TRI-COUNTY BICYCLE ASSOCIATION P.O. BOX 22146 LANSING, MI 48909 (517) 882-3700 WWW.BIKETCBA.ORG

Chainvheel Chatter

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MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
MEMBERSHIP	April 29, 2009 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	
CYCLE FORUM	April 29, 2009 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	ALLAN HUBER Bicycle Fit and Adjustment Essen- tial information for comfortable, effi- cient cycling.
BOARD MEETING	May 4, 2010 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 APRIL 9	48813 or fax to		767 Linden Street, Charlotte, MI send your e-mail to chainwheel- ed deadline.
RIDE CALENDAR APRIL 7	Boutell Drive, o ule@biketcba.or newsletter, plea be sure to use th include critical in	Grand Blanc, MI 4 g. So we can inc se note the indicate ne electronic tools to	eds to be sent to Ed Usewick, 590 8439 or e-mailed to ridesched- lude this information in the next ed deadline. Furthermore, please register rides. Please ensure you ride times, mileage, location, and aber.

ANNOUNCEMENTS

Volunteers needed for T-Shirt Ride on June 12th. Receive a free t-shirt and lunch for a few hours of your time. Contact Debra at 248-345-3616.

MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION BOARD OF DIRECTORS MEETING Foster Community Center - Lansing February 2, 2010

Board members present included Lenny Provencher, Patricia Trudgen, Linda Antinori, Donovan Riley, and Kris Stairs. Also present were club members were Janet Weber, Steve Leiby, Adreah Saxton, Deb Hold-craft, and Wendell Proudfoot.

Vice-President Lenny Provencher called the meeting to order at 6:32 p.m. in President Roger Nelson's absence.

Reports:

- 1. <u>Acting President's Report</u>: Lenny Provencher announced that cartoonist Jef Mallet would be our guest speaker on February 25, and our Annual Swap meet would be held at the April 29 meeting.
- 2. <u>Secretary's Report:</u> Linda Antinori presented January's Minutes to the Board for approval. Dick Sulin made a motion to accept the Minutes. Kris Stairs seconded it, and it passed unanimously.
- <u>Treasurer's Report</u>: Dick Sulin presented January's financial reports to the Board for approval. Linda Antinori made a motion to accept the reports as written; Pat Trudgen seconded it, and the motion passed unanimously.
- 4. <u>Event Director's Report</u>: Pat Trudgen announced that the DALMAC on-line application worked well over the weekend and things are moving ahead. The paper application book needed a little fine tuning and the committee hopes to have everything ready to go on February 14.
- 5. <u>Ride Incentive Committee:</u> Kris Stairs will have items for members to try on at the January and February membership meetings. The Ride Committee will meet this month.
- 6. <u>DALMAC Fund</u>: The DALMAC Fund applicant criteria questions have been revised for 2010.
- 7. Northwest Tour: 80 people have signed up for Northwest Tour.
- 8. <u>Membership Committee:</u> Dean Brailey, Wendell Proudfoot, and Steve Schuesler met before the Board meeting to start developing a plan for taking care of the membership roster on line.
- **9.** <u>Web Committee:</u> Wendell announced the new web site is up at biketcba.org and that DALMAC has its own web page at dalmac.org, which is also accessible from a link on the TCBA home page. There is also a separate contact page which allows members to contact Board members and Committee heads via direct email.

New Business:

- The Board approved mileage expenses from Grand Rapids to Lansing for the Obermeyers who spoke at January's club meeting.
- The subject of a possible new telephone system for the club was tabled until the next meeting.
- Possible speakers for March's club meeting are Dick Janson on self contained touring or Joe Krowzenski on his new book.

The meeting adjourned at 8:22 p.m.

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WE ARE MOURNING THE LOSS OF ED NOONAN

BY WENDELL PROUDFOOT

Friday, Feb 19, 2010, Ed Noonan died of an apparent heart attack following shoulder surgery at age 67. A Memorial Service is scheduled for Saturday, April 10, 2010 at 10 a.m. at the Brookshire Inn, 205 West Church Street, in Williamston.

Ed was a prominent leader in TCBA for many years. Ed took up cycling early in the 1990's with great enthusiasm. Many of us came to know Ed as he did a 6,000 mile ride from Fairbanks, Alaska to Key West, Florida in 1996. Since then, he has continued to partake in many riding adventures which he has shared with club members, both as participants and through his writings and photos.

Ed was the club webmaster from the inception of our website until September of 2009. As webmaster, he promoted use of the internet to serve the club. He documented his biking and riding adventures on both his own 'tailwinds.org' web site and on the 'biketcba.org' website too.

In addition to webmaster, Ed has been our club president and served on many committees. Notably, Ed did the research, grant writing, and contacts with funding agencies to obtain the bike racks on CATA buses and the initial installations of bike hoops in the Lansing area.

He was a community leader. In addition to serving TCBA as president, Ed served on the Williamston City Council, co-founded the Williamston Community Library Foundation, and was active as a leader in the Lansing area's Apple Mac users group. Ed planned to publish a book describing his 1996 Fairbanks to Key West adventure this Spring.

Most recently, Ed was a volunteer faculty member at the MSU law school where he made many friends. An article about his contributions appeared in the State News on Feb. 22 - http:// statenews.com/index.php/article/2010/02/volunteer_dies_remembered_for_his_impact_on_students.

Many of us who enjoyed Ed's friendship will be missing him greatly. There were very few things about which he didn't have an opinion that was usually correct. He was a wonderful riding companion and friend, but we may miss him most for being such an engaging, entertaining, and, yes, lovable, character.

Edward Noonan

December 3, 1942

February 19, 2010





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

www.biketcba.org Tri-County Bicycle Association

www.lmb.org League of Michigan Bicyclists

<u>www.bikeleague.com</u> League of American Bicyclists

<u>www.bikes.msu.edu</u>Michigan State University (MSU) Bikes

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

www.capitalareasmartcomm ute.com Smart Commute Program

www.midmeac.org Mid-Michigan Environmental Action Council

www.bikems.org Various rides throughout the country

www.mmba.org Michigan Mountain Biking Association

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

TCBA RIDE DATES FOR 2010

T- Shirt	June 12, 2010
Northwest Tour	June 16-20, 2010
SummerTour	July 14-18, 2010
WOW	July 24, 2010
DALMAC	September 1-5, 2010

RECUMBENT BICYCLE RALL

There will be a Recumbent Bicycle Rally on Saturday, May 8th, 9am until 2pm, at the Willow Metropark pool shelter, located off exit 11 of I-275 in southwest Wayne County. For more information visit <u>www.wolverbents.org</u> or call 734/487-9058.



MICHIGAN MOUNTAIN MAYHEM

Last month, we told you about the Michigan Mountain Mayhem (MMM), scheduled for June 12, 2010. We also indicated TCBA members would receive a discount off their jersey if they signed up for the event. What we did not have was the promotion code. TCBA Members must use the promotion code 719469 when registering for this event. For more information, and/or to register, TCBA members should contact Paul at paul@michiganmountainmahem.com, (231) 582-0542, or visit the event website at www.MichiganMountainMayhem.com. For a list of clubs receiving this discount, go to http://www.michiganmountainmayhem.com/ index.php?p=1 11 Cycling-Club-Discounts.

"Don't count the days, make the **days count."**

- Muhammad Ali

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

EASYSPOKEN Dream Ride – The Prequel

By Dick Janson

My last multi-week self-supported tour was 8 years ago in West Virginia. Since then, I have dreamed of spending weeks in Colorado and Utah. It seemed like 2010 would work for a multi-week trip, so I started to look into it.

I began to recognize problems. The area is a bit 'hilly' and services are spread out. To get a decent temperature window (not too hot in the day or too cold at night), I would have to do a lot of hill training before July, but recently my annual mileage has been half of previous years. I needed a Plan B.

About this time, I discovered that my half-sister, who I had seen less than a half dozen times in my life, was alive and well just south of Washington, D.C. (Not that it is relevant, but her name is Alice, is 77 years old, and works part-time in a restaurant.) Time to look east rather than west.

I wanted a way to get over the Appalachian Mountains with little climbing, lots of services, and an adequate number of inexpensive or free camping opportunities. Yea, right!

All I could come up with was a 335-mile route, including a half-dozen miles on rural roads, (motor vehicles are not allowed on the rest of it). The steepest grade to climb is 2%. In comparison, I live on a hill where the approach from either direction is a short 8% grade. After the first 185 miles there would be no hills at all to ride up.

In the first part, campgrounds are an average of 20 miles apart. In the last part, smaller campsites are about 5 miles apart. Nearly all are free. Some have showers and laundry. The longest ride from one service to the next is about 20 miles. I can choose to feed myself at convenience stores, gourmet restaurants, or anything in between.

The route features long tunnels, high bridges, and great scenery. There are historic sites most people would recognize, including Civil War towns, cemeteries, and a car ferry. Many businesses along the way cater to cyclists.

Not bad for a dream ride, eh? I'll be riding from Pittsburgh to Washington, D.C., first on a railroad bed of crushed limestone, then on a canal towpath. It's like a 5-day DALMAC, but without hills or traffic.

From Pittsburgh, PA to Cumberland, MD is the Great Allegheny Passage, a collection of local rail trails recently connected to each other. The final connection was the Big Savage Tunnel, reconstructed for bike use. It's over a half-mile long, and lighted.

The C&O Canal Towpath completes the trip. Nearly all of it runs along the Potomac River and, unlike large rivers elsewhere, there are hardly any buildings between you and the river; after all, it is a National Historical Park. It ends a mile from Lincoln Memorial and the Mall.

I understand it is mostly surfaced with hard packed dirt and can get muddy with rain, but dries up fairly quickly. The surface is not as smooth as the Great Allegheny Passage but I'll be riding on the widest tires my bike will support.

I plan to leave Michigan July 6 to avoid holiday traffic. I'll drive to a bike shop just south of Pittsburgh to drop off my bike and baggage. I'll continue on to Woodbridge, VA, parking my car at my sister's home. AMTRAK will take me back to Pittsburgh. I'll catch a taxi to a motel within a mile of that bike shop. In the morning, the bike shop owner will pick me up. Then it is a steep mile down to the start of the Great Allegheny Passage.

Once I get to Washington, D.C., half the distance to my sister's home will be on the Mount Vernon Trail, a multi-use facility that passes by Reagan National Airport. All but 3 miles of the rest is on low-traffic roads. My return to Michigan will probably be in early August, allowing me to spend some time with my sister, and the flexibility to avoid rain days and to take side trips. I'll have to ride 10 miles in the morning and 20 miles after lunch. I know it will be hard with those 2% grades, but with luck, I think I'll be OK.

Through the Internet and a Trail Book, I've studied details about places and conditions. I've followed a couple dozen rider accounts, most from CrazyGuyOnABike.com, to learn what to expect and what not to miss.

I've built a powerful, but compact lantern for the unlit tunnels, and a removable mud scraper for my fender, in case I have to ride in mud. I've constructed a handlebar bag for my recumbent so I can reach my camera and voice recorder while riding, and snacks are just as close.

I'll be living 'low' on the hog. During the ride, I've budgeted \$20 a day for food (taking eating utensils to have micro-waved food from convenience stores), minimal camping fees, and about \$20 for laundry. Half of my \$1,000 budget will be spent before and after for gas, motels, and an AMTRAK ticket.

Have I have over-planned this trip? I know I'll meet people and go places that just can't be planned. When the plan fails, the adventure begins, and I always hope for the adventure part. It is always the most memorable.



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April 2010 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	15-25	В	Oneida Township Hall	Roads must be dry and clear. No rides if now or rain. Temp 32 or better. No ride on Easter Sunday (April 4th).	Steve Hollington 517-338-0622			
Mondays	6:00 PM	15-25	В	Oneida Gospel Church	Roads must be clear and dry with departure temperature not less than 32 degrees.	Dennis Stinson 517-543-9432 Cell 517-285-3433			
Tuesdays	6:00 PM	12-20	С	Oneida Township Hall	No ride if rain or temps below 40.	Leslie Miyasato 517-927-8953			
Wednesdays	6:00 PM	15-25	В	Oneida Gospel Church	Roads must be clear and dry with departure temperature not less than 32 degrees.	Dennis Stinson 517-543-9432 Cell 517-285-3433			
Thursdays	6:00 PM	12-20	С	Oneida Township Hall	No ride if rain or temps below 40. No Ride April 29th.	Leslie Miyasato 517-927-8953			
Fridays	10:30 AM	20-30	С	Dewitt Township Hall	Roads must be free of ice and snow, and winds under 20 MPH.	Jan or Tony Koller 517-669-5744			
Saturdays	8:30 AM	40-45	Z	Sawdon School	Roads must be clear and dry.	Dennis Stinson 517-543-9432 Cell 517-285-3433			

Ride Starting Point Descriptions

Dewitt Township Hall 1401 W. Herbison Rd. 1/2 mi. west of Old 27 Oneida Gospel ChurchCorner of Oneida and Strange Hwy, Grand Ledge Oneida Township Hall.....11041 Oneida Road, Grand Ledge

Sunrises & Sunsets for April 2010

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	7:21 AM	8:03 PM	11	7:04 AM	8:14 PM	21	6:48 AM	8:26 PM
2	7:19 AM	8:04 PM	12	7:02 AM	8:15 PM	22	6:46 AM	8:27 PM
3	7:18 AM	8:05 PM	13	7:01 AM	8:17 PM	23	6:45 AM	8:28 PM
4	7:16 AM	8:06 PM	14	6:59 AM	8:18 PM	24	6:43 AM	8:29 PM
5	7:14 AM	8:07 PM	15	6:57 AM	8:19 PM	25	6:42 AM	8:30 PM
6	7:12 AM	8:09 PM	16	6:56 AM	8:20 PM	26	6:40 AM	8:31 PM
7	7:11 AM	8:10 PM	17	6:54 AM	8:21 PM	27	6:39 AM	8:33 PM
8	7:09 AM	8:11 PM	18	6:52 AM	8:22 PM	28	6:37 AM	8:34 PM
9	7:07 AM	8:12 PM	19	6:51 AM	8:23 PM	29	6:36 AM	8:35 PM
10	7:06 AM	8:13 PM	20	6:49 AM	8:25 PM	30	6:34 AM	8:36 PM

RIDE CLASSIFICATIONS

MPH
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wit pervision. 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

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

HELMETS ARE REQUIRED ON ALL TCBA RIDES

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Annual Brint Donalson Highland Festival Weekend Ride

By Kris Stairs

Baggage Truck Provided

The Highland Festival Ride honors the originator and long time TCBA member the late Brent Donalson. Ride from DeWitt Township Hall parking lot 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. TCBA is offering baggage transport

(reservation required).

Departure dates: Rain or Shine

Friday, May 28th at 9:00 AM

Return:

Sunday May 30th at 8:30 AM

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

Ride Class: Z

Ride information and **Baggage Reservation**:

Contact: <u>Kris Stairs (517) 627-4211</u> stairskris@yahoo.com

BAGGAGE RESERVATION RE-QUIRED

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 \$8 per tent for each night. Festival entry tickets are Adult \$15 Senior 62 and over \$10. If you would like to stay in an Alma College dorm room, check out the festival site at <u>http://</u><u>www.almahighlandfestival.com</u>.

Many varied festival activities are available with the peak on Saturday. 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. Riding up, we stop at the Middleton Diner for lunch and riding back we stop there for breakfast. On Saturday, May 28th Alma College offers a splendid breakfast at the Hamilton Commons on campus 6:30 to 8:30 AM.

The Highland Festival is a unique experience and gives you an activity coupled with a club ride.

TCBA NORTHWEST TOUR 2010

Welcome to the 4th annual NorthWest Tour, scheduled June 16-20, 2010.. This ride is sponsored by the Tri-County Bicycle Association (TCBA).

It is our sincere hope that each of you will have a wonderful experience riding the NorthWest Tour. On Wednesday, we have a short 'dinner' ride to Glen Arbor. The tour begins on Thursday with two nested loops toward the east. These are 54 miles to Traverse City and 34 miles through Lake Ann. There is an optional extended route of 46 miles to Old Mission Point for the long route. Friday has a pair of nested loops to the south through Honor. The 58-mile long route then passes through Benzonia and Frankfort. The 30-mile loop turns northwest out of Honor. Both loops then go to Empire.

Saturday's routes travel to the north. The 82-mile loop goes to Northport, with an optional 23-mile round trip to Leelanau State Park. The 38-mile loop turns south after Little Traverse Lake. Sunday's 29 -mile route goes along the Sleeping Bear Dunes National Seashore. This includes an optional ride on Pierce Stocking Drive and the Dune Climb. There is a \$5 daily fee for these attractions.

You are welcome to stay at the campground if you do not want to ride. Sleepy Bear Campground has a game room and a heated pool.



2009 NorthWest Tour photo courtesy of Wendell Proudfoot.

ARE YOU READY FOR THE NORTH-WEST TOUR?

NorthWest Tour will offer spinning classes to tour participants in conjunction with Court One Athletic Clubs, North, on Lake Lansing Rd. Cost per class is \$3.00 (no member fees). NWTour participants will have first choice, TCBA members will also be accepted to fill classes. Core floor exercises will be included in the class. We have an excellent trainer. Call Dick at 517-339-2368 to reserve a place in the class. Classes will be offered weekly in April and May. Time and dates will be determined later.



March 10, 2010

For Immediate Release Contact: <u>Meghan Cahill</u> League of American Bicyclists 202.822.1333

Google Announces Google Biking Directions at the League of American Bicyclists' 2010 National Bike Summit

Washington, D.C. - March 10, 2010 - The League of American Bicyclists is proud to be the forum for Google to announce what all bike riders have been waiting for - Grab Your Bike and Go with Google Maps. Google is announcing at the Opening Plenary Session at the National Bike Summit that they are adding biking directions in the U.S. to Google Maps."This new tool will open people's eyes to the possibility and practicality of hopping on a bike and riding," said Andy Clarke, President of the League of American Bicyclists. "We know people want to ride more, and we know it's good for people and communities when they do ride more - this makes it possible. It is a game-changer, especially for those short trips that are the most polluting,"

Users can now choose biking when deciding how to get to their destination, starting today, March 10, 2010. If you're one of the 57 million Americans who ride a bike, mapping your daily commute, and planning recreational or trail rides just became easier. According to Google this has been the most requested addition to Google Maps, and the League is delighted that they have chosen the National Bike Summit to unveil this new feature. Google's announcement further proves the importance of the Summit and the bicycle movement in helping our nation become a more Bicycle Friendly America. The Google biking directions will make it that much easier for bicyclists to get to work, school or play.

This new feature includes: step-by-step bicycling directions; bike trails outlined directly on the map; and a new "Bicycling" layer that indicates bike trails, bike lanes, and bike-friendly roads. The directions feature provides step-by-step, bike-specific routing suggestions - similar to the directions provided by our driving, walking, or public transit modes. Simply enter a start point and destination and select "Bicycling" from the drop-down menu. You will receive a route that is optimized for cycling, taking advantage of bike trails, bike lanes, and bike-friendly streets and avoiding hilly terrain whenever possible.

Visit <u>http://maps.google.com/biking</u> to try out this new feature. Biking directions for Google Maps is currently in Beta. Follow the League's news feed on the new Google feature on the League's Blog, Facebook and Twitter. If you have any further questions, contact Meghan Cahill at 202.822.1333 or <u>meghan@bikeleague.org</u>.

The following bit is from the League of Michigan Bicyclists website (<u>www.lmb.org</u>).

Bicycle Advocates Join Forces for 2010 Lucinda Means Bicycle Advocacy Day

Wednesday, May 26, 2010

Lansing, Michigan

Fee: \$10

Hosted by LMB, MMBA & MTGA

The League of Michigan Bicyclists, Michigan Trails and Greenways Alliance and Michigan Mountain Biking Association are pleased to announce they are joining forces for the 2010 Lucinda Means Bicvcle Advocacy Day. A traditional bike parade to the State Capitol will kick off the event, which will take place on the Capitol's north lawn on Wednesday, May 26, 2010, starting at 9 a.m.

In recent years, each organization has held its own lobbying day, but this year it is particularly important for us to join forces to push for a new policy for non-motorized transportation. All three groups will be asking legislators to support laws and policies to make Michigan bicycle-friendly.

BIKE BITS

One resolution, on Complete Streets, is already on the Legislature's agenda. All bicyclists, on- and off-road, need safe routes to their destinations, everywhere in Michigan. Many other states already have mandated Complete Streets, and LMB, MTGA, and MMBA all believe it is overdue in Michigan. As soon as our coalition of supporters agrees on the language of a bill, we will lobby for its passage.

In addition to Complete Streets, Advocacy Day participants will ask their representatives in Lansing to support a number of other initiatives to protect all Michigan bicyclists. LMB will continue to focus on legislation incorporate bicycle-safety to education within drivers education, and on our vulnerable user bills to increase penalties for striking or killing a bicyclist. LMB will also continue to advocate for a ban on "texting" while driving.

We will post a combined (LMB, MMBA and MTGA) advocacy agenda on this page in the near future. Stay tuned for more information in the coming month.

The bit below was taken from the League of American Bicyclists website (www.bikeleague.org).

May is National Bike Month

The League of American Bicyclists is promoting Bike-to-Work Week 2010 from May 17-21 and Bike-to-Work Day on Friday, May 21. Need some ideas? Use the League's step by step guide on how to get started promoting your event. Help us Count Cyclists In this May, and every month!

Check the events section often to see what bike month and bike to work week events are going on in your community. If you would like to submit your event information to be posted on this site, email it to <u>communication@bikeleague.org</u>. Please make sure you write, "Bike Month Event" in the subject line of the email.

From the TCBA website:

Bike Cases for Member Use

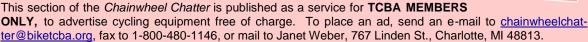
TCBA has purchased two hard-shell bike cases for member use. The most common use of such a case is when a cyclist is traveling by air and wants to have their bike to ride at their destination. Phil Wells is storing the cases and handling reservations. The cases include instructions for packing the bike; Phil will be glad to give his advice as well. Contact Phil in Lansing at (517) 267-8971 philor

wells99@yahoo.com.





CLASSIFIEDS



FOR SALE: Terry Women's Liberator X Touring Saddle. Brand new, still in package with tags attached. Leather/Kevlar cover. Black. \$45. Contact Leslie at 517-927-8953 or email <u>michigan-sk8er@comcast.net</u>.

FOR SALE: Rans V, Formula LE, recumbent. Long wheelbase, Planet Bike computer, 9spd cassett, Triple chainring, SRAM X-7 derailleurs and shifters, Continental tires, spare tires and tubes, two bottle cages, RANS bag mounted on seat, Wellgo combo pedals, Truvativ Isis Drive 170mm cranks. 91 miles on bike, like new. Will deliver within 300 mile radius. Over \$2100 invested, asking \$1500. 517-694-1602 or email martinb53@yahoo.com.

FOR SALE: Rans V-Rex recumbent. Features include: extra set of lightweight wheels, Ultegra front and rear derailleurs, new chain, Rans seat bag and rack, and two seat pads. Excellent condition and well maintained. Asking \$800. Call Dave at 517-449-5406, or email at outhouseman1@comcast.net.

FOR SALE: Specialized Allez Sport; 2003, 61 cm, Black Aluminum frame, Carbon front fork. Front derailleur and shifters are Shimano Tiagra; rear derailleur is Shimano 105, 27 speed component group. Carbon seat post. Cateye Velo 5 computer. SPD pedals. Like new, very low miles. Asking \$500. Call Maureen (517) 285-9803.

FOR SALE: Santana Visa tandem. Medium. Steel frame. Rebuilt in spring 2009 with new Shimano 7 speed STI levers, 14-34 rear freewheel, chain, 105 front derailleur, Deore XT rear derailleur, stems, bars and tape, Thudbuster stoker seatpost, cantilever brakes, water bottle cages and computer. Clipless pedals, Wheelsmith 48 spoke wheels, Terry Fly and Butterfly saddles, and computer. Excellent condition. Only about 5000 total miles, 1600 since rebuild. Older style Thule tandem roof mount included. \$1900. Call Gary at 517-256-8429 or e-mail garybunge@sbcglobal.net.

FOR SALE: 2006 Specialized Roubaix Elite road bike. 56 cm carbon

Hapl

fiber frame. Shimano 105 STI 9 speed levers, brakes, and front derailleur. Ultegra rear derailleur. FSA Gossamer triple crank. Carbon fiber bottle cages, computer and clipless pedals. Excellent condition. 5300 miles. \$900. Call Gary at 517-256-8429 or e-mail <u>garybunge@sbcglobal.net</u>.

WANTED: Road bike for teen to ride on the DALMAC. Preferably in good to very good condition with a 60, 61 or 62cm frame and no need of repair. Call 517-719-8321 for Mark or email wollensak@voyager.net.

ASSISTANCE NEEDED: If you have some time to provide a little 'hands-on' training to help a fellow member learn some basic repairs, i.e. change a tire, please contact <u>pame-</u> <u>lag_russell@yahoo.com</u>. General classes of verbal instruction are not what is being requested. This member wants someone to allow her to do the repairs, but watch and instruct as she is doing them.



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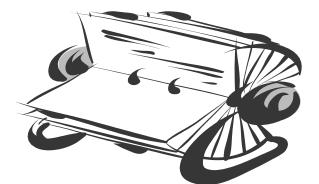
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Your respect is requested when using any of the numbers on this page. Phone calls during family time and at late hours can be intrusive.

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Q

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