

Chainwheel Chatter



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

Volume 34 Number 2

Established 1972

February 2007

NEXT Meeting!!!

February 22, 2007 – 7:00 p.m.

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

Audrey Morris, CPT

Audrey is a Certified Personal Trainer (CPT) with NASM. She holds an Associates Degree in Science in Kinesiology from Lansing Community College, and is CPR certified through the American Red Cross. In 2006 she completed her 6th DALMAC and walked the half marathon (13.1 miles) in the Detroit Free Press Marathon.

In her presentation at this meeting Audrey's will:

- Define functional training and core fitness as they apply to bicycling.
- Discuss muscles, flexibility and other movement factors of particular importance to bikers.
- Demonstrate proper form in exercising.
- Demonstrate several exercises targeted for bicycling fitness.

NEXT MONTH!!!

TCBA Swap Meet

When: March 29, 2007

Where: Foster Community Center



It's time to gather up all your slightly used bike paraphernalia, and plan to join your fellow TCBA friends at this annual event!

DALMAC Volunteers Meeting

Thursday Feb. 8 - 7:00 PM to 8:30 PM

Foster Center - Room 213

If you are a DALMAC volunteer or would like to help, plan to attend a meeting at the Foster Community Center on Thursday Feb. 8. I will review the plans and current status for our 2007 tour. We have five routes, last year's "Bridge Route" is now the 5 Day UP route, the traditional Quad route is back, the bridge crossing is Sunday morning, and the rider count has been increased to 2,300.

Come and be part of this great group of volunteers for the 37th annual tour. Help make the 2007 DALMAC be better than ever.

Al Simons, Events Director

Board Meeting

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

Next meeting March 6, 2007.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, February 10, 2007.** Please send items to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840, FAX to 1-800-480-1146 or send your 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

Plan to join Allan Huber at **6:00 p.m.** immediately preceding the membership meeting on **Thursday, February 22, 2007.**

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**MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION
BOARD OF DIRECTORS MEETING**

**Foster Community Center - Lansing
December 5, 2006**

Board Members present included Arnie Johnson, Sue Viele, Ron Claflin, Charla Scheidler, Darryl Burris, Steve Schuesler and Sara Troutman. Also present were club members Lee Adair, Cheryl Claflin, Dick Janson, Ellen Lamb, Lenny Provencher and Kris Stairs.

Reports

1. **Minutes/Secretary's Report:** Minutes of the November meeting were presented for review. Sue Viele made a motion to approve the minutes as presented; the motion was seconded by Ron Claflin and carried.
2. **Treasurer's Report:** Treasurer, Ron Claflin presented a financial report through December 1, 2006. Charla Scheidler asked for more information regarding a payment of \$56.00 to Phil Wells and was advised that it was to repair straps on one of the bike cases. The report was approved as presented. Motion made by Sue Viele, seconded by Steve Schuesler and carried.
3. **Vice President's Report:** Sue Viele reported that she had received 110 reservations for the Christmas Party.
4. **Membership:** Dick Janson posed the question of how renewal memberships are handled if they are paid after the renewal date. Current procedure is if the renewal is received within a couple months of the lapse date the membership renews with no lapse, but if there is a significant amount of time before payment is received the membership begins on a date to coincide with the payment.
5. **DALMAC:** Darryl Burris reported that plans for the 2007 DALMAC are underway.
6. **Ride Incentive Program:** Sara Troutman reported the following recommendations from the Ride Incentive Committee for the 2006 ride season awards:
 - Level 1** – Lands End Outrigger Jacket. Non riding jacket available in men's and women's sizing and five different color choices. Jackets will be embroidered with the TCBA Logo and recipient will have the choice of having the mileage statement or no mileage on it.
 - Level 2** – Short-sleeve, Semi-Relaxed fit, Louis Garneau Jersey. This will not be a club jersey, a new design will be used and there will be no mileage statement on it.
 - Level 3** – Leg warmers
 - Level 4** – Gloves
 - Level 5** – Award to be discontinued.
 - Ride Leader** – Awards to be discontinued.

Steve Schuesler made a motion to accept the recommendations of the committee as outlined above, the motion was seconded by Sue Viele and carried.

The committee also recommended selling incentive items to members at the cost to TCBA, plus the cost of the embroidery or screen printing on the item. After lengthy discussion Darryl Burris made a motion to accept the committee's recommendation for the sale of various incentive items, but to limit the sales to those members who have qualified for an incentive award at some level. In addition if the member does not accept the award that they have qualified for there will be no credit given towards the purchase of a higher level item. All sales must be pre-paid before the order is placed with the vendors. The motion was seconded by Sue Viele and carried.

Discussion took place regarding the disbursement of unclaimed 2005 Incentive Award items. Steve Schuesler made a motion to sell these items at cost; the motion was seconded by Sue Viele and failed.

After further discussion, Darryl Burris made a motion to authorize Sue Viele and Sara Troutman to manage the disbursement of the unclaimed 2005 Incentive Award items. The motion was seconded by Steve Schuesler and passed with one board member in opposition.

Board Minutes – December 5, 2006

(continued)

Old Business

- Lenny Provencher provided information on improvements that have been made at the intersection of Mt. Hope and Farm Lane, to include new lights and a pedestrian walkway.

New Business

- Receipt of the following thank you notes was acknowledged:
 - LMB for the \$1.00 per rider donation for DALMAC 2006;
 - Milt and Gloria Gruhn for their volunteer of the year gifts.
- A request was presented from Joe Adams for the purchase of a memory upgrade for his computer at a cost of approximately \$200. The request was approved.
- Charla Scheidler reported on the nominations for Ride Leader of the Year. The recipient was shared with Arnie Johnson and it was decided that the award would be presented at the Christmas Party.
- With no further business to come before the board a review of the notes from the October Annual Meeting took place.
 - 1) The option to accumulate ride miles over more than one year to qualify for a higher level item. – Charla Scheidler suggested that this be referred to the Ride Incentive Committee for review and the development of a proposal to be brought before the board.
 - 2) DALMAC – Charla Scheidler suggested the following items be referred to the DALMAC Committee.
 - a) The need to stress more courteous riding in a safety talk prior to riders leaving.
 - b) Making the ramps on baggage trucks safer.
 - 3) Club Trailer and use by members. All members should be made aware of this member benefit. Arnie Johnson charged the 2007 Board with this task.

WELCOME NEW MEMBERS



Chris & Marcia Hinterman
Michael K Lonier
Annette Puleo
Jeff Strahan
Jodi Backofen
Len Gordon
Jim Clark
Elias Strangas
Jeff Pratt
Heather M Stamat
William & Regina Gohier
Carl Wesolek
Richard A Church
Steve Conatser
Thomas Zempel
Lloyd Rademacher
Charles & Michelle Girard
Rick & Cindy Acker
Wayde & Greg Johnson
Cindy Stairs
Michael Andrus

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.



TIME TO RENEW?
CHECK YOUR LABEL!

February 2007 Ride Calendar

No rides were submitted for February.

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: donnell3@msu.edu

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

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.

SUNRISES & SUNSETS FOR FEBRUARY, 2007

Date	Rise	Set	Date	Rise	Set
1	7:53	5:51	15	7:36	6:10
2	7:52	5:53	16	7:34	6:11
3	7:51	5:54	17	7:33	6:12
4	7:50	5:55	18	7:31	6:14
5	7:49	5:56	19	7:30	6:15
6	7:47	5:58	20	7:28	6:16
7	7:46	5:59	21	7:27	6:17
8	7:45	6:00	22	7:25	6:19
9	7:44	6:02	23	7:24	6:20
10	7:42	6:03	24	7:22	6:21
11	7:41	6:04	25	7:21	6:22
12	7:40	6:06	26	7:19	6:24
13	7:38	6:07	27	7:18	6:25
14	7:37	6:08	28	7:16	6:26

TCBA SPONSORS BIKE SAFETY POSTER CONTEST

TCBA is sponsoring its fourth bicycle safety poster contest, open to Clinton, Eaton, and Ingham County students in Grades 3 and 5. Grade levels were chosen for this competition based on Michigan Model for Comprehensive School Health Education language pertaining to bicycle safety. Although announcements were sent to schools about this contest, members are invited to "spread the word" to teachers and students in eligible schools.

Entries are limited to 10 per grade level per school and must be submitted through the school. Home-schooled student entries will be accepted individually. Only one poster may be entered per student. It is intended that the contest will stimulate thought and discussion as well as provide a fun creative activity around the theme **"I'm a smart and safe cyclist,"** and it is hoped that posters not selected for submission will be displayed in a forum that will generate continued discussion throughout the school.

Copies of the video, *Bicycle Safety Camp*, were sent to many local schools a few years ago as part of the TCBA's Safety Education Program. This presentation dramatizes bicycle safety rules, equipment, and safe riding practices and provides a good starting-off point for classroom discussion.

Posters will be judged on creativity, expression of the theme **"I'm a smart and safe cyclist,"** and consistency with instructions. There will be three cash winners per grade level, and schools of first-place winners for each grade will also receive cash awards. In addition, first-place winners will win gift certificates to bicycle shops near their homes, while all winners will receive one-year family TCBA memberships.

Winners and their families will be recognized at the May membership meeting. Formal rules and entry instruction information is available on the club web site, www.biketcba.org. Entry deadline is Friday, March 30.

Katie Donnelly and Betty Johnson

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: 1988-89 Panasonic Aluminum Frame AL-7000 (58cm) + Fork + Seat Post. Great condition used for two seasons as a back-up when waiting on a replacement frame. Own a piece of cycling history or build it up to use. I still ride a similar a frame. Price: \$100.00 Contact: Bryan at 517-374-0962 or bryanvanp@hotmail.com

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, now known as MSU Bikes, is always looking for donations of old bikes in working or restorable condition (1, 3, 5 speeds are perfect for campus) to fix up and loan out to MSU students/ faculty/ staff/ visiting scholars. Donors are now eligible for MSU donor credits. Details here: www.bikes.msu.edu/donations
Email to arrange drop-off or leave on rack outside the new MSU Bikes Service Center; directions here: www.bikes.msu.edu/maps.html

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!

PERSONAL TRAINING – Benefit from bicycling-oriented fitness training with Audrey Morris, Certified Personal Trainer. Focus is on a progressive training program that strengthens the core and other muscles key to biking, as well as flexibility and aerobic elements. Certified by NASM, one of the top certifying organizations. Gift certificates available. Call Audrey at (517) 712-4678.

SEW MUCH MORE

Cycling wear: jerseys, cycling shorts, tights, and cycling shells.

Reasonable prices. Custom fit.

Gift certificates.

For more information call Sue at 517-627-1411

OPEN HOUSES

Denny's Central Park Bicycles

22nd Annual Open House

Mark your calendar so you won't miss this important event!!!

Sunday, February 11th

11:00 a.m. – 4:00 p.m.

**Location – Central Park Bicycles
1805 Central Park Dr., Okemos**

Members save 10% off all new products, including 2007 bicycles, and bikes already on sale.

Biggest inventory clear-out ever.

20-80% off on other select products.

Featuring: Trek, Specialized, Yakima, Pearl Izumi, Burley and more.

Factory reps will be available for the latest info!

Hourly Drawings for Prizes!

Refreshments Provided – Don't Miss It!!

Riverfront Cycle

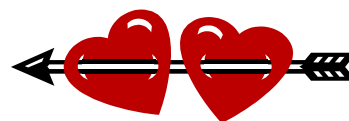
507 E Shiawassee - Lansing

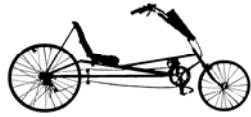
Saturday, February 17th

10:00 a.m. – 5:00 p.m.

There will be hundreds of bikes, accessories, shoes and clothing on sale at the downtown store (the west side store has been consolidated into the downtown store). Trainers and bicycle rollers will be on sale too. There will be refreshments served and a drawing for door prizes.

**HAPPY
VALENTINE'S DAY!**





E A S Y P O K E N

News From All Over, and Whenever

A New Yorker named Jacob German was the first American ever stopped for speeding in an automobile. He was a cab driver going 12mph. The arresting officer caught him while riding his bicycle. It was 1899.

Charles Murphy, a bicycle racer from New York thought he could go faster if there wasn't any wind resistance. Duh! To prove it, over a mile of plywood was laid between the tracks of the Long Island Railroad. Murphy rode behind a passenger car that had a hood attached to the back of it. He did the mile in 57.75 seconds - more than a mile a minute. He did it on his new, state-of-the-art bike, built in 1899.

In 1985, Olympic Cyclist and IRONMAN triathlon winner John Howard did a similar stunt, except he did it at Bonneville Salt Flats behind a 500 Hourspower Streamliner. His bike had two chains. One went from a small rear cog up to a large chainwheel behind his seat. Attached to that chainwheel was a small cog. Another chain went from that down to another chainwheel with cranks and pedals attached. With all that, he was only able to get up to 152.2mph.

The record speed on a bicycle now is over 80 mph. That is without following a vehicle, going downhill, or having a tailwind. It was done on/in a streamlined recumbent bicycle.

In 1933, the one hour distance record was held by a man named Oscar Egg (you can't make this up). His average speed was about 27.5 mph. The unknown official who timed him became known as the Egg Timer (well, I DID make that up.)

The second Tour de France was held in 1904. According to an article in Adventure Cyclist, a man 50 years old, riding a bicycle weighing 11 pounds more than the ones used, beat all but ten of the racers. How? His bicycle had two gears, and he even had to stop riding to switch them. In 1937, the average speed of the slowest rider was faster than the winner's speed in 1936. Why? They were all using derailleurs, allowing them to shift while moving.

For quite some time now, I've been telling people that their bikes have only one hard gear - that being their lowest "granny" gear. If you're having a hard time in any other gear, simply shift to an easier gear.

Last July, "Fast Freddy" Markham set the one hour distance record for human powered vehicles. What was most amazing was not the speed (53.43mph). It was not that he was the first human to break 50 mph, 60 mph, and 65 mph. The most amazing thing was that he had already celebrated his forty-ninth birthday. For all his records he rode vehicles made by Easy Racers, and now he owns the company.

I ride an Easy Racer recumbent. Now my average is normally a little bit lower - in the "D" ride range. I also

have a couple of panniers attached to a rack over my front wheel. Just think of the reduced resistance I'd have if I just removed those wind-catching panniers. If I could beat Fast Freddy's record, it would be at least ten years before he could capture the record for my age group. Should I give it a go?

Bicycles are very efficient. I've calculated that I can get about 75 miles per gallon (of water). More seriously, and scientifically, for every 100 calories you burn, you can go 3 miles. Give a car the same number of calories and it couldn't get 100 yards. (That calculation, made in 2001, has not been adjusted for inflation.)

Not to change the subject, but I've run out of things to say about going fast. With all the nice weather in the past few weeks, you may not have noticed all the bicycle-related things on TV.

First, the bad news. COPS had an episode where a cyclist was hit from behind while the cop was involved in a traffic stop. They followed that by catching a bicycle-riding cocaine dealer.

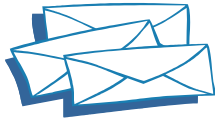
T. Rowe Price had 4 racers passing another on a mountain road. Capital 1 had a Virtual Holiday, with a couple of bikes propped up against a tree at a beach. Prudential had a bicycle commuter. But my favorite was with the three mountain bikers, but only two bikes. The third guy headed down a steep hill on his imaginary bike, taking a spill that hurt to watch.

Motorola Inc. will release a new, bicycle-powered cell phone charger. There will be a handlebar mount, a wire, and some device to get power from the wheel. Sounds great for self-supported bicycle tourists.

"Bicycling Street Smarts" is a 46-page booklet by John S. Allen. It covers bike choice and setup, riding on the road, going through normal and non-standard intersections, steering and braking, riding in groups, in the rain, in the dark, and dealing with tough situations. You can see it at: <http://www.bikexpert.com/streetsmarts/usa/index.htm>.

The TCBA Board is thinking of buying copies of "Bicycling Street Smarts" to give away to members, and pass out through bike shops and libraries, to drivers education teachers and students, law enforcement agencies, and at invitational rides like T-Shirt, WOW, DALMAC, etc. The only difference from the web version would be the printed version is not in color. We would put an identifying label inside each one so people would know where they came from. Let a Board member know what you think.

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



FROM THE TCBA MAIL BAG

MSU Bike Project Offers Maintenance Classes

Our first series of bike related classes which we're offering thru the MSU Evening College are now official. They'll be taught by our staff and possibly some guest mechanics. They're being publicized thru the Evening College web site and print catalogs that get distributed all over the place; check 'em out and sign up if you'd like (full descriptions online, click the link):

[Basics of Bike Maintenance](#) – Feb. 17th, 10 – noon, Kellogg Center

[Basic Bike Tune-up](#) – Feb. 24th and Mar. 10th, 10 – 1 pm., MSU Bikes Service Center, max. of 6 people w/ their bikes (or we can provide bikes for learning).

To register for these Evening College classes follow the links above or go directly to their registration form at: <https://www.msualum.com/secure/evcoll/>.

We'll also be doing additional classes at the Service Center every other Sat. afternoon in Feb. & the first Sat. of March; we may then possibly offer more classes later on in the year depending on the level of interest/ participation.

Here are the details on the other classes offered directly from our shop:

Basic Bike Tune-up – Feb. 3rd, 1 – 4pm. Same content, rules and price as the Evening College class above. Max. of 6 people w/their bikes (or we can provide bikes for learning). First 6 to sign-up get the spots reserved. Bring a friend to watch or help for an additional. \$20.

Intermediate Bike Tune-up – Feb. 10th. 1 – 4pm. We'll go into more depth in all the areas covered in the basic class plus truing wheels in the pro truing stands, drive-train cleaning, using a parts washer to better clean parts, everything else short of over-hauling bearings. \$69 per person. Max. of 6 people with their bikes; bring a friend to watch or help for an additional. \$20.

World of Wheels – Mar. 3rd, 1 – 4 pm. Ever want to know how to true your spoked wheels (make them straight, not wobbly)? This is one of the most challenging parts of bike mechanics that can be quite easily learned. Bring your own wobbly wheels or we'll provide some. We'll learn basic on-the-bike truing to advanced wheel truing in a pro truing stand, and also watch a wheel built from scratch by our head mechanic Matt J. We'll also cover some techniques for rescuing truly messed up wheels (or "tacoed" as they're often called), and rims that have been damaged by hitting curbs/ potholes. \$49 per person. Max. class size 12.

To register for any of the other classes offered here please email the information below to: bikes@msu.edu, and then stop by and pay your registration fees at least 1 week prior to the class, or your spot will be given to the next person on the waiting list (sorry, we don't have the fancy online registration yet; we should be accepting credit card/ Spartan Cash very soon).

- Full name(s) of participants (include # of bikes or if you'd like a bike provided to work on)
- Street Address
- Phone number(s)
- Classes registering for

Questions? Give the shop a call and ask for me, or email bikes@msu.edu.

Tim Potter

12th Annual Quiet Water Symposium



March 3, 2007

9:00 AM to 6:00 PM

MSU Agriculture Pavilion

Admission \$8.00, Under 12

Free

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

Our Experiences and Adventures in the great outdoors

The Equipment we build and use

Our Concerns for our waters and related resources

Opportunities to participate

For additional information visit the web site: www.homestead.com/qws or call 517-628-2890 or 517-589-5237.

Barbara E. (Lickley) Reeder



Age 94, passed away January 11, 2007.

Barbara was a longtime resident of the Grand Ledge area where she was active in Trinity Episcopal Church and the Union Cemetery Society. With her husband, the late Norman Reeder, she was active in bicycle touring, traveling by bicycle in several states, in Britain, and in Europe. Barbara and Norm assisted in organizing the Tri-County Bicycle Association of the Lansing area and the club-sponsored DALMAC tour from Lansing to the Straits of Mackinac. Memorial contributions may be made to the Trinity Episcopal Church Memorial Fund.