

TRI-COUNTY BICYCLE  
ASSOCIATION  
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# Chainwheel Chatter

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## IN THIS ISSUE

Meetings/Deadlines Announcements	
Front Cover	
Board Minutes	2
The "New" TCBA Web Site	3
Chainlinks	4
Change of Address	4
Ride Dates for 2010	4
Are You Up For A Challenge?	4
Federal Investment in Bicycle And Pedestrian Projects	5
Ride Information	6
Ride Classifications	6
Sunrise and Sunset	6
U.S. Consumer Product Safety Commission Recalls	7
TCBA NorthWest Tour 2010	7
Still Crazy After All These Years	8
Bike Bits	9
Classifieds	10
Member Specials	10
TCBA Contacts/Change of Address Form	11
Membership Application Back Cover	

MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
<b>MEMBERSHIP</b>	March 25, 2009 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	<b>TO BE ANNOUNCED</b> Announcement of the topic / speaker to be made at the February Meeting and on Braking News on the web site.
<b>CYCLE FORUM</b>	March 25, 2009 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	<b>ALLAN HUBER</b> Come see what Allan's discussing this month!
<b>BOARD MEETING</b>	March 2, 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

<b>NEWSLETTER MARCH 12</b>	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.
<b>RIDE CALENDAR MARCH 10</b>	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

Sunday,  
March 14, 2010



March 20, 2010  
Spring Begins!



**MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION  
BOARD OF DIRECTORS MEETING  
Foster Community Center - Lansing  
January 5, 2010**

Board members present included Roger Nelson, Lenny Provencher, Patricia Trudgen, Linda Antinori, and Kris Stairs. Also present were club members were Ed Noonan and Steve Schuesler.

**Reports:**

This was an abbreviated meeting to allow Board and Club members to attend Lee Adair's viewing. Linda Antinori presented the Minutes of December's meeting for approval. Pat Trudgen made a motion to approve the Minutes with corrections, Kris Stairs seconded the motion, and it passed unanimously.

The meeting adjourned at 6:46 p.m.

**MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION  
BOARD OF DIRECTORS MEETING  
Foster Community Center - Lansing  
January 12, 2010**

Board members present included Lenny Provencher, Patricia Trudgen, Linda Antinori, Dick Sulin, Kris Stairs, and Donovan Riley. Also present were club members were Katie Donnelly, Maureen Stahl, and Wendell Proudfoot.

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

**Reports:**

- 1. Acting President's Report:** Lenny Provencher announced that Diane Obermeyer would be making a presentation on her Natchez Trace bicycle experience at the January 28 club meeting. Cartoonist Jeff Mallet would be our guest speaker on February 25, and our Annual Swap meet would be held at the April 29 meeting.
- 2. Secretary's Report:** Linda Antinori asked for the Board's permission to enter the *ChainwheelChatter* into the League of American Bicyclists Annual Newsletter contest. Linda will contact editor, Janet Weber about this matter.
- 3. Treasurer's Report:** Dick Sulin presented November and December's financial reports to the Board for approval. Linda Antinori made a motion to accept the reports as written, Pat Trudgen seconded the motion and it passed unanimously. Dick also reported that the 2010 Club Budget was almost finalized and that our Annual CPA review went well. Linda Antinori will look into a maintenance contract on Dick's computer.
- 4. Event Director's Report:** Pat Trudgen announced that the DALMAC Application Book was almost completed. They are finishing up with the on-line application and hope to be ready to go on February 14. Del Johnson and Pat Baughn are working on getting the DALMAC mailing list up to date.
- 5. Ride Incentive Committee:** Kris Stairs has ordered the parkas and will have items for members to try on at the January and February membership meetings.
- 6. Summer Tour:** Joe Adams and Committee hope to have Summer Tour applications in the mail around the first week of February.
- 7. Northwest Tour:** Contracts have been finalized for this year's tour and the application is now on line.
- 8. Web Committee:** Wendell Proudfoot, Web Committee Chair, announced that Dean Brailey is looking into software to replace the Access program we are now using for membership and ride miles. The new web site, although not complete, is at [www.biketcba.org](http://www.biketcba.org) and includes a contact page, new home page, and a news page blog.

**CONTINUED ON PAGE 3**

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

**New Business:**

- Maureen Stahl asked the Board's permission to use the TCBA logo on jerseys a group of Grand Ledge riders are designing for themselves. The Board decided against allowing the use of the logo.
- Dick Sulin asked the Board for permission to form a spinning and core exercise class at Court One for Northwest Tour participants. The matter was tabled until the next meeting.

The meeting adjourned at 8:20 p.m.

## The "New" TCBA Web site

By Wendell Proudfoot

The "new" web site has many features that are the same as the old one. It just looks different. But, you can still find information that you may be looking for:

- On the 'Home page' is information drawing your attention to the 5 major rides TCBA conducts each year: DALMAC, SummerTour, Northwest Tour, T-Shirt Ride and Women-on-Wheels (WOW). Information on Rides and Tours is also summarized on a separate page where you'll see a link to information about the scheduled rides we all enjoy, on most days when the weather cooperates. We're presenting the ride schedule information a little differently. It's presented in a Google calendar that is embedded in our web page. To see an example, visit the new web site's "Rides page" and find the October '09 calendar. October is the last time we had many rides scheduled. Hopefully this experiment will work out.
- A list of "Braking News" items is in the lower right side of the page. It's a compilation of the last four posts to a blog.
- Sending messages to club volunteers and officers is different. The "mailto:" links we're all familiar with are notorious for having the addresses harvested by spammers. Instead of the "mailto:" links, we have a Contact Form, where you can find the person you want to email on a drop-down list.
- DALMAC has it's own web site. It's a folder on the TCBA web site, but '[www.dalmac.org](http://www.dalmac.org)' will go directly to that folder, and it is just like an individual website.
- One of the reasons we moved to a new web host is to implement a new version of the TCBA Forums. The new Forums have been "up" since last spring, but many may have been bothered by the awkward url we required back then. The Forums are very popular with DALMAC riders looking for information and just discussion with other riders.

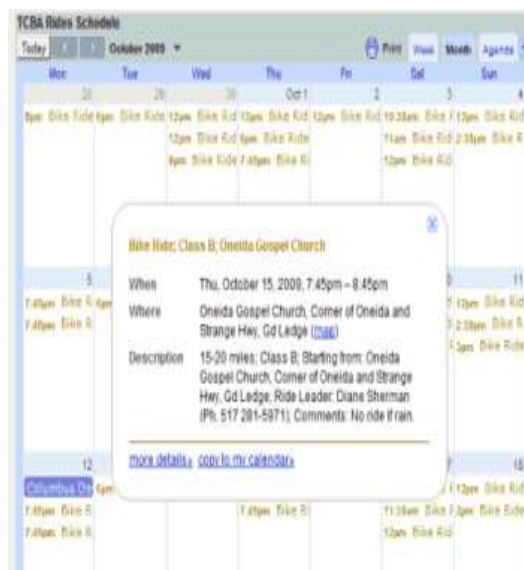


Image of Google calendar page shows pop-up detail

For those who want to know the technology, the new pages depend extensively on the use of Javascript, CSS, and PHP. Regarding Javascript and CSS, if your browser doesn't support them, or it's turned off, the really new things on the web site will not show up. CSS provides the structure and style to each page, and Javascript provides the changing images, rotating news items, and the calendar. Most of the pages validate as XHTML 1.0, and should display correctly in browsers such as Firefox that support that standard.

The Website Committee hopes you enjoy the new web site.

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!



## 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

### Are You Up For A Challenge?

There is a new cycling event that will take place in Northern Michigan (Boyne City) called the **Michigan Mountain Mayhem (MMM)**. The event will take place on Saturday, June 12, 2010. The event, which is scheduled to become an annual event, is a hill challenge ride for road cyclists. There will be four options available: a 50K teaser, a 100K metric century, a 160K (100 mile century), and a 200K double metric century with approximately 10,000 feet of climbing. If interested in participating in this new event, the organizer, Paul Nicholls, is offering all TCBA members a \$10 discount on the event jersey. For more information and/or to register, contact Paul at [paul@michiganmountainmahem.com](mailto:paul@michiganmountainmahem.com) or at (231) 582-0542, or visit the event website at [www.MichiganMountainMayhem.com](http://www.MichiganMountainMayhem.com).



**“Nothing’s better** than the wind to your back, the sun in front of you, and your friends beside you.”

- Author Unknown

### 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 change at [membership@biketcba.org](mailto:membership@biketcba.org).

**NEW ADDRESS**

**FEDERAL INVESTMENT IN BICYCLE AND PEDESTRIAN PROJECTS REACHES NEW HIGH**By Caron Whitaker, as extracted from *America Bikes*

*America Bikes Coalition lauds increased investment; notes growth in bike commuting, but expresses concern about lack of safety spending*

Washington, DC (10/22/2009) – Federal spending on bicycle and pedestrian projects totaled nearly \$1.2 billion in fiscal year 2009, according to an estimate released this week by the Federal Highway Administration (FHWA). This unprecedented investment — more than double that of FY 2008—comes at a time when bicycle commuting is growing swiftly nationwide. New U.S. Census Bureau figures peg this growth at 43 percent since 2000, and 14 percent since 2007.

America Bikes, a coalition of eight national non-profit organizations, has analyzed this new data and issued comments, as the group intensifies its efforts to make sure the next federal transportation bill properly supports bicycling facilities and programs.

America Bikes notes that bicycle and pedestrian project funding grew in part because of new money provided by the American Recovery and Reinvestment Act, which contributed \$405 million to job-rich, green infrastructure projects such as building and improving sidewalks, curb ramps, bike lanes and multi-use trails. Independent of this stimulus funding, more than \$780 million was invested in bike/ped efforts—an increase of 45 percent on FY 2008.

“State and local agencies are increasingly realizing that investing in improved conditions for bicycling and walking is good for their local economies, the environment, and for the overall quality of life,” said Andy Clarke, America Bikes board member and President of the League of American Bicyclists. “Broad-based support for bicycling has never been stronger—from the Administration, Congress, community and business leaders, healthcare professionals, and individual citizens.”

**Good News, But...**

While America Bikes welcomes the increasing federal investment and growing participation in bicycling and walking, the Coalition cites ongoing concerns:

1. Last fall, America Bikes identified nearly \$3.8 billion in cost-effective “shovel-ready” bike-ped projects nationwide, but less than 20 percent of them have since been funded.
2. While 71 percent of Americans say they want to bike more, some state Departments of Transportation aren't getting the message and aren't spending available bike project money. The proof: State DOTs this year returned to the federal government more than TWICE the required sum of Transportation Enhancement fund rescissions. (Transportation Enhancements rank as the single largest category of federal funding for bike and pedestrian improvements.)
3. America Bikes continues to be concerned about the lack of federal investment in making bicycling and walking safer. While cyclists and pedestrians account for 13 percent of annual U.S. traffic fatalities, less than one half of one percent of federal Highway Safety Improvement Program is spent on bicycle and pedestrian projects.
4. During fiscal year 2009, about two percent of federal transportation funds were spent on bicycling and walking—a figure that continues to fall far short of the 10 percent of U.S. trips that are currently made on foot or by bike. America Bikes believes that additional investments in bicycling and walking will make these activities safer, more convenient, and more popular, and will help our nation reduce obesity, road congestion, air pollution and dependence on imported fuel.

Randy Neufeld, President of America Bikes, said, “The increased federal spending this year is a great first step, but it's still a fraction of the investment that is appropriate given the increase in use and utility of bicycling. Most Americans support increased spending on bicycle lanes and paths.”

*America Bikes is a coalition of leaders from the bicycling community advocating for positive outcomes for bicycling in the federal transportation bill. America Bikes Coalition members include: Adventure Cycling Association, Alliance for Biking and Walking, Bikes Belong, International Mountain Bicycling Association, League of American Bicyclists, National Center for Bicycling and Walking and the Rails to Trails Conservancy.*

**Contact:**

Caron Whitaker, America Bikes  
202-215-3908  
caron@americabikes.org

**March2010 Ride Schedule**  
 Recurring Rides; No Ride if Rain, unless noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
SUNDAYS	4:00 P.M.	12-15	B	Oneida Township Hall	The roads must be dry and clear (No ride if snow or rain) Temp 32 or better	Steve Hollington 517-338-0622 E-mail: <a href="mailto:SHollington@comcast.net">SHollington@comcast.net</a>

**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)

**RIDE STARTING POINT DESCRIPTIONS**

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

***Let the Rides Begin!!***

**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.

**Sunrises & Sunsets for March 2010**

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	7:14 AM	6:26 PM	11	6:58 AM	6:38 PM	21	7:40 AM	7:50 PM
2	7:13 AM	6:28 PM	12	6:56 AM	6:40 PM	22	7:39 AM	7:51 PM
3	7:11 AM	6:29 PM	13	6:54 AM	6:41 PM	23	7:37 AM	7:53 PM
4	7:10 AM	6:30 PM	14	7:53 AM	7:42 PM	24	7:35 AM	7:54 PM
5	7:08 AM	6:31 PM	15	7:51 AM	7:43 PM	25	7:33 AM	7:55 PM
6	7:06 AM	6:32 PM	16	7:49 AM	7:44 PM	26	7:32 AM	7:56 PM
7	7:05 AM	6:34 PM	17	7:47 AM	7:46 PM	27	7:30 AM	7:57 PM
8	7:03 AM	6:35 PM	18	7:46 AM	7:47 PM	28	7:28 AM	7:58 PM
9	7:01 AM	6:36 PM	19	7:44 AM	7:48 PM	29	7:26 AM	7:59 PM
10	6:59 AM	6:37 PM	20	7:42 AM	7:49 PM	30	7:25 AM	8:01 PM
						31	7:23 AM	8:02 PM



Daylight Savings Time Begins on March 14, 2010

**HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!**

## U.S. CONSUMER PRODUCT SAFETY COMMISSION RECALLS

Extracted from [www.cpsc.gov](http://www.cpsc.gov)

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

**Name of Product:** 2010 Redline Conquest Pro Bicycles and Framesets.

**Units:** About 350.

**Distributor:** Seattle Bike Supply, of Kent, Wash.

**Hazard:** The bicycle's fork legs can separate from the fork crown and cause the rider to lose control, posing a risk of serious injury if the rider falls.

**Incidents/Injuries:** The firm is aware of three reports of forks separating with minor injuries reported in one of the incidents.

**Description:** This recall involves all 2010 Redline Conquest Pro Cyclocross bicycles and framesets. The bicycles and framesets



were sold in pearl white/blue and have aluminum frames with carbon fiber forks and aluminum steerer tubes.

**Sold at:** Bicycle specialty stores nationwide between August 2009 and November 2009 for about \$1,900 for the bicycle and about \$550 for the frameset.

**Manufactured in:** Taiwan.

**Remedy:** Consumers should immediately stop using the recalled bicycles and framesets and contact their local Redline bicycle dealer to receive a free inspection and fork replacement.

**Consumer Contact:** For additional information contact Redline Bicycles at (800) 283-2453 or visit the firm's Web site at [www.Redlinebicycles.com](http://www.Redlinebicycles.com).

**Name of Product:** CO<sub>2</sub> bicycle tire inflators.

**Units:** About 24,000

**Importer:** Todson Inc., of North Attleboro, Mass.

**Hazard:** The pressurized cartridge containing carbon dioxide (CO<sub>2</sub>) can forcefully separate from the pump head, posing a risk of injury to the consumer.

**Incidents/Injuries:** None reported.

**Description:** This recall involves Zefal CO<sub>2</sub> bicycle tire inflators with a small pressurized carbon dioxide cartridge. The metal cartridge is threaded into the inflator head, which allows for the controlled release of carbon dioxide into the bicycle inner tube.



The recalled inflators have "Zefal EZ+ CO<sub>2</sub> inflator" printed on the front of the package. Model number 5602 and U P C n u m b e r 798661556020 is printed on the back..

**Sold exclusively at:** Walmart stores nationwide from August 2009 through November 2009 for about \$15.

**Manufactured in:** Taiwan

**Remedy:** Consumers should immediately stop using the inflators and return them to Walmart for a full refund.

**Consumer Contact:** For additional information, contact Todson Inc. at (800) 213-4561 between 9 a.m. and 5 p.m. ET Monday through Friday, or visit the firm's Web site at [www.todson.com](http://www.todson.com).

## TCBA NORTHWEST TOUR 2010

By Dick Sulin, Treasurer and NW Tour Director

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. For more information and application check out the web site [www.biketcba.org](http://www.biketcba.org).



2009 NorthWest Tour photo courtesy of Donovan Riley.

### ARE YOU READY FOR THE NORTHWEST TOUR?

NorthWest Tour will offer spinning classes to tour participants in conjunction with Zone 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.

## Still Crazy After All These Years

By Ron Berby

Throughout my lifetime they've occasionally said it out loud: "You're crazy." Other times they just thought it.

Likely those first few times were in my teens when I ran cross country and track for Milford High School, and my friends found out I ran extra workouts on weekends and even sometimes after practice on weekdays.

The epitome of it, when I ran for MSU, came in track season in the spring of my senior year. Not fast enough to qualify in the 2-mile run for championship meets; I joined another "slow" teammate, Jack Amie, in an attempt to break the world record for fifty miles, set the previous year at five hours and twenty minutes. Our plan was to run highways from Beaumont Tower on campus to Milford, a distance of about fifty miles. Taking off on a hot, muggy morning, we'd stop to drink water at gas stations and were okay until after 20 miles, when Jack started feeling it and began to press to give up at Howell, a distance of 32 miles. When I tried to convince him to go further, he said, "S\_\_\_, Berby, you actually like this stuff!" We both quit there, but I, unlike Jack, deeply regretted not going on.

For some strange reason, I decided that running was a pursuit of childhood, and as an adult I should turn to alcohol. For a stretch of nearly twenty years it became proof positive of my insanity. To some I may have seemed like a lot of fun, but to those close to me, it came with an increasingly dark cloud. I often put myself, my marriage, my loved ones, and my teaching career in jeopardy, with the marriage and the teaching career ending before it was over.

So how did I resolve all this? I returned to running, eventually gaining in personal strength and quitting drinking. While I still drank, I ran one or two marathons a year, hard. But freed from alcohol's paralysis, I found I could ease the effort a bit, and run MORE marathons each year – and eventually ultra marathons – for over 20 years.

Many think the craziest thing I ever did was at age 54 to run for six days. But hey, my second (and last) wife ran the whole thing with me. In 1995 - despite a heat wave - we ran and walked together on and off around a one-mile loop in a park in Sacramento for six days, totaling 312 miles as time ran out.

Now, Old Bikers is when you can take heart: Sally and I tied for fifth place among the 19 competitors from seven countries. Of the 19 who started, 16

stuck it out for the whole six days, and the average age of those was 56! Sally, at 45, was the baby. Crazy, huh? But look around you from over those handlebars. Aren't bikers on long rides and multi-day tours often kind of wrinkled?

In 2000, when a non-running injury took much of the cartilage out of my left knee, I found myself riding a bike. I've been riding single and multi-day tours ever since. And in winter I surprisingly often cross country ski on the trails near our home. Lucky for me, my insanity has led me to find a way to exercise nearly every day for a whole lifetime.

A few days back, I went to the funeral visitation for Lee Adair. I knew Lee from a couple of SummerTours I enjoyed, and was impressed with his skills as an organizer, communicator, mediator, counselor, and sometimes cop. The full parking lot at the Tiffany Funeral Home was evidence that others felt the same. And I noticed that his obituary said Lee had loved riding his bike. Looking around, I once again marveled at how old and sometimes tubby we bikers are, and at the same time among the happiest people you will know. I'm not so sure that you must have a passion for exercise for such happiness, but I am sure you must have something you are truly passionate about.

In 1982, when I made maybe my third visit to a psychiatrist to deal with my then-tenuous hold on sobriety and the year-old divorce my wife (the first one) had insisted on, Dr. Galli, who had some idea of running's importance to me, had a question. "Is that how it is?", he asked. "If you get out for a run most every day, does it make everything okay?"

I thought about for a second, and surprised, I answered, "Yeah, I guess that about says it."

"Think of how lucky you are," Galli said. "How many people can truly say they have something that makes everything okay?" Sadly, most people as the years go by just settle for TV, alcohol, food, cigarettes, pills, and most recently, the internet.

But maybe you're like me. Maybe you don't care if biking will lengthen your life. Maybe you find a way to bike or run or knit or meditate or whatever – most days - just because of how it makes you feel: That there are always things to look forward to, and that life is an adventure.

Like me, you tell the Grim Reaper: "Oh, some day you'll have me. But that doesn't mean I'm afraid."





## BIKE BITS

The following articles are from the League of American Bicyclists Update:

**MUTCD Final Rule** ~ The Manual for Uniform Traffic Control Devices (MUTCD) Final Rule was published in the Federal Register December 16, 2009. The MUTCD defines the standards used by road managers nationwide to install and maintain traffic control devices on all public streets, highways, bike-ways and private roads open to public traffic. States must adopt the 2009 National MUTCD as their legal State standard for traffic control devices within two years. The Federal Highway Administration (FHWA) published the new edition of the MUTCD at [mutcd.fhwa.dot.gov](http://mutcd.fhwa.dot.gov). The MUTCD Web site includes a series of documents detailing changes from the 2003 edition and additional materials are available upon request.

**Cities for Cycling Initiative** ~ Cities for Cycling (C4C) is a project of the National Association of City Transportation Officials to catalog, promote and implement the world's best bicycle transportation practices in American municipalities. Last week, the initiative brought several hundred key political and advocacy leaders together in Washington, D.C., including Janette Sadik-Khan, New York City's transportation commissioner. "People want to ride bikes. Make it safe for them and they will come," said Sadik-Kahn, noting the sponsorship of the new C4C campaign by the 13-year old National Association of Transportation Officials. C4C's goal is to spread word of a surprisingly broad but not well-known range of pro-bike experiments that are already being tried in some U.S. and foreign cities.

**Bikes and Public Transport** ~ The *Journal of Public Transportation* recently posted the latest issue containing "Integrating Bicycling

with Public Transport in North America," (<http://www.nctr.usf.edu/jpt/pdf/JPT12-3Pucher.pdf>) a review of bikes and transit policies in eight North American cities by researchers John Pucher of Rutgers and Ralph Buehler of Virginia Tech. The authors conducted case studies of San Francisco, Portland, Minneapolis, Chicago, Washington, New York, Vancouver and Toronto. Refer to the League Blog (<http://www.bikeleague.org/blog/2009/12/how-much-do-you-know-about-bikes-and-public-transportation/>) for an informative post including a safety video and quiz concerning bikes and public transportation.

The following article is from the *Adventure Cycling, Bike Bits, Volume 11, No. 24*. This article was selected based on it's feature of Michigan Bicycling. For more information, go to the websites indicated in the news bit, to find more opportunities to bike our gorgeous state.

**BIG MACKINAC ATTACK** ~ Actually it's pronounced "Mack-i-naw," but we couldn't resist the headline. When you're thinking about places to go cycling next summer, consider putting Mackinac Island on your list. Believe it or not, the island was America's second national park (only Yellowstone was designated earlier), although today it's a state park. This story makes it sound like the kind of place we'd like to spend a few days, walking shoes and bicycle in tow. <http://bit.ly/5fSztA> We just happen to have a self-supported tour slated for September that takes in Mackinac Island, along with a whole bunch of other gorgeous places on Michigan's Lower and Upper Peninsulas. Read about it here: <http://www.adventurecycling.org/tours/tourdetail.cfm?t=SC10&id=188&p=1>. There is also a supported, relaxed tour option as well: <http://www.adventurecycling.org/tours/tourdetail.cfm?t=EV10&id=189&p=1>.



Photo from the Mackinac Bridge courtesy of Janet Weber.

The following is from the League of Michigan Bicyclists:

**LMB Michigan Bicycle Summit to Feature National Cycling Advocates** ~ Andy Clarke, Executive Director of the League of American Bicyclists, will keynote the League of Michigan Bicyclists' 2010 Michigan Bicycle Summit, and Chris Phelan, founder of the Ride of Silence, will be a special guest. The Summit will take place on Saturday, March 27, 2010. LMB invites TCBA members to attend.

Also, at a reception on Friday night, March 26, LMB will present our 2010 Awards for Bicycle Advocate, Bicycle Educator, Distinguished Service and Volunteer of the Year. The reception will give you a chance to meet these two nationally known bicycle advocates up close and talk bicycling with them.

The Summit will run from 9:00 am to around 4:00 pm on Saturday at Peckham Industries, next to the Lansing airport. Secure indoor bike parking will be available. An optional 20-mile post-Summit bike ride will wrap up the day's events.

The theme of this year's Summit is "Providing tools for a brighter bicycling future in Michigan."•

During the day, Summit participants can choose among 12 different workshops, covering such topics as: Complete Streets; The Ride of Silence; Bikeability Assessments; Bike Shops' Role in Advocacy; Making Your Tour Accessible to All; and Bicycling and the Law.

The registration fee of \$40 per person (\$65 for exhibitors) includes all materials, lunch and snacks.

See LMB's web site, [www.lmb.org](http://www.lmb.org), for a complete listing of Summit workshops, information about presenters, and on-line registration.



# 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:** 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 [michigan-sk8er@comcast.net](mailto:michigan-sk8er@comcast.net).

**FOR SALE:** Rans V, Formula LE, recumbent. Long wheelbase, Planet Bike computer, 9spd casset, Triple chain ring, 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](mailto: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](mailto:outhouseman1@comcast.net).

**FOR SALE:** Trek 5500, 1993; Carbon OCLV, 58 cm, 16 speed, mint-

condition; collector's item. 39/53 Super glide chain rings, Shimano Dura-Ace with STI shifters. Bontrager wheels; new tires in 2008 with 200 miles. Aero Bars. Wireless Turbo Elite Specialized cyclocomputer. Carbon seat post. SPD shiman pedals. Must be seen to really appreciate the immaculate condition this is in. \$1700, Call Maureen at (517) 285-9803.

**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. Cat eye 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 free-wheel, chain, 105 front derailleur, Deore XT rear derailleur, stems, bars and tape, Thudbuster stoker seat post, 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. \$2000. Call Gary at 517-256-8429 or e-mail [gary-bunge@sbcglobal.net](mailto:gary-bunge@sbcglobal.net).

**FOR SALE:** 2006 Specialized Roubaix Elite road bike. 56 cm carbon 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. \$1200. Call Gary at 517-256-8429 or e-mail [gary-bunge@sbcglobal.net](mailto:gary-bunge@sbcglobal.net).

**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](mailto: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 [pamelag\\_russell@yahoo.com](mailto:pamelag_russell@yahoo.com). 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.

## 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.

# TCBA MEMBER CONTACT

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

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## 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 \_\_\_\_\_

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MAIL TO: TCBA, ATTN: MEMBERSHIP CHANGE OF ADDRESS, P.O. BOX 22146, LANSING, MI 48909.