

Chainwheel Chatter



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

Volume 33 Number 4

Established 1972

April 2006

NEXT Meeting!!!

April 27, 2006 – 7:00 p.m.

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

Dale Phelps



Dale Phelps from the Village Bike Shop in Jenison, Michigan, will be doing a "fit" presentation followed by a Q&A session. Anyone who wants to improve their comfort and/or performance while riding will benefit from this presentation. Professional fitting is quite expensive, but we have enlisted the services of Dale Phelps to assist us. The off season is a good time to make changes to the fit of your bike.

Web site: <http://villagebikeshop.com/map.cfm?StoreID=1>.

NEXT MONTH!!!

May 25, 2006

Bob Moore, Director of the Ingham County Parks and Recreation Commission. To give an update on the Heart of Michigan Trail proposal.



TCBA Family Picnic

June 25, 2006 – Lake Lansing North

Mark your calendar now, and watch for details next month.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, April 4, 2006 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: May 2, 2006.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, April 8, 2006**. Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, FAX to (517) 339-1758 or email to: chainwheelchatter@biketcba.org.

Ride calendar information should be sent to Ed Usewick, 590 Boutell Dr., Grand Blanc, MI 48439 or emailed to rideschedule@biketcba.org. To be included in the newsletter this information must be received no later than the above-mentioned newsletter deadline.

Cycle Forum

"On the Road Repairs"

(including flat tire, ruptured tire casing, broken spoke, and more - to keep your wheels turning)

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, April 27, 2006**. Bring your experiences and stories to share with the group.

In This Issue

Meetings/Deadlines/Announcements	Front Cover
Executive Board Report.....	2
New Members/Change of Address	2
Classified	3
Member Specials	3
Sunrises & Sunsets.....	3
Ride Calendar	4
Starting Points/Ride Classifications	4
Other Riding Opportunities	5
A New Project	6
WKAR Auction.....	6
Learn to Row Course	6
Easyspoken	7
From the TCBA Mail Bag	8
Other Good Numbers/ Membership Application	Back Cover

Executive Board Report

Submitted by: Charla Scheidler

The TCBA Board of Directors met at the Foster Community Center on March 7, 2006. Board members present included Sue Viele, Ron Claflin, Charla Scheidler, Darryl Burris, Sara Troutman and Steve Schuesler. Also present were club members Pam Bogle, Mary Burris, Cheryl Claflin, Katie Donnelly, Ken Hendrick, Dick Janson, Lenny Provencher, and guests John Waterman and Jeni Pierce.

Discussion Items/Announcements

John Waterman and associate Jeni Pierce presented their proposal for a PEAC program in the Lansing area, funded by TCBA. The Heartwood School in Mason has been selected as a site for a program to begin in April and ending early in June. Sessions will be held twice a week and service approximately 30 students. John was asked to provide a progress report at the end of the program for publication in our Annual Report to the membership. Darryl Burris also recommended that Pat Kelly be contacted to work with John regarding other opportunities for PEAC in the Lansing area.

Darryl Burris reported that the DALMAC 4-day West route filled in one week and the 5-day in 20 days.

Dick Janson distributed CD's, containing the archived issues of the Chainwheel Chatter, to board members present. Members interested in a copy can request one from any board member.

Katie Donnelly outlined plans for the WKAR Auction on April 28.

Action items

Minutes of the February meeting were approved as presented.

Treasurer, Ron Claflin, presented a financial report through March 6, 2006 which was approved as presented.

Steve Schuesler & Sara Troutman reported that club members have asked if extra gloves used for the incentive award can be ordered and offered for sale. It was mentioned that we are not a retail outlet, but it was recommended that a few extras be ordered to make sure we have all the correct sizes to cover the awards and then offer the excess for sale.

Discussion took place regarding a request from Habitat for Humanity to assist them with a bike ride. It was decided that any assistance would be in the way of promotion in the Chainwheel Chatter, or at a club meeting only.

The request from Smart Commute 06 for TCBA's involvement regarding sponsorship was discussed and a donation of \$500 was approved.

Recommendations from the committee set-up to review the Ride Program guidelines were discussed. The matter was tabled for further action at the next 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.

WELCOME NEW MEMBERS



Jeff MacGuinness	Nanette Lantz
Todd Branstner	Jessica Yorko
Shari Schnepf	Marc Karel
Jenifer Osbo	Heather Bunting
Rob Engarido	Justin Peckens
Buz Nolff	Pat Talbot
J Ross Wilkinson	Jeffrey Lounds
Ellen Eschler	Myra Willis
Barb Feldkamp	Greg Martin
James Woodruff	Kathryn Witchell
Mike Wojtaszek & Liz Roe	Darlene Pumford
Mark Davis & Tammy Willis	
Ross & Carol Aldrich & Family	
Heath & Lori Meeder & Family	
Keith & Karen Abraham & Family	
Nancy Shannon & Family	
Eric & Tracey Swift & Family	
Edward Cusack (returning member)	
Linda Efaw & Family (returning members)	

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.**



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, FAX to (517) 339-1758, or mail to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840.

FOURTH RIDER SOUGHT: Three TCBA members from MSU are doing GRABAAWR XXI June 24-July 1 (www.bikewisconsin.org). Transportation to WI provided. Motel accommodations (no camping) throughout. Share motel expenses and camaraderie. For details call 517-676-1002 and ask for Mark.

FOR SALE: Air Friday Travel Bike, 58cm, Steel frame with Ti Beam, Black, Ultegra Group, 105 STI, Rear hub Sachs 3X7, 20" wheels. Suit case for traveling. Used very little. Asking \$1350. Call 517-351-8730 and ask Greg or email gclugz@yahoo.com.

FOR SALE: 1996 Trek road tandem, 54cm captains' size. Very good condition, dark green, newer Mavic 40h ceramic wheels, Shimano STI, SPD pedals, Stokers suspension seat post, computer & rear rack. Asking \$900. Can email pictures. Call Bruce at 248-391-4539 or email bwalter56@comcast.net.

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.bikes.msu.edu/donations/.

YOU'RE INVITED TO RIDE COAST TO COAST "21ST CENTURY PAUL REVERE RIDE 2006"

We need 12 long distance touring cyclists from May 22, 2006 to September 16, 2006 for Northern route, Central Route, Southern route coast to coast. We will pay for your meals and transport to origin and from destination. RVs for showers provided.

You will be riding for a great cause! You will be covered by TV stations and hundreds of newspapers. We need your passion for America. You'll be celebrated by millions!

Ride with the author of "Bicycling Around the World" and six continent touring rider, Frosty Wooldridge. Please contact at: www.frostywooldridge.com or frostyw@juno.com in Louisville, Colorado

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.

Visit our web site: www.mikesfirehousegrill.com, for directions, menus, and the history of our unique and exciting atmosphere.

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

Personal Training

Benefit from bicycling-oriented fitness training with Audrey Morris, Certified Personal Trainer. Focus is on a progressive training program that strengthens the core and other muscles key to biking, as well as flexibility and aerobic elements. Certified by NASM, one of the top certifying organizations. Gift certificates available. Call Audrey at (517) 712-4678.

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.

SUNRISES & SUNSETS FOR APRIL, 2006

Date	Rise	Set	Date	Rise	Set
1	6:21	7:04	16	6:55	8:21
2*	7:19	8:05	17	6:54	8:23
3	7:17	8:07	18	6:52	8:24
4	7:15	8:08	19	6:51	8:25
5	7:14	8:09	20	6:49	8:26
6	7:12	8:10	21	6:47	8:27
7	7:10	8:11	22	6:46	8:28
8	7:09	8:12	23	6:44	8:29
9	7:07	8:13	24	6:43	8:31
10	7:05	8:15	25	6:41	8:32
11	7:04	8:16	26	6:40	8:33
12	7:02	8:17	27	6:38	8:34
13	7:00	8:18	28	6:37	8:35
14	6:59	8:19	29	6:36	8:36
15	6:57	8:20	30	6:34	8:37

* Daylight Savings Time begins at 2 a.m.

April 2006 Ride Calendar

Recurring Rides

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Sundays	11:00 AM	25-35	B	Holt Junior High School	Roads must be dry with air temperature above 40	James Blais 517-944-1297
Mondays	5:30 PM	15-20	B	Dewitt Middle School south lot	No ride if wet or below 50 degrees	Deb or Steve Haman 517-669-1978
Tuesdays	10:30 AM	20-35	C	Kipp Road Commuter lot off US 127 South of Mason	No ride if rain or wind greater than 20 MPH or Temperature less than 30 degrees. Miles to be on the low end of stated range	Janice Koller 517-669-5744
	6:00 PM	15-25	C	Oneida Gospel Church		Mark Kappler 517-627-1709
Wednesdays	5:30 PM	15-20	B	Dewitt Middle School south lot	Only on the 19 th and 26 th ; No ride if wet or below 50	Deb or Steve Haman 517-669-1978

Wednesday Night Ride - MSU Pavilion

6:00pm 1/2 mi. south of the Y-Lot

Ride Leaders	4/5	4/12	4/19	4/26
Katie Donnelly 517-349-5564	No Ride	B; 20-30 mi.	B; 20-30 mi.	B; 20-30 mi.

Thursdays	5:30 PM	15-20	B	Dewitt Middle School south lot	Only the 6 th and 13 th ; No ride if wet or below 50	Deb or Steve Haman 517-669-1978
	6:00 PM	15-25	C	Oneida Gospel Church	No ride 4/27: See you at the club meeting!	Mark Kappler 517-627-1709
Fridays	10:30 AM	20-35	C	Dewitt Township Hall	No ride if rain, wind greater than 20, or temp under 30 degrees	Janice Koller 517-669-5744
Saturdays	8:30 AM	10-50	C	Sawdon School	No ride if temps are below 15 degrees	Dale Stairs 517-627 4211

Ride Starting Point Descriptions

Dewitt Junior High Sch. South lot..... Dewitt
Dewitt Township hall. 1401 W Herbison Rd. 1/2 mi. west of Old 27
Holt Junior High (Former Holt High School)
 Aurelius Rd, 1/2 mi south of Holt Rd, Holt
Kipp Road Commuter Lot off US127 south of Mason
Oneida Gospel Church
 Corner of Oneida and Strange Hwy, Gd Ledge
Sawdon School Lamson Rd., Grand Ledge

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

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.

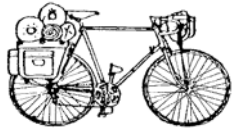
FOR MORE RIDES CALL:

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: donnel13@msu.edu



13th 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 26th at 9:00 AM

Saturday May 27th at 9:00 AM

Return:

Sunday May 28th at 8:30 AM

Ride distance: 50 miles one way, 100 miles total

Ride Class: Z

Ride information and **Baggage Reservation:**

Contact Kris Stairs 517-627-4211 or e-mail stairsdk@hotmail.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 at 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.

Kris Stairs

OTHER NON-TCBA RIDING OPPORTUNITIES

May 13, 2006

Michigan Recumbent Rally

East Willow Metropark pool shelter, SW Detroit area

Ride 9am-3pm. Additional information available at: www.wolverbents.org, wolverbob@cs.com or call 734-487-9058.

May 21, 2006

6th Annual Bike Ride for Lupus

**Stony Creek Metropark Eastwood Beach Shelter
Shelby Twp., MI**

Routes: 6.5, 31, 62 miles and a 17.5 mile mountain bike trail ride. Entry Fee: \$25 before May 15; \$30 after May 15 includes refreshments, lunch ride T-Shirt and Water Bottle. Day of ride registration available. Registration begins at 7:00 a.m., lunch available at conclusion of ride. Additional information and on line registration is available at: <http://www.milupus.org/dynamic/Bike%20Ride%20Event%202006.htm> or by calling 800-705-6677. Helmets are required.

June 10-11, 2006

Michigan Human Powered Vehicle Rally

Waterford, northern Detroit area

Additional information available at: www.lmb.org/mhpva, email: WKiehler@Comcast.Net, or by calling 313-884-0109.

June 17 & 18, 2006

Annual Life Ride

Lansing, MI

Ride to benefit the Lansing Area AIDS Network. \$50 entry fee for two days, \$25 for one day, or \$500 in pledges. For additional information call 517-394-3719 or visit www.laanonline.org.

June 24, 2006

Michigan Recumbent Rally Central

Holt, MI

Ride time: 10am-3pm, Additional information available at: www.wolverbents.org, wolverbob@cs.com or by calling 517-694-6702.

August 27, 2006

2nd Annual Charity Bicycle Ride for Sight

Warrendale Picnic Area – Dearborn Heights, MI

Routes: 62 and 32 miles. Entry Fee: \$20 includes T-Shirt for those registered prior to Aug. 1 & Picnic. Ride begins at 8:00 a.m., picnic at 12:30 p.m. Day of ride registration also available. For additional information contact: DHL/CBRFS, 35637 Cherry Hill Rd., Westland, MI 48186 or call 734-729-2240.

HAPPY EASTER!!



A New Project By Ron Truax

I know spring is here and I should be concentrating on getting out to ride but I just acquired a new project. I was given an old bicycle to have and to hold from this day forward. It's truly a thing of beauty and was love at first sight. But time has taken its toll, so I've vowed to do everything I can to bring it back from the brink. It would have been the perfect winter project

It all started with a chance meeting with Bob Couture. Bob and I have been friends for years. He got me started in bicycling. He not only sold me my first bike but, was very instrumental in making a rider out of **me**. Well, he had another bike for me. This time not looking to make a sale but merely to place a vintage French touring bike into good hands, for safekeeping.

An elderly man had come into the shop where Bob works, pushing this old bike. The man's name was Don. Don wasn't bringing the bike in for it's annual tune up. It was time to say goodbye to an old friend, his 1959 Rochet, "Custom Tourist" Homme. In his words, he had become too old and frail to safely ride it. So, he was looking for a good home for his long time companion. He didn't have the heart to just cast it to the curb. To make a long story short, Bob told him he knew just whom to call, and he called me.

I've never thought of what I like doing with old bikes as restoration as much as just detailing them out, bringing them back to life. But it's more than an overhaul. Each one has it's own story to tell that unfolds as I remove every nut, bolt, and screw. Like a detective, I'm slow and methodical as I listen to the details of it's life. I've come to realize that I project human traits onto these rolling collections of parts and pieces. I seldom consider the owner as important as the bike; it's the bike that needs help. These are times I'm reminded of Geppetto carving Pinocchio from a single piece of magical wood. So I'm attempting to perform the MAGIC, and have called upon the bike gods to guide my hands. This little traveler has come a long way and deserves the best I can do.

I've even attempted to contact Don, the original owner, to let him know that his little French beauty has landed in its new home. And, that when I've completed this project, I'd like to take the time to bring Don and his bike back together for a reunion. And in my head, I've already started a list of questions to ask. I only hope that Don is open to spending some time together, talking about their travels, him and his Rochet.

But this is a wait and see, type of project, and only time will tell how it turns out. So, when it's finished, you're welcome to see the results. Hopefully, my Pinocchio will spring to life and live happily ever after.



Auction

It's almost time for the 29th annual WKAR-TV auction. Each year, the auction offers local businesses and groups an opportunity to get together and have a good time and to provide some exposure for their organizations.

Once again, I'm again recruiting members to work as phone bank volunteers. We're scheduled for the second shift (8:30 p.m. - midnight) on Friday night, April 28. If you've done this before, you know the exciting atmosphere that surrounds the auction. If you haven't, here's a great opportunity to have some fun with other members, perform a great community service, and give TCBA some exposure.

Your TCBA jersey will really show up well on TV! No helmets, please.

April showers bring May flowers; who knows what an April Lightning Round will bring! To participate, you must be at least 18 years old and able to hear under occasionally noisy conditions, write legibly, read information on distant boards, and commit to showing up on time. You will be trained, and voluntarism has its rewards. Sound like fun? Call me 517-349-5564 or send me an email donnell13@msu.edu, and I'll sign you up and fill you in on the details.

Katie Donnelly

Learn To Row Course

I thought some of you might want to know that the Lansing Oar and Paddle Club will be offering a learn-to-row course this summer. Some rowers use cycling as cross training, and some cyclists use rowing as cross training. Both sports mainly use the legs, but with rowing you get a nice upper body workout and some extra core strength that you don't get just with cycling. Many years ago when I was a faculty advisor to the MSU cycling club, I noticed that if we got a speedskater, rower, or fencer that we had somebody who was already a strong cyclist, and it didn't take much for someone with that background to develop into a competitive racer.

The learn-to-row course teaches the basics of sweep rowing (team rowing, usually in a four or eight person boat) and also sculling, most often done in a single shell or a double.

The course runs for two months. It is great fun and I highly recommend it.

Go here for more information about the course. http://www.math.msu.edu/~drachman/learn_to_row_2006.html

Byron Drachman



EASYSPOKEN Fair Weather Rider?

I have paraphrased portions of an interesting article I found to help you predict the weather without relying on electricity or newsprint. To see the entire piece, "How to FORECAST WEATHER by Nature", by Darryl Patton, go to <http://wwmag.net/forecast.htm>

If the bright part of the moon is but a sliver, but you can easily see the dark part, the next day or two will be fair. That is because a high pressure system means good weather, and clear, stable, and dry air precede it.

On the other hand, if there is a ring around the moon, look for rain or snow. The ring is made of cirrus and cirrostratus clouds. These clouds are very high, and precede low pressure systems that bring moisture. How long until it rains? Count the stars in the ring - each bright star is a day and each faint star is a half day.

A red moon also means rain is on the way. The red color is dust being pushed along ahead of a low pressure front.

If the sun itself is red at dusk or dawn, the weather will be dry. That is different than what a red sky tells you.

"Evening red and morning gray,
sends the traveler on his way.
Evening gray and morning red,
brings the rain down on his head.

That's the new version. The older version is in the Bible in Matthew 16:2-3.

The red sky at night is created when the sun shines through the dust particles being pushed ahead of a high pressure system being in dry air. A red sky in the morning is still shining through the dust, but it is being pushed out by a low pressure system bringing moisture.

If you are riding through a swampy area, and it smells worse than normal, expect rain. The pressure is dropping

and methane gas, trapped on the bottom, is released in greater quantities.

If normal sounds, like birds and train whistles, are louder, expect rain. This is because sound waves are bent back to the earth and their range is extended.

When you see a bright, clear moon, rain is on the way. The air ahead of a low pressure clears of dust particles, making the moon be more sharply focused.

Why do our joints ache just before a storm? The lower pressure allows the gas (not gasoline) in our bodies to expand, and that can be painful.

Birds fly low just before rain comes, because that is where the air is thicker, and that gives their wings greater lift.

If you see dandelions, clover, or tulips with their petals folded, it's going to rain.

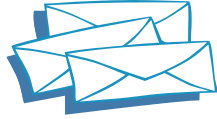
So now you can decide whether to take raingear, or not to ride, without a remote in your hand.

In February, I described my efforts to develop a map for bicyclists covering a large area of mid-Michigan. I can tell you it will include over 2500 miles of roads, a significant portion of which have very nice surfaces. Since the map would not be available for another year, I offered to help you with routing information if you might want to ride in this area. Unfortunately, my eMail address and phone were not included with the article, so here it is.

Dick Janson
Just Me and Sarah Dipitee
dickj@tds.net (517) 675-734

Spring





FROM THE TCBA MAIL BAG

Recumbent Rallies Return

See what all those recumbent bicycle riders are smiling about by taking some test rides at one of the Michigan recumbent rallies this year. On May 13th the Michigan Recumbent Rally East will be held in the southwest Detroit area, followed by the Michigan Recumbent Rally Central near Lansing on June 24th. In September there will be the Michigan Recumbent Rally West at Kalamazoo on the 9th.

For those not familiar with the recumbents, with their chair-like seat, riders find that seat, wrist, neck and back pain are virtually non-existent. In addition, performance based recumbents hold almost all bicycle speed records, due to the rider sitting in a more aerodynamic position.

The Recumbent Rallies are free, one-day, no registration events that include recumbent dealers, displays, test-rides and used bicycles for sale. "Buying your first recumbent" talks are given, as well as group rides. For more information, visit the Wolver-Bents Recumbent Cyclists website at www.wolverbents.org, e-mail wolverbob@cs.com, or call 734-487-9058.

For those interested in a more competitive event, the Michigan Human Powered Vehicle Association (MHVPVA) will be holding it's annual Rally on June 10th and 11th at Waterford, Michigan (northern Detroit suburbs). For more information on the MHPVA event, visit www.mhpva.org or contact Wally Kiehler at 313-884-0109 or WKiehler@Comcast.Net.

Friends of Mid-Michigan Trails Group Kick-Off Event, Friday, April 21, 7:30 pm.

Hawk Island Park: meet at back pavilion. This event will feature a short presentation on the Heart of Michigan Trails Summit plans, which are the outcome of the 11/20/04 Heart of Michigan Trails Summit Conference, and discussion of the formation of a "Friends of Mid-Michigan Trails" Group, to help advocate for the development of the proposed trails. Volunteers are needed to help "light the trails" with tea candles, and trail walks will begin at dusk. The event will also feature music, cider, and Great Harvest bread. More info, contact Karen Smith at 517-214-3691 or Karen_smith262@hotmail.com.

Smart Commute '06 Open House

April 25, 2006, 11:30 am - 1:00 pm, Constitution Hall 525 W. Allegan, Downtown Lansing. Come learn more about how to get started on Smart Commuting. RSVP appreciated, to get you "on the list" for the security desk. Please register at www.midmeac.org/smartcommute or contact Jessica at 517-214-5684 or yorko446@cs.com.

Fall Hazard Prompts Performance Inc. to Recall Bicycle Resistance Trainers for Repair

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of Product: 2006 Performance Travel Trac Trainers

Units: About 10,200

Importer: Performance Inc., of Chapel Hill, N.C.

Hazard: The base of the trainer has a blocking mechanism that can break causing the bicycle to disengage from the stand, posing a fall hazard.

Incidents/Injuries: Performance has received two reports of the bike trainers breaking, though no injuries have been reported.

Description: Trainers are folding stands that lift and apply resistance to the rear wheel of a standard bike which converts it to a stationary trainer. The CenturyV trainers are gloss black with red and white decals running vertically along the rear face of the rear support legs. The left leg has an additional vertical red "Travel Trac CenturyV" decal. The Travel Trac Mag Force+ has gray front legs and red rear legs. The right rear leg has a large vertical decal on its rear face with "Mag Force" in large yellow letters and "Travel Trac" in small white letters. The recalled models' UPC and item numbers are printed on the packaging. The item number is also printed on the bottom of the last page of the owner's manual. The following are the recalled models:

Model	Item #	UPC
Travel Trac CenturyV Fluid	40-2317	400012288654
Travel Trac CenturyV Fluid+	40-2318	400012289804
Travel Trac CenturyV Mag+	40-2319	400012289989
Travel Trac Mag Force+	40-2323	400012290206

Sold at: Performance stores nationwide, as well as Performance's Web site and catalogs, from August 2005 through February 2006 for about \$300.

Manufactured in: Italy

Remedy: Consumers should immediately stop using these bicycles trainers and contact Performance to obtain a free repair kit.

Consumer Contact: For additional information, contact Performance at (800) 553- 8324 between 9 a.m. and 8 p.m. ET Monday through Friday, or visit the company's Web site at www.performanceinc.com.

To see this recall on CPSC's web site, including a picture of the recalled product, please go to: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml06/06107.html>.

FROM THE TCBA MAIL BAG

(continued)

Inspirational Encounter in Belize

Jerry and Judy Specht

(submitted by Howard Baldwin)

We all have encountered people who inspire us and thought you might enjoy this recent experience of ours. Judy and I were on a recent bike tour in Mexico and Belize. Occasionally we may get a little bored, hungry and the "why are we biking here?" thoughts start to enter our heads. These "why" thoughts always, without fail, prove to be the prelude to something intriguing and interesting to happen in the next 1/2 hour or few miles. Without fail....you can almost bet on it and we talk about this.

We had crossed the Mexico/Belize boarder 4 days earlier and were undecided whether we should bike directly into Belize City or take a boring alternate route that would put us in position to head west towards Guatemala the next day. We needed some excitement. We kept hearing bad reports about biking into Belize City [BC]. We heard those reports even before we left on the trip and kept hearing it as we asked the locals the prior couple days. The general report was "don't bike into BC"it is dangerous due to the traffic and the "drug heads"....but we were still undecided....it would be exciting...and being mid day, it would be safe, so we [I] thought. We were on the approach to BC, hungry and already had 50 miles in for the day. Twelve more miles would put us in downtown BC or we could take the boring "bypass" where we would look for a hotel. When we came to decision time [literally the "fork in the road"] we were still unsure which route to take. We then asked a guard who was tending a gate at a gated commercial area [a sign!]. His reply to our question ..."Is it safe to bike into BC?" was that he would consider it suicidal to do such! That made our decision very easy.....a decision which would lead to the inspiration for this article. We thanked the guard and took the safe route leading to the village of Burrell Boom in 7 or so miles.

It was about noon as we entered Burrell Boom. Judy piped up with "There's a recumbent!!" as we were in search of our hotel. It stood out like I probably do on the dance floor. This was something we have never seen on our tours in Central America. We had to stop. It was a shiny bright yellow recumbent trike. Then we saw that it was hand powered! The VERY inspirational driver/owner/designer and builder was Jerome Flores. Three years ago, Jerome had fallen 35 feet when he was working on a power pole, breaking his back and loosing the use of his legs! His more detailed story made our aches go away.

Meeting and talking to Jerome was like a "WOW!! I can't believe this!" It was like someone had turned a light bulb on! Our inspiration. Jerome said he needed something to exercise his mind and then to exercise his body. So he first

designed his bike and then built it [after an earlier prototype]. Some of the bike frame tubing was made from car exhaust pipe material [no, it was not a light bike!!]. The joint welds were filled with body putty and they looked perfect! The rear wheels were from a wheel chair. The extra seat on the back was so he could take his little sister for a ride. The paint job was spotless. It had a double chain ring and 5 speed cassette. Jerome was justifiably proud of his accomplishment! Crossing paths with Jerome and that bike, was like finding a gem in the rough.....very rough to be honest. We went on to our hotel [almost across the street] and then later walked to Jerome's home where he lives with his mother and talked some more with him and took more photos. Truly a great man and a very positive thinker! He inspired us. It sure beat taking the "suicidal route"!

Ironically, that evening we received an email from my sister saying that my dad was very ill [he's better now] and asking us to come home. We were very fortunate to have made it to Burrell Boom and have had the chance encounter with Jerome. He will never be forgotten. I hope you all remember Jerome when your butt hurts a little or you have a few aches and pains on your next bike trip! We won't forget him.

Jerome, you're our hero! Although we had to unexpectedly go home the next morning after meeting you, we will return someday soon and stop by your house when we do. Until then, "keep cranking" and hopefully you will get more "tingling" in those legs. The best to you...thanks for the inspiration!

