

Chainwheel Chatter



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

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Established 1972

January/February 2008

NEXT Meeting

February 28, 2008—7:00 p.m.
Foster Community Center
200 N. Foster St., Lansing

Julie Rutherford

Julie Rutherford is a graduate of Michigan State University. She holds a B.A. from The Eli Broad College of Business. She holds personal training and group exercise certifications through Aerobics and Fitness Association of America. She is a certified Schwinn Group Cycling Instructor and teaches "Weight Works," an hour-long free weight workout at the Westside Community YMCA. Rutherford previously taught the running and triathlon training class at the Westside Community YMCA.

An avid runner for 14 years, Rutherford has completed five 26.2 mile marathons. Upon finishing her most recent, The Marine Corp in Washington D.C., she was listed in the *Washington Post* as one of the top female finishers in a field of 18,000+. In addition, Rutherford has competed in several long distance trail races, including Great Lakes Relay, a challenging, three-day 280-mile race. She has run track, as well as coached, refereed and played competitive soccer. In October 2005, Julie was also featured on the cover of *Healthy and Fit Magazine*, a local fitness publication.

DALMAC Volunteers Meeting
Wednesday, February 13, 7:00 p.m.

Foster Center, Room 213

Returning volunteers and new volunteers who would like to help with the 2008 DALMAC are invited to attend a volunteers meeting. Last year's 5-day UP route was a big success. We will continue this route with its Sunday morning "Bridge Crossing" and the other traditional routes as well. There are some route changes and some new overnight stops that we are excited about and we'll share these at the meeting.

Come and be part of this great group of volunteers for the 38th annual tour.

Al Simons
Events Director

Cycle Forum

Plan to join Alan Huber at **6:00 p.m.**, immediately preceding the membership meeting on **Thursday, February 28, 2008.**

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, March 4, 2008, 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, February 15, 2008. 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 Uswick, 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.

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

Foster Community Center—Lansing
November 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 Lee Adair, Joe Adams, Linda Antinori, Katie Donnelly, Herb Drake, Tom Hardenberg, Lenny Provencher, Steve Schuesler and Char Sulin.

Reports

1. **Minutes/Secretary's Report:** Minutes of the October meeting were presented for review by secretary, Charla Scheidler. A motion to approve the minutes was made by Sue Viele, seconded by Al Simons and passed unanimously.
2. **Vice President:** Sue Viele gave an update on Christmas Party plans and attendance. Dick Janson advised that he had developed the list of volunteers who would be invited to attend at no charge and that invitations would be sent.
3. **Treasurer's Report:** Treasurer Dick Sulin submitted a financial report through September. After review, Al Simons made a motion to approve the report as presented. The motion was seconded by Charla Scheidler and passed unanimously.
4. **Ride Program Committee:** Kris Stairs reported that the committee met to discuss the interpretation of the wording regarding riders on club rides and whether a rider needs to be a member for the ride leader to earn leader points. After discussion, Sue Viele made a motion to award ride leader points if any rider, whether member or non-member, participates in the ride. The motion was seconded by Dick Sulin and passed unanimously. The change will take effect on December 1 for the 2008 riding season.

Ellen Lamb proposed that unclaimed incentive award items be turned over to Sue Viele to be used for various drawings at club functions. There was no opposition to this proposal as long as it was unclaimed incentive items only and did not include club jerseys.

Kris Stairs advised that due to an ordering error they were short one jersey for filling the incentive awards. Dick Janson made a motion to substitute a club jersey for the award. The motion was seconded by Sue Viele and carried unanimously.

5. **DALMAC:** Al Simons reported that the 2008 DALMAC Committee is working on routes for 2008.
6. **SummerTour:** Lee Adair submitted a mission statement and budget for the 2008 ride. A copy will remain on file with these minutes.
7. **Northwest Tour:** Dick Sulin reported that applications for the ride would be in the January *Chainwheel*. The ride will be limited to 200 individuals and a tentative budget of \$13,000 is expected.

New Business

- **Foster Center Food Baskets**—Charla Scheidler made a motion that a donation be made to the Foster Community Center in the same amount that was given last year (\$600) to be used for their annual holiday Food Baskets for the needy. The motion was seconded by Sue Viele and carried unanimously.
- **Volunteer of the Year**—It was decided that nominations and voting for the volunteer of the year award would be handled via e-mail between board members. Charla Scheidler will e-mail all board members the list of previous recipients. This award and the Ride Leader of the Year award will be presented at the Christmas Party.
- **Community Support for Events**—Discussion ensued regarding TCBA providing non-financial support for various community events when asked. It was agreed that permission would be granted for the use of the TCBA logo and for the organization to make the statement that the event was endorsed by TCBA during promotion of the event.
- **LMB Ride Calendar**—Dick Janson reported on communication he received from LMB regarding the quantity of 2008 ride calendars we would like. It was discussed that due to the new format it was not feasible to include them in our newsletter mailing as we had done for many years. Dick will inform LMB that we would like 150 copies and they will be made available to TCBA members at club meetings. Discussion ensued further regarding the perceived lack of benefit for the \$1.00 per rider donation to LMB for the Ride Calendar listing for DALMAC, due to the new format. It was agreed that TCBA would not participate in the \$1.00 per rider donation in 2008 for DALMAC. Other TCBA rides have not previously participated at that level and also will not in 2008. Dick Janson made a motion to provide LMB with a \$400 donation to help defray production costs of the ride calendar. The motion was seconded by Al Simons and carried.

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

Foster Community Center—Lansing
December 4, 2007

Board members present included Dick Janson, Sue Viele, Charla Scheidler, Al Simons, Ellen Lamb and Kris Stairs. Also present were club members Joe Adams, Lee Adair, Linda Antinori, Katie Donnelly, Herb Drake, Lenny Provencher and Sara Troutman.

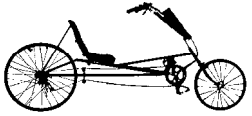
Reports

1. **Minutes/Secretary's Report:** Minutes of the November meeting were presented for review by secretary Charla Scheidler. A motion to approve the minutes was made by Sue Viele, was seconded by Dick Janson and carried unanimously.
2. **Vice President's Report:** Sue Viele gave an update on the Christmas Party plan and was expecting attendance of about 115 people.
3. **Treasurer's Report:** Dick Sulin, treasurer, submitted a financial report through October. After review, Al Simons made a motion to approve the report as presented. The motion was seconded by Sue Viele and passed unanimously. Sulin also reported that he had delivered a check for \$600 to the Foster Community Center to be used for their annual holiday Food Baskets Drive.
4. **Ride Program Committee:** Kris Stairs reported that incoming Board-At-Large Member Herb Drake will be taking over the club jersey program from Ellen Lamb, who is wintering in Florida. Sue Viele thanked Ellen Lamb on behalf of the Board for her years of service to the club and wished her well on her retirement.
5. **DALMAC:** Al Simons, events director, reported that the 2007 DALMAC jersey won best jersey at this year's NBTD meeting. He also reported that most of this year's crews are set and that they have already had three crew meetings. He announced that Cheryl Claflin had agreed to be DALMAC tour registrar.
6. **Northwest Tour:** Dick Sulin reported that the contracts with campground site and the vendors have been signed. The application for the Northwest Tour will be in the January *Chainwheel Chatter*.

New Business

- **Board Election**—Sara Troutman, chairperson of the Nomination Committee, turned over the ballots from the October election to Linda Antinori, incoming secretary, as per Board procedure.
- **Chainwheel Chatter**—Possible new delivery methods and layouts were brought up in attempt to update the newsletter. It was decided to table this issue for the incoming Board's January meeting.
- **LMB Ride Calendar**—There was discussion about whether TCBA's donation to the LMB's ride calendar is necessary as the calendar is totally funded by grants. Sue Viele moved to rescind the previously approved donation of \$400 for the ride calendar. Dick Janson seconded the motion and it passed unanimously. Dick Sulin then proposed a \$400 no strings attached donation to the LMB. Ellen Lamb seconded the motion which failed (2 Ayes, 5 Nays).
- **Poster Contest**—Katie Donnelly reported that the estimated costs for prizes for this year's poster contest should be less than \$2,000. Sue Viele moved to approve this amount. Kris Stairs seconded the motion and it passed unanimously.
- **Board Motions Between Meetings**—The issue of how urgent Board business should be conducted between meetings was raised and tabled until the new Board convenes.
- **Quiet Water Expo**—Lenny Provencher asked the Board for use of the club banner by him and Ed Noonan at the upcoming Quiet Water Expo. Dick Janson made a motion to approve the request. Dick Sulin seconded the motion, which passed unanimously.

**Congratulations to the
2007 TCBA Volunteer of the Year
Steve Schuesler!**



EASYSPOKEN News From All Over and Whenever

I Wasn't Really There, But ...

"A few miles from the camp, I am overtaken by four horsemen followed by several dogs and a pig ... when on the road the pig is wont to signify its disapproval of a too rapid pace, by appealing squeaks and grunts, whereupon the horse responsively slacks its speed to a more accommodating speed for its porcine companion." (Iran)

"I'm up at five—it's already getting light. The night was colder than Dolores Umbridge, so sleep was difficult. My washcloth from last night is frozen. From 94 degrees in the afternoon, It's 29 now! You hear about these idiots in the wilderness unprepared for the conditions? That would be me. Well, I tried; something will have to be done. I have a bit of a headache, presumably from the altitude. This is the highest I've ever slept." (Colorado)

"This was probably the worst road that I have ridden on during the whole journey, I managed to start the day with hands so numb from the cold I couldn't hold the bars, fall off three times, get caught in a landslide and be bitten by a dog all in one day! Splendid!!" (Tibet)

"I ride ahead and alight at the entrance to the chief's tent. The chief is a middle-aged man of medium height and inclined to obesity. He and all the men are arrayed in garments of coarse white cotton stuff throughout, loose pantaloons, bound at the ankles, and an over-garment of a pattern very much like a night-shirt; on their heads are the regulation Afghan turbans, with long, dangling ends, and their feet are encased in rude moccasins with upturned toes." (Afghanistan)

"This is the first time since I've been in Mexico I've seen other gringos. Man, you can see them coming from a mile away. Wonder what I look like with my spandex and crazy loaded bike. Still windy here in Ensenada. I'm definitely glad to be out of the dust storm that has been brewing for the last few days. Left the window open in my motel room and everything is covered in dust. It probably doesn't help that California is burning down again. I may hang here or a nearby campground for a day or two more and wait for the dust to settle ... " (Mexico)

"The contrast between Afghanistan and Uzbekistan was quite amazing. Rather than the gasping desert bleakness I had left behind me, there was an unending spread of green fields, unveiled (and unbearded) faces, and lots of smiles and invitations to stay." (Uzbekistan)

"The surface is hard-packed and amazingly smooth—easily the smoothest dirt road I've ever been on, and in fact better than some paved roads. It's incredibly scenic. I can't keep myself from stopping for lots of pictures. A train track runs between me and the swollen river. Without trees the views are

limitless. I count two cars in the first 10 miles. All I can say is WOW!" (Colorado)

"We Westerners seldom hear anything of the Bulgarians except in war times, and then it is usually in connection with atrocities that furnish excellent sensational material for the illustrated weeklies." (Bulgaria)

"In the morning I obtain breakfast and manage to escape from town without attracting a crowd of more than a couple of hundred people; a remarkable occurrence in its way, since Erzingan contains a population of about 20,000." (Turkey)

"The saying 'the Russians love a man who suffers' is proving true. We have been handed considerable quantities of food, drink and cash by complete strangers on numerous occasions and the other day, to our surprise, we were given a slap up meal by a committee of bank clerk ladies, in response to our asking where the nearest pay phone was."

These are from the trip diaries of self-supported bicycle tourists. One started with only three weeks practice with camping gear; another first started riding a bike only six months earlier. Their accounts, often with fantastic photographs, are available to you on the Internet.

In June of 2007, Rich Haubert drove to Colorado, then rode mostly low-traffic roads and trails around its perimeter. Over 13 days, including riding some roads that are not paved, he managed to average 100 miles a day. One of those days he spent part of climbing a mountain—on foot—without the bike.

In the past four years, Rich has taken nine other trips, all to be found on the crazyguyonabike Web site. An account of his Colorado trip can be found online at www.crazyguyonabike.com/doc/?o=rzyq&doc_id=2852&v=Qh.

Anthony Tedesco of Las Vegas, Nevada decided to ride south. No other plan, just to go south. A couple of months later he was still riding. His blog is a bit rough compared to the others. Read Tedesco's story online at www.crazyguyonabike.com/doc/?o=rzyq&doc_id=2968&v=7z.

Englishman Peter Gostelow took a job as an English teacher in Japan. The one-year assignment turned into two years, after which he decided to go back to England—by bicycle. With only three weeks practice, he started his journey in August of 2005. By December 2007, he had traveled over 24,000 miles, having arrived in Syria. You can follow his trip at www.crazyguyonabike.com/doc/page/?o=rzyq&page_id=21478&v=1if.

Rob Lilwall was 27 when, as he describes it, "I began this journey by flying with my bicycle as far away from home as I could think of—to the far eastern seaboard of Siberia. My intention was to cycle back to England via the most interesting route I could find. As it turned out, I was on the road for over three years, cycling 30,000 miles through 28 countries, and catching 16 boats to cross the various stretches of water along the way." The toughest part was camping in Siberia in the winter at minus 40. (Minus 40 is a temperature requiring no conversion—Celsius and Fahrenheit are the same!) Follow his trip at www.cyclinghomefromsiberia.com/wordpress/?cat=27.

I Wasn't Really There, But ...

(cont.)

Joff Summerfield is a young Englishman with determination. He started his trip two times before. The second time was in 2003. His knees gave out in Budapest and he had to fly home. In 2005, he took a "splendid header," which resulted in a fractured knee and elbow. In March of 2006, he took a spill, breaking his arm and wrist. Two months later, he left on his third attempt, and is still on the road. What makes his trip unique is he is doing it on a Penny Farthing. Find his story at www.crazyguyonabike.com/doc/page/?o=rzyq&page_id=32499&v=X6.

The Penny Farthing bicycle, popular over 100 years ago, has a high wheel in the front, a tiny wheel in the rear, and no gears. A sudden stop quickly sends the rider over the handle bars, with his head hitting the ground (i.e., a "header")

It is amazing enough to ride the roads of the world on a Penny Farthing these days. Most people would (and do) use a good mountain bike for gearing and toughness. However, when Thomas Stevens started riding around the world in 1884, the Penny Farthing was the best bike available.

Thomas Stevens of England, 5'6" tall and not quite 30, bought his 50" Penny Farthing in the fall of 1883, having never ridden a bicycle before. He started across the U.S. in the spring of 1884. He finished in Boston three and a half months later.

To put this in perspective, he did this between our Civil War and World War I (and closer to our Civil War) crossing through Utah, Idaho and Wyoming, which at that time were not yet states. McKinley was president. It was only five years earlier that Edison demonstrated a practical electric light for home use. Of the 16 weeks he spent crossing, three weeks were without movement because of weather, and nearly four weeks were spent walking. Much of his trip was along railroad lines—between the rails, through long, dark tunnels, and over high trestles.

He was the first person to ride across the U.S. on a bicycle. *Outside Magazine* published his account. It was well received. Albert Pope, owner of both *Outside Magazine* and Pope Manufacturing Company, the largest bicycle manufacturer in the U.S. and maker of his "wheel," financed his attempt to be the first person to ride around the world on a bicycle.

The best road surfaces of the 1880s were macadamized roads and tarmac. John Loudon McAdam invented a road of crushed stones—large at the bottom, medium over that and fine on the top. Those roads were macadam roads, and they drained well and never got muddy. When a binder of tar was added, it became known as tarmac. Stevens could maintain 10 mph on his Penny Farthing on a level macadamized road.

Text-only accounts of his trip (Around the World on a Bicycle) can be downloaded at www.gutenberg.org/etext/5136 (Volume 1, San Francisco to Teheran) and at www.gutenberg.org/etext/13749 (Volume 2, Teheran to Yokohama).

However, serialized copies of his trip, as published in *Outside Magazine*, include hand-drawn illustrations by Stevens himself. Reading this version is much more rewarding. Unfortunately, the first available article starts in the middle of Volume 1 in Eastern Europe. Because the account spans more

than two dozen issues of the magazine, with long Internet references, I have put together a Web page to make following his story much easier. It can be accessed online at www.RealLITE/Around_1884.htm.

I believe that, as much as we might want to, most of us will never take a multi-year bicycle tour around the world. However, it is possible that you may be interested in one or more of the places these people visited, so jump right in.

I also found that following these accounts improved my knowledge of geography. As they moved through various countries, I tried to follow them on maps. With Thomas Stevens, this was more of a challenge—many of the place names have changed in the last 100 years.

Even if you don't ever take a long bike trip, reading these can provide inspiration to get on your bike. Somehow, my excuses just don't seem to amount to anything when compared to the challenges these riders overcame.

Dick Janson
Just Me and Sarah Dipitee
(517) 675-7340



LeRoy Henry

LeRoy J. Henry, 85, went to be with his Savior on December 15, 2007. Born on September 15, 1922 in Laingsburg, MI to A.C. Henry and Ida (Hath) Henry, he was graduated from Howell High School in 1939 and served his country as a Tech/Sgt in the U.S. Marine Corps during WWII. As a young man he resided in North Platte, Nebraska, getting his start in the restaurant business. Later he farmed a small acreage near Wellfleet while employed by the U.S. Postal Service, before returning with his family to Michigan. He and his wife, Lois, opened the first Burger King restaurant in Lansing in 1965, which became the family owned business of H & H Restaurants, Inc. opening seven locations in the Lansing area. Being with his family was one of his most treasured pastimes. After his retirement he became an avid cyclist, logging over 66,000 miles on his recumbent, participating in the DALMAC and Herman Hoffer rides and cross-country with deCycles Indiana. At age 65 he hiked 900 miles along the Appalachian Trail. He was an active member of the United Methodist Church, both in Wellfleet and Asbury in Lansing, also, Kiwanis and Tri-County Bicycle Clubs. He is survived by his wife of 63 years, Lois O. (Butts) Henry; three daughters, Judith Bridger (Galen Corlett), Jane Pierce (Chuck Doty) and Gail Farrell (Richard), all of the Lansing area, and one son Matthew (Margaretha) in Indianapolis; nine grandchildren: Kristin Corlett (Tom Legg), Alison Alfredson (Jim), Hillary Corlett, Amy Cassiday (David), Jody Lyon (Jeff) and Alan, Colin, Garrett and Keith Henry; and three great-grandchildren, Jonah, Joshua and Zora. He was preceded in death by one son, Alan Bryce, in 1979.

Published in the Lansing State Journal, December 17, 2007

February 2008 Ride Calendar

Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
February 23	9:00 a.m.	100	Z	MSU Pavilion	History: For many years, a group of local cyclists raced in the Birkebeiner X/C ski marathon race, but we got sick of the travel to race on an overcrowded course, so we started doing an annual century on the day of the ski race.	Joe Stephansky (517) 337-2972

RIDE CLASSIFICATION

ZRides 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.

TCBA Sponsors Bike Safety Poster Contest

TCBA is sponsoring its fifth bicycle safety poster contest, open to Clinton, Eaton and Ingham County students in Grades 3 and 5. Grade levels were chosen for this competition based on Michigan Model for Comprehensive School Health Education language pertaining to bicycle safety. Although announcements were sent to schools about this contest, members are invited to "spread the word" to teachers and students in eligible schools.

Entries are limited to 10 per grade level per school and must be submitted through the school. Home-schooled student entries will be accepted individually. Only one poster may be entered per student. It is intended that the contest will stimulate thought and discussion as well as provide a fun creative activity around the theme **"I'm a smart and safe cyclist,"** and it is hoped that posters not selected for submission will be displayed in a forum that will generate continued discussion throughout the school.

Copies of the video *Bicycle Safety Camp* were sent to many local schools a few years ago as part of the TCBA's Safety Education Program. This presentation dramatizes bicycle safety rules, equipment and safe riding practices and provides a good starting point for classroom discussion.

Posters will be judged on creativity, expression of the theme **"I'm a smart and safe cyclist,"** and consistency with instructions. There will be three cash winners per grade level, and schools of first-place winners for each grade will also receive cash awards. In addition, first-place winners will win gift certificates to bicycle shops near their homes, while all winners will receive one-year family TCBA memberships.

Winners and their families will be recognized at the May membership meeting. Formal rules and entry instruction information is available on the club Web site, www.biketcba.org. The entry deadline is Friday, March 28.

Katie Donnelly and Betty Johnson

Helmets are required on all TCBA rides.

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.

Sunrises & Sunsets for February 2008

Date	Rise	Set	Date	Rise	Set
1	7:53	5:51	16	7:35	6:11
2	7:52	5:52	17	7:33	6:12
3	7:51	5:54	18	7:32	6:13
4	7:50	5:55	19	7:30	6:15
5	7:49	5:56	20	7:29	6:16
6	7:48	5:58	21	7:27	6:17
7	7:46	5:59	22	7:26	6:18
8	7:45	6:00	23	7:24	6:20
9	7:44	6:01	24	7:23	6:21
10	7:49	6:03	25	7:21	6:22
11	7:41	6:04	26	7:20	6:23
12	7:40	6:05	27	7:18	6:25
13	7:39	6:07	28	7:16	6:26
14	7:37	6:08	29	7:15	6:27
15	7:36	6:09			



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: OS Raleigh tandem. Ridden 200 miles. 105 derailleur. Truevative crank. New was \$1700. Asking \$900. Call (517) 645-0380.

FOR SALE Blue Specialized Sirrus L (20 3/4"), 9sp triple, flat bar road bike, wireless computer \$350. Specialized Hard Rock MTN bike, maroon, 17", 7 spd triple, \$75. 2005 Trek Navigator 100 comfort bike, silv/grn, 47 cm (18.5"), 7 spd triple, \$125. Make offer(s). Call Herb at (517) 881-5744.

Denny's Central Park Bicycles 23rd Annual Open House

Mark your calendar so you won't miss this important event!

**Sunday, February 17
11:00 a.m. – 4:00 p.m.**

**Location: Denny's Central Park Bicycles
1805 Central Park Dr., Okemos**

**Members save 10% off all new products, including
2008 bicycles and bikes already on sale.**

**Biggest inventory clear-out ever
20-80% off on other select products
Featuring: Trek, Specialized, Yakima, Pearl Izumi,
Burley and more**

Factory reps will be available for the latest info!

Hourly drawings for prizes!

Refreshments provided—don't miss it!

WELCOME NEW MEMBERS

Ed Downs
Charles Nicewonder
John Olbrot
Mary Olbrot
Herbert Scheer
Rich Banker
Alan Taber
Sara Taber

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.

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.

Holt Pro Cycle 2008 TCBA Open House

This year's Open House is going to be the best Open House Holt Pro Cycle has ever had!

**Touring bikes starting @ \$392
Full carbon bikes @ \$1,200
Jerseys 2 for the price of 1
Wind & rain jackets @ 30% off
Selected shoes @ 50% off
Bell helmets (2007) @ 35% off**

**This is just a sample of some of the product offerings
to kick off the 2008 cycling season.**

**Special orders are welcome with a 15%
discount/paid in full.**

**When: February 16, 2008
Where: Holt Pro Cycle
Time: 9:00 a.m. – 3:00 p.m.
Refreshments: Fat Boys Pizza, soda & water**