

Chainwheel Chatter



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

Volume 34 Number 3

Established 1972

March 2007

NEXT Meeting!!!

March 29, 2007 – 7:00 p.m.

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

TCBA Swap Meet

It's time to gather up all your slightly used bike paraphernalia, and plan to join your fellow TCBA friends at this annual event! Remember one man's trash is another man's treasure!

Set-up for TCBA members with cycling items to swap/sell will begin at 6:30 p.m. TCBA members and the public-at-large can attend, and purchase items, but only TCBA members will be allowed to display and swap/sell.



What is the TCBA Northwest Tour 2007?

Our inaugural TCBA Northwest Tour features the convenience of a single camping location in the beautiful Leelanau area west of Traverse City. The Sleepy Bear Campground is our home for the duration of the tour.

The TCBA Northwest Tour is a **FUN** tour with challenging days, great scenery and good roads through many small towns and tourist areas in Michigan's northwest. Riding begins on Thursday, June 14, 2007. Each route will reach out in a different direction, with two medium days and one long day. Each day, you will have a shorter option - the first and last parts of the main route, connected by a shortcut. Sunday, June 17, we'll have a ride after breakfast that can include the Pierce Stocking Scenic Area (\$5 pass fee), then return to pack, and leave by 3:00pm.

This is a bicycle **CAMPING** tour. Our camping area is rustic, with tall, mature trees, and plenty of space. Catered dinners and breakfasts will be served under a large canopy. Lunch is your responsibility each day of the tour. For Wednesday dinner or Thursday breakfast, you will find restaurants in Empire (4 miles) and Glen Arbor (7 miles).

The TCBA Northwest Tour is open to all capable, interested bicyclists. You need not be a member of any organization. The first 150 entries will be accepted.

Included in the fee of \$125 are route maps, tent camping facilities, dinners (Thursday - Saturday), breakfasts (Friday - Sunday), SAG service, and parking (in designated areas) at the campground. Showers are available, and run 3-5 minutes for each quarter. We plan on having campfires with "S'mores" and munchies in the evenings.

For an application visit: www.biketcba.org.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, March 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 April 3, 2007.

Newsletter/Ride Calendar Deadline

The **deadline for the next newsletter is Saturday, March 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, March 29, 2007**.

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**2007 Mileage Charts – Compliments of:
Dave Smith, Smith Printing, Owosso, MI
Thank You Dave!**

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

**Foster Community Center - Lansing
January 2, 2007**

Board Members present included Dick Janson, Dick Sulin, Charla Scheidler, Al Simons, Ellen Lamb and Kris Stairs. Also present were club members Lee Adair, Cheryl & Ron Claflin, Jeff Dillingham, Katie Donnelly, Deb & Steve Haman, Ken Hendrick, Lenny Provencher and Donovan Riley.

Reports

1. ***Minutes/Secretary's Report:*** Minutes of the December meeting were presented for review. Al Simons made a motion to approve the minutes as presented; the motion was seconded by Dick Sulin and carried unanimously.

Discussion ensued regarding whose responsibility it was to monitor the main voice mail message line. Charla Scheidler provided copies of an instruction sheet and it was agreed that it didn't have to be the responsibility of one person; anyone could check for messages and pass them on to the appropriate individuals.

2. ***Treasurer's Report:*** Treasurer, Dick Sulin presented a financial report through January 2, 2007 which included budget figures for review. A motion to approve the report was made by Charla Scheidler, seconded by Dick Janson and carried unanimously.

Discussion took place regarding an audit of the TCBA and DALMAC financial records. Dick Sulin and Ken Hendrick will do additional research and report at a later date.

3. ***DALMAC:*** Al Simons gave a brief review of plans and routes for DALMAC 2007. A new 5-day UP route is being planned, along with a stand-alone Quad route. With these and other changes there will be the potential of 2300 riders in 2007.

Ken Hendrick submitted the year-end DALMAC 2006 Financial Report, which included the amounts to be split between the DALMAC Fund and TCBA. After review and discussion of some accounting adjustments and improvements that were made by Ken it was agreed that DALMAC was again a great success and Ken was thanked for a job well done. A copy of the reports will remain on file with these minutes.

4. ***Ride Incentive Program:*** Lenny Provencher expressed disagreement with the decision of the previous board to discontinue the Level 5 Incentive Award for 2006. A motion to reinstate the award for 2006 was made by Dick Janson, seconded by Al Simons and carried unanimously. The motion was amended by Dick Janson to order Cue Clips for these awards. Al Simons seconded the amended motion and it carried unanimously.

A copy of the 2006 Ride Incentive Award notification letter was submitted for review as well as the design for the jersey which will be the Level 2 award.

Further discussion regarding the Ride Incentive committee ensued. Current board members Ellen Lamb and Kris Stairs volunteered to serve as co-chairs of the committee for 2007.

5. ***SummerTour:*** Lee Adair reported that SummerTour applications were at the printer and would be mailed later in the month.

Old Business

- Club trailer – Referring to the December minutes whereby it was stated that the 2007 board was charged with the responsibility of notifying members that the trailer is available for their use, Charla Scheidler asked how the board perceived that this be done and what guidelines should be set in place. Dick Janson informed those in attendance of a conversation he had with Darryl Burris whereby Darryl expressed his desire that the trailer not have the same exposure as the bike carrying cases and if it did he would no longer be interested in providing storage for the trailer. A motion was made by Dick Janson to table this issue for discussion at the next meeting. The motion was seconded by Al Simons and carried unanimously.

New Business

- New member calls - Dick Janson reviewed the current practice of welcoming new members with a letter and survey being sent to them after receipt of their membership application. He commented that historically the surveys that were returned were sent in anonymous and have not been real useful. Dick Janson made a motion to discontinue the survey and encourage board members to welcome new members with a timely phone call. In addition to the welcome the caller could try to answer questions and help the new member learn and contribute. A new member letter will continue to be sent but the current content of the letter will be modified. Participation by the board members will be solely on a volunteer basis, not mandatory. The motion was seconded by Ellen Lamb and passed with one board member (C. Scheidler) opposed.
- Billboard concept – Dick Janson made a motion to adopt a billboard campaign to attempt to inform the public and promote bicycling. Taking advantage of area billboards available for public service advertising, one to three campaigns are proposed, with target months of June, July and August. The estimated budget for each campaign is approximately \$1,500 and a portion of the funding will be pursued via bike shop participation and/or a successful DALMAC grant application made by the League of Michigan Bicyclists. The motion was seconded by Charla Scheidler and carried unanimously.
- Business cards – A motion was made by Dick Janson to provide funds to Secretary, Charla Scheidler to obtain TCBA business cards for Board members and other leaders in quantities of 50 or 100. The cards may be generic, or personalized with the individuals name, position and phone number on them. All cards will have the TCBA logo, club name and web site address. The motion was seconded by Al Simons and carried unanimously.
- New tour – Information regarding the development of a tour in the Leelanau area was submitted, a copy of the proposal will remain on file with these minutes. The proposed tour would take place June 13-17, 2007, from one single camping location, will have catered meals, sag service and will be open to 100-150 participants. Applications for the tour will be sent in the March issue of the Chainwheel Chatter. Dick Janson made a motion to approve further development of this tour based on the proposal submitted. The motion was seconded by Kris Stairs and carried unanimously. Further discussion regarding a name for the tour took place and the name decided upon was TCBA Northwest Tour.

WELCOME NEW MEMBERS



Nicole Anderson
Douglas & Carol Cornell
Jane & Paul Hinze
Harry Levins
Mike & Emily Moerins
James Novosad
Robert Varney
Dave & Kathy Peters & Family
Jon & Margie Bucklin & Family

Gary Clark
Jeff Herschleb
Dave & Kathy Hoart
John Machata
Scott Nolan
Cleo Townsend
Tom Woodward
Mark & Michelle Stahl

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.

March 2007 Ride Calendar

No rides were submitted for March.

FOR MORE RIDES CALL:
517-882-3700 - or visit the Web Site:

www.biketcba.org

Also check this number for updates-changes on
rides listed in this Chainwheel Chatter.

To receive the Ride Line Transcript by email send your
email address to: donnell13@msu.edu

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 MARCH, 2007

Date	Rise	Set	Date	Rise	Set
1	7:14	6:27	17	7:47	7:47
2	7:13	6:29	18	7:46	7:48
3	7:11	6:30	19	7:44	7:49
4	7:10	6:31	20	7:42	7:50
5	7:08	6:32	21	7:40	7:51
6	7:06	6:34	22	7:39	7:53
7	7:04	6:35	23	7:37	7:54
8	7:03	6:36	24	7:35	7:55
9	7:01	6:37	25	7:33	7:56
10	6:59	6:38	26	7:32	7:57
11*	7:58	7:40	27	7:30	7:58
12	7:56	7:41	28	7:28	7:59
13	7:54	7:42	29	7:26	8:01
14	7:53	7:43	30	7:25	8:02
15	7:51	7:44	31	7:23	8:03
16	7:49	7:46			

*Daylight saving time begins at 2 a.m.

Come Next Spring By Ron Truax

If you've been around cycling any time at all, then what follows is sure to sound like a broken record.

Spring only seems a long ways off, but It's not. It's here and chomping at the bit. This is a time when one needs to assess if they're ready for the road or, worse yet, barely ready to get ready. There's a famous quote that goes, "Time waits for no man," or woman, for that matter. And along with that you could add, "He who hesitates is lost." Well, it's time to get motivated. The great beyond is calling.

But back during the depths of winter, it was generally believed that there were only two things to be accomplished in regards to cycling, daydreams about next summer and trying not to fall completely out of shape. Well, winter is also a time to start making plans for next season, but the word "plans" can be a vague instrument. Vague, in a sense that, did you *plan* to check out your bike before the new, season began? Are you *planning* to take care of the maintenance and repairs that you put off because spring was so far away? Well, guess what; it's here. Don't be left behind cause you're either waiting for parts or your bike is in a long line at the shop waiting its turn with a mechanic.

One of the more traditional, but still vague, plans to consider is, "Where do I want to ride this summer?" First, you'll have to remember where it was you were daydreaming about last summer. That's when many of us realize how convenient a note pad would have been.

Well, for those of us with good memories, or a note pad, it's time to start acting on those dreams. For example, back in '06, my applications for TOSRV and BRAT were signed, sealed, and delivered by the end of Jan. Likewise, my DALMAC app. was mailed off in mid-Feb. I know it sounds early, but I didn't *think* I wanted to go; I *knew* I wanted to go.

So, don't procrastinate. You'll never be sorry for registering too early. Actually, there is no such thing as registering "too" early. But there is a 'too' late and regrets run deep.

Now get started and good luck! See you on the road... I hope. Barring mishap or mayhem, I'll be there.



HAPPY ST PATRICK'S DAY!

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 800-480-1146, or mail to Charla Scheidler, 10384 Blackberry Ln., Haslett, MI 48840.

WANTED: Road bicycle, late model, triple chainring, of good quality and maintenance for training and participating on the DALMAC and other organized rides. Frame size 23" (58cm) or 24" (61cm). Call Mark at (517) 719-8321 or write to wollensak@voyager.net.

FOR SALE: 2003 Specialized Sequoia Expert. 51cm frame, brushed aluminum with black accents. Carbon fiber fork with clear zertz elastomer damping. Shimano 105 shifting components and 27 speed with three chain rings, gearing 52,42,30. Approximately 7,000 miles on the frame. STI breaking levers. Additional add-ons; carbon seat post; Shimano Flightdeck computer. Mavic Ksyrium wheels with flat spokes and Continental tires have approximately 2000 miles on them. Asking \$800. Call Maureen at (517) 886-0541 or e-mail @ skimw@comcast.net

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 a outside the new MSU Bikes Service Center. For directions visit: www.bikes.msu.edu/maps.html.

"Life is like riding a bicycle. To keep your balance you must keep moving."
-- Albert Einstein

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

Holt Pro Cycle

4170 Charlar Dr. – Holt

2007 Annual Spring Open House
Sunday, March 4th
Noon – 4:00 p.m.

- Members save 10% off all new product lines, including 2007 bikes and bikes already on sale.
- TCBA Members will receive a new wireless computer for their new bikes they purchase.
- 20-80% off other select products; clothes, shoes, trainers, helmets, etc.
- Refreshments Provided*

*Yes Byron it will be Fat Boys Pizza



E A S Y S P O K E N Tough Choices and Other Lighthearted Talk

It is with great sorrow that I announce my resignation as President of TCBA. Recent events, reinforced with significant research, have brought me to the conclusion that this is what I must do in the best interest of TCBA. With the heavy responsibilities of this job gone, I will soon announce that I am a candidate for the office of President of the United States of America. Once I checked the front runners, the back stabbers, and the wannabes' credentials, I discovered that absolutely none of them are members of the Congressional Bike Caucus. See what I mean? Someone has to step forward to protect our interests.

I can win. I have no political baggage; nobody can say I didn't cast my vote their way. I'm not part of the establishment. If I win, there will be sacrifices. Sara Dipitee will have to be renamed Recumbent 1. My first priority will be to construct a new bike path, incorporating a few challenging climbs to breathtaking views of Washington D.C., around the White House.

Campaigning will be expensive, so I expect each and every one of you to contribute the \$2,000 maximum to my effort. I know that is a lot less than the other candidates have, but we will cut costs by campaigning by bicycles, and stay in small tents on abandoned property. The savings in gasoline and jet fuel will be enough to get the votes of environmentalists. Showing the American Public how frugal I can be will certainly demonstrate that I am a fiscal conservative. It may also give inspiration to the homeless. I will further reduce costs by only campaigning during the warmer months. I promise to write stories and post pictures of my campaign on my website.

On the other hand, I owe a full term to all of you that chose me over my competitors. It just isn't ethical to use this job as an immediate stepping stone to another. So, just forget it, OK? Can we talk about something else now?

For those of you to whom the weight of your bike is important - the lighter, the better - have I got news for you! You can now replace your heavy steel ball bearings with ones made from ceramics. With a 60% savings in weight, a full set will save you a whopping 7.2 grams. Just think of it - that's more than a quarter of an ounce. And here's the good part: it will cost you not much more than a hundred and twenty bucks extra.

If you find yourself trapped indoors with nothing to do, try to find the answers to these questions: 1. Does your bike wheel hang from the spokes, or lean on them? 2. Is a spoke that is fatter on each end better than one that isn't? I'd like to clear up an answer I gave to Bob (or was it Roger) at the last meeting. I believe that you understand what you thought you heard, but what I said was really not what I meant for you to understand in the way you believe you say you understood it, unless I misunderstand what you said you understood I said.

They're considering a new law for bicyclists: If a vehicle passes you too closely, you will be required to shave the other leg.

"In a car you touch the pavement. On a bicycle, you touch the people." Jim M Foreman, Oklahoma "Studies have shown that well trained and fit cyclists can generate nearly 1/2 horsepower. I'll leave it to those who know us best to decide which half that might be." - Joe DeLory

Summer Tour will be longer for some of us. We are riding self-supported from Lansing to Gobels, then from the last overnight at Yankee Springs back to Lansing. The trip to Gobels will be two days of around 50 miles each. The return home is shorter - under 70 miles. Some may want to do it in one day; others in two. Let me know if you are interested in joining us.

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



AUCTION

It's almost time for the 30th annual WKAR-TV auction. Each year, the auction offers local businesses and groups an opportunity to get together and have a good time and to provide some exposure for their organizations. Once again, I'm again recruiting members to work as phone bank volunteers. We're scheduled for the second shift (8:30 p.m. - midnight) on Friday night, April 27. If you've done this before, you know the exciting atmosphere that surrounds the auction. If you haven't, here's a great opportunity to have some fun with other members, perform a great community service, and give TCBA some exposure. Your TCBA jersey will really show up well on TV! No helmets, please. April showers bring May flowers; who knows what an April Lightning Round will bring! To participate, you must be at least 18 years old and able to hear under occasionally noisy conditions, write legibly, read information on distant boards, and commit to showing up on time. You will be trained, and voluntarism is rewarding. Sound like fun? Call me (349-5564) or send me an email (DONNEL13@MSU.EDU), and I'll sign you up and fill you in on the details.

Katie Donnelly

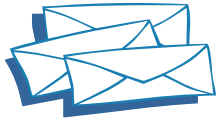
THINK SPRING!

I would like to share my idea of a great training program. For those new riders who aren't quite sure how to train for a week long bicycle tour or the seasoned riders who have a tuff time getting motivated in the springtime (like myself), this is a nice guide for getting started. Go to www.LMB.org then click on Multi Day Tour Training Guide.

Thank You League of Michigan Bicyclists at www.LMB.org for this useful guide!

Ellen Lamb





FROM THE TCBA MAIL BAG

Adventure Cycling's Innovative Underground Railroad Bicycle Route is Ready to Ride

Missoula, Montana — After three years of research and planning, Adventure Cycling Association, North America's largest bicycling organization, and the University of Pittsburgh's Center for Minority Health are pleased to unveil the newly completed 2,058 mile Underground Railroad Bicycle Route (UGRR). A breakthrough in both historically-infused adventure travel and active-living outreach to the African-American community, the UGRR promises to introduce people of all cultural backgrounds to the adventure and health benefits of cycling and bicycle travel.

"The Underground Railroad Route has to be one of the most historically important bicycle journeys ever created — plus it's fantastic riding," said Jim Sayer, Adventure Cycling Association's Executive Director.

"Cyclists can ride from the Deep South all the way to Ontario, Canada — nearly 2,100 miles," says Carla Majernik, Adventure Cycling's Director of Routes and Mapping. "Or they can take short rides on any portion of the route, which is filled with historic Underground Railroad stops and lots of excellent cycling through beautiful scenery."

This unique bicycle route honors the bravery of freedom seekers and those that provided shelter, by following the most storied trek to freedom in American history. According to Adventure Cycling, more people than ever are traveling by bicycle and the UGRR, with its poignant stories and vibrant historical sites, adds new depth to the experience. It should appeal to history lovers, African Americans, and adventurous people looking for a great ride.

Adventure Cycling and the Center for Minority Health at the University of Pittsburgh Graduate School of Public Health (CMH) partnered on the UGRR after seeing its potential to strengthen cross-cultural ties and promote lifelong health through cycling — a form of physical activity available to people of all ages and socioeconomic backgrounds. According to the Centers for Disease Control, African Americans are disproportionately affected by heart disease, diabetes, cancer, stroke, and obesity. Bicycling is a fun, healthy activity that can help offset these potentially deadly health conditions.

"Today we must promote physical activity within the cultural context of African American history, including the struggle to freedom from bondage," says CMH director Dr. Stephen Thomas. "We are realizing the contributions we can make together toward the elimination of racial and ethnic health disparities by creating innovative healthy lifestyle options that are scientifically sound and culturally relevant."

Adventure Cycling's maps for the route steer cyclists along cycling-friendly, low-traffic roads, and feature elevation profiles, historical notes, and information on

camping, lodging, and worthwhile historical sites along the way.

Starting in Mobile, Alabama, the route winds north through river valleys and wildlife refuges to Kentucky and Ohio, before reaching Lake Erie, Niagara Falls, and its endpoint in Owen Sound, Ontario on Lake Huron's Georgian Bay, the final destination for many freedom seekers. Besides the lush green scenery and the many small towns the route passes through, a host of museums, historic parks, and visitor centers bring the history of this remarkable period alive.

"We've all heard the story of slaves who escaped to freedom," says Dennis Coello, a veteran photographer and writer who recently rode and photographed the route for Adventure Cycling, "but here's a chance to *feel* that story — and to experience a continent along the way."

The Underground Railroad Bicycle Route was created with generous financial support from Recreational Equipment, Inc. (REI), Bikes Belong, and the members of Adventure Cycling. Sally Jewell, the President and CEO of REI (America's leading outdoor gear retailer) says, "The Underground Railroad Route is a culturally engaging experience that links communities of cultural and historical significance with individuals, families, and cycling enthusiasts of all abilities. As a company that aspires to engage more individuals in human-powered recreation, we are proud to support the route."

For photos and other materials, visit:

www.adventurecycling.org/ugrrmedia

