

Chainwheel Chatter



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

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Established 1972

May 2006

NEXT Meeting!!!

May 25, 2006 – 7:00 p.m.
Foster Community Center
200 N. Foster St. – Lansing

Bob Moore
Ingham County Parks

Bob is an avid cyclist and current board member of Michigan Trails and Greenways Alliance. At our meeting he will be talking about the Heart of Michigan Trail proposal. When this trail is complete, it will stretch over 23 miles with Lake Lansing Park at its northeast terminal and Burchfield Park in Holt at its southwest terminal.

TCBA Family Picnic June 25, 2006 – Lake Lansing North



Lunch will be served at 1:00 p.m. The cost will be \$5.00 per person with advance reservations required (children under 10 will be admitted free, but we will still need a head count for them). A sign-up sheet will be sent around at the April and May club meetings, or you can send your check or money order payable to TCBA to Sue Viele, 4985 Pares Rd., Dimondale, MI 48821. If you have questions you may contact Sue by phone 517-646-8335 or email vp@biketcba.org.



**MAY IS
NATIONAL BIKE
MONTH!!!**

BIKE TO WORK WEEK – MAY 15 -19

BIKE TO WORK DAY – MAY 19

Board Meeting

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

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, May 13, 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

"Bicycle Maintenance and Adjustments" -

occasionally it is good to take the big picture view of your bicycle and its operation.

Plan to join Alan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, May 25, 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 March 7, 2006. Board members present included Arnie Johnson, Sue Viele, Ron Claflin, Charla Scheidler, Darryl Burris and Steve Schuesler. Also present were club members Mary Burris, Cheryl Claflin, Katie Donnelly, Dick Janson, Del Johnson, Jan Koller, and Lenny Provencher.

Discussion Items/Announcements

Darryl Burris reported that openings on DALMAC are limited to a few on the East route and approximately 100 on the Bridge route.

Katie Donnelly briefly reviewed information received on surveys from new members.

Lenny provided an update on Ride of Silence. He plans to put an article in the May Chainwheel Chatter and will also promote the ride at the April club meeting.

Action items

Minutes of the March meeting were approved as presented.

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

Dick Janson presented a request for reprinting of 9,000 copies the Crosstown Bicycle Route Maps. After considerable review the request was approved.

Recommendations from the committee set-up to review the Ride Program guidelines were reviewed. After considerable discussion no changes to the current program were approved. Katie Donnelly volunteered to work on a document of 2006 Ride Incentive Rules to be published in a future Chainwheel Chatter and uploaded to the web site.

Del Johnson submitted a proposal to work on revamping the methods currently used by TCBA members to schedule rides. Del's proposal provides members with the ability to post rides via the internet with minimal human intervention and could allow for a shorter lead time required to schedule a ride. This concept will allow members to view all scheduled rides in one location on the web site as well as subscribe to receive email notification of posted rides as often as they like. Support was given for Del to establish a committee to further review his suggestions. Specific details were not approved at this 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.

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.

FOR SALE: 1998 Cannondale R800 Road Bike, 56 CM-Very good condition, Dark Green & Silver Metallic-Newer Mavic Pro Wheels-Shamano 105 shifters-SPD pedals. Orig. price \$1,400, asking \$600. or BO. Can email picture- call 517-336-0465 or email at greggrydahl@sbcglobal.net.

FOR SALE: 2003 Specialized Allez Sport Triple. 50 cm frame. Shimano 105, 9-speed, carbon fork. Excellent condition, like new! Original price \$1,000 asking \$550. Please call 517-285-3086.

WANTED: 1 or 2 pull behind bike child carriers. Contact Clyde at: clyde_keep@countrywide.com or 517-719-7428

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/.

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!

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.

COMMITTEE & CLUB NEWS

Ride Of Silence

The Ride of Silence is a silent slow-paced ride (max. 12 mph) in honor of and to show respect for those who have been injured or killed while cycling on public roadways.

This ride also hopes to raise awareness of motorists that cyclists are on the roads and ask that all vehicles share the road.

This year, 2006, will be the fourth annual time this event has been held. The date is May 17 at 7:00 p.m. local time.

There are over 120 U.S. locations (22 here in Michigan) and eight other countries involved. This is a free (no sponsors, no registration, no t-shirt) ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride.

For the second year, locally the Ride of Silence will be held on Wednesday, May 17th, 2006. It will start promptly at 7:00 p.m. from the Haslett Middle School 1535 Franklin St. Haslett, MI. Riders are asked to assemble by no later than 6:45 p.m. This ride is open to anyone that has access to a bike and a helmet. The ride length will be approximately 12 miles.

For additional information on The Ride of Silence in other areas visit the web site - <http://www.rideofsilence.org>.

Lenny Provencher

T-Shirt Ride 2006

Saturday, June 10... the TCBA is once again sponsoring the 100,000 Metre T-Shirt Ride out of Laingsburg High School. As always, I promise nice rural Shiawassee county roads, great camaraderie with cyclists you haven't seen since Labor Day weekend, and perfect riding weather. Well, I can make do on the first two.

The 100,000 Metre T-Shirt Ride has 3 mileage options of 25K, 50K, and 100K loops. If you get back early you can opt to do another loop. All routes have rest stops and all riders are served a great lunch prepared by the Laingsburg Police Reserve at the high school.

Come on out. If the weather looks grim you can still have a great lunch and visit old friends.

Also, volunteers are always welcomed. Please contact Al at 989-666-4114 or tshirt@biketcba.org.

Al Simons

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.

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

TCBA Club Jerseys – Get Ready for Spring!

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.

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 20, 2006

Farm Daze Tour – East Lansing

Registration 8:00 -10:00 a.m. Routes: 25, 50, 75 & 100 K.
Adults: \$30; Youth \$20; Family \$60. Box lunch at end of
ride. For additional information visit: www.bikes.msu.edu or
contact Gus Gosselin at: gassoss@hotmail.com or
517-625-7322

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:
www.milupus.org/dynamic/Bike%20Ride%20Event%202006.htm
or by calling 800-705-6677. Helmets are required.

June 3-4, 2006

Shoreline Bicycle Tour-Spring Pedal & Paddle

www.lmb.org; office@LMB.org; 517-334-9100

June 10-11, 2006

Michigan Human Powered Vehicle Rally Waterford, northern Detroit area

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

June 10-11, 2006

MS150 Biketour - Grand Rapids

Two-day options: 150, 157 or 200 miles. Minimum pledge
\$200. For additional information visit [nationalmssociety-
org/mig](http://nationalmssociety.org/mig) or call 1-800-FIGHT-MS

June 14-18, 2006

Shoreline Bicycle Tour - Grand Traverse Adventure

Registrar www.lmb.org; office@LMB.org;
517-334-9100

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 17-18, 2006

National 24-Hour Challenge

Middleville - Thornapple Kellogg Middle School 126.1, 23.7
and 7.5 mi. loops \$65 Personal Best On-Road Endurance Ride
for multiple classes male and female, ages 18-70+; tandems
and recumbents. Traditional bagpipe sendoff. Certificates,
mileage pins, Results Booklet, and special 1000 mile jersey.
Food concessions on site. Held annually since 1983. Late Fees:
\$80 after April 30; \$100 after May 31. No entry after June 10,
midnight. Online entry at active.com. National 24 Hour
Challenge - John & Diane Obermeyer [www.n24hc.org#
n24hc@aol.com](http://www.n24hc.org#n24hc@aol.com); 616-241-1969

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.

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 or call 1-800-FIGHT-MS

July 15-16, 2006

Michigander XV 2 Day Mountain Bike Tour

www.michigantrails.org; barry@michigantrails.org

July 15-21, 2006

Michigander XV Mountain Bike Tour

www.michigantrails.org; barry@michigantrails.org

July 22-28, 2006

Shoreline Bicycle Tour-Middle Of The UP

Registrar www.lmb.org; office@LMB.org; 517-334-9100

July 30 – August 5, 2006

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

Registrar www.lmb.org ; office@LMB.org; 517-334-9100

August 2 – 6, 2006

Shoreline Bicycle Tour-West 4 Day

Registrar www.lmb.org; office@LMB.org; 517-334-9100

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: DHLC/CBRES,
35637 Cherry Hill Rd., Westland, MI 48186 or call 734-729-
2240.

For other riding opportunities visit the LMB Web Site: www.lmb.org/pages/Events/PosterCal/PC06_supporter1.htm

May 2006 Ride Calendar

Recurring Rides

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	8:30 AM	40+	Z	67th District Court House, Grand Blanc	Touring Pace, no ride if rain	Roxanne Usewick 810-694-9919
	10:00 AM	28-38	B	Holt Junior High School	Ride will have rest stop	Pete Derkos 517-694-3024
	3:00 PM	25-50	B	Potterville City Park	Learn to Paceline and more.	Byron (Barney) Adams 517-482-8585
Mondays	6:30 PM	15-25	C	Coach's All American Pub	No ride on Memorial Day	Ginger Royston 517-393-4799
Tuesdays	10:00 AM	20-35	C	Rayner Park	No ride if rain	Janice Koller 517-669-5744
	6:15PM	25-30+	B	Holt Pro Cyclery	no riding if pavement wet or temperature below 45	Larry White 519-694-8667
	6:30 PM	20-25	B	Williamstown Town Hall	No ride if Rain	Dwayne Scheidler 517-339-4586
Wednesdays	6:30 PM	12-14	D	Haslett Middle School	5/17 is the Ride of Silence. Details in this Newsletter.	Lenny Provencher 517-204-2971

Wednesday Night Rides - MSU Pavilion

ALL CLASSES, 6:15pm 1/2 mi. south of the Y-Lot

Class/Mileage	5/3	5/10	5/17	5/24	5/31
B; 25-35 mi.	Edie Belcher 517-669-7259	Jim Delinescheff 517-333-9327	Edie Belcher 517-669-7259	Katie Donnelly 517-349-5564	Jim Delinescheff 517-333-9327
C; 20-30 mi.	Mary Burris 517-394-1617	Syd Hager 517-393-2579	Mary Burris 517-394-1617	Mary Burris 517-394-1617	Mary Burris 517-394-1617
D; 15-25 mi.			Katie Donnelly 517-349-5564		

Thursdays	6:30 PM	25-30	B	Williamstown Town Hall	No ride if rain. No ride 5/25; Club Meeting	Charla Scheidler 517-339-4586
Fridays	10:00 AM	25-45	C	DeWitt Township Hall	No Ride if rain. No Ride May 26th	Janice Koller 517-669-5744
Saturdays	8:30 AM	40+	Z	67th District Court House, Grand Blanc	Touring pace; No ride May 13 th (Elliot is Graduating!)	Ed Usewick 810-694-9919
	8:30 AM	40-65	Z	Sawdon School		Dale Stairs 517-627 4211
	9:00 AM	12	D	Coaches	Breakfast ride. Bring the kids! New rider-friendly!	Milt Gruhn 517-393-1617
	1:00 PM	15-25	D	Kroger, Lake Lansing		Jethro Wise 517-575-4027

Other Day Rides in May

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Saturday, May 20 th	7:30 AM	50-60	Z	Coach's All American Pub		Ginger Royston 517-393-4799
Friday, May 26 th	9:00 AM	100	Z	Dewitt Jr. High	13 th Annual Brint Donalson Highland Festival Weekend Ride - Baggage Service	Kris Stairs 517-627-4211
Saturday, May 27 th	9:00 AM	100	Z	Dewitt Jr. High	13 th Annual Brint Donalson Highland Festival Weekend Ride - Baggage Service	Kris Stairs 517-627-4211
Monday, May 29 th	8:30 AM	40	Z	67 th District Court House Grand Blanc	No Ride if Rain; Touring Pace	Ed Usewick 810-694-9919

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

Ride Starting Point Descriptions

67th District Court House..... Grand Blanc
 CoachesCorner of M-99 and Bishop Road, SW Lansing
 DeWitt Township Hall.....
 1401 W. Herbison Rd. 1/2 mi. west of Old 27.
 DeWitt Jr. High Dewitt
 Haslett Middle School..... 1535 Franklin
 Holt Junior High (Former Holt High School).....
 Aurelius Rd, 1/2 mi south of Holt Rd, Holt
 Kroger, Coolidge & Lake Lansing.....
Parking lot near Coolidge
 Potterville City Park.....Main St., Potterville
 Rayner Park
Ash Street M-36, west of fairgrounds, Mason
 Sawdon School..... Lamson Rd., Grand Ledge
 Williamstown Twp Hall Corner Zimmer &
 Germany Rds 4 mi east & 1 mi south of Haslett

RIDE CLASSIFICATIONS

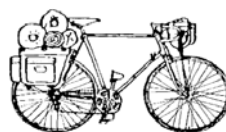
A+..... 19+ MPH
 A 17-19 MPH
 B 14-17 MPH
 C 12-14 MPH
 D..... Under 12 MPH Fun and Social Group Ride
 F..... Family Fun & First-Timers Ride
 M Mountain Bike N/A
 ZRides over 40 miles in length to be ridden at
 the rider's own pace without on the road ride leader
 supervision. Leader must have detailed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

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

SUNRISES & SUNSETS FOR MAY, 2006

Date	Rise	Set	Date	Rise	Set
1	6:33	8:39	17	6:14	8:56
2	6:31	8:40	18	6:13	8:57
3	6:30	8:41	19	6:12	8:58
4	6:29	8:42	20	6:11	8:59
5	6:27	8:43	21	6:10	9:00
6	6:26	8:44	22	6:09	9:01
7	6:25	8:45	23	6:09	9:02
8	6:24	8:46	24	6:08	9:03
9	6:23	8:48	25	6:07	9:04
10	6:21	8:49	26	6:06	9:05
11	6:20	8:50	27	6:06	9:06
12	6:19	8:51	28	6:05	9:06
13	6:18	8:52	29	6:04	9:07
14	6:17	8:53	30	6:04	9:08
15	6:16	8:54	31	6:03	9:09
16	6:15	8:55			



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



EASYSPOKEN On the Trail of an Adventure, or vice versa?

It's been a while since I had a big adventure, and I miss it. Last fall, I had a couple of short trips, chasing leaves turning colors, but they were disappointing in that they ended before I wanted them to.

So now it's a Sunday that could reach 60 degrees, and I'm too late to join Jethro. So, what to do?

I thought about the long-abandoned railroad line from Bath, through Laingsburg and Bennington to Owosso. Just northeast of Bath is Angle Road. It's at an angle because it ran along the railroad tracks.

I thought "Why don't I try to locate all the points where those tracks crossed roads?" It would have been just fine if I'd left it at that. Many of the roads are gravel, but with wide tires on my bike, I'm accustomed to riding them. (As it turned out, the gravel roads were so good that I nearly maintained my average "paved road" speed on them.) I'd zig zag on north- and east-bound roads, then take a more direct route home probably a 30-mile afternoon.

I decided to do the Laingsburg to Owosso leg first. In Laingsburg I found Roosevelt Row, the street that used to be railroad tracks. Looking back toward Bath, I could see the tree-lined path.

Oh, what the heck. It's only an adventure if the plan is broken, so I rode it toward Bath, all of six tenths of a mile to the first impassable bunch of downed trees. A U-turn got me to the other end of Roosevelt Row, where the trail turned into someone's driveway. It stayed in disguise through the park and a proposed new subdivision.

It reappeared along Pine Hills Golf Course in 'rough' condition, crossed Doyle Road and subdivided a farm field - too overgrown to follow. I zig zagged down paved Doyle and unpaved Austin to the next crossover.

The backtrack was rideable three tenths of a mile. Along the way was an interesting 10' high deer stand made from antenna tower sections and a platform - rusty but still useable.

The next section was almost a mile, and with a few exceptions, was rideable to Shaftsburg Road. A few times I had to lift my bike over downed trees, and once I 'portaged' around some downed trees. I passed a farmers crossover and access to Parker Road (dirt). In this stretch, I flushed a mature whitetail deer and a wild turkey. But where the trail was about to cross Shaftsburg Road there was an impassable drainage ditch. I had to backtrack to the access point.

The next section was swampy, and a farmer had dumped a large pile of used cow feed in the middle of it. Paved and gravel roads got me to the next crossover, which was well cared for, gated and signed as private property in both directions. The next crossing was wild in both directions, and the way forward had a water-filled drainage ditch.

Paved roads took me towards Bennington and the next

crossing. On the way, someone called out "Hi, neighbor". I was probably 10 miles from home, but turned in to chat anyway. One of the two guys there remembered riding from Grand Rapids to Holland as a kid, and getting real tired. They refilled one of my water bottles and I was on my way again.

In Bennington, the backtrack route was now a long driveway which I rode up, to talk to the owner. He confirmed that there used to be a railroad track there, but it was now his property. Thinking he had just 'adopted' the disused property, I asked him how much he paid for it. He said his tenth of a mile cost \$750. A farmer up the line had bought his section and extended his field.

At that point it became apparent that this trail would probably never become a Multi-Use Path. But if your name is Nancy or Barry, you probably already knew that. ;-)

I took the highways back home. Tired and hungry, I thought about my adventure over a cup of chicken noodle soup and a couple of hard boiled eggs. I was ready for bed an hour early.

In the middle of the night, I thought I heard the furnace running rough. I went to the basement to discover that while I was gone, my wife had installed another furnace in the middle of the basement. It had no connection to the chimney.

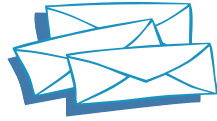
I returned to the kitchen (morning had arrived) to discuss this with her and found the side door ajar. Looking outside, I saw her trying to herd her flock of pet baby chickens back into the house with a broom. (She thought I didn't know about them, but I discovered them several nights earlier in a dream I had.)

Her efforts were made more difficult because both sides of the driveway were lined with thirty-foot high snow banks, and the some of chicks had matured enough to fly up onto them. Then, all of a sudden, the chicks became snow white birds with yellow beaks. They then burst into huge yellow daisy-like flowers.

This was too much for me, so I ran to my backyard, sort of. It was the back yard of my childhood, but I was still within earshot of my wife. There was no snow there, but I found a huge 40 foot tall tree trunk had planted itself upright, and teeter-tottering on top of it was another larger tree trunk. It was real windy, and things were flying at me. That's when I woke up and wrote this all down.

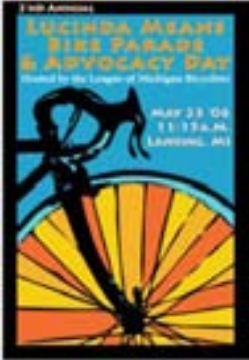
My view of dreams is that they are just incredible, free movies, made just for me. So not only did I get two adventures within 24 hours, I get to look forward to my next ride and another bowl of chicken noodle soup.

Dick Janson
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FROM THE TCBA MAIL BAG

2006 Lucinda Means Bicycle Parade & Advocacy Day



Join the League of Michigan Bicyclists as we honor our late director Lucinda J Means with the second annual Lucinda Means Bicycle Parade & Advocacy Day.

This year's parade will be held in conjunction with **Smart Commute '06**. The parade begins at 11:15 sharply in E. Lansing at the SW corner of Kalamazoo (& Harrison across from the MSU Breslin Center) and will end at

Lansing City Hall. Due to construction on Michigan Ave, we will be riding along the Kalamazoo bike lane this year.

Speakers include Senator Michelle McManus who will discuss upcoming bicycle friendly legislation, LMB Board Chair Phil Wells, and Lansing Mayor Virg Bernero who will give out local Commuting Awards.

After the parade join the LMB in advocating for bicycle friendly legislation with your State Legislature. The LMB is organizing a literature drop of bicycle information and a letter of support for the bicycle legislation to each lawmaker's office. Please RSVP to volunteer to help with the literature drop by emailing jlindenmayer@LMB.org.

Helmets required to participate in the bicycle parade. Pre-register at <http://www.midmeac.org/register.html> for free "I Heart My Commute" T-shirt & free lunch ticket. Food provided by LMB for all pre-registered parade participants.

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.

Preparing Yourself for Dog Encounters

Hector Hernandez, who spoke to our club last year about dog encounters, has completed his book on that subject. Additional information, including the table of contents that can be downloaded, can be found on his website: www.firstclassdogtraining.com.

Bike to Work Week Grant Winners

The League of American Bicyclists (LAB) and Shimano America have chosen the winners of the 2006 Bike to Work Week grants. The 2006 winners are communities with new programs or fresh approaches to Bike to Work Week. More than 110 communities applied, and only 15 grants were awarded. Says LAB, "We just don't have enough funds to support all of the innovative and exciting cycling programs in the United States." For more information on Bike to Work week, and see events across the country visit: www.bikeleague.org/programs/bikemonth/events.php.

One of the 15 grant recipients was - **Lansing, Mich.** - **Smart Commute '06** is a second-year effort to establish a Bike to Work Week in Lansing. The city hopes to register 250 first timers, and encourage people in the area to advocate for bike-friendly roads and destinations. For more information, visit www.midmeac.org/smartcommute, or contact Jessica Yorke: yorko446@cs.com, or 517-214-5684.

Congratulations Smart Commute '06!

Other recipients of grants were:

- Albany, N.Y.: New York Bicycling Coalition - www.nybc.net.
- Albuquerque, N.M.: BikeABQ - www.bikeabq.org.
- El Paso, Texas: Office of the Mayor Pro Tem
- Fairbanks, Alaska: Fairbanks Cycle Club - www.fairbankscycleclub.org.
- Ferndale, Wash.: Committee for Liveable Ferndale- www.mtbakerbikeclub.org.
- Fort Collins, Colo.: Bike Fort Collins
- Greenville, S.C.: Greenville Spinners
- Little Rock, Ark.: Bicycle Advocacy of Central Arkansas
- New Haven, Conn.: Elm City Cycling
- Omaha, Neb.: Bikeable Communities! - www.activateomaha.org.
- Quad Cities, Iowa: Convention & Visitors Bureau - www.qcbicycleweek.com
- Sacramento, Calif.: Sacramento Area Bicycle Advocates
- State College, Penn.: Centre Region Bicycle Coalition
- Winston-Salem, N.C.: Neighborhood Transportation 2006

FROM THE TCBA MAIL BAG

(continued)

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, 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, go to: www.cpsc.gov/cpscpub/prerel/prhtml06/06107.html.

The Blue Flowers

I ran into a stranger as he passed by,
"oh excuse me please" was my reply.

He said, "Please excuse me too;
I wasn't watching for you."

We were very polite, this stranger and I.
We went on our way and we said goodbye.

But at home a different story is told,
how we treat our loved ones, young and old.

Later that day, cooking the evening meal,
my son stood beside me very still.

When I turned, I nearly knocked him down.
"Move out of the way," I said with a frown.

He walked away, his little heart broken.
I didn't realize how harshly I'd spoken.

While I lay awake in bed,
a voice came to me and said,
"While dealing with a stranger,
common courtesy you use,
but the family you love, you seem to abuse.

Go and look on the kitchen floor,
you'll find some flowers there by the door.

Those are the flowers he brought for you.
He picked them himself: pink, yellow and blue.

He stood very quietly not to spoil the surprise,
you never saw the tears that filled his little eyes."

By this time, I felt very small,
and now my tears began to fall.

I quietly went and knelt by his bed;
"wake up, little one, wake up," I said.

"Are these the flowers you picked for me?"
He smiled, "I found 'em, out by the tree.

I picked 'em because they're pretty like you.
I knew you'd like 'em, especially the blue."

I said, "Son, I'm very sorry for the way I acted today;
I shouldn't have yelled at you that way."

He said, "Oh, Mom, that's okay.
I love you anyway."

I said, "Son, I love you too,
and I do like the flowers, especially the blue."



HAPPY MOTHER'S
DAY
MAY 14th