

TRI-COUNTY BICYCLE ASSOCIATION
P.O. BOX 22146 LANSING, MI 48909
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WWW.BIKETCBA.ORG

Chainwheel Chatter

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August 2015

Meetings/Deadlines Announcements Front Cover

Board Minutes 2

DALMAC Into, Northwest Tour 3

DALMAC Rider Services 4

Bike to Build 4

August Ride Calendar 5

Ride Starting Points 6

Ride Classifications 6

Sunrise/Sunset 6

Biking Smarter 7-8

T-Shirt Ride Photos 10

Bike Advocacy 11

Classified/Member Specials 10

Chainlinks 11

TCBA Contacts/Change of Address Form 11

Membership Application Back Cover

| MEETING | DATE/TIME | LOCATION | PRESENTER/ TOPIC |
|----------------------|--|--|--|
| BOARD MEETING | August 4, 2015 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 for add'l agenda item. |
| MEMBERSHIP | August 27, 2015 Bike Forum 6:00 Membership 7:00 p.m. | Foster Community Center, 200 N. Foster St. Lansing, MI | Last Thursday of the month, Speaker: Todd Scott, Detroit Greenways Coalition. First 40 Years of Biking in Detroit |

DEADLINES

NEWSLETTER August 14

Please send items to Patricia Mead, via e-mail to chainwheelchatter@biketcba.org by the indicated deadline.

RIDE CALENDAR for August 12

Please send ride calendar information to Ed Usewick, by email tcbamonthyrides@aol.com on or before the deadline. Please ensure to include as ride times, days of the week, mileage, location, and ride leader name and telephone number or any special qualifications. No ride if rain is assumed.

August Membership Meeting: Todd Scott-Detroit Greenways First 40 Years of Biking in Detroit

Please join us for the August 27th TCBA membership meeting and welcome Todd Scott of Detroit Greenways. Meeting starts at 7:00 PM at the Foster Community Center.

This presentation on the First Forty Years of Biking in Detroit uncovers the unique history of Michigan's two-wheel pioneers. These bicyclists went on to lead the Good Roads and Women's Suffrage movements, launch the automotive industry, and much more.

We hope to see you there!



TRI-COUNTY BICYCLE ASSOCIATION Board of Director's Meeting Minutes
July 7, 2015, Foster Community Center, Lansing, Michigan

President Darryl Burris called the meeting to order at 6:30 PM. All Directors except Bill Smith were present. Mike Unsworth, David Pierce, Jeff Dillingham, and Jim Delinescheff were also present for this meeting. The meeting agenda and June board minutes were approved as written.

Member Input: Jim Delinescheff talked about the current club jerseys and the next generation. He will be working to get some ideas for a new club jersey.

Board Reports

President: Darryl Burris discussed the ride sheets that are not on the web site. These would need to be printed and mailed in an envelope to the mileage keeper.

Vice President: Bill Smith not present.

Secretary: Patrick Baughan no report.

Treasurer: Steve Leiby submitted the financial report. A motion to approve as written passed.

Events Director: Ken Hendrick discussed what we are doing for the DALMAC club meeting. DALMAC rider numbers and a financial comparison between 2014 and 2015 were reviewed. Ken announced that he will be riding across the U.S. next summer and that Al Simons will fill in for him.

At Large Directors: Patrick Kelley discussed 2014 incentives not picked up. The July meeting will be the cut off before items will be sold.

Joel Wickham asked for more shelving units to be purchased for locker.

Advocacy Committee: Mike Unsworth discussed TCBA correspondence to local governments and agencies about road construction.

Northwest Tour: Jeff Dillingham reviewed the ride and financials. Motion to approve report passed.

Old Business: None

New Business: None

Meeting adjourned: 8:12 PM

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

Registration volunteers needed: Many of you have helped with DALMAC registration before and know what a rewarding job this can be and a GREAT way to meet other club members. If you can help please contact Mike Hudson at 517-321-4297 [Please no calls after 10:00pm] or e-mail HUDSONMP66@gmail.com. A sign up sheet will also be passed around at the August club meetings. We will again be registering DALMAC riders at the MSU Pavilion and the schedule is as follows:

Tuesday, September 1st 4:45pm to 8:00pm

Wednesday, September 2nd 7:00am to 9:00am and 5:00pm to 8:00pm

Thursday, September 3rd 7:00am to 9:00am

Please plan to arrive 15 minutes prior to your shift starting time.

Northwest Tour 2015

Jeff Dillingham



The 9th NorthWest Tour took place June 17-21 near Empire, Michigan. We had good weather, good roads, and great fun!

Thanks to all of you who chose to ride with us. For this years tour the women outnumbered the men, at 53%, and the average age of riders was 57.

Many, many thanks to our awesome staff: map maker, registration and campsites, SAG drivers, and campground hosts. You make a great team and are very much appreciated. Also a big thank you to [Indigo Bluffs](#) RV Resort and BJ's Catering. Great hospitality and great food help to make for a great tour. And to McLain Cycle of TC, our wrench.

Tour Dates for 2016 are June 15-19 and registration will open on Jan. 12, 2016 at noon, so mark your calendar. Hope to see YOU next year!



DALMAC Rider Services—New Email Address Seeks Input

Calling all past & present riders! A volunteer committee within DALMAC called Rider Services has been created and will develop over the next two years to become a resource for outlining locations and businesses where the tour should place restrooms, or notify businesses that “the riders are coming, the riders are coming”

The startup team has the nickname of “The Cycling Ballerinas” and DALMAC is grateful for their efforts. Please forward your suggestions & info to riderservices@dalmac.org

Here is their first message:

Yo Riders, we are jazzed to volunteer this year to manage a master list of specific business owners that we want to contact and advise of the timelines and rider counts so they're ready for you, on ALL routes AND WE NEED YOUR HELP!

We are requesting that you provide us with any stops you remember along the ride-such as refreshments, convenience stores, or even bathrooms. Thanks- The Cycling Ballerina's Cheryl and Kay

Please forward your suggestions & info to riderservices@dalmac.org



August 15, 2015



Sixth Annual

Register online at www.habitatclinton.org, www.habitatlansing.org

Or at www.active.com



Registration Fee \$35; free T-shirt if registered by July 31

Registration/Start/ Finish 7:30 – 10:00 AM at Northpointe Community Church

505 E. Webb Dr, DeWitt, MI 48820

Hosted by Clinton County and Lansing Affiliates

Includes Rest Stops and Lunch at Northpointe Community Church

Information: L Quinn Lincoln-Keon at 989-227-1771

August 2015 Ride Calendar

Recurring Rides; No Ride if Rain,

| Day/Date | Time | Miles | Class | Start Location | Other Information | Ride Leader |
|---|----------|-------|-------|--|---|---|
| Sundays | 8 AM | 32+ | C | 67 th District Court House | August 23 rd and 30 th only | Ed Usewick 810-694-9919 |
| | 11:00 AM | 25-40 | C | Kroger's (Coolidge Rd., E.Lansing) | No ride 8/30 | Edie Belcher 517-242-4122. |
| Mondays | 9:00 AM | 30-50 | C | Oneida Twnshp.Hall | H517-925-8028 | Bob Noble 517-290-7271 |
| | 9:30 AM | 25-45 | C | Victor Township Hall | Food Stop No ride 8/31 | Jan or Tony Koller 517-669-5744. |
| | 6:00 PM | 20-30 | B | Oneida Gospel Church | harry@harrydale.com | Harry Levins 517-627-9763 |
| | 6:00 PM | 15-35 | C | Coach's American Pub & Grill | gingerroyston@me.com | Ginger Royston or Dick Chulski 517-331-5557 |
| Tuesdays | 6:00 PM | 20-30 | C | Oneida Township Hall | | Harry Levins 517-627-9763 |
| | 6:00 PM | 25-35 | C | Meijer's (Dewitt) | No ride 8/25 | Edie Belcher 517-242-4122. |
| | 6:30 PM | 23-27 | B | Williamston Town Hall | Ride is Wednesday if Rained out on Tues- | Kristen Furseth 517-881-8099 |
| Wednesdays | 9:00 AM | 35-53 | C | Valley Farms Park in Dewitt | No ride 8/26 | Edie Belcher 517-242-4122 |
| | 5:30 PM | 30 | B | Visiting Nurses Bldg. Davison, MI | Ride Location: 10128 E Lippincott Blvd | Dave/Carolyn Mansfield 810-444-8709 or 810-658-0406 |
| | 6:00 PM | 20-30 | B | Oneida Gospel Church | harry@harrydale.com | Harry Levins 517-627-9763 |
| | 6:15 PM | 25-34 | B | Riverview Church | | Jim Delinscheff 517-333-9329 |
| Thursdays No Evening rides 27 th , Club Mtg. | 6:30 PM | 23-27 | B | Williamston Town Hall | | Kathryn Hixson 517-899-9509 |
| | 6:00 PM | 20-30 | C | Oneida Township Hall | H517-925-8028 | Bob Noble 517-290-7271 |
| Fridays | 9:30 AM | 30-45 | C | Dewitt Township Hall | Food Stop 7 th Joe Wohlfert 388-0769 21 st & 28 th Skip Collins 339-9318 14 th Kris Stairs 282-6680 | See Leader list under comments. |
| | 6:00 PM | 24-32 | C | Hamlin Township Hall, Eaton Rapids | | Rob Taylor 517-648-2608 |
| Saturdays | 8:00 AM | 50-60 | Z | Grand Ledge Public Schools Admin. Bldg. (Sawdon) | No ride August 15 th harry@harrydale.com | Harry Levins 517-627-9763 |

Day Rides (one time only) in August

| Day/Date | Time | Miles | Class | Start Location | Other Info | Ride Leader |
|---------------------------------|----------|-------|-------|--------------------------|--|---|
| Saturday August 1 st | 10:00 AM | 46 | Z | Alma College Parking Lot | Pere Marquette Trail ride Farwell trailhead, SW corner of M115 and N. Vandecar Ave; Ride to Evert | Jan or Tony Koller 517-669-5744, Day of ride: 517-582-8258 |

Ride Starting Point Descriptions

67th District Court House Grand Blanc
Coaches American Pub & Grill.. 6201 Bishop - south of the King exit on I-96
Dewitt Township Hall... 1401 W. Herbison Rd. 1/2 mi. west of Old 27
Grand Ledge Public Schools Admin. Bldg. (Sawdon)...220 Lamson St. Grand Ledge. Meet in the Jenne St. parking lot (opposite side of building from Lamson St.)
Hamlin Township Hall Eaton Rapids
Meijer's (Dewitt)... 12821 Cross Over Dr, Dewitt, MI
Oneida Township Hall...11041 Oneida Road, Grand Ledge
Oneida Gospel Church Corner of Oneida and Strange Hwy, Gd Ledge
Riverview Church... Willoughby, one block west of College Rd
Valley Farms Park
 ½ mile south of Mega Mall; Brook/Wieland Roads. Across from Dewitt Fire Station
Victor Twp hallAlward Rd 200' west of Shepardsville Road, Laingsburg.
Williamstown Twp Hall
 Corner Zimmer & Germany Rds 4 mi east & 1 mi south of Haslett Roads. Across from Dewitt Fire Station
Victor Township Hall Alward Rd, 200' west of Shepardsville Rd., Laingburg,
Williamstown Twp. Hall
 Corner Zimmer & Germany Rds. 4 mi east & 1 mi south of Haslett

RIDE CLASSIFICATIONS

A 17-19 MPH
B 14-17 MPH
C 12-14 MPH
D Under 12 MPH Fun/Social Group Ride
M Mountain Bike NA
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

Sunrise & Sunset for August 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|--|
| | | | | | | 1 Sunrise: 6:29am Sunset: 9:00pm |
| 2 Sunrise: 6:30am Sunset: 8:59pm | 3 Sunrise: 6:31am Sunset: 8:58pm | 4 Sunrise: 6:32am Sunset: 8:57pm | 5 Sunrise: 6:33am Sunset: 8:55pm | 6 Sunrise: 6:34am Sunset: 8:54pm | 7 Sunrise: 6:35am Sunset: 8:53pm | 8 Sunrise: 6:36am Sunset: 8:51pm |
| 9 Sunrise: 6:38am Sunset: 8:50pm | 10 Sunrise: 6:39am Sunset: 8:49pm | 11 Sunrise: 6:40am Sunset: 8:47pm | 12 Sunrise: 6:41am Sunset: 8:46pm | 13 Sunrise: 6:42am Sunset: 8:45pm | 14 Sunrise: 6:43am Sunset: 8:43pm | 15 Sunrise: 6:44am Sunset: 8:42pm |
| 16 Sunrise: 6:45am Sunset: 8:40pm | 17 Sunrise: 6:46am Sunset: 8:39pm | 18 Sunrise: 6:47am Sunset: 8:37pm | 19 Sunrise: 6:48am Sunset: 8:36pm | 20 Sunrise: 6:49am Sunset: 8:34pm | 21 Sunrise: 6:50am Sunset: 8:33pm | 22 Sunrise: 6:51am Sunset: 8:31pm First Qtr: 3:32pm |
| 23 Sunrise: 6:53am Sunset: 8:30pm | 24 Sunrise: 6:54am Sunset: 8:28pm | 25 Sunrise: 6:55am Sunset: 8:26pm | 26 Sunrise: 6:56am Sunset: 8:25pm | 27 Sunrise: 6:57am Sunset: 8:23pm | 28 Sunrise: 6:58am Sunset: 8:21pm | 29 Sunrise: 6:59am Sunset: 8:20pm |
| 30 Sunrise: 7:00am Sunset: 8:18pm | 31 Sunrise: 7:01am Sunset: 8:16pm | | | | | |



Biking Smarter-Part 3

by Dick Janson

Some of the first DALMAC riders discovered that on longer rides they were more likely to perspire, and that their saddle became more uncomfortable as the ride progressed. The ones wearing blue jeans were in more pain.

What was happening was that the thick seams were cutting off their circulation and absorbing their sweat, and the wet seams were chafing their skin. The same happened with the thick seams in their underwear.

Because of this problem, bicycling shorts were invented. They were made with thin material, flat seams, and had a chamois inside to absorb moisture, so underwear became unnecessary. If you are having similar problems, buying a pair or two of bike shorts, or not wearing underwear with your bike shorts, should be a big help.

Beyond that, pain can be relieved by choosing a saddle with a narrower nose and perhaps with less padding, by riding more to make your bottom more used to the experience, or by applying a product called Bag Balm to the sore area (before, during, or after riding - but dismount first). Bag Balm comes in a green tin and can be found in the pharmacy area.

You can get a mental pain when your tire goes flat. To make the repair easier, line up its logo on the tire with the valve stem. Then, when you have removed the tube and tire from the wheel, you can look either for a hole in the tube (easier) or debris in the tire, then align the valve in the tube with the logo on the tire to find the other puncture location. Remove any debris from the tire and patch (or replace) the tube. Failure to remove any debris from the tire will only prolong your pain.

As the last part of installing a tube and tire on a rim, you must add air, but how much? Frequently, a recommended pressure, or a range of pressures, will be printed or embossed on the side of the tire. If you get your tire installed on the rim evenly, all the way around, and on both sides, it can take more pressure than most can pump by hand - double the recommended amount.

With a lower pressure you may feel less bumps, but you will have to pedal harder. Too low and hitting a big pothole will get you a snake-bite flat, where the tube can get pinched between the tire and the rim, evidenced by two holes, close together, on the inside of the tube. With a higher pressure your pedaling will be easier, but you will feel more bumps.

Very few runners expect to cover ten feet with each step, or to maintain a pace of 160 steps a minute. Yet, put them on a bicycle and they can do it sitting down, and so can you.

The most efficient animal on earth in terms of weight transported over distance for energy expended is a human on a bicycle. The most efficient machine on earth in terms of weight transported over distance for energy expended is a human on a bicycle.

Bicycles are very efficient. For every 100 calories you burn, you can go three miles. Give a car the same number of calories and it couldn't get 100 yards.

Feeling low or depressed or anxious or bored are never good reasons to avoid a bike ride. On the contrary, riding can be the best cure! Endorphins are natural opiates that are produced by the brain. Exercise, as well as pain, eating, music, sex, and laughter, are some of the triggers to produce endorphins. These natural opiates are as powerful as morphine.

Some pains are cured by an equipment change:

Hand or wrist pain can be eliminated by raising the nose of your saddle. Shoulder pain calls for higher handlebars, a shorter stem, or a recumbent. Knee pain can be from wrong seat height. If your pain is in the front of your knee, raise your seat 1/4"; in the back of your knee - lower it 1/4".

If only one knee hurts, and you are wearing clipless pedals, look at the bottom of your shoe. You may have picked up something sticky in your cleat, like gum or tar. That can eliminate the 'float' you would normally have, and teach you appreciation for it, once you get it back. If your feet are cramping, or going to sleep, loosen the shoe fasteners (laces or Velcro), drink more water, or eat some Tums.

Other pains can be blamed on your behavior:

"Pins and needles" in your forearms are from locking your elbows. Got pain on the side of your knees - stop riding bull-legged. If your thigh hurts, use easier gears, pedal faster, and shift down sooner for hills.

During the HOT summer, I found the best riding was in the evening and into the night. You can see headlights of vehicles before they come over the hill or around the curve. And there are fewer of them on many roads after dark. And the sights and sounds are different. And, as less daylight is SAVED, riding in the dark may be the only time for some of you to get in some weekday riding.

(Continued on Page 9)

BIKING SMARTER PART 3 (continued)

To do this, you need lighting, front and back. As many of you already know, I have my backside well protected. On the front, I have a generator-powered headlight, but it fails at speeds below 5 mph. This makes climbing some hills and approaching busy intersections a bit more exciting than necessary. I also have a backup light on my helmet (no, not for backing up).

About that @\$% driver:

He may not have ulcers, but he is surely a carrier.

Based on my experience, I believe you can make a red light turn green by unclipping.

MDOT REPORT ON ECONOMIC BENEFITS OF BICYCLING

Fast facts:

- Out-of-state participants in organized bicycling events in Michigan are responsible for \$21.9 million in economic impact for the state.
- Self-supported long-distance touring bicyclists who travel to Michigan spend an average of \$71 per day on their trip.
- An average bicycle tour trip length is six days.

May 22, 2015 -- The Michigan Department of Transportation (MDOT) released the second phase of a new report, "Community and Economic Benefits of Bicycling in Michigan." The report, funded by federal and state planning and research funds, is the second phase of a larger report describing the economic benefits that bicycling events bring to the economy.

The new report finds that out-of-state participants in all organized bicycling events are responsible for an estimated \$21.9 million in economic impact for the state, based on closer analysis of several specific events. Events of various size and type were selected for analysis in order to compare the variety of economic impact:

Case Study: Dick Allen Lansing to Mackinac (DALMAC) Estimated direct Spending: \$1.1 million

MDOT reminds drivers: Lives are in your hands - always pass cyclists at a safe distance.

References

MDOT - MDOT releases second part of report on community and economic benefits of bicycling. (n.d.). Retrieved from <http://www.michigan.gov/mdot/0,4616,7-151-9620-355188--,00.html>

2015 TCBA CALENDAR

| Month | Board Meeting | Member Meeting |
|-----------|---------------|-----------------|
| August | 4 | 27 |
| September | 8 | 24 |
| October | 6 | 29 |
| November | 3 | 9 |
| December | 1 | Christmas Party |

TCBA 2015 RIDES

| | |
|--------|----------|
| DALMAC | Sept 2-6 |
|--------|----------|



ADVOCACY COMMITTEE REPORT JUNE 2015

Submitted by Mike Unsworth

June 4: Committee met with CATA's Deb Alexander about:**Bike features for the new Amtrak Station in East Lansing**

The roadway inside the property will be marked with sharrows. There will be ten bike loops which will provide locking positions for twenty bikes. The loops will be under a canopy and protected from most of the weather. Additional loops may be installed based on future demand.

**Bus Rapid Transit (BRT) line along Michigan and Grand River Avenues.**

If CATA pulls together the funding, its Route 1 (downtown Lansing to Meridian Mall) with its 45 bus stops will be replaced by specially designed buses stopping at 28 stations. Each BRT bus will have internal storage space for three bikes. On-street bike facilities such as bike lanes have yet to be determined. Planning is complicated by the narrow right of way along the corridor. Whatever the final configuration is, bicyclists will continue to have the right to use the vehicular traffic lanes. Bike loops will be included at stations where feasible.

June 10 monthly meeting; discussed:**The implications for bicyclists if the BRT line is constructed.**

Cyclists would have the option of either putting their bikes on a BRT bus or using the vehicular lanes. TCBA may have to teach a special cycling course on traveling congested roadways.

Trails and Pathways:**Meridian Township's Inter-Urban Pathway**

If the pathway was extended under the Marsh Road Bridge, it would link the Lake Lansing County Parks to the cycling infrastructure. It would also make it safer for bicyclists to reach destinations to the East of Marsh Road since bicyclists. Also, the poorly constructed pathway crossing at Okemos Road should be made safer for cyclists and pedestrians. The committee will be addressing these issues in future meetings.

Signs and way finding aids on area trails

We decided to focus on Lansing's River Trail and Delhi Township's trails

Lansing River Trail

There is some confusion if the Trail is closed after dark. Committee members will contact government officials on the actual policy.

Proposed recreational pathway around the south shore of Park Lake in Bath Township

Recent planning work on Park Lake gives the opportunity to design a trail along a proposed berm. Such a pathway could connect to Webster & State Roads, expanding cycling and pedestrian opportunities. Tom Hardenbergh will take the lead in this matter.

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.

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 or mail to Patricia Mead 13708 Monarch Dr. South Lyon MI 48178

2007/2008 Trek KDR 1000 Kids Road Bike.

Discovery Channel Edition. Excellent condition. Selling because daughter has outgrown. The measurement of the seat tube from the base to the top is 36cm. Specs:

Frame: Alpha Aluminum
 Fork: Alloy
 Tires: Bontrager Race Lite, 24x1"
 Shifters: Shimano Sora Flight Deck
 Front derailleur: Shimano 2200
 Rear derailleur: Shimano Tiagra
 Crank: Bontrager Sport 48/39, 150mm
 Cassette: SRAM PG850 12-23, 8 speed
 Saddle: Bontrager Race Junior
 Stem: Bontrager Sport, 10 degree
 Headset: Aheadset Slimstak w/semi-cartridge bearings, sealed
 Sora STI levers and Tektro cross levers
 \$400. Cash only. Bike located in DeWitt. Please email Lois @ loiseallen@gmail.com or call/text 803.553.1288. Pictures available on request.

For sale: Santana Arriva road tandem. Very good condition. Red. Captain 56 cm (medium) and stoker 51 cm. Steel frame. 21 speed. Drop handlebars with bar end shifters. Cantilever brakes and rear disc brake. 48 spoke heavy duty wheel set with Armadillo tires. Suntour XCD drive train. 3 water bottle cages. Rear rack. Computer. Also included small child package (new \$175) with adjustable crank arm shortener and telescoping handlebar stem. \$999. Sold separately: car top trough, handle bar bag.

Rollers: Nashbar reduced radius. New condition. \$50 (was \$140)

Ckern1213@sbcglobal.net or 517-339-1501.

For Sale: Recumbent bike. Medium frame, Tour Easy, excellent condition, full fairing, 21-speed, cobra seat. \$1300 or B/O. If interested, call 517-628-2067 and leave a message.

TREK 2.0 Pilot, WSD. 2010. Carbon fork. Crank FSA Vero 50/39/30. Shimano Tiagra rear derailleur. Ridden for 5 seasons. Bike is in excellent condition! Documented that bike is professionally maintained. I am 5'6" tall. Geometry is relaxed for a more comfortable ride. Platinum color. Includes rear view mirror, pedals, and two water bottle cages. Fabulous entry level plus road bike!!! Call or text Dory at 517-881-4504.

2014 Surly Long Haul Trucker Touring Bike (56cm frame) Excellent condition, ridden locally and selling because it is too small. Will consider trade for a recumbent or trike (approx value of \$1200) Sale price: \$900. Please contact Sanjay at- bis465@gmail.com or 517 706 7620.

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: TCBA-Classifieds, P O Box 22146 Lansing, MI 48909-2146



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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**

<http://www.aabts.org/> **Ann Arbor Bicycle Touring Society**

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:

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Joel Wickham
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OTHER GOOD NUMBERS:

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 E-mail: resto66stang@gmail.com

Safety & Education:
 E-mail:

SummerTour: Pete Derkos
 E-mail: summertour@biketcba.org

T-Shirt Ride: Ralph Bednarz 517-321-4790
 Email: t-shirt@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 48909-2146

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Name(s) _____ Date _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail Address _____

Children's Names _____

Would you like your name listed on a public membership roster? Yes ___ No ___ Type of Membership New ___ Renewal ___

Individual (Age 12 and Up): **1 Year \$10.00 – 3 or More Years \$8.00** Per Year ___ years \$ _____

Family (2 Adults and Unmarried Children Younger Than Age 21 Living at the Same Address):

1 Year \$13.00 – 3 or More Years \$10.00 Per Year ___ years \$ _____

I can help with ()safety/education programs ()newsletter ()art/graphics ()program activities ()tour planning ()Web site

I/We are interested in () tandem () pannier riding () ATB—all terrain bicycle () recumbent

Send to TRI-COUNTY BICYCLE ASSN., Membership Application, P.O. Box 22146, Lansing, MI 48909-2146