

Chainwheel Chatter



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

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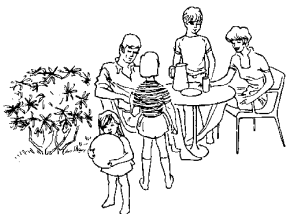
June 2007

NEXT Meeting

June 28, 2007—7:00 p.m.
Foster Community Center
200 N. Foster St.—Lansing

Hector Hernandez
“Surviving Dog Encounters”

Hernandez has conducted seminars for law enforcement agencies, Consumers Energy employees, UPS and the U.S. Postal Service. This presentation will teach cyclists to defend against a dog encounter.



TCBA Family Picnic
June 24, 2007
Granger Meadows Park
DeWitt Township

Lunch will be served at 1:00 p.m. sharp. The cost attend the picnic is \$5.00 per person, and advance reservations are required. Children under 10 are free, but reservations are still necessary. Checks should be made payable to TCBA and sent to Sue Viele at 4985 Pares Rd., Dimondale, MI 48821. Questions can be directed to Viele at (517) 643-1065 or by e-mail to vp@biketcba.org.



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, June 5, 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 August 7, 2007.

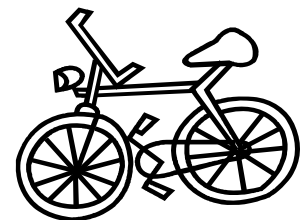
Newsletter/Ride Calendar Deadline

The deadline for the next newsletter is Friday, June 8, 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, June 28, 2007.**



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

**Foster Community Center—Lansing
April 3, 2007**

Board Members present included Dick Janson, Sue Viele, Dick Sulin, Charla Scheidler, Al Simons, Ellen Lamb and Kris Stairs. Also present were club members Joe Adams, Chris Davis, Katie Donnelly, Del Johnson, Lenny Provencher, Andrea Rybicki, Steve Schuesler and Jethro Wise.

Reports

1. **Minutes/Secretary's Report:** Minutes of the March meeting were presented for review. Sue Viele made a motion to approve the minutes as presented; the motion was seconded by Al Simons and carried unanimously.
2. **Treasurer's Report:** Dick Sulin presented the current financial report. Charla Scheidler made a motion to approve the report as submitted. The motion was seconded by Sue Viele and carried unanimously.
3. **DALMAC:** Al Simons reported that the 5-day UP route was full. The Quad and East routes remain open with approximately 200 openings between them.

Ken Hendrick requested permission to apply for a credit card for TCBA, to be used for payment of certain DALMAC expenses. He suggested that two cards be applied for, one that he will hold with a limit of \$10,000 and one that the Event Director will hold with a limit of \$5,000. Sue Viele made a motion to approve the request. The motion was seconded by Charla Scheidler and passed with one board member opposed (Lamb).

4. **Ride Incentive Program:** Kris Stairs reported that orders had been placed for all 2006 award items.

Recommendations for items for the 2007 awards were presented; a copy will remain on file with these minutes. Charla Scheidler made a motion to approve the items as presented and encouraged the inclusion of logos on as many items as possible. The motion was seconded by Dick Janson and carried unanimously.

An outline of target dates to be passed on to future Incentive Committees was submitted for review; a copy will remain on file with these minutes. Sue Viele made a motion to accept the document. The motion was seconded by Dick Janson and carried unanimously.

The recommended rules for the 2007 Ride Incentive Program were submitted for review. A statement is included that the rules for each year's program are to be reviewed each January, but if no changes are recommended to the board the previous year's rules will stand. Charla Scheidler made a motion to accept the rules for 2007. The motion was seconded by Sue Viele and carried unanimously. A copy of the rules will remain on file with these minutes and will be published in the May *Chainwheel Chatter*.

Ride Incentive Award levels for 2007 were submitted for approval; a copy will remain on file with these minutes. Al Simons made a motion to accept the award levels as submitted. The motion was seconded by Charla Scheidler and carried unanimously. This information will also be published in the May *Chainwheel Chatter*.

A recommendation was submitted for the development of a Ride Incentive Committee with suggestions of who should serve on the committee; a copy of the recommendation will remain on file with these minutes. Sue Viele made a motion to accept the recommendation. The motion was seconded by Charla Scheidler and carried.

5. **Newsletter:** Charla Scheidler advised board members of her desire to resign from the editor's position. Charla reported that Andrea Rybicki had expressed a desire to take over the position and introduced Andrea to those present.

Old Business

- **TCBA Northwest Tour**—Dick Sulin and Dick Janson provided an update on plans and registrations received totaling 72.

- Smart Commute—A request for sponsorship of the 2007 Smart Commute was reviewed. A motion was made by Sue Viele to contribute \$250; the motion was seconded by Al Simons and carried unanimously.
 - Michigan Trails & Greenways—A request for sponsorship in a conference for the Statewide Trailways Vision & Action Plan was reviewed. A motion was made by Al Simons to contribute \$500; the motion was seconded by Dick Janson and carried unanimously.
 - Web Privacy Policy—A complaint from a member who thought TCBA was responsible for releasing personal information to Google was reviewed. Even though TCBA was not responsible, it was decided that a committee would be formed to research a privacy policy.
 - Map Project—Joe Adams expressed concerns with safety aspects of the touring map project which has been spearheaded by Dick Janson. It is Joe's opinion that the maps should be expanded to include several secondary roads to get riders off more heavily traveled roads, many of which are state highways. Joe suggested that the board revisit how this project is monitored and, short of taking over, provide some review and mediation. He also suggested that an additional two- to three-member committee may be desired. Discussion also ensued around the target release date of the end of May 2007, and it was agreed that a quality product was more important than rushing to get something published. Charla Scheidler made a motion that Dick Janson provide the board with an outline of what the project is to cover, an accounting of what has been spent on it to date, and an estimation of funding needed to complete the project. The motion was seconded by Sue Viele and carried with one board member opposed (Janson).
 - Billboards—Dick Janson reported that he had met with Adams Advertising to discuss details for the billboard campaign. It is expected that something will be put together for the first campaign to begin as early as June and then possibly another campaign in July or August.
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WKAR-TV Auction Report

Katie Donnelly

Did you win the bid on camping with hook-ups for two nights? Or did you overbid on the Botox injections? If so, we didn't hear you, so we won't tell! But it was kind of noisy! In what's been an annual tradition, a record number of TCBA members participated in staffing the phone bank for what was, sadly, the 30th and final WKAR-TV auction on Friday, April 27. After watching a brief training video featuring 1980s hairstyles (Lansing's own Farrah Fawcett wannabes) and auction items from businesses that no longer exist (remember Bogie's?), we took our places at the phone bank, taking bids from callers hoping for bargains. Although the noise level and initial excitement were a challenging adjustment, we got into the swing of things just in time for the first "lightning round."

Earlier in the week, one lucky auction bidder got a great deal on a DALMAC tour package consisting of two tour enrollments on any route, two jerseys and return bus transportation.

Your local public television station has relied on over 2,000 volunteers to help put on this fundraiser each year. In appreciation, our member volunteers were invited to a live mini-auction a few weeks later to cash in on auction leftovers at bargain prices.

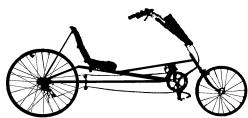
Several of us will miss the opportunity to support WKAR this way. Please thank the following members who gave up their Friday evening to represent TCBA in supporting WKAR-TV:

Karen Beauregard, Dean Brailey, Jill Crane, Dave Hetherington, Herb Drake, Mark Johnston, Jean Brailey, Doreen Ellison, Jim Clark, Seth Ellison, Linda Largent, Barb Powers, Mike Rich, Gary Theilsen, Deb Traxinger

WELCOME NEW MEMBERS



Sandra Atherton
Kevin and Michelle Bailey and Family (Alyssa, Zachary, Max and Savannah)
Sue Ball
Sandy Barringer
Marcy Bauman
William Bokram
Sean and Annette Harrington and Family (Keegan)
Walter Hawthorne
Todd Hayes
Cheri Kostosky
Patricia Lawrence
Cathy Leonard
Viki Lorraine
Chad Piper
John and Diane Revitte
Jack Rogers
Janice Stuart
Joe and Rebecca Tabone and Family (Lauren and Sarah)
Janet Weber
Ann Whitmer



E A S Y S P O K E N News From All Over, and Whenever

Biking Season Has Begun

Wearing layers of thin clothing on your torso allows you to adjust to your body temperature as you warm up, and to the changing temperature of the day. Being a tad cool is better than being a tad warm; it encourages you to work a bit harder.

This is important to remember: The primary difference between riding an indoor trainer and riding outdoors on the road is the variation in your experience. This is free. If you get back home and can only remember the butt of the person ahead of you or the white line, you have exercised your body, but you have certainly neglected your mind.

If you get a flat and apply a patch with rubber cement, let the glue dry before you apply the patch. Don't blow it dry; that can add water to the glue.

Blowout? A folded dollar bill between the new tube and the tire can last a long time.

You paid for your gears. Learn to use them all. Doing so will extend your ride and make the uphill more attractive.

If you must brake on a turn, use your rear brake only. If it slides, you can stay up. That may not be true if the front wheel slides.

Make pedaling easier by lifting your foot on the backstroke. The forward leg has less work to do, and you develop muscles that get you closer to a more efficient pedaling technique. The best pedal strokes draw not lines, but a circle.

There are three good reasons to pedal hard going down a hill—to help you get up the next hill, you're trying to set a speed record, you're trying to outrun a dog.

In rolling hills, pedaling hard downhill can help you get up the next hill. However, this is not true if there is a headwind, or when at the bottom or if there is a flat stretch, a crosswind or an intersection.

When you shift, if you hear a grating noise, you are pressing your pedals too hard during the shift.

Dehydration thickens your blood, which makes it harder for your brain to get food. Your thinking becomes confused and your response time lengthens. Drink BEFORE you are thirsty.

Some hills can be discouraging. On such a hill, look only far enough ahead to avoid obstacles. Shift down to a gear that feels like you are riding on level ground. When the riding gets easier, you have reached the top.

If, while going downhill, your bike starts to vibrate or shimmy, hold one thigh against the top tube. This will deaden the shaking and you will regain control of your bike.

When you replace one tire that is the same size as the other one, put it on the front. Steering is more important than traction.

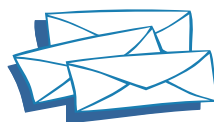
On a hot day, a wet bandana around your neck is worth at least 10 degrees of cool. Wrap ice in it and cool down another 10 degrees.

Before you go on a camping tour, set up your tent before (or during) a rainstorm. Inflate your mattress. Check both for leaks.

Squealing brakes may mean the leading edge of a brake pad is touching your rim first. The trailing edge should touch first. When adjusting brake pads, leave room for a dime under the trailing edge.

If you can see your tube through your tire, don't worry about it. Someone else can fix it while you are in the hospital.

Dick Janson
Just Me and Sarah Dipitee
president@biketcba.org, (517) 675-7340



FROM THE TCBA MAIL BAG

Learn-to-Row Course

The Lansing Oar and Paddle Club will be offering another learn-to-row course. Rowing is an excellent complementary exercise for cycling. The program will familiarize beginners with basics of rowing. All participants must have reasonable swimming skills.

All sessions will take place in Grand River Park in Lansing on Tuesdays, Thursdays and Saturdays, starting June 2 and ending July 28. The cost is \$120. For more information or to register, contact Bruce Miller at (517) 333-9612 or at blmiller@msu.edu.

Club Ride Crash

I ride with the awareness that bad things can occur when you are bicycling on thin wheels a few feet above terra firma. It was my turn to experience that unpleasantness in mid-May when I fell during a club ride. In my mind's eye, I see a slow motion fall in which I was a passenger unable to alter my destination of an imminent, sudden impact with the road. The crash was considerable. It was my good fortune to be wearing a worthy helmet, which boasted two sizable cracks resulting from the whiplashing of my cranium on the tarmac. I came out of the fall with few casualties, consisting of bruised knuckles, a vibrant contusion on my left hip that requires a ticket to view, and my composite frame bike in fantastic operational order. Even my Buckeye jersey survived unscathed, a disappointment to many, I have been told. Best of all, I was surrounded by friends who have the bicycling ethic that everyone stops for a fallen rider. I want to extend heartfelt gratitude to Marta and Brenda for their compassion, and accolades to Russ the Stud for towing us in those last, difficult miles.

And now I ride with the confidence that if something bad occurs, there is a fantastic support group of TCBA members who will come to my aid.

Mike Rich

June 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	No ride on June 25	Roxanne Usewick (810) 694-9919
Mondays	6:30 p.m.	20-30	C	Coaches		Ginger Royston (517) 393-4799
Tuesdays	6:00 p.m.	25-35	B	Oneida Gospel Church		Ralph Bednarz (517) 321-4790
	6:15 p.m.	20-30	B	Holt Pro Cyclery	No riding if pavement wet or temperature below 45 degrees	Larry White (517) 694-8667
	6:30 p.m.	25-30	B	Williamstown Town Hall		Dwayne Scheidler (517) 339-4586
Wednesdays	9:00 a.m.	30-50	B	Mega Mall		Edie Belcher (517) 669-7259
	6:30 p.m.	~15	D	Haslett Middle School	This ride is being done as a group ride. Riders wanting a cue sheet to blast-off the front should find another ride.	Lenny Provencher (517) 204-2971
Thursdays	6:30 p.m.	25-30	B	Williamstown Town Hall	No ride June 28 (club meeting)	Charla Scheidler (517) 339-4586
Saturdays	8:00 a.m.	40+	Z	67th District Court House, Grand Blanc	No ride June 9 (T-shirt Ride); no ride June 23	Ed Usewick (810) 694-9919
	8:00 a.m.	45-65	Z	Sawdon School, Grand Ledge	No ride June 9 (T-shirt Ride)	Dennis Stinson (517) 543-9432
	1:00 p.m.	15-20	D	Kroger, Lake Lansing		Jethro Wise (517) 575-4027

Wednesday Night Rides—MSU Pavilion (All classes, 6:15 p.m., 1/2 mi. south of the Y-Lot)

Class/Mileage	June 6	June 13	June 20	June 27
A/30-40 miles	No Ride Leader	No Ride Leader	No Ride Leader	No Ride Leader
B/25-35 miles	Sue Viele (517) 333-0306	Jim Delinescheff (517) 333-9329	Katie Donnelly (517) 349-5564	Jim Delinescheff (517) 333-9329
C/20-30 miles	Mary Burris (517) 394-1617	Edie Belcher (517) 669-7259	Sarah Troutman (517) 331-1004	Syd Hager (517) 393-2579
D/15-25 miles	Katie Donnelly (517) 349-5564	No Ride Leader	No Ride Leader	No Ride Leader

June 2007 Ride Calendar (Continued)

Other Day Rides in June

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Saturday/June 2	8:30 a.m.	45-65	Z	Holt Commuter Lot		Edie Belcher (517) 669-7259
Saturday/June 23	8:30 a.m.	45-65	Z	Holt Commuter Lot		Edie Belcher (517) 669-7259
Saturday/June 30	8:30 a.m.	50-70	Z	Holt Commuter Lot		Edie Belcher (517) 669-7259

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.
- **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
- **Sawdon School**, Lamson Rd., Grand Ledge
- **Williamstown Twp Hall**, Corner of Zimmer & Germany Rds, four miles east & one mile south of Haslett

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 donnel13@msu.edu.

Liferide

Please join other TCBA members at the annual Liferide. The Liferide offers 17-, 32-, and 64-mile options around the Lansing area. It takes place at 8 a.m. on June 16. Great sag support, breakfast and lunch will be provided, along with a t-shirt and an AIDS awareness bracelet. Cost is \$25 by June 7, \$35 the day of the event, with funds raised to help the Lansing Area AIDS Network. Please call (517) 394-3719, ext. 14, for more information or e-mail plombardi@laanonline.org.

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

Sunrises & Sunsets for June 2007

Date	Rise	Set	Date	Rise	Set
1	6:03	9:10	16	6:00	9:18
2	6:02	9:10	17	6:00	9:18
3	6:02	9:11	18	6:00	9:19
4	6:02	9:12	19	6:00	9:19
5	6:01	9:12	20	6:00	9:20
6	6:01	9:13	21	6:00	9:20
7	6:01	9:14	22	6:00	9:20
8	6:00	9:14	23	6:01	9:20
9	6:00	9:15	24	6:01	9:20
10	6:00	9:16	25	6:01	9:20
11	6:00	9:16	26	6:02	9:20
12	6:00	9:17	27	6:02	9:20
13	6:00	9:17	28	6:02	9:20
14	6:00	9:18	29	6:03	9:20
15	6:00	9:18	30	6:03	9:20





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: Trek 2100 Composite, 54 cm frame, 18 speed. Color charcoal, 105 components with Flight Deck. Very well maintained. Asking \$350. 2003 Giant OCR Two, small frame, 27 speed. Red with white trim. 2,500 miles, Cateye computer. Excellent condition. Asking \$300. Fuji S-125, 54cm, 18 speed, Color brown. Great touring bike. Asking \$50. Call Phil at (517) 655-7092 or e-mail everett@msu.edu.

FOR SALE: Catrike (Pocket#107) new condition, used only twice. Equipped with computer, 2 bottle cages, rear light, mirror, tool pouch and owner's manual. Ideal for person weighing 170 lbs. or less. Asking \$1,300. For more info call Edie @ (517) 242-4122.

FOR SALE: 2006 Sun EZ Recumbent Tandem AX with IPS. The bike is in like new condition and retails for around \$2400 without any extras. We are asking \$2000 with Windwrap fairing installed, \$1800 without fairing. Includes rear rack, heavy duty double kickstand, mirror and 2 water bottle cages. Located in Grand Rapids area, (616) 447-9176 for details or boborders@comcast.net. Pictures available on request.

FOR SALE: Road bike, Giant 56 cm very nice condition Shimano Ultegra components, 9 spd, pedals, new wheels \$250. Call Dan (517) 775-1785.

FOR SALE: [Red] Family Tandem by Bike Friday. The frame and fork are full chromoly. This tandem is adjustable for people 5' to 6'5" in the front position (captain). Stoker is adjustable to fit children (teens and adults), 36" to 54" tall. Comes with bottles cages and computer. Asking \$500. Contact Pete or Kim at (517) 886-1595.

FOR SALE: Park Tool PCS-1 bicycle repair holder in good shape, asking \$100. 4 place bicycle holder for class 3 & 4 2-in hitch receiver, \$60. Mag trainer for bicycle, \$50. (like new). Cannondale Cad 2 (silk road 500), frame size 54 cm, has carrying bags, Sigma Sport computer, bottle carriers, and many other extras, asking \$550. All equipment is in excellent condition. Contact Robert at (517) 749-6048 or e-mail rjwmiller@msn.com. If e-mailing, indicate in the subject line that you are inquiring about bicycle equipment.

WANTED: Club jacket/windbreaker: red and yellow with black sleeves, size large. Lost mine on a club ride. If you are not using yours I am willing to buy it. Contact Lynn Farabaugh at farabaug@lib.msu.edu or (517) 371-4336.

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.

Rewarding Volunteer Cycling Opportunity Available

Have you ever wished you could utilize your love of cycling to help someone else? If so, volunteering to captain a tandem bike for Fran Campione, a blind member of TCBA, could be just the opportunity you are seeking. As a fit and active individual, Campione often experiences frustration with not being able to just ride whenever she feels compelled. However, she hopes to change that by finding members who are willing to ride with her. Free time and a willingness to help out while doing something you enjoy are the only requirements. Campione owns a tandem bike and is very flexible with riding times. This is a perfect opportunity to do something rewarding while riding—something you'd be doing already. If you would be willing to volunteer your time for this worthy endeavor, contact Campione at (517) 694-1231 or at fjcampione@sbcglobal.net.