

# Chainwheel Chatter



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

Volume 33 Number 7

Established 1972

July 2006

## NEXT Meeting!!!

**July 27, 2006 – 7:00 p.m.**

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

### Senator Michelle McManus

Senator McManus will speak regarding the bill that she sponsored (SB 1224) relating to modification of the Motor Vehicle Code as it relates to bicyclists. Specifically, the bill states that a person operating a bicycle upon a roadway would have to ride as close to the right-hand curb as practicable with exceptions. The bill also changes other aspects which will be discussed. For detailed information on the bill visit: [http://www.legislature.mi.gov/\(h5t0gz301crrb355jgpmon55\)/mileg.aspx?page=getObject&objectName=2006-SB-1224](http://www.legislature.mi.gov/(h5t0gz301crrb355jgpmon55)/mileg.aspx?page=getObject&objectName=2006-SB-1224).

## SUNRISES & SUNSETS FOR JULY, 2006

Date	Rise	Set	Date	Rise	Set
1	6:04	9:20	17	6:15	9:13
2	6:04	9:20	18	6:16	9:12
3	6:05	9:20	19	6:17	9:11
4	6:06	9:19	20	6:18	9:11
5	6:06	9:19	21	6:19	9:10
6	6:07	9:19	22	6:20	9:09
7	6:08	9:19	23	6:21	9:08
8	6:08	9:18	24	6:22	9:07
9	6:09	9:18	25	6:23	9:06
10	6:10	9:17	26	6:24	9:05
11	6:10	9:17	27	6:25	9:04
12	6:11	9:16	28	6:26	9:04
13	6:12	9:16	29	6:26	9:03
14	6:13	9:15	30	6:27	9:02
15	6:14	9:14	31	6:28	9:01
16	6:14	9:14			



**HAVE A SAFE  
AND HAPPY  
4<sup>TH</sup> OF JULY**

## Board Meeting

Please note we will not hold a board meeting in July due to the 4<sup>th</sup> of July holiday.

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

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, July 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](mailto: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](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

### "Dress for Success on a Multi-Day Ride"

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, July 27, 2006.**

This month's topic will be Dress for Success on a Multi-Day Ride, a discussion about what to take and what to leave at home.

## In This Issue

Meetings/Deadlines/Announcements.....	1
Sunrises & Sunsets .....	1
Executive Board Report .....	2
Classified.....	2
Change of Address .....	2
Committee & Club News .....	3
Ingham County Chip Seal .....	4
Ride Calendar .....	5
Starting Points/Ride Classifications .....	6
2006 TCBA Ride Incentive Program .....	7
Other Riding Opportunities .....	9
Member Specials.....	9
From the TCBA Mail Bag.....	10
Other Good Numbers/ Membership Application .....	12

---

## Executive Board Report

Submitted by: Charla Scheidler

The TCBA Board of Directors met at the Foster Community Center on June 6, 2006. Board members present included Arnie Johnson, Sue Viele, Charla Scheidler, Darryl Burris and Sara Troutman. Also present were club members Lee Adair, Katie Donnelly and Lenny Provencher.

### Discussion Items/Announcements

Darryl Burris informed board members of a contribution that was received from a member who had used the club trailer.

Arnie Johnson advised of a request he received from a teacher for bicycle safety coloring books. Katie mentioned that she had some boxes of safety and education literature she is storing and will check to see if there are any in there.

### Action items

Minutes of the May meeting were approved as presented.

Treasurer, Ron Claflin, was out of town therefore no financial report was available.

Charla Scheidler initiated discussion regarding a request from a member to make other members aware of a dangerous intersection. It was agreed that an article in the Chainwheel, and time on the agenda at a membership meeting would be appropriate.

Arnie recapped an email from Del Johnson regarding specific server requirements needed for the web site ride scheduling program he is working on. Support was given for Del to upgrade to what is needed for his project.

Lee Adair provided an inventory of the unclaimed high-end ride incentive awards and suggested we use the items for prizes at raffles to be held during TCBA membership meetings.

Discussion took place regarding a suggestion that was made to allow students and staff of the PEAC program to participate in T-Shirt ride, free of charge. T-Shirt Ride Director Al Simons gave his approval via email and all board members were in agreement.

Arnie mentioned an email that had been sent to all board members, by a fellow member, regarding a bike loan program in Lansing. All agreed that the member should be asked to contact other organizations in the area that are providing similar services for additional information.

The draft rules for the 2006 Ride Incentive Program previously provided to board members at the May meeting were reviewed. The document was approved and a copy can be found in this Chainwheel Chatter.

*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.*

## 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:** Adams Trail-a-bike, black w/orange flag, excellent condition, \$50. Call Joe at (517) 646-6233.

---

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

### CHANGE OF ADDRESS



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

## COMMITTEE & CLUB NEWS

### T-Shirt Ride 2006

I guess I owe weather.com a chicken sandwich... although they still haven't returned my calls. Indeed the weather was perfect for 650 cyclists to pedal Shiawassee



County roads out of Laingsburg High School. Besides the great weather, cyclists enjoyed fresh fruit and cookies at our four rest stops, and some of our roads had some fresh blacktop! Cyclists also enjoyed camaraderie with old friends and a well rounded lunch cooked up by the Laingsburg Police Reserves. A very successful day!

T-Shirt Ride 2006 is a success because of the two dozen volunteers that donate hours and hours of their personal time making sure the ball gets into the end zone. I thank you all for a seamless ride from set-up to clean-up and the many hours outside of that.

Al Simons

### TCBA Club Jerseys

The new TCBA Club Jerseys have arrived! The design is the traditional yellow and red brick pattern, but new graphics as pictured below have been added to the sleeves. These jerseys are in the Louis Garneau "semi-relaxed" fit which is a cut between the "relaxed fit" and "pro fit" styles that we've had in the past. Sizes available are S – XXL, and they are priced at \$50 each.

Left Sleeve

Right Sleeve



In addition, we have a few of the old style "relaxed fit" size XL only, and some "pro fit" sizes XS, S and M are available for \$45 each.

Jerseys will be available for purchase at most TCBA club meetings. 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 be sure to indicate your size and style - "semi-relaxed fit" "relaxed fit" or "pro fit."

If you have questions please contact Charla Scheidler, at [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org).

### Chainwheel Chatter on CD

Recently TCBA contracted to have all old issues of the Chainwheel Chatter scanned into a pdf file. This information is available to club members, by request, on a CD. If you would like a copy please contact any board member.

### 2005 Incentive Awards

The 2005 Incentive Awards will be available at the July and August TCBA regular club meetings. If you can not make one of those meetings; you can either have someone else pick-up the award for you, come to the August board meeting, or as a last resort email Sara Troutman at - [boardatlarge1@biketcba.org](mailto:boardatlarge1@biketcba.org) to make other arrangements.

Awards not claimed by August 31 will be forfeited.

### Ride of Silence

On May 17, 2006 cyclists nationwide participated in the the Ride of Silence, a slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on America's public roadways. This year there were 221 worldwide locations in 8 countries and 5 continents, with 25 locations in Michigan.

TCBA club member Lenny Provencher was the organizer for the Lansing location this year. Please read his review below:

"For the Lansing area (Haslett Middle School start) Ride of Silence this year there were 17 riders. The weather forecast locally for the time period 6 - 8 p.m. was for thunderstorms and hail. Thankfully that didn't come to pass. Under dark threatening clouds the Lansing group started their ride thru a quiet residential area to the semi-rural edge of the township (Meridian), then on to a 3/4 loop of Lake Lansing and back to the starting point.

Local LMB area representative Christina Riddle spoke briefly before the ride start about the experience of being a hit-and-run cycling victim and the long and painful recovery after hospitalization.

The riders attached signage on neon colored paper to their bikes creatively to communicate who we were and why we were there. The riders all rode safely and thought positively of the experience.

A reporter and still photographer from The State News came, got their story, and put it on the front page. It was accurate and very well done. We also had a local cable (township channel) reporter/video journalist come to the start site to do interviews about the ride.

At least one rider expressed an interest in doing another possible site in the Lansing area next year (MSU/East Lansing/ to Capital)". - Lenny Provencher

For additional information about the Ride of Silence you can visit their web site: <http://www.rideofsilence.org/main.php>.

### Crystal Cruise Weekend in Frankfort, MI

Sue Viele has volunteered to spearhead the arrangements for the Crystal Cruise weekend this year if there are club members interested in participating. Please contact Sue for details at [vp@biketcba.org](mailto:vp@biketcba.org), or (517) 646-8335.

**Ingham County Road Commission  
2006 Chip Seal Program  
ALAIEDON TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Darling	Hagadorn	Holt	0.75
Holt	Okemos	Meridian	3.5
Howell	Wolverine	Meridian	2.25
Walline	Holt	Lamb	1

**AURELIUS TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Eifert	Columbia	Nichols	1
Onondaga	Columbia	Nichols	1

**DELHI CHARTER TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Eifert	Willoughby	Nichols	4
Gunn	McCue	Willoughby	2
Howell	Edgar	College	1
Onondaga	Nichols	Holt	3
Pine Tree	Keller	I-96	1.5
Sandhill	Pine Tree	College	1

**LEROY TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Dietz	Howell	M-43	5.25
Huschke	Wallace	Gramer	0.75
Meech	Howell	Noble	4
Wallace	VanOrden	Huschke	3

**LOCKE TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Benjamin	M-52	Scofield	1.25
Morrice	Allen	county line	6
Moyer	township line	Webberville	3.75
Scofield	Benjamin	Haslett	0.5

**MERIDIAN CHARTER TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Beaumont	Mt. Hope	Bennett	1
Bennett	College	Hagadorn	1
College	Jolly	Forest	1.5
Farm Lane	Forest	Mt. Hope	0.5
Forest	College	Farm Lane	0.25
Forest	Farm Lane	Beaumont	0.25
Green	Shoemith	Coleman	1
Jolly	Hagadorn	College	1
Newman	VanAtta	Meridian	0.75
Piper	VanAtta	Meridian	0.75

**WHEATFIELD TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Bray	Dennis	Howell	1
Frost	Meridian	Burkley	1
Meridian	I-96	Howell	5
Zimmer	Holt	Waldo	2.25
Zimmer	Linn	Holt	2

**WILLIAMSTOWN TOWNSHIP**

ROAD	FROM	TO	DISTANCE (miles)
Germany	Meridian	Williamston	4
Hart	Haslett	Germany	1
Moyer	Vanneter	township line	0.5
Sherwood	Meridian	Williamston	4

## July 2006 Ride Calendar

**Recurring Rides - all rides not started if raining, unless noted.**

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
<b>Sunday</b>	8:00 AM	40+	Z	67th District Court House, Grand Blanc	We try to make this a no drop ride. Special side tour on 23 <sup>rd</sup> to a Day Lily Farm. No ride July 16	Ed or Roxanne Usewick 810-694-9919
	1:00 PM	15-25	D	Kroger at Lake Lansing and Coolidge	No ride July 2 or 16	Judy Miller 517-484-5686
	3:00 PM	25-50	B	Potterville City Park	Learn to Paceline safely and more...	Byron (Barney) Adams 517-482-8585
<b>Monday</b>	6:00 PM	12-25	D	Oneida Township Hall	No ride on July 31	Kris Stairs 517-627-4211
	6:00 PM	20-30	B	DeWitt Jr. High	No ride July 3 or 10	Deb or Steve Haman 517-669-1978
	6:30 PM	25-35	C	Coaches American Pub & Grill	No ride July 3rd	Ginger Royston 517-393-4799
<b>Tuesday</b>	9:30 AM	25-40	C	Rayner Park, Mason	No ride July 11 or 25	Jan Koller 517-669-5744
	6:15 PM	25-30	B	Holt Pro Cyclery	No ride July 4	Larry White 517-694-8667
	6:15 PM	20-30	C	Kroger Lake Lansing and Coolidge	No ride July 4	Kori Sperling 517-862-7963
	6:30 PM	25-30	B	Williamstown Town Hall	No ride July 4	Dwayne Scheidler 517-339-4586
<b>Wednesday</b>	6:30 PM	14-18	D	Haslett Middle School		Lenny Provencher 517-204-2971 July 12 – Dick Janson 517-675-7453
	6:00 PM	15-35	C	Oneida Township Hall	No ride on July 12 or 26	Kris Stairs 517-627-4211
	6:00 PM	20-30	B	Dewitt Jr. High	No Ride July 5 or 12	Deb or Steve Haman 517-669-1978
<b>Thursday</b>	6:30 PM	25-30	B	Williamstown Town Hall	No ride July 27 Club Meeting	Charla Scheidler 517-339-4586

### July-Wednesday Night Rides - MSU Pavilion

Starting time is 6:15pm, 1/2 mi. south of the Y-Lot

Class/Mileage	7/5	7/12	7/19	7/26
B; 25-35 mi.	Lynn Farabaugh 517-371-4336	<b>Summer Tour</b> Jim Delinescheff 517-333-9329	Sara Troutman 517-331-1004	Jim Delinescheff 517-333-9329
C; 20-30 mi.	Mary Burris 517-394-1617	<b>Summer Tour</b> Syd Hager 517-393-2579	Mary Burris 517-394-1617	Edie Belcher 517-669-7259
D; 15-25 mi.	Katie Donnelly 517-349-5564	<b>Summer Tour</b>		

(continued on next page)

## July 2006 Ride Calendar Recurring Rides - continued

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Friday	9:00 AM	40-60	Z	DeWitt Township Hall	No ride July 14 or 28	Janice Koller 517-669-5744
Saturday	8:00 AM	40+	Z	67th District Court House, Grand Blanc	We try to make this a no drop ride No ride July 15 or 22 (WOW)	Ed or Roxanne Usewick 810-694-9919
	8:00 AM	40-80	Z	Sawdon School	No ride July 22 (WOW)	Dale Stairs 517-627-4211
	9:00 AM	12	D	Coaches	Breakfast ride. Bring the kids! New rider-friendly! No ride July 15 or 22 (WOW)	Milt Gruhn 517-393-1617
	10:00 AM	25-30	C	Coaches	No ride July 1, 15 or 22 (WOW)	Kori Sperling 517-862-7973
	4:00 PM	Off Road	M	Burchfield Trail Head	No ride if Muddy	James Blais 517-944-1927

### Other Rides

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
7/2 (Sun)	9:00 AM	25-40	C	Victor Twsp Hall		Jan Koller 517-669-5744
7/6 (Thurs)	6:00 PM	20-30	B	DeWitt Jr. High		Deb or Steve Haman 517-669-1978
7/8 (Sat)	8:30 AM	60-65	Z	Mega Mall		Edie Belcher 517-669-7259

*Riders Note: No club rides shall take place during the general membership meetings or to conflict with the Women on Wheels ride, the 100,000 Meter T-shirt Ride, or club-sponsored social activities.*

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

### Ride Starting Point Descriptions

**67th District Court House** ..... Grand Blanc  
**Burchfield Trailhead** ..... Burchfield Park, Grovenberg Rd., Holt  
**Coaches** ..... Corner of M-99 and Bishop Road, SW Lansing former City Limit, Plum Crazy Too, Bishop Inn  
**Dewitt Junior High Sch.**, South lot.....Dewitt  
**Dewitt Township Hall**..... 1401 W. Herbison Rd. 1/2 mi. west of Old 27.  
**Haslett Middle School**.....  
 .....E on Franklin St from Marsh Rd, 1st light S of Haslett Rd  
**Holt Pro Cycle** ..... Cedar, 3 blocks S of Holt Rd.  
**Kroger**, Coolidge & Lake Lansing ..... Parking lot near Coolidge  
**Mega Mall**..... 15487 Old US-27(Northeast St.) & Northcrest Rd/NE corner of lot  
**Owosso Fire/Police Station**.....Owosso  
**Oneida Gospel Church**..Corner of Oneida and Strange Hwy, Gd Ledge  
**Potterville City Park**..... Main Street just west of Hartel (M-100)  
**Potterville High School**.....High St., Potterville  
**Rayner Park** ..... Ash Street M-36, west of fairgrounds, Mason  
**Sawdon School** ..... Lamson Rd., Grand Ledge  
**Victor Township Hall** .....Alward Rd & Shepardsville Rd., Laingsburg, 1 mi. n. of Round Lake Rd  
**Williamstown Twp Hall**.....Corner Zimmer & Germany Rds 4 mi east & 1 mi south of Haslett

### RIDE CLASSIFICATIONS

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

#### FOR MORE RIDES CALL:

**517-882-3700 - or visit the Web Site:**

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

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

To receive the Ride Line Transcript by email send your email address to:

[donnel13@msu.edu](mailto:donnel13@msu.edu)

---

## 2006 TCBA Ride Incentive Program

**Purpose:** The purpose of the ride incentive program is to encourage club members to participate in TCBA recreational rides.

### Ride Classes

Established to enable riders of similar abilities to ride together. Classes are based on average overall ride speed, as follows:

Class A+:	19+
Class A:	17-19 mph
Class B:	14-17 mph
Class C:	12-14 mph
Class D:	Up to 12 mph
Class Z:	Over 40 miles at riders' own pace
Class M:	Mountain bike off-road rides

### Responsibilities

#### *Ride Leaders*

- Scout the route and create accurate maps or cue sheets
- Provide notice of the ride in the appropriate club venue. Information in the notice shall include, but not be limited to, leader's name and contact information, date/time, starting location, ride class, and approximate distance. Weather conditions under which a ride will not occur must be stated with specificity. The starting point must provide adequate parking for a reasonable number of expected riders; if private property is used for this purpose, the ride leader is responsible for securing permission from the property owner or manager.
- Provide a reasonable number of maps or cue sheets for the anticipated number of entrants and ride sign-in sheet.
- With the exception of Class Z rides, ride at the back of the group. Taking into account wind direction and topography, the ride leader is not required to ride at an average pace that is slower than the minimum designated speed for the ride class.
- In case of mechanical problems, medical problems or injuries, remain with the affected rider until the situation is resolved or help arrives. The ride leader is *not*, however, required to perform repairs, first aid, or CPR.
- Equitably enforce the provisions of the ride program during club rides and make diligent effort to ensure accuracy of ride sheet.
- Submit completed ride sheet to the Club Mileage Keeper in a timely manner.

#### *Riders*

- Choose rides appropriate to their riding ability.
- Arrive at the starting location in time to complete pre-ride preparations by the posted start time.
- Make complete and legible entries on the ride sheet.
- Ensure their bicycles are in a proper state of repair to complete the ride.
- Be able to perform routine on-road repairs. In case of severe mechanical or personal breakdowns, riders are responsible for arranging their own return transportation.
- Ride in a safe and lawful manner.
- Passive riders (such as those in "buggers") are not regarded as riders for the Ride Incentive Program.

(continued on next page)

---

## 2006 TCBA Ride Incentive Program

(continued)

### General Rules

- The *Chainwheel Chatter* is the preferred means of announcing club rides. All recurring rides, and most other rides, should be submitted for publication in the club newsletter. Deadline for submitting ride information is generally the second Saturday of each month for the following month's newsletter. Alternatively, rides may be announced on the Called-in Ride Line. Ride information must appear on the updated ride line for at least two (2) days prior to the ride. The update schedule and deadlines are set by the Ride Line Coordinator and may vary by season.
- In addition to all of Clinton, Eaton, and Ingham Counties, rides may depart from locations within Shiawassee county that are south of M-21 and west of M-52 as well as within the city limits of Owosso. Rides may also depart from the 67<sup>th</sup> District Court House in Grand Blanc.
- No club rides shall be scheduled during the general membership meetings or to conflict with the Women on Wheels ride, the 100,000 Meter T-shirt Ride, or club-sponsored social activities.
- Wednesday evening rides of all classes departing from the MSU Pavilion from May through August shall have starting times of 6:15 p.m.
- Rides of the same class leaving from the same general location must be at least one hour different in starting time.
- Helmets are required on all club rides; personal audio devices are prohibited.
- There is only one ride leader and one route per ride.

### Incentive Eligibility

- Only TCBA members in good standing may accumulate mileage points.
- Riders earn 1 point per route mile or "home mile" ridden. Ride leaders receive ride mileage as well as ride leader points (100 points for Class D and 50 points for all other ride classes); if there are no other riders, the ride leader receives the ride mileage plus 10 leader points.
- "Home miles" are miles ridden to and from TCBA rides, meetings, social events, or invitational tours based on the shortest and safest distance to these events from the rider's home. Home miles are not extra miles ridden "off the route."
- Mileage credit is only earned by riders and ride leaders who ride the route; ride leaders may deny mileage credit for any rider whose participation on the route is not personally verified.
- If a ride leader fails to participate in a scheduled ride, another rider may assume leadership and will be credited with the leader points.
- The following rides are eligible for full credit under the program
  - Properly scheduled club rides
  - SummerTour
  - 100,000 Meter T-Shirt Ride
  - Women on Wheels Ride
  - DALMAC
- Mileage credit may also be earned for participation in non-TCBA invitational rides; however, at least 75% of a rider's mileage points toward an award must come from TCBA-sponsored events. Invitational rides are tours sponsored by other clubs or non-commercial organizations.
- Members are responsible for documenting participation in TCBA invitational rides or qualifying non-club rides within 30 days of the event on any official club ride sheet. Entry shall include member's name, date, events name, and distance.
- Riders are responsible for ensuring their mileage is accurately entered in the club's database.
- Ride sheets must be submitted to mileage keeper within 30 days of ride, except that all ride sheets must be received by the mileage keeper by the second Tuesday in December.
- The TCBA Board is responsible for equitable enforcement of the ride program.



## OTHER NON-TCBA RIDING OPPORTUNITIES

For other riding opportunities visit the LMB Web Site:

[www.lmb.org/pages/Events/PosterCal/PC06\\_supporter1.htm](http://www.lmb.org/pages/Events/PosterCal/PC06_supporter1.htm)

**July 9, 2006**

### 12th Annual Covered Bridge Bike Tour

Lowell - 13944 Covered Bridge Rd 12, 28, 40, 50, 62, 78, 100 mi. \$15 Ind/\$25 Fam; After 7/3/06 \$20/\$30. A wonderful ride through some of west Michigan's scenic areas with tasty goodies at our rest stops and a great homemade meal at the end. Our volunteers work hard to make your ride safe and enjoyable. Proceeds go for the preservation of Fallasburg Historic Village. Fallasburg Historical Society - Kerry Schubach - [www.fallasburg.org](http://www.fallasburg.org); [cbbiketour@yahoo.com](mailto:cbbiketour@yahoo.com) (616) 897-7161

**July 15-16, 2006**

### MS150 Biketour - Metro Detroit

Two-day options: 150, 157 or 200 miles. One-day option family mountain bike/trail ride. (Overnight at MSU). Minimum pledge \$200. For additional information visit: [www.nationalmssociety.org/mig](http://www.nationalmssociety.org/mig) or call 1-800-FIGHT-MS

**July 15-16, 2006**

### Michigander XV 2 Day Mountain Bike Tour

[www.michigantrails.org](http://www.michigantrails.org); [barry@michigantrails.org](mailto:barry@michigantrails.org)

**July 15-21, 2006**

### Michigander XV Mountain Bike Tour

[www.michigantrails.org](http://www.michigantrails.org); [barry@michigantrails.org](mailto:barry@michigantrails.org)

**July 22-28, 2006**

### Shoreline Bicycle Tour-Middle Of The UP

Registrar [www.lmb.org](http://www.lmb.org); [office@LMB.org](mailto:office@LMB.org); 517-334-9100

**July 29, 2006**

### 3<sup>rd</sup> Annual Riding for Home Tour

Four route options of 10, 15, 32, & 64 miles to raise funds for the Cass River Habitat for Humanity. All routes begin and end at Vassar High School. At the end of the ride a lunch will be provided as well as showers available until 4:00 P.M. Registration information can be found at: [www.cassriver.com](http://www.cassriver.com)

**July 30 - August 5, 2006**

### Shoreline Bicycle Tour-West 7-Day (20th Anniversary)

Registrar [www.lmb.org](http://www.lmb.org); [office@LMB.org](mailto:office@LMB.org); 517-334-9100

**August 2 - 6, 2006**

### Shoreline Bicycle Tour-West 4 Day

Registrar [www.lmb.org](http://www.lmb.org); [office@LMB.org](mailto:office@LMB.org); 517-334-9100

**August 5, 2006**

### 6<sup>th</sup> Annual Ride the Charx

#### Veteran's Park, Boyne City, MI

Routes: 20, 43, 62, 105 miles. Entry fee: \$16 prior to July 29<sup>th</sup>, \$20 after July 29<sup>th</sup> and day-of. Fee includes catered lunch from 11:00 - 2:00. Lunch only for \$12. Long rides begin 7:00 - 8:30 a.m. The 20-mile ride begins 10:00 - 11:30 a.m. Additional information contact: Paul Servais at 231-582-3468, or web site: [www.lmb.org/nmb](http://www.lmb.org/nmb)

**August 27, 2006**

### 2<sup>nd</sup> 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: DHLC/CBRFS, 35637 Cherry Hill Rd., Westland, MI 48186 or call 734-729-2240.

## 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 web site: [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!

**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

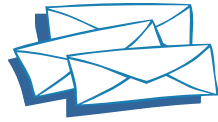
Cycling wear: jerseys, cycling shorts, tights, and cycling shells. Reasonable prices. Custom fit.

Gift certificates.

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

### WOW Ride 2006

The WOW Ride committee is looking for volunteers. This year the ride is scheduled for Sat. July 22<sup>nd</sup> at Mason High School. If you have worked WOW in the past and would like to help again, or have never worked on a ride before and are interested in getting involved contact Joane Gruizenga at (517) 337-3026, or [wow@biketcba.org](mailto:wow@biketcba.org).



## FROM THE TCBA MAIL BAG

### Dangerous Intersection For Cyclists

Submitted by: Thomas Baumann

As a lot of you who go on the TCBA rides that start from the MSU Pavilion might already know that there are a number of intersections along Farm Lane and College Road where the light does not trigger on bicycles. The one intersection I would like to draw your attention to, however, has another even more serious problem.

If you don't get a green light at an intersection, because the induction loop in the roadway did not pick up the small signal from your bicycle, you can either wait for a car to approach the intersection on your road, but if it is a Sunday morning you might be waiting for a long time! So your other option is to cross very cautiously at a red light.

At the intersection of Farm Lane and Mt Hope, the traffic light sequence is designed in such a way, that it makes crossing at a red light extremely dangerous. The reason is that even if you don't get a green light on Farm Lane, the traffic on Mt. Hope will get a red light. More precisely, only one direction on Mt. Hope will get a red light once every period. This is to enable left-turns from Mt. Hope onto Farm Lane.

Now while you wait for a gap in the traffic on Mt. Hope, all the sudden the cars going one way will slow down and eventually stop. What you might not realize is that the other direction still has a green light. Also, you don't know when the cars will start going again. The latter problem is exactly what got a pedestrian killed earlier this year. It makes crossing Mt. Hope very dangerous if there is no car on Farm Lane to trigger the green light for you.

The design of this intersection ignores cyclists and pedestrians (there's absolutely no provision for pedestrians to cross!). I already contacted MSU about this problem three years ago, but since the intersection is the responsibility of the county, nothing has happened. In light of the recent fatality, I will try to contact the Ingham County Road Commission and alert them -- if they aren't yet -- about the problems with this intersection.

For additional information, including a diagram of the intersection, see the article in the June 15<sup>th</sup> edition of the State News - <http://statenews.com/article.phtml?pk=36620>.

Thomas Baumann can be reached at [baumann@nscl.msu.edu](mailto:baumann@nscl.msu.edu).

### Help TCBA and LMB Provide Bike Parking at the Great Lakes Folk Festival!



The Great Lakes Folk Festival returns to downtown East Lansing this year, August 11-13. And returning to the festival is free guarded "valet" bike parking--thanks to the volunteer efforts of TCBA members and others. TCBA and the League of Michigan Bicyclists have offered

this popular service at the past six festivals. Past volunteers can tell you it's fun and low-stress. Please consider volunteering this year to help with bike parking.

The festival's main sponsor is the MSU Museum. Featuring a huge range of music from polka to blues, plus dance and other folk arts, the festival draws large crowds. Offering free bike parking encourages people to bike to the festival instead of driving--which promotes cycling as a convenient and practical mode of transportation, alleviates traffic congestion, encourages exercise, saves energy and protects air quality. It also provides a golden opportunity to promote TCBA and LMB membership as well as cycling safety and events.

Bike parking volunteers get training, chairs, a tent for shade, snacks, refreshments, a chance to make new friends and an opportunity to promote bicycling. All volunteers receive an official GLFF volunteer T-shirt, an invitation to the volunteer party on Saturday night, access to the "Green Room" (more free beverages and snacks) and other perks.

The Festival volunteers are asked to work one or more shifts of about three hours. You can sign up at the festival web site, [www.greatlakesfolkfest.net](http://www.greatlakesfolkfest.net) (click on "volunteers" then "registration"); or call (517) 432-GLFF. The shift time choices are approximate. Choose shift(s) between Friday late afternoon and Sunday evening. Volunteers will be contacted to work out precise schedules. You may also help set up the bike "corral" Friday (mid-to-late afternoon) and/or tear it down Sunday (late afternoon/early evening).

For more information about the bike parking service, contact Phil Wells 517-267-8971; or email: [philwells99@yahoo.com](mailto:philwells99@yahoo.com).

### Wishes for a Speedy Recovery



Please pass on your wishes for a speedy recovery to these members:

**Rao Kareti** – went off the road while bicycling to the T-Shirt ride on June 10. Rao is home recovering from a broken collarbone, broken ribs and a punctured lung.

**Ron Truax** – recovering from an accident he had on April 15 where he shattered his left hip, the left side of his pelvis, broke his collarbone, and sustained a mild concussion. Ron is home, but is expected to be in a wheelchair until late July.

**Tom Erb** – is home recovering from injuries he sustained in his recent bicycle accident. While Tom's specific injuries are unknown we wish him well.

---

## FROM THE TCBA MAIL BAG

(continued)

### Results of Smart Commute '06 Program

By: Jessica Yorke

**Smart Commute Festival, April 25, 2006.** Approximately 300 visitors stopped in at the festival to get info to help them get started on Smart Commuting. A musical performance by A Story Told, hot Beaner's Coffee, friendly exhibitors, the spiffy new banner, and a spike in gas prices all helped draw people in to the event. That evening, and the following morning, Channel 6 and Channel 10 ran stories on the high gas prices, and what people could do, which featured lots of footage from the festival. The Lansing State Journal and Lansing City Pulse also published articles covering the event in their April 26 editions.

**May 2006 Bicycle Commuting Classes.** Nearly 100 people attended these classes and got detailed info and hands-on practice with bicycle commuting. Mike Egan, Lenny Provencher, Dick Janson, and Karen Kligman taught these classes. Three were held on weekends and one was over the lunch hour at LCC. All classes received a participant rating of 3.4 or better (4 being excellent, 1 being poor), with the May 6 and May 13 scoring the highest at 3.8. Amongst the classes, between 60% and 73% said the class changed their thinking about bicycling commuting. Similarly, between 69% and 93% said the classes would lead to a change in their practices related to bicycle commuting. When asked to expand on how their practices would change, people reported they planned to: bicycle commute more; bicycle more for other trips (like visiting friends, going to the library, etc.); ride on the road instead of the sidewalk in places that it seems more safe to do so; implement other safety instructions provided by instructors. A full report of all the evaluation data is at [www.midmeac.org/06report](http://www.midmeac.org/06report).

**Smart Commute '06 Challenge Week:** More than 300 people from 26 companies logged smart commute days with their company, resulting in more than 2000 "smart trips" made during the week of May 15-19, 2006. All companies made a great effort, and the winners were:

#### Mini Category (2-5 employees)

- 1st - League of Michigan Bicyclists
- 2nd - Michigan Nature Association

#### Small Category (6-24 employees)

- 1st - Michigan Environmental Council
- 2nd - Michigan Dept. of Labor & Economic Growth, Energy Office
- 3rd - Allen Neighborhood Center

#### Medium Category (25-50 employees)

- 1st - Michigan Department of Community Health - Division of Health, Wellness, and Disease Control
- 2nd - Michigan Dept. of Environmental Quality, Financial & Business Services

#### Large Category (51+ employees)

- 1st - Michigan Dept. of Environmental Quality, Environmental Science & Services Division
- 2nd - Michigan Dept. of Environmental Quality, Land & Water Mgmt
- 3rd - Michigan Dept. of Environmental Quality, Air Quality Division

**Smart Commute '06 Awards & Lucinda Means Tribute Bicycle Parade:** 40-50 bicyclists rode from East Lansing into downtown Lansing, where they lunched and watched the awards ceremony for the Challenge Week winners, presented by Lansing Mayor Virg Bernero, and a presentation from Senator Michelle, McManus, designating May as Bike Month in Michigan.

Overall, it was a great 2nd year effort for the Smart Commute Program, and we look forward to continuing to work with TCBA as this program grows and expands.

### Want to Race With Team Discovery? You Can Ride With The Team!

Here's your chance to enter the Race To Replace Lance Armstrong...and to ride as a member of the Discovery Channel Pro Cycling Team!

*Winners in each of eight  
brackets!  
Awards ceremony with Lance  
Armstrong!*

The cyclist with best overall time earns a slot on the Discovery Channel Pro Cycling Team at the US Pro Championships in Greenville, SC on September 1, 2006, receives an official Trek Team bike, and more!

Are you up for the challenge? Are you ready for fun? All you need to do is register for the Race To Replace and compete in a 10 lap/25 mile race against the clock on Saturday, August 12, 2006 at the famous Indianapolis Motor Speedway. Register now!

Cyclists are required to provide their own bike and protective helmet. The race starts early, for details and the Official Contest Rules visit the following site - <https://racetoreplace.imsboxoffice.com/preRegistrationValidation.aspx>.

---

### Volunteers Needed

A mountain bike race will be held at Burchfield Park, south of Lansing on July 15, 2006. Volunteers are needed for pre-race registration, crowd control and more. If you want to help contact Barney at 517-482-8585.