

# Chainwheel Chatter



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

Volume 33 Number 11

Established 1972

November 2006

## NEXT Meeting!!!

**November 30, 2006 – 7:00 p.m.**

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

**Nancy Krupiarz**

**Michigan Trails and Greenways Alliance**

Nancy will be touching on the highlights of projects during her organization's first year. It will include results from the Connecting Michigan: A State Trails Planning Partnership, a project entailing 13 task forces that have been researching critical issues surrounding the development of a statewide interconnected trail system.



## Christmas/Holiday Party



You are invited to celebrate the beginning of the Christmas/Holiday season at an exquisite Dinner Party for adult TCBA members.

The festivities this year will take place on Thursday, December 7, 2006, at the Kellogg Center, Harrison Rd., East Lansing. Cocktails (cash bar) and hors d'oeuvres will be served from 6:00 to 7:00, with dinner at 7:00. A caricature artist will be with us to do drawings from 6:00 to 7:00 p.m. during the cocktail hour and after dinner from 7:45 to 8:45 p.m.

Please note that this is a \$40 per person meal (including appetizers and dessert). Member price is \$20 and non-member price is \$30. **MEMBERSHIP MUST BE CURRENT AS OF THE DATE OF THE PARTY.**

Mail your check payable to TCBA to Sue Viele at 4985 Pares Rd., Dimondale, MI 48821.

**HAPPY  
THANKSGIVING!!**



## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, November 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 December 5, 2006.

## Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, November 11, 2006.** Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, FAX to (517) 339-1758 or send your 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

**Topic: "Bicycling Activities Through The Holiday Season - Riding, Learning, Traveling, Gifting"**

Plan to join Allan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, November 30, 2006.**

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## Executive Board Report

Submitted by: Charla Scheidler

The TCBA Board of Directors met at the Foster Community Center on October 3, 2006. At that meeting it was decided that the Executive Board Report would no longer be published in the Chainwheel Chatter. Instead a copy of the full minutes will be published, but not until approved by the board. Therefore, the minutes of the October 3<sup>rd</sup> meeting will appear in the December issue of the Chainwheel Chatter.

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## Nominations Report

Nominations for club officers for 2007 were accepted at the September 28<sup>th</sup> membership meeting. Due to the fact that there was only 1 candidate nominated for each position there will be no need for an election this year.

Please see "Meet The 2007 TCBA Board of Directors" in this issue for a listing of the new officers.

In addition, please complete the "Ride Leader of the Year Nomination Form" in this issue to nominate your favorite ride leader for the 2006 award.

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## WELCOME NEW MEMBERS



Deb Maynard  
Eugenia Zacks-Carney & Family & Ed Manturuk  
John & Margaret Dempsey & Family  
Daniel Tomasek  
Bruce Miller  
Shirley Ballard  
Brian van Pottelsberghe  
Harry Pulver  
Clark Duerr

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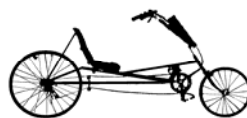
## CHANGE OF ADDRESS



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).



**TIME TO RENEW YOUR  
MEMBERSHIP? -  
CHECK YOUR LABEL!**



## E A S Y S P O K E N 2 Confessions, 1 Secret

Confession Number One: Earlier this year, I led my usual "B" ride with all my speedy friends, but there was something different. There was a new guy there. I was so excited about feeling the wind in my face that I almost forgot to sign him up and give him a cue sheet.

We were off in a flash. A bit later, as I slid from the front to the back of the pace line, it occurred to me that the new guy wasn't with us. Oh, well. This was probably his first ride with the club and he didn't know that our group always went real fast.

I know what you're thinking. The club rules say the ride leader is supposed to stay back with the last rider, as long as he can maintain the minimum average pace, but nobody enforces the rules anyway, so why shouldn't I be able to have fun with my friends.

I don't really know if he could have maintained that minimum pace, but I'll bet he couldn't. We go pretty fast, and being new, he probably just wanted to talk and make some new friends. He'll probably lose interest in club rides anyway, so why invest the time?

Confession Number Two: Those of you who know about my riding skills know confession number one couldn't be true. But the situation is true. I found out about it at a recent Board meeting when it was read from a survey sent out to new members. Even worse, the surveys are anonymous; they don't allow follow-up.

So what do we have? First, we have an unhappy new, and perhaps ex-, member. Second, we have someone interested in bicycling who will inevitably meet other cyclists that could become members. What are the chances he will have good things to say about TCBA?

Remember, strangers are just friends you haven't met yet. If you see a bit of yourself in this situation, please think about the opportunities you may be missing. Personally, I've found that meeting new people and helping them feel comfortable in their new situation has given me a lot of satisfaction.

The Secret: Every bicycle ever made with gears only has ONE hard gear combination. All the rest are easy. Really! If you are in a gear that is hard, just shift down. If you don't, the problem isn't your bike, it's YOU! The hard gear? It's your granny gear - the one that on level ground makes your cranks imitate a windmill. But when you get on a steep hill and put it to work, and it is hard work, your only choices are to work hard, or to get off and push (or rest). So, if you are not in your granny gear, but you are struggling, use the gears you paid for, and shift down.

Dick Janson  
Just Me and Sarah Dipitee  
[dickj@tds.net](mailto:dickj@tds.net) (517) 675-7340

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## MEET THE 2007 TCBA BOARD OF DIRECTORS

### **PRESIDENT - Dick Janson**

Dick joined TCBA in August, 1996, serving on the DALMAC Quad-Century crew. The next February, he started his Easyspoken column, offering wit, humor, advice, and stories of his bicycle trips. Record keeping became easier for DALMAC and the Ride Mileage Keeper with computer programs created by him. He has crewed on DALMAC, WOW, and T-Shirt Ride, has been a Ride Leader and enjoys helping novices learn. Dick developed and led two courses on Self Supported Touring (website included), cue-sheeting over 1,000 miles of weekend tours. He developed (with others) and distributed 9,000 copies of the CROSSTOWN Bicycle Route Map booklet. Most recently Dick is working on a Bicycle Touring Map Book that will be available in the spring of 2007. It will show roads, places to eat and stay, scenic locations, bike shops, parks, toilets, shoulders and traffic levels for an area larger than Connecticut. Dick feels we need to do more to attract and involve new members, and as your President, will emphasize it.

### **VICE PRESIDENT - Sue Viele**

Sue has been a member of TCBA for 5 years and Vice President since 2004. She initially joined because she wanted to ride DALMAC, riding her first DALMAC in 2002 and just completing her fifth. Sue truly enjoys working with the volunteer members of this club, including the WOW and T-shirt rides. Her past membership affiliations have been with SIDS, Lansing Legal Secretaries, and past president of the Holt Swim Club. Sue is currently a paralegal with the law firm of Hackney Grover Hoover & Bean in East Lansing and has worked in the legal field for over 27 years. When she isn't biking, she enjoys working out, traveling, and spending time with friends and family.

### **SECRETARY - Charla Scheidler**

Charla has been a TCBA member for 24 years and over the years she has served 9 terms as TCBA Secretary. Charla has been responsible for distribution of the *Chainwheel Chatter* for 17 years, editor of that publication since March, 1997 and a recipient of the TCBA Volunteer of the Year Award in 1996 and co-recipient of the award in 2002. Charla has been a DALMAC volunteer for 15+ years. She began by working on the food and facilities committee and has served as the DALMAC Registrar for 10 years. A DALMAC veteran of 24 consecutive years, Charla continues to be an active ride leader of recurring weekly TCBA rides from the Williamstown Township Hall. Charla states that she is dedicated to the purpose of TCBA, and as Secretary she will continue to work toward the goals of the club.

### **TREASURER - Dick Sulin**

Dick has been a TCBA member for 22 years and a 14-year DALMAC veteran. Previously residing on Michigan's west side, Dick has recently moved to the Lansing area. He has held the position of Treasurer for various non-profit organizations, the most recent the Society For The Preservation of Old Mills (SPOOM). SPOOM is an organization of 1700 members and Dick served as their treasurer for 5 years. He comes to us with high recommendations from Action Tax Service, the preparer of the income tax returns for SPOOM.

### **EVENTS DIRECTOR - Al Simons**

Al has been a TCBA member for 21 years and has ridden every DALMAC since 1985. His club activities include TCBA Vice-president in 2001, has been the T-Shirt Ride Chair after the tour moved to Laingsburg, and has participated in various DALMAC support roles since 1997. In 2005, Al rode his bike from Los Angeles to Boston (over 3400 miles) and continues to participate in both TCBA and non-TCBA rides, such as Hilly-100, RAGBRAI, Shoreline, and PALM to name a few. He is employed at Genesee County in Flint and resides in Durand. As 2007 Events Director Al will continue the lead of past directors to provide support and assistance to many volunteers that continually make DALMAC a success.

### **DIRECTORS-AT-LARGE**

#### **Ellen Lamb**

Ellen has been a TCBA member for 5 years. Her volunteer activities include WOW ride, T-Shirt ride and DALMAC, in addition to participating in the counting of the election ballots for the past 2 years. She has delivered copies of the Chainwheel Chatter to local bike shops and has provided the last two vice-presidents with meeting program ideas, including the well-received presentation by policy K-9 instructor Hector Hernandez, "Dog encounters for cyclists." Ellen has been a ride leader for two years and has indicated that she would like to work on the Ride Incentive Program. As director-at-large, she states that she will promote bicycling and TCBA by working to attract new members and to raise TCBA's visibility as a valuable community resource.

#### **Kris Stairs**

Kris has been a TCBA member for 7 years and is employed by Lansing Community College where she coordinates services for students with disabilities. Kris believes that the skills she uses on her job will help in meeting the challenges of the position of director-at-large. A very active ride leader, Kris has led C and D rides out of the Oneida Township Hall for the past 4 years.

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# Don't Try This at Home

## Suburbs, cycling, cul-de-sacs, and semis, oh my!

By Katherine Kelly

Great Lakes Bulletin News Service

It all started when I got a summer job in the suburbs, at Camp Butwin.

According to Mapquest, Camp Butwin was just 15 miles away from my home in St. Paul, Minn.

Biking to work would be wonderful exercise, I thought, imagining an exhilarating ride.

But it turned out to be awful. And it helped me realize just how bad it is for bikers once they get beyond the safe confines of places like St. Paul, which must be a national capital for bike paths and bicyclists.

But what I discovered was hardly just my problem. It must affect the vast majority of suburban residents who, lacking safe, direct route bike routes that will get a cyclist to work on time and uninjured, have to drive whether they want to or not.

Suburbanites have a real problem here: They can't exercise on the way to work. They can't reduce their dependence on foreign oil or cut tail-pipe emissions that contribute to asthma and global warming—unless they buy a brand new hybrid car or move. With half the American population—about 150 million people—living in the suburbs, that's a big challenge for everyone who has to breathe air or live with the consequences of climate change.

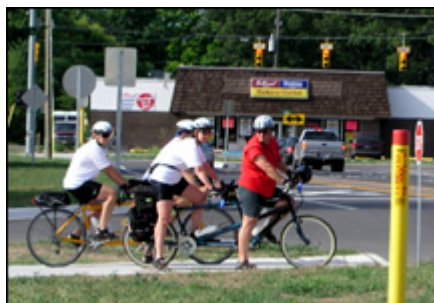
Making biking a practical way to get around—even and especially in the suburbs—would cut our dependence on foreign oil, reduce our green house gas emissions, and tone our quadriceps. It needn't be expensive either: It's far cheaper to add bike lanes than to widen or build new roads.

### Pedalling Off

But back to the story at hand: The night before my first day of work at camp, I decided to plan my route. Unfortunately, my road map didn't tell me where to find bike paths and bike lanes, or wide-shouldered highways. And when my roommate saw that Camp Butwin was off the map, she insisted that I take her car.

But I hated to pass up an adventure. With a little help from Mapquest, I cobbled together a route; the next morning, I blithely pedaled off on a beautiful riverside bike trail in St. Paul.

When I missed my first turn, it was easy to get directions, thanks to the throngs of exercise enthusiasts walking, loping, or cycling along the Mississippi River, attracted by the dozens of miles of bike trails that wind through the Twin Cities. Minneapolis alone has 34 miles of on-street bike lanes and 56 miles of off-street bike trails, according to the City of Minneapolis bicycling Web site. St. Paul, where I live, has many more.



All these trails, combined with walkable neighborhoods, a new light-rail line, two vibrant downtowns, a major university, and several liberal arts colleges, attract active, creative people—college students, researchers, entrepreneurs, artists, and professionals—who enjoy staying healthy and happy—and give great directions.

One of these happy, healthy residents pointed me to a stairwell made especially for bikes, with a small “track” next to the steps. Details like this make St. Paul a pleasure to bike in, and helped Minneapolis achieve the nation's highest rate of bicycle commuting—2.36 percent—among large cities in the 2000 Census.

### Strolling with Semis

But after flying down the stairs, I soon found myself at a junction of country roads, highways, road blocks, medians, and prairie. I was lost and—now that highways had replaced bike trails—quite alone.

I spread my map over my handlebars and seat, trying to keep the middle from sagging to the ground. An inch below a tangled mass of pink and gray lines—which is where I figured I must be—ran a long, busy street—the final leg of the route to Camp Butwin. Unfortunately, the map didn't tell me how to get there.

When I looked up, I was surprised and relieved to see a lone, middle-aged mom power-walking along the busy highway. She gave me directions, and I told her to watch out for semis.

I crossed the highway, pedaled over a highway bridge, then raced down the street, where I promptly ran into a dead end and got ambushed by a wild turkey. Beating a hasty retreat up the hill, I started looking for a way around the cul-de-sacs that were starting to make me not only miserable, but late for work.

What I saw looked bleak: Stop and go traffic. Ugly strip malls. Impatient drivers. No bike lanes. Lonely, deserted sidewalks next to streams of speeding cars.

Drivers whipped by, ignoring stop signs and cross walks, and giving me dirty looks for making them five seconds later to work.

Serene-looking streets beckoned, promising relief from the heavy traffic; I followed their siren songs again and again, only to find manicured cul-de-sacs that tacked on extra miles. If I wanted to get anywhere, I realized, I had to bike alongside speeding traffic. No wonder everyone else was driving—an armor-plated SUV now seemed very appealing.

It was now two hours since leaving St. Paul, and I was late. As I peddled up and down the rolling hills of suburbia, I wondered why I had not taken my roommate's advice, and her car.

(continued on page 9)

## November 2006 Ride Calendar

**Recurring Rides; all rides not started if raining or wet roads unless noted.**

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Wednesdays	10:00 AM	25+	B	Mega Mall,	Roads must be clear of ice and snow. No Ride on 8 <sup>th</sup> , or 23 <sup>rd</sup>	Edie Belcher 517 669-7259
Saturdays	10:00 AM	25+	B	MSU Pavilion	Roads must be clear of ice and snow. No Ride 4 <sup>th</sup> , or 11 <sup>th</sup>	Edie Belcher 517 669-7259

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

#### Ride Starting Point Descriptions

**Mega Mall**...15487 Old US-27 (Northeast St.) & Northcrest Rd / NE Corner of lot

**MSU Pavilion** .....Farm Lane at Mt. Hope

*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.*

#### 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: [donnell13@msu.edu](mailto: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 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.

### Ride Leader of the Year Nomination Form

Here's an opportunity for you to say "Thank You" to a *Special Rider Leader* for going above and beyond the call of duty to organize rides for your enjoyment. The ride leader receiving the most nominations will become our Rider Leader of the Year for 2006, and will be honored with an award at an upcoming TCBA event. Please, only one nomination per membership.

Ride Leader Name: \_\_\_\_\_

Briefly state why you think this person should receive the award: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please place this form in a sealed envelope, marked "**Ride Leader Nomination**" and give it to Club Secretary, Charla Scheidler at the November Club Meeting. Or, you can mail it to: TCBA Ride Leader Nomination, P.O. Box 22146, Lansing, MI 48909. Nominations must be received by November 30, 2006 to be considered.



## 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:** Like new 2006 Giro Atmos helmet. Size: Large. Colors: Black & Pewter. Includes helmet pod carrying case, additional pads, and all original documentation. Purchased in August 2006. Worn for 2 rides. In perfect condition; never dropped or crashed in. Extremely comfortable and cool helmet. Asking \$80. Call Mike - 517-706-0658 or [moverley@ameritech.net](mailto:moverley@ameritech.net)

**FOR SALE:** 06 Cattrike Speed -1300 miles, FSA Gossamer crank-58-52-42. Ultegra derailleurs, 11-23 cassette, bar end shifters. Cateye micro wireless computer, mirror, fenders & a bottle cage. Asking \$2,200 contact Dave 517-541-9355 or [email-djlick@sbcglobal.net](mailto:djlick@sbcglobal.net).

**FOR SALE:** Trek 2100 road bike, Shimano 105's, 58cm, Vetta c15 computer, toe clips, 2- h2o cages, frame bag, approx 4,000 miles. Original price \$1463.96, asking \$700.00 or B.O. Call 517-394-1722(6pm) or 517-485-4900 (days). Ask for David.

**FOR SALE:** Titanium, recumbent, 26x20, USS, SWB, 26 Gears, Carbon Fiber Seat, Wt26lbs. Excellent mechanical condition, call LeRoy At 989-224-0204.

### FOR SALE:

- 1) Airborne Zeppelin 54cm. Ultegra gruppo, triple chain ring (27sp), wireless Flight Deck computer, Mavic Ksyrium Elite wheels (18/20), Look carbon fork, 2 water bottle cages w/3 Airborne water bottles. Richie Road Logic pedals (SPD compatible) All tools and manuals that came with the bike, including extra handlebar tape and Airborne window decal. Less than 1000 miles. This is a great bicycle and gently used, it's just too much bicycle for me. \$2500.00 OBO (new over \$3000.00)
  - 2) CycleOps Fluid Trainer w/riser and video. Used 3 times. New @ \$300.00 sell for \$200.00
- Contact David @ 517-303-4813

**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/).

## 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](http://www.mikesfirehousegrill.com), for directions, menus, and the history of our unique and exciting atmosphere

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

**PERSONAL TRAINING** – Benefit from bicycling-oriented fitness training with Audrey Morris, Certified Personal Trainer. Focus is on a progressive training program that strengthens the core and other muscles key to biking, as well as flexibility and aerobic elements. Or work on other fitness goals. 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.

### Water Aerobics

Looking for a way to stay in shape during the cool months? Come join us for water aerobics at Waverly East Intermediate School! Present this coupon for a chance to try one of our classes for free! Do you have questions or need more information? Please check out our website, [www.deltami.gov/parks](http://www.deltami.gov/parks) for current pool schedules or you can call our office at 517-484-5600. Office hours are Monday-Friday from 10:00 a.m.-3:00 p.m.

This Entitles TCBA Members:

To One (1) Free Aerobics Class at Delta/Waverly Activities

*Not Valid for Lap Swim or Family Swim. Must present this pass to the lifeguard to receive free class. Valid only once.*

Expires December 15, 2006

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## DRESSING FOR COOL WEATHER RIDING



For those bicyclists so inclined, it should be “no sweat” to ride comfortably in cool or cold weather. The idea is to wear just the right combination of clothing that will both keep you warm and avoid excessive perspiration. “If part of the body feels cool, cover it.”

Cool conditions for some cyclists start with temperatures in the lower 60’s. Significant gains in riding comfort come from somewhat small changes in clothing that protect exposed skin from the effects of wind chill.

**Dress in layers** – Wool or modern, synthetic materials like polypropylene, which wick moisture away from the body and retain their insulating properties when damp are good choices. Thin, multiple layers of these materials are better than one heavy layer, because more spaces of insulating air are trapped. When you get too warm, you can remove one of the thin layers to regulate excess heat and perspiration. Avoid cotton clothing. Cotton absorbs and holds moisture, which may cause a chill.

**Develop a personalized wind chill chart** – for specific conditions. For each 5-degree range of wind chill, record the clothing combination you found comfortable. Over time you can fine tune the chart or modify it to include new clothing purchases or accommodate newer, advanced materials.

**Dress for the riding conditions that will exist after a warm-up period.** It takes a cyclist a few miles to warm up to operating temperature.

**Dress for success** don’t be afraid to use nontraditional biking clothes. If it is already in your closet, it’s comfortable and accomplishes the goal of keeping you warm – use it!

**Legs:** Leg warmers, tights or Polypropylene long underwear are some ideas.

**Hands:** Gloves worn inside your bike gloves can keep your hands warm. Various types of neoprene gloves are available for very cold weather. Windbreaker style mittens are also available for chill control without bulk.

**Arms:** Arm warmers or long-sleeved jersey, long sleeve T-shirt or turtleneck under a jersey will help cut the chill. A nylon windbreaker with a zipper to control ventilation or a winter cycling jacket with wind-proof front and breathable back fabrics for very cold temperatures are also ideal.

**Face and ears:** Balaclavas, head or ear bands, or a wool hat should do the trick.

**Feet:** Wool socks, Gore-Tex socks, or neoprene booties work well depending on the temperature (some folks put sandwich baggies over their toes, between their socks and shoes, as a wind breaker.)

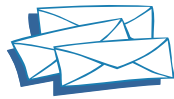
**Eyes:** Close-fitting glasses or ski goggles help protect the eyes from the wind and cold, so be sure to wear them.

**Lungs:** Very cold air can make breathing difficult. Cover your mouth with a balaclava or scarf or wear a breathing mask if the temperature is below 30 degrees.

The key to staying warm is to have just enough space of dry, dead air around the body to insulate it. If the size of your shoes, gloves and helmet remain constant, adding layers can inhibit air circulation and blood flow – two essential elements of staying warm. Hands and feet don’t have muscles to generate heat and have to depend on warm blood circulating through them to maintain warmth. In order to comfortably accommodate additional layers the size of shoes and gloves may need to be increased one or two sizes and the pads in your helmet may need to be smaller.

We hope you warm-up to the idea of cool weather riding with the ideas presented here!

*This article was written by John Donoughe, and provided by the League of American Bicyclists (L.A.B.), in an old version of an Effective Cycling Notebook. For more information about L.A.B., or Effective Cycling, visit their web site at [www.bikeleague.org](http://www.bikeleague.org).*



## FROM THE TCBA MAIL BAG

### Leland Perrine



I regretfully report the death of TCBA member, Leland Perrine. Leland died of a heart attack on October 15<sup>th</sup> while on a bike ride with his wife Carol.

Leland E. Perrine Jr. was born February 2, 1932, in Grand Rapids. He was a lifelong resident of Dansville who graduated from Dansville High School in 1950. He farmed and retired from Sheet Metal Local #360. He was a private pilot who loved to fly,

enjoyed gardening and as we all know loved biking and traveling.

Surviving are Carolyn, his wife of 53 years; daughters, Penny (Gary) Richey and Julie Perrine both of Texas; sons, Martin (Ann) of Maryland and Gary (Becky) of Mason; 8 grandchildren; 2 sisters; and numerous nieces and nephews. Those desiring may make contributions to the Hospice of one's choice in memory of Leland.

Attendees at Leland's service learned of his many aliases, Pete, Lee, Junior, and Peanut. He was Leland to most of us within TCBA but that didn't change the man that he was. A great TCBA member and volunteer that will be missed dearly.

The family has asked that those whose lives were touched by Leland pass any "special memories" on to them so they can share them with future generations. If you have a memory to share please send it to: TCBA, P O Box 22146, Lansing, MI 48909 or email it to [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org).

### Bonaire Diving & Snorkeling Trip

Are you interested in a week of diving or snorkeling in the South Caribbean? Then join us for a trip to Bonaire, an island of the Dutch Antilles. We are looking for a few people to share a villa, apartment or home on the island. There are several places for rent so we will decide on the place to stay after we find out who is interested. We need to schedule the trip during the MSU holidays or over term break (1<sup>st</sup> full week in March).

Bonaire is considered one of the best areas for diving and snorkeling because most of the reefs are accessible from car/shore and have been protected as underwater parks since the 1960s. There is an offshore island that is worth going to if you want to do a couple boat dives. There is a National Park on the north end of the island that has a flamingo breeding ground, wild parrots and beautiful vistas. Just outside of the park are caves with ancient pictographs and more wild parrots. I would estimate that the cost of the trip would be around \$1,300 per person depending on accommodations and airfare costs. Meals would be extra but cooking facilities would be available and excellent restaurants abound.

If you're interested please contact Delbert Johnson ([djohnson@north-point-solutions.com](mailto:djohnson@north-point-solutions.com)) or Nancy Johnson ([johns526@msu.edu](mailto:johns526@msu.edu)).

### GM's Built-In Bike Rack



General Motors is doing some cool things in Europe. Their Opel line of cars features a "Flex-Fix" system that offers a perfectly hidden bike rack. The system is shown at left on the new Opel Antara compact SUV widely believed to be the basis for the next generation Saturn Vue here in the states. There is no word on whether GM will bring the Flex-Fix system here

and it would probably be an expensive option if they did. However, this slick bike rack would fit in well with the Saturn buyer profile and shows that there is plenty of room left for auto innovation.

### Cervélo Cycles Inc. Announces Recall of Bicycles Due to Fall Hazard

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

**Name of Product:** 2005 R2.5 Model Carbon Fiber Bicycles and Bicycle Frames

**Units:** About 650

**Distributor:** Cervélo Cycles Inc., of Toronto, Canada

**Hazard:** The bicycle frames can loosen or separate, causing the rider to lose control, fall and be injured.

**Incidents/Injuries:** None reported.

**Description:** This recall only involves the 2005 model year R2.5 model bicycles and bicycle frames with serial numbers higher than R251700. The model numbers and serial numbers are printed on the bicycle frame tubes. The frames have clear coating over a carbon fiber with either red and white "Cervélo" decals on the down tube, seat tube and head tube, or blue and white decals in the same locations.

**Sold at:** Authorized Cervélo retailers nationwide sold the bicycles with these frames and the frame sets from December 2004 through May 2005 for about \$2,200 for the frame set and between \$3,100 and \$3,900 for the complete bicycle, depending on the components selected.

**Manufactured in:** Taiwan

**Remedy:** Consumers should stop using these bicycles with the recalled frames and contact Cervélo to receive a free replacement frame.

**Consumer Contact:** For additional information, contact Cervélo toll-free at (866) 296-3137 between 10 a.m. and 5 p.m. ET Monday through Friday or visit [www.cervelo.com/R25recall](http://www.cervelo.com/R25recall).



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## MSU Transportation Services Opens MSU Bikes Service Center

MSU Bikes, now housed in a centrally-located facility known as the MSU Bikes Service Center, will continue to lease refurbished bicycles, offer repair services and promote bicycling to the campus community.

Formerly known as the MSU Bike Project, the group was a volunteer-run initiative of the MSU Office of Campus Sustainability, but it is now part of MSU Transportation Services. The MSU Bikes Service Center opened in September and is located in the canoe rental facility under the Bessey Hall auditorium. Bessey Hall sits alongside the river trail near the Farm Lane bridge which is a major route across campus that is enjoyed by many bicyclists.

After providing more than 300 recycled green bikes to the campus community and a steadily increasing demand for more green bikes not to mention the constant high demand for our bicycle repair services the MSU Bike Project caught the attention of key campus administrators, said Gus Gosselin, MSU Bike Project co-founder and director of MSU Physical Plants Building Services.

Having more folks on campus riding bicycles accomplishes several good things for MSU simultaneously: healthier lifestyles, reduced traffic and parking congestion, and an improving campus environment.

Bicycling at MSU has been a popular pastime since the first student bicycling club was created in 1894, and is a viable transportation alternative around campus that is often congested with auto traffic.

"Riding a bike gives me great mobility and it's great for my overall health" said Jake Janetzke, a Physical Plant worker.

Tim Potter, one of the projects first volunteers, is the new coordinator of MSU Bikes. "The new MSU Bikes Service Center fits in nicely with the mission of Transportation Services and that is providing better transportation services to the MSU community," he said.

Potter and several other volunteers, including students from the MSU Cycling Club, have kept the project running and growing since its inception in the spring of 2003. Previously with the MSU Alumni Association, Potter will bring a lifelong love of bicycling and bicycle shop experience to the service center.

"Four years ago I watched some neighborhood kids riding their bikes around with no tires and decided that I wanted to start helping others with what I've learned over the years about bike maintenance," said Potter.

The new MSU Bikes Service Center hosted a grand opening celebration on Sept. 19th. The celebration included tours of the shop and guest appearances by MSU's top administrators and Sparty.

The new Service Center offers the campus community a full-range of services including repairs, long-term green bike leases, short-term rentals, used bike sales, do-it yourself workbench rentals, winter/summer storage and more.

MSU Bikes maintains a web site that offers bike news from a variety of sources, cycling tips, maps, photos, profiles of MSU cyclists, information about volunteering and more. Visit the web site at [www.bikes.msu.edu](http://www.bikes.msu.edu)

The center also welcomes donations of bikes that are in good working condition. To donate a bike, visit [www.bikes.msu.edu/donations](http://www.bikes.msu.edu/donations).

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## Don't Try This at Home

(continued)

### Biking Off the Map

Finally, I reached the end of my map. Still a few miles short of Camp Butwin, I turned onto what I hoped was the last street—and yet again ran into a dead end.

"No!" I inwardly shrieked (my throat was too clogged with highway dust and semi fumes to speak). "I've been biking for two hours and 30 minutes! No! This is *not 15 miles!*"

Out of time, out of energy, and off the map, I called camp for directions. They told me to turn around and head back to the highway.

Exhausted, hungry, and embarrassed, I kicked myself for being too stubborn to drive. The universe seemed to agree: As I turned onto the highway, a passing truck kicked gravel in my eyes.

Finally, I saw a little sign behind a tree branch: Camp Butwin. Forcing myself to smile, I limped into camp to teach swimming lessons. Great job, great kids, great people, but all I could think of was the way home.

*Katherine Kelly is a senior at Macalester College, in Saint Paul, Minnesota, where she is studying biology, researching lactic acid production in endurance athletes, and swimming. Reach her at [katherineikelly@hotmail.com](mailto:katherineikelly@hotmail.com)*



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