

# Chainwheel Chatter



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

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November 2007

## NEXT Meeting

**November 29, 2007—7:00 p.m.**  
**Foster Community Center**  
**200 N. Foster St.—Lansing**

**Nancy Krupiarz**  
**Michigan Trails and Greenways Alliance**



Michigan Trails and Greenways Alliance (MTGA) fosters and facilitates the creation of an interconnected statewide system of trails and greenways for environmental/cultural preservation purposes. MTGA works at both the state and local levels by assisting public and private interest in trail and greenway planning, funding, development and maintenance. MTGA builds public support for trail and greenway development through events, membership, education, information and advocacy activities.

## Holiday Party



The festivities this year will take place on Thursday, December 6, 2007, at the Chisholm Hills Golf & Banquet Center, 2395 Washington Rd., Lansing. Cocktails (cash bar) and hors d'oeuvres will be served from 6:00 to 7:00, with dinner at 7:00. The cost to attend

is \$10 per person.

Mail your check payable to TCBA and send to Sue Viele at 4985 Pares Rd., Dimondale, MI 48821. If you have questions, call Sue at (517) 643-1065.

## Cycle Forum

Plan to join Allan Huber at **6:00 p.m.**, immediately preceding the membership meeting on **Thursday, November 29, 2007.**

## 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](mailto:membership@biketcba.org).

## Board Meeting

The Board of Directors will meet at 6:30 p.m. on Tuesday, December 4, 2007, at the Foster Community Center.

Members are welcome to attend all board meetings to express their concerns. Due to time constraints, if you have a specific item to be brought before the board, it is suggested that you contact the president one week prior to the meeting, and ask to have it added to the agenda.

## Newsletter/Ride Calendar Deadline

The deadline for the next newsletter is Friday, November 16, 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](mailto: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](mailto:rideschedule@biketcba.org). To be included in the newsletter, this information must be received no later than the above-mentioned newsletter deadline.

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# MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION

## BOARD OF DIRECTORS MEETING

### Foster Community Center--Lansing

September 4, 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 Lee Adair, Katie Donnelly, Ken Hendrick, Lenny Provencher and Steve Schuesler.

#### **Reports**

1. **Minutes/Secretary's Report:** Minutes of the June meeting were presented for review by secretary Charla Scheidler. Kris Stairs made a motion to approve as submitted. The motion was seconded by Ellen Lamb and carried unanimously. Minutes of the August meeting, which were recorded by Sue Viele in Charla Scheidler's absence, were presented for review. Dick Sulin made a motion to approve with a correction to remove the name of the mail service under old business, in the privacy policy topic. The motion was seconded by Al Simons and carried. Due to her absence at the August meeting, Charla Scheidler abstained from the vote.
2. **Treasurer's Report:** Treasurer, Dick Sulin presented a financial report for August. A motion to approve the report was made by Sue Viele, seconded by Al Simons and carried unanimously.

Charla Scheidler inquired as to the status of the financial review to be performed by Simplified Accounting, as noted in the June minutes. Dick Sulin reported that the review was completed and ready to pick up. He will provide a report at the next board meeting.

Charla Scheidler inquired as to the status of the research as to the whereabouts of the funds collected from attendees at the 2006 Christmas Party, as mentioned in the June minutes. Dick Sulin reported that the entire amount had been deposited in the savings account and entered in the records as dues in error.

3. **Ride Incentive Program:** Kris Stairs reported that all but a couple of the incentive items had been distributed. Discussion ensued regarding changing the name of the committee to the Ride Program Committee. A motion to make this change was made by Kris Stairs, seconded by Al Simons and approved unanimously.
4. **DALMAC:** Al Simons made a brief report of what seems to be another successful tour. Financial information will not be available for a couple months. A wrap-up meeting for the DALMAC committee to review the 2007 tour will be held while events are still fresh in the minds of all.
5. **Safety & Education:** Dick Janson reported on a bicycle rodeo to be held in the fall by a local group and TCBA will provide support for it.
6. **Membership:** Steve Schuesler reported that Wendell Proudfoot has expressed interest in taking over the role of membership chairman, but that he would want to make some changes in the program used for recording the information. It was expressed that there needs to be an understanding by all regarding ownership of the program and the information, and that Wendell submit a proposal to the board.
7. **Northwest Tour:** Dick Sulin reported that the Northwest Tour in 2008 will be held June 18-22. He also advised of alternate plans he will be looking into if something happens that we cannot use the Sleepy Bear Campground for the 2008 tour due to the sale of the property. Discussion ensued regarding the inclusion of a damage clause in the agreement with the Sleepy Bear Campground to protect TCBA.

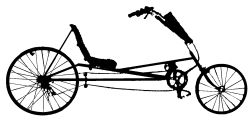
#### **Old Business**

- **Touring Map Project**—Lenny Provencher inquired as to the status of the Touring Map Project. Lenny was updated on the board's action at the May meeting, to form an ad hoc committee to research what is needed to finish the project and the costs involved to do so. It was explained that Joe Adams had been asked to chair such committee and that Joe had said he wanted to wait until after DALMAC to make a decision regarding his acceptance of the chairmanship. Al Simons volunteered to contact Joe to find out if that decision had been made.

- **Nominations/Election**—Dick Sulin reported that Sara Troutman has agreed to chair the nominations committee and handle the counting of the ballots for the 2007 TCBA election. Katie Donnelly was asked to distribute the election procedures to the board members.

### **New Business**

- **Jersey Sales**—Charla Scheidler expressed her desire to resign from the sale of club jerseys. It was agreed that the task would be passed on to the Board-at-Large members.
- **Club Brochure**—Sue Viele expressed interest in the development of a club brochure and volunteered to work on the project.
- **National Bicycle Tour Directors (NBTDA) Conference**—Al Simons reported that the NBTDA conference will be held November 8-11 in Lanesboro, MN this year. Al made a motion that expenses be paid for up to four TCBA members, one being himself, and three others chosen from the DALMAC Committee, to attend the conference. The motion was seconded by Dick Janson and carried unanimously.



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

### **Nice Unexpected Riding Experiences**

Last month, I suggested you stop and talk with people along the way. Since then, I have taken my own advice.

On one ride, I stopped at a yard sale. What I had in mind to look for wasn't there. What was there was an 88-year-old man who wanted to talk about bicycles. Living on Park Lake Road, he had many times seen various recumbent bicyclists pass by, and had wondered about this type of bicycle.

After I answered his questions, he wanted to talk about his time as a soldier in France during World War II. He had seen bicyclists buying bread shaped like a large donut. They placed a number of these over their handlebars and went on their way down the dirt roads. It wasn't the dirt he was concerned about. The same roads were used by farmers to drive their livestock to market. He wondered what was added to the crust during the trip.

He had been a heavy tank mechanic, eventually stationed in Paris near the Eiffel Tower. He marveled at how high and wide it really was, reporting that fighter planes had flown under the arch. There was an elevator to take people to the top, but it was broken. He climbed over a gate and up the stairs to the top—what a tremendous view he had.

Then he told me of an earlier memory. He was in the schoolhouse in Bath when it was blown up. He said he was the first one out, climbing out a window. Later that day, I rode to Bath and reviewed the inscription in the park where the school was. The man had told me he was losing some of his memory, but mostly it was his more recent memory. Based on that, I believe he has forgotten several of his recent birthdays. To have been a student in that school then, he had to now be at least 93 years old!

I live near the Rose Lake Wildlife area. As an adult over 10 years ago, it is where I renewed my relationship with the bicycle. It has several parking lots for hunters, bicyclists, hikers and horseback riders. Several weeks ago, I was on my way into Okemos and noticed a pickup truck loaded with junk in

one lot. Two people were out of the truck and handling some of the junk.

Now these areas have occasionally been the dumping grounds for various kinds of trash, so I was suspicious. I turned around to get a closer look and license plate number. The couple was not defensive at all. They were really quite nice. It turns out they regularly visited these lots to pick up aluminum and steel castoffs, taking them to Lansing to earn a little money. They were removing parts that would not be accepted once they got to Friedland Iron & Metal in Lansing. (No, they weren't tossing those parts in the parking lot!)

They told me about their eight-year-old daughter, who liked to bicycle on Round Lake Road. Rather than forbid it, they rode with her, one in front, and the other behind, so she could have her fun. They had also enjoyed the trails in Sleepy Hollow. I gave them a Crosstown Map book, showing where all the parking lots for the River Trail are.

On another day, I had received some bad personal news and was not feeling so good. I had some errands to run that I could do by bicycle, and so I did. By the time I got back, my angst was gone and I was feeling much better.

I always have my best rides when I start out in a very bad mood, or in a great mood. With a bad mood, I have nowhere to go but up. With a good mood, it just adds to the celebration.

Recently, I rode into Perry to shop. I heard a train coming and, based on where I was, relative to the tracks, believed I probably would not beat it. However, there was a tailwind, and I was trying to hurry to beat an approaching storm. I decided to at least give it a try about a mile from the crossing.

The train kept whistling and I kept pumping. As I crossed the tracks, I could see the headlight on the locomotive about a quarter mile away. A short time later, I saw the locomotive cross behind me. Just a locomotive ! Well, it WAS good exercise during a short 13-mile ride; the rain and sub-50 degree temperatures would deny me a longer ride

Go ride your bike. Short trip or long trip; riding slow or riding fast—it doesn't matter. It still beats the alternative.

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

## 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](mailto:chainwheelchatter@biketcba.org), fax to 1-800-480-1146 or mail to Andrea Rybicki, 307 S. Fairview, Lansing, MI 48912.

**FOR SALE:** Trek 2100 road bike, Shimano 105 components, 58-cm, computer, toe clips, H2O cages, approx. 4,000 or less miles. Original price \$1,460, asking \$500 or BO. Call (517) 394-1722 (H) or (517) 485-4900 (W). Ask for David.

**FOR SALE:** Yakima Railrider GT bike mount (2 bikes). \$75 or best offer! Call Dan at (517) 641-4858 or (517) 243-1396.

**FOR SALE:** 60-cm Miyata touring bike. Recently converted to a sleek looking single speed (freewheel). Two new tires and tubes. \$100. Call (517) 483-9610.

**FOR SALE:** Brand new, never been worn, 2006 medium Atmos helmet (blue, white, red). New was \$175. Now \$100. Call (517) 483-9610.

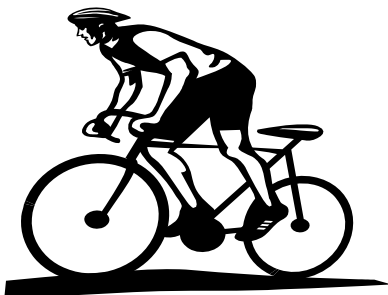
**FOR SALE:** Kato Nike mtn bike shoes, Euro size 41. By the time I realized they were a half size too big, I had already put cleats on so they couldn't be returned. \$50 (includes cleats). Call (517) 483-9610.

**FOR SALE:** 1420 Trek, 56-cm, 27-speed. STI shifters, Rolf comp wheels, 105 equipment. Nice bike. \$300. Call (517) 628-3976.

**FOR SALE:** 1100 Trek, 52-cm. STI, triple. Mavic wheels. \$150. Call (517) 628-3976.

**WANTED:** Tandem recumbent bicycle. Please e-mail me Jim Clark at [jc072651@aol.com](mailto:jc072651@aol.com) or call me at (517) 648-2785.

Share-A-Bike has a burly bike trailer in new condition. Quick release wheels and folds flat for transport. Also, we have a tag along bike that you can use to convert your bike to tandem for a child. Both available for a donation to share-a-bike of money or your time and labor for us. Call Mike at (517) 388-7506.



## MEMBER SPECIALS

**PERSONAL TRAINING**—Benefit from bicycling-oriented fitness training with Audrey Morris, Personal Trainer. Focus is on a progressive training program that strengthens the core and other muscles key to biking or to meet your other goals, as well as flexibility and aerobic elements. Design your program with me from one-session orientations to ongoing training sessions. Gift certificates available. Contact me at (517) 712-4678 or [AGMorris@SBCglobal.net](mailto:AGMorris@SBCglobal.net).

### SEW MUCH MORE

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

Reasonable prices. Custom fit.

Gift certificates.

For more information call Sue at (517) 627-1411.

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

## WELCOME NEW MEMBERS



Russ Anton

Jack Chan

Paul and Nancy Curtis & family (Kaelyn and Benjamin)

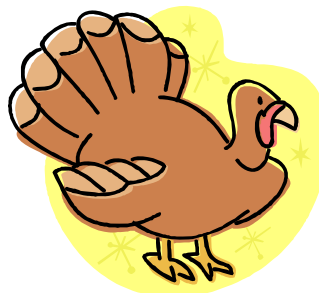
Scott Daunheimer

Staci Dietzel

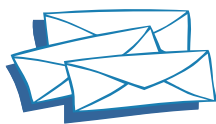
Michael and Kathryn Hixson

Bill and Sherri McConnell & family (Emmett and Maggie)

Vickie Shrope



**Happy  
Thanksgiving!**



## FROM THE TCBA MAIL BAG SAG “Super Stars”

I had successfully completed DALMAC for the last two years and, at age 58, was planning to do the Quad Century. I asked my wife, Suzy, if I was too old to try four 100-mile days in a row. Her reply was “Even if you die, you will die doing what you love.” Suzy and I don’t let fear rule our lives.

With that in mind, the five-day SummerTour seemed like a great ride to get the kinks out. I arrived at about 7:30 on the first day, registered and was on my way to South Haven by 8:15. The road out of Gobles was in great condition and well-marked. While talking and peddling with a new friend who turned out to be TCBA’s president, Dick Janson, I learned some bike safety tips. When I arrived at the campgrounds, I pitched my tent and headed up to South Haven for lunch and people watching. With that side trip to South Haven, I managed to rack up 63 miles before dinner at the pavilion.

On the second day, after a great breakfast, I took off from the pavilion for Saugatuck. I wanted to be the first to get to Saugatuck, and I think I was. After three hours of drinking coffee, eating cookies and people watching, I headed back to camp. About 10 miles from South Haven, I hit an invisible pothole that knocked my hands off the bars and my butt off the seat and sent me speeding into a ditch. I was grateful for three things—I was not in traffic, I missed the huge tree by just enough and there was no fence to be impaled upon. Just when I thought I might be in good shape, my bike stopped and I flipped, with the bike landing on my head.

I am writing this with four broken ribs, a fractured clavicle and a lot of gratitude for the SAG “Super Stars” of TCBA. I was spotted by two fellow bikers who stopped Donovan Riley in his SAG van before I got up. It took about ten minutes after Donovan arrived before I figured out that I did not want to finish the ride. Donovan already knew that because he had my bike loaded on the van and was ready to take me to the hospital. The second “Super Star,” Gloria Gruhn, was there when I was released to go home. We went back to camp where dinner was saved for me and I got to tell, in detail, what happened. There were two couples—my neighbors—who tore down and packed up my gear. Thank you, Bob, Ginny, Stewart and Sue. Bob also rode with Gloria and I to my motel to help carry the gear.

The healing is going well and I will be back next year. The DALMAC Quad Century is only postponed for now. I am proud to be a member of TCBA and glad to know so many great people. I want to thank the SAG “Super Stars,” my neighbors and my helmet manufacturer for protecting my head.

Fritz Marin

## Sports Medicine Tips from an Expert

Fred Matheny for [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

Andy Pruitt’s name has become synonymous with sports medicine for cycling. As director of the Boulder Center for Sports Medicine in Boulder, CO, Pruitt has made a career out of treating world-class riders such as Lance Armstrong and George Hincapie. In 1996, Pruitt served as chief medical officer for the U.S. Olympic Cycling Team. Pruitt is an elite athlete in his own right, too. He lost his lower leg in a hunting accident at age 14 but still wrestled and participated in track, eventually winning 12 high school varsity letters. When he took up cycling he earned a category 2 ranking in able-bodied racing and was twice a world champion in disabled cycling.

But the Boulder Center isn’t reserved for elite clients. Pruitt wanted to develop a sports medicine center equal to any university or Olympic training facility but available to recreational athletes of any age. That’s what he has accomplished. Here’s a sampling of Pruitt’s sports medicine wisdom.

**Floating Pedals.** “In the late eighties, the cycling injury rate soared due to step-in pedals. The old, slotted cleats and soft leather cycling shoes allowed feet quite a bit of movement, but the newer step-in cleats and more rigid shoes with a heel counter locked feet in one position. Now the injury rate has gone way down due to cleats that float, allowing each foot to find its best position on the pedal.”

**Bike Fit.** “I’ve done thousands of bike fits. Much is made of saddle height and saddle fore-and-aft position. It’s true—they’re important. But the reach to the handlebar along with the height difference between the bar and the saddle are the two most personal aspects of bike fit. If they aren’t right, you’ll be miserable. We’re seeing more riders who want to raise their handlebars for increased comfort.”

**Chondromalacia.** “When cyclists have chondromalacia (pain under the kneecap) it’s not good medical advice to keep them off the bike. They need to ride. The knee likes motion and riders want to be on their bikes. So we check saddle height and other bike fit factors like cleat position and let them ride. Most chondromalacia sufferers can ride at some level no matter how severe the degeneration. I’ve seen riders with a back of the kneecap that was full of gouges. It looked like one of those rural road signs peppered with bullet holes. But they can still ride without pain.”

**Patellar Tendonitis.** “Strain of the tendons around the knee often happens in the early season when riders get caught out in the cold and wind and decide to get home fast. They push a big gear, maybe they aren’t wearing leg warmers, and the next morning they have an ominous twinge. The problem is that in the early season, your muscles can bear a lot more strain than your connective tissue.”

**Saddle Position.** “Greg LeMond has extremely long femurs. His kneecaps are slightly above his ankles. So for him a bike with a slack seat tube angle, a long top tube, and the saddle jammed all the way back is appropriate. But most people aren’t built that way. For example, Ron Kiefel moved his saddle back when a famous pro he admired told him he’d be faster if he did. Ron didn’t get faster, instead he got severe back pain and missed several weeks of racing. The moral of this story: Let your femur length determine your saddle position, not your hero.”

Receive a **FREE** copy of the eBook “29 Pro Cycling Secrets for Roadies” by subscribing to the RoadBikeRider Newsletter at [www.RoadBikeRider.com](http://www.RoadBikeRider.com). No cost or obligation!