

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

# Chainwheel Chatter

Volume 40, Number 5

Established 1972

May 2014

MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
<b>MEMBERSHIP</b>	MAY 24, 2013 7:00 p.m.	Foster Community Center, 200 N. Foster St. Lansing, MI	<b>POSTER CONTEST WINNERS AND DALMAC FUND GRANT WINNERS</b>
<b>BOARD MEETING</b>	May 1, 2013 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.

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## DEADLINES

### NEWSLETTER MAY 9

Please send items to Janet Weber, via e-mail to [chainwheelchatter@biketcba.org](mailto:chainwheelchatter@biketcba.org) by the indicated deadline.

### RIDE CALENDAR MAY 7

Information for the ride calendar needs to be sent to Ed Usewick, 590 Boutell Drive, Grand Blanc, MI 48439 or e-mailed to [tcbamonthyrides@aol.com](mailto:tcbamonthyrides@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

Positions to help on DALMAC 2014 are available on Crew & Committees in the many exciting and interesting jobs. We have room for a few hours or days for you and/or your friends. Some of the work is considered glamorous & exciting - we'd love to work with you and for you - Please join us - Volunteers make DALMAC happen. If interested in volunteering please email [volunteer@dalmac.org](mailto:volunteer@dalmac.org).

**RIDE INCENTIVES:** The Ride Incentive Committee is proud to announce last year's ride incentive items are in and ready for pickup. If your ride incentive is at one of the local bike shops, please visit that bike shop and let them know you are there to pick up your ride incentive. Please remember to thank these bike shops for working with us on this program. If you are unsure of which shop has your item, please email Joel at [boardatlarge2@biketcba.org](mailto:boardatlarge2@biketcba.org). If you are receiving a jacket as your ride incentive, please make plans to attend the next general membership meeting, where your ride incentive committee will be in attendance early to pass out the jackets. If you would like someone else to pick up your jacket for you, please email Joel and let him know.

The ride incentive committee is at work already picking items for this year's incentives. If you have ideas/suggestions for items you would like to earn, please let us know. If you might be interested in joining the ride incentive committee or any other TCBA committee, please contact any board member to discuss options for you.

Thank you for riding with TCBA during the 2013 riding season. We look forward to meeting you on the road in 2014.

**PICNIC:** The annual TCBA picnic will be held on June 22 at Valhalla Park in Delhi Township. The picnic starts at noon. Members may sign up at the May Membership meeting. The cost is \$5 per member. See Bill Smith for more details.



## TRI-COUNTY BICYCLE ASSOCIATION BOARD OF DIRECTORS MEETING MINUTES

April 1 2014, Foster Community Center, Lansing, Michigan

President Darryl Burris called the meeting to order at 6:32 p.m. All directors were present except Steve Leiby. Other members present were Mike Unsworth, Wendell Proudfoot, David Pierce, and Christopher Mumby. Meeting agenda and March minutes were approved as presented. Correspondence received was reviewed.

### Board Reports

**President:** Darryl Burris Volunteer Dinner May 15<sup>th</sup> and he has 110 names to invite.

**Vice President:** Bill Smith reviewed the upcoming meeting speakers and events.

**Secretary:** Patrick Baughan discussed the abbreviated minutes from the last meeting being sent to the newsletter before being approved by the board.

**Treasurer:** Darryl Burris presented the report in Steve's absence.

**Events Director:** Pat Trudgen reported DALMAC is in good shape with 1190 riders enrolled to date.

**At Large Directors:** Patrick Kelley discussed Ride Incentive rules for small groups of TCBA riders to get mileage points. This was tabled until next meeting when Patrick will submit a written proposal.

Joel Wickham reported that 2013 Ride Incentives ready for pick-up. He has ordered shirts with a TCBA logo for trade shows.

**Membership:** Wendell Proudfoot reported that we have 1015 members.

**Advocacy Committee:** Mike Unsworth submitted a report with ongoing events.

**New Business:** Christopher Mumby presented a request for partial funding of a replacement bridge on a trailhead of the Mason Hayhoe River walk Trail. They were late for the DALMAC Fund cutoff and asked TCBA to consider this. A motion to give \$10,000.00 matching funds for this project with expiration dates was approved.

A motion was approved to fund up to 10 officers for LMB program of Police training on bicycle issues. We discussed a request from MSU Police for bicycle lights to give to students that get stopped for riding after dark without lights with no action taken.

Being April fool's day we decided to give the TCBA Board a 500 % raise. NOT

**Next Board Meeting:** Tuesday May 6, 2014 at Foster Community Center, members welcome. Meeting adjourned at 8:28 p.m.

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

MARCH 2014  
ADVOCACY COMMITTEE REPORT

By Michael Unsworth

## **U.S. Housing & Urban Development (HUD) work plan for Non-Motorized Transportation (NMT)**

The Spring meeting on linking trails, pathways, & bike routes in the Tri-County Region will take place at the end of May, hopefully at the Delta Township District Library.

### **Trowbridge Village Site Plan**

At the March 12 Advocacy Committee meeting, we studied the plan in detail and was pleased to see that the developer is committed to 150 bike parking spaces or “per zoning code whichever is greater.”

We sent some questions and recommendations to the developer and received prompt replies about the use of overhangs to protect parked bicycles, insuring bicycle & pedestrian access to the surrounding neighborhood & adjoining businesses, and bicycle-oriented signage.

### **CATA Bus Rapid Transit (BRT) planning charrettes**

From March 19 to 23 TCBA members participated in various aspects of this process.

The Capital Area Transportation Authority had planners engage with East Lansing residents and other interested people about the configuration of the roadway of Grand River Avenue in East Lansing. This stretch is the narrowest of the downtown Lansing – Meridian Mall route.

The preferred solution was to give bicyclists access to the dedicated BRT lanes. Since the buses would run every six minutes (at peak times) and will have the maneuverability to pass cyclists, this configuration provides bicyclists with safe travel on this important seven mile route along Michigan and Grand River Avenues.

The Advocacy Committee will participate in the April planning charrettes for the rest of the route and will strongly press for the adoption of this configuration.

### **Regional Infrastructure Issues/Hot Spots**

As a pilot project, the Committee is studying ways to increase safety on several dangerous mid-block crossings: Inter-Urban Pathway: where it crosses Okemos Road

## DENISE M. MOLZON

Denise Headlee Young Molzon, aged 60, made her transition peacefully at home on March 17, 2014. She was the loving wife of Gregg Molzon; daughter of Clara (Beldock) and Herb Headlee of Marysville MI; and granddaughter of Eva Headlee "gram" who she credits as her protector, her angel and the love of her life. Denise is also survived by her brother Dave Snover and his wife Margarita of Troy, NY; two step children from a previous marriage, Troy and Heidi Young and step sons Aaron and Raymond Molzon. Denise had seven grandchildren and two great grandchildren whom she embraced and adored. She is also survived by Cousins Larry and Diane Dukette and family of Georgia.

Denise, along with Gregg volunteered as part of the 5UP DALMAC route the past several years. She was a tender and generous friend to many. She was a positive influence in various fellowship groups and a mentor and role model for many.

Denise will be greatly missed and never forgotten by all those blessed enough to call her friend. She will always be as close as our thoughts.

A Celebration of Life was held on March 29, 2104 with family and friends. To sign online guestbook, visit [www.cremationsocietymidmi.com](http://www.cremationsocietymidmi.com).

## WANT TO TRAIN LIKE AN ASTRONAUT?

BY STEPHEN SAMENDINGER

MSU Space Exercise Study I & II, sponsored by the National Space Biomedical Research Institute. Purpose: to examine the effects of active video games on exercise performance. You'll take a graded cycle exercise test to determine your max exercise capacity and ride a stationary bike for 30 min/session while watching an exercise video game & complete a survey about your experience.

You can sign up for EITHER:

- Study I: 6 sessions over 6 days OR
- Study II: 6 sessions each week for 24 weeks. For Study II, you'll also repeat the exercise test midway & at the end, plus complete 3 muscular strength tests. Both studies are on the MSU campus in IM Circle.

Men and women, ages 35 to 60 and who are healthy enough for physical activity can participate. Men over 45 yrs. & women over 55 yrs. will need to obtain physician consent prior to participating.

MORE INFO AND SIGN-UP ONLINE TODAY AT: <http://goo.gl/FR2zG5>,

Study Contact: [edealiso@msu.edu](mailto:edealiso@msu.edu).

## RIDE OF SILENCE

By Mike Unsworth

The Greater Lansing Ride of Silence will take place on Wednesday, May 21, 2014. Please join fellow cyclists who will take to the streets in a silent procession to honor those cyclists who have been killed or injured while cycling on public roadways.

Registration will take place between 5:15 p.m. to 6:15 p.m. at the Wells Hall Plaza (between Wells Hall and the International Center) on the Michigan State University campus. The memorial ride will start promptly at 6:30 p.m. from the plaza. It will be conducted in solemn and reflective silence, with a police escort provided all the way to the State Capitol in downtown Lansing and back to campus. The Ride of Silence is open to all ages and riding skill levels who wish to participate.

TCBA will not hold other rides during this international event. Ride of Silence is an official club ride with sign-up sheets at the event.

We will ride in the rain, but our thunderstorm date is Saturday, May 24, same times and starting point.

A post-ride get-together will take place at The Avenue Café, 2021 E Michigan Ave, Lansing. The Fabulous Heftones will provide the music.

For more information: <http://tinyurl.com/MichRoS2014>.

## RIDE OF REMEMBRANCE

By Darryl Burris

### RIDE OF REMEMBRANCE

Sunday May 18th at noon

TCBA Club Ride Meets at Mason Plaza Parking Lot

Contact: Cheryl Claflin: (517) 676-9115 E-mail: [caclaflin@sbcglobal.net](mailto:caclaflin@sbcglobal.net)

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, 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.

We are gathering to remember our deceased club members and celebrate how their lives touched ours. Join us at the Mason Plaza Parking Lot for a brief time of sharing followed by a self-paced ride of 25 to 30 miles. We will meet in the southeast corner of the parking lot. After the ride, those who wish can gather at the Mason A&W for refreshment and fellowship. If you are not able to ride, but still wish to participate, please plan to meet the riders as they return to the A&W starting around 2:30 pm.

TCBA Ride of Remembrance is not to be confused with the Ride of Silence.

## May 2014 Ride Calendar

Recurring Rides; No Ride if Rain, Snow or Wet Roads at start, Unless Noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
<b>Sundays</b>	8:30 AM	40	Z	67 <sup>th</sup> District Court House, Grand Blanc	Temps > 45 No Ride May 18. (Ride of Remembrance); will ride on the 17 <sup>th</sup> (Saturday)	Ed Usewick 810-694-9919
<b>Mondays</b>	9:30 AM	30-50	C	Oneida Township Hall	No ride on Memorial Day	Bob Noble 517-290-7271
	6:00 PM	20-30	B	Oneida Gospel Church	Temp must be > 40 F garybunge@sbcglobal.net	Gary Bunge 517-256-8429
	6:30 PM	17-24	C	Coach's Pub and Grill	No ride on Memorial Day or if temps under 40F	Dick Chulski or Ginger Royston 517-331-5557
<b>Tuesdays</b>	6:00 PM	15-25	C	Oneida Township Hall	No ride if temperature is below 40 F.	Leslie Miyasato 517-927-8953 or Mark Kappler 969-506-9528
	6:30 PM	20-25	B	Williamston Township Hall		Kristen Furseth 517-881-8099
<b>Wednesdays</b> Only ride on May 21st is the Ride of Silence	6:00 PM	20-30	B	Oneida Gospel Church	No ride if under 40 F, bobnob@comcast.net	Bob Noble 517-290-7271
	6:15 PM	25-30	B	Riverview Church		Jim Delinescheff 517-333-9329
<b>Thursdays</b> No rides on Club meeting Night	6:00 PM	15-25	C	Oneida Township Hall	No ride if temperature is below 40 F	Leslie Miyasato 517-927-8953 Or Mark Kappler 969-506-9528
	6:30 PM	20-25	B	Williamston Township Hall		Mike Hixson 517-896-5212
<b>Fridays</b>	6:00 PM	18-30	C	Hamlin Township Hall, Eaton Rapids	No ride May 30th	Rob Taylor 517-648-2608
<b>Saturdays</b>	8:00 AM	40-50	Z	Sawdon School	No ride if under 40 F, mcsch@comcast.net	Mike Schilling 517-627-7567

### MORE MAY RIDES (Non-Recurring)

<b>Sunday May 18<sup>th</sup></b>	<b>RIDE OF REMEMBRANCE</b> We are gathering to remember our club members and celebrate how their lives touched ours. Contact: Cheryl Clafin / Darryl Burris Phone: (517) 676-9115 / (517) 394-1617 E-Mail: caclafin@sbcglobal.net / <a href="mailto:bikenote@att.net">bikenote@att.net</a> Meet at 12 noon for a brief time of sharing followed by a self-paced ride of 25 to 30 miles. The start location will be in the Mason Plaza parking lot. Please park in the south east area away from businesses. After the ride, those who wish can gather at the Mason A&W for refreshments and fellowship. Come join us even if you are not able to ride.
<b>Wednesday May 21st</b>	<b>RIDE OF SILENCE</b> Registration is between 5:15 p.m. to 6:15 p.m. at the Wells Hall Plaza (between Wells Hall and the International Center) on the Michigan State University campus. The memorial ride will start promptly at 6:30 p.m. from the plaza. It will be conducted in solemn and reflective silence, with a police escort provided all the way to the State Capitol in downtown Lansing and back to campus. See page 5 for more details.
<b>Monday May 26<sup>th</sup></b>	<b>(Memorial Day), Start time 8:30 AM, Distance: 40-55 miles, Class Z, Southern Links Trail in Columbiaville (rail trail), Ride Leader is Roxanne Usewick 810-694-9919</b>



## HELMETS ARE REQUIRED ON ALL TCBA RIDES

**RIDE STARTING POINT DESCRIPTIONS**

67th District Court House.....Grand Blanc  
 Coach's Pub & Grill..... Corner of M99 and Bishop Road  
 DeWitt Township Hall ..... 1401 W. Herbison Rd., 1/2 mile west of Old 27  
 Hamlin Township Hall..... 6463 S Clinton Trl, Eaton Rapids  
 Oneida Gospel Church.....Corner of Oneida & Strange Hwy, Grand Ledge  
 Oneida Township Hall.....11041 Oneida Road, Grand Ledge  
 Riverview Church ..... Willoughby Rd., one block west of College Road  
 Sawdon School.....Lamson Rd., Grand Ledge  
 Victor Twp Hall .... Alward Rd 200' west of Shepardsville Road, Laingsburg  
 Clinton County  
 Williamstown Twp Hall .....Corner Zimmer & Germany Rds, 4 mi east &  
 1 mile south of Haslett

**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](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: [bikerides@comcast.net](mailto:bikerides@comcast.net) Ride Line Call-in  
 Coordinator: Thomas Bogle**

**2014 MEETING DATES**

BOARD MEETINGS	MEMBERSHIP MEETING
May 6	May 29
June 3	June 26
July 1	July 31
August 5	August 21
September 2	September 25

**2014 TCBA RIDES**

100,000 Metre T – Shirt Ride	June 7
NorthWest Tour	June 11 - 15
SummerTour	July 9 - 13
Women on Wheels Ride	July 19
DALMAC	August 27-31

**Sunrises & Sunsets for May 2014**

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	6:33 AM	8:37 PM	11	6:21 AM	8:49 PM	21	6:11 AM	8:59 PM
2	6:32 AM	8:39 PM	12	6:20 AM	8:50 PM	22	6:10 AM	9:00 PM
3	6:31 AM	8:40 PM	13	6:18 AM	8:51 PM	23	6:09 AM	9:01 PM
4	6:29 AM	8:41 PM	14	6:17 AM	8:52 PM	24	6:08 AM	9:02 PM
5	6:28 AM	8:42 PM	15	6:16 AM	8:53 PM	25	6:07 AM	9:03 PM
6	6:27 AM	8:43 PM	16	6:15 AM	8:54 PM	26	6:07 AM	9:04 PM
7	6:25 AM	8:44 PM	17	6:14 AM	8:55 PM	27	6:06 AM	9:05 PM
8	6:24 AM	8:45 PM	18	6:13 AM	8:56 PM	28	6:05 AM	9:06 PM
9	6:23 AM	8:46 PM	19	6:12 AM	8:57 PM	29	6:05 AM	9:06 PM
10	6:22 AM	8:48 PM	20	6:11 AM	8:58 PM	30	6:04 AM	9:07 PM
						31	6:04 AM	9:08 PM



## FIRST DALMAC?

By Dick Janson

That was me in 1999, and is the case for one of every four participants. I'd like to help those of you who are anxiously anticipating your first DALMAC, or perhaps even help enhance your second or third effort.

The first question often asked is "Can I make it?" I rode 44 miles to see just how SLOW I could go. In the first 25 miles, I was able to keep my speed down to 7.5 miles an hour. By 30 miles, I was having too many distractions to concentrate, and the average started creeping up. By the 44 mile mark, I was up to a disgusting 8.1 mph.

So the answer goes to simple arithmetic. Since routes that average less than 70 miles a day are available, let's use that as a basis. If you can average just 10 mph, and you wait to leave until 8am, and you allow an hour for lunch and stops, you will arrive in camp by 4pm, you will have an hour or two to set up your tent and shower before dinner. Gain an hour by going 12 mph or leave an hour earlier.

Your first day will be OK because you are pumped up for the adventure. Your second day may be more difficult if your training hasn't included some back-to-back 50-mile rides - it's up to you. After that, you and your body get into a different mode, and things are better, even though the route is more challenging in places.

DALMAC is not a race. Before you go, determine a speed above which you are not comfortable. On DALMAC, pace yourself by riding a mile-per-hour slower. Tell yourself you're saving a bit for the end, just in case you need it. Remember, if you're riding the Bridge, the first 2.5 miles are all uphill.

You may find yourself both excited and anxious while preparing for this new adventure. If you can reduce the anxiety, you can increase the excitement. It is a concern for the unknown that causes the anxiety and you can do things to reduce that.

1. Train in uncomfortable weather - hot, cold, wet, windy. It is better to learn how to deal with it close to home.
2. Ride with others, to gain their knowledge, and to learn how groups behave.
3. Ride in unfamiliar areas, to get used to being distracted while staying on course, and to make training more fun. Take a map of the area. Notice major landmarks as you ride, such as highways, bodies of water, and railroads, to help you find your place on the map.
4. Take clothing you may need during the day, and have a place to store what you shed. Tying a jacket around your waist is a BAD idea. Several thin layers are better than fewer thick ones. A zipper on your shirt will help you control temperature. Unzip it before you puff up a long hill; zip it up before going down the other side.

If it rains and the temperature is above 70, just ride. In colder weather, it is more important that you stay warm than stay dry. A water repellant jacket will help, but a plastic rain coat will probably get you too hot, too quick, and will contain your sweat. Wool will keep you warm, even when it is wet.

5. Fruit stops and/or porta potties will be provided in sparse areas, but you may have a more urgent need. Equip your bike with two water bottles (I love insulated Polar bottles) and cages, and carry some munchies. Fruit can get mushy in a handle bar bag. Anything that is chocolate-covered will melt. Granola bars or GORP (Good Old Raisins and Peanuts) work. My favorite snack is a Clif Bar.

Make some tree-inspection units. For each, carefully remove the core from the last bit of a toilet paper roll and pull the inside end out for a pop-up dispenser. Put 3 baby wipes in a snack bag and put that and the roll on a sandwich bag. Clean your butt with the TP, finish with the baby wipes, and haul it all out in the sandwich bag.

**6. Hot weather can be dealt with. Keep one water bottle with only water. A bandana around your neck or on your head, soaked in water, is wonderful. Another bandana draped, down your neck, can be an effective sun shield. If it flaps in the wind, soak it, too.**

7. Each of us takes with us what we call our refrigerator. It is that depression in the center of your chest. As long as that area feels cool, you are OK. Otherwise, immediately lay down, preferably in some shade, as you are beginning to suffer from heat exhaustion.

8. Drink before you are thirsty and eat before you are hungry. You should drink enough to want to pee every hour or two. The darker the pee, the more you need to be drinking. If you don't eat enough, you will bonk. You will know you are bonking when, on level ground, each pedal stroke feels like it may be your last. Eating can prevent this. If you eat a large meal, like breakfast, before riding, remember it may take up to an hour to digest. During that time, it is normal to have less energy for riding, so just go a bit easier.

9. Make all your equipment changes by mid-August. Test everything, including tent, bag, mattress, clothes, bike, pump and other tools, and snacks. Set up your stuff one evening, then pack it all up the next morning before you go to work when you are half awake.

DALMAC is a great experience that will live on for you long after you finish your adventure. With a little preparation, you will be just fine.



## U.S. CONSUMER PRODUCT RECALL

**WASHINGTON, D.C.** - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today 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:** Stromer ST1 electric bicycles.

**HAZARD:** The bicycle fork can break posing a crash and injury hazard to the rider.

**REMEDY:** Consumers should immediately stop riding the bicycle and take it to an authorized Stromer dealer. Consumers with a recalled bicycle will receive a free replacement fork and have it installed at no cost.

**UNITS:** About 1,300 in the U.S. and 11 in Canada.

**DESCRIPTION:** This recall involves all 2013 Stromer ST1 women's and men's pedal-assist electric bicycles, models M33 Elite and P48 Platinum. The bikes were sold in three colors; black, red and white. They have an integrated lithium battery located inside the down tube, motor on the rear hub and a three-button LCD system display on the handlebars. "Stromer" is printed on the top tube of the bicycle frame and on the seat and chain guard. The fork's serial numbers for the recalled bikes start with: ST1S2F, ST1S2G, ST1S2H, ST1S2I, ST1S2J, ST1S3A, ST1S3B, ST1S3C, ST1S3D and ST1S3E. The serial number is etched at the bottom of the rear fork.

**INCIDENTS/INJURIES:** BMC has received one report of a fork breaking, resulting in minor scrapes and bruises to the rider.

**SOLD AT:** Authorized Stromer dealers nationwide and online from January 2012 to May 2013 for between \$3,500 and \$4,000.

**MANUFACTURED IN:** Switzerland by MyStromer AG of Switzerland.

**CONSUMER CONTACT:** BMC-USA at 800-819-4262 from 10 a.m. to 5 p.m. ET Monday through Friday, online at [www.stromer.ch](http://www.stromer.ch) and click on Fork Recall for more information, or email [Andrew.gelles@bmc-switzerland.com](mailto:Andrew.gelles@bmc-switzerland.com) for more information.



# 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:** Specialized Sirus Elite Disc. 280 miles; like new. Medium. \$800 or best offer. Call or text Steve at 517-202-5914.

**FOR SALE:** Thule Doubletrack 990XT Hitch Bike Carrier. Carries two bikes. Works with both 1 1/4" & 2" receivers. Lightly used. \$250 or best offer. Please call Chad at 517-819-4980.

**FOR SALE:** 53cm Cannondale Synapse (Alloy, Black & Silver) with Campagnolo Centaur components & Campagnolo Scirocco wheels. Excellent condition. Frame has less than 1,000

miles. Components & wheels were new last year & ridden less than 200 miles. Please call or text Paul at 517-899-6674 or email [pnorton@pnorton@neogen.com](mailto:pnorton@pnorton@neogen.com).

**FOR SALE:** 2012 Specialized Dolce Elite Compact. 51 frame. \$900. Women's specific medium with Shimano Tiagra crankset, 50/34 chainring & a new 10-speed 12-30 compact cassette and chain. Fast & comfortable w/BG Riva seat. FACT carbon fork. In-Zerts. DT Swiss Axis 1.0 wheels w/700x25cc tires. Professionally maintained & ready to ride. Call Anne 517-347-4735.

# 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](mailto:chainwheelchatter@biketcba.org), and mail your payment for the number of months you want your ad to appear to Janet Weber, 767 Linden St., Charlotte, MI 48813.



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



COME CLEAN FOR A DAY.

**BIKE**  
RIDE • CARPOOL • WALK

FRIDAY MAY 2<sup>ND</sup> CASUAL COMMUTE DAY

CASUALCOMMUTE.ORG

BIGOBY COFFEE

## CHAINLINKS



[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.adventurecycling.org](http://www.adventurecycling.org) Adventure Cycling

[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.railstotrails.org](http://www.railstotrails.org) Rails to Trails Conservancy

[www.michigantrails.org](http://www.michigantrails.org) Michigan Trails & Greenway Alliance

[www.facebook.com](http://www.facebook.com) TCBA is there as a group...check us out!

[twitter.com](https://twitter.com) Twitter

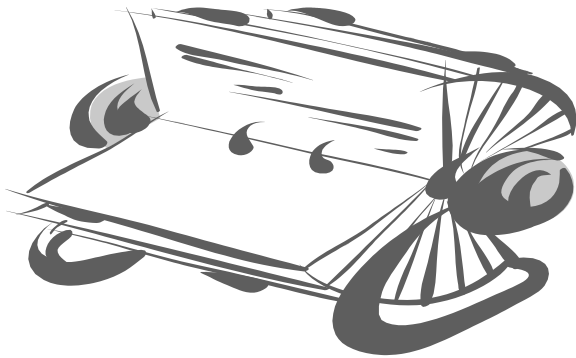
<http://www.nhtsa.gov/Bicycles> National Highway Traffic Safety Administration

# 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.

## TCBA OFFICERS:

- President: Darryl Burris ..... (517) 394-1617  
E-mail: president@biketcba.org
- Vice President: Bill Smith.....  
E-mail: vp@biketcba.org or wsmith132@comcast.net
- Treasurer: Steve Leiby.....(517) 881-4137  
E-mail treasurer@biketcba.org
- Secretary: Pat Baughan  
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:  
Patrick Kelley  
E-mail boardatlarge1@biketcba.org or kelley\_patrick@hotmail.com
- Joel Wickham.....  
E-mail boardatlarge2@biketcba.org



## OTHER GOOD NUMBERS:

- Advocacy Committee Chairman:  
Mike Unsworth.....517-282-7515  
E-mail:.....advocacy@biketcba.org
- Bike Travel Case Use Coordinator .....(517) 267-8971  
E-mail:.....philwells@sbcglobal.net
- DALMAC E-mail:.....dalmac@biketcba.org
- DALMAC FUND: Steve Leiby.....(517) 881-4137  
E-mail.....treasurer@biketcba.org
- DALMAC Treasurer: Diane Sherman  
E-Mail.....dalmactreasurer@biketcba.org
- LMB Office:.....(517) 334-9100  
E-mail:.....office@lmb.org
- LMB Rep.: Phil Wells.....(517) 267-8971  
E-mail:.....pwells@lmb.org
- Membership Coordinator:  
Wendell Proudfoot.....(413) 776-9369  
E-mail:.....membership@biketcba.org
- Newsletter Editor: Janet Weber.....(517) 230-1679  
E-mail:.....chainwheelchatter@biketcba.org
- Northwest Tour: Jeff Dillingham.....(517) 614-6277  
E-mail:.....nwtour@biketcba.org
- Ride Coordinator: Ed Usewick.....(810) 694-9919  
E-mail:.....tcbamonthlyrides@aol.com
- Ride Line:.....TUBES-OO (517) 882-3700
- Ride Line: Call In Coordinator: Thomas Bogle  
TUBES-OO (517) 882-3700  
E-mail:.....bikerides@comcast.net
- Ride Mileage Keeper:  
Doug Sherman  
E-mail:.....restro66stang@gmail.com
- Safety & Education:  
E-mail:.....
- SummerTour: Pete Derkos.....  
E-mail:.....summertour@biketcba.org
- T-Shirt Ride: Steve Schuesler .....(517) 332-0670  
E-mail:.....tshirt@biketcba.org
- Weather:.....(517) 321-7576
- Webmaster: Wendell Proudfoot.....(413) 776-9369  
E-mail: webmaster@biketcba.org
- W O W: Adreah Saxton.....(517) 622-0364  
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.