

Chainwheel Chatter



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

Volume 34, Number 5

Established 1972

May 2007

NEXT Meeting

May 31, 2007—7:00 p.m.
Foster Community Center
200 N. Foster St.—Lansing

John Waterman
Programs to Educate All Cyclists

The purpose of Programs to Educate All Cyclists (PEAC) is to enhance the lives of individuals with disabilities through cycling for transportation, integrated recreation, fitness and therapy. PEAC provides basic skills programs, family rides, participation in cycling club rides, bicycle commuter training, mechanical skills and spinning classes. PEAC also strives to integrate cyclists with disabilities into mainstream cycling by assisting them with gaining the skills necessary to participate in tours, races and club rides.

The winners of this year's bicycle safety poster contest will be recognized at the membership meeting. All winners receive cash awards and one-year family TCBA memberships, and schools of the first-place winners for each grade also receive cash awards. In addition, first-place winners win gift certificates to local bicycle shops.



Save the Date!

28th Annual
100,000 Metre
T-Shirt Ride

June 9, 2007
Laingsburg High School
Laingsburg, Michigan

For more information, visit
www.biketcba.org/tours/TShirt/2007/2007TShirtDesc.htm.

Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, May 1, 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 June 5, 2007.

Newsletter/Ride Calendar Deadline

The deadline for the next newsletter is Friday, May 11, 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, May 31, 2007**. This month's topic will be "Bicycle Maintenance and Adjustments." Huber will discuss why it is a good idea to occasionally take a look at the big picture in regards to your bicycle and its operation.

In This Issue

Meetings/Deadlines/Announcements.....	Front Cover
Board Minutes.....	2
Ride Incentive Awards/Levels.....	3
New Members/Change of Address.....	3
Ride Calendar.....	4-5
Starting Points/Ride Classifications.....	5
Classifieds.....	6
Member Specials.....	6
The Bike Report.....	7
From the TCBA Mail Bag.....	7
Other Good Numbers/Membership Application.....	Back Cover

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

Foster Community Center—Lansing
March 6, 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 Katie Donnelly and Steve Schuesler.

Reports

1. **Minutes/Secretary's Report:** Minutes of the February 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.

Charla Scheidler presented correspondence that was received from Mary Hunker, with a donation in the amount of \$50, in memory of Barbara Reader.

2. **Treasurer's Report:** Dick Sulin presented a financial report through February 26, 2007. It was noted by Charla Scheidler that check #2615 should be recorded in the Ride Program Incentives account rather than the Club Promotions account. A motion to approve the report with the suggested correction was made by Dick Janson and seconded by Kris Stairs. The motion carried unanimously.

Discussion took place regarding a professional review of the accounting records. Dick Sulin made a motion that an expenditure of up to \$1,500 be approved. The motion was seconded by Sue Viele and carried unanimously.

3. **DALMAC:** Al Simons reported that DALMAC applications were mailed on February 12 and the online application was activated on February 14. The 4-day West route was full within one week and the 5-day full within two weeks. Roughly 440 openings remain over the other 3 routes.
4. **Ride Incentive Program:** Ellen Lamb reported that the order for the 2006 awards should be placed around March 13.
5. **T-Shirt Ride:** Al Simons reported that plans for the 2007 event were underway and the Laingsburg High School and the Shiatown Park were both reserved.

Old Business

- **Budget**—Dick Sulin presented the 2007 budget. Discussion took place regarding the omission of expenses for the WOW ride. A motion to amend the budget to reflect \$9,500 for expenses for the WOW ride was made by Dick Janson and seconded by Charla Scheidler. The motion carried, Dick Sulin opposed and Al Simons abstained. Charla Scheidler made a motion to approve the amended budget; the motion was seconded by Sue Viele and carried with Dick Sulin opposed.
- **TCBA Northwest Tour**—Dick Janson provided an update of plans to date. Applications were mailed to members in the February *Chainwheel Chatter* and are coming in, but no totals were available.
- **Officers and Directors Bonding Limits**—Charla Scheidler presented information from Dwayne Scheidler regarding the increased limits requested; a copy will remain on file in the secretary's records. Although the requested amount was not approved by the insurance company, due to the possibility of a stacking of limits collectively among board members, a "blanket" combined single limit of \$400,000 covering all board members and the DALMAC treasurer under one limit was approved.

New Business

- Dick Janson reported on correspondence received from LMB requesting club liaisons to help them with advocacy, education and promotion. The information will be reviewed further before a determination on who to recommend is made.

March 1997 – March 2007

Charla Scheidler

Ten years ... it seems like just yesterday when I introduced myself as your new editor in the March 1997 *Chainwheel Chatter*. But, the time has come for me to pass the task on.

At a recent TCBA meeting a member came to me and asked what she could do to get more involved in TCBA. I semi-jokingly asked, “want to take over the newsletter?” Needless to say, I was a little shocked when she said, “**SURE**”... and she actually seemed excited about the possibility.

Andrea Rybicki has agreed to take on the task, and I am confident that she will serve TCBA well. As Director of Communications for the Michigan Pharmacists Association, she is no stranger to newsletters and various other publications, on top of having an English major.

This past year, Dwayne and I have talked a lot about becoming less involved so we can have more free time to spend at our property in Mackinaw City and doing things that we enjoy. Relaxing on the deck in Mackinaw to watch the eagles fly over, and the ships navigate through the Straits, or spending time with my grandkids, are priceless to me at this stage in my life.

The timing is right ... and I’ve come to learn that in a volunteer organization you should **NEVER** turn down an offer from someone who wants to get “*more involved*.”

Thank you for all of your support and your articles, during my tenure. It has been a rewarding experience to serve TCBA in this capacity and work with all of you. Please join me in welcoming Andrea and extending the same support to her as you have to me.

Editor’s Note: I am sure that TCBA members will join me in thanking Charla for her many years of service to the organization. I am excited to be more involved in TCBA and look forward to carrying on Charla’s work with the *Chainwheel Chatter*.

TCBA Family Picnic

This year’s picnic will be held June 24, 2007, at Granger Meadows Park, located in DeWitt Township, south of State Road between Wood Road and Business Route 27. The picnic will begin at 1:00 p.m. and the cost to attend is \$5.00.

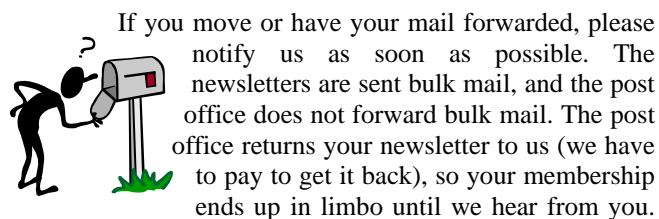


WELCOME NEW MEMBERS



David Aultz
Ruth Beier
Greg & Elizabeth Eppler and Family (Luke)
Tami Feneis
Virginia Fila
Bruce & Nicole Greenway and Family (Sydney & Carter)
Lynne Hart
Lisa Martin
Shelley Spangler
Bill Struck

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.

Ride Incentive Award Levels

Level 1—Current year in miles* (e.g., 2007 miles for 2007 riding year)

Level 2—1,500 miles*

Level 3—1,000 miles*

Level 4—500 miles*

Level 5—At least 6 club rides

* Includes any earned ride leader points

2007 Ride Incentive Awards

Level 1—Base layer mid-weight, wicking, long-sleeve ¼ zipper top, no pockets (with TCBA logo and choice of with or without miles)

Level 2—Fleece jacket with full zipper (with TCBA logo only) **and** handheld weather forecaster

Level 3—Head lamp (adjustable fit for head) **or** personal organizer (toiletries not included)

Level 4—Mini bike tool kit for on the road use (Park, Topeak, Ascent or other)

Level 5—Insulated water bottle with TCBA logo (Polar or equivalent)

May 2007 Ride Calendar

Recurring Rides (No ride if rain unless stated otherwise)

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	8:30 a.m.	40+	Z	67th District Court House, Grand Blanc	Touring pace; no ride on May 20	Roxanne Usewick (810) 694-9919
	1:00 p.m.	15-20	D	Kroger, Lake Lansing & Coolidge	No Ride on May 27	Judy Miller (517) 484-5686
	10:00 a.m.	25-39	B	Holt Junior High	No ride if temps under 50 degrees or roads wet	Andrew Kopf (517) 627-6011
Mondays	10:00 a.m.	25-38	C	Holt Commuter Lot	No ride on Memorial Day, no ride if wind > 25 mph	Jan Koller (517) 669-5744
	6:30 p.m.	18-30	C	Coaches	No ride on Memorial Day	Ginger Toyston (517) 393-4799
Tuesdays	6:00 p.m.	25-35	B	Oneida Gospel Church		Ralf Bednarz (517) 321-4790
	6:15 p.m.	20-30	B	Holt Pro Cyclery	No riding if pavement wet or temperature below 45	Larry White (517) 694-8667
	6:30 p.m.	20-25	B	Williamstown Town Hall		Dwayne Scheidler (517) 339-4586
Wednesdays	10:00 a.m.	30-50	B	Mega Mall		Edie Belcher (517) 669-7259
	6:30 p.m.	12	D	Haslett Middle School	Ride of Silence, May 16, 7:00 p.m.	Lenny Provencher (517) 204-2971
Thursdays	6:30 p.m.	20-25	B	Williamstown Town Hall	No ride May 31 (club meeting)	Charla Scheidler (517) 339-4586
	6:00 p.m.	25-35	B	Oneida Gospel Church	No ride May 31 (club meeting)	Ralf Bednarz (517) 321-4790
	6:00 p.m.	15-20	C	Kroger, Lake Lansing & Coolidge	No ride May 31 (club meeting)	Kori Sperling (517) 862-7973
Fridays	10:00 a.m.	30-45	C	DeWitt Township Hall	No Ride if wind > 25 mph, no ride May 25	Janice Koller (517) 669-5744
Saturdays	8:30 a.m.	40+	Z	67th District Court House, Grand Blanc	Touring pace	Ed Usewick (810) 694-9919
	8:00 a.m.	45-60	Z	Sawdon School, Grand Ledge		Ralf Bednarz (517) 321-4790
	9:00 a.m.	12	D	Coaches	Breakfast ride. Bring the kids! New rider-friendly!	Milt Gruhn (517) 393-1617
	1:00 p.m.	15-25	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	May 2	May 9	May 16	May 23	May 30
B/25-35 miles	Sue Viele (517) 333-0306	Jim Delinescheff (517) 333-9329	Sue Viele (517) 333-0306	Jim Delinescheff (517) 333-9329	Katie Donnelly (517) 349-5564
C/20-30 miles	Edie Belcher (517) 669-7259	Lynn Farabaug (517) 371-4336	Mary Burris (517) 394-1617	Syd Hager (517) 393-2579	Mary Burris (517) 394-1617
D/15-25 miles		Katie Donnelly (517) 349-5564			

May 2007 Ride Calendar (Continued)

Other Day Rides in May

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Saturday/May 5	9:30 a.m.	30-50	B	MSU Pavilion		Eddie Belcher (517) 669-7259
Saturday/May 19	9:00 a.m.	40-60	Z	MSU Pavilion		Eddie Belcher (517) 669-7259
Saturday/May 26	8:00 a.m.	97-100	Z	DeWitt Junior High School	Annual Memorial Day weekend ride, to Alma and back	Eddie 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 Pro Cyclery**, Cedar, three blocks south of Holt Rd.
- **Holt Junior High** (former Holt High School), Aurelius Rd., 1/2 mi 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
- **Rayner Park**, Ash Street M-36, west of fairgrounds, Mason
- **Sawdon School**, Lamson Rd., Grand Ledge
- **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

Sunrises & Sunsets for May 2007

Date	Rise	Set	Date	Rise	Set
1	6:33	8:38	17	6:14	8:56
2	6:32	8:39	18	6:13	8:57
3	6:30	8:41	19	6:12	8:58
4	6:29	8:42	20	6:11	8:59
5	6:28	8:43	21	6:10	9:00
6	6:27	8:44	22	6:10	9:01
7	6:25	8:45	23	6:09	9:02
8	6:24	8:46	24	6:08	9:03
9	6:23	8:47	25	6:07	9:04
10	6:22	8:48	26	6:07	9:04
11	6:20	8:49	27	6:06	9:05
12	6:19	8:50	28	6:05	9:06
13	6:18	8:52	29	6:05	9:07
14	6:17	8:53	30	6:04	9:08
15	6:16	8:54	31	6:03	9:09
16	6:15	8:55			

FOR MORE RIDES

Call (517) 882-3700 or visit the Website 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.

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: Cat trike speed-many extras very good condition (06) \$2,000. Call Dave (517) 541-9355.

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 \$1,300.00. For more info call Edie @ (517) 242-4122.

FOR SALE: 1) Trail-a-Bike, great condition, asking \$50
2) Burley Solo Trailer, includes rain cover, clean, great condition, asking \$100. Contact Ruth at (517) 339-6138 or MSSmic2RL@aol.com.

FOR SALE: 2-2004 FUJI Royale Forza road bikes. X-tra Lite X-Fusion aluminum 20 frames with Integra head tube. Full carbon cross fork and carbon seat stem. Shimano Ultegra 27 speed, triple chaining with 52/42/30 chainrings. Excellent condition. Price new was \$1,050 each plus many extras. Asking \$450 each or \$800 for both. For more info check FUJI website @ www.fujibikes.com/2005/bikes, e-mail waynehansen5@aol.com or call (517) 230-3885.

FOR SALE: Sun EZ Sport Ax recumbent bike, asking \$675. Color red/silver, comes with rear rack, water bottle cage and computer installed. In very good condition. Located in Grand Rapids area. (616) 447-9176 or boborders@comcast.net.

FOR SALE: Aerospoke wheelset for Tandem, 7 speed freewheel, front hub magnet for sensor, black, never bend a rim or break a spoke again, great condition, \$300 or BO. Call Mark at (517) 719-8321 or e-mail wollensak@voyager.net.

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 from 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

SRAM Recalls Bicycle Brake Caliper Sets

The U.S. Consumer Product Safety Commission, in cooperation with SRAM Corp., has announced a voluntary recall of SRAM Force road brake caliper sets. The brake caliper sets could break and detach from the bicycle's fork or frame and cause the rider to lose control and crash.

The recall involves the SRAM Force Road Brake Calipers sets sold as aftermarket components. The brake caliper sets have "SRAM Force" and some have a date or production code embossed on the unit.

The sets may have been installed on certain Specialized, Trek, Fuji; Scott USA, Bianchi, Kuota, Orbea, Kestrel and Sampson bicycles. The recall includes sets sold at specialty bicycle retailers nationwide from July 2006 through January 2007 and bicycles which included these sets through March 2007. Consumers should stop using bicycles equipped with these brake caliper sets immediately and contact their bicycle retailer for a free replacement.

For additional information, call (800) 346-2928 between 9:00 a.m. and 5:00 p.m. CT Monday through Friday or visit www.sram.com.



The Bike Report

Ron Truax

An article I wrote about rebuilding an old bike which was published previously in this newsletter. Well, except for a clear vinyl chain-stay protector, it's finished, together, done. As previously stated, it was originally a mountain bike that I was converting into a touring bike for self-contained travel. Oh, it didn't have to be, but that's what was in the back of my head when I was sorting it all out. The only problem now is deciding what to do with it. You see, I already have an excellent bike, which I've used for several trips around the country. I'm not new at this. But it seems a shame to keep it as backup; it would be such a waste. I guess I can sort all that out later.

Now I know you'll all have to take my word for it, but the new finish was well worth the money. Two applications of powder coating, brilliant red and clear, turned out great. It returned home looking like a brand new frame.

While the frame was being worked on, I was still trying to collect enough parts to assemble the finished bike. Converting a mountain bike into a touring bike seemed like a straightforward proposition. If it worked, I'd be a star. If not, I'd just be another page forgotten in history. But there again, what else is new?

Well, I was able to come up with a Shimano Deore XT drive train for it, almost. It has both derailleurs with matching indexed bar-end shifters. But for a crankset, I used a Shimano Ultegra triple with 50-40-28 tooth chain rings, leading to a 12-28 Shimano 7-speed cassette with a KMC-SS chain. I then found a set of Shimano Exage brake handles with brake quick releases built right into the handles. Lastly, I custom built a set of wheels: Shimano hubs, DT-Swiss spokes, and Sun Metal CR-18 rims. Technically, they're 36-hole (spoke) wheels, built 4X for strength. This is a bike that can be loaded down. I know I'm biased, and it may look different with 26" wheels, but it's way too cool.

Lastly, this beauty is large enough to fit me, and was ridden by someone an inch taller than me—6'3". But because it's a mountain bike converted to a touring bike, I believe it can accommodate someone much shorter. So, rethink that old bike in the basement or out in the garage; it may just cultivate an idea for the future.



FROM THE TCBA MAIL BAG

3rd Annual Lucinda Means Advocacy Day May 30, 2007

Join the League of Michigan Bicyclists in demonstrating that Michigan has a strong bicycle constituency who can ride responsibly. Enjoy a 20-mile ride through the countryside south of the MSU campus. Tour the MSU Bikes Service Center and join our bicycle parade from the MSU Bikes Service Center to the State Capitol Building. Local bike cops will escort us as we travel Michigan Avenue to the Capitol where we will have lunch. Finally, help us deliver bicycling information to Michigan Legislators.

For more information and to register, visit www.lmb.org/pages/Events/bikeparade.htm.

Triathlon Volunteer Opportunity

The South Lansing Community Development Association is hosting its first annual triathlon at Hawk Island Park in order to promote healthy living in the Lansing area! We need volunteers! Anyone who may be interested in volunteering or competing can visit www.hawk-i-tri.com.

Ride of Silence May 16, 2007

Cyclists worldwide will participate in a silent, slow-paced (max. 12 mph/20 kph) ride in honor of those who have been injured or killed while cycling on public roadways. The ride will start at the MSU Bikes Service Center. Riders will begin gathering about 6:30 p.m. and leave at 7:00 p.m. The course will take riders around campus and neighboring communities, ending at the State Capitol. An additional ride, organized by TCBA member Lenny Provencher, will begin at Haslett Middle School. More information can be found at www.rideofsilence.org.

Smart Commute Bicycle Commuting Classes

- May 3, LCC, Hermann Conference Center (HCC), Room 107, noon – 1 p.m. (abbreviated version of the class)
- May 5, Foster Community Center, 9 a.m. – noon
- May 6, Foster Community Center, 1 p.m. – 4 p.m.
- May 12, MSU Bikes, 9 a.m. – noon

Participants receive a Bike to Work Manual, a Smart Commute '06 T-Shirt, and a safety flag & vest. Register online at www.midmeac.org or call (517) 214-5684.