

TRI-COUNTY
BICYCLE ASSOCIATION

P.O. Box 22146 • Lansing, MI 48909
(517) 882-3700 • www.biketcba.org

Chainwheel Chatter

Volume 34 Number 6 Established 1972 June 2008

IN THIS ISSUE	
Meetings/Deadlines/ Announcements	Front Cover
Board Minutes	2
Ride Calendar	4
Starting Points/Classifications	5
New Members/Change of Address	6
Editor's Note/Sunrise & Sunsets	6
Incentive Items/Liferide	6
Road I Class	7
Bicycle Safety Poster Contest Winners	8
Row Course—Cross Training for Cycling	9
Classifieds/Member Specials	10
Change of Address Form	11
Membership Application/Other Good Numbers	Back Cover

MEETING	DATE & TIME	LOCATION	PRESENTER & TOPIC
MEMBERSHIP	June 26, 2008 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	Tim Kissman Editor/Publisher of Health & Fit Magazine. Tim is an avid fitness buff and cyclist.
CYCLE FORUM	June 26, 2008 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	Allan Huber Cadence and Gearing — The Keys to Riding Enjoyment
BOARD MEETING	July 1, 2008 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, it is suggested you contact the President one week prior to the meeting and ask to have it added to the agenda.



DEADLINE—13 June 2008

NEWSLETTER	Please send items to Janet Weber, 767 Linden Street, Charlotte, MI 48813 or fax to 1-800-480-1160, or send your e-mail to chainwheelchatter@biketcba.org by the indicated deadline.
RIDE CALENDAR	Information for the ride calendar needs to be sent to Ed Usewick, 590 Boutell Drive, Grand Blanc, MI 48439 or e-mailed to rideschedule@biketcba.org. So we can include this information in the next newsletter, please not the above indicated deadline.



ANNOUNCEMENTS

TCBA Picnic—June 29, 2008, Rayner Park, Mason, MI. Lunch will be served at 1:00 p.m. Cost is \$5.00 per person (children 10 and under eat free, but must be included for head count). You can send your check or money order to Sue Viele, 4985 Pares Rd., Dimondale, MI 48821. Questions may be directed to Sue at (517) 643-1065 or e-mail vp@biketcba.org.



T-Shirt Ride— June 7, 2008

W.O.W. — July 19, 2008 Information for both rides are available at www.biketcba.org.

MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION
BOARD OF DIRECTORS MEETING
Foster Community Center - Lansing
April 1, 2008

Board members present included Joe Adams, Sue Viele, Linda Antinori, Al Simons, and Herb Drake. Also present were club members Katie Donnelly, Tom Hardenbergh, Lenny Provencher, Janet Weber, and Pat Trudgen.

Reports

1. **President's Report:** Joe Adams, President, called the meeting to order at 6:31 PM. Joe announced that MDOC has invited the TCBA to participate in their 2nd Annual Health Fair. Herb was to look into possible options for our participation.
2. **Vice-President's Report:** Sue Viele announced that the TCBA's annual picnic will be held on Sunday, June 29, at Rayner Park in Mason. The cost will be \$5 per person.
3. **Minutes/Secretary's Report:** Minutes of the March meeting were presented for review by Linda Antinori, Secretary. Grammatical changes to the minutes were suggested and made. A motion to approve the minutes was made by Sue Viele, was seconded by Kris Stairs, and carried unanimously.
4. **Treasurer's Report:** Dick Sulin, Treasurer, presented the Financial Reports for the 2007 fiscal year as well as January 2008 to the Board. The reports were reviewed by Board members and a motion to pass the Financial Reports was made by Herb Drake. The motion was seconded by Sue Viele, and passed unanimously.
5. **Events Director:** Al Simons reported that DALMAC registration probably would be closed next week. Twenty one hundred people have signed up for the 5 routes.
6. **Ride Program Committee:** In Kris Stair's absence, Joe Adams announced that all incentive items had been ordered.
The Level 1 — Smartwool lightweight shirt has been ordered and should be ready for screen printing in 3 to 4 days at Milo's.
Level 2 — Fleece jackets have been ordered and will be ready for pick up in 2 weeks. Hand held weather forecasters have been ordered and shipped.
Level 3 — Tiki headlamps and organizers have been ordered and shipped.
Level 4 — Lenny is ordering mini toolkits.
Level 5 — Water bottles are in.
Incentives will be available for pick up at the April, May, June, and July meetings.
7. **Summer Tour:** Al Simons, Events Director, announced that Summer Tour is ready to go. Sue Viele has purchased the prizes and Joe Adams has the maps ready for printing.
8. **Northwest Tour:** Northwest Tour has 175 registered riders to date. Joe also has these maps done and Dick Sulin will have them printed.
9. **T-Shirt Ride:** Al Simons reminded the Board that seed money for the Laingsburg cops is needed soon.
10. **WOW Ride:** The WOW Ride is set to go.
11. **Christmas Party:** Joe Adams asked Sue Viele to start planning the 2008 TCBA Christmas Party.
12. **Chainwheel Chatter:** Sue Viele introduced Janet Weber as the new editor of the Chainwheel Chatter and announced that Charla Scheidler would be assisting Janet in the transition period. We wish her the best of luck in her new endeavors.

13. **DALMAC Committee:** Tom Hardenbergh, DALMAC Committee Chair, announced that the DALMAC Committee had received 13 applications for this year's grants. They have started to review applications and will report to the Board at the May meeting with their recommendations.

Old Business:

- Dick Sullen attempted to meet with the Foster Center administration to find out how the TCBA could possibly help one of their projects through a donation from the TCBA. He will follow through on this

New Business:

- Al Simons announced that our previous insurance carrier had been bought out by a larger insurance carrier and has decided not to write liability and accidental medical coverage to bike clubs. The policy McKay is offering through West Bend Mutual offers liability coverage while the accidental medical coverage stays with Nationwide through the McKay Agency. Al made a motion to accept the new policies at a cost of \$8,436 for all events. Sue Viele seconded the motion and it passed by a vote of 4 ayes and 1 nay.
- Dick Sulin wondered if there was a way we reduce the number of Chainwheel Chatters that we receive back as undeliverable. He was to try a better way to track this problem.

Member Input:

- Pat Trudgen is a Leader of Boy Scout Troop 705 in Holt and presented a proposal to the Board for support and materials for a merit badge in cycling. To earn this badge, each Scout would have to exhibit an ability to perform basic bicycle maintenance, safety, and take part in 6 rides. Pat asked for the Board's support in providing club materials such as safety videos and literature and to sponsor some of the Scout's memberships in the TCBA. Lenny Provencher volunteered to provide assistance in the project. Sue Viele made a motion stating that the TCBA would provide safety and education materials to Troop 705 and sponsor membership in the club for 6 Scouts, in hopes of enticing family cycling. A report on the project is due at the end of the year. Herb Drake seconded the motion and it passed unanimously.

June 2008 Ride Calendar
Recurring Rides; No Ride if Rain, Unless Noted

Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
Sundays						
	8:00 AM	40+	Z	67th District Court House, Grand Blanc	No Ride on the 29 th	Ed Usewick 810-694-9919
Mondays						
	6:30 PM	18-24	C	Coaches American Pub & Grill		Ginger Royston 517-393-4799 or Dick Chulski 517-393-4799
Tuesdays						
	5:00 PM	25-35	B	Owosso Fire & Police Station	No ride if high winds	David Smith 989-723-1211
	6:00 PM	15-35	B	Oneida Gospel Church	dcstinson@starband.net	Dennis Stinson 517-543-9432
	6:30 PM	20-25	B	Williamstown Town Hall		Dwayne Scheidler 517-336-0223
Wednesdays						
	10:00 AM	35-50	B	Mega Mall		Edie Belcher 517-242-4122
	10:00 AM	18-36	D	Coaches (Bishop Road)		Sandy Barringer 517-272 2833
	6:30 PM	12-15	D	Haslett Middle School	No ride on Wed. June 18 th	Lenny Provencher 517-204-2971

June-Wednesday Night Rides - MSU Pavilion
ALL CLASSES, 6:15pm 1/2 mi. south of the Y-Lot

Class/Mileage	6/4	6/11	6/18	6/25
A, 30-40 mi				
B; 25-35 mi.	Sue Viele 517/333-0306	Donnelly Katie 517/349-5564	Linda Antinori 517/410-6043	Jim Delinescheff 517/333-9327
C; 20-30 mi.	Mary Burris 517/394-1617	Mary Burris 517/394-1617	Sara Troutman 517/331-1004	Edie Belcher 517/242-4122
D; 15-25 mi.	Katie Donnelly 517/349-5564	Connie Campbell 517/285-2012	North West Tour	Connie Campbell 517/285-2012

Thursdays					No Ride June 26 th Club Meeting	
	5:00 PM	25-35	B	Owosso Fire & Police Station	No ride if high winds	David Smith 989-723-1211
	6:00 PM	15-35	B	Oneida Gospel Church	dcstinson@starband.net	Dennis Stinson 517-543-9432
	6:30PM	20-25	B	Williamstown Town Hall	Ride Leader June 5 - Ron & Mary Sue Gorsline 517-655-9381	Charla Scheidler 517-336-0223
	6:45 PM		M Off Road	Burchfield park, Meet at Riverbend trail head		James Blais 517-575-9058
Fridays						
	9:30 AM	30-45	C	Dewitt Township Hall	Food Stop. No ride June 20th	Jan or Tony Koller 517-669-5744.

June 2008 Ride Calendar (Continued)

Recurring Rides; No Ride if Rain, Unless Noted

Saturdays					No Rides for June 7th (T-Shirt Ride)	
Day/Date	Time	Miles	Class	Start Location	Other Information	Ride Leader
	8:00 AM	40	Z	67 th District Court House, Grand Blanc	No rides on the 7 th or 21 st	Roxanne Usewick 810-694-9919
	8:00 AM	50-70	Z	Sawdon School.	dcstinson@starband.net No ride June 21st (NW Tour)	Dennis Stinson 517-543-9432
	9:00 AM	12	D	Coaches (Bishop Road)	Uncle Miltie's Breakfast ride. Bring the kids! Very "New rider"-friendly!	Milt Gruhn 517-393-1617
	10:00 AM	40-45	Z	Coaches (Bishop Road)	Only on the 21 st and 28 th	Sandy Barringer 517 272 2833

Other DAY RIDES (one time only) in June...

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Saturday June 14 th	9:00 AM	40-60	Z	Mega Mall		Edie Belcher 517-242-4122
Saturday June 21 st	8:00 AM	97-100	Z	Mega Mall	Annual ride to Chesaning	Jim Walker 517-668-8189
Sunday June 29 th	10:30 AM	40-45	Z	MSU Pavilion	Ride to the TCBA Picnic in Rayner Park.	Edie Belcher 517-242-4122
Sunday June 29 th	11:00 AM	40-45	Z	Williamstown Twp Hall	Ride to TCBA Picnic in Mason	Jeff Dillingham 517-339-0442

Ride Starting Point Descriptions

67th District Court House.....Grand Blanc
 Coaches 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.
 Haslett Middle School.....
E on Franklin St from Marsh Rd, 1st light S of Haslett Rd
 Holt Pro Cyclery.....Cedar, 3 blocks S of Holt Rd
 Holt Junior High (Former Holt High School).....
Aurelius Rd, 1/2 mi south of Holt Rd, Holt
 Kroger, Coolidge & Lake Lansing Parking lot near Coolidge.....
and Lainsburg High School....
 Mega Mall...15487 Old US-27 (Northeast St.) & Northcrest Rd /
NE Corner of lot
 Owosso Fire/Police Station.....Owosso
 Oneida Gospel Church.....
Corner of Oneida and Strange Hwy, Gd Ledge
 Sawdon School.....Lamson Rd., Grand Ledge
 Williamstown Twp Hall.....Corner Zimmer &
 Germany Rds 4 mi east & 1 mi south of Haslett

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
 M Mountain Bike N/A
 ZRides 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: donnel13@msu.edu

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

WELCOME NEW MEMBERS



Duane Chambers	Russell & Leila Kissel
Jennifer Findley	Terry McLeod
Lynda Freeman	David & Sheri Seaman
Ken Johnson	Jason Weller
Phillip Kinzie	



EDITOR'S NOTE

Extra copies of the Chainwheel Chatter are available at each Membership Meeting. If you are responsible for distributing copies to various establishments, please be sure to pick up your copies. If you are unable to make a meeting, please let me know in advance so I can make arrangements to hold copies and get them to you. In addition, if you want to have copies to take to new establishments, please let me know so we can be sure to have enough copies available for everyone to distribute. Thank you!

Sunrises & Sunsets for June 2008

<u>DATE</u>	<u>RISE</u>	<u>SET</u>	<u>DATE</u>	<u>RISE</u>	<u>SET</u>
1	6:03	9:10	17	6:00	9:19
2	6:02	9:11	18	6:00	9:19
3	6:02	9:12	19	6:00	9:20
4	6:01	9:12	20	6:00	9:20
5	6:01	9:13	21	6:00	9:20
6	6:01	9:14	22	6:01	9:20
7	6:00	9:14	23	6:01	9:20
8	6:00	9:15	24	6:01	9:20
9	6:00	9:15	25	6:01	9:20
10	6:00	9:16	26	6:02	9:20
11	6:00	9:16	27	6:02	9:20
12	6:00	9:17	28	6:03	9:20
13	6:00	9:17	29	6:03	9:20
14	6:00	9:18	30	6:04	9:20
15	6:00	9:18			

2007 INCENTIVE ITEMS

Your 2007 ride incentive items are available for pick up at the June and July monthly membership meeting. Items not picked up by July's meeting will be donated to TCBA for club use.



LIFERIDE 2008

Once again, many TCBA members will ride in the Liferide! This ride is a great fellowship opportunity and fundraiser for the Lansing Area AIDS Network. The route is in beautiful Clinton County, and riders will enjoy breakfast, lunch, dinner, and great SAG support! It will take place on Saturday, June 14, with the 70 mile ride starting at 8 a.m. and the 25 mile ride starting at 9 a.m. Please call Patrick Lombardi at 517-394-3719 extension 14, or register online at www.laanonline.org. Riders who raise \$500 in pledges will have their \$35 registration fee waived. Top pledge collector will receive a LIFE RIDE riding jersey from Velowear.



CHANGE OF ADDRESS

If you move or have your mail forwarded, please notify us as soon as possible. The newsletters are sent bulk mail, and the post office does not forward bulk mail. The post office returns your newsletter to us (we have to pay to get it back), so your membership ends up in limbo until we hear from you. Please e-mail your address change to membership@biketcba.org. Or, for your convenience, please mail the form on the last page to TCBA, Membership Change of Address, P. O. Box 22146, Lansing, MI 48909.

NAME _____

NEW ADDRESS _____

CITY _____

STATE _____ **ZIP** _____

MAIL TO: TCBA, MEMBERSHIP CHANGE OF ADDRESS, P.O. BOX 22146, LANSING, MI 48909.

APOLOGIES

I would like to apologize to Charla Scheidler for inadvertently using her former name (Sims) in the May issue of the Chainwheel Chatter.



Road I Class

The BikeEd program has been developed by the League of American Bicyclists to educate all levels of bicyclists, from kids through licensing bicycle instructors.

Road I is the foundation course which covers safe riding practices, such as:

- Scanning and signaling
- Lane changing
- Lane positioning
- Emergency maneuvers
- Traffic laws
- Knowledge of bicycles

Road I is a nine-hour course that can be completed in one day. It consists of four hours of classroom instruction, and five-hours of hands-on and on-road instruction.

The class will be taught by a League Cycling Instructor (LCI). The class could be held on a Saturday in late summer or early fall, perhaps at the Foster Community Center. We will need a minimum of nine (9) in the class, and there will be a cost of about \$50. The successful completion of Road I is a prerequisite for becoming a League Cycling Instructor.

If interested, sign up at a TCBA monthly meeting, or contact Bill Savage at (517) 339-3933 or e-mail him at MSUSavage@aol.com.



BICYCLE SAFETY POSTER CONTEST WINNERS ANNOUNCED

Submitted by Katie Donnelly and Betty Johnson

We're please to announce the winners of this year's bicycle safety poster contest. The TCBA-sponsored competition was open to Clinton, Eaton, and Ingham County students in Grades 3 and 5. Grade levels were chosen for this competition based on Michigan Model for Comprehensive School health Education language pertaining to bicycle safety.

This year's winners will be recognized at our May membership meeting. They are:

Third Grade:

1st place Emily Gruber
St. Gerard School
Lansing

2nd place Katie Fallon
St. Gerard School
Lansing

3rd place Noemi Heydrich
Willow Ridge Elementary School
Grand Ledge



Fifth Grade:

1st place Lisa Ludtke
Greyhound Intermediate School
Eaton Rapids

2nd place Mary Haddad
Willow Ridge Elementary School
Grand Ledge

3rd place Ivanna Mendoza
Willow Ridge Elementary School
Grand Ledge



The contest was intended to stimulate thought and discussion as well as to provide a fun creative activity around the theme **"I'm a smart and safe cyclist."** Posters were judged on creativity, expression of the theme, and consistency with instructions.

All winners receive cash awards and one-year family TCBA memberships, and schools of the first-place winners for each grade also receive cash awards. In addition, first-place winners win gift-certificates to local bicycle shops. Congratulations all of our winners!

Learn to Row Course June 7-July 26

Byron Drachman

The Lansing Rowing Club (used to be Lansing Oar and Paddle Club) will be running another learn to row course this summer. Rowing is an excellent cross training for cycling. Here is a photo of the silver medalist quad team that brought honor and glory to TCBA last fall at the Head of the Grand Regatta, with rowers comprised of four TCBA members: Alec Drachman, Byron Drachman, Brian McEwen, and Deb Traxinger. Alec was stroke seat, closest to Rachele, our fabulous coxswain.



As I said, we won a silver medal. Well, OK, there were only two quads entered, but the other quad just barely beat us, and the water wasn't as choppy when they rowed. The club has only one quad, so we had to row at a later time. Besides, we looked better.

The following is extracted and reformatted from the website <http://www.lansingrowingclub.org>

How would you like to glide along the water in a human-powered rowing shell?

Start yourself rowing in our eight-week Learn-to-Row class. You will become familiar with the basics of rowing and rowing safety. Following a land-based introduction, you will be on the water in a large flat-bottomed barge using one oar per person, progressing through the program to smaller boats with two oars. Experienced coaches from LRC and MSU crew programs will guide you. You must be able to swim to take this class.

All Learn-to-Row sessions will take place at the Ryden Boathouse, Grand River Park in Lansing. The course runs from June 7 through July 26. Tuesdays and Thursdays 6-7:30 PM; Saturdays 9:30 – 11 AM.

You are encouraged to attend at least two of the three sessions offered per week.

(FREE) OPEN HOUSE

Saturday May 24th and Saturday May 31st 9:30 – 11:00 AM

Tour the boathouse, see our equipment, meet experienced rowers and watch them on the water! We welcome everyone to share in our favorite pastime and sport.

Directions to the Ryden Boathouse in Lansing's Grand River Park: Grand River Park is located between Martin Luther King and Waverly Road on Lansing Road on the North side of the Grand River.

From the east take 496 west and exit at Lansing Rd; after going under the bridges you reach the top of a hill; the Dispatch bar is on the right and the entrance to the park is on the left.

From the west take Lansing Rd east off Waverly, the entrance to the park will be on the right and the Dispatch bar on the left. After entering the park turn left and follow the road to the end at the parking lot and boat launch, then walk east through the open field or along the unpaved road to the second boathouse.

To register for the class or for more information contact Jodi Fine 676-5482 or Tim Fisher 420-4272, info@lansingrowingclub.org.

CLASSIFIEDS

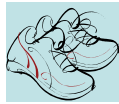
This section of the Chainwheel Chatter is published as a service for **TCBA members only**, to advertise cycling equipment free of charge. To place an ad, send an email to chainwheelchatter@biketcba.org, FAX to 800-480-1146, or mail to Janet Weber, 767 Linden St., Charlotte, MI 48813-1723.

FOR SALE: Bike Friday Two's Day Tandem — Original cost \$2,999. Ridden fewer than 500 miles. Will disassemble and pack into two suitcases for traveling. Quick folds for putting in car trunk. Many upgrades. Selling for \$1,900. Call Ken Hendrick at (517) 627-4865 or e-mail at klhendrick@msn.com.

FOR SALE: 2007 Specialized Allez. 56cm frame — red, triple chain ring, Sora STI changers and front derailleur. Tiagra rear derailleur, specialized computer, Shimano clipless pedals, 2 bottle cages, excellent condition, only 1,000 miles on it. Asking \$550. Call Gary at (517) 321-9395 or (517) 256-8429.

FOR SALE: SANTANA TANDEM, Medium size Visa. If you want to buy a tandem, then you want a Santana. 21-speed, STI Shifting, with rear rack. In good condition, makes a great DALMAC bike for you and your spouse or child. Cost \$2,800 when new, we're selling it for \$1,150. Call Charlie at (517) 337-1793 or e-mail at cmack@msu.edu.

FOR SALE: Women's Bike Shoes. Nike Bike Shoes size 7 1/2 for road, mountain, or spin bike. Like new — \$30. ALSO, Women's Triathlon Bike Shoes. SIDI Size 6 1/2. \$140 new; never been worn — \$75. Call Betty at (517) 349-0592.



FOR SALE: Burley d'Lite trailer. Holds two children. Converts to a stroller. Can be completely enclosed to protect against weather, bugs, and road spray. Collapses for easy storage. Approximately 4 years old. Sells new for \$550. Call (517) 669-2378.

WANTED: Thule 3-bike rack (Speedway). Phone (517) 242-4621.



MEMBER SPECIALS

SEW MUCH MORE — Cycling Wear: jerseys, cycling shorts, tights, and cycling shells. Reasonable prices. Custom fit. Gift Certificates. For more information, call Sue at (517) 627-1411.

FLAG DAY

JUNE 14, 2008



CHANGE OF ADDRESS

Please complete this form, clip and drop in an envelop to ensure we receive your correct address to mail 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.

WELCOME SUMMER

~~WELCOME SUMMER~~

June 21, 2008