

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

Chainwheel Chatter

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September 2015

Meetings/Deadlines Announcements Front Cover

Board Minutes 2

DALMAC Organizes 3

Summer Tour 2015 4

Sept. Membership Meeting 4

September Ride Calendar 5

Sept Ride Calendar 6

Ride Starting Points 6

Ride Classifications 6

Sunrise/Sunset 6

Biking Smarter Part 4 6

Advocacy Committee Report 7

Classified/Member Specials 8

Chainlinks 8

TCBA Contacts/Change of Address Form 9

Membership Application Back Cover

MEETING	DATE/TIME	LOCATION	PRESENTER/ TOPIC
BOARD MEETING	Sept. 8, 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	Sept. 24, 2015 7:00 p.m.	Foster Community Center, 200 N. Foster St. Lansing, MI	Last Thursday of the month. Presenter: Jason Hartzell of the Lansing Triathlon Team
TCBA ADVOCACY COMMITTEE	September 9, 2015 6-7:30 p.m.	Avenue Café 2012 E. Michigan Ave Lansing, MI	Everyone is welcome to attend! http://advocacy.biketcba.org/

DEADLINES

NEWSLETTER Oct. 11	Please send items to Patricia Mead, via e-mail, to chainwheelchatter@biketcba.org by the indicated deadline.
RIDE CALENDAR for Oct. 9	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.

2016 TCBA Board Positions

Election of TCBA Board Members is in October; but now is the time to consider being on the 2016 board. Nominations close at the September member meeting with election results at the October meeting. All TCBA members are invited to run. If you might be interested and have questions, please send an E-Mail to board@biketcba.org or call me at 517-394-1617.

Darryl Burris, President TCBA

2015 TCBA CALENDAR

Month	Board Meeting	Member Meeting
October	6th	29th
November	3rd	9th
December	1st	3rd Christmas Party



TRI-COUNTY BICYCLE ASSOCIATION Board of Director's Meeting Minutes

August 4, 2015, Foster Community Center, Lansing, Michigan

President Darryl Burris called the meeting to order at 6:33 PM. All Directors except Bill Smith were present. Timothy Bay and Bill Savage were also present for this meeting. The meeting agenda and July board minutes were approved as written.

Member Input: Bill Savage has materials from the Education Committee that needs to go to locker.

Board Reports

President: Darryl Burris had no report

Vice President: Bill Smith sent an email asking for a board motion to accept the Christmas party on December 3, 2015. The motion passed. He is looking at the Country Creek Reception Hall near the corner of M99 and Bishop Road for the Christmas party.

Secretary: Patrick Baughan ordered another 500 ride mileage sheets and they will be available at the next club meeting.

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

Events Director: Ken Hendrick announced that DALMAC numbers are up from last year to 1722 riders.

At Large Directors: Patrick Kelley has the last ride incentive award from last year to deliver.

Joel Wickham showed us the DALMAC clothing that has come in so far.

Advocacy Committee: Mike Unsworth sent a report.

Old Business: Discussed volunteers that spend hours all year long.

New Business: 2016 Board of Director nominations were discussed.

Meeting adjourned: 7:45 PM

On August 8 TCBA volunteers sorted and counted supplies for DALMAC. Camp kits, ride leader kits, SAG supplies, etc. Pete Sirkos aka "neat Pete" keeps the storage unit very well organized, and with his guidance, all kits are compiled.



September Presenters: Jason Hartzell, Lansing Triathlon Team

Membership Meeting: September 24, 2015

Please join us in welcoming Jason Hartzell of the Lansing Triathlon Team for the September Membership meeting. Jason is an expert on nutrition and endurance sports.

Summer Tour 2015**submitted by Pete Derkos**

I drove up on Tuesday to bring the equipment and supplies to have ready for Tuesday registration. My drive started with heavy rain which varied for most of the way. It cleared by my arrival at Traverse City Christian School. The school was ready for us so our site hosts got registration going on time. Roughly half the 130 plus riders registered that evening with some choosing to stay in a motel instead of in a tent. I went into town for dinner in between some light on and off rain. There were some reports of temperatures dipping below 50 overnight. It did feel chilly because this is July!

Wednesday morning is go time. The rest of the riders arrived to a bright sunny day that warmed up nicely. I went off route slightly in Kingsley (note to DALMAC riders) for breakfast. Today's ride took us to Mitchell State Park in Cadillac. The park is next to a highway but our sites were far enough in that traffic noise was not too bad. The site hosts set out snacks at our headquarters and we held a rally after dinner to introduce crew and committee. We also raffled off local business gift certificates. After that, riders relaxed to a nice evening with hardly the mosquitos compared to Lansing.

We were greeted to another sunny day on Thursday. This is an optional day with long and short routes. I didn't notice the temperature but it felt warmer- enough to sweat. When I got back to camp I was told to jump in the lake so I did- refreshing! Unfortunately we heard of a car/bike accident and it was one of our own. The rider was injured but will be alright. Much of the evening talk was about tomorrow's weather. Darkness came with some light rain. I went to sleep listening to the rain, kids playing and the highway traffic.

All the weather watchers saw the Friday morning rain ahead of time. It was a light rain and not quite cold. The fog was more an issue than the rain. At times it was hard to tell the hill ahead from the fog. It cleared up before noon. I had lunch in Manistee which seemed a long ways from the pancakes at breakfast. While having lunch I saw a sailboat mast go by but couldn't see the drawbridge go up. Today was a transition day and I got into camp to the usual hustle and bustle as riders set up camp.

The weather watchers were even busier Saturday morning. The forecast seemed to change hourly. The promise of rain held back many, maybe most, riders. It proved a wise plan. The sun came out just before noon. I went out to do the optional ride with I don't know how many others. The ride had its ups and downs- really! I didn't do the longest route because of the late start and the wind. I also wanted to beat the forecasted rain but really didn't want to miss dinner. I got into camp before 5 to light colored clouds and blue skies. There was not a cloud in the sky after dinner. I had actually got a sunburn by day's end. By show of hands at the rally, most rode today with a couple dozen or less riding before noon.

Sunday was the sunniest and warmest of the trip. I watched as many riders said goodbye at breakfast and in camp. Breakfast was great including the finally good coffee. Shortly after starting, I stopped to take a calendar quality picture of a bald eagle. I rode on to attack a few more hills including "Big Uphill" on Youker Road also known by another name. I stopped at the top to talk to other riders and take a picture. From there a 40 plus downhill and yes another climb before ending the ride. I hope all had as good a time as I did.



September 2015 Ride Calendar

Recurring Rides; no ride if rain, evening rides will be adjusted for daylight

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays	8:30 AM	32	C	67th District Court House, Grand Blanc	Only 9/13	Ed Usewick 810-694-9919
	11:00 AM	25-35	C	Kroger's (Coolidge Rd., East Lansing)	No ride 6 th or 13 th	Edie Belcher, 517-242-4122
Mondays	6:00 PM	15-25	B	Oneida Gospel Church	No Ride 9/7 ralphbednarz@comcast.net	Ralph Bednarz 517-974-1667
Tuesdays	5:30 PM	25-35	C	Meijer's Dewitt	No ride on 15 th	Edie Belcher, 517-242-4122
	6:00 PM	19-25	B	Williamstown Twp. Hall	Ride on Wednesday if rained out on Tuesday	Kristen Furseth 517-881-8099
	6:00 PM	15-25	C	Oneida Township Hall	harry@harrydale.com	Harry Levins 517-627-9763
Wednesdays	9:30 AM	35-55	C	Valley Farms Park	No Ride on the 2 nd	Edie Belcher, 517/242-4122
	5:30 PM	30	B	Visiting Nurses Bldg. 10128 E Lippincott Blvd Davison, MI	No Ride 9/2	Dave/Carolyn Mansfield
	6:00 PM	15-25	B	Oneida Gospel Church	ralphbednarz@comcast.net	Ralph Bednarz 517-974-1667
Thursdays (Club Meeting is 9/24)	6:00 PM	19-25	B	Williamstown Twp Hall	No Ride on Club Meeting Night	Kathryn Hixson 517-899-9509
	6:00 PM	15-25	C	Oneida Township Hall	No Ride 9/24 harry@harrydale.com	Harry Levins 517-627-9763
Fridays	9:30 AM	30-45	C	Dewitt Township Hall	Food Stop	Jan or Tony Koller 517-669-5744
	6:00 PM	16-22	C	Hamlin Twp Hall	No Ride 9/4	Rob Taylor
Saturdays	8:00 AM	40-50	Z	Grand Ledge Admin. Bldg. (Sawdon)	harry@harrydale.com	Harry Levins

Day Rides

Thursday - 10th	4:30 PM	25	C	Bath Market (James Couzens Memorial Park)	dstockwe52@gmail.com	Dan Stockwell 517 575-0378
Thursday - 17^h	4:30 PM	25	C	Bath Market (James Couzens Memorial Park)	greenview2004@gmail.com	Tom Hardenbergh 517 290-4746
Saturday-12th	10:00 AM	~45	Z	White Pine Trail; 5 th annual ride Start at Comstock Riverside Park in Grand Rapids. 2001 Monroe Ave NW. Northernmost parking lot (away from river). Look for DAL-MAC flags	Day of Ride only: 517-582-8258	Jan or Tony Koller (517)669-5744 Call for detailed instructions if needed.

Ride Starting Point Descriptions

67th District Court House Grand Blanc
Bath Market: James Couzens Pk. 13751 Main Street, S of town
Dewitt Township Hall 1401 W. Herbison Rd. 1/2 mi. west of Old 27.
Kroger, Coolidge/Lk. Lansing . Park; east side lot, Coolidge Rd.
Valley Farms Park, ½ mile south of Mega Mall; Brook/Wieland Roads. Across from Dewitt Fire Station
Oneida Gospel Church, Corner of Oneida/Strange Hwy, Gd Ledge
Oneida Township Hall... 11041 Oneida Road, Grand Ledge
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.)
Williamstown Twp Hall.. Corner Zimmer & Germany roads (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 and Social Group Ride
 M Mountain Bike N/A
 Z..Rides over 40 miles in length, ridden at the rider's own pace without ride leader supervision.
 Leader has copies of the map.

FOR MORE RIDES Visit the Web Site:
www.biketcba.org . To receive the Ride Line Transcript by email, send your email address to: Thomas Bogle
bikerides@comcast.net

HELMETS ARE REQUIRED ON ALL TCBA RIDES!

Sunrise & Sunset for Sept 2015

Date	Sunrise	Sunset	Date	Sunrise	Sunset
1-Sep-15	7:03 AM	8:13 PM	16-Sep-15	7:19 AM	7:47 PM
2-Sep-15	7:04 AM	8:11 PM	17-Sep-15	7:20 AM	7:45 PM
3-Sep-15	7:05 AM	8:10 PM	18-Sep-15	7:21 AM	7:43 PM
4-Sep-15	7:06 AM	8:08 PM	19-Sep-15	7:22 AM	7:41 PM
5-Sep-15	7:07 AM	8:06 PM	20-Sep-15	7:23 AM	7:40 PM
6-Sep-15	7:08 AM	8:04 PM	21-Sep-15	7:24 AM	7:38 PM
7-Sep-15	7:09 AM	8:03 PM	22-Sep-15	7:25 AM	7:36 PM
8-Sep-15	7:10 AM	8:01 PM	23-Sep-15	7:26 AM	7:34 PM
9-Sep-15	7:11 AM	7:59 PM	24-Sep-15	7:27 AM	7:32 PM
10-Sep-15	7:12 AM	7:57 PM	25-Sep-15	7:29 AM	7:31 PM
11-Sep-15	7:13 AM	7:56 PM	26-Sep-15	7:30 AM	7:29 PM
12-Sep-15	7:14 AM	7:54 PM	27-Sep-15	7:31 AM	7:27 PM
13-Sep-15	7:16 AM	7:52 PM	28-Sep-15	7:32 AM	7:25 PM
14-Sep-15	7:17 AM	7:50 PM	29-Sep-15	7:33 AM	7:23 PM
15-Sep-15	7:18 AM	7:48 PM	30-Sep-15	7:34 AM	7:22 PM

BIKING SMARTER PART 4

by Dick Janson

When taking a break at the side of the road, you may choose to go down an embankment. Afterward, you could walk back up to the road. On the other hand, you could ride almost parallel to the road, climbing a bit at a time. Doing this takes the steepness out of the embankment. (This works best when the embankment is fairly even and the vegetation is short.)

Look through rear windows of parked cars. Someone inside might open their door in front of you. That could spoil your ride.

At night, with a vehicle approaching from behind, if your shadow is not heading for the side of the road, you should be.

When it comes to passing me, I want drivers to treat me and my bike as they would any other vehicle. Many do, but I must assume none will and act accordingly. If the outside lane is a sub-standard width (under 14 feet), there just is not room enough for me AND a vehicle in each direction. On these narrow roads, with two-way traffic, or when climbing hills or rounding curves, I will move to the center of my lane. An unseen vehicle ahead would make being passed too exciting. Once I see it is safe, even with a yellow line on my side, I will pull over. I would much rather go deaf from a loud get-outa-my-way horn than rely on two drivers in panic trying to decide between a 120 mph head-on impact or taking the space occupied by me. Really!

If you feel the need to use a sidewalk, choose the one on the side of the street that goes with the traffic. That's the direction drivers focus on before joining or crossing a road.

If you use a CamelBak or similar source of water, after you clean it out, store the plastic part in the freezer to prevent bladder problems from bacteria growth. Filling it with water first is only a good idea if you have other sources of liquid. Ice doesn't suck, but having a solid bladder of ice, does.

Or, if you are going to buy a new one, or replace your bladder, consider getting one with a wide mouth. You can buy a 6-8 lb. bag of ice for under \$1.50 and may have enough left to share with your co-riders. This is a lot more economical than the 'bottled pure mountain water'.

When you first install your new clipless pedals, be sure you can get out of them **BEFORE** you start riding. Sit on your bike and lean against a wall to practice.

About that @\$% driver:.....

ADVOCACY COMMITTEE REPORT JULY 2015-Submitted by Mike Unsworth**Monthly meeting developments**

The Committee discussed aspects of the management & design of local trail features and the flooding of trails along rivers & creeks. Work continues on all of these topics.

Friends of the Lansing River Trail Annual Meeting ([http://](http://friends.lansingrivertrail.org/)

friends.lansingrivertrail.org/) Several TCBA members attended this event at the Lansing Center on July 13. Most of the speechmaking was devoted to making the trails a regional asset. The results of a survey were announced with maintenance and making connections with existing trails as the two top priorities.

Bath Township developments:

Proposed recreational pathway around the south shore of Park Lake--Tom Hardenbergh & Dan Stockwell are meeting with Bath Township officials on this project. Tom forwarded a copy of the Sycamore Creek Trail funding proposal (obtained from the Michigan Trails & Greenways Alliance. Thanks Nancy!) to Township Supervisor Paula Clark and the president of the Park Lake homeowners' association.

Bike racks

Tom is meeting with Township Public Works head Mike Goodwin about locations. The racks should be installed by the end of the summer

Valet Bike Parking at MSU Football Games

It will be provided for five daytime games and has the full support of the MSU Athletic Department. Bikes will be parked indoors at the Intramural Sports West Complex. The Associated Students of MSU is covering the initial setup fees. The following student clubs will be running the service as a fund raiser: Underwater Hockey (yes, that is a MSU club sport), Gospel Choir, and Football.

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

For sale: Easy Racer Javelin Recumbent This is the sporty model in the Easy Racer line-up. Comfortable ride. Great for DALMAC. Slightly elevated crank allows for a more aerodynamic riding position. This position allows peddler to push harder against the seat for more power, especially on the hills. The seat and handle bar are totally adjustable to accommodate many size riders. I'm 5'10" and fit fine. Well maintained. Windwrap fairing included. Color: white. Price: \$750. Call Bill Erickson.

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 ST1 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: Volae Team recumbent in great shape: \$900.00. Park mechanic bike stand: \$75.00. Nashbar mechanic bike tool set (originally \$149.00) \$75.00. All items in great condition. Email -h1949d@

For sale: Praxis Works Compact chain ring matched set. 50-34t, 110 BCD, 10/11 sp and made for traditional 5-arm crank. Like new, only ~500 miles of use. Price new: \$160; asking \$125 or B.O. Call Joe Wohlferf@[517\)388-0769](mailto:(517)388-0769). For more info: www.praxiscycles.com

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. \$900 or B/O. If interested, call 517-628-2067 and leave a message.

2012 Specialized Myka Women's MTB Excellent condition! Frame Size = 14", Wheel Size = 26", 3x9 Speed, Upgrades Include: Reba SL Fork, Sram XO and X9 throughout, New WTB Saddle, Invested over \$2000, asking \$650. If interested, please call Derek at 231-239-1578

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



Sew Much More
Sewing Classes ages 6 to adult
Custom Cycling Wear

Susan A. Schrock
517-627-1411

1042 W. Colonial Park Dr.
Grand Ledge, MI 48837

e-mail: sewmuchmorebiz@gmail.com
web: sewmuchmore.biz

BRYAN WALDMAN
ATTORNEY AT LAW



(517) 394-7500
3380 Pine Tree Rd.
Lansing, MI 48911

bryan@bikelaw.com
www.bikelawmichigan.com

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:

President: Darryl Burris (517) 394-1617
 E-mail: president@biketcba.org
 Vice President: Bill Smith
 E-mail: vp@biketcba.org
or
 smith132@comcast.net
 Treasurer: Steve Leiby (517) 881-4137
 E-mail: treasurer@biketcba.org
 Secretary: Pat Baughan
 E-mail: secretary@biketcba.org
 Events Director: Ken Hendrick
 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
 Membership Coordinator:
 Wendell Proudfoot (413) 776-9369
 E-mail: membership@biketcba.org
 Newsletter Editor: Patricia Mead
 E-mail: chainwheelchatter@biketcba.org
 Northwest Tour: Jeff Dillingham (231) 357-8330
 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: 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