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Chainwheel Chatter

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MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
MEMBERSHIP	August 27, 2009 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	DALMAC
CYCLE FORUM	August 27, 2009 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	ALLAN HUBER DALMAC Preparation — Questions & Answers
BOARD MEETING	September 8, 2009 6:30 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	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, please contact the President one week prior to the meeting and ask to have it added to the agenda.



DEADLINES

NEWSLETTER AUGUST 14	Please send items to Janet Weber, 767 Linden Street, Charlotte, MI 48813 or fax to 1-800-480-1160, or send your e-mail to chainwheelchatter@biketcba.org by the indicated deadline.
RIDE CALENDAR AUGUST 12	Information for the ride calendar needs to be sent to Ed Usewick, 590 Boutell Drive, Grand Blanc, MI 48439 or e-mailed to rideschedule@biketcba.org. So we can include this information in the next newsletter, please note the indicated deadline. Furthermore, please be sure to use the electronic tools to register rides. Please ensure you include critical information such as ride times, mileage, location, and ride leader name and telephone number.

ANNOUNCEMENTS

ATTENTION SNOWBIRDS ~ If you will be heading somewhere south of Michigan for the upcoming winter months, please put in a change of address so you will continue to receive your newsletter. We strongly encourage you to take two change of address forms (always on the last page of the newsletter) so you can let us know the address you will be at while down south, and when you return. This avoids unnecessary costs to the club. Thank you for your cooperation in this matter.



COMMUTING TO WORK

By Steve Leiby

So Steve, when are you going to start riding your bike to work?

My friend Jay posed that question 2 years ago. Jay is best known locally for starting the 100,000 Meter T-Shirt ride. He's also been known to ride a tandem.

We met through the bike club several decades ago.

I had three excuses for not riding.

1. its too far;
2. no showers;
3. no safe place to park a bike.

My excuses didn't bear close examination. I'm known for riding 25 to 30 miles in an evening after work or 70 or 80 miles on a weekend.

"Well Jay, my commute would be 7 or 8 miles", I responded.

We need not report what he said. He's riding 12 miles one way.

Remember the no shower excuse? Well, he doesn't have one either. You can clean up in a bathroom.

I'm running out of excuses. Yes, there are safe places to park a bike in downtown Lansing. Just remember to bring your lock!

I did a test ride on a week night to figure out which of two possible routes would work the

best. The decision was easy. I looked at pavement conditions, traffic lights, crossing I-96, I-496 and MLK, and I had a route to work. I've experimented with some variations, but the north south corridor that would work best by bicycle was clear.

Why ride to work?

1. I enjoy riding;
2. free exercise – no gym fees;
3. save gas and wear and tear on the car;
4. you have to eat more.

Eat more? Yes. If you add an hour a day to your exercise routine, unless you want to lose weight, you have to eat more. Such troubles!

What's the ideal range to ride a bicycle to work? My guess is 2 or 3 miles.

What's the longest distance I've heard of anyone riding a bike to work on a daily basis? 50 miles or so. He worked in a bike shop and did long distance races. He wasn't exactly your average bicyclist. As I recall, the fellow's name was Lon Haldeman. He set a couple of RAAM (Race Across America) records.

I'm starting my third year of riding to work. So, what's your excuse? (*Editor's note: A 5th reason: to save money. Check out the calculator mentioned in the Bike Bits about the Kiplinger's calculator on page 3.*)

"The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart."

- Iris Murdoch



CHANGE OF ADDRESS

The TCBA would like to remind our valued members to please submit your change of address (form is included on the mailed newsletter) whenever you move, or temporarily relocate for lengthy periods of time. We no longer have the post office forward our mailings, such as newsletters, ride notices, etc. To insure you receive your TCBA correspondence, it is imperative you keep us informed on where you want your mail sent. The cost to the club to receive notices of undelivered mailed is starting to add up. In addition, we cannot be responsible if you do not receive an application to a desired ride which fills up due to our inability to provide you an application in time. Thank you for your assistance in resolving the issue from both perspectives.

Smart Cycling – Traffic Skills 101 Class

Saturday, October 10, 2009

MSU Pavilion - Room A

A "Smart Cycling – Traffic Skills 101" Class will be held at the MSU Pavilion from 8:00 am to 5:00 pm. The class will be taught by a League Cycling Instructor (LCI) and other experienced TCBA members.

The course will cover: Safe Riding Practices, Scanning and Signaling, Lane Changing & Positioning, Emergency Maneuvers, Traffic Laws, Knowledge of Bicycles & Bicycle Maintenance.

Approximately four hours will be held in the classroom, and four hours outdoors developing riding skills such as Scanning, Emergency Stopping, Quick Turns, and avoiding obstacles on the road.

The cost of the class has been reduced to \$25. If interested, contact Bill Savage at 517-339-3933 or e-mail at MSUSavage@aol.com.

BIKE BITS

THE FOLLOWING NEWS BITS ARE REPRINTED FROM THE LEAGUE OF AMERICAN BICYCLISTS PUBLICATION AMERICAN BICYCLIST UPDATE:

How Much Can You Save Biking to Work?

Everyone is always curious about how much money you save by biking rather than driving. Now you can actually know! Use Kiplinger's new Bicycle Commuter Calculator (<http://www.kiplinger.com/tools/bike/>) to discover how much money you are saving by biking to work. (Editor's note: See article on Page 2 submitted by fellow member, Steve Leiby).

House Passes Landmark Clean Energy Bill

On June 28, 2009, the House of Representatives passed the American Clean Energy and Security Act, (H.R. 2454) sponsored by Rep. Henry A. Waxman, Chairman of the House Energy and Commerce Committee, and Rep. Edward J. Markey, Chairman of the House Select Committee on Energy Independence and Global Warming. The League is encouraged to see that the Climate Legislation provides provisions to reduce transportation-related greenhouse gas emissions (GHG) by including efforts to increase walking, bicycling and other forms of non-motorized transportation (see section 222 of Bill). We will continue to work with Congress to ensure that both the transportation and climate bills are aligned and provide funding for safe, reliable and economical transportation choices, such as bicycling.

Ray LaHood Calls for Americans to Drive Less

Transportation Secretary Ray LaHood's writes in a recent blog entry titled "Smart Community Planning, More Transportation Options Lead to Reduced Carbon Emissions" that, "If we want to reduce transportation carbon emissions, we need to reduce the amount of driving we do." Additionally, he calls for communities to have additional transportation choices, such as light rail, fuel-efficient buses, and paths for pedestrians and bicycles that intersect with transit centers. For more information, go to <https://fastlane.dot.gov/2009/07/smart-community-planning-more-transportation-options-lead-to-a-reduced-carbon-emissions.html>.

Green Routes To Work Legislation Addresses Limitations on Commuter Bike Provision

Congressman Blumenauer is set to introduce legislation that will implement a series of tax incentives for individuals and employers to make it easier for commuters who wish to commute to work by bicycling, walking, carpooling or using public transit. The legislation titled *Green Routes to Work* will also make changes to the bicycle commuter provision passed last year by allowing employees to receive both transit and bike benefits in the same month. The Green Routes To Work legislation will also revise the bike commuter benefit language to allow employees to elect to reduce their salary by the value of the Qualified Bike Provision. To read provisions of the bill, go to http://www.bikeleague.org/news/pdfs/grtw_one_pager.pdf.

Oberstar Moves Ahead With Transportation Bill Despite White House Opposition

Congressman Jim Oberstar, who chairs the House Committee on Transportation and Infrastructure, joined Senator George Voinovich of Ohio and House Subcommittee on Highways and Transit Chairman Peter A. DeFazio of Oregon in a Capitol news conference on July 14, 2009 to voice support for new authorization of surface transportation programs and opposition to an extension of current authority which is being advocated by White House officials. The current authorization, contained in the 2005 act known popularly as SAFETEA-LU, received an 18-month extension of highway programs by the Environment and Public Works Committee on July 15, 2009. The legislation passed with an overwhelming 18-1 vote. Read more at http://www.epw.senate.gov/public/index.cfm?FuseAction=PressRoom.PressReleases&ContentRecord_id=7f818d4d-802a-23ad-4cc9-c7fff4f006e3&Designation=Majority.

CHAINLINKS



The below links are provided as an informational tool to allow our members to get additional information from local bike organizations who offer information, rides, tips, training, or other benefits to TCBA members.

www.biketcba.org Tri-County Bicycle Association

www.lmb.org League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

www.bikes.msu.edu Michigan State University (MSU) Bikes

www.walkbikelansing.com Lansing's Walking and Bicycling Network

www.capitalareasmartcommute.com Smart Commute Program

www.midmeac.org Mid-Michigan Environmental Action Council

www.bikems.org Various rides throughout the country

www.mmba.org Michigan Mountain Biking Association

www.facebook.com TCBA is there as a group...check us out!



August 2009 Ride Schedule

Recurring Rides; No Ride if Rain, unless noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	8:00 AM	40+	Z	67th District Court House, Grand Blanc	No ride August 16th	Ed Usewick 810-694-9919
Mondays	6:00 PM	20-30	C	Oneida Township Hall		Leslie Miyasato 517-927-8953
	6:30 PM	15-25	C	Coach's		Ginger Royston or Dick Chulski, 517-393-4799
Tuesdays	6:30 PM	20-30	B	Williamston Township Hall		Jeff Dillingham 517-339-0442
Wednesdays	9:30 AM	35-50	B	Mega Mall		Eddie Belcher 517-242-4122

August 2009 Wednesday Night Rides - MSU Pavilion

ALL CLASSES, 6:15, 1/2 mi. south of the Y-Lot

Class/Mileage	August 5	August 12	August 19	August 26
A, 30-40 mi				
B, 25-35 mi.	Sara Troutman 517-331-1004	Jim Delinescheff 517-333-9329	Sue Viele 517-333-0306	Jim Delinescheff 517-333-9329
C, 20-30 mi.	Mary Burris 517-394-1617	Mary Burris 517-394-1617	Linda Antinori 517-410-6043	Linda Antinori 517-410-6043
D, 15-25 mi.	Eddie Belcher 517-242-4122	Rachelle Bangela 517-351-9380	Eddie Belcher 517-242-4122	Rachelle Bangela 517-351-9380

Thursdays	6:30 PM	20-30	B	Williamston Township Hall	No Ride August 27th, Club Meeting	Jeff Dillingham 517-339-0442
Fridays	9:30 AM	40-55	Z	Dewitt Township Hall	Food stop. Park in the extreme Northwest corner of the parking lot.	Jan or Tony Koller 517-669-5744.
Saturdays	9:00 AM	12	D	Coach's (Bishop Road)	Uncle Miltie's Breakfast ride. Bring the kids! Very "New Rider"-friendly!	Milt Gruhn 517-393-1617

Other DAY RIDES (one time only) in August....

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Saturday August 1st	9:00 AM	50-70	Z	Mega Mall		Eddie Belcher 517-242-4122
Saturday August 8th	10:00 AM	60	Z	Pere Marquette trailhead in Clare, MI. Directions: from the south: 127 North to first Clare exit. Go to McEwans and 5th Street (Bus.127 and Bus 10). Turn Right on bus 10, (front of Doherty Hotel). Go east 1 mile. Follow sign to trail park lot.	Ride goes to Midland with a food stop. Trailhead is located behind the Marathon Station at Industrial Court and Industrial Drive	Jan or Tony Koller 517-669-5744
Saturday August 15th	9:00 AM	65-75	Z	Coach's		Lynn Farabaugh 517-371-4335
Saturday August 22nd	9:00 AM	65-75	Z	Holt Commuter Lot		Eddie Belcher 517-242-4122

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

Other DAY RIDES (one time only) in August....(continued)

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Saturday August 29th	8:00 AM	100	Z	Holt Schools, 9th Grade Campus	23rd Annual Jackson-Albion Century. Breakfast options in Jackson. School on north side of Holt Rd between Washington & Grovenberg.	Phil Wells 517-267-8971
Sunday August 30th	8:00 AM	100-105	Z	Williamston Township Hall	Ride will go to Chesaning	Katie Donnelly 517-349-5564

RIDE CLASSIFICATIONS

A.....17-19 MPH
 B.....14-17 MPH
 C.....12-14 MPH
 D.....Under 12 MPH Fun and Social Group Ride
 Z.....Rides over 40 miles in length to be ridden at the rider's own pace without on the road ride leader supervision. Leader must have detailed map of the ride for all rides.

RIDE STARTING POINT DESCRIPTIONS

67th District Court House.....Grand Blanc
 Coach's Pub & Grill.....6201 Bishop - south of the King exit on I-96
 Dewitt Township Hall.....1401 W. Herbison Rd. 1/2 Mile west of Old 27
 Holt Commuter Lot.....1 block left of the Holt Road Exit off 127 or 1/3 mi east of the College Road and Holt Road Intersection
 Mega Mall.....15487 Old US-27 (Northeast St.) & Northcrest Rd NE Corner of the lot
 Oneida Township Hall.....11041 Oneida Road, Grand Ledge, MI
 Williamston Township Hall.....Corner of Zimmer & Germany Roads 4 miles east and 1 mile south of Haslett

FOR MORE RIDES CALL:

517-882-3700 - or visit the Web Site: www.biketcba.org

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

URBAN RIDES:

Saturday, August 8, 2009, 4pm-7pm
Leisurely Urban Bike Ride #4 - from Haslett to Great Lakes Folk Festival in East Lansing
<http://greatlakesfolkfest.net/>;

Saturday, September 19, 2009, 4pm-7pm, **Leisurely Urban Bike Ride #5 - Ice Cream Ride.**
 Locations still to be announced.

Saturday, October 24, 2009 **Leisurely Urban Bike Ride #6 - Harvest Ride.**
 Locations still to be announced.

Please check the indicated websites and contact personnel as indicated for additional information. Again, the TCBA is a sponsor for the Smart Commute '09 and Urban Rides, please show your support. **HELMETS ARE REQUIRED ON ALL URBAN RIDES!!!!**

PERE MARQUETTE TRAIL RIDE

By Jan Koller

Come ride the Pere Marquette trail, one of Mid-Michigan's nicest rail-trail conversions, on Saturday, August 8, starting at 10:00 am. Fully paved, it runs east -west from Clare to Midland.

This ride will be about 60-miles, round-trip. We had 30+ riders last year. Trail offers a lot of amenities like restrooms and eating establishments along the route.

See what all the excitement is about! Mileage credit will be granted for this ride.

Trailhead is located behind the Marathon Gas Station at Industrial Court and Industrial Drive. Directions to the trailhead from the south: Take 127 N to the first Clare exit. Go to McEwens and 5th Street (Bus. 27 and Bus. 10). Make a right turn on Bus. 10, in front of the Doherty Hotel. Go east 1 mile. Follow sign to trail parking lot.

For details, call Jan or Tony Koller. See the ride schedule for more information.

Sunrises & Sunsets for August 2009

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	6:29 AM	8:59 PM	11	6:40 AM	8:46 PM	21	6:51 AM	8:32 PM
2	6:30 AM	8:58 PM	12	6:41 AM	8:45 PM	22	6:52 AM	8:30 PM
3	6:31 AM	8:57 PM	13	6:42 AM	8:44 PM	23	6:53 AM	8:29 PM
4	6:32 AM	8:56 PM	14	6:43 AM	8:42 PM	24	6:54 AM	8:27 PM
5	6:33 AM	8:54 PM	15	6:44 AM	8:41 PM	25	6:55 AM	8:25 PM
6	6:35 AM	8:53 PM	16	6:45 AM	8:39 PM	26	6:56 AM	8:24 PM
7	6:36 AM	8:52 PM	17	6:46 AM	8:38 PM	27	6:57 AM	8:22 PM
8	6:37 AM	8:51 PM	18	6:47 AM	8:36 PM	28	6:58 AM	8:20 PM
9	6:38 AM	8:49 PM	19	6:48 AM	8:35 PM	29	6:59 AM	8:19 PM
10	6:39 AM	8:48 PM	20	6:50 AM	8:33 PM	30	7:00 AM	8:17 PM
						31	7:01 AM	8:15 PM



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 Janet Weber, 767 Linden St., Charlotte, MI 48813.

FOR SALE: TREK 2300, 52 cm, all Shimano Ultegra, Flight deck computer, new tires, Yellow frame. All set to go in excellent condition. Asking \$600. Call Cindy at 231-510-5412 or e-mail Lovebiking@charter.net.

FOR SALE: GARY FISHER mountain bike, 14 frame. Aluminum, grip shifts, Rock Shox, good condition. Asking \$200. Call Cindy at 231-510-5412 or e-mail Lovebiking@charter.net.

FOR SALE: A ton of bike parts, wheels, all kinds of small parts, luggage, 30 years worth, all going for one price, 100 dollars or best offer. Call me, I can fill you inDan 517-775-1785.

FOR SALE: Honda removable roof rack and bicycle attachment. \$150. Call Betsy at (517) 242-4609 or email bsteudle@yahoo.com.

FOR SALE: Honda removable roof rack and bicycle attachment. \$200. Call Betsy at (517) 242-4609 or email bsteudle@yahoo.com

FOR SALE: Mens Centurion Ironman 18 lbs., 58 cm. Extra wheels. Great shape. Asking \$300. Call Wally at 517-372-8096.

FOR SALE: Mavic vintage wheelset with MA40 rims, 501 sealed bearing

hubs, and Dura-Ace 7-speed (12 - 26) freewheel; superb cosmetic condition, very durable, smooth rolling, and true; \$75. Also, Cinelli "Campione Del Mondo" 40 cm handlebars with traditional rounded bends and matching 100 mm quill stem; very good cosmetic condition, no bends; \$15. Both items are perfect for your vintage road bike. Contact Jeff at 517-347-1244 or email bogwan@sbcglobal.net.

FOR SALE: Two white Schwinn Paramounts, circa 1970...one 24" and one 26". \$400 for both, or best offer. Some accessories for bikes also for sale. Contact June Tews, 517-332-1649 for additional information.



WANTED: Volunteers to work the DALMAC. Truck drivers and SAG drivers are needed for various routes. Please contact Lee Adair at 517-482-6909 to sign up and obtain additional information.

WANTED: Volunteers to work registration for DALMAC. See article on page 5,

then contact Mike Hudson at 517-321-4297 [please, no calls after 10:00 P.M.] or e-mail hudsonmi@msu.edu.

WANTED: Looking to buy a good, used recumbent bicycle for my wife (or an upgrade for me!). Would prefer a long-wheel base, but will consider all models. Please call Bill at 517-980-1913 or email at dpkid@comcast.net.

RIDE LEADER WANTED: The Ann Arbor Bicycle Touring Society (<http://www.aabts.org/>) is enthusiastically looking for an opportunity to ride with TCBA members on Sunday, August 16. They would like to ride to a meeting point (probably a restaurant), such as Leslie or Dansville (or any point south of those communities) and then continue riding with TCBA members as a group for another 10 or 20 miles before each group returns to its starting point. They are flexible as to the riding speeds of the participants. If you're interested in leading such a ride on behalf of TCBA, please call Joseph Pavlovich at either 734-761-6253 or 734-545-0541, or email him at jpavlovi@yahoo.com.

WANTED: Folding bike. Buy, rent, or borrow! Please contact BCartwright@lcc.edu.



MEMBER SPECIALS

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.



POLAR WATER BOTTLES

TCBA polar water bottles are now available for sale. These bottles come in red, blue, and purple and cost \$10 each. If you are interested in obtaining some, please contact Kris Stairs at one of the membership meetings or e-mail her at boardatlarge1@biketcba.org.

TCBA MEMBER CONTACT

Your respect is requested when using any of the numbers on this page. Phone calls during family time and at late hours can be intrusive.

TCBA OFFICERS:

- President: Roger Nelson
E-mail: president@biketcba.org
- Vice President:
E-mail vp@biketcba.org
- Treasurer: Dick Sulin.....(517) 339-2368
E-mail treasurer@biketcba.org
- Secretary: Linda Antinori
E-mail secretary@biketcba.org
- Events Director: Patricia Trudgen
DALMAC Hotline (517) 882-3700
E-mail eventsdirector@biketcba.org
- Board at Large:
 - Donovan Riley
E-mail boardatlarge2@biketcba.org
 - Kris Stairs
E-mail boardatlarge1@biketcba.org



OTHER GOOD NUMBERS:

- Bike Travel Case Use Coordinator
E-mail:.....philwells@sbcglobal.net
- DALMAC E-mail:.....dalmac@biketcba.org
- DALMAC FUND: Steve Leiby
E-mail.....leiby2691@sbcglobal.net
- DALMAC Treasurer: Ken Hendrick
E-Mail.....dalmactreasurer@biketcba.org
- LMB Office:.....(517) 334-9100
E-mail:.....office@lmb.org
- LMB Rep.: Phil Wells
E-mail:.....pwells@lmb.org
- Membership Coordinator:
Cheryl Clafin.....
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- Ride Line:.....TUBES-OO (517) 882-3700
- Ride Line: Call In Coordinator:
Katie Donnelly.....TUBES-OO (517) 882-3700
- Ride Mileage Keeper:
Steve Schuesler
E-mail:.....s.schuesler@comcast.net
- Safety & Education: Bill Savage
E-mail:.....MSUSavage@aol.com
- SummerTour: Lee Adair
E-mail:.....summertour@biketcba.org
- T-Shirt Ride: Debra Holdcraft
E-mail:.....tshirt@biketcba.org
- Weather:.....(517) 321-7576
- W O W: Joane Gruizenga
E-mail:wow@biketcba.org

CHANGE OF ADDRESS

Please complete this form, clip and drop in an envelope to ensure we receive your correct address so you receive your Chainwheel Chatter. Thank you!



NAME _____

NEW ADDRESS _____

CITY _____

STATE _____ ZIP _____

MAIL TO: TCBA, ATTN: MEMBERSHIP CHANGE OF ADDRESS, P.O. BOX 22146, LANSING, MI 48909.