

# Chainwheel Chatter



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

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November 2005

## NEXT Meeting!!!

*...One Week Early...*

**November 17, 2005 – 7:00 p.m.**

*Foster Community Center  
200 N. Foster St. – Lansing*

**Nancy Krupiarz & Barry Culham  
Michigan Trails & Greenways Alliance**

Nancy and Barry will share new opportunities and services that the Michigan Trails & Greenways Alliance (MTGA) will bring to Michigan.

## Christmas/Holiday Party

We're going to try something different this year. . . On Thursday, December 8, 2005 you're invited to celebrate the beginning of the Christmas/Holiday season at an exquisite Dinner Party for adult TCBA members at the English Inn in Eaton Rapids. Cocktails (cash bar) and hors d'oeuvres will be served from 6:00 to 7:00, with dinner at 7:00. The cost is \$10 per person.

Entertainment will be provided by the Water Wonderland Chorus (of which Rebecca Baughan is a member).

You can sign up at a club meeting or mail your check payable to TCBA to Sue Viele at 4985 Pares Rd., Dimondale, MI 48821.



# HAPPY THANKSGIVING!!!

## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, November 1, 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: December 6, 2005.

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, November 12, 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 Ed Usewick, 590 Boutell Dr., Grand Blanc, and MI 48439 or emailed to [rideschedule@biketcba.org](mailto:rideschedule@biketcba.org). 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, November 17, 2005**. Bring your experiences and stories to share with the group.

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## Executive Board Report

Submitted by: Charla Scheidler

The TCBA Board of Directors met at the Foster Community Center on October 4, 2005. Board members present included Arnie Johnson, Sue Viele, Ron Claflin, Charla Scheidler, Darryl Burris, Kori Sperling and Ed Usewick. Also present were club members Lee Adair, Joe Adams, Mary Burris, Cheryl Claflin, Katie Donnelly, June Grabmeyer, Dave & Judy Miller and Dick Sulin.

### Discussion Items/Announcements

Charla Scheidler reported that a nomination profile that was postmarked 09/29 was received on 09/30. Due to the fact that mail had been picked up just prior to the 09/29 meeting and nominations closed at the end of that meeting it was deemed that this profile was received too late for inclusion on the ballot. The ballot was prepared and submitted for printing with two candidates for President, one each for Vice President, Secretary and Events Director, four candidates for Board at Large and none for Treasurer.

Darryl Burris presented information pertaining to the National Bicycle Tour Directors (NBTDA) Conference to be held in Orlando, FL in November. The conference was originally scheduled in Louisiana but was relocated recently due to the hurricane damage in Louisiana. Approval was given for Darryl and Mary Burris and Al Simons to attend. TCBA will cover travel and registration expenses and DALMAC will pay the NBTDA annual dues that are due.

Lee Adair reported that the donations to Pentwater, Montague and White Cloud schools that were approved at the last meeting were made and he has been notified that the money will be put to the following uses: Montague plans to develop a walking/fitness program for Jr. High students, White Cloud will purchase needed playground equipment, and Pentwater will purchase bicycle helmets and bicycles to be used in their bicycle safety program. Lee also advised that plans for SummerTour 2006 are underway for the July 12-16 ride that will accept 150 riders.

### Action items

Minutes of the September meeting were approved with the following corrections: Arnie also reported that Doug Waldo from Boyne Falls ~~road~~ rode across the U.S. this year and has volunteered to make a presentation at our November club meeting. Roger Nelson was ~~previous~~ previously scheduled but has agreed to postpone his presentation on his trip to "Ride the Rockies."

Treasurer, Ron Claflin, presented a financial report through Sept. 30, 2005. The report was approved. Ron also reviewed correspondence from the Foster Center regarding donations for Holiday Food Baskets for needy families. Approval was granted for Ron to make a contribution on behalf of TCBA equal to what was made last year.

Dave and Judy Miller presented a request for approval for rides taking place in Brooksville, FL during the winter months to be eligible for incentive points. After significant discussion the request was denied.

Arnie Johnson submitted a request for TCBA to join the Michigan Trails & Greenways Alliance. The request was approved.

June Grabmeyer was present to answer questions that arose at the last meeting regarding the funding request from Share-a-Bike. After review of the information provided by June the request was approved.

Several candidates for Volunteer of the Year were mentioned and discussion regarding their contributions to TCBA took place. Board members were asked to think about the suggestions. Further discussion and a vote by secret ballot will take place at the November Board Meeting.

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

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## WELCOME NEW MEMBERS

Robert Lockhart  
Craig & Darla Prether & Family  
Victor Lillich  
Hadi Rabbani  
Rick Pearson  
Scott Fris  
Bobby & Kristin Pfauth  
Edward & Judith Brown  
Gary Batherson  
Lary Beard  
Susan Evans  
Richard Hale

## 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).**

## 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 an 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:

1. Burley Limbo Recumbent: 2003 with about 2000 miles. Dark Green, upgraded rear cassette, fenders, rear rack, seat-back bag, speedometer, spare tires, tubes and floor stand. Excellent shape. New seat back - spring 2005. \$975.00 - obo.
2. Sportworks recumbent or tandem hitch rack. Excellent. Fits 1 1/4" and 2" receivers (adapter included). \$295.00 - obo.

Contact Herb – (517) 655-4126

**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](http://www.msu.edu/~bikes/donations.html).

## 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.

### Oak ParkYMCA Spinning Classes

Spinning classes available at the Oak Park YMCA. TCBA members receive the YMCA member rate for all classes. Classes run in seven week terms with morning and evening classes available. Saturday 8:00am drop-in class available for \$5, taught by a TCBA member. Call (517) 699-9622 for more information and join us indoors as the weather turns cold!

### 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](http://www.biketcba.org). At this time sizes are limited (XL in "loose fit" and XS, S, M in "pro fit"). 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.

### Let Your Biking Friends Learn Your Name While Promoting TCBA

- Durable Laminated Plastic
- Double Clutch Fasteners
- Yellow Background
- Logo and Lettering Engraved in Black
- 18 Characters Maximum for Name
- Overall Size -- 1-1/2 x 3 inches
- Price \$6.50 Each
- Shipping \$2.00 for one/\$2.50 more than one



To order contact: D-K Engraving, Inc., Leslie Lee – (517) 243-2227. Or visit the web site, [www.biketcba.org](http://www.biketcba.org) for an order form. Allow 4-6 weeks for delivery.

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## MARBLES, 400 OTHERS ROLL UP LAKE MICHIGAN COAST ON SHORELINE WEST

*By Ron Campbell, a freelance writer from Berkley, Michigan who completed his ninth Shoreline ride on the 2005 West Tour.  
He can be reached at [roncamp22@juno.com](mailto:roncamp22@juno.com).*

### **HARBOR SPRINGS** – Are these folks crazy?

How else could you explain why the 420 or so bicycling enthusiasts who rolled through the Petoskey area on August 4 and set up camp at Harbor Springs Middle School on the 19<sup>th</sup> annual Shoreline West Bicycle Tour would willingly – enthusiastically, even – choose a weeklong vacation that featured sore butts, helmet hair, weird tan lines, cafeteria food, daily rides averaging about 50 miles per day under a scorching summer sun, leg muscle strains on “Killer Hills,” nights sleeping in tents in close proximity to world-class snorers and constant gallivanting about in public in unforgiving spandex shorts and tops?

“This is the best bike tour in the whole country,” said 44-year-old Diana “Casey” Marble, sounding remarkably sane for someone decked out in a yellow-and-pink “Whiners” jersey emblazoned with flying pigs and the slogan “Fork More Pork.”

“The people are fabulous, like family, and you see more beautiful coastline here than on any other ride,” added Marble, a geography teacher from Twin Lake, Mich. on her 17th Shoreline West. “You can’t get a better deal on a bike tour.”

Marble knows about family and bike tours. Her mother, Mary Lou Mahood, drove a private support vehicle for Casey and Casey’s husband Chris Marble, 66, and is affectionately known as “The Mother” and “The Clicker Lady,” a reference to the volunteer job she has held for the past several years: greeting and counting the cyclists as they come through the school cafeterias for breakfast and dinner, which helps ride officials plan the meals that many rated “exceptional” throughout the trip.

“I look forward to it every year,” said Mahood, a retired kindergarten teacher from Coldwater, Mich. She added that she’s “very proud” of the fact that her daughter and son-in-law invite her along on the West Tour.

Casey and Chris Marble met on Pedal Across Lower Michigan in 1987 and have ridden over 100 bike tours throughout the U.S. and around the world since they got married 12 years ago, when they wore cycling garments under their wedding clothes, then led a 30-mile ride to a picnic reception after the ceremony.

The Shoreline West Tour is one of seven bicycle and recreational tours offered by the Lansing-based, nonprofit League of Michigan Bicyclists, whose mission is to make Michigan a more bicycle-friendly state. It began in Pentwater on July 31 and took the riders up the scenic coast of Lake Michigan through popular resort towns including Ludington, Manistee – where the Shoreline entourage was treated to an exhibition of traditional Native American dances at a pow wow hosted by the Little River Band of Ottawa Indians – Frankfort, Beulah, Traverse City, Bellaire, Charlevoix and Petoskey.

West Tour veterans noted it was fortunate that this year’s ride featured lower-mileage days than in the past, because

the 2005 edition was one of the hottest ever, with daytime high temperatures soaring into the mid-90s early in the week and highs “cooling off” only down to the mid-80s by week’s end. Many heat-weary cyclists found relief by taking frequent swimming breaks in Lake Michigan and the wealth of inviting, sparkling blue inland lakes – Hamlin, Portage, Crystal, Glen and Torch Lake among them – along the route.

“The thing I like most about the Shoreline Tour is when we stop and swim,” said 10-year-old Emily Witham, echoing a common sentiment. Emily’s riding and swimming partners were her father, North Muskegon Mayor Chris Witham, 44, mother Stephanie Witham, 41, grandfather Dick Witham, 67, brother Richard, 16, sister Abby, 14, and family friend Dale Kennedy, 57.

Toronto resident Mike Campbell reunited on the ride with Roger Olson, of Hershey, Penn., a cycling buddy he met on a bike tour in New Zealand six years ago, and also took advantage of the Great Lake State’s most precious natural resource.

“I’m not a ‘whiz-banger;’ I like to stop and smell the roses,” said Campbell, a retired teacher-librarian and one of several Canadians on the West Tour. “I was particularly impressed with the lakes and beaches in the Petoskey / Harbor Springs area, since I am a sun worshipper and a bit of a beach bum.”

Fred Knoodle, 65, a veteran of 13 Shorelines and 4 DALMACs who has ridden over 82,000 miles in the last 39 years, reveled in the praise riders heaped on his hometown, Harbor Springs. He said that people who think bicycle tourists are off their rockers usually spend too much time sitting on their own rockers.

“Couch potatoes,” said the retired GM executive. “Don’t knock it if you haven’t tried it. You see so much more on a bike than you do driving through towns at 50 miles an hour.”

The tour was supported by baggage-hauling trucks, numerous LMB volunteers and bicycle mechanic Dave Moss and his wife Diane Moss, of St. Johns, Mich. The spirited riders ranged in age from 3 (diminutive blonde dynamo Martha Erickson, from Ithaca, New York) to 81 (Okemos, Mich. resident W. Dale Crites) and came from California and Kansas to Florida and Maine, 22 states and three Canadian provinces in all.

Some attached goofy mascots to their cycling helmets: a rubber yellow puffer fish, bat wings, a California Girl Barbie, plush seals, Alf. Others sported colorful jerseys and T-shirts bearing acronyms for tours such as RAGBRAI (Iowa), SAGBRAW (Wisconsin) and DALMAC (Michigan) or tongue-in-cheek themes. One of the more notable was “Team Funkey Monkey” – Mark Strandskov, a

(continued on next page)

## November Ride Calendar

### Recurring Ride

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Fridays	11:00 AM	20-35	C	Dewitt Township Hall		Janice Koller 517-669-5744

### HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

#### Ride Starting Point Descriptions

**Dewitt Township Hall**.....  
 ..... 1401 W. Herbison Rd. 1/2 mi. west of Old 27.

**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: [donnell13@msu.edu](mailto:donnell13@msu.edu)

#### 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.

### Marbles, 400 Others Roll Up Lake Michigan Coast On Shoreline West (continued from previous page)

38-year-old network manager at Central Michigan University, his wife Cheryl and their children Matt, 12, Ben, 9, and lemonade entrepreneurs Thomas, 5, and Jocelyn, 3, who raised \$159.42 in roadside sales during the ride and, in a touching tribute to the LMB's late executive director, donated every last penny to the Lucinda Means Bicycle Advocacy Fund. Another read "Passing gas (it's only natural)" and pictured a cyclist blissfully riding past a gasoline pump.

Speaking of bliss, recumbent tandem-riding newlyweds Dick and Dee Jensen, of Branson, Mo., didn't think twice about doing something other people might consider a little odd: making the West Tour their honeymoon.

"The best vacation you can ever take is a bike trip like this," said Dick Jensen, a 57-year-old retired tour bus driver.

"This teaches teamwork, and biking is so healthy and 'inner-filling,' " added former realtor Dee Jensen, 58. "You don't have a care in the world. We've made friends of a lifetime."

Joking about their "luxury honeymoon condo" – a three-room tent with a queen-sized air mattress at least 12 inches high – Dick Jensen said, "Nothing's too good for my bride!"

The other biking bride, Casey Marble, conceded that some of her friends think she and her husband are a bit nuts about cycling, but said that doesn't bother her. She gets mildly annoyed, however, when Chris decides they're not going to follow the tour maps. Even then, though, Marble pointed out, they never wander too far off the marked routes because Chris is also a geography instructor, and both have sound "internal compasses."

Good thing, too. Otherwise, Tour Director Tracy Smith could truthfully say, "We've lost our Marbles."

The seven-day leg of the 329-mile (up to 569 miles with optional routes) West Tour concluded at the Mackinaw City Recreation Complex on Saturday, August 6. Over 100 riders completed the eight-day extended tour the next day on Mackinac Island.

*NOTE: An edited version of this article was published in the August 5, 2005 edition of the Petoskey News-Review and in the Fall, 2005 edition of Michigan Bicyclist Magazine. For more information about the League of Michigan Bicyclists and its Shoreline Tours, log on to [www.LMB.org](http://www.LMB.org).*

Greetings Trail Friends:

What an exciting time for Michigan trails and greenways. At 1,394 miles, Michigan now stands as #1 in the nation for the number of miles of trails and greenways. Thirteen regional trail initiatives are at work expanding individual trails into trail systems so that our 9 million Michigan citizens can have all the wonderful benefits trails have to offer. Our original mission, to build the Discover Michigan Trail, an interconnected system of trails and greenways in all areas of the state, is starting to take shape.

To keep pace with this excitement and synergy within our state, the Rails-to-Trails Conservancy Michigan Field Office Advisory Board has made the decision to begin a new journey. This decision was based on the realignment of Rails-to-Trails Conservancy, resulting in the closure of our field office in Michigan. Together with our seasoned field office staff, a 501© (3) organization, Michigan Trails and Greenways Alliance (MTGA) has been formed. We will continue on the path with Rails-to-Trails Conservancy national and regional offices as a partner and widen our focus to include trails and greenway development unrelated to rail corridors. Our new organization will be a beacon for trail development strictly within our state.

MTGA will provide such services as:

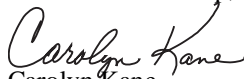
- Technical Assistance on multi-use trail projects of all types
- Advocacy for trail-friendly state and local policy to facilitate trail-building
- Education of the public and private sectors about Michigan's trails
- Operation of the Michigander Bicycle Tour (always a great event – now all our dollars will stay in Michigan)
- Instigation of new research and development to make Michigan's trailway system stronger and more user- friendly


This is truly an exciting opportunity for all of us to work in partnership to create close to home trail and recreation opportunities for Michigan. We would like to take this opportunity to invite you to become a partner with us on this journey. For your convenience, we have included a membership application.

On behalf of the Board of Directors of Michigan Trails & Greenways Alliance and staff, we look forward to hearing from you and together traveling a new path for trails in Michigan.

**Never take the same path thru life...instead take a new course and leave a trail!!**

Yours in Partnership,

  
Carolyn Kane  
President

  
Nancy Krupiarz  
Executive Director



## JOIN US! Membership Information

Type	Benefits
<b>Individual</b> Annual - \$15 3 Years - \$35	Directory; Newsletter; Voting Rights
<b>Family</b> Annual - \$20 3 Years - \$45	Directory; Newsletter; Voting Rights
<b>Organization</b> Annual - \$50 3 Year - \$125	Directory; Newsletter; Voting Rights
<b>Corporate</b>	
<b>Bronze</b> Annual \$100	Directory; Newsletter; Voting Rights
<b>Silver</b> Annual \$500	Same as Bronze, Plus Published as a Silver Contributor
<b>Gold</b> Annual \$1000	Same as Bronze, Plus Published as a Gold Contributor, Plus Link to Corporate Website from MTGA Website

**Membership Type** (please check one)

Individual     Annual    3 Year  
 Family         Annual    3 Year  
 Organization  Annual    3 Year  
 Corporate    Bronze    Silver    Gold

**Total Enclosed (U.S. Dollars) \$** \_\_\_\_\_

Check/Money Order   Check # \_\_\_\_\_

*Made Payable to MTGA*

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**Name on Card:**

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**Signature:**

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**Billing Address:**

\_\_\_\_\_

**City:** \_\_\_\_\_      **State:** \_\_\_\_\_      **Zip:** \_\_\_\_\_

**Daytime Phone:** \_\_\_\_\_      **Evening Phone:** \_\_\_\_\_

\_\_\_\_\_

**Email:**

\_\_\_\_\_

Mail to:

Michigan Trails & Greenways Alliance

416 S. Cedar • Suite B

Lansing, MI 48912

Fax: 517-485-9181

Phone: 517-485-6022

www.michigantrails.org

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## DRESSING FOR COOL WEATHER RIDING



For those bicyclists so inclined, it should be “no sweat” to ride comfortably in cool or cold weather. The idea is to wear just the right combination of clothing that will both keep you warm and avoid excessive perspiration. “If part of the body feels cool, cover it.”

Cool conditions for some cyclists start with temperatures in the lower 60’s. Significant gains in riding comfort come from somewhat small changes in clothing that protect exposed skin from the effects of wind chill.

**Dress in layers** – Wool or modern, synthetic materials like polypropylene, which wick moisture away from the body and retain their insulating properties when damp are good choices. Thin, multiple layers of these materials are better than one heavy layer, because more spaces of insulating air are trapped. When you get too warm, you can remove one of the thin layers to regulate excess heat and perspiration. Avoid cotton clothing. Cotton absorbs and holds moisture, which may cause a chill.

**Develop a personalized wind chill chart** – for specific conditions. For each 5-degree range of wind chill, record the clothing combination you found comfortable. Over time you can fine tune the chart or modify it to include new clothing purchases or accommodate newer, advanced materials.

**Dress for the riding conditions that will exist after a warm-up period.** It takes a cyclist a few miles to warm up to operating temperature.

**Dress for success** don’t be afraid to use nontraditional biking clothes. If it is already in your closet, it’s comfortable and accomplishes the goal of keeping you warm – use it!

**Legs:** Leg warmers, tights or Polypropylene long underwear are some ideas.

**Hands:** Gloves worn inside your bike gloves can keep your hands warm. Various types of neoprene gloves are available for very cold weather. Windbreaker style mittens are also available for chill control without bulk.

**Arms:** Arm warmers or long-sleeved jersey, long sleeve T-shirt or turtleneck under a jersey will help cut the chill. A nylon windbreaker with a zipper to control ventilation or a winter cycling jacket with wind-proof front and breathable back fabrics for very cold temperatures are also ideal.

**Face and ears:** Balaclavas, head or ear bands, or a wool hat should do the trick.

**Feet:** Wool socks, Gore-Tex socks, or neoprene booties work well depending on the temperature (some folks put sandwich baggies over their toes, between their socks and shoes, as a wind breaker.)

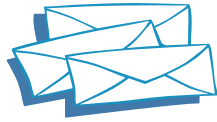
**Eyes:** Close-fitting glasses or ski goggles help protect the eyes from the wind and cold, so be sure to wear them.

**Lungs:** Very cold air can make breathing difficult. Cover your mouth with a balaclava or scarf or wear a breathing mask if the temperature is below 30 degrees.

The key to staying warm is to have just enough space of dry, dead air around the body to insulate it. If the size of your shoes, gloves and helmet remain constant, adding layers can inhibit air circulation and blood flow – two essential elements of staying warm. Hands and feet don’t have muscles to generate heat and have to depend on warm blood circulating through them to maintain warmth. In order to comfortably accommodate additional layers the size of shoes and gloves may need to be increased one or two sizes and the pads in your helmet may need to be smaller.

We hope you warm-up to the idea of cool weather riding with the ideas presented here!

*This article was written by John Donoughe, and provided by the League of American Bicyclists (L.A.B.), in an old version of an Effective Cycling Notebook. For more information about L.A.B., or Effective Cycling, visit their web site at [www.bikeleague.org](http://www.bikeleague.org).*



## FROM THE TCBA MAIL BAG



The MSU Bike Project is wrapping up its 3rd year of operation serving the bicyclists of the MSU campus. We've had roughly 200 requests for bikes this year with approximately 140 bikes getting leased out. Added to the first two years of leases we're approaching 300 bikes leased out on campus. In addition to the leases the Project volunteers decided last winter to offer our bike repair workshops every Tuesday evening (5:30 till 7:30 pm) instead of monthly. While we haven't kept accurate statistics of repairs performed it's safe to say that we've repaired hundreds of bikes this year as well. Repairs are offered on a suggested donation basis so that students tight on cash can still get their bikes back on the road, while some contribute more to help keep the Project operational. Many Tuesdays this fall we were surprised to find a long line of students at our door with some starting to line up an hour before we opened! All four of our work stands and volunteers are normally completely occupied with either leasing or repairs for the two-hour sessions.

The 2nd Annual MSU Farm Daze bike tour that the Project hosts had much better weather and participation this year. Being our main fund-raiser, the increased numbers of riders has helped fill in the needed funds for our operations this year. The MSU Cycling Club, our young, vibrant partners, were delighted with brisk sales of their MSU Cycling Club branded merchandise (which can also be purchased from their web site anytime of the year:

[www.msucycling.org](http://www.msucycling.org).

There have been many improvements and upgrades to our workshop thanks to our industrious volunteers who like to design and build things that require power tools. In order to maximize our space bike hanging racks to hold approximately 30 bikes were built along one wall, and on the other side a huge wheel and tire-hanging rack was constructed to help volunteers find what they need easier. A parts-washer was recently added and a 2nd high-capacity air compressor (thanks to the increased need of the building's HVAC system).

Private donation of bicycles and related accessories has continued to increase both from the community at large and from inside campus. This past May with the help of residence hall managers we launched our first campus-wide donation campaign to encourage graduating students to donate their bikes directly to the Project instead of leaving them on the racks to be impounded. Orange snow-fenced areas were setup in 6 locations around campus and a total of 75 bikes were collected during move-out week. Another new source of bikes was developed with the

residence halls; they donated all bikes left behind in their storage rooms, which gave us another 75 or so in much better condition. We're expecting these inner-campus donation sources to grow over time to the point where we won't have to deal with bikes that have sat in the MSU Police impound lot for 3-6 months after sitting for months on a rack on campus.

Our web site was completely redesigned by a generous volunteer over last winter and has helped folks find stuff on our web site as well as bring our image up considerably. Many new features and services were added to the site this year. A Stolen Bike Registry was created after the Project webmaster realized that the cycling community could fight against rampant bike theft if we all know what to look for. Several bikes have been recovered using the new Registry, which should be automated for self-reporting by the time this is read. A sub-feature of the Stolen Bike Registry is a photo essay of proper bike locking techniques that gives good visual advice to novice cyclists on avoiding theft and impoundment by MSU Police. A History of Cycling at MSU section was created to honor the rich roots of cycling around campus dating back to the formation of the first cycling club in 1894. Many new bicycling-theme screensaver/ wallpapers were added to the Photo Gallery section.

Going forward plans are underway to start monthly bike mechanic training workshops since it became apparent that Tuesday evenings were way too busy to do any training of new volunteers. A schedule for these workshops will be announced on our web site and sent to our listserv via email. A short-term lease service featuring a fleet of nicer bikes is also being considered especially for the many MSU related visitors during the summer months that have few transportation options.

Folks interested in donating older bikes, parts or tools, or volunteering should visit our web site ([www.bikes.msu.edu](http://www.bikes.msu.edu)) and consider subscribing to our listserv (lower left column on our home page). The current bottleneck is in the repairs of our green lease bikes; most of the 140 bikes leased out this year were fixed/ tuned by just a few volunteers who are getting pretty burned out. We need more volunteers with mechanical skills with some time available to get old bikes back on the road; oftentimes it only takes a basic tune-up, so if you've got the time and some experience fixing/ tuning bikes please consider helping out.

Many thanks,  
Tim Potter



## FROM THE TCBA MAIL BAG

(continued)

### Congratulations Newly Weds!!!



Patricia Wilker & Kevin Mead (met on SummerTour 2002 near East Tawas) were married on August

27, 2005 in Charlotte, MI. Yes. . . that was the weekend just prior to DALMAC. Their honeymoon included a trip to Cedar Point and the 5-day DALMAC. They said: "It was nice to spend our time with so many of our cyclist friends!"



### DALMAC Photos

DALMAC Photos taken by Kirt D Livernois are available for viewing at:

<http://www.dotphoto.com/go.asp?l=kdlservices>. Until the first week of November.

### Central Michigan University

#### Cycling Jersey and Shorts

This a call for CMU cycling alumni interested in something to support their alma mater. A CMU jersey design is complete and has been approved by the university and the club officers. To view a sample visit the following web site: [www.rso.cmich.edu/cycling](http://www.rso.cmich.edu/cycling). Final pricing has not been determined but neither the club nor the university will be profiting. Contact [centralcyclingclub@gmail.com](mailto:centralcyclingclub@gmail.com) to order, or for additional information.

## The Truth About Bicycle Touring

by Ron Truax

I just returned from DALMAC, a fun and well organized tour where I had a wonderful time. And I like sharing my experiences with anyone that will listen. But I don't want to describe the usual, rah, rah, "I put out my hand and touched the face of God," it was a great ride story. There is a more mundane side to any story, like brushing your teeth in the dark or waiting in line with twenty people for a portajohn. So let me start at the beginning.

Was that a tent zipper I just heard? Is it already time to get up? It can't be, it's still dark. What's wrong with these people? Don't they know they have all day to get where they're going? Breakfast isn't till 6:30; the baggage truck won't be unlocked till 7:00. And for crying out loud, it's only 5:00 AM. What's the rush? Can't they relax, sleep in, or at least shut up so someone else can? No matter, it's too late. I'm awake. Maybe not awake awake, but I'm not asleep either. It's the twilight of consciousness when you know there's no going back. People packing up and talking all around me isn't conducive to sleep. And the topic of conversation is always related to the weather forecast. What are you wearing this morning? How cold is it? Are there going to be head winds? Is it going to rain? Forget the forecast. Like an army, we're moving out at first light. I've always wondered why folks spend so much time worrying about things they have no control over. Only worry about that which you may have some control and forget the rest. It makes life much simpler. Besides the forecasts aren't any more accurate here when we're sleeping in tents and riding with the top down then they are at home when we're in our own beds. So it's safe to say that waking up is the worst time of day for me. Not getting up, not packing up, just the abrupt awaking up. But later, my mood lightens as I step over the top tube to take my place on the saddle. As the wheels begin to turn, all is well in the universe. I've learned to accept what is as what is. It's too bad I haven't learned to be more tolerant of the 5:00AM wake up call.

For my part, all the days this year were perfect. Clear skies with cool mornings gave way to warm afternoons where northern breezes protected us from the resent sweltering heat. But when you're traveling north, northern breezes constitute head winds. No, there weren't any tail winds, but there also weren't any intolerable head winds causing us to struggle down the road. And the first two days were flat as usual with the third day finding the roads beginning to undulate beneath us. That's one of the positive points of this ride. It affords you three days to warm up and prepare for the hills of the last two days. Can you say, "The Wall?" It's still there, it's still steep, but it has a new friend. There is a triple climb after Boyne City that just isn't fair. You can see it from some distance, allowing plenty of time to anticipate the pain and suffering that's fast approaching. But Hey! It's DALMAC, and it's why we're here.

Head winds and hills are the two major topics of conversation at dinner each night, like you have any control over the wind, weather, or terrain. But in the end, the reward is Mackinaw City with all it's fudge and ice cream shops, and where you may find yourself wishing the trip was just beginning. Ice cream and a sense of accomplishment have their ways of dissolving away painful memories. And after all the beautiful scenery, all the food consumed, you get to dig through a mountain of baggage one last time. Hopefully, someone is meeting you so you can avoid the ride back home on a bus.

Lastly, even with the early wake up calls and all that's mundane about touring, if you missed it, you missed a great experience. Stretching out in the afternoon sun for a catnap can be considered mundane, thus proving that all which is mundane isn't bad. Think about it. How do you appreciate the exciting times in life if you've never experienced the dull, boring, mundane moments that befalls us all? Now that's the truth about bicycle touring.