbag or trunk rack, it's a no-go. The L-shaped reflector brackets are too weak to carry even a Vistalite. Eventually they break off and leave you in the dark. If you're lucky, you can hear the light hit the road and double back to retrieve it, before a truck runs over it first. Then again, unless you're vigilant about replacing the battery BEFORE you "have" to, that light may die behind your back.

The best place for a taillight is near the hub on the left (rear, of course). I've bolted mine into the fender eye. Or, better yet, Planet Bike sells a taillight with a bracket that fastens it to the seatstay. (That way, you don't have to remove the taillight whenever you have to change a tire). There's the additional advantage of being able to look down and make sure the light is on--unless you ride a recumbent.

Once I had mounted the taillight down low, I immediately noticed a difference in the way motor traffic from behind responded to me. They were going out of their way to get around me! No more of the bearing down on me, while I stayed as far right as I could. I've even waxed so bold as to take the lane with impunity. According to Forester--who is very often right--this is because the taillight--or reflector, if you dare (Forester prefers a 3" diameter, round amber unit) is more in line with the low beam of the headlights on the cars that are following you. In other words, they can see you!

One of my coworkers verified this to me: "Yeah, that's a lot better!" He said.

But now he has another issue with me: "Hey! How come you're ridin' your bike on such cold-a\*\* nights like these?"

For more information on this subject, you can read pp. 337-356 in "Effective Cycling".

Gary Riggs

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### Ride For Their Future Saturday 5/7/05

Thank you for your past interest. But, due to lack of community support in organizing the event, the ride is canceled this year.

Kristina Paul

### TCBA Reaches Out at Symposium

TCBA reached out to hundreds of potential new members at this year's Quiet Water Symposium. Over 1000 people visited the all-day symposium held on Saturday, March 5, at the MSU Pavilion. They viewed dozens of exhibits and participated in several presentations and programs. Though historically focused on paddling sports, the symposium has gradually expanded its focus in recent years to include environmental/conservation topics, Scouting, and land-based quiet sports like snowshoeing, hiking, dog-sledding (quiet?!) and bicycling. This year, TCBA shared exhibit space with the League of Michigan Bicyclists, the Rails-to-Trails Conservancy, and the MSU Bike Project. (Thanks to LMB for organizing this.) Holt Pro Cyclery also had a large neighboring exhibit.

We talked to a few hundred people--the majority from the Lansing area--and passed out dozens of Chainwheel Chatters, TCBA membership applications and DALMAC/T-Shirt/WOW ride applications. Ed Noonan provided a continuous slide show of DALMAC and other TCBA photos that attracted lots of attention. I talked to several people who had assumed that TCBA served only hard-core high-speed cyclists, and were surprised and pleased to learn that we also offer rides for novice and slower cyclists. Other TCBA members who helped out were Jeff Bartrem, Lenny Provencher, Ken Hendrick and Steve Schuesler, as well as LMB staffers Lucinda Means and John Lindenmayer (also TCBA members). Also, paddler and TCBA member Harry Hill helped to organize the symposium again this year.

All of us believe our time was well spent and strongly encourage TCBA to participate again next year. Some presentations and demonstrations on cycling topics would be a terrific addition. Maybe we can get them to change the name of the event to better reflect the diversity of content.

Phil Wells

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### The New Liferide

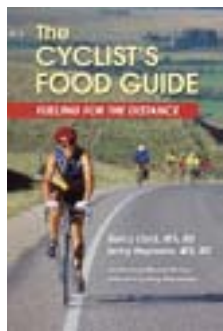
"The New Liferide will be held on July 9 and 10, starting at the Outlet Mall north of Lansing (Intersection of Clark and U.S. 27). This is the tenth year the ride will be held, but there is an entirely new format. It will include two 60+ mile loops around the greater Lansing area (two metric centuries) 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](http://www.lansingareaaidsnetwork.org)."

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## FROM THE TCBA MAIL BAG

(continued)

### The Cyclist's Food Guide: Fueling for the Distance



Perfect for cyclists who want more stamina and energy for long rides. Sports nutritionists Nancy Clark, MS, RD, and Jenny Hegmann, MS, RD have written this book from their passion for teaching both novice and seasoned cyclists how to fuel their bodies to enhance performance. They have combined their cycling experience and professional expertise to teach you

what, when, and how to eat for good health, high energy, strength, and stamina. Whatever your cycling endeavors—recreational riding, touring, racing, or randonneuring—you'll learn what you need to know for optimal fueling so you can improve your riding, enhance your enjoyment on the bike, and reach your goals.

In the **Cyclist's Food Guide**, you'll learn to:

- Eat well to add power to your pedaling
- Choose the best snacks for before, during, and after long rides
- Maintain strength and stamina for rides that last for hours, days, or weeks
- Manage convenience stores, restaurants, and eating on the road
- Lose undesired body fat while maintaining energy to exercise

*"In The Cyclist's Food Guide, Nancy Clark and Jenny Hegmann combine their professional training in nutrition with many years of cycling experience. Cyclists who follow their sound and refreshingly practical advice will enjoy better cycling performance. I highly recommend The Cyclist's Food Guide!"*

—John Hughes, coach & director of the UltraMarathon Cycling Association

*You'll find no better advice on optimal nutrition for cycling than by reading Nancy Clark and Jenny Hegmann's The Cyclist's Food Guide.*

—Michael McCoy, Adventure Cycling Association

**Editors Note:** You can order a copy of the book from [www.nancyclarkrkd.com](http://www.nancyclarkrkd.com) for \$15 plus shipping and handling. Group discounts are also available to our club if ordered in quantity. If you would like to order and receive discounted pricing, please email [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org), prior to May 15<sup>th</sup>, indicating the number of copies you desire. Pricing could be reduced \$1.50 – \$4.20 a copy depending on the quantity ordered.

### Ride Across America



By the time some of you receive this issue TCBA member Al Simons will be on his way to riding 3,415 miles across America. With mileages ranging from 20 to 120 per day, and 5 lay-over days, the ride which is sponsored by CrossRoads Cycling Adventures leaves Los Angeles, CA on May 15<sup>th</sup> and is scheduled to arrive in Boston, MA on July 1<sup>st</sup>.

Family and friends are welcome to join the group for meals and/or cycling. Meal guests may join the group with as little as 48 hours advance notice, except for Los Angeles and Boston, and can be paid for during the tour. Cycling guests may join the group for one day free of charge, provided they are experienced cyclists and will not need support from CrossRoads other than snacks and drinks at that day's SAG Stop. (One-day-cyclists and their gear cannot be transported in a CrossRoads vehicle.) Cycling guests that would like to ride more than one day were required to register as a regular rider before April 1st.

The group will be traveling through IL, IN and OH June 14 – 21. For a full itinerary and additional information visit the CrossRoads web site: [www.crossroadscycling.com](http://www.crossroadscycling.com).

**GOOD LUCK AL**, and take lots of pictures so you can share your experience with us when you return.

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### Bicycle Rodeo! (Ages 6 – 17) - Free Saturday, 5/21 1:00-3:00 pm Foster Center

Parents, are your kids riding ready? Kids, learn to be safer and have more fun and enjoyment out of your bicycle. Class includes hands-on periods and discussions of bike maintenance, bike repair, riding skills and how to use your bike for fun and transportation. Bring bike to class and helmet if you have one. *Advance registration required;* (517) 483-4233. Instructors from the League of Michigan Bicyclists.

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### 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 hillest metric century in Michigan.

Information and a printable registration form are available at [www.lmb.org/nmb/](http://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.

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## FROM THE TCBA MAIL BAG

(continued)

### MSU FARM DAZE TOUR

- **Mark your calendars for the 2nd Annual Farm Daze Tour on May 21, 2005.**

This tour will start at the MSU Physical Plant Building (To see where the Physical Plant Building is located on campus, go to [www.msu.edu/dig/msumap/centermid.html](http://www.msu.edu/dig/msumap/centermid.html).) and meander in the MSU farm areas and surroundings. There will be 25, 50, and 100 kilometer routes. A registration form is available at the MSU Bike Project web site: [www.msu.edu/~bikes/](http://www.msu.edu/~bikes/). The fee is \$25 for adults, \$15 for youth and \$50 for a family of four or more if registration is postmarked by May 1. After May 1, it will be \$30, \$20, and \$60 respectively. A t-shirt will be available on a pre-order basis only if ordered prior to April 15, 2005. On site registration will be accepted from 8:00 to 10:00AM.

The starting/ending location will allow for indoor registration. Showers are available. Box lunches will be provided at the completion of the tour. For more information, you can visit our website at <http://www.msu.edu/~bikes/>. The contact person is Gus Gosselin at 625-7322 or [gassgoss@hotmail.com](mailto:gassgoss@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. We are a subcommittee of the University Committee for a Sustainable Campus. Our aim is to make bicycles available free to members of the MSU community. Our eventual goal is to provide free bikes for hundreds of riders on campus; our 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. General inquiries can be emailed here: [bikes@msu.edu](mailto:bikes@msu.edu).

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## Alabama Cycling Camp

by Ron Truax

There is a new cycling training camp in Ramer, Alabama, created by coach Aldo Sfalcin and Renee Schroeder. And this story is about ordinary tourists attending to see what benefits might be derived from such an adventure. Ramer is 25~ miles south of Montgomery, and in March, it's much warmer there than here at home. This alone was a worthwhile reason to consider going.

Well, I left for camp with two friends and a promise to myself to keep an open mind. I had never considered going on my own, never being involved in racing. But my friends, Jane and Paul, were assured, as then was I, that the camp offered training for recreational riders and racers alike.

We arrived at camp on Monday afternoon with it officially starting the next day. We were first shown the layout of the house and that evening were given a short orientation on the daily activities to follow. Days would begin at 7:45AM with breakfast being served shortly there after. Forget omelets or Belgian waffles, this was a training camp. Meals were very Spartan. Breakfast was followed by morning stretching and strength exercises. From there it was: get into your riding clothes, get your bikes ready, and fill your pockets with food. Hence the name, pocket food. It consisted of peanut butter and jelly sandwiches, quartered and packed into zip lock bags, granola bars, and various fruit. And if we underestimated our needs, we were at the mercy of our fellow riders. Though there was seldom anyplace to stop, we weren't going to be afforded the opportunity anyway. We would learn to eat from our pockets, on the fly, so as to complete the daily mileage in a reasonable time. Lunch was set out as soon as we returned and was followed by after ride stretching. The rest of the day was ours to go back out for more miles, do laundry, or just hang out till dinner. Every evening, we would all gather in the living room for the daily lecture with a question and answer period. And as the days clicked off, they became longer with less time to just hang out.

The first day on the road was to assess our strengths and divide us into groups if need be, and it was. But Aldo Sfalcin, camp leader and coach, came down sick the second night and was unable to ride for the next four days. We were not to go out on our own for reasons of liability, but that all changed with Aldo's misfortune and the fact that he was short handed. My friend, Jane, being well acquainted with Aldo, was able to convince him that I was to be trusted with a map and getting our group out and back safely. So from that point on, we were on our own, leaving the faster group under the watchful eye of the assistant coach, Renee. But within two days, our group of five dwindled to just Jane and myself. Pride had pushed everyone else to try riding with the "big boys." But within another three days, riders began filtering back and forth. Fatigue was taking its toll. So the two of us logged in a big chunk of our base miles while maintaining an easy pace with a high pedal cadence as instructed.

I hadn't known what to expect when I arrived. But with 20 years experience on a bike, I was still hoping to pick up something that would help improve my riding, and I did. I learned I could eat on the bike, out of my pockets and ride farther and faster on less food than I ever imagined. Timing is everything. I believe now that it's as important as drinking regularly. But what really surprised me was that the basics of training are the same for racers and recreational riders alike. The laws of physics remain the same for everybody. So if it's spring and you're riding a bike, you should be logging in base miles. 1,700 miles over 10 weeks of easy spinning or 100 hours on a trainer. And from there you can safely begin working on speed and endurance. The underlying point was not to over train, but to train effectively.

To sum it up, I went with an open mind, a plan to have a good time, though I never leave home without it, and a desire to see new surroundings. Accomplishing all three, I figure I invested my money wisely. Cycling camps, or at least this one, offer benefits to every rider. So if the opportunity to go comes along, take advantage of it.