

# Chainwheel Chatter

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March 2016

**Tri-County Bicycle Association**  
 P.O. Box 22146  
 Lansing, MI 48909-2146  
 (517) 882-3700  
[www.biketcba.org](http://www.biketcba.org)

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MEETING	DATE/TIME	LOCATION	PRESENTER/ TOPIC
<b>BOARD MEETING</b>	March 1, 2016 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.
<b>MEMBERSHIP</b>	March 31, 2016 April 28, 2016 7:00 p.m.	Foster Community Center, 200 N. Foster St. Lansing, MI	Member meeting is the last Thursday of the month, 7:00 p.m. <b>March Guest Speaker:</b> Matt Ruitter, Hand Built Wheels <b>April Swap Meet</b>
<b>TCBA ADVOCACY COMMITTEE</b>	March 9, 2016 6-7:30 p.m.	Avenue Café 2012 E. Michigan Ave Lansing, MI	2nd Wednesday of the month Everyone is welcome to attend! <a href="http://advocacy.biketcba.org/">http://advocacy.biketcba.org/</a>

## DEADLINES

<b>NEWSLETTER March 11</b>	Please send items in MSWord format to Patricia Mead, via e-mail, <a href="mailto:chainwheel-chatter@biketcba.org">chainwheel-chatter@biketcba.org</a> by the deadline.
<b>RIDE CALENDAR March 9</b>	Please send ride calendar information to Ed Usewick, by email <a href="mailto:tcbamonthlyrides@aol.com">tcbamonthlyrides@aol.com</a> on or before the deadline. Be sure to include 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.

## HAND BUILT VS. MACHINE WHEELS-MARCH MEETING

The March club meeting will have a presentation by Matt Ruitter, General Manager of Velocity Wheels. Matt will discuss why hand built wheels typically outlast machine built wheels. He will present information about tuning a wheelset for lighter weight road use or heavier duty touring use. Matt will also discuss why newer rim and wheel technology can make your riding experience more enjoyable.

Please join us on March 31, at 7:00 p.m. for this discussion.



DALMAC Registration is Open

**DALMAC Registration is Open!**

August 31<sup>st</sup>

or

September 1<sup>st</sup>-

September 4<sup>th</sup>, 2016

**What's New for 2016!**

UP & 5 East Route riders will have the option to stop in either St. Ignace or Rudyard!

Looking for Volunteers!  
TCBA Workgroup & DALMAC

**Workgroup Opportunity**

The TCBA Board is looking to create a work group to implement the Class D (paved) "trail" rides concept that was discussed at the October Annual Membership Meeting, to attract new members.

One facet of the group will work on designing the rides and recruiting the leaders. The second facet of the group will work on marketing the rides to and beyond current TCBA membership.

Please contact Pat Kelley:  
President@biketcba.org, 517-242-6940 to volunteer.

DALMAC Volunteer Positions are available:

- Media Relations Coordinator
- Volunteer Coordinator - transition helper
- Purchasing Committee
- and Tour Crew positions

Send a note to volunteer@dalmac.org if you would like further info on these opportunities...



2016 TCBA Calendar / Events

Month	Board Meeting	Member Meeting
April	5	28
May	3	26
June	7	30
July	5	28
August	2	25
September	6	29
October	4	27
November	1	17
December	6	Holiday Party

T-Shirt	June 11
NorthWest Tour	June 15 - 19
TCBA Picnic	June 26
Summer Tour	July 13-17
Women on Wheels (WOW)	July 23
DALMAC	August 31-September 4
Holiday Party	December 1 or 8

Summer Tour  
2016

SummerTour registration is underway. The tour is filling nicely. SummerTour takes only 150 riders and some spots are still open. Applications will be accepted until we are full. When the tour is full, that's it.

Have supper the night before the tour in Petoskey's historic Gaslight district. Walk the streets where Ernest Hemingway's stories took place. Ride into Mackinaw City and join the vacationing throng. Enjoy a beef pasty with gravy for lunch. Nothing beats a Lake Michigan sunset. Pedal the M-119 Tunnel of Trees from north to south, the opposite direction of the traditional DALMAC route.

For full information and application go to [www.biketcba.org](http://www.biketcba.org) then click on SummerTour, or enter <http://www.biketcba.org/tours.php?pg=Summertour> in your browser to take you directly to the web site:

It'll be a great tour!

SummerTour Committee



President Patrick Kelley called the meeting to order at 6:34 PM. Deb Traxinger, Steve Leiby, Ken Schwartz and Joane Gruizenga were present. Bill Smith and Ken Hendrick were absent. Also present were Mike Unsworth, Doug and Diane Sherman, Dan Stockwell, Dave Mansfield and Ralph Bednarz. The meeting agenda and January board minutes were approved.

Correspondence received: TART Trails is trying to extend from Traverse City to Mackinaw. Thank you notes were received from Trea Arendsen regarding mailed bike lights, and from Orchard Beach and Mitchell State Parks, League of American Bicyclists and the Hayhoe Trail for donations from TCBA.

#### Board Reports

Presidents: Patrick Kelley – presented an updated TCBA Ride Incentive Program

Vice Presidents: Bill Smith – no report

Secretary: Deb Traxinger – no report

Treasurer: Steve Leiby submitted the financial report and a motion to approve passed.

Events Director: DALMAC registration will open Feb. 14 at noon. Only one major change to routes: Both 5 East and 5 UP will have the option of ending in St. Ignace or Rudyard. UP route will not be going to Sault St. Marie.

At Large Directors: Ride incentive choices have been sent out to members. Bike lights have been delivered.

Advocacy Committee: Mike Unsworth reviewed his submitted report. TCBA will support the Bike Film Festival; date and time to be set in the future.

New Business: The board approved moving to ClubExpress as our website service. Dan Stockwell will be our Webmaster and project leader in the transition to the new web service.

Old Business: Two people responded to the request for volunteers for a workgroup to implement the Class D trail rides concept.

Meeting Adjourned: 8:11 PM

Respectfully submitted by Deb Traxinger, Secretary TCBA Board of Directors.

## 100,000 Metre T-Shirt Ride - "The Ledge and Beyond"

Saturday June 11, 2016 is your opportunity to enjoy one of the best rides in Michigan when the TCBA's 37th Annual T-Shirt Ride returns to Grand Ledge, MI.

The 2016 T-Shirt Ride begins at the Grand Ledge High School. This year's event will include a 5 Km (~3 miles) "in-town" route option for families and inexperienced riders who are not quite ready for the longer rides. Other riders will have choices of the traditional route distances of 25 Km (~17 miles), 50 Km (~34 miles), 100 Km (~65 miles), and the 45 Km (~30 miles) gravel road route which was added last year. New this year is an **optional 1 Km "Tough Biker" trail loop** on the gravel road route for those who want additional challenge and adventure.

The entire 2016 T-Shirt Ride information and registration link is available on the TCBA website and the application is included in the TCBA 2016 Event Applications online booklet. The 2016 "The Ledge and Beyond" T-Shirt Ride is one you don't want to miss.

TCBA Volunteers Needed – Additional volunteer support is needed for the 2016 T-Shirt Ride event. If you are interested in helping out at the 2016 T-Shirt Ride, contact Ralph Bednarz, T-Shirt Ride Director (517-974-1667; [tshirt@biketcba.org](mailto:tshirt@biketcba.org)).

**Purpose:** The purpose of the ride incentive program is to encourage club members to participate in TCBA recreational rides.

#### Ride Classes

Established to enable riders of similar abilities to ride together, classes are based on average overall ride pace (speed), as follows:

Class	Pace (avg speed on a "level" route with no wind)
Class A+	19+
Class A	17-19 mph
Class B	14-17 mph
Class C	12-14 mph
Class D	Up to 12 mph
Class Z	Over 40 miles at riders' own pace
Class M	Mountain bike "single track" rides

#### Responsibilities of Riders and Ride Leaders

##### Ride Leaders

- Scout the route and create accurate maps and/or cue sheet a cue sheet defining the route. A cue sheet which includes point to point miles and accumulative miles will help riders determine that they are on the route.
- All rides must start from a publicly accessible location.
- Provide notice of the ride on the club venue. Information in the notice shall include the leader's name and contact information (phone number and/or e-mail address), date and time, starting location, ride class, and approximate distance. Weather conditions under which a ride will not occur should be stated. The starting point should provide adequate parking for a reasonable number of expected riders; and, if private property is used for this purpose, the ride leader is responsible for securing permission from the property owner or manager. Unless the starting point is used regularly, provide a detailed description of the location. For example, Williamstown Township hall is at 4990 Zimmer Rd, 1 mi. S of Haslett Rd, at the intersection of Zimmer and Germany Roads. Rides may not start from a residence.
- Unless the ride notice states a requirement for lights, rides should be scheduled during daylight hours. There should be sufficient time to do the ride at the pace defined by the ride class plus an allowance for planned stops and unforeseen mechanical problems. In other words, the ride should not end after sunset because a rider needed to repair a flat.
- Provide a reasonable number of maps or cue sheets for the anticipated number of entrants and ride sign in sheet.
- With the exception of Class Z rides, the Ride Leader rides at the back of the group. The ride leader is not required to ride at an average pace that is slower than the minimum designated speed for the ride class. Ride Leaders will use their judgment while riding with riders who are slower paced than the posted average speed for that ride.
- In case of mechanical problems, medical problems or injuries, remain with the affected rider until the situation is resolved or help arrives. The ride leader is *not*, however, required to perform repairs, first aid, or CPR.
- Equitably enforce the provisions of the ride program during club rides and make diligent effort to ensure accuracy of ride sheet.
- Submit completed ride sheet to the Club Mileage Keeper within 30 days of the ride, or enter the Rider Mileage on the TCBA site.

##### Riders

- Choose rides appropriate to their riding ability.
- Arrive at the starting location in time to complete pre-ride preparations by the posted start time.
- Make complete and legible entries on the ride sheet.
- Ensure their bicycles are in a proper state of repair to complete the ride.
- Be able to perform routine on-road repairs. In case of severe mechanical or personal breakdowns, riders are responsible for arranging their own return transportation.
- Ride in a safe and lawful manner.
- Passive riders (such as those in "trailers") are not regarded as riders for the Ride Incentive Program.

**General Rules**

- The ride calendar year is December 1<sup>st</sup> of the previous year through November 30<sup>th</sup> of the current year.
- Club rides must be submitted via the current process. Ride information must be submitted so that it appears on the updated ride format for at least two (2) days prior to the ride. The update schedule and deadlines are set by the Ride Line Coordinator and may vary by season.
- Rides that take place in Eaton, Clinton, Ingham, and Shiawassee counties and rides departing from the 67th District Court House in Grand Blanc can be submitted to the Ride Coordinator. Any rides outside this area, but starting within the state of Michigan, do not require Board approval but must be submitted via the current process to be published.
- Start locations outside the State of Michigan require board approval.
- No club rides shall be scheduled during the general membership meetings or to conflict with the Women on Wheels Ride, the 100,000 Meter T-shirt Ride, or club-sponsored social activities.
  - Rides of the same class leaving from the same general location must be at least one hour different in starting time.
- **Helmets are required on all club rides; personal audio devices are prohibited.**
- There is only one ride leader per ride.

**Incentive Eligibility**

- Only TCBA members in good standing may accumulate mileage points.
- Riders earn 1 point per route mile and/or "home mile" ridden. Ride leaders receive ride mileage as well as ride leader points (100 points for Class D and **M (?)** and 50 points for all other ride classes);
- \*Mountain Bike Riders earn Ride Incentive Points for all publicized TCBA Mountain Bike Rides on single track. Because mountain biking is more technical, typically at slower speeds and less miles traveled in a similar time than road biking, a conversion will be used; 1 mile of single track will equal 3 miles toward the Ride Incentive Program.
- If there are no other riders, the ride leader receives the ride mileage plus 10 leader points.
- "Home miles" are miles ridden to and from TCBA rides, meetings, social events, or invitational tours based on the shortest and safest distance to these events from the rider's home. Home miles are not extra miles ridden "off the route."
- Mileage credit is only earned by riders and ride leaders who ride the route; ride leaders may deny mileage credit for any rider whose participation on the route is not personally verified.
- If a ride leader fails to participate in a scheduled ride, another rider may assume leadership and will be credited with the leader points.
- The following rides are eligible for full credit under the program
  - Scheduled club rides
  - SummerTour
  - 100,000 Meter T-Shirt Ride
  - Women on Wheels Ride
  - DALMAC
  - NorthWest Tour
- Mileage credit may also be earned for participation in non-TCBA invitational rides; however, at least 75% of a rider's mileage points toward an award must come from TCBA-sponsored events. Invitational rides are tours sponsored by other clubs or non-commercial organizations.
- Members are responsible for documenting participation in TCBA invitational rides or qualifying non-club rides within 30 days of the event on any official club ride sheet. Entry shall include member's name, date, events name, and distance.
- Riders are responsible for ensuring their mileage is accurately entered in the club's database. Mileage may be reviewed on the club website.
- Ride sheets must be submitted to mileage keeper within 30 days of ride, except that all ride sheets must be received by the mileage keeper by the second Tuesday in December.
- The TCBA Board is responsible for equitable enforcement of the ride program.

## TCBA Club Updates

Hope this New Year finds you all well! Happy and safe riding in 2016!

**What's new with TCBA?** Several items that are noteworthy; the Club is moving to a new web service provider and will have a new look to our website within a few months. TCBA is purchasing this service through Clubexpress.com, and will seamlessly combine Membership and Website data. (Currently, these are two separate and quite cumbersome pieces of data.) The Club hopes the web access will be simpler and easier. Also, all TCBA Rides will be in only one location, a Ride Calendar, on the biketcba.org website. TCBA is looking forward to rolling out this web interface as quickly as possible and will be keeping you informed of the process.

The club has recently purchased a Membership with "Ride with GPS" (this company is who our map maker Dave Mansfield currently uses to make our Maps for all TCBA rides and tours). If you, as a TCBA member, set up a free account with Ride with GPS, you will have access to all the "premium services" of a Ride with GPS account (without any cost). Please see Dave's write up about this service in this issue of the Chainwheel Chatter.

Did you know that TCBA has a Ride Incentive Program? This Program is designed to get you out riding with other Club members on TCBA rides. Each TCBA ride (from the Chainwheel, Called in Ride Line, or TCBA sponsored Rides like T-Shirt Ride, NorthWest Tour, Summer-Tour, WOW Ride, or DALMAC) all count towards your Ride Incentive miles. Look for these posted rides and join us, sign the Ride

Sheet, wear your helmet and at the end of the year (Nov 30) your total miles ridden with the Club will be totaled and you will earn an award, commensurate with the number miles you have ridden on the Club sponsored rides. The TCBA Ride Incentive Program is inclusive of road, trail, and single track Club lead rides. Please read about the 2016 Ride Incentive Program in this issue of the Chainwheel Chatter.

TCBA is an all-volunteer Club. We encourage and want your help! You can offer your services in several of ways. You can help on our one day Rides (T-Shirt/WOW) volunteer for Summer-Tour or you could be a Ride Leader! You are always welcome to attend a Board or Club Meeting too! DALMAC also uses a number of people for short term work! Consider volunteering, get to know your Club, and its members.

### RideWithGPS

submitted by Dave Mansfield

TCBA now has a RideWithGPS Club Account. With the Club Account all TCBA members have the advantages of a premium account for rides in the Club Account. Some advantages are:

- A rider can define how far in advance to be notified of a turn.
- Spoken turn by turn direction on Android and iPhones.
- Ability to send files directly to a Garmin GPS
- Print custom maps and cue sheets. Handy, even if you don't use a GPS or smartphone.
- 

A video of the benefits are at <http://ridewithgps.com/help/club-benefits/>.

I'm including rides that are not TCBA that I think members may enjoy.

All annual club rides will have the year in the name. For this year it will have 2016 or 16. If you see a ride with last year in the name like "T-SHIRT 2015 100K" that is last year's route. The route may not be the same for this year. When the maps are sent to the printer the GPS files

will be updated to this year. That way if you have this year's file it will have any last minute changes made to the paper map. If at registration you are informed of map changes you can download a new copy or use the changes give out at registration.

If you would like to join the Club Account go to <http://ridewithgps.com/clubs/108-tri-county-bicycle-association> and click on "Apply to join". If you don't already have a RideWithGPS account go to <http://ridewithgps.com> and signup for a free membership and then join the Club Account. If you are using a nickname or anything other than your name for RideWithGPS please send an email to [routesandmaps@biketcba.org](mailto:routesandmaps@biketcba.org) with your name and the name you are using for RideWithGPS so I can verify your club membership and approve your request.

If you are a ride leader and would like me to put your rides in the Club Account send an email and I will be glad to enter them. I can work from a map, cue sheet or whatever is the easiest way for you to get me the information on your ride.

*TCBA now has  
RideWithGPS  
Club Account!*

**MSU RESEARCH PARTICIPANTS NEEDED:****Want to Train Like an Astronaut?****SPACE EXERCISE STUDY****Sponsored by the****National Space Biomedical Research Institute**

**Purpose:** Examine the effects of active video games on exercise performance.

\* You will take a graded exercise test (cycle er-

gometer) to determine your max exercise capacity.  
\* You will ride a stationary bike for 30 min/ session while watching an exercise video game & complete a survey about your experience. There are 6 sessions over 6 days.

\* You will receive \$6 for each 45 min session & a "Training Like An Astronaut" t-shirt.

**By Stephen Samendinger**

Men and women, ages 30 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.

Location: MSU Campus – IM Sports Circle

Contact the MSU

Department of

Kinesiology –

Stephen

Samendinger for

questions:

[samendin@msu.edu](mailto:samendin@msu.edu).

TO SEE IF YOU QUALIFY FOR THE

STUDY - GO TO:

[https://goo.gl/](https://goo.gl/YfcehK)

[YfcehK](https://goo.gl/YfcehK)

**2014-15 Biennial Report - Final****TCBA Advocacy Committee**

Due to Chair's hospitalization and recovery which took place from November 2014 to March 2015, he forgot to do an annual report for 2014. This is combined for 2014 - 2015.

Attendance at Committee's monthly meetings range from seven to twelve people. ~ 80 people are on the discussion list with 206 on the Facebook page.

U.S. Housing and Urban Development Grant on Developing Michigan & Grand River Avenues Corridor (3/2013 – 11/2014)

Planning Charrettes – Committee members were active participants in the May & October 2014 meetings resulting in the document The Capitol Corridor: A Regional Vision for Michigan Avenue/Grand River Avenue (<http://migrand-charrette.com>)

Several committee members worked on map of bike routes / Non-Motorized Transportation infrastructure in tri-county region. Much was incorporated into MDOT's University Region Non-Motorized Master Plan (<http://www.uregionnomoplan.com/>)

**Trails systems:**

Discussion at most meetings re: various aspects of maintenance, hours, services, closures, infrastructure (bollards, signage, etc.). Pursued solutions with City of Lansing and other agencies.

11/2014 Ingham County voters approved millage to support development of county-wide regional trails / parks system. Funding created opportunities for TCBA to help develop comprehensive system of trails. In '15 committee members participated in Ingham County Regional Trails / Parks Plan public meetings. We await the decisions of the County Trails Task Force.

**Publicity:**

Advocacy web site (<http://advocacy.biketcba.org/>) went live in 2014 and updates are continual.  
AARP regional Transportation Workshop (11/2014)—TCBA distributed literature

**Mid-Michigan Ride of Silence**--Wells Hall Plaza at MSU

2014: 152 riders, 18 bicycle officers participated

2015: a record 200 riders, 14 bicycle officers participated

**Submitted by Mike Unsworth**

**Jill Byelich**—Byelich, a 35 year old mother of two, killed by a distracted driver on 9/4/2014 in Clinton County  
10/5/14: Memorial Ride had 150 riders  
Driver sentencing—Committee members Lenny Provencher and Mike Unsworth attended sentencing hearings. Family members appreciated our presence. The sentencing included:

Six months in the Clinton County Jail  
24 months of probation  
150 hours of community service  
20 drivers' education classes  
Restriction on owning a phone or portable texting device for 2 years  
Payment of \$15,000 in restitution and court fees

**Bicycle Parking:**

Bike Rack Assistance page (<http://advocacy.biketcba.org/bike-rack-assistance/>) now on Advocacy web site

Bath Township took advantage of the program to install racks at public venues

Contented on Page

(continued from Page 7) **2014-15 Biennial Report - Final**  
**TCBA Advocacy Committee** (

Submitted by Mike Unsworth

Trowbridge Village bike racks: contacted developer about bike parking. Sixteen racks for 88 bikes plus Fix-It Station with hand operated air pump installed at developer's expense

**Pedestrian and Bicycle Committee of Michigan Dept. of Transportation's University Region**

Goal of quarterly meetings is sharing information to improve bicycle and pedestrian safety: best practices, lessons learned, upcoming projects, new approaches, successes, etc

Meetings began in 01/2014. 15-20 people from different agencies and organizations attend. Committee members Steve Leiby, Nancy Krupiarz, Tim Potter, and Mike Unsworth have participated.

Tim Potter and Mike Unsworth gave a presentation on MSU's bike infrastructure

Regional Non-motorized Plan unveiled in 2015 <http://www.uregionnomoplan.com/>

**Contact with Major Agencies**—met with officials from various agencies on future activities:

- Michigan Department of Transportation
- Ingham County Road Department
- City of Lansing
- Capital Area Transportation Authority – on 6/4/2015; special meeting with Assistant Executive Director Deb Alexander to discuss:
- Bus/cyclist interactions
- Bicycle infrastructure at Intermodal Transportation Center in East Lansing (AKA new Amtrak Station)
- Bus Rapid Transit (BRT) on Michigan/Grand River Avenues Corri-

dor—disappointed that CATA decided not to have bikes share the BRT lanes (preferred option of Capital Corridor Design Charrette)

**Major Infrastructure Projects**—provided input:

North US 127 & French Road crossing in Clinton County Interurban Trail crossing Okemos Road

Okemos Road Interchange over I-96-- believe our advocacy work helped produce an improved (but not perfect) design.

Poorly located road construction signs

Okemos Road pedestrian bridge over Red Cedar River

**Local Advocacy Sub-Committees:**

Bath Township- Started by Dan Stockwell and Tom Hardenbergh in 11/2014. Projects tackled: Marsh Road & Business I-69 (AKA Old M78/East Saginaw Street) intersection

Bath Township Farmer Market ride  
 Bike racks in various locations  
 Proposed recreational pathway around south shore of Park Lake, Bath Township

Plan 2016 bike event

Meridian Township-Planning began in 11/2015 by several residents

**Bike Shorts Film Festival**—5/2015 ~ 100 people showed at Mid-Town Brewing Company, 40 riders using the Valet Bike Parking service

**Bike Infrastructure**--- worked on:

East-West Bike routes that would connect Frandor with Downtown Lansing and Lansing Community College

Bike lanes on Mt Hope Road from Okemos Road to Moore's River Drive

Saginaw/Oakland Buffered Bike

Lane Extension  
 East Michigan Avenue bike lanes in Lansing  
 Plan a retreat early in 2016

**2014-2015 Committee Participants .**

Dean Brailey  
 Rick Brown  
 Tom Hardenbergh  
 Steve Leiby  
 Bob Lovell  
 Nancy Krupiarz  
 Tim Potter  
 Lenny Provencher  
 Art Slabosky  
 Dan Stockwell  
 Mike Unsworth  
 Dwight Washington  
 Phil Wells

**Volunteers! Kids Repair Program**

Kids Repair Program needs volunteers to assist in summer "Bike Camp" sessions. Sessions are one week in length. KRP needs help to assist the instructor in class and also outside of class times with bike issues. Volunteers find it rewarding to help in the summer program. We give each child (ages 10 - 17) a bike, new lock and helmet. Strong emphasis on safety and biking as lifelong exercise. Volunteers do not need to be highly skilled but willing to learn and enjoy the help they can offer youth at camp. If interested in helping in a week session or a day or two in summer camp sessions, please call 517.755.4174 or email [kidsrepairbikes@gmail.com](mailto:kidsrepairbikes@gmail.com).





## March 2016 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
Sundays	None					
Mondays	None					
Tuesdays	6:00 PM	15-20	C	Oneida Township Hall	No rides on 1st & 8 <sup>th</sup> harry@harrydale.com	Harry Levins 517-627-9763
Wednesdays	None					
Thursdays	6:00 PM	15-20	C	Oneida Township Hall	No rides on 3rd, 10th, & 31st (club mtg) harry@harrydale.com	Harry Levins 517-627-9763
Fridays	6:00 PM	12-16	D	Hamlin Township Hall, Eaton Rapids	<b>No ride on 4th or 11<sup>th</sup></b> <b>Temp &gt;40 F</b>	Rob Taylor 517-648-2608
Saturdays	8:30 AM	40-50	Z	Grand Ledge Public Schools Admin. Bldg. (Sawdon)	<b>No rides on 5th &amp; 12<sup>th</sup></b> harry@harrydale.com	Harry Levins 517-627-9763

Ride Starting Point Descriptions

Hamlin Township Hall..... 6463 S Clinton Trl, Eaton Rapids  
 Oneida Township Hall..... 11041 Oneida Road, Grand Ledge  
 Sawdon School Lamson Rd., Grand Ledge

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.

RIDE CLASSIFICATIONS

- A+ 19+ MPH
- A 17-19 MPH
- B 14-17 MPH
- C 12-14 MPH
- D Under 12 MPH Fun and Social Group Ride
- F Family Fun & First-Timers Ride

For More Rides call 517-882-3700 or visit the web site: [www.biketcba.org](http://www.biketcba.org). Also check this number for up-dates/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

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

## March Sunrise/Sunset

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Sunrise: 7:14 AM Sunset: 6:27 PM	<b>2</b> Sunrise: 7:12 AM Sunset: 6:28 PM	<b>3</b> Sunrise: 7:11 AM Sunset: 6:30 PM	<b>4</b> Sunrise: 7:09 AM Sunset: 6:31 PM	<b>5</b> Sunrise: 7:07 AM Sunset: 6:32 PM
<b>6</b> Sunrise: 7:06 AM Sunset: 6:33 PM	<b>7</b> Sunrise: 7:04 AM Sunset: 6:35 PM	<b>8</b> Sunrise: 7:02 AM Sunset: 6:36 PM	<b>9</b> Sunrise: 7:01 AM Sunset: 6:37 PM	<b>10</b> Sunrise: 6:59 AM Sunset: 6:38 PM	<b>11</b> Sunrise: 6:57 AM Sunset: 6:39 PM	<b>12</b> Sunrise: 6:55 AM Sunset: 6:41 PM
<b>13</b> Sunrise: 7:54 AM Sunset: 7:42 PM	<b>14</b> Sunrise: 7:52 AM Sunset: 7:43 PM	<b>15</b> Sunrise: 7:50 AM Sunset: 7:44 PM	<b>16</b> Sunrise: 7:48 AM Sunset: 7:45 PM	<b>17</b> Sunrise: 7:47 AM Sunset: 7:46 PM	<b>18</b> Sunrise: 7:45 AM Sunset: 7:48 PM	<b>19</b> Sunrise: 7:43 AM Sunset: 7:49 PM
<b>20</b> Sunrise: 7:41 AM Sunset: 7:50 PM	<b>21</b> Sunrise: 7:40 AM Sunset: 7:51 PM	<b>22</b> Sunrise: 7:38 AM Sunset: 7:52 PM	<b>23</b> Sunrise: 7:36 AM Sunset: 7:53 PM	<b>24</b> Sunrise: 7:34 AM Sunset: 7:55 PM	<b>25</b> Sunrise: 7:33 AM Sunset: 7:56 PM	<b>26</b> Sunrise: 7:31 AM Sunset: 7:57 PM
<b>27</b> Sunrise: 7:29 AM Sunset: 7:58 PM	<b>28</b> Sunrise: 7:27 AM Sunset: 7:59 PM	<b>29</b> Sunrise: 7:26 AM Sunset: 8:00 PM	<b>30</b> Sunrise: 7:24 AM Sunset: 8:02 PM	<b>31</b> Sunrise: 7:22 AM Sunset: 8:03 PM		

On the equinoxes the Sun shines directly on the equator and the length of day and night is nearly equal – but not quite. The March equinox marks the moment the Sun crosses the celestial equator – the imaginary line in the sky above the Earth's equator – from south to north and vice versa in September. Spring arrives Sunday, March 20, 2016 at 12:30 AM EDT. (02/2016 <http://www.timeanddate.com/calendar/spring-equinox.html>)

# 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) Ads will appear for 2 editions.

For sale: Mercury Trident II Triathlon Bike, SCRAM red components (crank and derailleurs), TT brakes and shifters. Full Carbon Frame, 55 cm Top Tube. Fulcrum 7 Wheels Asking \$2200.00. Email [joncaterino@comcast.net](mailto:joncaterino@comcast.net) for pictures (3/16)

For Sale: Dark blue Ruby Elite Specialized carbon fiber bike; ridden less than 300 miles. New \$1,995 asking \$1,100 or BO. Bike has been extremely well taken care of and in great shape! Gregg Landick (517) 899-5373 (cell) or [landickg@msu.edu](mailto:landickg@msu.edu) (3/16)

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**BRYAN WALDMAN**  
ATTORNEY AT LAW



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

[bryan@bikelaw.com](mailto:bryan@bikelaw.com)  
[www.bikelawmichigan.com](http://www.bikelawmichigan.com)

**Michael A Wells**  
**Insurance Counselor**  
General & Recreational Insurance

Email: [lmwells99@yahoo.com](mailto:lmwells99@yahoo.com)



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[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**

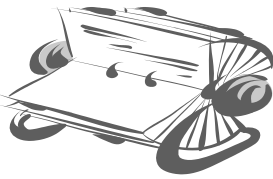
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## TCBA MEMBER CONTACT



**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:** Patrick Kelley (517) 242-6940  
 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:** Deb Traxinger  
 E-mail secretary@biketcba.org

**Events Director:** Ken Hendrick  
 DALMAC Hotline (517) 882-3700  
 E-mail eventsdirector@biketcba.org

**Board at Large:**  
 Joane Gruizenga (517) 986-8875  
 E-mail boardatlarge1@biketcba.org  
 Ken Schwartz (517) 332-7322  
 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**  
 Phil Wells (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 (248) 573-7228  
 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:.....restro66stang@gmail.com

**Routes & Maps:**  
 Dave Mansfield  
 E-mail routesandmaps@biketcba.org

**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

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