

Chainwheel Chatter



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

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January 2006

NEXT Meeting!!!

January 26, 2006 – 7:00 p.m.

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

**Rich Moeller, Executive Director
League of Michigan Bicyclists**

The League of Michigan Bicyclists (LMB) is pleased to announce the selection of Rich Moeller of Pulaski, PA, as LMB's Executive Director. Rich comes to LMB from a 36-year career as a YMCA administrator and as a tireless and effective promoter of bicycling. Over the past 27 years he has spearheaded the creation of dozens of bicycle organizations, programs and events.



The first planning committee meeting for DALMAC 2006 will be held in early February. Watch your next Chainwheel Chatter for an announcement of the date, time and location. In the meantime, if you are interested in being involved on the committee in 2006 you can let Darryl Burris know at the January TCBA club meeting, or send an email to eventsdirector@biketcba.org.



**Happy
New Year!**

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, January 3, 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: February 7, 2006.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, January 14, 2006**. Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, email to: chainwheelchatter@biketcba.org or FAX to (517) 339-1758.

Ride calendar information should be sent to Ed Usewick, 590 Boutell Dr., Grand Blanc, and 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

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, January 26, 2006**. 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 December 6, 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, Cheryl Claflin, Katie Donnelly, Joane Gruizenga, Dick Janson, Lenny Provencher and Sara Troutman.

Discussion Items/Announcements

Sue Viele reported that she had received 200+ reservations for the Christmas/Holiday dinner.

Darryl Burris presented an overview of the NBTDA Conference held in Florida. The conference was attended by Al Simons, Darryl and Mary Burris.

A SummerTour mission statement was presented by Lee Adair. A copy will remain on file with the minutes from this meeting.

Joane Gruizenga presented a verbal mission statement for Women on Wheels.

Dick Janson reported that he has already explored several miles for the extended mapping project and is making good progress. A sampling was provided and reviewed.

Action items

Minutes of the November meeting were approved as presented.

Treasurer, Ron Claflin, presented a financial report through December 6, 2005. The report was approved. Ron also gave an overview of the IRS guidelines for non-profit status. It appears that TCBA has no current problems and continues to remain within the guidelines.

Dick Janson submitted a proposal to contract a professional document scanning company to convert all old issues of the Chainwheel Chatter to an electronic format. The file would be stored in .pdf format on CD or DVD. Doing so would provide a backup copy for the paper copies currently held by the newsletter editor, and could also be made available to members wishing to view them as well as loaded on the web site. Dick also volunteered to set-up a search index to go along with the file making it easy to search for a particular topic or article. A budget of \$1,200 was approved for the project.

A new member letter and questionnaire, which was developed by Katie Donnelly, was reviewed and approved for use.

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.



Congratulations To Our 2005 TCBA Volunteers Volunteer of the Year

The 2005 Volunteer of the Year award was presented to Ron Claflin at the TCBA Christmas/Holiday dinner on December 8th.

Ron has been a TCBA member for 16 years and served on the board for the past 4 terms as Treasurer. For 16 years he has provided a very welcome and familiar face as a DALMAC 5-day SAG driver, but is also no stranger to riders on the Women on Wheels ride where he worked a rest stop for several years. A DALMAC committee member for the past 16 years, with his main responsibility to secure the Baggage Trucks, he also served as DALMAC treasurer for 4 years.

Thank you Ron for your dedication, the numerous hours that you have contributed to our club's activities and for always being willing to lend a helping hand.

Ride Leader of the Year

The 2005 Ride Leader of the Year award was presented to Edie Belcher at the TCBA Christmas/Holiday dinner on December 8th.

Leading more rides each year than any TCBA member Edie is a very deserving recipient of this award.

WELCOME NEW MEMBERS



Gary Shubitowski
Phil Keller
Tracy Smith
Tom Tighe
Todd Twichel

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

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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.

FOR SALE: Specialized Epic carbon fiber frame. 60 cm center to center. 57.5 cm top tube. Aluminum fork. Comes with Stronglight headset. Excellent condition. \$175. Contact Bob at (517) 676-1690.

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.bikes.msu.edu/donations/

MEMBER SPECIALS



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

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

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

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

SEW MUCH MORE

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

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

PERSONAL TRAINING

Benefit from bicycling-oriented fitness training with Audrey Morris, Certified Personal Trainer. Focus is on a progressive training program done in my home studio or at your home. Certified by NASM, one of the top certifying organizations. Gift certificates available. Call Audrey at (517) 712-4678.

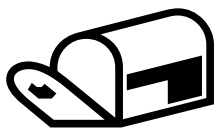
TCBA Club Jerseys and Socks

Show your colors! We have a supply of short sleeve Louis Garneau jerseys with "loose fit" sizing (meaning that you should generally order one size smaller than your regular bike clothing). We also have some "snugger fitting" sizes available if you want a more tailored look. They are the traditional yellow and red brick pattern and are priced at \$45 each. To view the design, visit the TCBA web site www.biketcba.org. At this time sizes are limited (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.

In addition we have a small inventory of TCBA Socks that sell for \$5 per pair.

BIKE CASES FOR MEMBER USE

TCBA has purchased two hard-shell bike cases for member use. The most common use of such a case is when a cyclist is traveling by air and wants to have their bike to ride at their destination. Phil Wells is storing the cases and handling reservations. The cases include instructions for packing the bike; Phil will be glad to give his advice as well. Contact Phil in Lansing at (517) 267-8971 or philwells99@yahoo.com.



**Watch your mail in February for Applications for:
DALMAC, T-Shirt Ride, Women on Wheels Ride and SummerTour**

The Ride of Silence



Hello Tri-County Bicycle Assoc. members. My name is Mark Hagar and I'm a member of the Rapid Wheelmen Bike Club in Grand Rapids and Michigan Representative for the *Ride of Silence*. I would personally like to thank TCBA member Lenny Provencher for agreeing to be the coordinator for the Lansing *Ride of Silence* that will take place on May 17th, 2006, from the Haslett Middle School. I'd also like to thank TCBA President Arnie Johnson for addressing the *Ride of Silence* at a club meeting, which encouraged Lenny to volunteer.

The 2006 *Ride of Silence* will roll across Michigan, the U.S. and the world on May 17th, 2006 at 7:00 PM (a few sites will adjust their time). This is NOT a Critical Mass Ride. There are no shirts or items for sale, there's no fee or registration. Each ride is approximately 12 miles long, is ridden at a 12 MPH pace, and is Silent. It's not just a club ride. It's a ride for Moms, Dads, brothers & sisters, family & friends, beginning cyclists to the racers, anyone who wishes to honor a cyclist that has been killed or injured by a motorist while out riding and to let motorist know they MUST

Share the Road with us. Participants are asked to wear a black arm band to honor a cyclist who's been killed, and/or a red arm band to honor a cyclist that has been injured.

As of Dec. 9th, we have 12 confirmed sites in Mich, the most of any state in the U.S. at this point. Locations and supporting clubs are (**new for 2006);

****Ann Arbor**, Ann Arbor Bicycle Touring Society, Washtenaw Bicycling & Walking Coalition, Start location to be determined

****Battle Creek**, Battle Creek Bicycle Club, from parking lot behind Team Active

****Boyer City**, North Country Bicycle Club, start location to be determined

Grand Rapids, Rapid Wheelmen Bike Club, Macatawa Cycling Club of Holland, West Mich. Coast Riders of Muskegon, Jade Cycles of Zeeland, from Riverside Park, Grand Rapids

****Hamburg-Pinckney**, Against the Wind Cycling Club, start location to be determined

****Houghton**, Copper County Cycling Club, start location to be determined

****Jackson**, Cascades Cycling Club, start location to be determined

****Lansing**, Tri-County Bicycle Assoc., from Haslett Middle School

Livonia-Westland-Dearborn, Multiple Detroit area clubs, from Nankin Mills Pavilion, Hines Drive

Midland-Bay City-Saginaw, Tri-City Cyclists, Bay City this year, start location to be determined

****Mount Pleasant**, CMU Cycling Club, start location to be determined

Traverse City, Cherry Capitol Cycling Club, from Horizon Book Store

TENTATIVE:

Grattan, at Wed. night race series, all Racers riding one slow lap in Silence (as they did last year)

There are still a few clubs considering hosting a ride in their area, and I am still in the process of contacting other locations around the state. For those unfamiliar with the *Ride of Silence*, here is a brief history;

* In 2003 endurance cyclist Larry Schwartz is struck and killed by the mirror of a passing bus while cycling outside of Dallas. His friend Chris Phelan organizes a memorial ride in Dallas on May 18th, titled the *Ride of Silence*, a slow paced silent 12 mile ride to honor his friend. Over 1,000 cyclists attend. Chris thinks he has closure.

* Word spreads about the *Ride*. A grassroots movement takes place...

* In 2004, *Rides of Silences* take place on May 18th in 50 cities in the U.S. and Canada. The Dallas *Ride* has 2,500 cyclists. It's written up in *Bicycling* magazine.

* Chris actively promotes the *Ride*. A board of directors is in place. A copyright is applied for the *Ride of Silence* name.

* In 2005, *Rides of Silences* take place in over 100 U.S. cities, 150 worldwide, in 9 countries, across 4 continents. The Dallas ride again has 2,500 cyclists. The Dallas City Council issues a proclamation that May 18th 2005 is *The Ride of Silence Day*. Grand Rapids holds its 1st *Ride of Silence*. The Dallas board appoints a representative in each of the states / areas.

* *Rides of Silences* will take place on May 17th 2006, worldwide, at 7:00 PM.

The League of Michigan Bicyclists will actively promote the 2006 *Ride* to all affiliated clubs. I have been working with Dave Duffield, LMB Director at Large. Dave attended the Livonia-Dearborn *Ride* last year and submitted the write up about it to Chris and the Dallas Board. Dave will promote the 2006 Michigan rides to all LMB Directors at their Jan. meeting. We have submitted all sites that were confirmed by Oct. 31st to the LMB 2006 *Ride Calendar*. Eight (8) of the above sites were confirmed by that date. For the sites that came on board after the deadline (such as Lansing) I asked that a general statement be included, to the affect of: If your location is not listed, please contact your local bike club or shop for any additional *Rides* that may have been scheduled. To quote Dave: "***I personally think this ride may be the most important one listed on the calendar for obvious reasons.***"

I would ask that all TCBA members consider riding in the Lansing *Ride of Silence*, and give Lenny your full support in promoting and putting this on. Or attend a *Ride* in one of the other locations, and ask your cycling friends to consider attending a *Ride* for 2006.

(continued on next page)

January 2006 Ride Calendar

Recurring Ride

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Saturdays	8:30 AM	10-50	C	Sawdon School	No ride if temps are below 15 degrees and rides will be primarily on dirt roads. Mountain bikes recommended	Dale Stairs 517-627-4211

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

Ride Starting Point Descriptions

Sawdon School Lamson Rd., Grand Ledge



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

The Ride of Silence

(continued from previous page)

I'll be sending regular emails to Lenny and all the other Mich. coordinators in 2006, on updates from Chris and the Dallas Board, and to have an open forum on how to promote the Mich. *Rides*, and share our ideas on what went well in 2005, and what we can do to improve for 2006.

In Grand Rapids for 2006, we sadly have another area cyclist (not a Rapid Wheelmen member) who we will be honoring, Anna Sobie, who was struck and killed this past Sept. Her husband and family were very gracious that we asked them to attend, and will be there to ride with us, in honoring Anna. The Rapid Wheelmen are also donating a set of Share the Road signs to the City of Walker, that Anna's husband approved, that will be stenciled "In Memory of Anna", and will be placed on both side of the road where Anna was struck.

Thank you for allowing me to list this very important event Chainwheel Chatter. I look forward to working with Lenny in promoting the 2006 Ride.

Sincerely,

Mark Hagar
 Membership Chair, Rapid Wheelmen Bike Club of Grand Rapids
membership@rapidwheelmen.com
 Grand Rapids Ride of Silence Coordinator
 Michigan Representative for the Ride of Silence
 Ride of Silence Board Member
www.rideofsilence.org

Cycle North Carolina: Mountains to the Coast

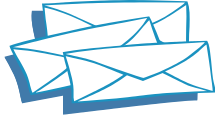
By: Ron Truax

Cycle North Carolina is a week long, fully supported bike tour that takes place every October. The route changes yearly, and this year it began in the mountains, south of Asheville and finished inland from the ocean, in Wilmington. The over night stops were in Forest City, Hickory, Concord, Albemarle, Laurinburg, and Whiteville. There were 1,200 riders in attendance for this 465 mile, seven day journey.

A friend and I got together at the last minute to drive down for this year's edition. It took a day and a half's driving on our part plus a day long bus ride from the finish to the start point. By then we were ready to stretch our legs and start riding. It was Sunday morning. I found out later that this was to have been the most spectacularly scenic day of the tour. We would ride through lush forests with rock outcroppings hundreds of feet overhead. We would ride up the single highest climb of the trip. But till I got partway up the mountain, mostly all I saw was my right index finger. The fog was so thick I couldn't see a full car length ahead. I was constantly wiping the moisture off my glasses with said finger. It was erie pedaling up a mountain, hearing people breathing and bikes creaking before seeing them. Nobody was talking. The air was too precious to waste on words. But we eventually rode up and out of it. Good thing. Once over the top, we ripped down the other side for several miles with the road twisting left and right. Eight new found friends and I used the entire lane during our descent. Traffic wasn't a concern. What little there was barely kept up. Passing cars on a tight, twisting downhill is just too cool. So the nine of us spent the rest of the day chasing each other over hill and dale, all the way to camp. It was great fun, and I knew I was going to pay for it the next day. But hey! Sometimes you just have to live in the moment and let tomorrow take care of itself. I survived. I was a little tired, but it was only 58 miles of "moderate to steep rolling hills," and who can't do that? Day #3 was "moderately rolling hills." And days #4 and #5 were "rolling hills." Then on day #6, the Rider's Manual described the route as becoming flat on through to the finish. Yea, right! What they call flat and what we call flat here at home, are two distinctly different things. Though it was far from flat, there wasn't anything truly demanding. Besides, flat is boring.

According to the weather forecast, it was supposed to have rained the entire week of the tour. There was a tropical storm traveling up the east coast. But the first four days turned out to be sunny and bright except for the fog that first morning. The last three days were wet to say the least. Luckily, it was never cold. It was just cool enough in the mornings that an extra Cool-Max t-shirt under my jersey felt good. Even in the rain, I only wore the extra shirt to keep from getting chilled. There was no staying dry. Just let me say that it rained either hard or harder. I never saw the sun again till I approached Wilmington's city limits at ride's end; riding through water flowing over the road, twice, getting there. At the finish line, the parking lot was half covered in flood waters from the adjacent river and swamp. It was flooded right up to the parked cars, shower trucks, and baggage. Can you spell gator? Yes, they have alligators and warning signs about them. No, I didn't see any, but it wasn't for the lack of looking

All in all, I really enjoyed the ride. It was a chance to see new faces, make new friends, and hear new stories. I enjoyed the hills and the free, three day, full body moisturizing treatment. The scenery was great, the towns were small, and traffic was light. We were well fed and well taken care of by the all volunteer work force. For more information about next year's event, check their web site. (www.cyclenorthcarolina.org)



FROM THE TCBA MAIL BAG

Numb Hands

Submitted by: Eric Puronen

Here is a tip for bicyclists who have a problem with numbness of the hands and who have road bike handlebars that curve downward and use tape instead of handgrips. Remove all the old tape from your handlebars and use a piece of standard rubberized handlebar tape about 8 inches long to tape a section of the handlebars in the position where you're the cup of your hand will grip. The short taped section should be about 3 inches long and there should be at least an inch of bare metal showing at the end of the handle bar where the heel of your hand will rest. After you have done this, tape the whole handle bar with standard rubberized handlebar tape, taping right over the short section that was already taped. The result will be a completely taped handlebar with a noticeable bulge at the point where the cup of your hand will grip. The finished handle bar will be narrower where the heel of your hand rests. When you grip the handlebar, you will feel the bulge in the cup of your hand. It will feel a little like you are holding a tennis ball in your hand. This will cure your problem of numb hands.

Why this works: The reason for you numb hands is that there are two nerves (ulnar and medial) in the heel of your hand and when you grip the handlebar, you pinch those nerves between the metatarsal bones and the handlebar. By taping a bulge into the handlebar, you effectively make a contoured handlebar that spreads out the pressure just as the contoured insoles in running shoes or hiking boots spread out the pressure on your feet.

Falling Water Trail Project Gets \$20,000 Funding Boost

Boosters of a hiking-biking trail that will connect Jackson to Concord learned last week they are getting \$20,000 in the form of two grants.

The Falling Water Trail project is collecting \$10,000 each from the Consumers Energy Foundation and from the Bikes Belong Coalition. The money goes toward a \$2 million goal to turn the abandoned railroad bed into a trail within two years.

The project could receive bigger news next month, when two state agencies are expected to respond to grant requests worth a combined \$1.2 million.

The trail's name, too, has been changed, largely to avoid confusion with other entities that use all or part of its former name, the Falling Waters Trail.

(Reprinted from the Nov. 16, 2005 Jaskcon Citizens Patriot.)

Cyclists Score Important Victory in Kentucky

November 28, 2005

In an important victory for cyclists everywhere, the Kentucky Supreme Court has struck down a decision blaming a cyclist for being on the road when a passing vehicle hit her. In reaching this decision, the Supreme Court specifically noted that a driver's duty when passing a cyclist such as the plaintiff in this case requires that the driver not pass "unless he can do so without interfering with the safe operation of [the] bicycle, and that if, in fact he did pass [the cyclist] that he not drive to the right until he was reasonably clear of [the cyclist]."

"This decision is important because it reaffirms cyclists' right to the roads. As an appellate decision, it is binding precedent for future cases in all of the courts in Kentucky," says League Region 1 Director John S. Allen, who has served as an expert witness in bicycling cases. "And we can expect the decision, as it is by a state Supreme Court, to be cited by other courts in future cases throughout the United States."

The League of American Bicyclist, (LAB) in conjunction with local Kentucky bike clubs, filed an amicus brief in support of the cyclist. To read the entire decision, visit the LAB web site – www.bikeleague.org.

(Reprinted from BikeLeague News a publication of The League of American Bicyclist – www.bikeleague.org.)

Cyclist/Advocate Stops Robbery in Maine

Cycling advocate Jeff Miller, executive director of the Bicycle Coalition of Maine, helped stop a robbery in Augusta, Maine when he chased a robber on his bicycle. A pedestrian also gave chase to the would-be thief, and the purse-snatcher was stopped by them both. To read the whole dramatic tale, visit www.bikeleague.org.

(Reprinted from BikeLeague News a publication of The League of American Bicyclist – www.bikeleague.org.)