

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

Chainwheel Chatter

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MEETING

DATE & TIME

LOCATION

PRESENTER & TOPIC

MEMBERSHIP

May 27, 2009
7:00 p.m.

Foster Community
Center
200 N. Foster St.
Lansing, MI

Award Presentations
We will be recognizing the Poster
Contest winners, as well as this
year's DALMAC Fund grant recipi-
ents.

CYCLE FORUM

May 27, 2009
6:00 p.m.

Foster Community
Center
200 N. Foster St.
Lansing, MI

ALLAN HUBER
Always something to learn and dis-
cuss about cycling.

BOARD MEETING

June 1, 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 MAY 14

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 chainwheel-chatter@biketcba.org by the indicated deadline.

RIDE CALENDAR MAY 12

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

Club members will be at the City Market on May 15 2010. We will be talking to people about our club and passing out information about it. Each week the City Market selects one to two groups to let the community know about their functions. We will be there from 10am till 3pm. If anyone would like to volunteer to help, please contact Patricia Trudgen, DALMAC Events Director at 517-339-2831.

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
March 2, 2010**

Board members present included Lenny Provencher, Patricia Trudgen, Linda Antinori, Donovan Riley, and Kris Stairs. Also present were club members Steve Leiby, Katie Donnelly, and Ken Hendricks.

Vice-President Lenny Provencher called the meeting to order at 6:34 p.m. in President Roger Nelson's absence.

Reports:

1. **Acting President's Report:** Possible speakers for March's club meeting are Dick Janson on self contained touring or Joe Krowzenski on his new book, and our Annual Swap meet would be held at the April 29 meeting.
2. **Secretary's Report:** Linda Antinori presented January's Minutes to the Board for approval. Pat Trudgen made a motion to accept the Minutes, Dick Sulin seconded it, and it passed unanimously.
3. **Treasurer's Report:** Dick Sulin presented January's Financial Reports to the Board for approval. Linda Antinori made a motion to accept the reports as written, Kris Stairs seconded it, and the motion passed unanimously.
4. **Event Director's Report:** Pat Trudgen announced that the DALMAC application books went out in the mail on February 23 and that 1,280 applications have been received thus far. Everything is looking good.
5. **Ride Incentive Committee:** Kris Stairs announced that the Ride Committee had reached a decision on the 2010 Ride Incentives and they are as follows:

- Level 1: Helmet
- Level 2: Bike Computer
- Level 3: Cycling Vest
- Level 4: Camp Chair and Medium Pac Towel
- Level 5: Leg Snap Bands

Pat Trudgen made a motion to accept the Incentive Awards as proposed, Donovan Riley seconded the motion, and it passed unanimously.

6. **DALMAC Fund:** The DALMAC Fund has received 12 applications thus far.
7. **Northwest Tour:** 141 people have signed up for Northwest Tour and the crew has been filled.
8. **Membership Committee:** Dean Brailey is looking into new software for the membership roster.
9. **DALMAC Treasurer's Report:** Ken Hendrick presented the 2009 DALMAC Financial Report to the Board.
10. **Summer Tour:** Summer Tour is being ran at the present time by a 5 person committee who haven't decided on a Chairperson yet.
11. **Annual Club Picnic:** The Picnic is set for Sunday June 27 at Hawk Island Park. Only the Caterer needs to be booked.
12. **Christmas Party:** Lenny will look into the possibilities of having a bowling party at Royal Scot or having a party at Impression 5 Museum.

Old Business:

- The Board tabled the question of how much space should be given in the Chainwheel Chatter to non-TCBA rides until President Roger Nelson returns.
- All Northwest Tour phone calls will be routed to Dick Sulin's home phone.

New Business:

- The Board is looking into ways to possibly donate helmets to kids in the area to increase bicycle safety.

The meeting adjourned at 8:38 p.m.

SMART CYCLING: TRAFFIC SKILLS 101

By Bill Savage, TCBA Safety & Education

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

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

Scanning and signaling
Lane positioning
Traffic laws

Lane changing
Emergency maneuvers
Knowledge of bicycles

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



Previous Road 1 Class Student George Grof performing skills. TCBA Members always wear helmets. Photos courtesy of Bill Savage.

The class will be taught by a League Cycling Instructor (LCI). The class is scheduled for Saturday, May 22 at the MSU Pavilion, Room B from 8:00 a.m. to 5:00 p.m. We will need a minimum of nine (9) in the class, and there will be a cost of \$55.

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

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

If interested, please contact Bill Savage at (517) 339-3933 or e-mail him at MSUSavage@aol.com to obtain a registration form.

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 Lee-

lanau 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 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 May and May. Time and dates will be determined later.

CHAINLINKS



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

www.biketcba.org Tri-County Bicycle Association

www.lmb.org League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

www.bikes.msu.edu Michigan State University (MSU) Bikes

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

www.capitalareasmartcommute.com Smart Commute Program

www.midmeac.org Mid-Michigan Environmental Action Council

www.bikems.org Various rides throughout the country

www.mmba.org Michigan Mountain Biking Association

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



DALMAC RIDE LEADERS

By Donovan Riley

Attention Experienced Ride Leaders, Assistant Ride Leaders, NEW Ride Leaders, and those of you interested in the duties of a Ride Leader. There will be a get-together on Wednesday, May 19th, at 6:30 p.m. at Foster Center in Lansing. Come learn, review, and SHARE experiences with others about a really exciting DALMAC Tour position. Facilitator is Donovan Riley. Refreshments will be served. RSVP to Pat Trudgen at 517-339-2831.



What's the hardest thing about learning to ride a bicycle? The road.

Joke from <http://www.free-funny-jokes.com/funny-bicycle-jokes.html>

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.

TCBA RIDE DATES FOR 2010

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

DALMAC SAG DRIVERS

By Donovan Riley

Attention Experienced SAG Drivers, NEW SAG Drivers, and those of you interested in the duties of a SAG Driver. There will be a get-together on Wednesday, May 26th, at 6:30 p.m. at Foster Center in Lansing. Come learn, review, and SHARE experiences with others about a really exciting and rewarding DALMAC Tour position. Facilitator is Donovan Riley. Refreshments will be served. RSVP to Pat Trudgen at 517-339-2831.



NEW ADDRESS

DALMAC 2010 - Route Info

By Joe Adams, DALMAC Routes and Map Chairman

Construction season has started already. I've been reviewing the County Road Commission web sites to see what they have in store for our DALMAC routes this year. Things aren't as bad so far as they have been in recent years. I'll be contacting the Road Commissions that have construction projects that could affect DALMAC.

A few of the projects are for resurfacing the roads. Some will be done before Labor Day. Other projects are more serious. There are two major bridge replacements that have caused route changes.

The first bridge project is right in our back yard. The bridge on Dobie Road between Kinawa and Hatch Road is to be replaced between June and October. This was the 4 Day East route of last year. This year we'll use the newly rebuilt Farm Lane to go north. The other bridge project affects the 4 Day West. The bridge on Woodruff Road north of Weidman will be replaced from August to November.

Last year I marked in your map booklets where the road surface was bad. I'll do it again this year. I don't expect many of those places to be repaired. I didn't look at all of the roads this year, so if some of them have been fixed, consider that a bonus. If not, be cautious in those areas.

As you know, there is a Quint Century this year. Ida and I checked the route and it looks very good. You'll be riding some roads that haven't been on DALMAC before. The Wednesday and Sunday routes are the same as Thursday and Sunday on the Quad last year. Thursday goes to the West Shore Community College. You'll cross the Hardy Dam, ride through Fremont, Hesperia and Hart, then head north to the college campus. On Friday, your day starts by looping through Ludington and then north to Bear Lake followed by Thompsonville and Frankfort High School. Saturday you ride east from Frankfort to Interlochen. Last year's route up "Puke Hill" is next followed by the balance of the 2009 route to the YMCA Camp.

The 5 UP goes to Sault Ste. Marie on Sunday. It's a nice ride up Mackinaw Trail. After your ride is over, there is a lot to see and do in town (if you have a ride.) There are the Soo Locks and the St. Mary's River. The Kewadin Casino is about a mile from the high school. It should be a refreshing change for the end of DALMAC 2010.

Start training and get in shape. I'll try to keep track of construction on our routes and report again if problems arise.

Photo courtesy of Wendell Proudfoot.
Recumbent rider is Ed Noonan.



May 2010 Ride Calendar

Recurring Rides; No Ride if Rain, unless noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	8:30 AM	40+	Z	67th District Court House, Grand Blanc	Must be above 45° at start	Ed Usewick 810-694-9919
Mondays	6:00 PM	15-25	B	Oneida Gospel Church	NO RIDE on May 31, Memo- rial Day	Diane Sherman 517i-281-5971
	6:30 PM	15-25	C	Coaches American Pub & Grill	NO RIDE on May 31, Memo- rial Day	Ginger Royston or Dick Chulski 517-393-4799
Tuesdays	6:00 PM	20-30	C	Dewitt Meijers	May 11, 18, & 25 Only	Linda Antinori 517i-410-6043
	6:00 PM	15-25	C	Oneida Township Hall		Leslie Miyasato 517-927-8953
	6:30 PM	15-20	B	Williamstown Town Hall		Dwayne & Charla Scheidler 517-339-4586
Wednesdays	6:00 PM	15-25	B	Oneida Gospel Church		Harry Levins H 517-627-9763 W 517-324-6039

May-2010 Wednesday Night Rides - MSU Pavilion

(ALL RIDES, 6:15pm, 1/2 mi. south of the Y-Lot)

Class / Mileage	May 5	May 12	May 19	May 26
A / 30-40				
B / 25-35	Sara Troutman 517-331-1004	J. Delinescheff 517-333-9329	Eddie Belcher 517-242-4122	J. Delinescheff 517-333-9329
C / 20-30	Mary Burris 517-394-1617	Linda Antinori 517-410-6043	Mary Burris 517-394-1617	Linda Antinori 517-410-6043
D / 15-25	Rachelle Bangela 517-351-9380	Eddie Belcher 517-242-4122	Rachelle Bangela 517-351-9380	Rachelle Bangela 517-351-9380

Day/Date	NO EVENING RIDES MAY 27, 2010					
	Time	Miles	Class	Start Location	Other Information	Ride Leader
Thursdays	6:00 PM	15-25	C	Oneida Township Hall		Leslie Miyasato 517-927-8953
	6:30 PM	15-20	B	Williamstown Town Hall		Dwayne & Charla Scheidler 517-339-4586
Fridays	9:30 AM	30-45	C	Dewitt Township Hall	NO RIDE May 28	Jan or Tony Koeller
Saturdays	8:00 AM	40-45	Z	Sawdon School	NO RIDE ON May 29, Memorial Day weekend.	Harry Levins H 517-627-9763 W 517-324-6039
	9:00 AM	12	F	Coaches (Bishop Road)	Starts May 8th. Uncle Miltie's Breakfast ride. Bring kids! Very new-rider friendly!	Milt Gruhn 517-393-1617

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

May 2010 Ride Calendar (Continued)

Other Rides in May...

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Saturday May 29th	8:00 AM	97	Z	Dewitt Township Hall	Annual Memorial Weekend ride to Alma and back on the same day	Edie Belcher 517-242-4122
SPECIAL	See article below regarding the Annual Brint Donalson Highland Festival Weekend Ride					

RIDE STARTING POINT DESCRIPTIONS

67th District Court House Grand Blanc	Oneida Gospel Church Corner of Oneida & Strange Hwy, Grand Ledge
Coaches Pub & Grill 6201 Bishop, south of the MLK exit off I-96	Oneida Township Hall 11041 Oneida Road, Grand Ledge
Dewitt Township Hall 1401 W. Herbison Rd. 1/2 mi west of Old 27	Sawdon School Lamson Rd., Grand Ledge
Dewitt Meijers 12821 Crossover Drive, Dewitt	Williamstown Twp Hall Corner of Zimmer & Germany Rds 4 mi east & 1 mi south of Haslett

Sunrises & Sunsets for May 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
						31	6:34 AM	8:36 PM

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

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

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: [Kris Stairs \(517\) 627-4211](mailto:Kris Stairs (517) 627-4211) stair-skris@yahoo.com

BAGGAGE RESERVATION REQUIRED

This is a class Z ride: "rides over 40 miles in length to be ridden at the riders own pace without on the road ride leader supervision." Riders must be self sufficient, as no SAG support will be provided.

The campground at the Gratiot County Fair Ground offers open grassy camp sites. Camping fee is \$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 festi-

val site at <http://www.almahighlandfestival.com>.

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.

VALET BIKE PARKING

By Pat Harrington

Valet Bike Parking simply provides guarded bike parking in the most visible community events to show the efficacy of cycling to the attendees at the event & encouraging them to cycle more, as well as giving us visibility for “the cause” and the opportunity for literature distribution...

Valet Bike Parking began in our area at the National Folk Festival, through the sponsorship and participation of Tri-County Bicycle Association. Since its inception, it has provided significant free quantities of services and promotions for our cycling community. The equipment is owned by MSU Bikes. Valet Bike Parking in our community has also enjoyed significant support from The League of Michigan Bicyclists.

Through involvement of many organizations, we are bringing it forth to many events in 2010 and 2011. The goals include giving you places to go with places to park, and increasing the ease with which cyclists in our community can attend great events.

Events this year on the books right now are:

May 22 - 23 – Saturday & Sunday, “East Lansing Art Festival”
May 26 – Wednesday, “Lucinda Means Bicycle Advocacy Day” @ State Capitol
June 4 – Friday, “The 2010 BWL Chili Cook-off” @ Adado Riverfront Park
June 26 - Saturday, “Festival of the Sun” @ Lansing’s Old Town Fish Ladder
August 13-15, Friday - Sunday “The Great Lakes Folk Festival” (our “founding” event)



To become informed of events and offer your participation, please send an email to: valetbikeparking@gmail.com
 Contact Persons: “Patman & Robin” Contact Phone: 517.202.0812

So – ride your bikes to these events and look for us – better yet – get on the email list and join in on this active method to promote cycling in our community – Thanks !!!

Valet Bike Parking is organized by Tri-County Appropriate Transportation Coalition. Please ready about this organization below.

TRI-COUNTY APPROPRIATE TRANSPORTATION COALITION

By Pat Harrington

The Tri-County Appropriate Transportation Coalition is a volunteer organization that promotes bicycling, walking and other means of transportation and the policies to facilitate use of these modes in the Mid-Michigan region. The Coalition believes that active transportation enhances the living environment in our communities.

Activities:

- Monitoring relevant developments in existing transportation infrastructure, governmental activities, and future planning
- Advocating the needs of active users to government bodies, non-governmental organizations, and businesses. Key activities would be participating in public hearings and providing support to communities attempting to implement transportation policies that support our mission
- Publicizing the benefits of active transportation and activities to general and specialized audiences
- Acting as a watch dog on proposed governmental activities, such road projects and policy formation
- Sharing expertise and information resources to coalition members and the broader community
- Supporting and promoting the activities of local affiliated groups
- Acting as a forum to discuss and debate active transportation options
- Encouraging active transportation through special events and services such as valet bike parking, community-organized short walks and bike rides
- Highlighting transportation “trouble spots” within the region and developing action plans to rectify these situations.

Join the Google group at <http://groups.google.com/group/tcatc> or the Facebook fan page at Tri-County Appropriate Transportation Coalition.

Please join us! <http://groups.google.com/group/tcatc?hl=en&pli=1>

BIKE BITS

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!

MICHIGAN RIDE OF SILENCE

If you know of a cyclist who has been injured or killed while riding, please take special note of this event. On

May 19, 2010, from 7-9 p.m., the worldwide Ride of Silence (ROS) will be held.

The Ride of Silence is an event held to honor and memorialize cyclists who have been injured or killed while on public roadways, and aims to raise the awareness to the public that cyclists have a right to the public roadways. The ride is a silent, slow paced procession, suitable for all skill levels, and there are no registration fees. There are 300+ events worldwide, with 31 locations statewide, two of which are in the immediate coverage area of TCBA; one ride covers the East Lansing/MSU/Lansing area, and one ride is in Haslett.

Riders are requested to wear a



black armband if memorializing a fatality, and/or a red armband if they have been the victim of a collision. Helmets are also required. General public is quite welcome to join in the procession.

The Lansing/MSU/East Lansing event will gather at the MSU Bike location (canoe dock) at 6:30, and will travel to the State Capitol Building at 7:00. A chance to provide a memorial statement is available on the Capitol steps, and we are working on getting a shuttle provided for those who do not wish to ride back to MSU. Cyclists are also requested to use lights, as it often gets dark by the time the event ends.

The Haslett event will start and end at the Haslett Middle school, and will also gather at 6:30. More information (and a ride directory) can be found on the ROS webpage, <http://www.rideofsilence.org/main.php>. The Lansing ride also can be found on Facebook at: <http://www.facebook.com/group.php?gid=112553555437447>.



CAPITAL AREA SMART COMMUTE 2010

SAVE THE DATE!

Saturday, June 5th

The Capital Area Smart Commute 2010 will kick-off on June 5th as a part of the Greater Lansing Convention and Visitor Bureau's "Be A Tourist In Your Own Town" day. Come visit us in the parking lot of Impression 5 Science Center for a kids' bike safety workshop, fun prizes, and information about

Smart Commute events in June. Bike ride or walk with us over to Hunter Park and Allen Neighborhood Center to check out their festivities!

The month of June will include bicycle commuting lessons and rides around town, organized walks around various attractions and events in Greater Lansing, community discussions on smart commuting lifestyles, and of course - the Smart Commute Challenge from June 14 to June 25!

Please check back their website for updates, and contact Payal Ravani at payal@midmeac.org or 248-342-1695 if you are interested in registering a team for the Challenge, becoming a sponsor, or hosting a Smart Commute event.

NEW BIKE TO TOTE BABY: In the latest bits from Adventure Cycling, they provided the link to a website featuring a cool ride for small babies/toddlers. Families who want to enjoy our day rides will want to check this site out: <http://www.taga.nl/default.asp>.

This option was to be made available in Mid-April in the USA. The cost is a bit steep, at \$1,495, but if you're wanting to participate in our day rides and bring along the children, including those unable to pedal themselves, this may be just what you are looking for to enjoy your evenings as a family.





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 chainwheelchat@biketcba.org, fax to 1-800-480-1146, or mail to Janet Weber, 767 Linden St., Charlotte, MI 48813.

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 free-wheel, 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. \$1500. Call Gary at 517-256-8429 or e-mail gary-bunge@sbcglobal.net.

FOR SALE: Very sharp looking 2006 Giant OCR 1- size small. Black metallic color with red trim. Very low

mileage and in excellent condition. ALUXX butted aluminum frame. Shimano 105 shifters, derailleurs, brake levers, cassette, and chain. Xero XSR-3 rims, hubs, and spokes. Computer included. Purchase price \$1100; Asking price \$850 or best offer. Contact Mary at (517) 582-8456.

FOR SALE: Yakima roof top bike rack. Includes mounting rails and 4 bike mounts. (2 each of front fork attachment style and 2 each of center frame attachment style) \$75.00 Phone Rod at (517) 887-9101 or e-mail rod-schaaf@comcast.net.

LEARN — TO — ROW

By Byron Drachman

Cycling and rowing make good complementary exercises. For both, the major muscle groups used are the same. Some of our TCBA members also row. The Lansing Rowing Club will be offering learn-to-row courses from June 5 to July 4. Classes will be limited so they could fill quickly. Here is a link to more

information:

<http://www.lansingrowingclub.org/programs.html>.

Here is our main website

<http://www.lansingrowingclub.org/>.

And check out this video of one of our members posted at the LRC website:

<http://www.lansingrowingclub.org/>

[videopage.html](#).

Some of us row early mornings. Here is a photo of Deb Traxinger I took last August near sunrise. It was light to the east and still dark around the corner. I caught the difference in light in the photo.



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.

TCBA OFFICERS:

- President: Roger Nelson
E-mail: president@biketcba.org
- Vice President: Lenny Provencher
E-mail vp@biketcba.org
- Treasurer: Dick Sulin.....(517) 339-2368
E-mail treasurer@biketcba.org
- Secretary: Linda Antinori
E-mail secretary@biketcba.org
- Events Director: Patricia Trudgen.....(517) 420-8699
DALMAC Hotline (517) 882-3700
E-mail eventsdirector@biketcba.org
- Board at Large:
 - Donovan Riley
E-mail boardatlarge2@biketcba.org
 - Kris Stairs
E-mail boardatlarge1@biketcba.org



OTHER GOOD NUMBERS:

- Bike Travel Case Use Coordinator
E-mail:.....philwells@sbcglobal.net
- DALMAC E-mail:.....dalmac@biketcba.org
- DALMAC FUND: Steve Leiby
E-mail.....leiby2691@sbcglobal.net
- DALMAC Treasurer: Ken Hendrick
E-Mail.....dalmactreasurer@biketcba.org
- LMB Office:.....(517) 334-9100
E-mail:.....office@lmb.org
- LMB Rep.: Phil Wells E-mail:.....pwells@lmb.org
- Membership Coordinator:
Dean Brailey
E-mail:.....membership@biketcba.org
- Name Tag Coordinator:
Newsletter Editor: Janet Weber
E-mail:.....chainwheelchatter@biketcba.org
- Northwest Tour: Dick Sulin.....(517) 339-2368
E-mail:.....nwtour@biketcba.org
- Ride Coordinator: Ed Usewick
E-mail:.....rideschedule@biketcba.org
- Ride Line:.....TUBES-OO (517) 882-3700
- Ride Line: Call In Coordinator:
Katie Donnelly.....TUBES-OO (517) 882-3700
- Ride Mileage Keeper:
Steve Schuesler
E-mail:.....s.schuesler@comcast.net
- Safety & Education: Bill Savage
E-mail:.....MSUSavage@aol.com
- SummerTour:
E-mail:.....summertour@biketcba.org
- T-Shirt Ride: Debra Holdcraft
E-mail:.....tshirt@biketcba.org
- Weather:.....(517) 321-7576
- W O W: Adreah Saxton
E-mail:wow@biketcba.org

CHANGE OF ADDRESS

Please complete this form, clip and drop in an envelope to ensure we receive your correct address so you receive your Chainwheel Chatter. Thank you!



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