

TRI-COUNTY BICYCLE
ASSOCIATION
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Chainwheel Chatter

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MEETING	DATE &	LOCATION	PRESENTER &
MEMBERSHIP	March 26, 2009 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	WAYNE KOPPA Speaking on the Black Bear Bicycle Tour along the Au Sable River at the end of July. He will have a short presentation on the Au Sable River Canoe Marathon. The Black Bear is a century ride and the nice thing about it is that it's all downhill, usually with a tail wind. It starts in Grayling and ends in Oscoda. If anyone has something to present to the membership, please contact the President at least 3 days prior to the membership meeting.
CYCLE FORUM	March 26, 2009 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	ALLAN HUBER Come see what Allan's discussing this month!
BOARD MEETING	March 3, 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 con- cerns. 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 MARCH 11

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. Deadline is moved up due to business travel requirements.

RIDE CALENDAR MARCH 09

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



Enclosed in this issue is your copy of the 2009 Ride Calendar. Please make the following pen and ink correction to your copy of the calendar: the DALMAC is scheduled for September 2-6, 2009, NOT August 2-6, as printed on the back of the calendar.

REMINDER: Next month's membership meeting will be the annual TCBA SWAP Meet. Plan to attend, April 30th, 7:00 p.m., at the Foster Center.



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

Herb Drake called the meeting to order at 6:30 p.m.

Board members present included Herb Drake, Roger Nelson, Patricia Trudgen, Linda Antinori, Dick Sulin, Kris Stairs, and Bob Blanchard. Also present were club members Katie Donnelly, Ed Noonan, Donavan Reilly, Ken Hendricks, Lenny Provencher, Lee Adair, Darryl Burris, Jeff Smith, Steve Leiby, Cheryl Cafilin, Ron Cafilin, and Steve Schuesler.

Additions to the Agenda included adding possible travel expenses for Board members to go to a League of Michigan Bicyclists conference in Washington, D.C. in March.

Reports

1. **Secretary's Report:** Linda Antinori presented the Minutes of the December meeting to the Board for approval. Kris Stairs made a motion to accept the minutes as presented. Roger Nelson seconded the motion and it passed unanimously.
2. **Treasurer's Report:** Dick Sulin presented December's Financial Reports to the Board for review. A motion to pass the Financial Reports was made by Linda Antinori, seconded by Bob Blanchard and passed unanimously.
3. **Events Director:** Patricia Trudgen announced that the DALMAC jersey design is almost done. The cost of all routes has been increased \$15 except for the East Route which will go up \$20 to cover increased costs. There is a \$5 rebate if you register on line.
4. **DALMAC Fund:** Tom Hardenberg has resigned as the DALMAC Committee Fund Chair. Tom turned over his files to Steve Leiby and this leaves one opening on the DALMAC Fund Committee. We are looking for someone who has recently or is currently serving on the TCBA Board of Directors to fill the vacancy. The position would involve one or two meetings a year for 2 or 3 hours and reading proposals. Steve Leiby has been appointed temporary Chairman of the Committee.
5. **Ride Committee:** Kris Stairs asked the Board's permission to preorder the incentive hats to ensure she got the discount from the company she was dealing with. Linda Antinori made a motion to allow Kris to preorder 70 hats and Patricia Trudgen seconded it. The motion passed unanimously.
6. **Northwest Tour:** The Tour is good to go and commitments have been made with the vendors.
7. **Web Committee:** Ed Noonan announced that the Web Committee is now up to 8 members with the possibility of adding 3 more interested individuals. Ed said they have added one new web provider and are building a new web site from the ground up, separate from the current site. Ed submitted a budget request of \$5, 000 for the Web Site Committee to Dick Sulin, Treasurer.

Old Business:

- Ken Hendrick presented the DALMAC Financial Reports for 2008 to the Board and stated most of the cost increase was related to fuel, food, and participant expenses.
- Ken Hendrick and Dick Sulin are going to back each other up as treasurers of their respective entities so that there will always be financial continuity and accountability.
- The name tag issue has been tabled for now.
- Patricia Trudgen will be the primary point of contact in club insurance matters and Dick Sulin will be the secondary contact.

New Business:

- Meeting dates were discussed by the Board of Directors by the Board of Directors and approved. The general membership meetings will be held the last Thursday of each month with exception of November and December. November's meeting will be held on November 20 to avoid conflict with Thanksgiving Day and December's meeting will consist of the club's Annual Christmas Party.

MINUTES CONTINUED ON PAGE 3

JANUARY 6, 2009 BOARD MEETING MINUTES, Continued from Page 2

- The Board of Directors' meetings will be held the first Tuesday of each month with the exception of September. That meeting will be held on September 8 to avoid conflict with DALMAC.
- The board approved moving the annual club swap meet from March to April to avoid bad weather and in hopes of attracting a larger crowd. We will also invite the local bike shops to participate.
- Linda Antinori made a motion to allow Denny's Central Park to use our mailing service on a one-time basis for their open house. Other bike shops may also use the mailing service on a one-time basis with Board approval. Bob Blanchard seconded the motion and it passed unanimously.
- The Board discussed disposal of old unnecessary paperwork and moving necessary paperwork to a storage unit, CDs, and flash drives.
- Herb Drake passed out literature concerning the League of American Bicyclists Conference in Washington, D.C. in early March.

The meeting was adjourned at 8:10 pm.

DALMAC Fund Committee

There is currently a vacancy on the DALMAC Fund Committee. The ideal candidate would be some one who has TCBA Board of Directors' experience or is a current Board member. Duties involve one or two meetings a year for 2 or 3 hours and reading proposals on one's own. If interested contact any TCBA Board member or Steve Leiby at leiby2691@sbcglobal.net.



U.S. Consumer Product Safety Commission

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, announced a voluntary recall of the following consumer products. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of Product: 2009 model year TCR Advanced SL and SL (ISP) Bicycles and Frames.

Units: About 1,000. Manufactured in Taiwan.

Importer: Giant Bicycle, of Newbury Park, Calif.

Hazard: The density of the steerer tubes can cause the forks to crack and break, posing a fall hazard to the consumer.

Incidents/Injuries: Giant Bicycle has received one report of the fork cracking with no reported injuries.

Description: This recall involves 2009 TCR Advanced SL Team, SL 0, SL 1, SL 2, and SL (ISP) model bicycles and frames in silver, charcoal, blue and red. The words "Giant" and "TCR Advanced SL" are printed on the frame. Steerer tubes with "B", "N" or "P" at the end of the serial number are not included in this recall. Other "TCR" model bicycles are not included in the recall.

Sold by: Authorized Giant Bicycle dealers nationwide from August 2008 through December 2008 for between \$3,300 and \$7,500.

Remedy: Consumers should stop riding these

bicycles immediately and contact an authorized Giant Bicycle dealer for a free inspection and replacement fork.

Consumer Contact: For additional information, contact Giant Bicycle toll-free at (866) 458-2555 between 9 a.m. and 5 p.m. PT Monday through Friday, or visit the firm's Web site at www.giant-bicycles.com. To see this recall on CPSC's web site, including pictures of the recalled product, please go to:

<http://www.cpsc.gov/cpsc/pub/prere/phtml09/09096.html>.

Name of Product: Stationary Bicycle Trainers.

Units: 2,000. Manufacturer: Saris Cycling Group, of Madison, WI, USA.

Hazard: A handle pin on the bicycle trainer can loosen during use, causing the machine to become disengaged, and pose a fall hazard to consumers.

Incidents/Injuries: No injuries have been reported.

Description: The recalled trainers are a stationary frame that allows bicycles to be converted into stationary bicycles. The recalled models include: CycleOps Pro Series Trainer models 9014 (SuperMagneto Pro), 9331 (JetFluid Pro), 9460 (PowerBeam Pro), 9321 (JetFluid Pro Winter Training Kit), and 9322 (SuperMagneto

Pro Winter Training Kit) without the secondary locking pin. The model number and style names are printed on the left side of the main frame of the trainer.

Sold at: Independent bicycle retailers nationwide from October 2008 through November 2008 for between about \$400 and \$1200.

Remedy: Consumers with the recalled bicycle trainers should immediately stop using the product and contact Saris Cycling Group to receive a replacement trainer.

Consumer Contact: For additional information, contact Saris Cycling Group at (800) 783-7257 between 9 a.m. and 6 p.m. ET Monday through Friday, visit the firm's Web site at www.cycleops.com, or e-mail the firm at custsrv@saris.com.

To see this recall on CPSC's web site, including pictures of the recall product, please go to: <http://www.cpsc.gov/cpsc/pub/prere/phtml09/09102.html>.

CPSC announced that it had granted a one year delay of enforcement of some of its new testing and certification requirements for lead, phthalates and toy standard compliance. Deep in the press release however, is a statement that manufacturers and importers still have to meet the requirements...but do not have to have test records and issue certificates of compliance. CPSC acknowledges that it is difficult to determine if products meet the new standards without testing.

CONTINUED ON PAGE 9

March 2009 Ride Schedule

Recurring Rides; No Ride if Rain, unless noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	4:00 PM	20	C	Oneida Township Hall	March 1 ride will start at 3:00 pm. Remaining at 4:00 pm. Roads must be clear,	Steve Hollington 517-627-0946
Mondays	5:45 PM	12-14	B	Oneida Gospel Church	No ride March 2 nd . Temperature must be at least 32 degrees at Start	Dennis Stinson 517-285-3433
Thursdays	5:45 PM	12-14	B	Oneida Gospel Church	No ride March 5 th . Temperature must be at least 32 degrees at Start	Dennis Stinson 517-285-3433
Saturdays	8:30 AM	40-50	Z	Sawdon School		Dennis Stinson 517-285-3433

Ride Starting Point Descriptions

Oneida Gospel Church.....Corner of Oneida and Strange Hwy, Gd Ledge
Sawdon School,,,,,,,Lamson Rd., Grand Ledge
Oneida Township Hall.....11041 Oneida Road, Grand Ledge

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: donnell3@msu.edu

RIDE CLASSIFICATIONS

B.....14-17 MPH
 C.....12-14 MPH
 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 riders.

2008 RIDE INCENTIVE ITEMS

If you are among the lucky riders who earned incentive items for your mileage in 2008, the your items will be available for you to pick up at the April meeting. Please plan to attend the April Membership Meeting and get your goods! See Kris Stair who will have them available at the meeting.

Sunrises & Sunsets for March 2009

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	7:14 AM	6:27 PM	11	7:57 AM	7:39 PM	21	7:40 am	7:50 pm
2	7:12 am	6:28 pm	12	7:56 AM	7:40 PM	22	7:38 AM	7:52 PM
3	7:11 AM	6:29 PM	13	7:54 AM	7:41 PM	23	7:36 AM	7:53 PM
4	7:09 AM	6:30 PM	14	7:52 AM	7:42 PM	24	7:35 AM	7:54 PM
5	7:07 AM	6:31 PM	15	7:50 AM	7:43 PM	25	7:33 AM	7:55 PM
6	7:06 AM	6:33 PM	16	7:49 AM	7:45 PM	26	7:31 AM	7:56 PM
7	7:04 AM	6:34 PM	17	7:47 AM	7:46 PM	27	7:29 AM	7:57 PM
8	8:02 AM	7:35 PM	18	7:45 AM	7:47 PM	28	7:28 AM	7:59 PM
9	8:01 AM	7:36 PM	19	7:43 AM	7:48 PM	29	7:26 AM	8:00 PM
10	7:59 AM	7:38 PM	20	7:42 AM	7:49 PM	30	7:24 AM	8:01 PM
						31	7:22 AM	8:02 PM



**DAYLIGHT SAVINGS TIME
 BEGINS
 SUNDAY, MARCH 8, 2009**

**YEAH
 MORE RIDING TIME!!**

THE NEW SEASON

By Ron Truax

It's mid-January as I sit here and regret to report that this has been the crappiest winter ever for riding outside. I had only one day on the road in December, and though the verdict is still out, the forecast for January doesn't look much better. Consequently, I've been spending a lot of time in my *domain*, the basement, with the stationary bike. The bike and I are developing a close, personal relationship. And as with everything else in life, time waits for no man, especially one who is attempting to stay in shape. Once spring arrives, I don't need to nor have time to train. At that point, I don't live on the bike but close to it.

Years ago my wife asked if I ever got tired or bored riding that *thing*, referring to the stationary bike. "You're just sitting there going nowhere." So I tried convincing her that this apparatus was actually a transcendental machine. It was a machine that could transport one on a journey of a thousand miles while never leaving home. One arrived at a final destination without ever leaving the station, life magic. With that, she looked me straight in the eye for a moment, then half-grunted, "right," and returned back upstairs, neither convinced nor impressed.

Some years pass and while back down in my domain checking on me, or the laundry, I called her over for another go-round. That time I admitted that I wasn't extremely

fond of riding the *damn* thing. *FYI*, *damn thing* is the more common term used to describe a stationary bike. But I was quick to point out that I did enjoy riding the ones hanging from the ceiling over by my desk, and that there was nothing transcendental about them.

I continued on to explain that winters were too long and I was too old to just sit and wait for the return of spring. Sitting that long would have me struggling till Labor Day trying to get back into shape. And with that, she wondered aloud why I hadn't just said that to begin with. Whereupon I said, "How much fun would that have been?" Whereupon, she gave me the *look*, turned, and went back upstairs. Regrettably, she may have been convinced but was still not impressed. It made me wonder if it was something in the presentation.

So I'm busy getting ready for the new season. Phone calls and e-mails have begun with the big question being, "Where're we going this year?" And I'm still trying to wear out this transcendental machine while conjuring up plans for the up coming season.

But because I live in this Winter Wonderland, as beautiful as it may be, there are still times I need to remind myself to hang tuff and think spring.

A BICYCLE BUMP

Reprinted from the January 2009 National Geographic, Marc Silver

Pedaling to work one morning in Atlanta, Jeri Hirsch was rear-ended by a car. The 53-year-old nurse belly flopped and got a bad case of road rash. A passerby said, "You're lucky you could get up at all." After that, Hirsch gave up biking.

In May she moved to Portland, Oregon—and got back in the saddle. Portland has 171 miles of bike lanes, ten freshly painted green boxes that put cyclists safely ahead of vehicles, even some signals just for bikes. It's "the best of the bigger cities for cycling," says Andy Clarke, president of the League of American Bicyclists. Hirsch logs ten miles a day on errands and pleasure rides. "Cars stop for you," she marvels. Indeed, injuries from bike-car crashes have stayed at 150 to

200 a year as ridership has soared.

What would it take for a city to be as bikeable as Portland? A redivision of street space and lots of paint. And what would it take to encourage more cycling? The federal Bike Commuter Act is a good start. As of January 1, employers can give a \$20 monthly tax-free credit to cyclists for bike-related bills.



"Motivation is what gets you started. Habit is what keeps you going."

- Jim Ryun

WELCOME
NEW MEMBERS

- TODD POIRIER
- RORY L NEUNER
- DENAE FRIEDHEIM
- HERBERT SCHEER
- JIM SNOEYINK
- VENUS SNOEYINK
- DIANE VINCENT
- VERA MCKINNEY
- JAMES FRENCH
- DANEAL SLEE
- SCOTT SLEE
- NICKI BERRIDGE
- MADISON, MASON, &
BRADEN BERRIDGE
- JANICE DEVERMAN
- MICHAEL HINTERMAN
- JULIE HINTERMAN

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



Design Lansing's Walking & Bicycling Network - March 3 - 7

Jessica Yorke

Attend one of these March 2009 sessions and help design Lansing's sidewalk, trail, bike lane, crosswalk, and other walkability and bikeability improvements. Light meal and childcare provided at all sessions.

- * Tues, March 3, 6pm-8pm, North Precinct Gym, 740 May St.
- * Wed, March 4, 6pm-8pm, Gier Center Gym, 2400 Hall St.
- * Thurs, March 5, 6pm-8pm, Hill Center Maples Room, 5815 Wise Rd.
- * Sat, March 7, 1pm-3pm, Grace United Methodist, 1900 Boston Blvd.

RSVP and more information at: www.walkbikelansing.com <http://rs6.net/tn.jsp?et=1102435181933&e=0017MuLlp_AOI>

[FUvgYPYmJfXyvj3L6j77jW6TVEftPKdJa9nDZ4GT2z5UU0yIV7DLd_4RY8UBkwJRNlz5IHCEEIwnYxXBXLvADlr9XRVVOI-Tzw6Hoqt0gCXQ==>](mailto:jessica@walkbikelansing.com) jessica@walkbikelansing.com (517) 214-5684.

Creating a walking and bicycling network that serves all Lansing residents and neighborhoods is a major objective of Walk and Bike Lansing!; a campaign to engage and mobilize Lansing residents, businesses, and others to make Lansing a walk and bike friendly city. Learn more about the Walking and Bicycling Network at http://www.walkbikelansing.com/files/Chapter_1_Non_Motorized_Network.pdf.

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RSVP: www.walkbikelansing.com jessica@walkbikelansing.com (517) 214-5684



BIKE SPOKES

Bike Maintenance Classes ~ by Tim Potter

Want to get your bike back in shape for the New Year? Spring is right around the corner so now's a great time to come in the MSU Bikes Service Center to learn how to tune up your bike and maintain it through the riding season. Classes are held on location on the MSU campus beneath Bessey Hall on the River Trail. Space is very limited and one class is already full, so register soon. We also are offering a new Women-only class; go to <http://www.bikes.msu.edu/classes.html> for full details including archived notes from previous classes. Registration for the MSU Evening College <http://www.msualum.com/evecoll/classdescript.cfm?id=295> class (lecture-style) is also now open. Check out the web page at <http://www.bikes.msu.edu/classes.html>.

FROM THE LEAGUE OF AMERICAN BICYCLISTS bikeleague@bikeleague.org

LATEST ON THE AMERICAN RECOVERY & REINVESTMENT ACT ~ Conference negotiations are expected to begin this week as a compromise economic

stimulus package costing about \$820 billion is set to get a final vote in the Senate Tuesday. While that appears almost identical to the \$819 billion House-passed stimulus, there are significant differences between the two versions that could portend a difficult conference. Likely House Democratic conferees include Appropriations Chairman David Obey, Ways and Means Chairman Charles Rangel, Education and Labor Chairman George Miller, Transportation and Infrastructure Chairman James Oberstar and House Budget Chairman John Spratt, according to Majority Leader Hoyer's office.

The League of American Bicyclists continues to monitor the process closely to ensure that Transportation Enhancement funding is in the final bill. Stay tuned as we are prepared to act immediately upon Senate passage to ensure immediacy of our message.

TCBA

2009

SPONSORED

BIKE RIDES

For more information and applications, go to www.biketcba.org.

100,000 Metre T-Shirt Ride - Saturday, June 19, 2009

Northwest Tour, June 17-21, 2009

Summer Tour (currently sold out), July 8-12, 2009

Women On Wheels Ride - Saturday, July 18, 2009

DALMAC - September 2-6, 2009

MICHIGAN CONFIRMED RIDES OF SILENCE FOR 2009

Mark Hagar, Ride of Silence, MI Director

The Ride of Silence will again take place in 2009, on Wed. May 20th at 7:00 PM, in dozens of Michigan cities, and hundreds of locations worldwide. (Although early for locations to submit Ride info, I noticed on the national website we have already picked up a new international site at Guadalajara Mexico).

Michigan should again be the #1 location in the world, where cyclist band together, to honor and remember family and friends who have been injured or killed by motorists while enjoying an activity they love, and hope to raise awareness of cyclists rights to the road.

Here are a few of the local sites, sponsor, distance, and point of contact in the general area:

Ann Arbor, Ann Arbor Bicycle Touring

Society, From Wheeler Park, corner of N 4th Ave & Depot St; 7.4 miles Contact: Kathleen Donahoe, kdona-hoe@umich.edu, 734-996-4985.

Battle Creek, Battle Creek Bicycle Club, from Getaway Sports, located at 636 Capital Ave., Contact: Chad Curtis, bikerider@battlecreekbicycleclub.org, 269-979-1996.

Bay City, Tri-City Cyclists, starting at Bay County Health Dept. parking lot on Washington St., north end of the downtown area, across the street from the Empire Theater. Contact: John Geminder, Bicycle Headquarters Inc. bicyclehq@gmail.com, 989-496-2810.

East Lansing, MSU Bikes Service Center, from MSU Campus at MSU Bikes Service Center Bessey Hall Auditorium,

lower level along the River Trail 300 ft. west of the Farm Lane Bridge. For more location information/maps etc. go to <http://www.bikes.msu.edu/maps.html>; 12 miles Contact: Tim Potter flyingdutchman63@gmail.com 517-432-3414.

Haslett, Tri-County Bicycle Assoc., from Haslett Middle School; 12 miles. Contact: Lenny Provencher, provenc@msu.edu, 517-204-2971.

Jackson, Cascades Cycling Club, start location to be determined. Contact: Dave Spencer, spencerd_co_washtenaw@hotmail.com.

More locations can be found at the official Ride of Silence website: <http://www.rideofsilence.org>.

YOU RODE THE DALMAC?

Ron Berby

One recent winter I enrolled in a “spinning” class at a local health club. From the beginning I could see I was the least fit of seven in the class, the other six and the instructor being women. None carried nearly the weight I did, my belly the grandest deposit of adipose tissue in the room. The youngest of them was maybe 30, the oldest about my age, 60.

Their evident fitness was surpassed by their obvious fitness when we began to pedal. I was always behind. Through each 50-minute class I found myself struggling. When we were told to raise the bike resistance three levels, I raised it two. When we were told to lower it by three, I lowered it by four. As the weeks went by I improved, but in the end I was still the class slug.

As the last session ended the instructor asked each our plans for the summer. When I said I would be training for another DALMAC, it was like I dropped a bomb. “You rode the DALMAC?” they marveled, and for five minutes I was treated like a rock star among groupies. I went home with the realization that every one of them could have ridden that same DALMAC, some five months away. And I continue to believe that, though they don’t know it, the vast majority of those who ride bikes could comfortably ride DALMAC and other multi-day tours, provided they train properly.

If you are such a rider, and are interested, the first thing you should know is that TRAINING IS SPECIFIC: You only get what you train for. Example: Those women would most certainly not be prepared to tackle a DALMAC based on their training in spinning class: 50-minute sessions with efforts ranging from light to very intense in stretches between two and ten minutes. It was nothing like riding DALMAC: hours on a bike with generally light to average effort, with occasional breaks of 15 minutes to an hour tossed in – for four or five days. Thus, there is only one golden rule you must follow. GET YOUR MILES IN.

Other rules are really corollaries of that one.

1) Get your butt in shape. This more than any other corollary equivocates to GETting YOUR MILES IN. Whether

you are toothpick thin or gravitationally challenged like me, your fanny will benefit from many, many miles on a bike. Otherwise, the pain of those four or five days will take a lot of the fun out of DALMAC.

2) MAINTAIN A STEADY EFFORT. Start out each training segment with a mild to moderate effort and press a bit harder after you’re half way to the next rest stop. Most riders and many riding groups go too fast at the start of a segment, and resultantly slow down later on. If you give an even EFFORT between rest stops, at first it should feel as if you’re goofing off. By half way it will still seem a bit easy, and only after you’re 2/3 of the way will it seem somewhat difficult to maintain pace. But the result will be a faster time, and you’ll be fresher for the next segment. At the end of a long ride like DALMAC, you’ll have more power than those who go out too fast, and slow drastically as they go.

3) When encountering conditions of resistance, focus on even EFFORT. If you attack the uphill and coast the downhill, or similarly push hard into a headwind and mostly coast with a tailwind, you are going in spurts and burning lots of energy. The more efficient and faster way to go is to gear down and use moderate effort on uphill and into the wind, and gear up and use moderate to light effort on downhill and into the wind.

4) Don’t worry about the speed of your training. If you find yourself clunking along at 10-miles-an-hour, that’s fine. You’ll get faster with time. Over Labor Day weekend, unless you’re doing the Quad Century, you can average 10 miles-per-hour overall, including breaks, and arrive at your destination well before the sun starts to fall. Your general fitness level will dictate what’s a light to moderate EFFORT for you. Better to go slower and farther, than faster for fewer miles.

5) Change muscular “gears” once in a while. Yes, it takes more energy to stand on your pedals to climb hills or accelerate. But to sit on the seat and use the same sections of the same muscles all day is foolish. Try stretches of pedaling sitting way back on the seat, way forward on it, or strongly emphasizing lifting the pedal while pressing down

minimally. By using more of the muscular pathways at your disposal, you’ll give the usual pathways a break.

6) Fit your training into “holes” in your daily and weekly schedules. Most warm weather mornings find me on the road at sunrise, where I sneak in a ride of 6 to 10 miles before breakfast. When I was a teacher (and runner) and had a 50-minute lunch hour, I used to do a 3-mile run from the school, take a quick shower, and gobble a sandwich and apple – at a time I would otherwise have sat eating in a teacher’s lounge listening to teachers gripe about their declining health and having to deal with bratty kids. An excellent time to train is any daytime stretch when you used to watch TV. How far is too short to be worth it? I don’t know. But a few times I’ve ridden to the corner and back – 1.4 miles, just because it made me feel better.

7) Don’t train with a group that’s too fast for you. If you find that in order to keep up, you must go easier the day before or the day after you ride with a group, you are losing mileage and breaking the golden rule! Find a slower riding group or ride on your own.

8) The same applies to riding partners. If you struggle when it’s your turn to lead, see if your partner will spend more time in front. If you’re really lucky, you’ll find one who’ll give you a 3-4 mile-per-hour boost by leading all the time. WARNING! If you don’t have a committed arrangement to ride with a partner or group at DALMAC, try to do the majority of your training alone. If you end up doing DALMAC alone after having mostly trained with a partner or group, your ride will seem slow, boring, and difficult.

9) Keep your rest stops brief. If you find yourself tired and lingering at a rest stop, you’re riding too fast! Efficient endurance exercise is done best at moderate pace and with short rests. Your ability to get in and out of rest stops will be inversely proportional to your speed on the bike.

10) From day to day, go long, then short, long, then short. Example: Monday -13 miles, Tuesday – 9 miles, Wednesday – 22 miles on club ride, Thursday – 8 miles, Friday – 15 miles,

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YOU RODE THE DALMAC?

Continued from Page 8

Saturday – 10 miles, Sunday – 50 mile club ride. Go nearly the same distances day to day and you'll go stale.

11) From week to week, go long, then short, long, then short –as you increase the total mileage. Example: Week 7 – 137 miles, Week 8 – 151 miles, Week 9 -135 miles, Week 10 – 160 miles, Week 11 - 140 miles, etc. This way your mileage keeps increasing, but it's less physically and mentally fatiguing than riding further each and every week.

12) Keep things interesting by riding tours of 50 to 100 miles, but train "through" them. Don't make each a major effort. Survive them and be sure to get in a few easy miles the days before and after each ride. And if you do one or two "centuries" in prepping for DALMAC, realize you are doing them more for your head

than the rest of you. It's the day-to-day mileage you accumulate through months of training that gets you through a multi-day tour. Most of what you'll get from pounding out a hard 100 is TIRE D.

13) Seek variety in your biking routes. Go out in different directions when riding solo. Don't ride exactly the same club rides every week. Repetition will get old, variety will keep you fresh.

14) Get your foot out the door and your butt on the bike saddle. Don't trust your feelings of the day to keep you from GETTING STARTED. How things are going between you and a spouse or boss should never keep from putting your weight on that first pedal. After you've ridden for ten minutes or so, you nearly always feel better and the ride will be well worth it.

15) Once in a while: BACK OFF,

GOOF OFF. This may sound contrary to the golden rule, but it is most certainly not. If you've ridden for a short while and it's not getting any better, you're feeling tired, heavy and depressed – you should a) turn back and go home b) sit in front of a television and watch some mindless program c) eat ice cream and Doritos until you're full d) fall asleep. Because if you don't back off once in a while, you'll get injured or sick, and lose training mileage as a result.

Some of these suggestions come from my eight years as a bicyclist. But those regarding pace and effort come from some 28 years of running marathons and ultramarathons. I hope that you'll incorporate some of my ideas into readying for DALMAC, and that the result will be four or five terrific days on the road at summer's end. Do it right, and you'll discover that like all humans, you are truly an endurance animal.

U.S. CONSUMER PRODUCTS SAFETY COMMISSION RECALLS

CONTINUED FROM PAGE 3

Name of Product: Bicycles with R-SYS Front Wheel Rims

Units: About 12,000. Manufacturer: Salomon SAS, of France.

Importer: Mavic USA, of Haverhill, Mass.

Hazard: The spokes on the bicycle's front wheel rim can break during use, posing a fall and crash hazard to riders.

Incidents/Injuries: Mavic USA has received one report of an injury involving broken teeth.

Description: This recall includes R-SYS and R-SYS Premium front wheel rims. They were sold as original equipment on various bicycle brands and were also sold separately. R-SYS wheel rims are designed for road bikes. "R-SYS" is printed on the front rim of the wheels. The rims are 22mm in diameter, with 16 tubular, unidirectional carbon spokes.

Sold at: Specialty bicycle retailers from May 2007 through December 2008 for between \$700 and \$750 for the front wheel of the two-wheel set when sold separately from the bicycle.

Remedy: Consumers should stop using bicycles with the recalled front wheel rims and contact their bicycle retailer for a free replacement front rim.

Consumer Contact: For additional information, contact Mavic USA at (800) 664-9228 between 8 a.m. and 4 p.m. ET Monday through Friday, or visit the firm's Web site at www.mavic.com.

To see this recall on CPSC's web site, including pictures of the recalled product, please go to: <http://www.cpsc.gov/cpsc/pub/prere/09/09116.html>.

Name of Product: Bicycle Forks

Units: About 70

Manufacturer: Tenneco-Marzocchi s.r.l., of Bologna, Italy. Manufactured in Taiwan.

Hazard: The suspension system on bikes with the recalled forks could become completely compressed and fail to return to its original position after a forceful landing. This can cause riders to lose control of the bicycle and crash. The forks can also expand forcefully if repair is attempted by the consumer, posing a risk of serious injury.

Incidents/Injuries: The firm has eight reports of damaged forks outside the U.S., including a report of an injury from a fall.

Description: The recalled bicycle forks were sold for installation on mountain bikes. The recall involves certain 2008 model year 888RC3 and 888RC3WC suspensions with date codes beginning with T07D07, T07D08 and T07D09. The forks are white or black with red and black artwork on the legs.

Sold at: Various bicycle parts distributors and retailers nationwide from July 2007 through September 2007 for between \$1,000 and \$1,700.

Remedy: Consumers should stop using the recalled bicycle forks immediately, and return them to the dealer where purchased for a free repair. Consumers should not attempt to repair the forks.

Consumer Contact: For additional information, contact Marzocchi at (800) 227-5579 between 8 a.m. and 4 p.m. PT Monday through Friday, e-mail the firm at Techinfo@Marzocchiusa.com, or visit the firm's Web site at www.marzocchi.com.

To see this recall on CPSC's web site, including a picture of the recalled product, please go to: <http://www.cpsc.gov/cpsc/pub/prere/09/09125.html>.



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.

FREE: Two sets (red and blue) Cannondale Touring panniers; 4 bag set for front (low rider) & rear racks plus 1 red handlebar bag. Call John at (517) 332-3179 or email him at DDWLSN@AOL.COM.

FOR SALE: Classic TREK 520 Touring Bike. Excellent condition; 17-inch frame; Bar-Con Shifters; Triple Crank; Rear Rack; and Fenders. \$550.00. Call Ken at (248) 624-1223.

FOR SALE: Men's Giant, Once road bike Size 55.5cm L Triple crank. New parts this year: Drive system (gears and chain), both shifters-Ultegra, large and middle cranks, rear wheel. Mavic Open Pro \$600.00. Call Ralph at (517) 580-3689.

FOR SALE: Treadmill. Horizon 420556 Elite 3.3T. NEVER

USED AND NEVER PLUGGED IN AS OF THE POSTING OF THIS AD. Purchased 12/06.\$600.00 Call Ralph at (517) 580-3689.

FOR SALE: Trek 5200 56 cm. Shimano Ultegra. New tires last spring. Call Mark at 517-402-6537.

RIDE LEADERS WANTED: Would you like to help the *Smart Commute Program*? They will be hosting several *Urban Rides* within the city of Lansing. The TCBA has signed up to be a sponsor for this program and would like to encourage participation in the *Urban Rides* segment of the program's efforts. As a ride leader you earn incentive mileage and it's a great opportunity to help promote bicycling in Lansing. The goal of these rides is to help be-

ginners, therefore they must be at a slower pace (CLASS D) in order to help these riders learn specifically these four things:

- 1) Discover and practice some of the lower traffic/ recommended TCBA bike routes;
- 2) Become comfortable with bicycling on the road in an urban environment;
- 3) Learn the rules of the road and other skills and tricks for enjoyable bike commuting;
- 4) Connect with other bicyclists.

The rides will probably be around 5 miles each way. Any longer might be too much for someone who hasn't been out on their bike in a long time.

The rides will need to be at a pretty leisurely pace, so that we aren't discouraging anyone who hasn't been out in a while; but rather encouraging and supporting them as they get back into bicycling. There may even be people who are pulling kids in trailers or on tagalongs. We can ask for that information when people register for the rides.

We are looking at scheduling monthly rides between May and November (a total of 7).

For more information on ride leader requirements, please go to: <http://www.biketcba.org/general/RideLeaderInfo.pdf>. For more information on the Smart Commute Program visit their website, located in the Chainlinks, or contact Jessica Yorke at jessica@walkbikelansing.com (517) 214-5684.

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.



CLUB ITEMS — The TCBA has several club items for sale: Club Jerseys (\$55) [no more large available]. We still have some Poly-Insulated Water Bottles for \$10, red, blue, and purple. Contact Herb Drake or Kris Stairs at the next monthly meeting to purchase your club needs.



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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