

TRI-COUNTY BICYCLE  
ASSOCIATION  
P.O. BOX 22146  
LANSING, MI 48909  
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# Chainwheel Chatter

Volume 37, Number 4

Established 1972

April 2011

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MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
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<b>MEMBERSHIP</b>	April 28, 2011 7:00 p.m.	Foster Community Center, 200 N. Foster St., Lansing, MI	<b>SWAP MEET</b>
<b>CYCLE FORUM</b>	April 28, 2011 6:00 p.m.	Foster Community Center, 200 N. Foster St., Lansing, MI	<b>ALLAN HUBER</b>  Come in and join the discussion on the topic of interest.
<b>BOARD MEETING</b>	April 5, 2011 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 8

Please send items to Janet Weber, 767 Linden Street, Charlotte, MI 48813 or send your e-mail to [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org) by the indicated deadline.

### RIDE CALENDAR APRIL 6

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](mailto: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

**ANNUAL TCBA PICNIC:** This year's picnic will be at Potter Park on Sunday, June 26, 2011 from Noon to ????. Sign-up sheets will be available at the April and May meetings.



**MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION  
BOARD OF DIRECTORS MEETING  
Foster Community Center - Lansing  
February 8, 2011**

Board members present included Ray Bailey, Steve Leiby, Patricia Trudgen, Linda Antinori, and Kris Stairs. Vice- President Ray Bailey presided over the meeting in President Roger Nelson's absence. Also present were club members Katie Donnelly, Wendell Proudfoot, and Dick Sulin.

Vice-President Ray Bailey called the meeting to order at 6:26 p.m.

***Reports:***

1. **President's Report:** Ray Bailey reported that the change of signers on our bank accounts would be completed when President Roger Nelson gets back from Texas.
2. **Secretary's Report:** Linda Antinori presented January's Minutes for approval. Kris Stair made a motion to accept the Minutes with corrections, Steve Leiby seconded the motion, and it passed unanimously. Linda also reported that the ride mileage charts should be available for inclusion in April's *Chainwheel Chatter*.
3. **Treasurer's Report:** Steve Leiby presented January's Financial Statements to the Board for approval. Linda Antinori made a motion to accept the Financial Report, Patricia Trudgen seconded the motion, and it passed unanimously.
4. **Events Director:** Patricia Trudgen reported that the on-line application for DALMAC was done and should be available on February 14. She met with our lawyers and the ride waiver was completed. Also, there will be a meeting for all DALMAC volunteers on March 9 at the Foster Center. She is also working on an article about Donovan Riley for March's newsletter.
5. **Ride Incentives:** Kris Stairs announced the Ride Incentive Committee reached a decision on the Club's 2011 Ride Incentives as follows:
  - Level 1: Long-sleeve winter weight riding jersey
  - Level 2: Xpedo pedals or flat pedals
  - Level 3: Winter gloves and smart wool socks
  - Level 4: Rain jacket
  - Level 5: SocksSteve Leiby made a proposal to accept the incentives as proposed. Linda Antinori seconded, and it passed unanimously.
6. **Northwest Tour:** Dick Sulin told the Board he had a tentative contract with Empire Township Camp-ground for 2012 with the same terms as we had with Indigo Bluffs. They prefer to stay at Indigo Bluffs but can't get a long-term contract with them. He presented the Board with a two-part proposal. Part 1 being we agree to the same terms as we had with Indigo Bluffs. Steve Leiby made a motion to accept Proposal 1, Dean Bailey seconded, and it passed unanimously.
7. **T-Shirt Ride:** Deb Holdcraft sent the Board a report on the progress of the T-Shirt Ride. Laingsburg High School has been reserved and the Laingsburg Police have agreed to cook food again. In March/April they will begin working on a shirt design, reserve/confirm fruit stops, confirm menu with the Police, contact IGA to place a tentative order for cookies and fruit, and start contacting

**Board Minutes continued from page 2**

volunteers.

8. **Picnic:** Ray Bailey announced that the TCBA Annual Picnic will be held Sunday, June 26, at Potter Park.
9. **Safety and Education:** Bill Savage and friends will be conducting a Road II Class, Saturday, May 21 at the MSU Pavilion.
10. **Website:** The DALMAC Application Booklet, which includes information on the T-Shirt Ride and W.O.W. Rides is available on the website. The Web Committee is looking into Constituent Resource Management for non-profits to provide a web host for our membership roster. The cost would be about \$15 per month to try it out.

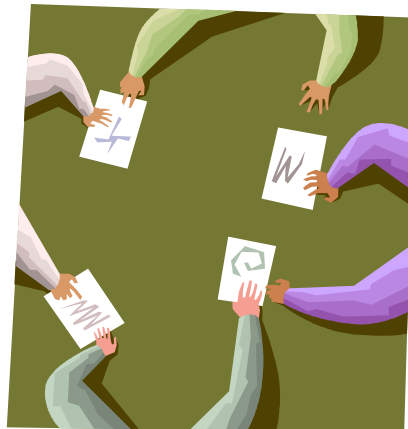
***Old Business:***

- Board protocol will be tabled until the next Board meeting.
- A new computer for the editor of the *Chainwheel Chatter* will be tabled until the next meeting.

***New Business:***

- Ray Bailey told the Board that he had to start looking into possible options for Club's Christmas party.

Steve Leiby made a motion to adjourn the meeting at 7:45 p.m., Linda Antinori seconded it, and the motion passed unanimously.



## Smart Cycling – Traffic Skills 101 Class

Saturday, May 21, 2011  
MSU Pavilion – Room A

By Bill Savage

A “Smart Cycling – Traffic Skills 101” Class will be held at the MSU Pavilion from 8:00 a.m. to 5:00 p.m. The class will be taught by a League Cycling Instructor (LCI) and other experienced TCBA members.

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

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

The cost of the class is \$25 (with all profits being donated to the “Share a Bike” program. If interested contact Bill Savage at [MSUSavage@aol.com](mailto:MSUSavage@aol.com), Steve Leiby at [leiby2691@sbcglobal.net](mailto:leiby2691@sbcglobal.net) or Dick Janson [dickj@tds.net](mailto:dickj@tds.net).

Enrollment forms can be downloaded from the website [www.biketcba.org](http://www.biketcba.org).



## U.S. CONSUMER PRODUCT SAFETY COMMISSION

The Consumer Product Safety Commission (CPSC) opened its product safety complaint database for consumer input. You can post problems you have encountered with products by brand, including bicycle helmets.

The portal is: <http://www.saferproducts.gov>

And a search for "bicycle helmet" looks like this: <http://www.saferproducts.gov/Search/Result.aspx?dm=0&q=bicycle+helmet&srt=0>

If you think your helmet failed, fell apart or had a readily identifiable defect, you can post that on the site, and it is supposed to appear in the database.

CPSC will process your request, and consult with the manufacturer before posting it. That could mean your post will be edited or even not put up, and you will have to resort to a blog somewhere instead. But you can still search the database to find out if others have had the same experience--assuming their posts were not zapped. New reports are not seen publicly until they have been reviewed by CPSC staff and the manufacturer of the product. So today there are no reports to be seen, but there is a full list of recalled helmets.

Congress included the requirement for the database in the 2008 CPSIA act. But some members of the current Congress are attempting to cut it out of the CPSC budget. Organizations representing manufacturers have opposed it, and are concerned that false postings could be injurious. Manufacturers can register to receive copies of complaints posted about their products.

For a more detailed page, go to: <http://www.helmets.org/cpscdatabase.htm>

### ROCKY MOUNTAIN BICYCLES RECALLED

**WASHINGTON, D.C.—** The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

**Name of Product:** Rocky Mountain Bicycles.

**Units:** About 325.

**Distributor:** Rocky Mountain Bicycles, of Canada.

**Manufacturer:** Procycle Group, Inc., of Canada.

**Hazard:** The front fork steering tube can break, posing a fall injury hazard.

**Incidents/Injury:** The firm has received four reports of injuries, including three reports of cuts and scrapes and one report of a broken wrist.

**Description:** The recalled bicycles have Rocky Mountain Bicycle printed on the frame. Only bicycles with certain serial numbers, located on the bottom side of the bicycle, are included in this recall. The recall includes the following bicycles:

MODEL	YEAR	COLOR
Solo CX	2008	Gun Metal Gray
Solo CX	2009	White
Solo CX	2010	White
Solo CXD	2008	Gun Metal Gray
Solo CXD	2009	Titanium Silver
Solo CXR	2009	Black
Metropolis SEA	2010	Gray

**Sold at:** Bicycle stores and other specialty stores nationwide and on the web at [www.backcountry.com](http://www.backcountry.com) from June 2007 through November 2010 for between \$1,300 and \$1,700.

**Manufactured in:** Canada.

**Remedy:** Consumers should stop using the bicycles immediately and contact Procycle with your serial number to determine if it is included in the recall and to arrange for a free replacement of the fork.

**Consumer Contact:** For additional information, contact Procycle toll-free at (855) 880-9062 between 8 a.m. and 4:30 p.m. ET Monday through Friday, or visit the firm's website at [www.bikes.com](http://www.bikes.com).

## April 2011 Ride Calendar

Recurring Rides; No Ride if Rain, unless noted

DAY/DATE	TIME	MILES	CLASS	START LOCATION	OTHER INFORMATION	RIDE LEADER
<b>MONDAYS</b>	6:00 P.M.	15-25	B	Oneida Gospel Church	No ride if pavement is wet or temperature is below 32° F.	Gary Bunge 517-256-8429
<b>TUESDAYS</b>	6:00 P.M.	15-20	C	Oneida Township Hall		Leslie Miyasato 517-927-8953 or Mark Kappler 969-506-9528
<b>WEDNESDAYS</b>	6:00 P.M.	15-25	B	Oneida Gospel Church	No ride if pavement is wet or temperature is below 32° F.	Mike Schilling 517-627-7567
<b>THURSDAYS</b>	6:00 P.M.	15-20	C	Oneida Township Hall	No Ride on Club Meeting Night (April 28)	Leslie Miyasato 517-927-8953 or Mark Kappler 969-506-9528
<b>FRIDAYS</b>	11:00 A.M.	20-30	C	Dewitt Township Hall	Food stop. No ride if pavement is wet or temperature is below 32° F.	Jan or Tony Koller 517-669-5744.
<b>SATURDAYS</b>	8:30 A.M.	45-60	Z	Sawdon School	No ride if pavement is wet or temperature is below 32° F.	Diane Sherman 517-281-5971

### Ride Starting Point Descriptions

**Dewitt Township Hall**.....1401 W Herbison Rd., 1/2 mile  
W of old 27, Dewitt, MI

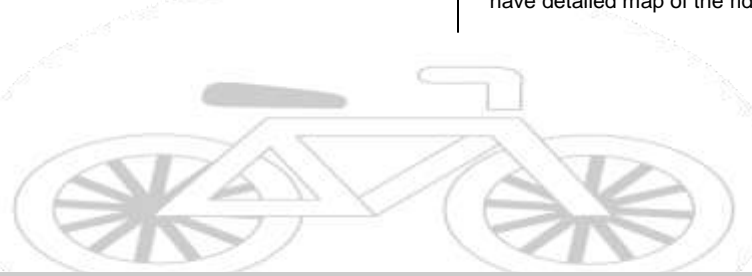
**Oneida Gospel Church**.....Corner of Oneida and  
Strange Hwy, Grand Ledge

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

**Sawdon School**..... Lamson Rd., Grand Ledge

### RIDE CLASSIFICATIONS

A+.....19+ MPH  
 A ..... 17-19 MPH  
 B ..... 14-17 MPH  
 C ..... 12-14 MPH  
 D ..... Under 12 MPH Fun and Social Group Ride  
 M .....Mountain Bike N/A  
 Z .....Rides over 40 miles in length to be ridden at the rider's own pace without on the road ride leader supervision. Leader must have detailed map of the ride for all riders.



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

Also check this number for updates/changes on rides listed in this *Chainwheel Chatter*.



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





**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!



**Sunrises & Sunsets for April 2011**

DAY	RISE	SET	DAY	RISE	SET
1	7:22 AM	8:03 PM	16	6:56 AM	8:20 PM
2	7:20 AM	8:04 PM	17	6:55 AM	8:21 PM
3	7:18 AM	8:05 PM	18	6:53 AM	8:22 PM
4	7:17 AM	8:06 PM	19	6:52 AM	8:24 PM
5	7:15 AM	8:07 PM	20	6:50 AM	8:25 PM
6	7:13 AM	8:09 PM	21	6:48 AM	8:26 PM
7	7:11 AM	8:10 PM	22	6:47 AM	8:27 PM
8	7:10 AM	8:11 PM	23	6:45 AM	8:28 PM
9	7:08 AM	8:12 PM	24	6:44 AM	8:29 PM
10	7:06 AM	8:13 PM	25	6:42 AM	8:30 PM
11	7:05 AM	8:14 PM	26	6:41 AM	8:32 PM
12	7:03 AM	8:16 PM	27	6:39 AM	8:33 PM
13	7:01 AM	8:17 PM	28	6:38 AM	8:34 PM
14	7:00 AM	8:18 PM	29	6:36 AM	8:35 PM
15	6:58 AM	8:19 PM	30	6:35 AM	8:36 PM

“IF I CAN BICYCLE, I BICYCLE.”  
~ David Attenborough

**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).

**2011 TCBA RIDE DATES**

**100,000 METRE T-SHIRT RIDE — June 11**

**NORTHWEST TOUR — June 15 — 19**

**SUMMERTOUR — July 13 — 17**

**WOMEN ON WHEELS RIDE — July 23**

**DALMAC — August 31 — September 4**

Applications and additional information can be found at [www.biketcba.org](http://www.biketcba.org).

**2011 Ride Incentive Awards**

- Level 1 -- Long sleeve, heavy riding jacket
- Level 2 -- Bicycle pedals
- Level 3 -- Winter gloves and heavy socks
- Level 4 -- Rain jacket
- Level 5 -- Heavy socks

**NEW ADDRESS**

## RIDE OF REMEMBRANCE

By Rebecca Baughan

As the weather turns warm and days lengthen, we turn our thoughts to things bicycling. We may work the year around on various committees, planning club events or maybe we are just club riders. Whatever our involvement with TCBA, our thoughts often turn to remembering our fellow members who have passed away. We have worked hours on end and ridden shoulder to shoulder with club members who have died. And we miss them.

The Board of Directors of the Tri-County Bicycle Association has made a provision to hold a Ride of Remembrance every year on the weekend following Mothers Day.

This year the Ride of Remembrance will be Saturday, May 14. We will meet at noon for a brief time of sharing to be followed by a self-paced ride, not exceeding 30 miles. Start location to be announced in the May *Chainwheel Chatter* and posted on *Ride Line*.

Our club Ride of Remembrance is not to be confused with the Ride of Silence. We are gathering to remember our club members and celebrate how their lives touched ours.



## VALET 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 event.

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

An example of our planned



events in 2011 include: East Lansing Art Festival / The MI Bicycle Summit / Lucinda Means Bicycle Advocacy Day / The 2010 BWL Chili Cook-off / Tourist in Your Own Town – Hunter Park Festival with Allen Neighborhood Center / Festival of the Sun / The Great Lakes Folk

Festival and many other events

To become informed of events, and to offer your participation – please send an email to: [valetbikeparking@gmail.com](mailto:valetbikeparking@gmail.com) / Contact Persons: "Patman & Robin" – 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.



## BIKE BITS

**EDITOR'S NOTE:** The following was extracted from the *Adventure Cycling* website ([www.adventurecycling.org](http://www.adventurecycling.org)) Here's a recipe taken from that website of some food tips to help you keep going as you bike around town.

### DIY-ON-THE-BIKE FOOD

#### MOTHER'S NO BAKE ENERGY BARS

1/2 cup packed brown sugar  
1/2 cup light corn syrup  
1 cup peanut butter  
1 tsp. vanilla  
1 1/2 cups quick oatmeal  
1 1/2 cups rice cereal  
1 cup raisins  
1/2 cup sunflower seeds  
1 tsp. sesame seeds

In a saucepan, combine the brown sugar and corn syrup. Bring to a boil while stirring. Remove from heat. Stir in peanut butter and vanilla until well blended. Add the rest of the ingredients and mix well. Press into a greased 9 x 13 inch pan. Cut into bars once cooled.

There are a ton of variations you can do to this recipe. Add in some fresh coffee grounds for an extra kick! You can also play around with dried fruits and different types of nuts. Just stay away from chocolate chips as they get messy on the hot days!



Photo by Josh Tack, taken from the Adventure Cycling website.

#### PEANUT BUTTER AND HONEY WRAPS

If you love peanut butter and jelly sandwiches while your ride, you may have taken note of how difficult it is to pack them with the bread crumbling, or the mess they tend to make. This serves as an alternative without the mess.

Instead of bread or bagels, use soft shell tortillas; and instead of jelly, substitute honey, which also helps 'stick' things together. Just lather up a tortilla shell with as much peanut butter and honey as you want. Wrap like a burrito. Tossing in some banana on a hot day for the potassium isn't a bad idea. Use either a plastic baggie or some plastic wrap to package them for the ride.



# 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:** Women's Pearl Izumi Wind Jacket--size small. Black and Turquoise. Used once. \$30. Matching black pants -- size 8. \$20. Call Mary at 517 281-6875.

**FOR SALE:** Women's X-Country Skate Ski Boots. Size 6. Salomen 9.1 RS. \$20. Call Mary at 517- 281-6875.

**FOR SALE:** 19" Miyata 718 Alumatech 18 speed road/touring bike. \$175. Contact Gary at [grklepper@gmail.com](mailto:grklepper@gmail.com).

**FOR SALE:** 23" Giant Cadex 980c Carbon Fiber 14 speed road bike. Shimano components. \$375. Contact Gary at [grklepper@gmail.com](mailto:grklepper@gmail.com).

**FOR SALE:** 2008 Men's Specialized Sequoia Elite road bike. Size 56. Charcoal/silver. Excellent condition with low miles. Includes 2 bottle cages and on-board computer. \$600. Call Paul at 517-347-1874.

# MEMBER SPECIALS

## Sew Much More

Cycling Wear: jerseys, cycling shorts, tights, arm & leg warmers

Custom fit. Gift Certificates.

Contact Sue at 517-627-1411

e-mail:

[sewmuchmorebiz@gmail.com](mailto:sewmuchmorebiz@gmail.com)

NEW web site:

[sewmuchmore.biz](http://sewmuchmore.biz)

## CLUB JERSEYS

Available for purchase at monthly club meetings. Sizes from XS to XXL cost is \$55 while supply lasts.



# 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 .....(517) 488-5063  
E-mail: president@biketcba.org
- Vice President: Ray Bailey  
E-mail vp@biketcba.org
- Treasurer: Steve Leiby.....(517) 881-4137  
E-mail treasurer@biketcba.org
- Secretary: Linda Antinori  
E-mail secretary@biketcba.org
- Events Director: Patricia Trudgen  
DALMAC Hotline (517) 882-3700  
E-mail eventsdirector@biketcba.org
- Board at Large:
  - Dean Brailey  
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:  
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!



NAME \_\_\_\_\_

NEW ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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