

TRI-COUNTY BICYCLE
ASSOCIATION
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WWW.BIKETCBA.ORG

Chainwheel Chatter

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MEETING

DATE & TIME

LOCATION

PRESENTER & TOPIC

MEMBERSHIP	July 30, 2009 7:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	DARYL BURRIS Self-contained touring
CYCLE FORUM	July 30, 2009 6:00 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	ALLAN HUBER Multi-Day Ride Preparation — Dress for Success
BOARD MEETING	August 4, 2009 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 to have it added to the agenda.



DEADLINES

NEWSLETTER JULY 10

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 JULY 08

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 note the indicated deadline. Furthermore, please be sure to use the electronic tools to register rides. Please ensure you include critical information such as ride times, mileage, location, and ride leader name and telephone number.

ANNOUNCEMENTS

Volunteers are needed to help with DALMAC. We have several opportunities for you to get involved in DALMAC, even if you are unable to ride. We need folks to help register our riders. See the article on page 5 of this newsletter to see the various dates and times. If you are able to give a little of your time at one or more of these time slots, please contact Mike Hudson at 517-321-4297 [please, no calls after 10:00 P.M.] or e-mail hudsonmi@msu.edu. ALSO, we need truck and SAG drivers for various routes. Again, if you want to join the fun, but cannot ride, please contact Lee Adair at 517-482-6909 to sign up and obtain additional information.



**MINUTES OF THE TRI-COUNTY BICYCLE ASSOCIATION
BOARD OF DIRECTORS MEETING
Foster Community Center - Lansing
May 5, 2009**

President Roger Nelson called the meeting to order at 6:30 pm.

Board members present included Roger Nelson, Patricia Trudgen, Linda Antinori, Kris Stairs, and Donovan Riley. Also present were club members Katie Donnelly, Lenny Provencher, Bill Savage, Dick Janson, and Janet Weber.

Reports:

1. **President's Report:** New President Roger Nelson went over the direction he would like to see the Club move in. Some of those ideas include: more kid friendly activities such as hay rides or a corn maze at Halloween, family type outings such as bowling at Christmas instead of a formal dinner, and recruiting younger members as volunteers.
2. **Vice-President's Report:** Roger Nelson announced that the programs for general club meetings would be as follows:
May: Poster Contest and Kathleen Edge and Jessica Yorkel from Smart Commute
June: Club member Bill Smith on Texas Hell Week
July: Self –contained touring presented by Club member Daryl Burris
August: DALMAC

The Annual TCBA Club Picnic is set for June 28 with Acclaim Catering & BBQ's/Colleen's Cuisine doing the catering again. The location will be announced this week on the Web Site's Braking News and in the Chainwheel Chatter. Linda and Kris are to check into possible sites.

3. **Secretary's Report:** Linda Antinori presented the Minutes of the April meeting to the Board for approval. Dick Sulin made a motion to accept the Minutes. Pat Trudgen seconded the motion and it passed unanimously.
4. **Treasurer's Report:** Dick Sulin presented March and April's Financial Reports to the Board for approval. Linda Antinori made a motion to accept the Financial Reports as presented. Kris Stairs seconded the motion and it passed unopposed. The Board also began discussion on financing some community projects that would promote bicycle safety and education.
5. **Ride Incentives:** Kris Stairs reported to the Board that the messenger bags are in and are being screen printed. We had an excellent turnout at the Swap Meet this year because of the later date and the return of the snow birds. The signage to be painted on the club trailer was tabled until June due to changes in the Board make-up.
6. **Events Director:** Patricia Trudgen announced that registering of the DALMAC trade mark and Speedy Racer logo had been completed. The counts on the various DALMAC Routes as of May 4 are:
5 Day.....618
5 UP.....445
4 West.....578
4 East.....194
Quad.....140
These figures are comparable to last year's figures. Pat announced that she had just received correspondence stating that the Smart Commute Fest would be held May 14 at City Hall. The Board decided after discussion that Pat would respond to Jessica and see if she would hand out literature for us. We will be happy to participate next year.

7. **DALMAC Fund:** Roger Nelson announced that the DALMAC Fund received requests from 13 various projects for a total of \$127,000.
8. **Northwest Tour:** Dick Sulin announced that he had received 168 applications for Northwest Tour and expects to close applications at 200 for the Tour.

Old Business:

- The matter of signage for the club trailer was tabled until the June Board meeting.
- Kris Stairs is to pick up 5 assorted gift certificates for speakers at membership meetings.
- Dick Sulin made a motion to approve club membership in MMBA with automatic renewal. Kris Stairs seconded the motion and it passed unanimously.
- It was decided to reduce printing of the Chainwheel Chatter by 300 copies due to the amount of excessive left over copies.

New Business:

- Joe Adams needs to update the computer software he uses to make maps for the various club rides. Linda Antinori made a motion to approve the monies to purchase the software **CONTINUES ON PAGE 3**

BOARD MEETING MINUTES

Continued from Page 2

- and Patricia Trudgen seconded it. The motion passed without objection.
- Dick Janson asked the Board for permission to print 6,000 copies of the Crosstown Maps with corrections. Linda Antinori made a motion to approve the printing. Patricia Trudgen seconded it and the proposal passed unopposed.
 - Nancy Johnson has resigned as our membership person. Linda Antinori volunteered to update the roster in Excel until we find a replacement. We are still looking for a candidate to fill the vacant Vice-President position on the Board.
 - Bill Savage only has two people interested in his Smart Cycling 101 Class. It was decided that we would put the class off to September in hopes of getting a better turnout.

Member Input:

Dick Janson asked the Board for a \$1,000 donation to Share a Bike so that they could purchase a better lighting system for their trailer. The matter will be added to next month's agenda.

The meeting adjourned at 8:25 pm.



U.S. Consumer Product Safety Commission

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, announced a voluntary recall of the following consumer products. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of Product: Bicycles with JD suspension forks.

Units: About 16,000.

Importer: Trek Bicycle Corp., of Waterloo, Wisc.

Manufacturer: JD Components, of Taiwan. Manufactured in: China (the forks only).

Hazard: The recalled bicycle's fork can lose alignment causing the front wheel to turn unexpectedly. This can cause the rider to lose control of the bicycle and crash.

Incidents/Injuries: There have been four reports of misaligned forks. No injuries have been reported.

Description: The recall involves model year 2009 Trek 7300, 7300WSD, and 7500 bicycles. The model name is printed on the bicycle's frame. The bicycles have a suspension fork with the words "Bontrager SPA" printed on them.

Sold at: Trek bicycle dealers nationwide from August 2008 through April 2009 for between \$640 and \$940.

Remedy: Consumers should stop riding the recalled bicycles immediately and contact their dealer to arrange for a free repair.

Consumer Contact: For additional information, contact Trek at (800) 382-2453 between 8 a.m. and 5:30 p.m. CT Monday through Friday and between 9 a.m. and 5 p.m. CT Saturday, or visit the firm's Web site at www.trekbikes.com.

Name of Product: 2005 Novara Trionfo Bicycles.

Units: About 260.

Distributor: Recreational Equipment Inc. (REI), of Kent, Wash. Manufactured in: Taiwan.

Hazard: The fork can separate from the steerer tube which can cause the rider to lose control, posing a fall hazard.

Incidents/Injuries: The firm has received two reports of forks separating causing riders to fall. Injuries reported include a fractured clavicle, broken teeth, facial damage and head injuries.

Description: This recall involves 2005 Novara Trionfo bicycles with Aprebic carbon fiber forks. The bicycles are blue and white with black forks, and have the name "Novara" printed on the bars.

Sold at: REI retail stores nationwide from January 2005 through August 2006 for between \$720 and \$1,900.

Remedy: Consumers should immediately stop using the recalled bicycles and return them to an REI retail store a free repair.

Consumer Contact: For additional information, contact REI at (800) 426-4840 between 7 a.m. and 2 a.m. ET Monday through Friday, or visit the firm's Web site at www.rei.com.

Name of Product: Norco Bicycle

Frames.

Units: About 3,600.

Manufacturer: Norco Performance Bikes, of British Columbia, Canada. Manufactured in: Taiwan.

Hazard: The bicycle frame can crack and separate, causing a rider to fall from the bicycle and suffer injuries.

Incidents/Injuries: Norco has received one report of a rider who fractured their collar bone after falling from the bicycle.

Description: The recalled bicycle frames include the following model year and model names: 2007 Team DH, 2008 Team DH, Aline Park, Aline, Atomik, Shore 1,2,3, 2009 Atomik (without gussets). All colors are included in the recall and the model name is printed on a decal on the top tube of each frame/bike.

Sold at: Various bicycle distributors nationwide from September 2006 through February 2009 for between \$2,000 and \$7,000.

Remedy: All owners should immediately stop using the bicycle frame and contact a local Norco dealer or Norco directly for information regarding receiving a possible replacement frame.

Consumer Contact: For additional information, contact your local Norco dealer or call (800) 663-8916 between 8:30 a.m. and 5 p.m. Monday through Friday PT or visit the firm's Web site at www.norco.com or e-mail at recall@norco.com

2009 DALMAC - A PREVIEW

By Joe Adams, DALMAC Routes and Map Chairman

Winter wasn't kind to the roads up north. In fact, it wasn't kind to many of our roads for this year's DALMAC.

Ida and I did a four day, almost 1,600 mile road trip in early May to make a comprehensive review of all of the DALMAC routes to evaluate existing routes and to find needed changes for either bad surface or to change for a better route. I hadn't seen many of these roads for a few years. Here are some of our findings. I'm not going to give away all of the surprises, just some items to tease you.

The 5-Day had the fewest changes. We found a better way out of Alma and a better road north of Mt. Pleasant. The best news was that Shadow Trail in Walloon Lake has been resurfaced recently. This change was a no-brainer. I'm sure no one looked forward to the hill on Clute. These changes also affect the 5 UP.

For the 5 UP route, I made a small change in Kalkaska to make what I believe will be a safer left turn onto M-72. The other modification is to ride on M-72 to Rapid City Road instead of using Valley Road. When we drove Valley Road, there was new pavement and we thought "after all these years, the riders will have a good surface to ride on." All went well for about 4 miles until we got to Dundas Road. That was where the new asphalt ended. After that point it was the same old Valley Road. We went back to M-72 to check out a route using Rapid City Road.

The engineer at the Kalkaska County Road Commission told me a few years ago that we should use Rapid City Road because it was all new. The only problem was using M-72. Much of it didn't have a paved shoulder. What we saw in May was M-72 had been rebuilt to include a 6' shoulder. This change was easy to make.

On Saturday out of Central Lake, I've moved the route to go north and east instead of using Old State and Mt. Bliss. Some of you old-timers may remember this route. Much of it has been repaved in the last 2-3 years. This will also be on the Quad Century.

I heard many complaints about the use of US-131 into Kalkaska. When I

looked at this highway during a road trip in April of last year, there were no signs that any construction was to be done. Our trip this year showed what happened last year. The state cut "rumble holes" into the shoulder just to the right of the white line. The usable shoulder is 5' wide to the right of the "rumble holes." There is the same situation on M-72 after Kalkaska. Be cautious and safe when riding these highways.

Many Quad Century riders have made it clear that they would prefer to not use the White Pine trail north of Big Rapids. I've tried to make that happen. However, Northland Drive has degraded so badly that I can't send you down that road until it has been repaired. Instead, I've put you on the trail at Paris for 4.7 miles to 2 Mile Road.

As I said earlier, you'll have a different route out of Central Lake and the Shadow Trail change. The major change some of you may not like will happen out of Walloon Lake. North Shore Drive (A.K.A. The Seven Sisters) is famous on DALMAC. The trouble is it is not much better than a gravel road because of all the holes, cold patch and broken pavement. We thought maybe we (you) could live with it, but Country Club Road was as bad or worse. We still thought it could be used. Until we turned the corner onto Howard Road. The first mile scared me.

For years, I have included an email address in the DALMAC map booklets for some feedback on routes - good, bad and constructive. I haven't received one comment about Howard Road. What is wrong with you? Why have you ridden this poor excuse for a road for so long without complaining? It looked like one of those narrow cobblestone streets in Europe. As a result of most of this 4 miles being, in my opinion, unrideable by road bikes, it is gone until the county road commission (CRC) does something with it. Instead, you will go the same way as the other routes, via River Road, to get to Bay View.

The 4-Day West and 4-Day East won't get away without some route modifications.

The 4-Day West may have a change just before Vestaburg. As I write this,

there is a chance that I'll move the route from McBride Road to some other road that is in better condition. If I can't find that road, you'll probably be on McBride.

As I reviewed the various CRC web sites, I found that Isabella County will be doing major reconstruction on Winn Road north of Blanchard Road. This will also happen in 2010 and 2011. Soooooo, I have moved the route to the west and you'll ride through Weidman, Lake and into Lake George from the south. This means there won't be a meal for you at the Lake George Campground on Friday. Gary Jenks and I are working on another food option.

See the 5 UP route above for information on the Kalkaska area changes. You'll still use Old Sate Road and Mt. Bliss Road into East Jordan as well as Shadow Trail into Walloon Lake.

And finally, the 4-Day East will camp on Thursday at the Bullock Creek Middle School. It looks like a good change. You will still use the Chippewa Trail to the Tridge and then onto the Pere Marquette Trail. The route won't change again until Sunday. There is a minor change to use a better road south of Vanderbilt and a major change north of Indian River. For this, you will follow a new set of roads to Pellston instead of going through Cheboygan. Cheboygan is "TORE UP." Main Street is being rebuilt and Huron Street, our route, is the detour through town. Because I have to give the map files to the printer in late July or early August, I can't risk going through Cheboygan if construction is still happening. So I have to make this change.

These are some of the changes you will see on the road. Other changes will be made in the map booklets. I've identified areas where there is rough road surface. Modifying the route for these roads wasn't practical, so with them identified on the maps, I hope you will be cautious when riding in these areas. One example is Sherman Road south of Waters on the 4-Day East. I had been informed by some riders that this was a problem, so we looked at Old US-27 as an alternate. South of Frederick is relatively new with a paved shoulder while

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BIKE BITS

DALMAC UPDATE BY PAT TRUDGEN:

So far we've processed applications for over 2000 riders for this year's ride, leaving fewer than 400 spots remaining. Applications must be received before August 1. The Five-Day route is already closed and we expect the Four-Day West route to fill within the next couple of weeks.

We are still need of a couple of sag drivers for the Quad Century route and a truck driver for the Four-Day East. If you know anyone who would be good in these roles who isn't riding this year, contact Lee Adair at 517-482-6909 for more information on being a volunteer.

Two companies are currently offering specialized services for DALMAC riders. Padre's Cycle Inn is extending registration

through the month of June; that service is available for all of the four-day routes. Shuttleguy services are available on both of the five-day routes and may be ordered until the week prior to DALMAC. Remember, you must already be a registered DALMAC rider to enroll for these services.

DALMAC 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 10:00 P.M.] or e-mail hudsonmi@msu.edu.

We will again be registering DALMAC riders at the MSU Pavilion and the schedule is as follows:

Tuesday, September 1st, 5:00 - 8:00 p.m.

Wednesday, September 2nd, 7:00 - 9:00 a.m. and 5:00 - 8:00 pm.

Thursday, September 3rd, 7:00a.m.- 9:00a.m.

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

TRAIN FESTIVAL 2009 BY DALE ROESLER:

Some TCBA Members may (or may not) wish to schedule a bike ride through the Owosso, Michigan area July 23-26. Train rides depart hourly on the hour from South Washington Street. You will also be able to view the large 1225 used for the Polar Express, as well as, a possible six other engines coming from around the US. Visit www.trainfestival2009.com for more info.

BICYCLE SAFETY POSTER CONTEST WINNERS ANNOUNCED

By Betty Johnson and Katie Donnelly

We're pleased 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 were recognized at our May membership meeting. They are

Third Grade

1st place McKyle Stanfield
St. Gerard School
Lansing (McKyle is from Mason)

2nd place Sammy Migaldi
St. Gerard School
Lansing

3rd place Lydia Williams
Neff Elementary School
Grand Ledge

Fifth Grade

1st place Alexis Payne
Willow Ridge Elementary School
Grand Ledge

2nd place Madison Sattler
Neff Elementary School
Grand Ledge

3rd place Steven Klingbiel
Willow Ridge Elementary School
Grand Ledge



Alexis Payne also took first-place in the Third Grade division in 2007! 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 received cash awards and one-year family TCBA memberships, and schools of the first-place winners for each grade also received cash awards. In addition, first-place winners won gift certificates to local bicycle shops. Congratulations to all of our winners!

July 2009 Ride Schedule

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 July 12th	Ed Usewick 810-694-9919
	10:00 PM	12-25	D	Coaches American Pub & Grill	Children and new riders welcome. Easy pace. Mid-ride rest stop.	S. Barringer or J. Weber 517-272-2833 or 517-543-7942
Mondays	6:00 PM	15-30	C	Oneida Township Hall		Leslie Miyasato 517-927-8953
	6:00 PM	20-35	B	Oneida Gospel Church		Mark Kappler 989-506-9528
Tuesdays	5:00 PM	25-35	B	Owosso Fire & Police Station		David Smith 989-723-1211
	6:30 PM	20-25	B	Williamston Township Hall		Mary Sue Gorsline 517-655-9381 or Cell 517-203-6777
Wednesdays	9:30 AM	35-50	B	Mega Mall	No ride July 8th.	Eddie Belcher 517-242-4122

July 2009 Wednesday Night Rides - MSU Pavilion

ALL CLASSES, 6:15, 1/2 mi. south of the Y-Lot

Class/Mileage	July 1	July 8	July 15	July 22	July 29
A, 30-40 mi		Summer Tour			
B, 25-35 mi.	Sue Viele 517-333-0306	Summer Tour Lynn Farabaugh 517-371-4336	Jim Delinescheff 517-333-9329	Eddie Belcher 517-242-4122	Jim Delinescheff 517-333-9329
C, 20-30 mi.	Mary Burris 517-394-1617	Summer Tour Rachelle Bangela 517-351-9380	Sara Troutman 517-331-1004	Linda Antinori 517-410-6043	Mary Burris 517-394-1617
D, 15-25 mi.	Eddie Belcher 517-242-4122	Summer Tour	Eddie Belcher 517-242-4122	Rachelle Bangela 517-351-9380	Eddie Belcher 517-242-4122

					No Ride July 30th Club Meeting	
Thursdays	5:00 PM	25-35	B	Owosso Fire & Police Station		David Smith 989-723-1211
	6:00 PM	20-35	B	Oneida Gospel Church		Mark Kappler 989-506-9528
	6:30 PM	25-35	B	Williamston Township Hall		Ron Gorsline 517-655-9381 or cell 517-203-6777
Fridays	10:00 AM	40-55	Z	Dewitt Township Hall	No ride on the 10th. Food stop. Park in NW Corner of parking area.	Jan or Tony Koller 517-669-5744.
Saturdays	8:00 AM	60-80	Z	Sawdon School		Mark Kappler 989-506-9528
	9:00 AM	12	F	Coaches (Bishop Road)	Uncle Miltie's Breakfast ride. Bring the kids! Very "New Rider"-friendly!	Milt Gruhn 517-393-1617

FOR MORE RIDES CALL:

517-882-3700 - or visit the Web Site: www.biketcba.org

To receive the Ride Line Transcript by email send your email address to: donnell13@msu.edu

HELMETS ARE REQUIRED ON ALL TCBA RIDES!!!

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

Day/Date	Time	Miles	Class	Start Location	Other Info	Ride Leader
Saturday July 4th	9:00 AM	50-70	Z	MSU Pavilion		Edie Belcher 517-242-4122
Sunday July 5th	9:30 AM	50-65	Z	Holt Commuter Lot		Lynn Farabaugh 517-371-4336
Sunday July 19th	9:00 AM	50-65	Z	Holt Commuter Lot		Lynn Farabaugh 517-371-4335
Saturday July 25th	9:00 AM	60-75	Z	Holt Commuter Lot		Edie Belcher 517-242-4122

RIDE CLASSIFICATIONS

A.....17-19 MPH
 B.....14-17 MPH
 C.....12-14 MPH
 D.....Under 12 MPH Fun and Social Group Ride
 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 rides.

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 Mile west of Old 27
 Holt Commuter Lot.....1 block left of the Holt Road Exit off 127 or 1/3 mi east of the College Road and Holt Road Intersection
 Mega Mall.....15487 Old US-27 (Northeast St.) & Northcrest Rd NE Corner of the lot
 Oneida Gospel Church.....Corner of Oneida and Strange Hwy Grand Ledge, MI
 Oneida Township Hall.....11041 Oneida Road, Grand Ledge, MI
 Owosso Fire/Police Station.....Owosso, MI
 Sawdon School.....Lamson Rd., Grand Ledge
 Williamston Township Hall.....Corner of Zimmer & Germany Roads 4 miles east and 1 mile south of Haslett

URBAN RIDES:

Saturday, July 25, 2009, 4pm-7pm, Grand Woods Park to Lansing's Westside Summer Festival www.westsidesummerfest.com;

Saturday, August 8, 2009, 4pm-7pm Leisurely Urban Bike Ride #4 - from Haslett to Great Lakes Folk Festival in East Lansing <http://greatlakesfolkfest.net/>;

Saturday, September 19, 2009, 4pm-7pm, Leisurely Urban Bike Ride #5 - Ice Cream Ride. Locations still to be announced.

Saturday, October 24, 2009 Leisurely Urban Bike Ride #6 - Harvest Ride. Locations still to be announced.

Please check the indicated websites and contact personnel as indicated for additional information. Again, the TCBA is a sponsor for the Smart Commute '09 and Urban Rides, please show your support. **HELMETS ARE REQUIRED ON ALL URBAN RIDES!!!!**

Sunrises & Sunsets for July 2009

DAY	RISE	SET	DAY	RISE	SET	DAY	RISE	SET
1	6:04 AM	9:20 PM	11	6:10 AM	9:17 PM	21	6:18 AM	9:10 PM
2	6:04 AM	9:20 PM	12	6:11 AM	9:16 PM	22	6:19 AM	9:09 PM
3	6:05 AM	9:20 PM	13	6:12 AM	9:16 PM	23	6:20 AM	9:08 PM
4	6:05 AM	9:19 PM	14	6:12 AM	9:15 PM	24	6:21 AM	9:08 PM
5	6:06 AM	9:19 PM	15	6:13 AM	9:15 PM	25	6:22 AM	9:07 PM
6	6:06 AM	9:19 PM	16	6:14 AM	9:14 PM	26	6:23 AM	9:06 PM
7	6:07 AM	9:18 PM	17	6:15 AM	9:13 PM	27	6:24 AM	9:05 PM
8	6:08 AM	9:18 PM	18	6:16 AM	9:12 PM	28	6:25 AM	9:04 PM
9	6:09 AM	9:18 PM	19	6:17 AM	9:12 PM	29	6:26 AM	9:03 PM
10	6:09 AM	9:17 PM	20	6:18 AM	9:11 PM	30	6:27 AM	9:01 PM
						31	6:28 AM	9:00 PM

OTHER TCBA RIDES

NORTHWEST TOUR

WHEN: July 17-21, 2009
 WHERE: The Sleeping Bear Camp-ground, Empire, MI
 RIDE COORDINATOR: Dick Sulin

SUMMER TOUR (SOLD OUT)

WHEN: July 8-12, 2009
 WHERE: Baldwin High School Baldwin, MI

WOMEN ON WHEELS

WHEN: July 18, 2009
 WHERE: Mason High School Mason, MI
 RIDE COORDINATOR: Joane Gruizenga

DALMAC

WHEN: September 2-6, 2009
 RIDE COORDINATOR: Patricia Trudgen

See www.biketcba.org for applications.

WELCOME NEW MEMBERS

Jordon Leece
 Dina Klemans
 Donald Kulhanek
 Tim Dawson
 David Degraeve
 Angela Glew
 Paul Hufnagel
 Richard Maurer
 Karen Mitchell
 Carolyn and Wally Parshall
 Evan Pittman
 Robin and Jim Richard
 Mike, Jodi, Christine, Eric and
 Katie Simon

Also, we want to welcome our new Membership Coordinator, Cheryl Clafin. Thank you for volunteering!!!!

Likewise, we want to thank Nancy Johnson for serving in this position for all the years she has. THANK YOU Nancy, and we wish you the best!

2008 RIDE INCENTIVE ITEMS

If you earned incentive items during the 2008 riding year please pick up your prize by the July membership meeting. Any items not picked up by that meeting will be donated to the club for its use. If you have questions, please see Kris Stairs.

HELP A FELLOW TCBAer

Dear TCBA Members,

My name is Franchesca Campione and I have been a blind member of the club for the past few years. However, I have been more inactive than active because of the difficulty of finding volunteers to captain my tandem bike. When I did have someone to ride with I especially enjoyed doing the group rides... I miss doing them very much. I live in Holt, own a tandem bike and I'm retired so I can be very flexible with different schedules. I'm a strong athlete, but more then willing to ride any speeds and/or distances. I'm sure you understand the goal of just getting outdoors and enjoying the company of other riders. Please take a moment to appreciate the fact that you have the given luxury of taking a bike ride any time you wish and how much it would mean to someone like me to have you share that gift. I know some of you already from past rides and would love to do so again. Thank you for listening and giving my request consideration. I look forward to your support and hope to hear from some of you soon. Below is my contact information.

Fran Campione
 Home phone: 517-694-1231 Cell: 970-306-3825; e-mail: fcampione@sbcglobal.net

Smart Cycling – Traffic Skills 101 Class

Saturday, October 10, 2009
 MSU Pavilion - Room A

A "Smart Cycling – Traffic Skills 101" Class will be held at the MSU Pavilion from 8:00 am to 5:00 pm. The class will be taught by a League Cycling Instructor (LCI) and other experienced TCBA members.

The course will cover: Safe Riding Practices, Scanning and Signaling, Lane Changing & Positioning, Emergency Maneuvers, Traffic Laws, Knowledge of Bicycles & Bicycle Maintenance.

Approximately four hours will be held in the classroom, and four hours outdoors developing riding skills such as Scanning, Emergency Stopping, Quick Turns, and avoiding obstacles on the road.

The cost of the class has been reduced to \$25. If interested, contact Bill Savage at 517-339-3933 or e-mail at MSUSavage@aol.com.

“STOP WORRYING ABOUT THE POT-HOLES IN THE ROAD AND CELEBRATE THE JOURNEY!”

- Barbara Hoffman



CHANGE OF ADDRESS

The TCBA would like to remind our valued members to please submit your change of address (form is included on the mailed newsletter) whenever you move, or temporarily relocate for lengthy periods of time. We no longer have the post office forward our mailings, such as newsletters, ride notices, etc. To insure you receive your TCBA correspondence, it is imperative you keep us informed on where you want your mail sent. The cost to the club to receive notices of undelivered mailed is starting to add up. In addition, we cannot be responsible if you do not receive an application to a desired ride which fills up due to our inability to provide you an application in time. Thank you for your assistance in resolving the issue from both perspectives.

CHAINLINKS



The below links are provided as an informational tool to allow our members to get additional information from local bike organizations who offer information, rides, tips, training, or other benefits to TCBA members.

www.biketcba.org Tri-County Bicycle Association

www.lmb.org League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

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.facebook.com TCBA is there as a group...check us out!



BIKE HELMETS: A NECESSITY, NOT AN ACCESSORY

Extracted from *Raising Safe Kids*, <http://www.safekids.org/stages/>

A child is injured in a bike-related incident almost every two minutes. Whether your child uses a small bicycle with training wheels or a big kid's bike, make sure he or she wears a helmet correctly on every ride. It's the single most effective way to prevent a serious head injury from bike crashes.

Fitting a Bike Helmet. Here's how to choose a helmet:

- A bike helmet should be labeled to indicate that it **meets the safety standards** set by the U.S. Consumer Product Safety Commission (CPSC). Look for the CPSC certification sticker inside the helmet and on the box.
- As long as it's certified, **let kids pick out their own helmet.** If they think a helmet looks cool, they'll be more likely to wear it, even when you're not around. Do the "eyes, ears and mouth" test to **get the right fit.** A helmet should sit on top of the head in a level position, and shouldn't rock forward and backward or side to side. The helmet straps must always be buckled but not too tightly.
- **EYES check:** Place the helmet on your child's head. Have your child look up and he or she should see the bottom rim of the helmet. The rim should be one to two finger-widths above his or her eyebrows.
- **EARS check:** Make sure the straps of the helmet form a "V" under the ears when buckled. The strap should be snug but comfortable.
- **MOUTH check:** Ask your child to open his or her mouth as wide as he or she can. Does he or she feel

the helmet hug his or her head? If not, tighten those straps and make sure the buckle is flat against his or her skin.

Remember bike helmets are for biking. Kids should *not* wear bike helmets on the playground, where the straps can get caught on equipment and cause injury, or for activities that require specialized helmets such as skiing or football.

Q&As of the Week

Q: Is it true my child can wear a bike helmet when doing other wheeled sports?

A: It's essential that your child wears a helmet for all wheeled sports activities. It's true that a properly-fitted **bike helmet** is just as effective when **riding a scooter, roller skating or inline skating.** However, when **skateboarding and longboarding,** make sure your child wears a skateboarding helmet.

Q: When should I replace my child's bike helmet?

A: A bike helmet should be replaced:

- If it has been in a crash. Impact crushes some of the foam and the helmet is less protective although the helmet may not look like it's damaged.
- If it's from the 1980s.
- If the outside of the helmet is made from foam or cloth, instead of plastic.
- If it lacks a CPSC sticker.
- If you can't adjust it to fit correctly, It may be it's too small for your child by now.

2009 DALMAC PREVIEW

CONTINUED FROM PAGE 5

to the north isn't. Enough said.

I'll keep in touch with the CRCs in all of these areas of rough road surface to see if they have plans for improvements to these bad roads.

Again, there is an email address in the map booklets for comments. I would like to hear your thoughts about these

changes after you finish DALMAC. Meanwhile, I'll be head down at my computer making all of the changes I have just outlined.

See you down the road.





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, fax to 1-800-480-1146, or mail to Janet Weber, 767 Linden St., Charlotte, MI 48813.

FOR SALE: TREK 2300, 52 cm, all Shimano Ultegra, Flightdeck computer, new tires, Yellow frame. All set to go in excellent condition. Asking \$600. Call Cindy at 231-510-5412 or e-mail Lovebiking@charter.net.

FOR SALE: GARY FISHER mountain bike, 14 frame. Aluminum, grip shifts, Rock Shox, good condition. Asking \$200. Call Cindy at 231-510-5412 or e-mail Lovebiking@charter.net.

FOR SALE: A ton of bike parts, wheels, all kinds of small parts, luggage, 30 years worth, all going for one price, 100 dollars or best offer. Call me, I can fill you inDan 517-775-1785.

FOR SALE: TourEasy Recumbent. Large Frame. Kookback seat. Red. \$1000. Call Jacque Erdman (Bear Lake, MI) 231-864-2622 or email: jwallace@chartermi.net.

FOR SALE: Trek Pilot 5.2 Road Bike. Full carbon fiber frame and fork. Shimano Ultegra Gruppo. Frame size - 58 cm. Very low mileage. Triple crankset. Excellent bike for DALMAC. Contact Brad at (517) 332-7553 or email: tbradster@aol.com.

FOR SALE: Volae Club Recumbent High Racer. Frame size - large, a good fit for a rider about 6' tall. X-Seam about 42-43 inches. 3x9 gears, SRAM/Shimano 105 compo-

nents. I have both the Volae vision seat and the carbon fiber seat for the bike (your choice or both) with seat bags for the carbon fiber seat. Velocity Spartacus wheels, 650c. Your choice of either narrow or wide handlebars. Contact Brad at (517) 332-7553 or email: tbradster@aol.com.

FOR SALE: Mens Centurion Ironman 18 lbs., 58 cm. Extra wheels. Great shape. Asking \$300. Call Wally at 517-372-8096.

FOR SALE: Mavic vintage wheelset with MA40 rims, 501 sealed bearing hubs, and Dura-Ace 7-speed (12 - 26) free-wheel; superb cosmetic condition, very durable, smooth rolling, and true; \$75. Also, Cinelli "Campione Del Mondo" 40 cm handlebars with traditional rounded bends and matching 100 mm quill stem; very good cosmetic condition, no bends; \$15. Both items are perfect for your vintage road bike. Contact Jeff at 517-347-1244 or email bogwan@sbcglobal.net.

WANTED: Volunteers to work the DALMAC. Truck drivers and SAG drivers are needed for various routes. Please contact Lee Adair at 517-482-6909 to sign up and obtain additional information.

WANTED: Volunteers to work registration for DALMAC. See article on page 5, then contact Mike Hudson at 517-321-4297 [please, no calls after 10:00 P.M.] or e-mail hudsonmi@msu.edu.

WANTED: Looking to buy a good, used recumbent bicycle for my wife (or an up-

grade for me!). Would prefer a long-wheel base, but will consider all models. Please call Bill at 517-980-1913 or email at dpkid@comcast.net.

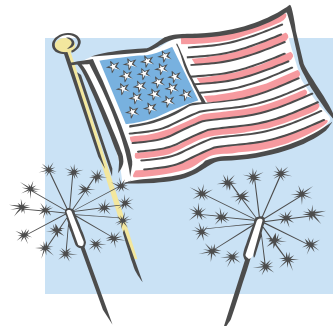
RIDE LEADER WANTED: The Ann Arbor Bicycle Touring Society (<http://www.aabts.org/>) is enthusiastically looking for an opportunity to ride with TCBA members on Sunday, August 16. They would like to ride to a meeting point (probably a restaurant), such as Leslie or Dansville (or any point south of those communities) and then continue riding with TCBA members as a group for another 10 or 20 miles before each group returns to its starting point. They are flexible as to the riding speeds of the participants. If you're interested in leading such a ride on behalf of TCBA, please call Joseph Pavlovich at either 734-761-6253 or 734-545-0541, or email him at jpavlovi@yahoo.com.



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.



**HAPPY BIRTHDAY
AMERICA!!!**

JULY

4TH

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: Roger Nelson(517) 623-6285
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- Vice President:
E-mail vp@biketcba.org
- Treasurer: Dick Sulin.....(517) 339-2368
E-mail treasurer@biketcba.org
- Secretary: Linda Antinori
E-mail secretary@biketcba.org
- Events Director: Patricia Trudgen
DALMAC Hotline (517) 882-3700
E-mail eventsdirector@biketcba.org
- Board at Large:
 - Donovan Riley
E-mail boardatlarge2@biketcba.org
 - Kris Stairs
E-mail boardatlarge1@biketcba.org



OTHER GOOD NUMBERS:

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- W O W: Joane Gruizenga
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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.

