

TRI-COUNTY BICYCLE
ASSOCIATION
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Chainwheel Chatter

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December 2014

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MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
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NO MEMBERSHIP MEETING THIS MONTH

HAPPY HOLIDAYS

BOARD MEETING

December 4,
2014
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 December 12

Please send items to Wendy Briggs, via e-mail to chainwheel-chatter@biketcba.org by the indicated deadline.

RIDE CALENDAR NOVEMBER 5

Information for the ride calendar needs to be sent to Ed Usewick, 590 Boutell Drive, Grand Blanc, MI 48439 or e-mailed to tcbamonthlyrides@aol.com. 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

Chainwheel Chatter has a new editor: My name is Wendy Briggs and my family and I have been involved with the Dalmac for the past 6 years and have volunteered for the past 2 years. Bicycling awareness and life long fitness is very near and dear to my heart and I was looking for way to share my passion along with giving back to TCBA and Dalmac. So when Janet Weber expressed she looking for someone to take on the role of editor I was pleased to offer my experience in writing and editing newsletters. Please feel free to contact me with suggestions and comments. Wishing you a happy and healthy holiday.



TRI-COUNTY BICYCLE ASSOCIATION BOARD OF DIRECTORS MEETING MINUTES

November 4, 2014, Foster Community Center, Lansing, Michigan

President Darryl Burris called the meeting to order at 6:32 PM. All Directors were present except Pat Trudgen. Also attending was David Pierce, and Dick Janson. The meeting agenda and October board minutes were approved as written. Correspondence received by the association was reviewed and distributed.

Board Reports:

Presidents: Darryl Burris discussed annual meeting info to newsletter. Summer Tour was moved to a week later for next year. T-Shirt ride may be moving to west side of Lansing. Ride Leader of the Year voting discussed and winner announced.

Vice President: Bill Smith discussed holiday trimmings for the Christmas party.

Secretary: Patrick Baughan announced the board transition dinner will be November 12th at Kellogg Center at 6 PM. Patrick announced that he has joined the Friends of the Lansing River Trail. Also he would like to thank Katie Donnelly for the great minutes she prepared of the Annual Meeting.

Treasurer: Steve Leiby submitted the financial report and the draft 2015 budget for review. A motion to accept was approved. Steve discussed the mileage chart dates.

Events Director: Pat Trudgen has left for the Tour Directors Conference in San Diego – no report.

At Large Directors: Patrick Kelley announced that he is talking to the city of Mason about bike racks and the trail bridge.

Joel Wickham discussed the 2014 ride incentive items all through Sugo Rep.

Membership: Wendell Proudfoot was not present – no report.

Advocacy Committee: Mike Unsworth submitted report was discussed.

New Business: City of Lansing Bike Repair Stand Request to go onto the DALMAC Fund grant request template and submitted to TCBA Board for consideration

Old Business: Dick Janson submitted a quote for 9000 updated Cross Town map booklets for \$3745.76. This will be a 3 year supply. A motion to accept passed.

Meeting adjourned at 8:45 PM.

Respectfully submitted by Patrick J. Baughan, Secretary, TCBA Board of Directors.



**University Region Non-Motorized Master Plan
Michigan Department of Transportation
Submitted by: Pat Harrington**

The Michigan Department of Transportation is working to develop a Non-Motorized Transportation Plan for the University Region to serve as a tool, not only for MDOT staff, but also for the vast number of stakeholders, agencies and organizations in the Region. The main goals of the Plan are to:

- Identify opportunities to enhance non-motorized transportation
- Prioritize non-motorized investment in the region
- Provide a vision for a non-motorized network to guide public and private initiatives

The University Region includes Clinton, Shiawasee, Eaton, Ingham, Jackson, Hillsdale, Lenawee, Monroe, Washtenaw and Livingston Counties. The University Region Non-Motorized Plan will be completed by May 2015. Public Outreach Meetings

MDOT is holding one outreach meeting in each of the 7 counties and is interested in hearing from all officials, staff, advocates, residents, etc.

Each meeting is scheduled for 4:00 - 7:00 pm. A brief presentation will be given at 4:00 and again at 5:30, after which MDOT will be looking for your input related to your community's plans, non-motorized connections, issues, gaps, needs and priorities.

It's important for our team to understand priority routes, destinations and connections. Here is the list of 7 Public Outreach Meetings.

Lenawee County December 2, 2014 4:00 - 7:00 pm
Lenawee District Library (Main Branch)
4459 W. US 223, Adrian 49221

Ingham County December 4, 2014 4:00 - 7:00 pm
Foster Community Center
200 N Foster Ave., Lansing 48912

Email with plan input can be directed to: Chris Gulock, MDOT Project Coordinator gulockc@michigan.gov

HOLIDAY GIFT GIVING IDEAS

Try shopping online at Uncommon Goods for unique gifts for your favorite cyclist.

<http://www.uncommongoods.com/sets/gifts-for-cyclists>

For the youngest cyclist on your list consider a balance bike ~
Introduce a love for riding early.



ISRAELI INVENTS CARDBOARD BICYCLE ARTICLE SUBMITTED BY: KEN HENDRICK

If you don't have much money to purchase reliable transportation, Izhar Gafni's new cardboard bicycle may be your ticket to life on the road.

Although people told him it couldn't be done, Gafni, a mechanical engineer who lives on a kibbutz in Israel, found a way to construct a sturdy, waterproof, fireproof bicycle entirely out of recycled materials and is now hoping to put it into production in Israel.

To raise the projected \$5.5 million needed to build a production facility, Cardboard Technologies tried but failed to raise \$2 million through crowdfunding, a way of raising money from a vast number of people via the Internet. Various news sources also report that Jeffery Swartz, former president and CEO of the footwear and apparel company Timberland, has hitched his wagon to the project as an investor.

The bicycle, made of recycled cardboard, plastic, and rubber, weighs only 20 pounds (9 kilograms) but can handle a 275-pound passenger.

Almost as astounding as its unconventional makeup is its unconventional price. It reportedly cost only \$9 to manufacture. At first Gafni said he would market the cardboard bicycles for \$20 each. But now news reports say he plans to sell them for \$30 to \$50 each in underdeveloped countries and \$100 each in developed countries. Other sources say the bicycles likely will cost much more.

According to the website israel21c.org, cardboard bikes are only the beginning: "For those who have been following the news stories about Cardboard Technologies, the bike prototypes are only the beginning of this planned cardboard revolution. They've already got a cardboard wheelchair and a cardboard baby stroller model, too."

In *Israel My Glory: Israeli Invents Cardboard Bicycle*, (January/February 2014), 46(13), 41.



Just a reminder to our snowbird members: TCBA would like to remind all our valued members to submit the change of address (that can be found on page 11 of this issue of Chainwheel Chatter) whenever you move or temporarily relocate for lengthy periods of time.



Volunteers Needed to Plan May 2015 Bike Month

In past months of May, TCBA has focused its energy on the Ride of Silence. We have now reached the point where we have a structure for the Ride that makes it fairly straightforward to organize and run. The Advocacy Committee recommends that the club now participate in National Bike Month activities. To be successful, TCBA needs volunteers to organize the Month's activities. The theme for 2015 will be "Celebrate our Trails," capitalizing on the passage of Ingham's County successful trails millage.

Here's a preliminary list of events.

"Maguire Park Rendezvous:" Kick-off Event (late April or early May): Description: Officials & residents from the Cities of Lansing & East Lansing and Lansing Township travel along their respective portions of the River Trail to Maguire Park (near the intersection of Aurelius and Jolly Roads). They will be joined by officials & residents from Delhi Township. The entire group will then travel Delhi's Sycamore Creek Trail.

Bike to Work Week (May 11-15) & Bike to Work Day (May 15)

Description: This will require brainstorming to craft specific events (such as Mayors' rides; bike to work breakfasts, happy hours, meet-up at ice cream shops, etc.) and do advance publicity.

Greater Lansing Ride of Silence (May 20)

Highlighting New Trails:

Description: Craft events for the South Lansing Trail and the Clinton-Ionia-Shiawassee Trail.

While the number of possible activities is ambitious, it can be done if enough people volunteer. Publicity can be incorporated into the network developed for the Ride of Silence.

If you are interested in volunteering to help with the overall planning or with a specific event, please contact Mike Unsworth (advocacy@biketcba.org or 517-282-7515). The planning will start in mid-January 2015.

October 2014 Advocacy Committee Report

By Mike Unsworth

Bath Township (BT) Advocacy Subcommittee

Bath residents Dan Stockwell and Tom Hardenbergh attended the October meeting and described the Township's bicycling opportunities and challenges. They emphasized that the Township Board members had a positive outlook towards cycling when it could help with economic development and that a number of outstanding destinations that needed promotion and linkages. Dan and Tom volunteered to be the BT's subcommittee. The Advocacy Committee will provide advice and support on specific projects.

The Advocacy Committee encourages members to follow Dan and Tom's lead in working with public and private groups to advance bicycling in their communities. Please contact Mike Unsworth (advocacy@biketcba.org or 517-282-7515)

Cross Regional Routes

The information on bicycle routes in Clinton, Eaton, and Ingham Counties has been digitized. The Michigan Dept. of Transportation's University Region Non-Motorized Transport Committee was impressed that bicyclists identified routes and compiled it in a digital format. MDOT will incorporate the information into its forthcoming Regional Plan. We will need riders to do final verification of the routes this coming Spring.

The TCBA Advocacy Committee (<http://advocacy.biketcba.org/>) meets the second Wednesday of each month at The Avenue Café (2012 E. Michigan Ave., Lansing) from 6 to 7:30 p.m. Everyone is welcome to attend.

December 2014 Ride Calendar
 No rides submitted this month

THE WINTER MONTHS HERE IN MICHIGAN IS A GREAT TIME TO CROSS TRAIN. TRY OUT A NEW WORKOUT SUCH A SWIMMING OR YOGA

RIDE CLASSIFICATIONS

B 14-17 MPH
 C 12-14 MPH
 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: bikerides@comcast.net Ride Line Call-in Coordinator: Thomas Bogle



HELMETS ARE REQUIRED ON ALL TCBA RIDES

Sunrises & Sunsets for November 2014

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	7:35 AM	7:21 PM	11	7:46 AM	7:04 PM	21	7:58 AM	6:48 PM
2	7:36 AM	7:19 PM	12	7:47 AM	7:02 PM	22	7:59 AM	6:46 PM
3	7:37 AM	7:18 PM	13	7:49 AM	7:01 PM	23	8:00 AM	6:45 PM
4	7:38 AM	7:16 PM	14	7:50 AM	6:59 PM	24	8:02 AM	6:43 PM
5	7:39 AM	7:14 PM	15	7:51 AM	6:57 PM	25	8:03 AM	6:42 PM
6	7:40 AM	7:13 PM	16	7:52 AM	6:56 PM	26	8:04 AM	6:40 PM
7	7:42 AM	7:11 PM	17	7:53 AM	6:54 PM	27	8:05 AM	6:39 PM
8	7:43 AM	7:09 PM	18	7:54 AM	6:53 PM	28	8:07 AM	6:38 PM
9	7:44 AM	7:07 PM	19	7:56 AM	6:51 PM	29	8:08 AM	6:36 PM
10	7:45 AM	7:06 PM	20	7:57 AM	6:49 PM	30	8:09 AM	6:35 PM
						31	8:10 AM	6:33 PM



Annual Report Tri-County Bicycle Association
 Submitted by: TCBA President Darryl Burris

It's about the people and the love of cycling. As the 2014 cycling season comes to an end, it's time to look back over the year and reflect on what has been done. Tri County Bicycle Association is fortunate to be maintaining our all-volunteer organization at a level that supports our many projects and activities. Our volunteers are the most important assets. There is nothing better we can do with our money than to support and enable their efforts.

In Michigan 2014 was unusually cool and wet. Through it all, the number of rides and ride miles was almost the same as 2013. DALMAC was wet but not especially cold. Most people "toughed" it out. For once the weather on both T-Shirt and WOW was good.

In the current social and financial environment, institutions of all kinds are struggling to maintain their positions. TCBA is in a very good position. Our events (primarily DALMAC) provide enough to support our activities, make large grants to support cycling, and have money left over.

Membership

		2013		2014
Memberships	748		700	
New Memberships		125		110
Day Rides and Incentives				
		2013		2014
Total Rides		3799		3584
Ride Leaders		48		57
Miles Ridden		168145		156685
Award Winners by Level				
1	34	32		
		2	21	14
		3	22	27
		4	38	37
		5	47	44
	Total	162		154

Events

T-Shirt	June 7	425 participants		
NW Tour	June 11-15	300		sold out
Summer Tour	July 9-13	150		sold out
WOW	July 19	405		
DALMAC	Aug. 27-31	1675		

DALMAC and NW Tour are profitable. Summer Tour broke even by design. T-Shirt and WOW are subsidized about 1/3, intentionally.

Financial

TCBA Available Funds	\$323012.81
DALMAC Grants 2014	\$80300.00
TCBA Grants 2014	\$24190.69

Other Noteworthy Activities

- Support foot/bicycle bridge construction over Sycamore Creek in Mason
- New Postage Paid Ride Sheets
- Support Ride of Silence
- Support Ride of Silence for Jill Byelich
- Work with County and DOT on US27 crossing at French Rd.

- TCBA Volunteers Appreciation Dinner
- DALMAC Volunteers Appreciation Dinner
- Club Picnic
- Holiday Party

Respectfully Submitted
 Darryl Burris
 President TCBA 2014

HOW TO SURVIVE INDOOR WORKOUTS THIS WINTER

When the weather turns cold and snow starts to fall some cyclists are forced to train indoors. Let's face the facts: For many cyclists, training indoors is like running in circles around a jail cell. There is no way to truly replicate the feeling of charging up your favorite climb. However, indoor training doesn't have to be a complete downer. There are a few things you can do to keep the boredom factor to a minimum.

Cycling Classes

First off, cycling classes are very popular. If you already belong to a gym there is a good bet that they offer some form of cycling or Spin? class. The biggest benefit of these classes is that they provide a lot of motivation that can be lacking when it comes to indoor training. Yeah, it is a lot like cheerleading meets bicycling, but it works for many people so it's worth a try.

Cycling Clubs

If you aren't into classes then some cycling clubs offer weekly indoor training sessions where a number of cyclists meet at a bike shop or other communal location one to two times a week to pedal together. Check your local bike shop to see if there is a team training together in your area.

At Home

Most of us end up training in our own homes. You can either hitch your bike up to a stationary trainer or you can buy a specific indoor trainer much like those you see at health clubs. Regardless of the indoor trainer you use, the key factor is to make the riding as comfortable as possible. By that I mean you need to create an environment that makes riding tolerable if not fun.

I used to train indoors with a friend. We set our bikes up in his basement and met each Tuesday and Thursday evening for some serious workouts. Having a firm commitment to train was good motivation to making it happen and helped us get the most out of the workouts.

Indoor training means that you will be trying to make an effort while on the bike. Effort means work and work means sweat. I strongly suggest setting up a fan so that when you start cranking up the watts you will not be dripping in sweat. Sweat can corrode your bike components so if you do sweat on your bike, make sure to wipe it down after your ride.

Also, having a TV which can show some cycling-related DVD's not only helps relieve boredom, but it can also provide some much-needed motivation. I suggest watching bike racing DVDs, the Tour de France is my favorite. However, everyone's tastes are a bit different. The key here is to generate some motivation to work hard and not just pedal easily.

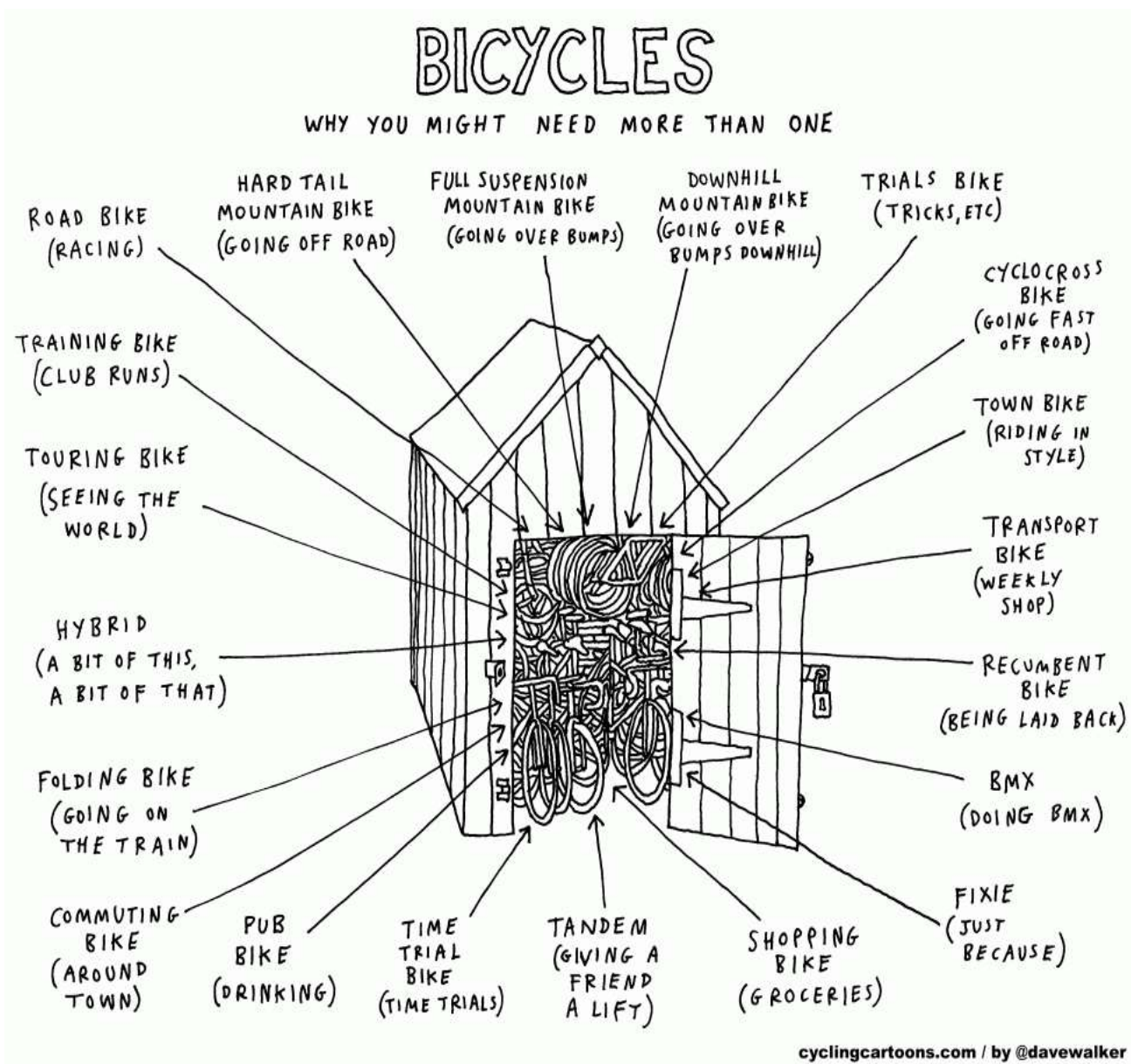
As far as workouts go there are many different options. If your bike is rigged with a power meter or your stationary trainer has a power readout then you can set goals coupled with time. If power is not available then use the gears on your bike coupled with time. The bigger or more difficult the gear, the harder you'll work. You get the idea. Be sure to both warm up and cool down properly.

So, if you have to train indoors there are a number of options to ease the pain. Just remember that you should try to set a schedule so you will train regularly and create an environment that makes those sessions as enjoyable as possible.

<http://www.active.com/cycling/Articles/How-to-Survive-Indoor-Workouts-This-Winter.htm>

JUST FOR SMILES

Retrieved from <http://www.cyclingcartoons.com/more-than-one-bicycle/>



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, (up to 250 characters no counting spaces) send an e-mail to chainwheelchatter@biketcba.org, or mail to Wendy Briggs, 2058 Scout Rd, Eaton Rapids, Michigan 48827.

FOR SALE: Tandem, Cannondale RT1000, medium-small. Lightly ridden. Carried parent-child team on 3 DALMAC's. Excellent condition. \$900. Contact: hammlc@gmail.com

Price \$300.00 (FIRM) (\$1,300 brand new)
Call Nancy Kruithof at (517) 667-4613

FOR SALE: Thule Apex Swing 4-Bike Hitch-Mounted Bike Rack (9027). Fits 1 1/4" and 2" hitch receivers. Used only once and couldn't return. Retail for \$500, Asking \$350. Email Cliff @ cliffordzang@gmail.com.

NEED A CHRISTMAS PRESENT FOR SOMEONE SPECIAL

Vision Recumbent (2003)
Fits a person 5' 5" to 6'
Handcrafted in Seattle, Washington
27 speed with index shifting
One Owner
500 hundred miles approximately
Includes 2 water bottle cages
Flicker tail light
Rear bike rack, Sun rims, Shimano brakes, Quick release wheels and seat
Look pedals included
Topeak/Panoram computer



MEMBER SPECIALS

This section of the *Chainwheel Chatter* is published as a service for **TCBA MEMBERS** who own a business at a cost of \$5.00/month for business card ad. To place your business ad, please submit your copy ready jpg business card to chainwheelchatter@biketcba.org, and mail your payment for the number of months you want your ad to appear to Wendy Briggs, 2058 Scout Rd, Eaton Rapids, Michigan 48827.



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Susan A. Schrock
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CHAINLINKS



www.biketcba.org Tri-County Bicycle Association

www.lmb.org League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

www.adventurecycling.org Adventure Cycling

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.railstotrails.org Rails to Trails Conservancy

www.michigantrails.org Michigan Trails & Greenway Alliance

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

twitter.com Twitter

<http://www.nhtsa.gov/Bicycles> National Highway Traffic Safety Administration

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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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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