TRI-COUNTY BICYCLE ASSOCIATION P.O. BOX 22146 LANSING, MI 48909 (517) 882-3<u>700</u> WWW.BIKETCBA.ORG

Volume 35, Number 12 December 2009 Established 1972 DATE & **PRESENTER &** LOCATION MEETING TIME TOPIC SEE MEMBERSHIP ANNOUNCEMENT **CYCLE FORUM** BELOW Members are welcome to attend all board meetings to express their Foster Community concerns. Due to time constraints, if December 9, Center you have a specific item to be brought before the board, please BOARD 2009 200 N. Foster St. MEETING 6:30 p.m. contact the President one week Lansing, MI prior to the meeting and ask to have it added to the agenda. **DEADLINES** NEWSLETTER Please send items to Janet Weber, 767 Linden Street, Charlotte, MI DECEMBER 48813 or fax to 1-800-480-1160, or send your e-mail to chainwheelchatter@ biketcba.org by the indicated deadline. 11 Information for the ride calendar needs to be sent to Ed Usewick, 590 Boutell Drive, Grand Blanc, MI 48439 or e-mailed to ridesched-RIDE ule@biketcba.org. So we can include this information in the next newsletter, please note the indicated deadline. Furthermore, please CALENDAR be sure to use the electronic tools to register rides. Please ensure you **DECEMBER 9** include critical information such as ride times, mileage, location, and ride leader name and telephone number.

ANNOUNCEMENT

There will not be a Membership Meeting or Cycle Forum conducted this month. Instead, we will have our Annual Holiday Party at Potter Park Zoo on Sunday, December 20, 2009. This will be an informal event, starting at 5:00 p.m. Please bring the kids and come by to enjoy some pizza, salad, snacks and beverages with your fellow TCBA Members. While you're there, please take advantage of the beautiful light display at Potter Park Zoo, a treat for kids of all ages. Cost is to cover the food is \$5.00 per person, and children 12 and younger are free.



Back Cover



MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION BOARD OF DIRECTORS MEETING Foster Community Center - Lansing October 6, 2009

President Roger Nelson called the meeting to order at 6:30.

Board members present included Roger Nelson, Lenny Provencher, Patricia Trudgen, Linda Antinori, Dick Sulin, Kris Stairs, and Donovan Riley. Also present were club members Pat Harrington, Adreah Saxton, Joane Gruizenga, Mary and Darryl Burris, Janet Weber, Dwayne Scheidler, and Katie Donnelly.

Patricia Trudgen made a motion to fill the vacant Vice-President position by appointing incoming Vice-President Lenny Provencher to the position immediately. Linda Antinori seconded the motion and it passed unanimously.

Reports:

- 1. <u>President's Report</u>: Roger announced that he was still trying to line up cartoonist Jeff Mallet for November's general membership meeting.
- <u>Vice-President's Report</u>: Lenny Provencher mentioned that one possibility for future membership meetings is to have AI Simons finish the 2nd half of his cross-country trip from Kansas to the East Coast.
- 3. <u>Secretary's Report</u>: Linda Antinori presented the Minutes of the September meeting to the Board for approval. Dick Sulin made a motion to accept the Minutes, Pat Trudgen seconded the motion and it passed unanimously.
- 4. <u>Treasurer's Report</u>: Dick Sulin presented September's Financial Reports to the Board for approval. Linda Antinori made a motion to accept the Financial Reports as presented. Kris Stairs seconded the motion and it passed unanimously.
- 5. <u>Events Director</u>: Patricia Trudgen announced that the DALMAC Appreciation Dinner would be held October 15 and that a DALMAC improvement meeting would be held October 20 at 6:30pm at the MSU Pavilion.

Old Business:

- The Volunteer Recognition will be held in 2010.
- The Board Transition Dinner will be held at the Ukai Steak House in Meridian Township on December 10.

New Business:

- Dwayne Scheidler made a proposal to the Board to change the underwriter of TCBA's Event Liability insurance from McKay to NSI with Dwayne as the writing Agent. There would be no change in cost or coverage. Patricia Trudgen made a motion to accept NSI as the underwriter for the club's liability insurance with Dwayne Scheidler as the writing agent for the policy. Linda Antinori seconded the motion and it passed unanimously.
- Pat Harrington, 5 UP Ride Leader, made a presentation on the behalf of the East Jordan Emergency Medical Services and the outstanding job they did in reviving a rider when he had a near fatal heart attack on the Wall during this past DALMAC. He asked the Board for a donation of \$5,000 to allow the East Jordan Emergency Services to buy more training devices to improve quality of service in that area. Linda Antinori made a motion to approve the donation to the East Jordan Emergency Medical Services, Donovan Riley seconded the motion, and it passed unanimously.
- Mary Burris made a proposal to the Board to reduce the \$25 fee for the WOW and T-Shirt Rides to en-

Board Meeting Minutes......continued from Page 2

courage more people to ride and to make the rides affordable for families. Lenny Provencher proposed that the cost of both the WOW and T-Shirt Rides be set at \$15 for adults, \$8 for ages 6 to 16, and free for ages 5 and under with the Board backing the rides financially on any losses and that the Ride Chair would determine the amount of the LMB contribution if there is a profit made on the ride. Linda Antinori seconded the motion and it passed by a vote of 6 ayes and 1 nay.

• The dates of the TCBA's Club rides for 2010 are as follows:

| T-Shirt Ride | June 12 |
|----------------|------------------|
| Northwest Tour | June 16 to 20 |
| Summer Tour | July 14 to18 |
| WOW | July 24 |
| DALMAC | September 1 to 5 |

- Linda Antinori will list the club rides in the LMB calendar.
- Kris Stairs made a motion that the TCBA not contribute \$1 per rider on TCBA events to LMB. Donovan Riley seconded the motion and it passed by a vote of 6 ayes and 1 nay.
- Linda Antinori, Secretary, presented the 2010 Meeting Calendar to the Board for approval. Dick Sulin made a motion to accept the calendar, Kris Stairs seconded it, and the vote was unanimous.

The meeting adjourned at 8:25.

Volume 35, Number 12



MEETINGS IN 2010

Board Meetings at 6:30 p.m.

January 5, 2010 February 2, 2010 March 2, 2010 April 6, 2010 May 4, 2010 June 1, 2010 July 6, 2010 August 3, 2010 September 14, 2010 October 5, 2010 November 9, 2010 December 7, 2010

Club Meetings in 2010

Page 3

January 28, 2010 February 25, 2010 March 25, 2010 April 29, 2010 May 27, 2010 June 24, 2010 July 29, 2010 August 26, 2010 September 30, 2010 October 28, 2010 November 18, 2010



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

League of American Bicyclists

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

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

www.capitalareasmartcomm Smart Commute ute.com Program

Midwww.midmeac.org Michigan Environmental Action Council

Various www.bikems.org rides throughout the country

www.mmba.org Michigan Mountain Biking Association

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

L.A.B. "Smart Cycling" Class By: Bill Savage, Chairman, Education & Safety Committee

A League of American Bicyclists "Smart Cycling 101" class was held on October 10, 2009, at the MSU Pavilion in East Lansing. League Cycling Instructors' (L.C.I.'s) Steve Leiby and Bill Savage, and "Road 1" graduate Dick Janson instructed the ninehour class, with about half the time in the classroom discussing safe riding practices, and the rest of the time practicing these skills on the roads and in parking lot drills.

Participating in the class were:

Lenny Provencher Tim Potter Dave Cobb Cathy Benson

Thomas Baumann Tom Maleck Terry Grant Steph Benson

www.bikeleague.com 🌺 All class members received their "Smart Cycling" Certificates and are now eligible to take further L.A.B. classes, including League Cycling Instructor (L.C.I.) class.

> The profits from conducting the class of \$107, have been donated to the Share-a Bike program.

> It is anticipated that another "Smart Cycling" class will be offered in the Spring or Summer of 2010. TCBA members will be given an opportunity to sign up for the class, before it is placed on the L.A.B. website. The preferred class size is 6 to 10 participants, and the cost will be approximately \$30.



Photos of the Smart Cycling Class participants. Courtesy of Bill Savage



<u>Many</u> people look forward to the new vear on old habits."

- Author Unknown

REMINDER SNOWBIRDS

Please submit your CHANGE OF ADDRESS for your upcoming departure for the winter months.

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. Please notify Dean Braily of your address change at membership@biketcba.org.



Volume 35, Number 12

RIDE DATES FOR 2010



| T- ShirtJune 12, 2010 |
|--------------------------------|
| Northwest TourJune 16-20, 2010 |
| SummerTour July 14-18, 2010 |
| WOWJuly 24, 2010 |
| |

DALMAC.....September 1-5, 2010

DALMAC NEWS

By Patricia Trudgen, Events Director

Hard work by our dedicated DALMAC volunteers produced another great ride. Perfect weather was enjoyed on the 5 usual routes by over 2100 enthusiastic riders. Challenges were met and resolved efficiently and safely by our crews. Great weather has been requested again for 2010, see you next year.

Daumac Da

2008 DALMAC Jersey wins top honors at NBTDA

The 2008 DALMAC Jersey was awarded first runner-up honors at the National Bicycle Tour Directors Association conference. The conference was held in Portland, Oregon, on November 3, 2009. This is the 4th time our Buying Committee has received top honors. Thanks to the committee for their efforts and creativity.

December 2009 Ride Schedule Recurring Rides; No Ride if Rain, unless noted



FOR MORE RIDES CALL:517-882-3700 or visit the web site: <u>www.biketcba.org</u> Also check this number for updates-changes on rides listed in this *Chainwheel Chatter*. To receive the Ride Line Transcript by email send your email address to: <u>donnel13@msu.edu</u>

Sunrises & Sunsets for December 2009

| DAY | RISE | SET | DAY | RISE | SET | DAY | RISE | SET |
|-----|---------|---------|-----|---------|---------|-----|---------|---------|
| 1 | 7:48 AM | 5:05 PM | 11 | 7:58 AM | 5:04 PM | 21 | 8:05 AM | 5:07 PM |
| 2 | 7:49 AM | 5:05 PM | 12 | 7:59 AM | 5:04 PM | 22 | 8:05 AM | 5:07 PM |
| 3 | 7:50 AM | 5:05 PM | 13 | 8:00 AM | 5:04 PM | 23 | 8:06 AM | 5:08 PM |
| 4 | 7:51 AM | 5:05 PM | 14 | 8:00 AM | 5:05 PM | 24 | 8:06 AM | 5:08 PM |
| 5 | 7:52 AM | 5:04 PM | 15 | 8:01 AM | 5:05 PM | 25 | 8:07 AM | 5:09 PM |
| 6 | 7:53 AM | 5:04 PM | 16 | 8:02 AM | 5:05 PM | 26 | 8:07 AM | 5:10 PM |
| 7 | 7:54 AM | 5:04 PM | 17 | 8:02 AM | 5:05 PM | 27 | 8:07 AM | 5:10 PM |
| 8 | 7:55 AM | 5:04 PM | 18 | 8:03 AM | 5:06 PM | 28 | 8:08 AM | 5:11 PM |
| 9 | 7:56 AM | 5:04 PM | 19 | 8:04 AM | 5:06 PM | 29 | 8:08 AM | 5:12 PM |
| 10 | 7:57 AM | 5:04 PM | 20 | 8:04 AM | 5:06 PM | 30 | 8:08 AM | 5:13 PM |
| | | | | | | 31 | 8:08 AM | 5:13 PM |

RIDE CLASSIFICATIONS

| A | 17-19 MPH |
|--------------------------|----------------|
| В | 14-17 MPH |
| С | 12-14 MPH |
| D Under 12 MPH Fu | in and Social |
| Group Ride | |
| M Mountain Bike | N/A |
| Z — Rides over 40 m | iles in length |
| to be ridden at the ride | |
| without on the road rid | |
| pervision. Leader m | |
| tailed map of the ride f | or all riders. |
| | |

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

| Volume 35, Number 12 | Vo | lume | 35, | Num | ber | 12 |
|----------------------|----|------|-----|-----|-----|----|
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DALMAC 2010 Volunteer data form

| Name: | | email: | | |
|--|--|--|----------------|---|
| Address: | | | | |
| City:Stat | te: Zi | p: | Phone: | |
| Business Phone: | 2 ⁿ | ^d Email: | | |
| Do you plan to ride 🗖 Yes 🗖 No | Years of Servic | ce We | ere you a volu | nteer in 2009 🗖 Yes 🗖 No |
| (If yes you will be required to submit a DALM | IAC Volunteer Ap | plication 2010) | | |
| Indicate previous volunteer assig | Inments: | | | |
| Volunteer Tasks (Please Check <u>Or</u> Pre Ride (Committee) | nly Those Task: D Web D i | | Be Involved I | n This Year) D Load Bikes |
| □ Application □ Record Keeping - Database □ Data Entry □ Food & Facilities □ Equipment □ Cell Phones | □ Safety` □ Equipm □ Equipm □ Crew C □ Repair □ | √ideo Product ent Inventorγ ent Pull hief | ion | □ Mackinaw City □ De Tour Village □ Load Buses □ Mackinaw City □ De Tour Village □ |
| □ Maps/Routes □ Mailing □ Purchasing/Clothing & | □ Route l □ Assista | nt Route Lead le Truck Drive Driver | | Post Ride Drive Truck Home Unload Bikes (Sunday) Return Trucks (Monday) Equipment Return (Monday) Appreciation Dinner |
| □ Safety Video Production □ Registration □ Rider Packet Preparation □ SAG Packet Preparation □ Ride Registration (MSU) □ Clothing Sales Sorting □ Rent SAG Vans □ Rent SAG Vans □ Rent Trucks □ Pick-up Trucks (Monday) □ Hire Buses | □ □ <u>Mackinaw C</u> □ Bridge □ □ Lunch - | ity and DeTo <u>lage</u> Crossing Activ | | |

Return to: DALMAC - Volunteer P.O. Box 24216 Lansing, MI 48909-4216

FOLLOW-UP TO "DALMAC RIDERS HELP SAVE A LIFE"

By Pat Harrington and Robin Barfoot

This article supplements the *Chain-wheel Chatter* article last month entitled: "DALMAC Riders Help Save A Life" which related the account of one of our riders collapsing from a heart attack on the Wall and his subsequent resuscitation/rescue/ recovery.

On October 20, 2009, at the regular East Jordan City Council meeting, the following commendation was awarded:

Commendation To The DALMAC Organization

WHEREAS the DALMAC Organization sponsored their annual Bicycle Tour that passed through the City of East Jordan and the surrounding communities; and

WHEREAS the DALMAC Organization had efficient systems and quality personnel in place to correctly respond to the incident involving the cyclist that crashed his bicycle and went into cardiac arrest on September 5, 2009 on the hill outside of East Jordan known as "The Wall;" and

WHEREAS the personnel of the DALMAC Organization expeditiously and professionally handled all of the related communication, organizational and personnel issues related to this emergency and in so doing provided the support system that contributed to a positive outcome for all concerned and the expectation of a full recovery by their cyclist;

THEREFORE, BE IT RESOLVED that the East Jordan City Commission and East Jordan EMS, on behalf of the entire communities, extend their heartfelt thanks and appreciation to the DALMAC Organization for their exemplary crisis management and their caring response in this emergency.

During the award DALceremony, MAC presented the City of East Jordan Ambulance Association with a donation, along with a framed DALMAC 2009 jersey, courtesy of Chris and Glenn Bryant, ridand support ers crew who participated in the events. Prior to the cere-

mony, those who participated in Phil Cunningham's resuscitation/rescue enjoyed a reunion dinner, exchanging tales of the various circumstances which led to such quick support provided by the volunteer EMS personnel.

Highlights included the facts that the ambulance was already on the road and returning to the station from "a run", when the 911 call came in, "CPR IN PROGRESS", one member of the EMS crew was actually working on his cabin at the base of "The Wall" - which clarified how he got there within 2 minutes, the Sheriff's department was in the vicinity with their defibrillator on board, (yes, the sheriff deputy was keeping an eye on the cyclists following the rules of the road), and the EMS department had recently acquired a unique injection device to put fluids into a patient instantly (they needed to use for the first time ever and it sure worked great.) Additionally, the chief cardiologist of Northern Michigan Hospital happened to be walking through the emergency room on his day off and was there when the ambulance arrived.

The medical update on our rider is that he has received a "Green Light Clearance" from the doctors, who confirmed there was no heart or



DALMAC 2009 presents jersey to East Jordan EMS.

brain tissue damage thanks to the quick actions of everyone involved.

Next year, Phil and Gary Cunningham and their friend Jim Howes intend to be the first three riders registered with their slogan "DALMAC 2010 – The Bridge & Beyond!" The preparations for DALMAC 5UP have begun with "The Bike That Fell on The Wall" being mounted to a stationary trainer, (provided by a couple of DALMAC volunteers), and with our photographer already looking for the best view of the Mackinac bridge when these guys make their crossing next year.

The City of East Jordan looks forward to welcoming DALMAC with open arms next year and for many years to come!



DALMAC 2009 presents check to East Jordan EMS. Photos with this article courtesy of Andrew Ellison

Volume 35, Number 12

Page 9



The following was extracted from the League of American Bicyclists Bicycle Advocacy website at <u>http:// www.bikeleague.org/programs/</u> <u>bikeadvocacy/</u>.

Proposal to End Federal Funding for Bike Projects

(6.05.09) A proposal by House Republican leaders to slash critical federal funding for bicycle and pedestrian projects was branded as "short-sighted and out of touch with reality" in a short statement issued by the President of the League of American Bicyclists, Andy Clarke. "House Republican leaders have chosen once again to scapegoat bicycling and walking programs, proposing to end the popular and successful Transportation Enhancements and Safe Routes to Schools programs and to terminate four non-motorized pilot projects mid-stream. These programs are hugely popular with communities across the country and address numerous challenges facing our nation - such as climate change, obesity and oil dependence. We know that State Departments of Transportation have reluctantly

CORRECTION

We incorrectly listed the credit for the photo of the rescue crew in the November newsletter that accompanied the article about our DAL-MAC riders rendering help to a fallen rider. We'd like to recognize that photo was courtesy of Peter Derkos. implemented these programs over the years despite overwhelming public support, and will not support them independently. To suggest ending these programs is short-sighted and out of touch with reality."

In addition, the League notes that:

- the Transportation Enhancement and Safe Routes to Schools programs are routinely oversubscribed by a factor of three or more whenever States request applications for funding under these programs.
- More than 40 percent of all trips in the United States are two miles or less and that almost three-quarters of all car trips are two miles or less, suggesting that most travel is local, regardless of mode.
- A 3 percent reduction in vehicle miles traveled in 2008 resulted in a 30 percent reduction in congestion in metropolitan areas around the country, suggesting that demand management strategies such as increasing bicycling and walking are extremely effective in addressing congestion and other traffic-related issues.
- and subsidies given through tax breaks to drivers to pay for parking at work cost the taxpayer almost as much per year

(\$4 billion) as Boehner's and Cantor's proposal to slash support for bicycling and walking would save in five years.

"We will be asking the White House to reject these proposed cuts out of hand," continued Clarke. "At a time when we are struggling across several fronts to tackle pressing national concerns related to oil dependence, obesity and the costs of physical inactivity, climate change, air quality and economic competitiveness, it seems inconceivable that we would gut some of the few modest programs that encourage and enable people to walk and bicycle for everyday trips."

Distracted Driving Summit

Andy Clarke, President of the League of American Bicyclists, will join other safety advocates, senior transportation officials. law enforcement representatives, elected officials and academics at the Distracted Driving Summit in Washington, D.C. on September 30 and October 1, 2009. The Summit, convened by U.S. Transportation Secretary Ray LaHood, will focus on determining the best ways to reduce the number of crashes and deaths due to distracted driving. Clarke will take this opportunity to highlight some personal stories from League Members who have been directly affected by crashes caused by distracted drivers. If you have a personal story you would like to share, respond communicato tions@bikeleague.org by Monday, September 21.





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: Sun Speedster CX recumbent. Short Wheel Base. Purc h a s e d n e w in 2006 from Velocipede Peddler for \$750.00. Used very little, would like to sell for \$300.00. Call Jerry at (517) 648-0500.

FOR SALE: Trek Tandem. Doubletrack Cro-Moly frame. Mavic T-519 ceramic wheels. Continental 700x28c

tires. Shimano DEORE LX rear derail- FOR SALE: Trail-A-Bike that attaches to the leur. Shimano RSX Brake Levers. Shi- seat post. Seat and handlebars are adjustmano Cantilever brakes, bike computer, water bottle holders, rear bike rack. Excellent condition. 517-285-7208 Call: or pldejo@sbcglobal.net.

Used very little. \$250. Will deliver. Call

517-282-3514.

Asking \$1,250.00. Call James at 517-927-6399 or e-mail averillj@cvm.msu.edu. e-mail FOR SALE: Spin Cycle, 2-years old.

able and mountain and road tires are in-

cluded. Bike is in great shape. Asking \$75.

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.



Volume 35, Number 12

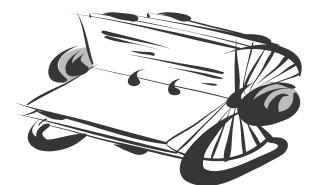
Page 11

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.

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|---------------------------------------|
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| Events Director: PatriciaTrudgen |
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| E-mail boardatlarge2@biketcba.org |
| Kris Stairs(517) 627-4211 |
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| |



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| W O W: Adreah Saxton |
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