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

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Membership Application

Back Cover



Volume 43, Number 7		Established 1972 July 2	
MEETING	DATE/ TIME	LOCATION	PRESENTER/ TOPIC
BOARD MEETING	June 2, 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'I agenda item.
MEMBERSHIP	June 25, 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: Jeff Potter of the Lansing Bike Party (LBP)

Chainwheel Chaiter

DEADLINES

NEWSLETTER July 10	Please send items to Patricia Mead, via e-mail to chainwheelchatter@ biketcba.org by the indicated deadline.
RIDE CALENDAR for July 8	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.

Summer Tour 2015

SummerTour Lake to Lake, our 26th annual tour is a circle route beginning and ending near Traverse City. This year, our tour starts at Traverse City Christian School on Wednesday, July 15. We will ride for five days and return to Traverse City on Sunday, July 19. We're hoping that this will be a tour that will make lasting memories.

SummerTour is a fun tour with great scenery and good roads through many small towns and tourist areas in the northwest lower peninsula of Michigan. We take the routes near parks and swimming areas where possible.

Looking forward to the ride and we will lift a s'more to honor Milt Gruhn for starting the campfire tradition of Summer Tour!



TRI-COUNTY BICYCLE ASSOCIATION Board of Director's Meeting Minutes June 2, 2015, Foster Community Center, Lansing, Michigan

President Darryl Burris called the meeting to order at 6:34 PM. All Directors except Patrick Baughan were present. Ralph Bednarz and David Pierce were also present for this meeting. The meeting agenda and May board minutes were approved as written. Correspondence received by the association was reviewed and distributed.

Member Input: David Pierce reported on a member's health status and follow-up from his fall on DALMAC 2014. Ken Hendrick will follow up.

Board Reports:

Presidents: Darryl Burris reviewed Insurance bill for bonding.

Vice President: Bill Smith submitted a list of club meeting speakers through the end of the year.

Secretary: Patrick Baughan not present and sent no report.

Treasurer: Steve Leiby submitted the financial report and It was approved as written. TCBA Financial Management Policy was discussed and is not ready for approval. Ken Hendrick and Diane Sherman have discussed giving monthly DALMAC financial reports for TCBA Board review and input.

Events Director: Ken Hendrick reported on each route's percentage of being filled.

At Large Directors: Patrick Kelley reported that all awards for the 2014 riding season are in. Joel Wickham reported on calls to the TUBES line about the Cross-Town maps distribution. Repair stands information about a manufacturer in Midland.

Membership: Wendell Proudfoot sent a report by email.

Advocacy Committee: Mike Unsworth sent a report directly to the newsletter editor.

DALMAC Fund Committee: Steve Leiby will send files to Wendell to upload to website.

T-Shirt – Ralph Bednarz submitted a preliminary report on the ride and survey. A more formal report will follow.

New Business: Discussion on TCBA Volunteers who work several hours each month.

Old Business: None

Meeting adjourned: 8:10 PM

Patrick Kelley recorded the minutes in Patrick Baughan's absence. Thanks Patrick.

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 <u>hudsonmp66@gmail.com</u>. A sign up sheet will also be passed around at the July and 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.

Memories of Milt Gruhn, submitted by Tom Hardenbergh

In my life in TCBA I've met a lot of people and been around more. This time goes back to 1972 when the club was founded. So, please forgive me if I don't remember you from the time we met and the brief time we shared. I've ridden, worked, and socialized with people who became friends, others who became acquaintances, and others who passed in and out and are strangers still.

Oddly, a few of them stick in memory no matter how infrequently I interacted with them. I call these people 'the legends'. Milt Gruhn is a legend in TCBA. It must have been 1974 (whenever, a long time ago) when Milt rode DALMAC with his daughter Julie. Julie got the attention, being one of the few very young riders. Milt was sure proud of her. I'm sure he felt good about himself too; but it wasn't about him, it was about her.

As I found out back then and so many times since, that's Milt. So amiable, laid-back, and selfeffacing, interested in you and seemingly willing to do something for you if you needed something done. And willing he was. Over all these years, he has been the human side of TCBA. Everyone knows and likes Uncle Milty. He attracts people simply by being friendly and ready to help. He holds a ride, people come. He drives a sag, people get helped and feel better. He runs a registration table, people feel welcome. He starts a fire, people gather 'round and get ready for S'mores.

Now, in one of life's cruel twists, he needs help. Gloria is there so selflessly as are friends who visit. He may not know who you are, but he's glad to see you. He needs someone to hold his hand and walk with him. No one hesitates. After all, he is still Uncle Milty, a TCBA legend.

DALMAC Volunteer Codes-Please use by June 30

The discount coupon codes were issued in mid-February to all folks that have expressed an interest in participating as a volunteer and receiving a discount on clothing or rider fees for DALMAC. If you have not used your discount coupon, please be mindful that the clothing ordering cutoff date is June 30th. If you have had any trouble with the registration process as a volunteer, please send a note to volunteer@dalmac.org or call Pat Harrington at 517.202.0812.

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

Bicycle Safety Rodeo—Templates Created

The last time TCBA sponsored and hosted a children's bicycle safety rodeo was 1990 as part of "The Magic Ride" – at the time, the chairs of the TCBA Safety & Education Committee were Diane Fisher & Bill Tucker.

TCBA's Board authorized the funding to update & consolidate the resources and create new signage and templates for hosting these events. TCBA now has these materials available for sharing with other groups and organizations.

Bike Safety Rodeos are basic driver training for youth and feature safety checks on equipment and education of the driver. The inaugural event was held as part of "Back To The Ledges" at the May 30th T-Shirt Ride.

Diane Sherman did a great job in chairing this committee & was seen during the event, "Chasing Children With Her Car" to teach safety. The handheld plastic car in her hands was used to create additional awareness of the participants.



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RIDE OF SILENCE—MID MICHIGAN

May 20 was a very powerful day for cycling as The Global Ride of Silence, rideofsilence.org, occurred on the same day as Michigan 's Lucinda Means Bicycle Advocacy Day.

On this 3rd Wednesday at 7pm, the 12th International Ride of Silence occurred in over 20 Countries & on 7 Continents with more than 340 rides, see rideofsilence.org for info.

Mid-Michigan's Ride of Silence started at MSU and over 200 participants rode in silence with escorts provided by local law enforcement agencies down Lansing's Michigan Avenue to the steps of the state capitol. This event was organized through TCBA & was the exclusive club mileage ride on that evening. Volunteers of The TCBA Advocacy Committee organized this event that drew more riders than previous years.

Thank You to the many volunteers that made it happen smoothly and memorably. And finally, our condolences to the families impacted by all the tragedies we were remembering and honoring during our ride.

2015	5 TCBA	CALENDAR

Month	Board	Member	TCBA 201	5 RIDES
	Meeting	Meeting	SummerTour	July 15-19
July	7	30	WOW Ride	July 25
August	4	27	DALMAC	Sept 2-6
September	8	24		
October	6	29		
November	3	9		
December	1	Christmas Party		

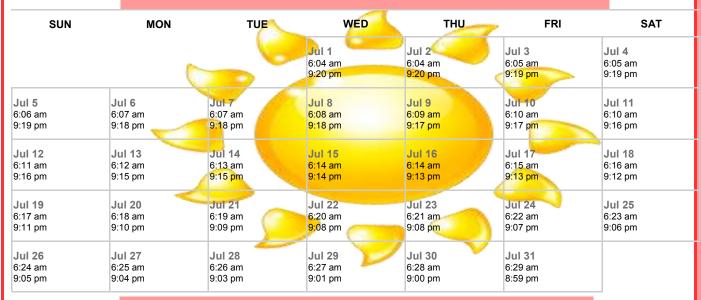
July 2015 Ride Calendar Recurring Rides; No Ride if Rain, Unless Noted

HELMETS ARE REQUIRED ON ALL TCBA RIDES!

-		-				
Day/Date	Time	Miles	Clas s	Start Location	Other Information	Ride Leader
Sundays	7:30 AM	32	С	67th District Court House, Grand Blanc	No ride 7/12 or 19; 26 th : cen- tury only if Rain on WOW Southern Rails Trail, Colum- biaville	Ed Usewick 810-694-9919
	11:00 AM	25-38	С	Kroger's (Coolidge Rd., E.L.)		Edie Belcher, 517/242- 4122
	9:00 AM	30-50	С	Oneida Township. Hall	517-455-7546	Bob Noble 517-290-7271 (C)
	9:30 AM	25-42	С	Victor Township Hall	Food Stop No Ride 7/20	Jan or Tony Koller 517-669-5744
Mondays	6:00 PM	D	10	Grand Blanc City Hall	City trail ride, Easy. Call be- fore coming No Ride 13 th	Ed Usewick 810-694-9919
	6:00 PM	20-30	В	Oneida Gospel Church	mcsch@comcast.net	Mike Schilling 517-627-7567
	6:00 PM	18-32	С	Coach's	Alternate leader is Dick Chulski	Ginger Royston 517-331-5557
	6:00 PM	15-25	С	Oneida Township Hall	No ride 7/14 mcsch@comcast.net	Mike Schilling 517-627-7567
Tuesdays	6:00 PM	25-35	С	Meijer's (Dewitt)		Edie Belcher, 517/242- 4122
	6:00 PM	D	10	Grand Blanc City Hall	City trail ride, Easy. Call be- fore coming No Ride 14 th	Ed Usewick 810-694-9919
	6:30 PM	25-30	В	Williamstown Twp Hall	Ride on Wednesday if rain on Tuesday	Kristen Furseth 517-881-8099
	9:00 AM	35-50	С	Valley Farms Park (Dewitt)		Edie Belcher 517-242-4122
Wednes-	5:30 PM	30	В	Visiting Nurses Bldg. Davison, Ml	No ride 7/15 Ride Location! 10128 E Lippincott Blvd	Dave/Carolyn Mansfield 810-444-8709 or 810-658-0406
days	6:00 PM	D	10	Grand Blanc City Hall	City trail ride, Easy. Call before coming No Ride 15 th	Ed Usewick 810-694-9919
	6:00 PM	20-30	В	Oneida Gospel Church	No ride 7/15 mcsch@comcast.net	Mike Schilling 517-627-7567
	6:15 PM	25-35	В	Alaiedon Township Hall	Holt Rd. just east of Okemos Rd.	Jim Delinescheff 517 333-9329
Thursdays	6:00 PM	20-30	С	Oneida Township Hall	517-455-7546; No Ride 7/16	Bob Noble 517-290-7271 (C)
No ride 7/30 club	6:00 PM	D	10	Grand Blanc City Hall	City trail ride, Easy. Call be- fore coming No Ride 16 th	Ed Usewick 810-694-9919
meeting	6:30 PM	25-30	В	Williamstown Twp Hall		Mike Hixson 517-896-5212
	9:30 AM	30-45	С	DeWitt Twnshp Hall	Food Stop No ride 7/17	Jan or Tony Koller 517-669-5744
Fridays	6:00 PM	D	10	Grand Blanc City Hall	City trail ride, Easy. Call be- fore coming No Ride 17 th	Ed Usewick 810-694-9919
	6:00 PM	26-36	С	Hamlin Township Hall, Eaton Rapids	Ride leader 7/3 & 10 is Keith Abrahamson	Rob Taylor 517-648-2608
Saturdays WOW-July 25 th	8:00 AM	50-60	Z	Sawdon School.	One ride only: 11 th mcsch@comcast.net	Mike Schilling 517-627-7567

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67th District Court Hou Alaiedon Hall Coaches Pub & Grill Hamlin Township Hall James Couzens Park Kroger	Holt rd. east of Okemos Rd 6201 Bishop - south of the King exit on I-96 6430 S Clinton Trail Eaton Rapids 13751 Main Street, S of downtown Bath Coolidge & Lake Lansing on the east side of Kroger's lot near Coolidge Road	RIDE CLASSIFICATIONSB14-17 MPHC12-14 MPHDUnder 12 MPH Fun/Social Group RideZRides over 40 miles in length to beridden at the rider's own pace without on theroad ride leader supervision.Leader must
Oneida Gospel Church Oneida Township Hall Sawdon School Valley Farms Park Victor Township Hall Williamstown Twp. Hall	Corner of Oneida and Strange Hwy, Gd Ledge 11041 Oneida Road, Grand Ledge Lamson Rd., Grand Ledge ½ mile south of Mega Mall; Brook/Wieland Roads. Across from Dewitt Fire Station Alward Rd, 200' west of Shepardsville Rd., Laingsburg, Corner Zimmer & Germany Rds. 4 mi east & 1 mi south of Haslett	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

Sunrise & Sunset for June 2015



New Chainwheel Chatter Editor

Incoming editor, Patricia Mead, thanks Wendy Briggs for her tireless efforts for the editing of the Chainwheel Chatter! After now completing my second edition, I realize the hard work, focus and dedication needed to perform this function for TCBA. Thank you, Wendy for all of your explanations, emails and phone calls to hold my hand through the June edition.

A little background about me. I live in South Lyon and have wanted to help the club in some way for a long time. When this opportunity arose, I agreed to take the position of editor. I am a long time member of the club, joining in 1986 when I was young, Living in Lansing, broke, and loved to cycle. A work colleague introduced me to the club and I have ridden with TCBA ever since. I have ridden virtually all of the Summer Tours, Northwest Tour, and, this year, will celebrate my 28th DALMAC (but who is counting?)



Submit articles to: ChainwheelChatter@bikeTCBA.org

Biking Smarter-Part 2

by Dick Janson

This article is provided for those who don't yet know everything about riding a bicycle. I may be of no help to YOU. I remember a guy named John. Every rider has his eccentricity (except me, of course!), and John's was that he did not shift gears. I would have taken the opportunity to teach him how, but I had enough trouble just keeping up with him.

You will have more fun on your bike when the process becomes second nature. You start with things you know, things you don't know, and things you think you know that are not true. You have expectations and fears, but knowing what others already know can help. I offer you some examples:

- Look where you want to go. This seems obvious, but if you stare at an obstacle in the road, you are more likely to hit it.
- It is safer to ride with your muscles relaxed. If you need to make a quick correction, you don't have to relax first, and that makes your reaction quicker. It also saves your energy.
- Unlock your elbows to reduce pain in your shoulders and palms. Turn your shock-transmitting arms into shock absorbers.
- Most of the time, you should be pedaling in a gear that lets you carry on a normal conversation. If you are shy, just talk to yourself.
- Learn what you are capable of in terms of speed. On whatever you consider to be a long trip, if you ride at least 10% slower, the end of your ride will be more pleasant. If you are training for a race, it is fine to ride with those who are a bit faster. Recreationally, you'll have a better experience riding with those who go your speed or slower, and stick with them..
- A long ride will seem both easier and shorter when you ride and chat with someone else, as long as chatting is less important that being aware of your riding environment.
- If the next hill looks scary, don't look at the top. Look only far enough ahead to avoid obstacles. Be in a gear that feels more like you are on level ground. You'll know you're near the top when your pedaling gets easier.
- If you want to take a break part way up a long hill, pull into a driveway. When you leave, use the driveway to get a running start before continuing back up the road. You'll have a better view of the traffic you're joining, too.
- Driveways can be a challenge to enter or leave. There is often a long crack along its length, but notice on each end there may be a bit of a ramp to make it easier to make it through that transition without catching your tire on an unfriendly edge of concrete.
- If you get off your bicycle because you can't make it up the hill, and you decide to walk, you
 must cross to the other side of the road. You are now a pedestrian and must walk facing
 traffic. This has the advantage of putting your bicycle between you and oncoming traffic.
 You will also be able to evaluate whether each oncoming vehicle is a friend or foe.
- After pedaling up a difficult hill, you should keep your legs moving a bit. That will help work out the lactic acid that built up in your legs. Lactic acid makes your legs feel tired; if you get too much, you'll want to quit.

A line painted on the side of the road can be thought by drivers to be a bike lane. That's true only if they are at least 30" wide, and marked with bicycle symbols or signs. All other lines are there to let drivers see the edge of the road in foggy weather.

(Continued on Page 9)

BIKING SMARTER PART 2 (continued)

Let the drivers know you don't consider a fog line to be anything else by crossing it frequently. As you do this, look back by turning your head or using a mirror.

The first 5 minutes after rain starts are the most dangerous. Accumulated oil hasn't been washed off the road, and the oil/water combination is quite slippery. A good hard rain after a dry period is the bicyclist's friend, especially if you aren't caught in it.

Sometimes you just want to go faster, but it's all you can do to maintain your current speed. You can do it, but it takes three steps. First, shift to a LOWER gear. That will increase your pedal rotation and make it easier to pedal. Next, pump harder, until it seems it's making no more difference, and then shift back up. You'll be going faster in that former gear, and doing it more easily.

Remember that the pedal goes down more easily in the lower gear. Just before you shift up, add some momentum with a couple extra hard strokes, and add another just after you arrive in the higher gear. That may make the higher gear just as comfortable as the one you just left.

If you are out of breath, concentrate on your exhale - the inhale will take care of itself. By having a deeper exhale, you will inhale more fresh air. Exceptions: near barn yards, roadkill, diesel-powered vehicles, or just after your tandem captain had a big bean burrito.

About that @#\$% driver:

He's in a hurry. It takes him all night to watch 60 minutes.

If it looks like you are going to do an unscheduled separation from your bike, think tuck-androll rather than using arms or legs to stop yourself. Abrasions heal better than broken bones.

The more you learn about how to adjust and repair your bike, the less dependent you are on riding with someone who does. Having the right tools and parts are helpful, even if you need help with them.



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IMAGES FROM T-SHIRT RIDE MAY 2015



Riders taking a break on the T-shirt ride



Plenty of food for cycling energy at the Otto Road rest stop



Judy Shrock sets out delicious strawberries!

Neither winds, nor rain, nor dark of **night, oh wait, that's for Postal Carri**ers. Well, the weather may not have been perfect, but judging from the smiles of these riders, they were having fun. (or putting on a good face for the camera!)

Your intrepid editor, Patricia Mead, also enjoyed the dry, then wet, then dry again day for the "Back to the Ledge" T-Shirt ride.

Many thanks to the awesome volunteers at all of the rest stops, registration, bike rodeo, set-up, tear down, organizers, mechanic, and anything or anyone else that I may have forgotten to mention. Especially, those at the last stop on the 100M route (you know **who you are....) Their jokes and ban**ter with me helped me slug through the last several miles back to the school.

Thank you TCBA for bringing us "Back to the Ledge" in 2015.

Patricia Mead, Chainwheel Chatter editor

FEDERAL LEGISLATIVE INFO LEAGE OF MICHIGAN BICYCLISTS

Below is a letter LMB Board Chair Steven Roach shared with us from the League of American Bicyclists concerning transit system funding (and access for people who cycle). We hope you enjoy reading the letter and are able to see how much we all appreciate your support of bicycle advocacy....

Dear Supporter,

One of the most frequently asked questions we get these days is whether our work at the Congressional level is relevant and valuable to local cyclists.

Tuesday evening in the House of Representatives we got an important part of the answer to that question. Without any warning, there was a vote to eliminate funding for projects that make new transit systems safer and more accessible for bicyclists and pedestrians.

This was pretty wonky stuff, and could easily have been missed. The word "bicycle" didn't actually appear in the language of the amendment – it would have eliminated "enrichments as defined in Appendix A to part 611 of Title 49...", effectively overriding the local planning process to prevent any funding for new start transit projects from being used for sidewalks, bike lanes, bike parking, etc., at train and bus stations.

Imagine that. Investing billions of dollars in building transit systems and then deliberately preventing any of the funds from being used to let people walk or ride their bikes to get to the system! Fortunately our Vice President of Government Relations, Caron Whitaker, was on top of the action in Congress, and working with Margo Pedroso, of the Safe Routes to School National Partnership, and key Congressional offices managed to flag the issue and rally members of Congress to defeat the amendment by just 2 votes – 212-214.

Perhaps this "enrichment" funding isn't the biggest source of funding for bike projects in the Federal transportation program – but this vote was critically important for four reasons:

1. We won!

2. It sends an important message that a majority in Congress support funding for bike investments and value local control and a good planning process. Hopefully, that sets us up well for future votes.

3. In this most partisan of Congresses, 32 members chose to vote against their party line and make this a "bike-partisan" vote of support for our issue. That's a big deal.

4. The vote proved the value of the Congressional Bike Caucus, as it was the caucus, which is lead by Reps. Earl Blumenauer (D-OR) and Vern Buchanan (R-FL), who reached out to their fellow caucus members when crunch-time came. So, if you've ever wondered whether it's worth asking their Members of Congress to join the Congressional Bike Caucus, the answer is a definitive "yes"!

We invest a lot of time and money in our government relations work – including the National Bike Summit, where your passion and commitment shines so brightly – to make sure that your voice is heard. Even with no notice, Caron managed to get tweets and e-mails into key Congressional offices because she was there, paying attention to the details, reading the fine print, and taking advantage of the local contacts we nurture throughout the year.

Tuesday evening was a timely reminder of the value of our work, even in the challenging environment of the United States Congress.

Thank you, Andy Clarke

This section of the *Chainwheel Chatter* is published as a service for **TCBA MEMBERS ON-LY**, to advertise cycling equipment free of charge. To place an ad, send an e-mail to <u>chain-wheelchatter@biketcba.org</u> 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: 1988 custom-built for short (20 ½ inch) captain and short (18 inch) stoker Bradley touring tandem. 21 speed, rear disc brake, front and rear Blackburn racks, all sealed bearings, 48 spoke custom-built wheels, Zefal frame pump, triple crank, 4 water bottle cages, fenders and bar-end index shifting. Includes 2 extra sets of tires. Asking \$500.00. Call Berney at 517-667-1806 before 10:00 p.m.

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.

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.



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



Sew Much More Classes ages 8 to actuit Clustom Cycling Wear Susan A, Schrock 512/627-2412

1042 W. Colonial Park Dr. Grand Ledge, M1 48837 e-mail: seuimuchmorebiz@gmail.com web: seuimuchmorebiz



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Your respect is requested when using any of the num-bers on this page. Phone calls during family time and at late hours can be intrusive.

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