

TRI-COUNTY BICYCLE  
ASSOCIATION  
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# Chainwheel Chatter

Volume 35, Number 9

Established 1972

October 2009

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MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
<b>MEMBERSHIP</b>	October 29, 2009 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	Speaker and Topic were unavailable at deadline.
<b>CYCLE FORUM</b>	October 29, 2009 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	<b>ALLAN HUBER</b> The Fall Bicycling Season and DALMAC Reflections
<b>BOARD MEETING</b>	November 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 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 OCTOBER 9

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 OCTOBER 7

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



### MARK YOUR CALENDARS FOR THE 2009 CHRISTMAS PARTY:

Arrangements are made for the Christmas party. This year we will hold our annual holiday party at the Potter Park Zoo. This is a family event this year, with no program agenda. Come out and see the Holiday Lights displayed at Potter's Park Zoo, and stop by and enjoy some pizza, salad, and snacks. Bring the kids and come out and visit with your fellow TCBA members. This will take place on Sunday, December 20, 2009 starting at 5:00 p.m. Admission to the zoo is free. The cost to cover to food will be \$5.00 per person; children 12 and younger are free. As of this printing, parking is free as well.



**MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION  
BOARD OF DIRECTORS MEETING  
Foster Community Center - Lansing  
August 4, 2009**

President Roger Nelson called the meeting to order at 6:37.

Board members present included Roger Nelson, Patricia Trudgen, Linda Antinori Kris Stairs, and Donovan Riley. Also present were club members Katie Donnelly and Janet Weber.

**Reports:**

1. **President's Report:** President Roger Nelson revised the agenda to include Dick Sulin's request for time on the election committee and Donovan Riley's request for approval to look into software for easier posting of pictures on the web site. Roger read a letter from the Southside Community Kitchen thanking us for our donation of food after the T-Shirt and WOW Rides.
2. **Secretary's Report:** Linda Antinori presented the Minutes of the June meeting to the Board for approval. Kris Stairs made a motion to accept the Minutes with corrections, Dick Sulin seconded the motion and it passed unanimously.
3. **Treasurer's Report:** Dick Sulin presented June and July's Financial Reports to the Board for approval. Linda Antinori made a motion to accept the Financial Reports as presented. Pat Trudgen seconded the motion and it passed unanimously. Dick announced that he had closed the club's Bank of America account and opened an account at Independent Bank as discussed at June's Board meeting.
4. **Ride Incentives:** Kris Stairs reported that 90% of the Ride Incentives had been picked up.
5. **Events Director:** Patricia Trudgen announced that DALMAC rider confirmation letters were in the mail and that the DALMAC crew was complete. 2050 to 2075 total riders are expected on the 5 routes.
6. **WOW Ride:** Adreah Saxton is the new head of the WOW Ride Committee.
7. **Christmas Party:** Roger Nelson announced that this years Christmas Party will be a family type event held at Potter Park during the Festival of Lights with a pizza party afterward. The day and time are December 20, 2009 at 5pm. Pat Trudgen made a motion to approve the site, time, and cost which was seconded by Donovan Riley. The proposal passed unanimously.
8. **Picnic:** Linda Antinori announced that the Red Tail Shelter at Hawk Island had been booked for our 2010 TCBA Picnic on June 27, 2010.
9. **Membership Committee:** Roger announced that Dean Brailey had agreed to take over the position of Membership Committee Chairman.

**Old Business:**

Dick Sulin stressed to the Board the importance of naming someone to head up the Nomination Committee.

**New Business:**

Donovan Riley asked the Board's permission to look into purchasing new software to make posting pictures on the club's web site easier. One possibility would be Filemaker Pro with a link for each of the rides.

**Member Input:**

Katie Donnelly brought up mailing out the club newsletter at the first class postage rate to avoid many of the complaints we are receiving concerning late delivery of the Chainwheel Chatter.

The meeting adjourned at 8:15.

## SUMMERTOUR CELEBRATES 20 YEARS

By Sue Viele

This year SummerTour celebrated its 20<sup>th</sup> year with a fantastic ride. The committee decided to mark this milestone with a circle route near Michigan's west lakeshore, a favorite of many SummerTour riders. As we have in recent years, we enjoyed layover days at each of the two state parks we visited.

We began at Baldwin High School on the chilly morning of Wed., July 8, riding approximately 60 miles to beautiful Silver Lake. For many riders, lunch at the Brown Bear in Shelby punctuated their day. Thursday's layover day offered a short ride and a longer ride to Montague and the lighthouse beyond, with a good portion of the ride on the Hart-Montague trail.

Every SummerTour offers a different view of Michigan agriculture. Last year it was sugar beets; this year it was asparagus. Did you know that Oceana County is home to the Mrs. Asparagus pageant? Sandy soil, rolling terrain, and moderately breezes help to produce fields and fields of what has been "green gold" to local farmers. The story of how Oceana County's asparagus industry is now under threat is told in a feature film, *ASPARAGUS! Stalking the American Life*, and is part of the MSU Museum's *Michigan Eats* exhibit through November 15.

Off-the-bike activities included swimming, enjoying ice cream cones, and savoring the special treats from Cherry Point Market. The sand dunes offered opportunities for hiking and dune buggy rides. Some riders took to four-wheeled vehicles and raced go-carts on the track down the road from the campground.

The Friday ride to Orchard Beach State Park just north of Manistee was about 62 miles, passing through Pentwater and Ludington and riding by the Consumers Energy/DTE Energy Pumped Storage Plant, a familiar site to riders of past SummerTours and those who've participated in the LMB's Shoreline Tour. In addition to an observation deck offering a great view of Lake Michigan and the adjacent countryside, every night pump-turbines move water from the big lake 363 feet uphill to a 27 billion gallon reservoir. During the day, the water is released downhill to turn the turbines in the powerhouse to make electricity. Did we get that right, Pete?

On Saturday, riders once again had a choice of a short ride, a long ride or no ride, with the long ride heading up to Frankfort. The climb on M-22 near Arcadia was a wake-up call to anyone who hadn't done much riding outside of the Lansing area yet this year, but the view of Lake Michigan from the top made the effort worthwhile. It also offered an opportunity to get a cell phone signal!

As is traditional for our final evening, we had acknowledgments of the committee and crew. This would be a good opportunity to thank Milt and Gloria Gruhn, because for some reason their names were forgotten that night. We had many giveaways, ate a lot of s'mores, and had a lot of laughs. At Orchard Beach, we were witnesses to one of the most magnificent sunsets ever!

Although rain threatened a few times and there were some thundershowers one night, we were blessed with excellent riding weather. Our meals were provided by McGovern Catering at Silver Lake and B.J.'s (of Gaylord) at Orchard Beach.

Upon our return to Baldwin on Sunday, we were treated to a fabulous lunch made personally by Shelly McGhee of Baldwin, Michigan.

The committee is currently making plans for next year's route, so if you have any suggestions, please pass them on to your SummerTour Committee: Lee Adair, Joe and Ida Adams, Sandy Munson, Pete Derkos, Katie Donnelly, and Sue Viele.

## The Great Ohio Bicycle Adventure

June 20 to 27, 2009  
3000 people – 7 days – 350 miles

By "Gear Gut Gus" Gosselin

On Wednesday night, I would have signed a pledge that I never would do this again. You remember the day – the hottest day of the summer to date. The predicted high was 93°. The official reported high was 98°. A lady that had a thermometer on her bike said she saw it at 108°. I was ready to quit.

The Great Ohio Bicycle Adventure (GOBA) is a well organized bicycle tour. It is a circle tour with a couple of optional days, so you get a break on breaking up camp. They work with local ham operators along with many on bike volunteers who pedal with their radios to report any problems they may encounter.

Every year, it is in a different part of Ohio. The 2009 version was in North central Ohio, basically south of Toledo. The starting point was in Norwalk. We visited many towns with overnight stay in Elmore, Bowling Green, Defiance, and Fostoria.

I had been looking forward to this ride for three reasons. First, my oldest grandson who turned twelve this year would be joining us on his first bicycle tour. Second, Biker Bob, a good friend, would also be along. Third, I missed bike riding most of last year due to a bad car accident.

### **Sunday, June 21, Norwalk to Elmore:**

A beautiful bright sun greeted us as we eagerly folded camp. We stashed our bags on the truck and we're on the road early. With the excitement of getting started, we decided to eat breakfast on the way.

Our first rest stop was at a park in Bellevue. As we ate our breakfast, we listened to an Elvis impersonator. He was pretty good. A

short distance away, we came upon the Mad River Railroad Museum. I'm not an avid railroad buff but I do enjoy such things, especially from the historical perspective.

As we left Bellevue, we entered the North Coast Inland Trail. It is a nicely paved trail which intersect roads every mile or two. It was a blast to ride without cars to worry about.

About two miles into the trail, my grandson took a spill. Unfortunately, grandpa had not taught him what to do when he went off of the pavement so he ended up crashing. He suffered only minor road rash on one arm and the bike did not seem to be hurt. After some basic 1<sup>st</sup> Aid, we were back on our way.

We got off of the trail in Fremont where we had lunch at the Rutherford B. Hayes House and Museum. Ohio claims eight presidents among its native sons. Along with tours of the house and a museum, we were entertained by a blue grass group as we ate our lunch.

We returned to the North Coast Inland Trail which would take us to our final destination for the day. Along the way, we stopped at an ice cream parlor which was just off of the trail in Lindsey. Scrumptious.

Our destination for the day was Elmore, literally a two horse town. With 3000 plus people, you can imagine the lines at either the benevolent organizations' stands or any of the four restaurants in town.

### **Monday, June 22, Optional day#1:**

There were many options for those who did not want to ride their bikes on this day. A boat ride to the Bass

Islands or a trip to Cedar Point were among the many choices. We decided to ride the optional loop to Lake Erie in Port Clinton.

The water was refreshing. I now have swum in 4 of the great lakes. Only Lake Ontario remains for me to complete the list.

**Tuesday, June 23, Elmore to Bowling Green:** So far we're battling 100% sunshine. It would continue for the entire week! Refreshed by our swim in Lake Erie, yesterday, we're excited again to be on the road and opt for a breakfast at the first rest stop in Pemberville.

The lunch stop was at the junior high school in Perrysburg. The entertainment was provided by a high school age rock band. They were pretty good but their music style appealed to a younger crowd.

On the outskirts of Perrysburg, we visited Fort Meigs. A fort built by General William Henry Harrison in 1813 on the shores of the Maumee River to protect the western frontier during the War of 1812. This was an interesting slice of American history.

After our visit to the fort, we beelined it to Bowling Green. Our home for the night was the Wood County Fairgrounds.

### **Wednesday, June 24, Bowling Green to Defiance:**

This morning we decided to try the Chris Cake breakfast. Chris and crew entertain the bikers by tossing the pancakes that we must catch if we want to eat them. It's a pretty good meal with all you can eat with all the fixings for \$5. So we left Bowling Green with full bellies.

**CONTINUED ON PAGE 5 SEE G.O.B.A.**

## G.O.B.A.

Continued from Page 4

The highlight of the day came at our first stop in Grand Rapids. Ohio that is! Here, the Maumee River has a long stretch of shallow rapids, hence the name. There is a canal to circumvent the rapids with mule drawn boat rides for the tourists. One gets his money's worth as the ride lasts the better part of an hour.

That put us behind the bulk of the group. We arrived in Malinta as they were preparing to take down lunch. Fortunately, there was still plenty of food for us.

The rest of the ride into Defiance was relatively uneventful. However, we were pedaling in the heat of the day and even though today was a short 50 mile day, we had nothing left when we arrive at Defiance College. Where's that pledge that says I will never do this again?

**Thursday, June 25, Optional day #2:** We were still drained from yesterday's hot weather. This morning it was already hot at breakfast time. After another breakfast of Chris Cakes, we explored the options for the day. We had originally planned to do the century, but the last thing we wanted today, was to get near a bike.

We decide to go spend the after-

noon at the pool. It was free to GOBA riders. Refreshing!

**Friday, June 26, Defiance to Fostoria:** Somewhat cooler this morning, we headed out after our 3<sup>rd</sup> breakfast of Chris Cakes. There were no real touristy things to see today. The only listing was an Ohio State University Experimental Agricultural Station. We were not really interested so we pedaled on by.

Lunch was in a little town named Deshler. Here again we had entertainment. It was a band of college age young people. They played a pleasant style of music that we enjoyed as we ate our lunches.

In Fostoria, my grandson left us because he was committed to a play rehearsal on Saturday. We got a bonus out of this as my son took us out to dinner. The all-you-can-eat fish was great.

We could hear the traditional GOBA talent competition from our tent. Some of the acts were pretty good. This was followed by some pretty professional entertainment. The best was saved for the last night.

**Saturday, June 27, Fostoria to Norwalk:** After our last breakfast of Chris Cakes, it was a beeline to Norwalk

and our waiting cars. Every one seemed pretty anxious to end this tour and get on home.

Our morning rest stop was in a little town called Old Fort. Even though we were in the middle of the pack when we got there, they were almost out of food. A few cyclists got a little upset and jumped on the organizers. Either the GOBA people did not prepare them well enough for 3000 cyclists, or they didn't believe what they were told.

The lunch stop was in Flatrock on the grounds of the Flatrock Care Center. It's a facility that provides on site care for young people with emotional challenges. It was a beautiful setting with lots of shade trees for a mid-day nap.

There were only 20 miles left to Norwalk. We were back by my truck at 2:30PM. A quick change of clothes, and we were ready for the drive home.

As usual, now that the ride is behind us by three months, it doesn't seem so bad. The hot day is just a memory in a cool summer. The route for 2010 will be announced on the GOBA website on November 23<sup>rd</sup>.

## A BIG THANK YOU

By Patrician Trudgen, Events Director

A BIG **THANKS** for another successful DALMAC goes out to all of the dedicated volunteers and our ambitious riders. The excellent weather played an important part along with the great friendships, good roads, lovely scenery and tasty food. Hope to see you all next year.

THANK  
YOU

## October 2009 Ride Schedule

Recurring Rides; No Ride if Rain, unless noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
<b>Sundays</b>	10:00 AM	40-45	Z	Holt Junior High School	Rides will go to Country Mill	Pete Derkos 517-694-3024
<b>Mondays</b>					See Below for a couple of Day rides	
<b>Tuesdays</b>	4:00	25-35	C	Owosso Police/ Fire Station		David Smith
<b>Wednesdays</b>	10:00	30-45	B	Mega Mall	No rides below 30de-	Edie Belcher,
<b>Thursdays</b>					<b>Oct 29<sup>h</sup> Club Meeting</b>	
	4:00 PM	25-35	C	Owosso Police/ Fire Station	October 29th Ride will be at 8:30 am; Not 4:00 PM.	David Smith 989-723-1211
<b>Fridays</b>	NONE					
<b>Saturdays</b>	NONE					

### DAY RIDES (one time only) in October...

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Monday October 5 <sup>th</sup>	5:45 PM	20	B	MSU Pavilion		Katie Donnelly 349-5564
Saturday Oct 3 <sup>rd</sup>	10:00 AM	30-50	B	Holt Commuter Lot	No rides below 30 degrees	Edie Belcher 517/242-4122
Sunday Oct 4 <sup>th</sup>	12:30 AM	28-35	C	Coach's Pub and Grill	Rides will go to Cider Mill.	Edie Belcher 517/242-4122
Sunday Oct 11 <sup>th</sup>	12:30 AM	28-35	C	Coach's Pub and Grill	Rides will go to Cider Mill.	Edie Belcher 517/242-4122
Monday October 12 <sup>th</sup>	5:45 PM	17-18	B	MSU Pavilion		Katie Donnelly 349-5564

#### Ride Starting Point Descriptions

**Coach's Pub & Grill**.....6201 Bishop south of the King exit on I-96  
**Holt Commuter Lot**--.1 block left of the Holt Road Exit off 127 or 1/3 mi east of the College Road and Holt Road intersection  
**Holt Junior High** (Formerly Holt High School) ..... Aurelius Rd at Sycamore, 1/2 mile south of Holt Rd., Holt  
**Mega Mall**...15487 Old US-27 (Northeast St.) & Northcrest Rd NE Corner of lot  
**Owosso Fire/Police Station**.....116 S. Water St, Owosso

#### RIDE CLASSIFICATIONS

A..... 17-19 MPH  
 B..... 14-17 MPH  
 C ..... 12-14 MPH  
 D .Under 12 MPH Fun and Social Group Ride  
 M Mountain Bike ..... N/A  
 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.

FOR MORE RIDES CALL:517-882-3700 or visit the web site: [www.biketcba.org](http://www.biketcba.org)  
 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: [donnel13@msu.edu](mailto:donnel13@msu.edu)

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

## Sunrises & Sunsets for October 2009

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	7:35 AM	7:21 PM	11	7:46 AM	7:03 PM	21	7:58 AM	6:47 PM
2	7:36 AM	7:19 PM	12	7:47 AM	7:02 PM	22	7:59 AM	6:46 PM
3	7:37 AM	7:17 PM	13	7:48 AM	7:00 PM	23	8:00 AM	6:44 PM
4	7:38 AM	7:15 PM	14	7:50 AM	6:58 PM	24	8:02 AM	6:43 PM
5	7:39 AM	7:14 PM	15	7:51 AM	6:57 PM	25	8:03 AM	6:41 PM
6	7:40 AM	7:12 PM	16	7:52 AM	6:55 PM	26	8:04 AM	6:40 PM
7	7:42 AM	7:10 PM	17	7:53 AM	6:54 PM	27	8:05 AM	6:38 PM
8	7:43 AM	7:08 PM	18	7:54 AM	6:52 PM	28	8:07 AM	6:37 PM
9	7:44 AM	7:07 PM	19	7:56 AM	6:50 PM	29	8:08 AM	6:36 PM
10	7:45 AM	7:05 PM	20	7:57 AM	6:49 PM	30	8:09 AM	6:34 PM
						31	8:10 AM	6:33 PM



NOTE:

DAY -  
LIGHT

SAVINGS

TIME

ENDS

NOV. 1ST

## THOUGHTS ON MY FIRST DALMAC

By Lynn Cronkright

Last year, when my husband first suggested that we ride the DALMAC I thought he was crazy. After all, we'd only recently taken up cycling. It was difficult for me to ride 10 miles three times a week, let alone 70+ miles for four days in a row! As we discussed it further, we decided to wait a year and get a little more conditioned. So we signed up this Spring, opting for the 5 day, figuring that would give us the summer to build up. Ha! Our summer turned out to be one of the busiest in our lives! At the beginning of July, I got a new bike to use on the DALMAC. Over the next 8 weeks, I logged under 200 miles. My hubby did a little better than I but not by much. So much for conditioning.

It was with much trepidation on my part that we set out on a crisp, late August morning under clear blue skies. DALMAC is very well organized and we had registered the night before so it was a breeze to just load up our luggage, hop on our bikes and take off. At first we were unsure on our route and unused to riding in a group, but all we had to do was follow other DALMACers as there are many experienced riders who do this year after year. Figured if we were lost, we'd all be lost together. But could we make it? Could we really do this? The first day was almost 84 miles. The longest ride that we had ever been on to date was 67 miles, and that a while ago. Well, I just kept in mind what I had read in the TCBA newsletter. To paraphrase, it was something like "if you aren't used to long rides then the first day is ok (because you're running on adrenaline I think), the second day is hard but after day two, you just don't care any more." It turned out to be very true. We had just two goals: to stay ahead of the SAG line and just plain finish. We made both of them. It was a very enjoyable time. Beautiful weather, wonderful people, good organization. Come February next year, we'll be paying close attention to when DALMAC registration begins because we'll be doing it again!

Day One - Groups of children along the way, cheering on the DALMACers. "you can do it!" "good luck" "GO!"...a rural church that opened its doors with water and a restroom stop. Not an official DALMAC stop but lots of people took advantage of it...signs in front yards urging us on, welcoming us and wishing us all good luck...began to learn a whole new language: "on the left", "car up!", and my husband's personal favorite when he couldn't get his shoes unclipped in time at a stop sign- "comin' down!"



Day Two - the last 20 miles were the hardest...the campground at Lake George puts on a real nice lunch...many hills, lots of long upward grades...beautiful round roofed barns along the way...windier today than yesterday but still not too bad...amazed at all the different bikes here...mountain bikes, road bikes, tandems, recumbents, tandem recumbents and more...and the varied ages/fitness levels of the cyclists here...some who can leave at 7 a.m. , stop for an hour break, and an hour lunch and still make it to camp by 1 pm and then others, like me, who just keep going with brief stops and are relieved to make it to the camp by the 5 pm deadline...thank God for the SAG vehicles!



Some random thoughts about our first DALMAC:

Day Three - we're learning that it's best to get up, get

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](http://www.biketcba.org) Tri-County Bicycle Association

[www.lmb.org](http://www.lmb.org) League of Michigan Bicyclists

[www.bikeleague.com](http://www.bikeleague.com) League of American Bicyclists

[www.bikes.msu.edu](http://www.bikes.msu.edu) Michigan State University (MSU) Bikes

[www.walkbikelansing.com](http://www.walkbikelansing.com) Lansing's Walking and Bicycling Network

[www.capitalareasmartcommute.com](http://www.capitalareasmartcommute.com) Smart Commute Program

[www.midmeac.org](http://www.midmeac.org) Mid-Michigan Environmental Action Council

[www.bikems.org](http://www.bikems.org) Various rides throughout the country

[www.mmba.org](http://www.mmba.org) Michigan Mountain Biking Association

[www.facebook.com](http://www.facebook.com) TCBA is there as a group...check us out!



**Smart Cycling – Traffic Skills 101 Class**  
**Saturday, October 10, 2009**  
**MSU Pavilion - Room A**

**LAST CHANCE TO SIGN UP**

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

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

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

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

**JOINT CLUB RIDE**

By Roger Nelson

The AABTS (Ann Arbor Bicycle Touring Society) and TCBA are having a joint ride on Sunday October 11 from Dansville to Gregory. We'll meet in Dansville at 11:00 AM and ride to Gregory for lunch at the little restaurant there, about 17 miles. This is a first time event and will provide opportunity for our two clubs to get to know one another.

AABTS is having two rides to Dansville, one from Cavanaugh Lake (25 miles for A/B riders) and one from Stockbridge (12 miles for C riders). We'll meet downtown and then ride to Gregory together. After lunch, we'll split up and go our separate ways.

TCBA options are to drive to Dansville and start there, or if someone would like to lead a ride to Dansville, it can be put on the ride line. I'd like to see someone lead a ride from Holt, Williamston, and/or Mason.

If the weather is bad, we won't go, but either way, we plan on trying some more of these rides next year

**"AUTUMN IS THE YEAR'S LAST AND LOVELIEST SMILE."**



- 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.





## THOUGHTS ON MY FIRST DALMAC

By Lynn Cronkright

going and get as many miles out of the way as early as possible so we can take the last 20 at a slower pace if need be...lots of nice roller coaster-like hills, I've NEVER gone that fast on a bike before... today my top speed was 28mph, hubby's was 33mph...swimming in Elk Lake...a massage...jaw dropping as another rider told us about his last year experience riding "the Wall". How he had a hard time with it because he hadn't planned right and his average speed was just 16 mph, down from his usual 20 mph. Wow. How would I ever make it? My average speed was hovering around 11 mph...reminding myself that this is a RIDE not a race. All I have to do is keep going.

Day Four - the legend of the Wall turned out to be worse than the Wall itself. No, I couldn't ride it but I was sure in good company walking it! But my hubby rode it and I called all of our sons and bragged on their Dad...it's really the long grade up to the wall that tires you out... After the Wall, there are other wall-like hills with nice long downhill afterwards... my top speed today was 33mph and hubby's was 38mph... and I thought yesterday was fast!



Day Five - After going so scarily fast yesterday, I was having nightmares about "the chute" so in deference to me we opted for the alternate route. Perhaps next year for the chute ...the first view of the bridge was magnificent...the tunnel of trees beautiful...saw a deer...converging with all the other DALMACers from other routes was just awesome. A sea of orange flags...walked into Mackinac City and thought how slow it felt...cheering for the last riders to arrive...a nice comfortable bus ride home, a short search to locate our bikes and then home to our own beds. A comfortable end to an awesomely great time.

Now that I've painted such a rosy picture, I'd like to mention that it wasn't all sunshine and sparkles. There were a few problems along the way. Some out of DALMAC's control, some self-induced, such as: Only on the first and last day were the showers warm...as a rule school locker rooms aren't very luxurious, and the schools we stayed at were no exception. Mackinac City was the worst. A small, cave of a room that was being renovated at the time. no benches or lockers in the room to put your stuff, and who's bright idea was it to choose the Saturday that DALMAC was coming to town to paint the locker room?

We had to be careful not to get paint on our clothes, which was hard because, as I mentioned, there was no place to set your stuff. But at least the showers were warm... Someone in Elk Rapids had painted over the directional signs that DALMAC put down. That's where following other DALMACers really came in handy. At Elk Rapids and Petoskey, shuttles were available to take people into town to sample the local cuisine and culture. This was really nice for others but we found for ourselves that we were just ready to drop into bed and our bedtime got earlier with each passing day. By day four, we were sound asleep long before the camp quiet hours began...I have food sensitivities so had concerns about whether I could eat the "cafeteria food" but found at every stop but one I could eat most of the meal. I packed along a lot of food just in case so I certainly didn't starve... forgot to put sunscreen on my arms on day one so suffered with sunburn for a couple of days.

Overall it was a great time, and, like I said, next February we'll be paying close attention to when DALMAC registration begins because we plan to do it all again...but hopefully with a lot more conditioning!



All Photos shown within this article were courtesy of Lynn Cronkright.



# 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](mailto:chainwheelchatter@biketcba.org), fax to 1-800-480-1146, or mail to Janet Weber, 767 Linden St., Charlotte, MI 48813.

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

**FOR SALE:** Performance indoor bicycle stand (floor to ceiling 4 bikes or two)\$25,24 inch unicycle \$25,new still in box 170mm ulegra triple crank set with btm bracket front derailleur and schifter,\$100 contact Dave at [djlick@sbcglobal.net](mailto:djlick@sbcglobal.net).

**FOR SALE:** Nike U.S. Postal Tour de France Uniforms - 2 Jerseys and 2 Pants. Worn twice. Jerseys: 1 XL, 1 L. 3 back pockets. Pants: 1 M, 1 L. Asking \$20 for each jersey and each pant. Men's sizes, but one set was worn by size 14 woman. Impressive as Halloween gear for a biking couple. Call Karen at 517-337-2084. [petersm2@msu.edu](mailto:petersm2@msu.edu).

**FOR SALE:** Sun Speedster CX recumbent. Short Wheel Base. Purchased new in 2006 from Velocipede Peddler for \$750.00. Used very little, would

like to sell for \$300.00. Call Jerry at (517) 648-0500.

**DALMAC PHOTOS:** We were fortunate to have a couple of TCBA members volunteer their talents during DALMAC 2009. These folks helped take photos of our riders on several of the routes. If you are interested in viewing the photos, please go to one of these sites. Any additional information regarding these photos or how you may obtain them will be available on the respective sites: Kirt Livernois' photos can be seen at: <http://myphotoshelter.com/dalmac2009>; whereas Keith Bailey's photos from the bridge can be viewed at [www.picmyphoto.com](http://www.picmyphoto.com).

# 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.



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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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