

TRI-COUNTY BICYCLE
ASSOCIATION
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Chainwheel Chatter

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MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
MEMBERSHIP	May 28, 2009 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	Come see who our 2009 Bicycle Safety Poster Contest winners are!!!
CYCLE FORUM	May 28, 2009 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	ALLAN HUBER All always has interesting tid-bits to pass along. Come join him for this informative hour.
BOARD MEETING	May 5, 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 MAY 08

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 MAY 06

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

Member Address Problem: We are currently experiencing a high volume of returned (undeliverable) mail. The club is charged for each piece of returned mail. Please help save the club some funds by remembering to change your address with the Post Office. This will ensure that you will get the Chainwheel Chatter and other Club ride information.



**MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION
BOARD OF DIRECTORS MEETING
Foster Community Center - Lansing
March 3, 2009**

Herb Drake called the meeting to order at 6:32 p.m.

Board members present included Herb Drake, Roger Nelson, Patricia Trudgen, Linda Antinori, Dick Sulin, and Kris Stairs. Also present were club members Katie Donnelly, Lenny Provencher, and Janet Weber.

Additions to the Board Meeting Agenda under new business included the new club jersey design and Bill Savage's request for club sponsorship of his next Smart Cycling Class. The League of American Bicyclists' Conference in Washington, D.C was added to the Agenda under Old Business.

Reports

1. **Secretary's Report:** Linda Antinori presented the Minutes of the February meeting to the Board for approval. Corrections were made, and Pat Trudgen made a motion to approve the Minutes. Dick Sulin seconded the motion, and it passed unanimously.
2. **Treasurer's Report:** Dick Sulin presented February's financial reports to the Board for review. A motion to pass the financial reports was made by Linda Antinori, seconded by Roger Nelson and passed unanimously.
3. **Ride Incentives:** Kris Stairs reported to the Board that work was proceeding on the new club jersey. We will be using the 2006 Level One Incentive jersey with additions to the map of Michigan to include the Northwest Tour. There will be a one time charge of \$100 for artwork and the cost to the club will be \$71 each for an order of 12 and \$60 each for an order of 25 jerseys.

She also announced that the Ride Committee had reached a decision on the 2009 Ride Incentives. They are:

- Level 1: A 3-in-1 jacket by LL Bean
- Level 2: A duffle bag by LL Bean
- Level 3: A frame pump
- Level 4: A hooded sweatshirt with a full length zipper
- Level 5: A bike bell and water proof cycling wallet

Roger Nelson made a motion to approve the incentive items. Dick Sulin seconded the motion, and it passed unanimously.

4. **Events Director:** Patricia Trudgen announced that the DALMAC application is being tested live Thursday night with on-line registration; hopefully ready to go on March 14 and paper applications to be mailed out on March 13.
5. **DALMAC Fund:** The DALMAC Fund is looking to possibly fund one large project and a couple of small projects. Their cutoff date for applications has been extended to mid-April, and they hope to present to the Board in May. They will meet in May.
6. **Northwest Tour:** Dick Sulin announced that the Northwest Tour has 130 applications, plus 13 staff members.
7. **SummerTour:** SummerTour is sold out.

Old Business:

- Pat Trudgen reminded everyone that she would be at the new storage unit Saturday, March 7, for anyone who had items to store there. All items must be boxed and labeled with date and content. She has purchased 2 shelving units to start with and needs to purchase more. Roger Nelson made a motion to approve such a purchase, and Dick Sulin seconded it. The motion passed unanimously.

New Business:

- The 14th Annual Brint Donalson Ride will take place Memorial Day weekend. There is a \$12 charge per night, per person, to camp on-site at the fairgrounds. John Wise has volunteered to pull up the TCBA trailer on Friday, and return on Sunday. Kris Stairs asked the Board for \$250 to cover mileage and \$50 for the camp site. Linda Antinori made a motion to approve \$300 for the weekend, and Pat Trudgen seconded it. The motion passed unanimously.
- Discussion was held on the possibility of painting the TCBA logo on both sides of the trailer. Kris Stairs was to check into the matter
- Herb Drake announced that we have a vacancy on the Board due to Bob Blanchard's resignation for personal reasons. Linda Antinori will place announcements seeking a replacement for Bob's Board-at-Large position in the *Chainwheel Chatter*, Braking News, and make an announcement at the club meeting.

CONTINUED ON PAGE 3

MARCH 3 , 2009 BOARD MEETING MINUTES, Continued from Page 2

- Herb Drake announced that his expenses for the LAB Bicycle Summit were at \$1020 for hotel, air fare, and care rental. He asked the Board for an expense increase to \$1300 from the original \$1000 approved. Kris Stairs made a motion to approve the increase in expenses, and Roger Nelson seconded it. The motion was unanimously passed.
- Discussion was held on general membership speakers receiving some type of gift as in the past. Roger Nelson will look into this matter.
- Bill Savage is holding a Smart Cycling Class (formerly Road One) on May 16, at the MSU Pavilion and asked the Board via a phone call with Herb for \$55 to cover expenses for the class. Linda Antinori made a motion to approve the expense and distribute the sign-up sheets at the next club meeting. Pat Trudgen seconded the motion, and it was unanimously approved.

The Board met in a closed session to take action on Lenny Provencher's Member Input at the February 2009 Board of Directors Meeting. The meeting adjourned at 8:40 p.m.



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 Six 5, Six 6, Six Carbon 5 and Six Carbon 6 Bicycles

Units: About 1,300

Importer: Cannondale Bicycle Corporation, of Bethel, Conn. Manufactured in: Taiwan.

Hazard: The bicycles fail to meet the federal safety standard for bicycles. Spoke protector discs, required on bicycles to prevent the bicycle chain from interfering or suddenly stopping the

wheel, are missing from these bicycles. This poses a fall hazard to the rider.

Incidents/Injuries: None reported.

Description: The following Cannondale bicycles are included in the recall. "Six" is printed on the bicycle's top tube and "Cannondale" is printed on the down tube.

Bicycle Name (2009 Models): Bicycle Model Number

Six 5 Compact: 9RCT5C

Six 5: 9RCT5D

Six 5 Compact: 9RCT5C

Six 6: 9RCT6D

Six 6 Triple: 9RCT6T

Six Carbon 5: 9RSX5D

Six Carbon 5: Compact 9RSX5C

Six Carbon 6: Compact 9RSX6C

Sold at: Authorized Cannondale dealers nationwide from October 2008 through February 2009 for between \$1,500 and \$2,100.

Remedy: Consumers should stop using the recalled bicycles immediately and contact any authorized Cannondale bicycle dealer for a free repair.

Consumer Contact: For additional information, contact Cannondale at (800) 245-3872 between 9 a.m. and 5 p.m. ET Monday through Friday or visit Cannondale's Web site at www.cannondale.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/prereel/prhtml09/09155.html>.

NATIONAL RIDE YOUR BIKE TO WORK DAY

The annual RTW Day moves to the 'third Monday in June.' The next Ride to Work Day is **MONDAY, JUNE 15, 2009**. It is the 18th annual Ride to Work Day. Reasons for an earlier annual Ride to Work Day include:

- The new day is not as hot in most northern hemisphere areas, and not as cold in most southern hemisphere areas. **June weather is more favorable worldwide.**
- The new day **provides an increased opportunity** for more riders to Ride to Work. Many workplaces close for summer holiday in July - especially in Europe.
- A Monday event encourages motorcycle and scooter commuting to continue during the **entire week.**
- **Positive media exposure** will increase. Sundays are slower 'news days' so there will be more coverage like this: "Look for more motorcycles on your commute tomorrow, as Monday is the annual Ride to Work day..."
- The Fédération Internationale de Motocyclisme (FIM) has endorsed this day, and is promoting the 'Third Monday in June' worldwide as the annual Ride to Work Day.

For more information, check out the official website: <http://www.ridetowork.org/>.

LEARN TO ROW CLASS ~ JUNE 6-JULY 25

By Byron Drachman

The Lansing Rowing Club (used to be Lansing Oar and Paddle Club) will be running another learn to row course this summer. Rowing is an excellent cross training for cycling. Here is a photo taken from my boat on March 15 early in the morning:



Here is a link to the Lansing Rowing Club website: <http://www.lansingrowingclub.org>.

If you go to the website, be sure to click on the link at the bottom of the home page to see a video clip with sound of our Olympian sculling. I believe it demonstrates the Zen-like aspect of sculling.

NEW CLUB JERSEY

The TCBA has designed a new club jersey. Here's a look at what the new jersey will look like. To see the colors (yellow and purple), please go to our website; www.biketcba.org and see this month's newsletter. In order to receive one of these for yourself, please contact Kris Stairs at boardatlarge1@biketcba.org not later than May 22. She will be ordering a limited quantity at a special price of \$65.00. Contact Kris today and let her know your size. She will explain when the order will be placed and when you need to provide her with your money.

The following is from the website:

How would you like to glide along the water in a human-powered rowing shell? ~ Start yourself rowing in our eight-week Learn-to-Row class. You will become familiar with the basics of rowing and rowing safety. Following a land-based introduction, you will be on the water in a large flat-bottomed barge using one oar per person, progressing through the program to smaller boats with two oars. Experienced coaches from LRC and MSU crew programs will guide you. You must be able to swim to take this class.

All Learn-to-Row sessions will take place at the Ryden Boathouse, Grand River Park in Lansing

The course runs from June 6 through July 25. Last year the times of the classes were Tuesdays and Thursdays 6-7:30 PM and Saturdays 9:30 – 11 AM. Any changes to these dates or times will be posted on the website.

You are encouraged to attend at least two of the three sessions offered

per week.

(FREE) OPEN HOUSE on Saturday, May 23rd and Saturday May 30th 9:30 – 11:00 AM. Tour the boathouse, see our equipment, meet experienced rowers and watch them on the water! We welcome everyone to share in our favorite pastime and sport.

Directions to the Ryden Boathouse in Lansing's Grand River Park Grand River Park is located between Martin Luther King and Waverly Road on Lansing Road on the North side of the Grand River. From the east take 496 west and exit at Lansing Rd; after going under the bridges you reach the top of a hill; the Dispatch bar is on the right and the entrance to the park is on the left. From the west take Lansing Rd east off Waverly, the entrance to the park will be on the right and the Dispatch bar on the left. After entering the park turn left and follow the road to the end at the parking lot and boat launch, then walk east through the openfield or along the unpaved road to the second boathouse.

Front / Devant

Back / Dos

050 black / Noir
051 yellow / Jaune
052 yellow / Jaune
053 purple / Violet

Right side panel / Bande côté droite
TRI COUNTY BICYCLE ASSOCIATION
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Left side panel / Bande côté gauche

The sketch represents approximately a size medium.
L'esquisse représente approximativement la grandeur médium.

Version:	3678-1 TRI COUNTY BIKE	
1 Version	Design / Esquisse	AGAGRON
Rev. 1 :	Date :	
Rev. 2 :	Date :	
Rev. 3 :	Date :	

Style:	PROFIT	7E20166
Client :	TRI COUNTY BIKE ASSOCIATION	
Date :	16 janvier 2007	
Representative / Représentant:	Evelyne Giroux	
Approved by / Approuvé par :		
Date :		

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EASY SPOKEN

By Dick Janson

First DALMAC?

That was me ten years ago, and is the case for one of every four participants. I'd like to help those of you who are anxiously anticipating your first DALMAC, or perhaps even help enhance your second or third effort.

The first question often asked is "Can I make it?" I rode 44 miles to see just how SLOW I could go. In the first 25 miles, I was able to keep my speed down to 7.5 miles an hour. By 30 miles, I was having too many distractions to concentrate, and the average started creeping up. By the 44 mile mark, I was up to a disgusting 8.1 mph.

So the answer goes to simple arithmetic. Since routes that average less than 70 miles a day are available, let's use that as a basis. If you can average just 10 mph, and you wait to leave until 8am, and you allow an hour for lunch and stops, you will arrive in camp by 4pm, you will have an hour or two to set up your tent and shower before dinner. Gain an hour by going 12 mph or leave an hour earlier.

Your first day will be OK because you are pumped up for the adventure. Your second day may be more difficult if your training hasn't included some back-to-back 50-mile rides - it's up to you. After that, you and your body get into a different mode, and things are better, even though the route is more challenging in places.

DALMAC is not a race. Before you go, determine a speed above which you are not comfortable. On DALMAC, pace yourself by riding a mile-per-hour slower. Tell yourself you're saving a bit for the end, just in case you need it. Remember, the first 2.5 miles of the Bridge is all uphill.

You may find yourself both excited and anxious while preparing for this new adventure. If you can reduce

the anxiety, you can increase the excitement. It is a concern for the unknown that causes the anxiety and you can do things to reduce that.

1. Train in uncomfortable weather - hot, cold, wet, windy - but not necessarily all at once. It is better to learn how to deal with it close to home.

2. Ride with others, to gain their knowledge, and to learn how groups behave.

3. Ride in unfamiliar areas, to get use to being distracted while staying on course, and to make training more fun. Take a map of the area with you. Notice major landmarks as you ride, such as highways, bodies of water, and railroads, to help you find your place on the map.

4. Plan the clothing to take with you as you ride, and have a place to store it while riding. Tying a jacket around your waist is a BAD idea. Several thin layers are better than fewer thick ones. A zipper on your shirt will help you control temperature. Unzip it before you puff up a long hill; zip it up before going down the other side.

If it rains and the temperature is above 70, just ride. In colder weather, it is more important that you stay warm than it is that you stay dry. A water repellent jacket will help but a plastic rain coat will probably get you too hot, too quick, and will contain your sweat. I use a hooded poncho made of a product called RainShield that packs small, is bright yellow, blocks the wind, lets the sweat out, and costs about \$30.

5. Fruit stops and/or porta-potties will be provided in sparse areas, but you may have a more urgent need. Equip your bike with two water bottles and cages, and carry several things to munch on. Fruit is good, but can get mushy in a handle bar bag in warm weather. Chocolate-covered anything will probably melt and be unusable. Power bars can

help, but getting the wrapper off in warm weather can take as much energy as you would gain. Granola bars or GORP (Good Old Raisins and Peanuts) work.

At convenience stores, I like to buy chocolate milk. If I put it in my water bottle, I have to remember to rinse it out quickly. A cold V-8 or ice tea is a nice change from water.

6. Hot weather can be dealt with. Keep one water bottle with only water. A bandana around your neck or on your head, soaked in water, is wonderful. Another bandana draped, down your neck, can be an effective sun shield. If it flaps in the wind, soak it, too.

7. Each of us takes with us what we call our refrigerator. It is that depression in the center of your chest. (For me, it is just above my belly-bulge.) As long as that area feels cool, you are OK. If it is not cool, immediately lay down, preferably in some shade, as you are beginning to suffer from heat exhaustion.

8. Drink before you are thirsty and eat before you are hungry. You should drink enough to want to pee every hour or two. The darker the pee, the more you need to be drinking. If you don't eat enough, you will bonk. You will know you are bonking when, on level ground, each pedal stroke feels like it may be your last. Eating can prevent this. If you eat a large meal, like breakfast, before riding, remember it may take up to an hour to digest. During that time, it is normal to have less energy for riding, so just go a bit easier then.

9. Make all your equipment changes by mid-August. Test everything, including tent, bag, mattress, clothes, bike, pump and other tools, and snacks. Set up your stuff one evening, then pack it all up the next morning before you go to work when you are half awake.

DALMAC is a great experience that will live on for you long after you finish your adventure. With a little preparation, you will be just fine.

Dick Janson,
Just Me and Sarah Dipitee

May 2009 Ride Schedule

Recurring Rides; No Ride if Rain, unless noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	8:30 AM	40+	Z	67th District Court House, Grand Blanc	Must be above 45 at Start; No Ride: Mom's Day (10th)	Ed Usewick 810-694-9919
Mondays	5:30 PM	20-25	D	Charlotte Performing Arts Center	No rides if cooler than 50 degrees or high winds. No ride Memorial Day (25)	Janet Weber 517-543-7942
	6:00 PM	12-20	C	Oneida Township Hall		Leslie Miyasato 927-8953
	6:00 PM	20-30	B	Oneida Gospel Church		Ralph Bednrz 517-321-4790
	6:30 PM	15-25	C	Coaches American Pub & Grill	No ride on Memorial Day	Ginger Royston or Dick Chulski, 517-393-4799
Tuesdays	5:00 PM	25-35	C	Owosso Fire & Police Station	No ride if high wind or rain	David Smith 989-723-1211
	6:15 PM	20-25	B	Holt Jr. High School	No ride if pavement wet and/or temp is < 45 degrees	Larry White 517-694-8667
	6:30 PM	20-25	B	Williamston Township Hall		Dwayne Scheidler 517-339-4586
Wednesdays	6:30 PM	10-15	D	Haslett Middle School	The ride on May 20 will be the annual Ride of Silence	Lenny Provencher 517-204-2971

May 2009 Wednesday Night Rides - MSU Pavilion

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

Class/Mileage	May 6	May 13	May 20	May 27
A, 30-40 mi	Chris Hinterman 214-3535			
B, 25-35 mi.	Sue Viele 333-0306	J. Delinescheff 333-9329	Linda Antinori 410-6043	J. Delinescheff 333-9329
C, 20-30 mi.	Mary Burris 394-1617	Lynn Farabaugh 371-4336	Mary Burris 394-1617	Edie Belcher 242-4122
D, 15-25 mi.	Katie Donnelly 349-5564			

Thursdays					No Evening rides 28 th	
	5:00 PM	25-35	C	Owosso Fire & Police Station	No ride if high wind or rain	David Smith 989-723-1211
	6:00 PM	20-30	B	Oneida Gospel Church		Ralph Bednarz 517-321-4790
	6:30PM	20-25	B	Williamstown Town Hall	No Ride May 21	Charla Scheidler 517-339-4586
Fridays	10:00 AM	30-40	C	Dewitt Township Hall	No ride May 22nd. Food stop	Jan or Tony Koller 517-669-5744.
Saturdays	8:00 AM	50-70	Z	Sawdon School		Ralph Bednarz 517-321-4790
	9:00 AM	12	F	Coaches (Bishop Road)	Starts May 9 th Uncle Miltie's Breakfast ride. Bring kids! Very New-rider friendly!	Milt Gruhn 517-393-1617

Other Rides in May....

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Monday May 23rd	8:00 AM	97-98	Z	DeWitt Jr. High	Ride to Alma and back.	Edie Belcher 517-242-4122

Special	May 22-24 th 14 th Annual Brint Donalson Memorial ride see details elsewhere in the Chatter (Kris Stairs)					
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HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

SMART COMMUTE URBAN RIDES

By Jessica Yorke

Tri-County Bicycle Association is one of our largest sponsors for the Capital Area Smart Commute. This program is designed to: 1) help people learn various Crosstown Routes by riding some of the great bicycling routes from one part of town to another; 2) provide a group learning environment for new cyclists to become comfortable with riding on the road and improve their safety skills; and 3) to ride as a group to a fun event, enjoy the event, ride back together.

For routes and meet up points, I welcome you to recommend routes and meeting locations. There are some great routes listed on our website, which were created using the TCBA Crosstown Routes book: <http://www.midmeac.org/bikeroutes.html>.

Below are the rides scheduled, called Urban Rides. TCBA will be publishing the rides in the monthly newsletters to promote and advertise the rides, hopefully, soliciting more public interest in participating in the Urban Rides, as well as the TCBA.

We still need a few Ride Leaders to help with some of these rides. Where known, we have provided the name of the individuals who have already stepped up to lead some of the rides. If you are interested in supporting the Smart Commute by becoming a ride leader, and/or to learn more about the Smart Commute Program, please contact Jessica Yorke at jessicayorko@sustainablesolutions.biz.

1. Saturday, May 30, 2009, 4pm-7pm. Ride from a) Capitol Building on Michigan Ave, with Rory Neuner as one of the Ride Leaders and b) Downtown East Lansing, location to be determined, with ride leader, Karen Kligman.

2. Saturday, June 20, 2009, 4pm-7pm. Ride from central gathering point in Lansing, exact location to be determined somewhere downtown and ride to East Lansing Jazz Festival (Ann Street Plaza), with

Andy Draheim as one of the Ride Leaders.

3. Saturday, July 25, 2009, 4pm-7pm. Ride from central gathering point to be determined to Lansing's Westside Summer Fest (Saginaw and Princeton). Ride Leader- Phil Wells and Janet Weber.

4. Saturday, August 8, 2009, 4pm-7pm. Ride from a central gathering point in to be determined, to Great Lakes Folk Festival in East Lansing. Perhaps starting in Haslett, Okemos, and/or Lansing and ride the #1, #4, and/or #5b routes. Potential ride leaders for these rides include: Mike Unsworth, Lenny Provencher, Nancy Krupiarz, and Karen Petersmarck.

5. Saturday, September 19, 2009, Ice Cream Ride using one of the Crosstown Routes. Maybe South Lansing to Downtown Lansing. Ride Leader - Tim Potter.

6. Saturday, October 24, 2009 - Harvest-themed ride using one of the Crosstown Routes. We're still working on ideas at this time.

OTHER IDEAS ON THE TABLE:

The above times are not firm. The committee is still working out whether the 4pm-7pm ride times are proper times for these rides. (4pm meet up/go over ground rules, ride from 4:30-5, enjoy event from 5-6:30, ride back) Once this is firm, and as previously mentioned, rides, times and leaders will be published on the official ride schedule published each month here in the *Chainwheel Chatter*.

We're also determining if we should try to do rides for each day during the East Lansing Folk Fest or just on Saturday. If you have suggestions, please let us know. Again, stay posted, and please, we need more RIDE LEADERS!

RIDE CLASSIFICATIONS

- A.....17-19 MPH
- B.....14-17 MPH
- C.....12-14 MPH
- D.....Under 12 MPH Fun and Social Group Ride
- F.....Family Fun & First-Timers 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

Charlotte Performing Arts Center.....378 State St.,
Charlotte, MI in front of H.S.

Coaches Pub & Grill,
6201 Bishop - south of the
King exit on I-96

Dewitt Junior High School,
South Lot, Dewitt, MI

Dewitt Township Hall,
1401 W. Herbison Rd. 1/2
Mi. west of Old 27

Haslett Middle School,
E. on Franklin St. from
Marsh Rd., 1st light S. of
Haslett Rd.

Oneida Gospel Church,
Corner of Oneida and Strange Hwy,
Grand Ledge

Oneida Township Hall,
11041 Oneida Road, Grand Ledge, MI

Sawdon School,
Lamson Rd., Grand Ledge

Williamstown Township Hall,
Corner Zimmer & Germany Rds.,
4 miles east and 1 mile south of
Haslett

Sunrises & Sunsets for May 2009

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	6:33 AM	8:37 PM	11	6:20 AM	8:48 PM	21	6:10 AM	8:59 PM
2	6:31 AM	8:39 PM	12	6:19 AM	8:50 PM	22	6:09 AM	9:00 PM
3	6:30 AM	8:40 PM	13	6:18 AM	8:51 PM	23	6:08 AM	9:01 PM
4	6:29 AM	8:41 PM	14	6:17 AM	8:52 PM	24	6:08 AM	9:02 PM
5	6:27 AM	8:42 PM	15	6:16 AM	8:53 PM	25	6:07 AM	9:03 PM
6	6:26 AM	8:43 PM	16	6:15 AM	8:54 PM	26	6:06 AM	9:04 PM
7	6:25 AM	8:44 PM	17	6:14 AM	8:55 PM	27	6:06 AM	9:05 PM
8	6:24 AM	8:45 PM	18	6:13 AM	8:56 PM	28	8:05 AM	9:05 PM
9	6:22 AM	8:46 PM	19	6:12 AM	8:57 PM	29	6:04 AM	9:05 PM
10	6:21 AM	8:47 PM	20	6:11 AM	8:58 PM	30	6:04 AM	9:07 PM
						31	6:03 AM	9:08 PM

**FOR MORE RIDES CALL:
517-882-3700 - or visit the Web Site:**

www.bikercba.org

To receive the Ride Line Transcript by email send your email address to: donnell3@msu.edu

donnell3@msu.edu

SMART CYCLING: TRAFFIC SKILLS 101

By Bill Savage, TCBA Safety & Education

The Smart Cycling program has been developed by the League of American Bicyclists to educate all levels of bicyclists, from kids through licensing bicycle instructors.

Road I (now called Traffic Skills 101) is the foundation course which covers safe riding practices, such as:

- Scanning and signaling
- Lane changing
- Lane positioning
- Emergency maneuvers
- Traffic laws
- Knowledge of bicycles

Road I is a nine-hour course that can be completed in one day. It consists of four hours of classroom instruction, and five-hours of hands-on and on-road instruction.

The class will be taught by a League Cycling Instructor (LCI). The class is scheduled for Saturday, May 16 at the

MSU Pavilion, Room B from 8:00 a.m. to 5:00 p.m. We will need a minimum of nine (9) in the class, and there will be a cost of \$55.

The successful completion of Road I is a prerequisite for becoming a League Cycling Instructor. It is the hope of the TCBA to get enough members interested and trained to qualify for their LCI which would allow us to continually provide these classes to the rest of the TCBA membership.

We held this class last August where the TCBA members who participated enjoyed a good overview of classroom instruction with adequate hands-on practicing of the basic skills. The class concluded with a road test.

If interested, please contact Bill Savage at (517) 339-3933 or e-mail him

“Whoever invented the bicycle deserves the thanks of humanity.”

- Lord Charles Beresford

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.



WELCOME NEW MEMBERS



TOM DONALDSON

LARRU BRYAN

PETER BENNETT

PETER KOZLINA

MICHAEL CROINKRIGHT

MARY BROWER

FLORENCE TREVINO

R. PAUL PHILLIPS

PAUL EDWARDS

**DELORES, BRIAN, AUSTIN, TRAVIS,
and GRACE CARTER**

**KEITH APELGREN AND CAROL SLOMSKI,
and HALLE, CHLOE and BENGT**

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



15th Annual Brint Donalson Highland Festival Weekend Ride

BAGGAGE TRUCK PROVIDED

By Kris Stairs

The Highland Festival Ride honors the originator and long time TCBA member, the late Brent Donalson. We will be riding to Alma and attend the Highland Festival. Camp at the Gratiot County Fair Grounds within walking distance of downtown Alma and the festival at Alma College.

We will be leaving from the DeWitt Township Hall located at 1401 W Herbison Rd, ½ mile west of old 27. We are asked to park as far from the township hall mail entrance and all vehicles park together.

TCBA is providing baggage transport; however, **reservations are required.** Please call by Thursday, May 21st for baggage reservation. Baggage transportation will only be available Friday, May 22nd, and for the return on Sunday, May 24th. If you wish to ride up and spend Saturday night, please call and make arrangements for baggage drop off on Thursday, May 21st.

Departure dates - two available: Rain or Shine

Friday May 22th at 9:00 AM

Return:

Sunday May 24th at 8:30 AM

Ride distance: 50 miles one way, 100 miles total.

Ride Class: Z

Ride information and **Baggage Reservation:** Contact Kris Stairs 517-627-4211 or e-mail her at stairskris@yahoo.com.

Make sure you put ALMA ride in the note area so she knows what the email is referring to.

BAGGAGE RESERVATION REQUIRED

This is a class Z ride: "rides over 40 miles in length to be ridden at the riders own pace without on the road ride leader supervision." Riders must be self sufficient, as no SAG support will be provided. The campground at the Gratiot County Fair Ground offers open grassy camp sites. Camping fee is \$10 per tent for each night. The cost for entry tickets are \$15 each day. If you would like to stay in an Alma College dorm room, check out the festival site at http://www.almahighlandfestival.com/house_meals.htm.

Many varied festival activities are available with the peak on Saturday. You can check out the Festival at www.almahighlandfestival.com The return ride early on Sunday morning allows us to avoid the worst of the holiday traffic.

Food is each individual's responsibility. Restaurants are available within walking distance. On Saturday, May 28th, Alma College offers a splendid breakfast at the Hamilton Commons on campus from 6:30 to 11:00 a.m. for a cost of \$6.50.

Riding up, we stop at the Middleton Diner for lunch and riding back we stop there for breakfast. The Highland Festival is a unique experience and gives you an activity coupled with a club ride.

A WORD FROM...

Herb Drake

TCBA Members and the Board,

As many of you know, at the April TCBA Board meeting I resigned as TCBA President. This was not the result of a single incident nor was it a quick decision. I resigned because I felt I was not contributing toward the success of the Board.

I accepted the responsibility of the Presidency because I felt I could help modernize the Club's methods and policies. However, I don't have the long history with the Club that is necessary to better understand the background of the Club's policies and members. I found this to be a great disadvantage. Where I thought change would be greatly accepted, I found that, as they say, "Old habits are hard

to break." This made me realize that the direction I wanted the club to go didn't align with the majority of the board. I felt that the Board and Club would be better served by allowing the Board to select someone with similar visions as their own.

I didn't do this lightly and I do feel that I have not properly served the TCBA. I do this with great regret, but I feel TCBA will be better served by having a cohesive team working together for the Club's benefit.

I thank you all for the opportunity.



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: 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.

FOR SALE: Rans Tandem Recumbent Screamer. This bike is in excellent condition and very low miles. This is NOT a sport. The bike will be available for inspection and sale the first part of May. I believe it is a 2002 or 03. This

bike was \$4500. new and I am asking \$3800.00. Bike NW of Lansing 50 miles. Give Dusty a call at (989) 620-1933 or email dusty@cmsinter.net.

FOR SALE: Trek 2300 56cm. White Frame with carbon fork. All Shimano Ultegra. Bontrager wheel set with new Michelin Hi-Lite Tires. Two water bottle cages, Profile Aero Bars with Vetta computer with cadence. Comes with SPD Pedals. Bike is in Excellent Conduction. Also comes with an extra set of wheels, tubes, and tires. They are Velocity Aero-head wheels. Rear wheel has the cassette on it. Call Jon at (586) 718-4503 \$750.00

FOR SALE: Honda removable roof rack and bicycle attachment. \$200.00. Call Betsy at (517) 242-4609 or email bsteudle@yahoo.com.

FOR SALE: Trek 520 touring bike 62cm frame Bontrager wheels, computer, rear rack, triple front chain

rings, 8 speed rear cog, very good condition, \$350. Call John at (517) 282-3657 or email at jws1042@juno.com

FOR SALE: Rans v-rex recumbent short wheel base, 26" rear wheel and 20" front wheel, very good condition, has fenders rear luggage bag computer and recently replaced tires, chain and rear cog, \$700. Call John at (517) 282-3657 or email jws1042@juno.com.

FOR SALE: Rock Hopper Specialized, 24 Speed. Low Mileage, good condition, well maintained. \$200.00. Call Mike at 517-290-6160 or E-Mail Mike



MEMBER SPECIALS

..... And Special Members

Next time you see fellow TCBA member, Linda Hardenberg, please pass along your congratulations for having been named the American Business Women's Association's (ABWA) 2009 Woman of the Year. As reported in the *Lansing State Journal* on April 1, 2009, the Virgo Chapter of the ABWA recently recognized Linda at a celebration dinner held at the Michigan Women's Hall of Fame and Historical Museum.

Linda, who lives in Bath with her husband Tom (also a TCBA member), worked over 20 years as

SEW MUCH MORE

Cycling Wear: jerseys, cycling shorts, tights, and cycling shells. Reasonable prices. Custom fit. Gift Certificates. For more in-

an Administrative Assistant and Bookkeeper for the former A&R Enterprises, RMC Enterprises, and Marshall and Marshall Management.

Linda and Tom have been members of the TCBA for over 25 years. In addition to being a member of TCBA, Linda is a 14-year member of the Virgo Chapter of the ABWA where she's currently serving as vice-president.



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
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- DALMAC E-mail:.....dalmac@biketcba.org
- DALMAC FUND: Steve Leiby
E-mail.....leiby2691@sbcglobal.net
- DALMAC Treasurer: Ken Hendrick
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- LMB Office:.....(517) 334-9100
E-mail:.....office@lmb.org
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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
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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.