

Chainwheel Chatter



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

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September 2007

NEXT Meeting

September 27, 2007—7:00 p.m.
Foster Community Center
200 N. Foster St.—Lansing

Tom Martin

Martin rode from Long Beach, Washington, to Mackinaw City, beginning on June 14 and ending July 31. He will talk about his exciting adventure which took place this summer.

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, October 2, 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 November 6, 2007.

Newsletter/Ride Calendar Deadline

The deadline for the next newsletter is Friday, September 14, 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

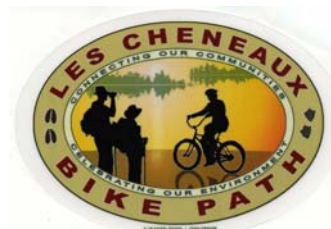
Plan to join Allan Huber at **6:00 p.m.**, immediately preceding the membership meeting on **Thursday, September 27, 2007.**

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Attention: 5-UP Riders

The Les Cheneaux Bike Path Committee will be hosting a 5-UP lunch stop in Cedarville at about mile 55 on day five.



The Les Cheneaux

Bike Path will extend 30 miles from Search Bay to Albany Bay, and will lie within the MDOT right-of-way along M-134. The project has received grants from the Les Cheneaux Community Foundation and significant private donations. Barbara Nelson-Jameson of the National Park Service's "Rivers and Trails Program" is providing technical assistance, drawing on her experience with numerous other similar projects throughout the state and elsewhere.

The Les Cheneaux Bike Path will be part of the larger "North Huron Scenic Pathway" (NHSP), which will connect eight municipalities, extending from St. Ignace to and including Drummond Island. NHSP has contracted with Rowe Engineering to complete a pre-engineering study which is to be completed this fall.

The money you spend on lunch will go to a good cause.

- 6" Sub Sandwich (Ham or Turkey)
- Fruit (Apple, Banana, or Orange)
- Brownie
- Snack Bag
- Lemonade
- \$8.00

Lessons Learned

Ron Berby

Those of us acquainted with chemical addiction can tell you about its effect on emotional growth. You are stuck at the emotional age at which you began your addictive behavior, and remain there until you stop using and begin your renewal. That explains why I continued to act like I was 19 until I was 36 years old.

During that stretch, my adolescent brain served me less than ideally in my interactions with my wife, kids, family, friends and employers. When I became a runner again at age 30, I got slimmer and much more fit, qualifying for and running in a couple of Boston Marathons. But mostly I was the same, a drunk who just happened to run far and well. I was still 19.

When I was a runner, I saw that I was better than those fatsos driving by and their chain-smoking wives, as well. I came to hold non-runners in contempt. Running with friends or in a race of thousands like Boston, I'd display a kind of aggressive bravado, mugging before spectators and yelling as I ran by, "Smoke, smoke, smoke that cigarette!" at some bewildered guy who just lit up. All the while I had no clue as to the best word to describe my behavior: childish.

Luckily for me, I lost my job, my marriage ended and I got miserable enough to stop drinking and start all over again. And in my efforts to rebuild my life, I came to more and more clearly see that humans are much more alike than different, that I wasn't so very different than fatsos or chain smokers. Further, I came to see that some of my fellow runners had major flaws and weren't so admirable after all.

Now, some 30 years later and after six years on a bicycle, I find myself in familiar territory. As with most of my running career, I see myself as privileged to bike nearly every day, and to enjoy the health and energy of someone much younger. I find myself more and more connecting with folks who don't run or bike, noting how we are alike rather than different. And I'm beginning to lose admiration for some of my fellow bikers.

I'm not alone among riders in disapproving of the actions of a few others. Two areas bother me the most:

1. Road Hogging—Often I've seen bikers riding two or more abreast, taking up the entire right lane. And often it forces it forces motorists to slowly follow until angry enough to gun by. Elderly drivers may creep along for miles behind Road Hogs because of their apparent belief that if they cross fully into an oncoming lane their cars will explode in flames. Behind them, of course, are hothead motorists, just looking for a chance to show everyone what's what. It bothers me even more to see Road Hogs ignore a road shoulder or biking lane because it's rough or dotted with pebbles, and remain in the traffic lane despite the danger created.

2. Pack Predation—Some rider groups: a) fill an entire lane and make it difficult for cars to get by. b) infuriate motorists, resulting in pedal-to-the-metal, roaring accelerations with angry and obscene shouts and gestures. c) return similar shouts, comments and gestures of their own. When it happens, I'm reminded that it's the mob mentality that makes the riders so adolescently bold. If any one of these riders was alone, it would be a different story. And on occasion, after witnessing such an interchange, I have realized I was on the side of the rednecks!

Would you like to guess which bikers are remembered best by motorists, those I just described or the vast majority, who make efforts to SHARE THE ROAD with everyone else?

Yes, it's true that we have just as much a legal right to the roadways as cars or trucks. But understand that motorists have owned this nation's roads for 100 years. If we want to earn a true share of the American road and not just a legal one, wouldn't it be best if we were not seen as road-hogging adolescent jerks, but, rather, as sensible adults?

Sunrises & Sunsets for September 2007

Date	Rise	Set	Date	Rise	Set
1	7:03	8:13	16	7:19	7:47
2	7:04	8:11	17	7:20	7:45
3	7:05	8:10	18	7:21	7:43
4	7:06	8:08	19	7:22	7:41
5	7:07	8:06	20	7:23	7:40
6	7:08	8:04	21	7:24	7:38
7	7:09	8:03	22	7:25	7:36
8	7:10	8:01	23	7:26	7:34
9	7:11	7:59	24	7:27	7:32
10	7:12	7:57	25	7:28	7:31
11	7:13	7:56	26	7:30	7:29
12	7:14	7:54	27	7:31	7:27
13	7:16	7:52	28	7:32	7:25
14	7:17	7:50	29	7:33	7:24
15	7:18	7:49	30	7:34	7:22

Lee Perrine Memorial Ride

Please join Jan and Tony Koller, Sunday, September 9, for the first memorial ride in honor of our dear cycling friend Lee Perrine. The ride will go to Grass Lake from Dansville Community Park. Details can be found on the ride schedule. See you there.

Hey, Mister!

Ron Truax

Yeah, that was me on the receiving end, and I never even cringed when I heard it. Somebody blatantly calling me, “Hey Mister!” Even though I’m retired, does there ever come a time when you’re ready to accept being called, “Hey Mister?” But let me back up to the beginning.

Back in July, an injury kept me from riding my bike in the Black Bear Bicycle Tour, a 100-mile ride from Grayling to Oscoda. The injury itself wasn’t a big deal; I just couldn’t ride the bike. But I had promised to ride in support of a friend Jeaneen. So instead, I took my van and followed along to support her in that way. Since I couldn’t be there to help set and maintain a pace, I could at least be there with anything else that could make the day go a little easier—tools, a floor pump, extra clothes, food, water or even some ibuprofen.

The idea is to stay clear of the bike traffic and still meet your rider at predetermined points along the way. Now I can begin.

At the third designated rest stop, and halfway point, I arrived in plenty of time to dig out all the necessities and be waiting for Jeaneen to arrive. Knowing I had time, I ran over to the checkpoint, with map in hand, to see if anyone knew a direct route to the next stop, while still remaining clear of the riders.

As I approached the tent that was set up, I recognized a bike propped up against it. I had one at home just like it, the same make, model and color. It’s a track bike with only a single gear, brakes and a place to hang water bottles. Whoever owned it was either an animal or a fool. We’re talking a hundred miles with serious hills.

While I was staring at it as though I’d never seen one before, a voice from behind me asked if there was anything wrong. I turned around to see this kid standing there. I looked him over, turned back to the bike to make sure I saw what I saw, and said, “no, no, nothing.” I then turned back around to ask if he’d ridden this thing the 56 miles from Grayling, or was he just a local out for a spin? His response was proud and to the point. Yes, he was part of the tour.

And you could tell he was glad that I asked. He was glad that anyone asked. He was excited and wanted to tell anybody that would listen about the day’s adventure. His ride was supposed to have ended there with a call to his grandparents to come pick him up. But not so fast! We’re talking about a kid that’s really geeked over his accomplishments. He wasn’t ready to just pack it up and call it a day. There were dreams to dream and plots to

scheme.

So he started asking me about the road ahead. How were the hills, a lot, a few, were they steep or not so? And once he knew I rode the same bike, he wanted to know if I thought he was pipe dreaming about going all the way. I wouldn’t lie to him. I pointed out that it hadn’t been an easy task to have come this far, and that what lay ahead wouldn’t be a walk in the park either. But I also pointed out that he had youth, energy and enthusiasm on his side. The youth turned out to be 24. You had to have seen him. At any moment, I thought grandma was going to walk up and tell me to mind my own business.

He asked a couple more questions when I volunteered that it all boiled down to one thing. So I asked him, “If you put your bike in the car right here and now, how long is it going to be before you to kick yourself for not going for it?” In the blink of an eye, his hand came out and he said, “Thanks, Mister. I know what I have to do.” And with that, he was gone.

Later, I was at the 93-mile rest stop, waiting for Jeaneen to arrive when I heard, “Hey Mister!” Yeah, it was the kid. He rolled right up to my feet where he shook my hand and notified me that he’d made it. That’s when I pointed out that I’d noticed, but that it wasn’t over yet. It was only seven more miles, but like Yogi Berra once said, “It ain’t over till it’s over.” I heard “you’re right,” and he was gone.

As luck would have it, or as I like to think that there is a God in heaven, I was at the finish line in time to hear, “Hey, Mister!” He rolled up to meet my outstretched hand and my congratulations on a job well done. He felt the need to thank me again, but I quickly explained that it was no big deal; I had only pointed out the obvious.

I then reminded him that he needed to call his grandparents. They must have been worried, not hearing from him till so late. But I knew that hearing his voice and learning that they were now going to drive to Oscoda would clear up any anxieties related to worry. It’s hard to worry and want to strangle someone at the same time. With that it was, “oh, yeah!” then “bye, Mister,” and he was off. I’m sure the grandparents are proud of him. I didn’t even know him, and I was.

Finally, my arm may have hurt like hell, I may not have gotten to ride, but when it was all totaled up, it was a very good day. If anyone has ever wondered, this was a fine example of the people I meet and the memories I keep while traveling the backroads of America.

September 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	No ride on September 2 (DALMAC), September 9 or September 16	Ed Usewick (810) 694-9919
Mondays	9:30 a.m.	25-40	B	MSU Pavilion		Marta Belsky (517) 347-5693
Tuesdays	5:00 p.m.	25-35	B	Owosso Fire & Police Station		Phil Sanderson (989) 725-8299
Wednesdays	9:00 a.m.	35-50	B	Holt Commuter Lot		Edie Belcher (517) 242-4122
	6:00 p.m.	20-30	B	MSU Pavilion		Katie Donnelly (517) 349-5564
	6:00 p.m.	16-24	D	Oneida Township Hall	Must leave on time!	Adreah Saxton (517) 303-6656
Thursdays	5:00 p.m.	25-35	B	Owosso Fire & Police Station	No ride September 27 (club meeting)	Phil Sanderson (989) 725-8299
	6:00 p.m.	12-20	D	River trail, Kalamazoo St. parking lot	Ice cream stop; no ride September 27 (club meeting)	Adreah Saxton (517) 303-6656
Fridays	9:30 a.m.	30-50	C	DeWitt Township Hall	Temperature must be above freezing	Jan Koller (517) 669-5744
Saturdays	8:30 a.m.	40	Z	67th District Court House, Grand Blanc	No ride September 1 (DALMAC), September 8 or September 15	Roxanne Usewick (810) 694-9919
	9:00 a.m.	12	D	Coaches	Breakfast ride. Bring the kids! New rider-friendly!	Milt Gruhn (517) 393-1617

Other Day Rides in September

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sunday/September 8, 22	9:00 a.m.	40+	Z	Mega Mall		Edie Belcher (517) 242-4122
Sunday/September 9	10:00 a.m.	55-60	Z	Dansville Community Park	To Grass Lake; Memorial Ride for Lee Perrine	Jan or Tony Koller (517) 669-5744

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
- **Dansville Community Park**, Call ride leader for directions
- **DeWitt Township Hall**, 1401 W. Herbison Rd., 1/2 mile west of Old 27
- **Holt Commuter Lot**, US-127 and Holt Rd.
- **Mega Mall**, 15487 Old US-27 (Northeast St.) & Northcrest Rd., NE corner of lot
- **MSU Pavilion**, 1/2 mile south of the Y lot
- **Oneida Township Hall**, Corner of St. Joseph and Oneida, Grand Ledge
- **Owosso Fire & Police Station**, Owosso

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
- 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

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.



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.

WANTED: Rans Screemer tandem recumbant. Looking to try and possibly purchase. Please contact Kris or Dave Stairs at (517) 627-4211.

FOR SALE: 1997 Cannondale RT2000 Los Dos tandem. Metallic blue tandem has an aluminum alloy 20" x 16" frame, 24 gears with a Shimano Deore XT gear shifter with click shifters on handlebar ends. Less than 1,000 miles on bike. Comes equipped with 26 X 1.50 smooth road tires, a Blackburn back rack, Cateye bike computer and three water bottle cages. Asking \$1,300 OBO. Call Catherine at (269) 781-4457 or e-mail cathayes@voyager.net.

FOR SALE: 2005 Lemond road bike 57 cm. Steel alloy platinum, orange w/cream and black Lemond lettering. Carbon fiber fork, Campy shifting components, 10-speed cassette. Approximately 7,000 miles. Used just one season and one DALMAC. Bontrager carbon seat post. New Shimano wheels never been used, new tires. Asking \$750 or B.O. Contact Gregg (517) 336-0465 or (517) 803-7443 or e-mail greggrydahl@sbcglobal.net.

Bike Donations Wanted

DALMAC Fund Grant recipients Laingsburg Boy Scout Troop 205 are in need of older bikes in serviceable condition for fully self-contained touring.

The DALMAC fund dollars will be used to purchase all the bike gear, but six bikes are needed. The bikes would be dedicated to the troop.

If TCBA members have any bikes that they would be willing to donate or sell inexpensively, it would help the troop tremendously.

For more information or to donate a bike, please contact Pete Eisinger at (517) 651-6091.



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, as well as flexibility and aerobic elements. Design your program from one-session orientations. Gift certificates available. Contact at (517) 712-4678 or 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 or stop by in person. For questions or directions, call us at (517) 908-0282.



Want a 2006 Incentive Jersey?

Many members have expressed interested in ordering a 2006 incentive jersey. Additional jerseys may be ordered. The price will be approximately \$65. Payment must be made at the time of the order. Orders and payments must be received by October 30. For more information, contact Kris Stairs at boardatlarge1@biketcba.org.