

Chainwheel Chatter



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

Volume 34, Number 7

Established 1972

August 2007

NEXT Meeting

August 23, 2007—7:00 p.m.
Foster Community Center
200 N. Foster St.—Lansing

How to Host an Illness— It's Not a Matter of "If," But When

Paul Makoski, R.S., MPA, Food Coordinator, and Dottie-Kay Bowersox, MSA, Health Officer, representatives from the Calhoun County Public Health Department, will be articulating the specifics of the prevention of foodborne, Norovirus and other communicable illnesses. This interactive presentation will involve hands, hair, bugs and dirt that could jeopardize your event.

Volunteers Needed for DALMAC Registration

Volunteers are needed for DALMAC registration at the MSU Pavilion. This is a great way to meet people and help out your club at the same time.

Dates and times of volunteer opportunities are as follows:

- Tuesday, August 28, 5:00 p.m. – 8:00 p.m.
- Wednesday, August 29, 7:00 a.m. – 9:00 a.m.
- Wednesday, August 29, 5:00 p.m. – 8:00 p.m.
- Thursday, August 30, 7:00 a.m. – 9:00 a.m.

To volunteer, call Mike Hudson at (517) 321-4297 or e-mail hudsonmi@msu.edu. No calls after 10:00 p.m., please.

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 e-mail to membership@biketcba.org.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, September 4, 2007, 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.

The next meeting will be October 2, 2007.

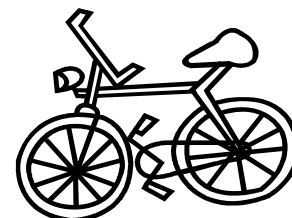
Newsletter/Ride Calendar Deadline

The deadline for the next newsletter is Friday, August 10, 2007. Please send items to Andrea Rybicki, 307 S. Fairview, Lansing, MI 48912, fax to 1-800-480-1146 or e-mail to chainwheelchatter@biketcba.org.

Ride calendar information should be sent to Ed Usewick, 590 Boutell Dr., Grand Blanc, MI 48439 or e-mailed 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 Allan Huber at **6:00 p.m.**, immediately preceding the membership meeting on **Thursday, August 23, 2007.**



In This Issue

Meetings/Deadlines/Announcements	Front Cover
Keep Your Socks Dry and Pedal Hard	2-3
DALMAC News	3
New Members	3
Nominations Sought for TCBA Positions	4
Ride Calendar	5-6
Starting Points/Ride Classifications	6
Classifieds	7
Member Specials	7
Other Good Numbers/Membership Application	Back Cover

Keep Your Socks Dry and Pedal Hard

Bob Crawford

After setting out from the Williamston Township Hall with the rest of the Tuesday TCBA evening gang, I found myself chasing Roger Nelson, a RAM-qualified cyclist. Maybe RAM should stand for “ready, able and mad.” It took me all of three minutes to discover that Roger was clearly out of my league, but then, since he had taken his socks off, maybe he had an aerodynamic edge of sorts. Actually, he had predicted rain and didn’t want to get his socks wet. That didn’t make much sense to me, but who was I to argue with a “pro”? So there we were, cruising south somewhere near Beardslee Road—I can’t remember exactly where. I was on my OCR 3. That’s a bike made by Giant, not top of the line, but first class as far as I’m concerned. A far cry from the mountain bike I used to ride.

Suddenly, I noticed the sky was getting real black in the south. Mean and nasty looking. Before I knew it, that mass of dark purple was just about on top of me. I knew some kind of weird weather was moving fast, right toward me. I watched the leaves beginning to flutter a bit on the trees—the result of that first telltale wind that told me I was really in for it. Home base, or the Williamstown Township Hall, was sitting right in the path of that storm. Maybe whatever was coming down the pike was worse than a mid-Michigan downpour. Maybe I would be sucked up by a force 5 tornado. I remember a line from some film I saw on the subject of tornado chasers. “We have debris,” and a cow comes rushing by, about 40 feet in the air, sucked up by 300 mile per hour winds. I saw my body following a similar trajectory.

Roger was easily two or three hundred yards ahead of me and increasing the gap between us. He knew what was coming all right. He had started out the tour without his socks. Of course, his whole body was about to be soaked whether he knew it or not. Come to think of it, he knew it all right. But the socks, they would stay dry. I wanted to catch Roger. I always prefer to have someone else along when all hell breaks loose. Well, Roger wasn’t waiting around to socialize. He cranked up into high gear, and I was clearly no match for him. Me, I’ve been riding seriously for just about four months. Roger has been riding for years. That’s the way it goes. No matter what the group, there is always some other guy leading the pack.

The wind really picked up, and, instead of just a few poplars fluttering, the upper branches of just about every tree in sight began to blow and bend real hard. I mean hard. Then I found myself pedaling directly into a head wind. It must have been gusting between 30 and 40 miles per hour and I had trouble keeping my balance. The sky was now almost entirely black, and birds were darting all over the place trying to figure out where to hide. Then I heard the thunder booming in the distance and I said to myself, “Well, if it’s my time then it’s my time.” I might have just lain down in a ditch and dodged the lightning, lowered my target. That’s what you’re supposed to do. Stay away from the trees, keep a low profile, and get soaking

wet. But I didn’t do that. What’s the chance of getting struck by lightning? Better than winning the Michigan lottery, that’s for sure. I just kept pedaling as fast as I could, trying to catch Roger, wherever he was.

Then the rain hit, and I mean hit. Not just stinging beads of water, but something that turned into hail the size of marbles. I could see and hear those icy balls bouncing off the black asphalt and then smacking into my plastic helmet. Well, at least they were only the size of golf balls, not grapefruits. That was the good news. Okay, so I’ve never seen grapefruit-sized hail. The temperature dropped, my glasses steamed up, and I could not see 10 feet in front of me. I kept looking at the side of the road to avoid getting directly into the lane of traffic. Most of the cars coming up behind me were creeping along at a snail’s pace. They couldn’t see any better than I could. Then out of nowhere I saw a pothole. It was too late to avoid it, so I just went through it. I kept my balance by some miracle but my rear tire went flat, flatter than a pancake in two seconds. That was one nasty pothole.

I let out a few choice words and resigned myself to buying the farm. Out of the corner of my eye, a white phantom shape appeared. It was on my left and moving real slow. A side window rolled down on a pick-up truck, and some guy leaned out and asked if I wanted a lift. Did I want a lift? You betcha. There were three guys in the truck, young and tough looking. My suspicious nature kicked in, and I said to myself, “Maybe they are going to beat the crap out of me, steal my bike and kick me out of the truck.” What to do? I hesitated about three seconds, and said, “Yeah, I want a ride. That’s real nice of you guys.” You have to know when to trust people.

So I threw my bike in the back of the truck along with their fishing poles and hopped up into the cab. My body was soaked, and I looked like a drowned rat. I was a drowned rat. They had one of those trucks with a second narrow seat behind the first one. No one minded my soggy state. Turned out the driver’s name was DeWitt, or maybe that’s the town he was from, and then there was some guy by the name of Kyle, and a third guy, I don’t remember his name. I discovered they all worked at the same lawn care business and had been fishing that afternoon. I can’t remember if they caught anything, but they couldn’t have been telling lies as their fishing poles were in the back of the truck. The driver promised to take me back to my car that was parked over by the township hall about two miles away. Very decent of him. I sat there looking sheepish, the water from my body soaking into the seat like a sponge, and wondered what those guys were really up to. Lawn care business? I didn’t know about that. What would they have done if I had been a beautiful blonde stranded by the roadside? Me, I’m just an old guy with no real sex appeal. At least not to 20 year old studs. Maybe the blonde would have said “no thanks” and then found an overpass for cover—trouble is there weren’t any.

Keep Your Socks Dry and Pedal Hard (cont.)

Well, guess what? Nothing happened. DeWitt and his two buddies delivered me safe and sound to my car at the township hall and I hopped out, thanked them and carried my bike over to my car. By this time the rain and hail had almost stopped. The three of them drove away, but one of them gave me a card for his lawn care business. I thought I saw Roger Nelson riding in, and I felt like asking him what had taken him so long. I resisted the temptation.

Two days later, I was looking out the window. Not a breeze blowing. The sky was blue and a field of wild flowers was blowing in a soft wind. Not too hot. A real nice day. Low humidity. I was thinking about how lucky I was to still be alive, and I looked at the business card that DeWitt had given me. I said to myself, "those guys were real decent." There are some good Samaritans left in the world after all. So I put 15 bucks into an envelope and sent it off to the address of the lawn care business. In my note, I wrote, "Thanks DeWitt, Kyle and third guy, whatever your name is. Thanks for helping me out of a jam. Take the money and the three of you go have yourselves a beer." That was the least I could do. One thing I did not do. I didn't put a return address on the envelope. I just signed the note, "Bob." Which is probably just as well. There are lots of Bobs in the world. You can't be too careful these days.

WELCOME NEW MEMBERS



Dan Davis
Johanna Pscodna
Kara Wood



DALMAC News

Al Simons

Lake City—Lake City has been a mainstay for DALMAC for many years. The city is well known for its hospitality and infamous for its cold showers. Lake City High School has struggled with an inadequate boiler system for a number of years, and I was told by the facilities manager that it took 22 hours for it to recover. However, the boiler was recently replaced. Now quite a few more than just the first 30 riders will enjoy warm showers.

5-Day UP Tour—This is a revised tour of last year's bridge route and now takes you all the way to DeTour Village. The 5-UP looks and feels like the 4-West except for the last night and the last two days. Most of your stops are the same as last year. We were contacted by Les Cheneaux Bike Path Committee of Hessel (about 25 miles out from DeTour) to provide lunch for a nominal fee. We look forward to Hessel becoming another regular stop as are Perrinton and Good Hart.

This route was quick to fill and we've all been anticipating this new tour since February. In recent years, DALMAC has been blessed with good riding weather, and we look forward to another year of the same. That said, there is always the possibility that the Mackinaw Bridge Authority may close the bridge to cyclists if they deem weather conditions make it unsafe. DALMAC has studied several options regarding in the event that this happens, and we'll do our best to get the 5-UP riders to St. Ignace to complete the ride to DeTour. In summary, bikes will be loaded on empty luggage trucks and will be bussed to St. Ignace to complete the tour. The 5-UP riders will have a meeting Saturday night in Pellston at dinner time for a quick review of how we intend cross the bridge if weather eliminates the possibility of riding.

General Update—As I write this, we have over 2,300 riders and crew across five routes signed up for DALMAC. I am excited to see the routes fill as quickly as they did. We had a number of people who had to take a second choice of route or just opted out because their chosen route was full. I hope those riders are not too discouraged and will try again next year.

DALMAC and other multi-day bicycle tours have many similarities, but also some differences. Please take a moment to read the all information contained in the application and in your acceptance letter. Understanding these differences prior to Labor Day weekend will make for a more enjoyable DALMAC for all. If you have questions or concerns, please contact us at dalmac@biketcba.org.

We always welcome suggestions for improvements, and we take them all under advisement. Please remember that your DALMAC crew are volunteers and are also on vacation. Also keep in mind that all the vehicles used for SAG support are privately owned; please do not lean your bikes up against them. Your suggestions and comments are best remembered if you email them to eventsdirector@biketcba.org. Have a wonderful DALMAC!

Nominations Sought for TCBA Positions

TCBA is looking for club members interested in running for club offices. Please consider this opportunity to serve your club. A brief description of the positions available and their responsibilities follow. All require that candidates be members in "good standing" (current on dues), and all are one-year terms. Board members are expected to attend board meetings on the first Tuesday of every month.

President

The president presides over all membership and board meetings. He/she prepares agendas for board meetings and prepares an annual report for presentation to the membership at the Annual Meeting (October). The individual in this position would benefit from previous organizational leadership experience, practical knowledge of or experience in running efficient meetings and the ability and willingness to delegate responsibility to others.

Vice President

The vice president acts in the president's absence and performs such other duties as delegated by the president. To that extent, the personal characteristics described for that position apply here as well. In addition, the vice president has, in recent years, been charged with developing club meeting programs and social activities (picnic, hayride, holiday party). He/she may establish and lead a Program Committee to assist in this function, so the ability and willingness to delegate responsibility to others is especially beneficial to provide back-up support for these activities.

Secretary

The secretary records and files the minutes of all meetings, prepares and conducts the annual election of directors and performs such other duties as delegated by the president. In addition, he/she prepares and submits documents to government agencies on an annual basis and handles all official correspondence for the club, including get well and sympathy notes. The individual in this position should be a good listener in order to take notes at meetings and should have better than average writing skills in order to accurately record the actions taken. A working knowledge of word processing and e-mail capabilities is especially useful as minutes have, in recent years, been sent electronically to board members for review prior to board meetings.

Treasurer

The treasurer is responsible for the funds and financial records of the Association, prepares and delivers an annual accounting at the annual membership meeting, and performs such other duties as delegated by the president. He/she presents a draft budget annually for board consideration, as well as monthly reports documenting cash flow and adherence to the approved budget. This individual

works with the events director and an appointed DALMAC treasurer to establish procedures and to maintain accountability for all transactions. Previous accounting experience and working knowledge of accounting-related computer software are desirable.

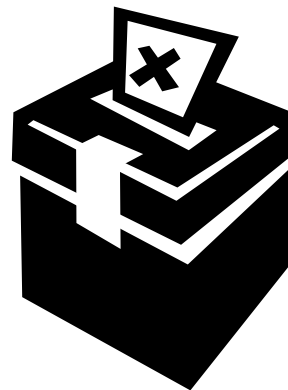
Events Director

The events director prepares and conducts the annual DALMAC bicycle tour, delivers monthly and annual reports to the Board of Directors to account for all bills and receipts and performs such other duties as delegated by the president. He/she appoints and chairs the DALMAC Committee and DALMAC volunteers. Previous experience as both a DALMAC volunteer and DALMAC rider benefits this individual by providing an appreciation of the breadth of the DALMAC operation, as well as rider needs. Experience working with volunteers or with a volunteer organization is desirable; an ability and willingness to delegate tasks to others is essential.

Director-at-large (2)

The Directors-at-large have no specific duties, but have full voting rights as members of the Board of Directors. These individuals are often assigned to lead or serve as a liaison with club committees. The Ride Program Committee has generally been led by one of these board members. A director-at-large position would be especially useful for an individual who desires to learn more about the operation of the club before serving in other elected positions.

If you have other questions about these positions, contact any current or former board member for more information. A nomination form is available on the Web site at www.biketcba.org/board/NomineeProfile.pdf. Completed forms may be returned to any board member or mailed to TCBA, P.O. Box 22146, Lansing, MI 48909. Nominations will be taken from the floor at the September membership meeting, at which time nominations will close. The election will be conducted by mail and at the October membership meeting. Those elected will take office effective January 1.



August 2007 Ride Calendar

Recurring Rides (No ride if rain unless stated otherwise)

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	8:00 a.m.	40+	Z	67th District Court House, Grand Blanc	Touring, social pace. No ride on August 12 or August 19.	Ed Usewick (810) 694-9919
	10:00 a.m.	25-40	B	Victor Township Hall	No ride on August 5. Last month for this ride.	Jan or Tony Koller (517) 669-5744
Mondays	6:30 p.m.	20-30	C	Coaches		Ginger Royston (517) 393-4799
Tuesdays	10:00 a.m.	25-40	B	Rayner Park	No ride August 28. Last month for this ride.	Jan Koller (517) 669-5744
	5:00 p.m.	25-35	B	Owosso Fire & Police Station	No ride August 28 (DALMAC check in)	Phil Sanderson (989) 725-8299
	6:00 p.m.	25-35	B	Oneida Gospel Church	No ride August 28 (DALMAC check in)	Ralph Bednarz (517) 321-4790
	6:15 p.m.	20-30	B	Holt Pro Cycle	No ride August 28 (DALMAC check in)	Larry White (517) 694-8667
	6:30 p.m.	25-30	B	Williamstown Town Hall	No ride August 7 or August 28 (DALMAC check in)	Dwayne Scheidler (517) 339-4586
Wednesdays	9:00 a.m.	35-55	B	Mega Mall	No ride August 29 (DALMAC)	Edie Belcher (517) 669-7259
	6:30 p.m.	15-20	D	Haslett Middle School	No ride August 29 (DALMAC)	Lenny Provencher (517) 204-2971
Thursdays	5:00 p.m.	25-35	B	Owosso Fire & Police Station	No ride August 23 or August 30 (DALMAC)	Phil Sanderson (989) 725-8299
	6:30 p.m.	25-30	B	Williamstown Town Hall	No ride August 9, August 23 or August 30 (DALMAC)	Charla Scheidler (517) 339-4586
Fridays	9:30 a.m.	40-50	Z	DeWitt Township Hall	No ride August 3 or August 31 (DALMAC)	Jan Koller (517) 669-5744
Saturdays	8:00 a.m.	40+	Z	67th District Court House, Grand Blanc	Touring pace	Roxanne Usewick (810) 694-9919
	8:00 a.m.	50-80	Z	Sawdon School, Grand Ledge		Ralph Bednarz (517) 321-4790
	9:00 a.m.	12	D	Coaches	Breakfast ride. Bring the kids! New rider-friendly!	Milt Gruhn (517) 393-1617

Wednesday Night Rides—MSU Pavilion

(All classes, 6:15 p.m., 1/2 mi. south of the Y-Lot)

Reminder: This is the last month this year for this ride.

Class/Mileage	August 1	August 8	August 15	August 22	August 29
A/30-40 miles					DALMAC
B/25-35 miles	Jim Delinescheff (517) 333-9329	Sue Viele (517) 333-0306	Jim Delinescheff (517) 333-9329	Katie Donnelly (517) 349-5564	DALMAC
C/20-30 miles	Sarah Troutman (517) 331-1004	Mary Burris (517) 394-1617	Edie Belcher (517) 669-7259	Sarah Troutman (517) 331-1004	DALMAC
D/15-25 miles	Connie Campbell (517) 285-2012	Tom Patenge (517) 974-6830	Connie Campbell (517) 285-2012	Tom Patenge (517) 974-6830	DALMAC

August 2007 Ride Calendar (Continued)

Other Day Rides in July

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Saturday/August 25	8:00 a.m.	100	Z	Holt Schools, 9 th Grade Campus	21 st Annual Jackson-Albion Century. Optional breakfast stop in Jackson	Phil Wells (517) 267-8971
Sunday/August 26	8:00 a.m.	103	Z	Williamston Township Hall	Ride will go to Chesaning	Katie Donnelly (517) 349-5564

Helmets are required on all TCBA rides.

Ride Starting Point Descriptions

- **67th District Court House**, Grand Blanc
- **Coaches**, Corner of M-99 and Bishop Road, SW Lansing
- **DeWitt Township Hall**, 1401 W. Herbison Rd., 1/2 mi. west of Old 27
- **DeWitt Junior High School**, south lot, DeWitt
- **Haslett Middle School**, 1535 Franklin, east on Franklin St. from Marsh Rd., first light south of Haslett Rd.
- **Holt Commuter Lot**, US-127 and Holt Rd.
- **Holt Pro Cyclery**, Cedar, three blocks south of Holt Rd.
- **Holt Schools, 9th Grade Campus**, North side of Holt Rd. between Grovenberg and Washington
- **Kroger**, Coolidge & Lake Lansing, parking lot near Coolidge
- **Mega Mall**, 15487 Old US-27 (Northeast St.) & Northcrest Rd., NE corner of lot
- **Oneida Gospel Church**, Corner of Oneida and Strange Hwy, Grand Ledge
- **Owosso Fire & Police Station**, Owosso
- **Rayner Park**, Ash Street M-36, west of fairgrounds, Mason
- **Sawdon School**, Lamson Rd., Grand Ledge
- **Victor Township Hall**, Alward Road, 200 ft. west of Shepardsville Road, Laingsburg
- **Williamstown Twp Hall**, Corner of Zimmer & Germany Rds, four miles east & one mile 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
 Z* Over 40 miles at 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 at www.biketcba.org. Check this number for updates and changes to rides listed here. To receive the Ride Line Transcript by e-mail, send your request to donnell13@msu.edu.

Sunrises & Sunsets for August 2007

Date	Rise	Set	Date	Rise	Set
1	6:30	8:59	17	6:47	8:37
2	6:31	8:58	18	6:48	8:36
3	6:32	8:57	19	6:49	8:34
4	6:33	8:55	20	6:50	8:33
5	6:34	8:54	21	6:51	8:31
6	6:35	8:53	22	6:52	8:30
7	6:36	8:52	23	6:53	8:28
8	6:37	8:50	24	6:54	8:26
9	6:38	8:49	25	6:55	8:25
10	6:39	8:48	26	6:56	8:23
11	6:40	8:46	27	6:57	8:22
12	6:41	8:45	28	6:58	8:20
13	6:42	8:43	29	6:59	8:18
14	6:43	8:42	30	7:01	8:16
15	6:44	8:40	31	7:02	8:15
16	6:45	8:39			

Bike Parking Volunteers Needed

Guarded "valet" bike parking is being offered by TCBA, the League of Michigan Bicyclists and MSU Bikes, August 10-12, in East Lansing at the Great Lakes Folk Festival. All volunteers receive an official GLFF volunteer T-shirt, an invitation to the volunteer/performer party on Saturday night, access to the "Green Room" (more free beverages and snacks) and other perks.

The Festival volunteers are asked to work one or more shifts of about three hours. You can sign up at the festival Web site, www.greatlakesfolkfest.net (click on "volunteers" then "registration"), or call (517) 432-GLFF. The shift time choices are approximate. You may also help set up the bike "corral" Friday and/or tear it down Sunday—in both cases, select the late afternoon shift and note "set-up." For more information about the bike parking service, contact Phil Wells at (517) 267-8971 or philwells99@yahoo.com.



CLASSIFIEDS

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 e-mail to chainwheelchatter@biketcba.org, fax to 1-800-480-1146 or mail to Andrea Rybicki, 307 S. Fairview, Lansing, MI 48912.

FOR SALE: 1 yr. old Raleigh tandem. Less than 400 miles. \$1,700 new, asking \$1,000. Call (517) 282-1435.

FOR SALE: New Sportworks two-place bike rack in unopened case. Model 253120. Fits 2" trailer hitch. \$200. Call Tom at (517) 881-4162.

FOR SALE: Bike E recumbent. \$700 new, asking \$350. Call Jan at (517) 268-9780.

FOR SALE: Giant OCR3 silver racing bike, small frame, Shimano Sora components, 24 speed, excellent condition. Paid \$700, asking \$399. Call (810) 695-1763.

FOR SALE: Shimano Tiagra Crankset (FC-4403) 52/42/30T, new in box, \$50. Minoura-RSX folding workstand, \$30. Takara 12 speed women's bike with fenders and rear rack, new tires, \$25. Bike storage hoists (2), \$15 each. Call Larry at (517) 625-9952 (h) or (517) 281-9833 (c).

FOR SALE: 2003 Specialized Sequoia Expert. 51 cm frame, brushed aluminum with black accents. Carbon fiber fork with clear zertz elastomer. Shimano 105 shifting components and 27 speed, gearing 52, 42, 30. Approximately 7,000 miles on the frame. STI braking levers. Additional add-ons: carbon seat post, Shimano Flightdeck computer. Mavic Ksyrium wheels with flat spokes and Continental tires have approximately 2,000 miles on them. Asking \$700. Call Maureen at (517) 886-0541 or e-mail skimmw@comcast.net.

FOR SALE: 2005 LeMond Sarthe Platinum steel orange-57 cm Campy components, SPD pedals, Bontrager Lite race wheels w/black spokes, 10 speed cassette, Bontrager seat post. Asking \$950. Like new, just second season. Call Gregg at (517) 336-0465 or (517) 803-7443 (cell).

Bicyclist Volunteers Needed for Capital City River Run

The Capital City River Run (CCRR) is looking for bicyclists to volunteer for support along the track on the morning of Sunday, September 30, 2007. The CCRR is a fundraising event which includes a half marathon and 5k race. All proceeds from the CCRR go to Impression 5 Science Center. Non-cycling volunteers are also needed. Please contact Ron Bock at (517) 775-0990 or at bocklaw@gmail.com for further information.

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.

We are located at 447 S. Jefferson St., Mason, in the former building of the City of Mason Firehouse.

Visit our website: 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. Design your program form one-session orientations to several or ongoing sessions! 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.

Revolution Bikes, East Lansing's newest bike shop, would like to offer all TCBA members a 10% discount in store. We also sell tubes at cost and we will attempt to match most Internet prices for bike parts. We are located at 420 Albert Street, on the north side of the multi-colored parking structure. You can check out our Web site at www.revolutionbikesllc.com or stop by in person. For questions or directions, call us at (517) 908-0282.



T-shirts Available

A few t-shirts are left over from the T-shirt Ride and are available for purchase. Long-sleeve sizes available are XXL and XXXL. Short-sleeve shirts are XXL and XXXL. The shirts are being sold for \$10 each. If you are interested, please contact Debra at (517) 223-0312.

MEMBERSHIP APPLICATION

Name(s) _____ Date _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail Address _____

Children's Names and Ages _____

Would you like your name listed on a public membership roster? Yes _____ No _____ Type of Membership New _____ Renewal _____

Individual (Age 12 and Up): **1 Year \$10.00 – 3 or More Years \$8.00** Per Year _____ years \$ _____

Family (2 Adults and Unmarried Children Younger Than Age 21 Living at the Same Address):

1 Year \$13.00 – 3 or More Years \$10.00 Per Year _____ years \$ _____

I can help with () safety/education programs () newsletter () art/graphics () program activities () tour planning () Web site

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