



CHAINWHEEL CHATTER

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P.O. Box 22146 Lansing MI 48909-2146
www.biketcba.org
Promoting safe, social bicycling since 1972

Chainwheel Deadline

September Newsletter:
August 15 Send items to Sarynna Lopez Meza by the indicated deadline.
chainwheelchatter@biketcba.org

An Introduction

After 5 years as the Chainwheel Chatter editor, Patricia Mead has stepped down and I am very excited (and a little nervous!) to take her place. I am a Mexican engineer transplanted to Michigan via Tennessee who enjoys cycling, running, and dragon-boating in our wonderful state! I have done DALMAC twice and I can't wait for our son to be old enough to join in the adventures (he just learned to ride last year so I'm still gloating with excitement!). I did some mountain biking back in Tennessee when I was in grad school, but in Michigan I found my love for road biking and I very much enjoy biking east and south of town, marveling at how the fields change over the summer. By being the new editor of the Chainwheel Chatter, I hope to keep you all in the loop of biking activities and developments around town! Please feel free to email me if you have comments and/or suggestions.

Sarynna López Meza - East Lansing, MI

Stay in touch with us

Whether you are a beginner, casual or hardcore cyclist, the Tri-County Bicycle Association (TCBA) is here to help!

The TCBA membership offers several perks, including access to the premier version of Ride with GPS (normally \$80/year, this app allows you to download and edit biking routes), as well as earning incentives when riding club miles (bike goodies, clothing, to name a few).

Feel free to join the various class rides we have:

- A - 17-19 mph
- B - 14 - 17 mph
- C - 12 - 14 mph
- D - Up to 12 mph
- Z - Longer rides at your own pace (~10 mph)

More information about the various rides at BikeTCBA.org.

Find us and follow us on social media:

TCBA: <https://www.facebook.com/biketcba>

DALMAC: <https://facebook.com/pg/tcba.dalmac/events>

DALMAC Instagram: @dalmac.epic

*Affiliated with the League of American Bicyclists and the
League of Michigan Bicyclists*



TCBA Membership

	1-Year	2-Year	3-Year	4-Year
Individual	\$15	\$16	\$24	\$32
Family	\$20	\$32	\$40	\$48

Having trouble logging into the website?

Contact Membership lead, Ed Usewick at (810)922-6934 or via email at membership@biketcba.org. Ed can help you unravel the mystery of getting logged in.

You may also contact Ed for member related questions too. If Ed can't answer your question, he'll get back to you with the right response.

Bicycle Advocacy

To get all of the latest news and information regarding Bicycle Advocacy check out BikeTCBA.org. You can find the latest minutes posted.

Cross Town Maps

Please contact our map coordinate, Dave Mansfield, for any Cross Town map changes or updates. Dave can be reached at webmaster@biketcba.org, and he can help with all map and route related questions.

Need space in your shed or garage? Kids Repair Program!

The Kids Repair Program is in need of 24" and 26" inch bikes to refurbish for use in the youth nonprofit program. Youth ages 10 to 17 come to 20 hours of instruction and when they finish the training time, the youth take home the bike they learned on, new lock and new helmet all for \$50 class fee.

Call for time to drop off bikes, (517)755-4174 at 5815 Wise Rd in Lansing, or send a facebook message through the Kids Repair Program facebook page. Thank you.

Still time to register for DALMAC!

You have until **July 31** to register for DALMAC! Choose from various routes: 5 day East, 5 day West, Quad Century, 4 day East, 3 day East, 2 day East, 2 day Trail. Don't miss the fun!!

TCBA Board and Member Meetings

Month	Board Meeting	Member Meeting
July	2	Picnic July 27
August	6	No Meeting
September	3	26
October	1	31
November	5	No Meeting
December	3	Holiday Party

TCBA Picnic Ride of Remembrance

Join us for a picnic at Fox Memorial Park 3981 E. Gresham Hwy, Pavillion #1 on July 27. The park is located west of M-100 on Gresham Hwy.

In addition to being the TCBA's annual picnic, the event will also be a Ride of Remembrance in memory of our members who have passed away, so bring your bike if you'd like to join the ride. The ride will take place after the picnic; it will be a short ride led by Craig Graham. Check the TCBA website for more details.

The cost is \$5.00 per member and the entire family is welcome. You may give money to Patricia Mead at club meetings, club rides or by calling (248)210-0337. Members may also sign up using the club website. We are in a covered pavilion in case of rain. See you there!



National 24-h Challenge: Journal of an average cyclist

By John Carey

2019 Father's Day weekend spent doing a 24-h ride (National 24-h Challenge in Middleville, MI) with two fellow riders (Cam and Quinn) and four SAGs (Angela, Dave, Eileen, and Monika.) If this sounds like fun to you, check out www.n24hc.org.

6/13, 11am Pack up camper in light rain, drive through heavy rain, and set up camper and side tent in the mud. Off to a normal start. Ang makes some great turkey pizza quesadillas for supper. Sun comes out!

6/14, 9am Sitting in the camper sipping coffee, counting down the last 24 hours before N24HC starts. Slept well last night, which is great, because I won't tonight.

11:30am Meet Dave (friend and past N24HR rider), set up canopy frame without canopy, so wind doesn't destroy it (like it did two years ago.) Lunch at Riverdog Tavern (I'm informed I ordered the first beer of the day. So proud!). At lunch Ang says "We need to figure out what goes in the truck tomorrow." I reply "Everything".

1:30pm Arrival back at campsite. Entire truck contents pulled out, sorted, purged, and placed in logical fashion back in truck bed and back seat. Two hours later, the deed is done. I stand a decent chance of taking off tomorrow with everything needed and am hopeful Angela will be speaking to me again by then.

4:30pm Ang prepares a great supper - broccoli chicken fettuccini with whole wheat noodles. Meet up with team, pick up race packet, and return to camper for the usual pre-event fitful night's sleep. Overnight at race headquarters, Cam's empty tent launches into the side of Quinn's car while Quinn hunkers down in his own tent. The flying tent is bent. We have the first race casualty. Right on schedule!

6/15, 5am Alarm goes off, coffee pot is turned on, almond butter bagel is eaten, and off to the starting line we go!

6:30am Meet up with group, raise the canopy, and everyone piles all kinds of "stuff" on the team table. Very impressive! Obligatory pics, then race faces go on, until start is delayed 17 minutes due to an auto crash in town. Finally, bagpipes signal the start. With a stiff SW wind on a cloudy 60 degree day, off we go!

8:17am One immediate fall at the front, another one about 5 miles later at first hill, but we are not affected. I feel good! All three of us have fast tailwind rides into the first checkpoint. Quinn arrives first, followed by Cam, then me. Upon arrival, Ang and Dave tell me to stay within myself. I pay them no heed, throw down an empty water bottle in dramatic fashion, and barrel into my nemesis, hilly leg two, and a nasty headwind.

10:30am All of a sudden, folks want to ride together. I have friends! Ride with three others for first 15 miles, then try to bridge the gap to the next group ahead. Sadly, I can't gain ground, and ride solo into Checkpoint Two.

12:35pm Take a 20-minute break, recharge electronics, and continue. Butt is slightly unhappy but can still be ignored. Slowing down a bit, hit a comfortable pace and roll into the wind. Ten miles later, a large group cruises by, and I invite myself on board. Do two 1-mile pulls over the next 15 miles, arrive at Checkpoint Three, and babble to Angela about slipstreams for a bit. She hands me a sandwich and says "Eat!"

2:50pm Roll out towards Checkpoint Four twenty minutes later. Tailwind is back after five miles and manage to ride at back of small group last ten miles.

National 24-h Challenge: Journal of an average cyclist - *continued*

4:30pm Take a one-hour break while mist and rain move in. Shit. Change kit and go get wet. Except for rain, wet roads, wind, sore butt, and starting to wear down, second day loop goes fine. Five miles out, rain stops. Of course, it comes right back for the last five miles! Again, am able to ride with a group for a few miles, as the perfect rooster tail stripe on my helmet/face/jersey proves.

7:00pm I take a two-hour break, eat a turkey sandwich, and enjoy a long hot shower. Freak out while undressing - My God, pus is oozing out of my shoulder!! I'm melting!! Then I realize it's just the Salonpas patches Ang put on at Checkpoint Three. My bad. Rest of shower is uneventful as I stare at the tile wall and marvel at how far locker rooms have come in 50 years.

Back under the team canopy, sporting my third kit of the day (New Mexico Zia), I plop down in the anti-gravity recliner, and Angela covers me with a blankie. I love this woman! I'd feel even better if she didn't tell me she was just there to keep me alive.

9:00pm Not clear about things at this point. Think I get too comfortable, and my determination melts away like the Salonpas goo down the shower drain. I attempt night loops in groups of two but keep returning to the canopy after each one. Too cold, too wet, too warm, too tired, emergency porta purge... the need for sleep is breaking me.

Around this time, Quinn is told by multiple SAGs to rest, get warm, and eat. I observe him quietly walk his bike (lights off) around the backside of our parked vehicles and go for another loop

6/16 12:30am I ride my last loop with Quinn, and we laugh at our shortcomings. Just for fun, a NE wind joins us, and temps drop into the 50s. A late-night wheel sucker shows up, and I try to shake him going into the checkpoint. It doesn't work, but Quinn says I had a strong final lap. Strangely, I feel no remorse for tapping out after just 17 of 24 hours and 184 miles of battling hills and weather. I barely remember making it back to the camper, and suddenly, it's 7am Sunday morning.

7:30am We meet for breakfast at a local diner with Cam, Quinn, and Eileen to discover that Quinn went over 200 miles, and Cam rode the duration, completing a super-human 300 miles! Seriously. Tired smiles all around as coffee is poured. We ask Cam for all the grizzly details and try to understand how he rode through the night.

About Our SAGs

24 hour riders do not win the endurance contest. Dave Baker (one of our SAGs) volunteered to help set up the event, then rode SAG for us, and then stayed to help tear things down. That is an endurance event!

Husband and wife team Cam and Eileen were a well-oiled machine, and a pleasure to watch. You could tell they had worked things out in advance - emotional support, clothing, food, drink, equipment, etc. Every bit a NASCAR pit crew. And Cam wasn't the only one who stayed up all night!

Monika volunteered to ride with Angela and support the team. She even helped jump-start another team's vehicle! Not sure how Quinn convinced her it would be a fun time, but it was a luxury having a medical assistant along for the ride.

Finally, I couldn't imagine doing N24HC, or any other big event, without Angela. She knows me better than I do at times, and understands what I need, and what I'm trying to say when I can't think straight. Other than the occasional laser blue-eyed scolding, I am a fortunate man!

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. Ads will appear for 2 editions, unless otherwise notified.

For Sale Santana Arriva road tandem. Very good condition. Red. Captain 56 cm (medium) and stoker 51 cm. Steel frame. 21 speed. Drop handlebars with bar end shifters. Cantilever brakes and rear disc brake. 48 spoke heavy duty wheel set with Armadillo tires. Suntour XCD drive train. Water bottle cages. Rear rack. Also included small child package (new \$175) with adjustable crank arm shortener and telescoping handlebar stem. \$799. **Sold separately:** car top trough, handlebar bag. Ckern1213@sbcglobal.net or 517-230-3594. Pictures available on request.

For Sale: Interested in buying old (80's & older) classic lugged steel bike (road / touring) & parts. Contact Tim 517-706-9244 I / email tim.potter@rideofsilence.org w/info / photos to see if you've got something interesting

For Sale: Yakima rooftop bike carriers. Selling (2) 48" crossbars supported by (4) QR towers, (3) trays/troughs w/QR locking skewers, and (1) windshield fairing. Originally installed on a 2006 Honda Pilot roof rails. My new vehicle will not accept this equipment. Asking price - \$100 (cash) for the entire bundle. Call or text Dave Peake at 517-449-5406 or outhouseman1@comcast.net

For Sale: Yakima compact hatchback vehicle bike rack, holds 2 cycle, currently configured to fit standard Toyota Prius, can be adjusted to fit other vehicles. Rarely used \$40 OBO. Call Larry or Mary Hennessey at 517 349-2276 or henlar@sbcglobal.net

For Sale: Like new recumbent (300 miles max) except for paint chipping (from original shipment - including touch-up paint), 21-speed, Sun EZ-a Super Cruiser Lite. Size: Fits inseam 33" - 48". I'm 5'1" and plenty of space for longer legs. Includes inner tubes for front/rear wheels, under seat luggage rack, brand new, never mounted. Selling for health reasons. Asking \$750 OBO Contact Sandy Beringer 517 394-0935 or 517 980-6458

For Sale: Yakima, two bike rack, 1 1/2" hitch receiver. \$50; Saris, two bike trunk rack. \$50; Graber, three bike trunk rack, \$50. Text only: 517-316-5655

Member Specials

This section is for TCBA members who own a business to advertise at a cost of \$30 per 6 months for business card ad. To place ad, submit your copy-ready jpg business card to chainwheelchatter@biketcba.org and mail payment to TCBA - Classifieds - Patricia Mead 10655 Ballinalee Lane Grand Ledge, MI 48837

 <p>Sew Much More Sewing Classes ages 6 to adult Custom Cycling Wear Susan A. Schrock 517-627-1411 1092 W. Colonial Park Dr. Grand Ledge, MI 48837 e-mail: sewmuchmorebiz@gmail.com web: sewmuchmore.biz</p> 	<p>BRYAN WALDMAN ATTORNEY AT LAW</p>   <p>(517) 394-7500 3380 Pine Tree Rd. Lansing, MI 48911</p> <p>bryan@bikelaw.com www.bikelawmichigan.com</p>
<p>Exp. 10/17</p> <p>Michael A Wells Insurance Counselor General & Recreational Insurance</p> <p>Email: mwells99@yahoo.com</p> <p>Off: (248) 625 3089 Cell: (248) 981-9099</p> <p>6481 Springfield Clarkston, MI 48346</p> 	 <p>Glassen, Rhead, McLean, Campbell & Schumacher</p> <p>Kevin V.B. Schumacher Attorney at Law Bicycle Friendly Business, Real Estate, Litigation, Corporate & Bankruptcy Law 533 South Grand Avenue Lansing, MI 48933 (517) 482-3800 (fax) 482-8253 schumacher@glassenrhead.com</p>

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.

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Weather:.

(517) 321-7576

Webmaster:

Dave Mansfield
email: webmaster@biketcba.org

TRI-COUNTY BICYCLE ASSOCIATION MEMBERSHIP

<http://www.biketcba.org/>

Select Member Signup and follow the prompts!
Select options:

- Create a profile
- Select interests
- Renew membership online
- Volunteer opportunities
- Select electronic version of Chainwheel Chatter
- And much more