

Chainwheel Chatter



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

Volume 33 Number 3

Established 1972

March 2006

NEXT Meeting!!!

March 30, 2006 – 7:00 p.m.

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

TCBA Swap Meet

It's time to gather up all your slightly used bike paraphernalia, and plan to join your fellow TCBA friends at this annual event! Remember one man's trash is another man's treasure!

Set-up for TCBA members with cycling items to swap/sell will begin at 6:30 p.m. TCBA members and the public-at-large can attend, and purchase items, but only TCBA members will be allowed to display and swap/sell.



NEXT MONTH!!!

April 27, 2006

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.



HAPPY ST. PATRICK'S DAY

**2006 Mileage Charts – Compliments of:
Dave Smith, Smith Printing, Owosso, MI
Thank You Dave!**

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, March 7, 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: April 4, 2006.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, March 11, 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, 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, March 30, 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 February 7, 2006. Board members present included Arnie Johnson, Sue Viele, Ron Claflin, Charla Scheidler, Darryl Burris, Sara Troutman and Steve Schuesler. Also present were club members Cheryl Claflin, Katie Donnelly, John Foltz, Dick Janson, Lenny Provencher, Donovan Riley and guest Jessica Yorko.

Discussion Items/Announcements

Jessica Yorko, Smart Commute 06 Coordinator was present to review plans for Smart Commute 06 and to solicit support from TCBA. No decision was made at this meeting regarding TCBA involvement.

Darryl Burris reported that the DALMAC application was on schedule to be printed and in the mail by February 14.

Arnie Johnson provided an update on the PEAC Program and that John Waterman has found a location in Mason to host the program. John will be in attendance at the March board meeting to provide further information.

Dick Janson provided a progress report on the mapping project.

Dick also reported that the project of scanning the archived issues of the Chainwheel Chatter was complete and that he had received a CD. It was decided that a master copy would be kept by the secretary and also by the club librarian. Copies will be made for members of the board, committee chairs and others that request one.

Action items

Minutes of the January meeting were approved as presented.

Treasurer, Ron Claflin, presented a financial report through February 4, 2006 which was approved as presented.

Charla Scheidler reviewed information regarding the order of Club Jerseys. It was decided that 50 jerseys will be ordered in various sizes at a cost of \$51.50 each and sold for \$45. each.

Steve Schuesler & Sara Troutman provided a progress report on the Ride Incentive ordering. Due to sizing issues we've had in the past, it was the concensus of the board that extra items in larger sizes should be ordered to use for exchanges.

Discussion took place regarding Board Appreciation items for board members. It was decided that each board member would be entitled to an item equal to the price of the top incentive award item.

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

WANTED: WTB-tandem in good-new condition. Steel frame, 26"/mountain bike wheelsize preferred. 17-18" frame fit for captain, 15-16" for stoker. Incomplete (frame/fork some or no parts) considered also. Contact Steve and Anne, (517) 332-0351.

FOR SALE:

1. Yakima 3-bike receiver hitch rack. Very secure and stable, works with virtually any mountain or road bike--holds them by the wheels. Probably not LWB recumbents or tandems, though. Made to fit 2" hitch, but I also have an adaptor to fit 1 1/4" receivers. Was \$350 new, asking \$200/offer.
2. Gunnar Rockhound, 16" mountain bike. Steel hardtail, (front shock) made in the USA. Black. All good or better quality parts from Shimano, SRAM, Salsa, etc--no shortcuts in the build! Low miles, some paint chips but no dents or anything serious. Great handling, fun trail bike! Hate to sell it, but I just ride my other MTB more. \$650/offer.

Contact Steve (517) 332-0351.

FOR SALE: 2000 Schwinn Super Sport SL, black, 54cm, Ultegra componets, triple chainring, 27 speed, sti & spd, Reynolds 853 frame w/ carbon fiber fork, like new. \$1600.00 new, asking 700.00, call Mike at (810) 655-8509

FOR SALE: Specialized Allez Sport Triple. 50 cm frame. Shimano 105, 9-speed, carbon fork. New chain, new tires. Excellent condition. Approx. 4 years old. \$550. Please call (517) 285-3086.

FOR SALE: Yakima Steelhead Bike Mount for two bikes and Locking Rail Rider 1. Complete package used only once. Fits on top of Ford Explorer or Pop-Up Camper. Original price \$495 asking \$250. contact Ann after 7:30 p.m. at 517-699-8201 or email: stephensann@sbcglobal.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/.

MEMBER SPECIALS

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.

Massage

TCBA members, receive 10% off at downtown DeWitt Therapeutic Massage, LLC. Discount good towards single session and pre-purchase package pricing. The office is located at 109 West Main St., DeWitt. For an appointment call (517) 668-0411.



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.

Holt Pro Cycle

4170 Charlar Dr. – Holt

2006 Spring Open House Sunday, March 5th Noon – 4:00 p.m.

Check out all the changes we've made over the winter.

- All in stock 2005 bikes will be marked down at least 20%.
- Some 2005 Fuji's are still available for special order at 20% off as well.
- Take at least 15% off all regular price merchandise and bikes including special orders.
- TCBA Members will receive a free computer installed with the purchase of any new bike.
- In addition to our stock on hand, we'll have an extended sample set of Sugoi, our new line of Bicycle clothing.
- Take 20% off Serfas Eyewear including several models with interchangeable lenses.
- We're combing the store for items to fill the bargain bin, including certain shoes at 50% off.
- Refreshments too, of course.

Correction: Please excuse our oversight in the February Chainwheel Chatter. Sale prices do not apply to recumbent bicycles.

WELCOME NEW MEMBERS



David Norman
Tamarak Stahl
Rob & Kathy Fehrenbach
Susan Drabik
Derek Nofz
Mark & Janet TehHove
Robert Herbst
Heather McGowan
Ben Morris
Lisa Schafer
Robert & Ruth Jones
Ron & Jerrie Lynn Gibbs
John Lemke & Margaret Peters

Al & Paula Burnie
Tammy Silvey
Gary & Miriam Bunge
Phyllis Norman-McIntyre
Dave & Sue Fisher
Margaret Bailey
Mark & Cara Passich
Rick & Kristy Moeller
Dawn & Leo Filipowicz
William Scollon
Mike & Jane Scollon
John & Diane Heinlein
Floyd Robertson

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.**

March 2006 Ride Calendar

Recurring Rides

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

| Day/Date | Time | Miles | Class | Start Location | Other Info | Ride Leader |
|------------------|----------|-------|-------|----------------------|---|--------------------------------|
| Tuesdays | 5:30 PM | 10-15 | C | Oneida Gospel Church | No ride if temperature is below 32 degrees | Dennis Stinson 517-543-9432 |
| Thursdays | 5:30 PM | 10-15 | C | Oneida Gospel Church | No ride if temperature is below 32 degrees | Dennis Stinson 517-543-9432 |
| Fridays | 12:00 PM | 20-30 | C | DeWitt Township Hall | No ride if temperature is below 30 degrees and wind velocity greater than 20 mph. Roads must be free of ice and snow | Janice Koller 517-669-5744 |
| Saturdays | 8:30 AM | 10-50 | C | Sawdon School | Comments: No ride if temps are below 15 degrees and rides will be primarily on dirt roads. Mountain bikes recommended | Dale Stairs 517-627 4211 |

Ride Starting Point Descriptions

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

Oneida Gospel Church

.....Corner of Oneida and Strange Hwy, Gd Ledge

Sawdon School..... Lamson Rd., Grand Ledge

**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: donnell13@msu.edu

RIDE CLASSIFICATIONS

A+.....19+ MPH
 A 17-19 MPH
 B 14-17 MPH
 C 12-14 MPH
 D Under 12 MPH Fun and Social Group Ride
 F.....Family Fun & First-Timers Ride
 M Mountain BikeN/A
 ZRides 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.

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%2006.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, WKiehl@Comcast.Net, or by calling 313-884-0109.

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.



Spring Events for Smart Commute '06

Smart Commute '06 is a series of fun activities to help people who live or work in the Capital Area begin bicycling, walking, riding the bus, carpooling, and telecommuting, rather than relying exclusively on "single-occupant vehicle" use.

The purpose behind it is to help people get in shape, get to work feeling energized, and to reduce air pollution. Below are some of the components of Smart Commute '06 and info on how you can get involved.

- Smart Commute '06 events will start in late March/early April with an evening Open House at MSU. The Open House will feature 10-15 minute workshops to help newcomers learn the basics of the various modes of "smart commuting". The event will also feature exhibit tables where participants can learn about the local resources available to help them on their journey. Another Open House will be held in downtown Lansing during the lunch hour on April 25, 2006.

Smart Commute '06 organizers are looking for speakers for the Open House who can share expertise about their bicycle commuting or other smart commuting experiences, and offer tips for people who are just getting started. Exhibitor spaces are also available. For more information, contact Jessica at 517-214-5684 or yorko446@cs.com.

- Bicycle commuting classes are being offered on May 6, 7, and 13--- more details coming soon.
- The Smart Commute Challenge will take place May 15-19, allowing teams from different employers to compete for prizes and awards. During the week, welcome stations will also be set up on campus, and will offer smart commuters complimentary coffee and bagels on Monday and Friday. Online registration and additional program details are available at www.midmeac.org/smartcommute.
- The Michigan Trails and Greenways Alliance will also be working with local schools to help them organize walk/bike to school events for May 15. Holding a walk/bike to school day is often the first step for identifying champions and leaders to implement the Safe Routes to Schools toolkit.

Michigan has received \$4 million in federal funding for the Safe Routes program for 2006, and RFPs for schools will be available this spring. 90% of funds are to be used for infrastructure improvements, 10% for education and promotion. Implementing the Safe Routes toolkit is the first step in identifying areas for improvement. For more information, contact Nancy Krupiarz at 517-485-6022, nancy@railtrails.org.

Cockroaches Make TCBA Famous In Rowing

By: Byron Drachman

Three TCBA members have brought honor and glory to our club. Deb Traxinger, Joe Stephansky, and I formed an indoor rowing team to participate at the January Challenge sponsored by Concept 2, manufacturer of rowing ergometers and other rowing equipment. The competition was based on the number of meters each team could row during the month of January. There were 85 teams entered in the competition. The number of members of each team varied between one and 78, so a fair way to look at the final results is to sort by the team average. Our team rowed a total of 1,024,877 meters and our average rounds to 341,626 meters. Our team placed fifth out of 85 teams when sorted in this manner.

The official name of our team was TCBA Periplanata Americana. More common terminology would be the TCBA American Cockroach. I should explain our name. Our team consisted of TCBA trike riders who also do indoor rowing. Sometimes when we trikers ride with bike riders we tag along behind the group of bike riders. There is no point in going to the front since we don't offer much draft. Some bike riders started referring to us as cockroaches. Isn't it sad how jealousy makes some people talk? But I digress.

There is an additional reason that TCBA Periplanata Americana is a fitting name for our group. Some scientists at Michigan State University discovered that an American cockroach, when fed a high fiber diet, produces methane gas. Isn't it good to know that your tax dollars are being spent so wisely and that such important research takes place at MSU? Let me just say that laboratory cockroaches are not the only ones who produce methane gas when fed a high fiber diet.

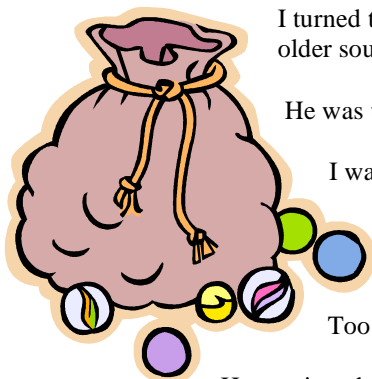
Wishful Barter

Ice and snow and bitter wind
To the fireside have me pinned.
I'd gladly trade you any icicle
For just one spin out on my bicycle.

- Virginia Killough

A Thousand Marbles

Author: Unknown



I turned the volume up on my radio in order to listen to a Saturday morning talk show. I heard an older sounding chap with a golden voice.

He was talking about "a thousand marbles" to someone named "Tom."

I was intrigued and sat down to listen.

"Well, Tom, it sure sounds like you're busy with your job. I'm sure they pay you well but it's a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work 60-70 hours a week to make ends meet. Too bad you missed your daughter's recital."

He continued, "Let me tell you something Tom that has helped me keep a good perspective on my own priorities." And that's when he began to explain his theory of a "thousand marbles."

"You see, I sat down one day and did a little arithmetic. The average person lives about 75 years. I know, some live more and some live less, but on average, folks live about 75 years."

"Now then, I multiplied 75 times 52 and I came up with 3,900, which is the number of Saturdays that the average person has in their entire lifetime.

Now stick with me Tom, I'm getting to the important part."

"It took me until I was 55 to think this through in detail, and by then, I had already used over 2,800 Saturdays. I figured that if I lived to be 75, I had about a thousand Saturdays left to enjoy."

"So I went out and bought 1,000 marbles and put them in a large, clear plastic container here in my workshop next to the radio. Every Saturday since, I take one marble out and throw it away."

"By watching my marbles diminish, I focused more on the really important things in life. There is nothing like watching your time on earth run out to help get your priorities straight."

"One last thing before I sign-off with you and take my lovely wife out for breakfast."

This morning, I took the very last marble out of the container. I figure if I make it until next Saturday then God has blessed me with a little extra time to be with my loved ones.....

"It was nice to talk to you Tom. I hope you spend more time with your loved ones. Have a good morning!"

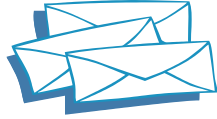
You could have heard a pin drop when he finished. I had planned to do some work that morning then go to the gym. Instead, I went upstairs and woke my wife up with a kiss. "C'mon honey, I'm taking you and the kids to breakfast."

"What brought this on?" she asked with a smile.

"Oh, nothing special," I said.

"It has just been a long time since we spent a Saturday together with the kids. Hey, can we stop at a toy store while we're out?" I said, "I need to buy some marbles."

***MAY ALL YOUR SATURDAYS BE SPECIAL AND MAY YOU HAVE MANY HAPPY YEARS
AFTER YOU LOSE ALL YOUR MARBLES!***



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 (MHPVA) 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.

MSU Bike Project Goes International

The Bike Project was delighted to launch into international bike advocacy by passing along a donated shiny children's BMX-style bike to an international student who was going back home to Luanda, Angola. Gomes Cambuta, an Ag. Econ. masters student, needed a Christmas present for his son and an American bike was at the top of his list. Here's a photo of his son Ken with the bike and a note we received from Gomes (apparently Ken will be the next Bicycle Evangelist in Angola! Go Ken!):



Date: Wed, 8 Feb 2006 21:06:52 -0800 (PST)

From: Gomes Cambuta

Subject: Thanks for the bike

Dear Tim,

I am back from Christmas holidays with the family. My son is very happy to have the bike your program donated him. He is so excited that he no longer wants the mother to

drive him to school. He wants to go to school (about 15 km away from home) on his bike. We cannot allow him to do that because it can be dangerous. He tells me that going to work on the bike seems to be a better option than driving because I would not have to waste time caught up in traffic jam.

As you can see, your donation is very much appreciated and I really thank you for that.

Kind regards
Gomes

11th Annual Quiet Water Symposium



Outdoor Michigan's Favorite Indoor Show!

March 4, 2006

9:00 AM to 6:00 PM

MSU Agriculture Pavilion

Admission \$8.00, Under 12 Free

An annual event where those who share a love of outdoor, non-motorized recreation come together to share.

For additional information visit the web site: www.homestead.com/qws/QWS2006.html.

French Toast & Gatorade: Preparing And Packing For Cross-Country Bicycle Touring

TCBA Webmaster and former President Ed Noonan will be making a presentation at the Quiet Water Symposium at MSU on March 4 at 1:00 p.m..

From Lansing to Mackinaw, Alaska to Florida, around Lakes Huron and Erie, and across Ontario and the Alps, bicycle tourist Ed Noonan has hauled everything he's needed with him on his bicycle. He'll show digital slides of the places he's ridden, the equipment he's used, and give pointers on how to prepare for such adventures.

Gunther Schmidt

Long-time TCBA member Gunther Schmidt died at the age of 60 on Friday, January 6 after a battle with cancer.

Gunther was born in Silesia, Germany and at the age of 6 immigrated to the U.S. Employed as an engineer at the Michigan DEQ, he assured that in-state newly capped oil and gas wells were properly decommissioned.