

Chainwheel Chatter

Volume 45 Issue 2

Established 1972

February 2017

MEETING	DATE/TIME	LOCATION	PRESENTER/ TOPIC
Board Meeting	February 7 6:30 p.m.	Foster Community Center 200 N. Foster St. Lansing, MI	Members are welcome to attend all board meetings to express their concerns. Due to time constraints, if you have a specific item to be brought before the board, please contact the President one week prior to the meeting and ask for add'l agenda item.
Membership Meeting	February 23 March 30 7:00 p.m.	Foster Community Center, 200 N. Foster St. Lansing, MI	Member meeting is the last Thursday of the month. February: Michael Reuter of American Cycle and Fitness and Nancy Krupiarz of the Michigan Trails and Greenway Alliance. Topic will be E-Bikes. March: Steve Widder on the Tour de France
TCBA Advocacy Committee	February 8 6:30 8:00 p.m.	Conference Room A Neighborhood Empowerment Center 600 W. Maple St. Lansing, MI	2nd Wednesday of the month Everyone is welcome to attend! http://advocacy.biketcba.org/

Chainwheel Deadlines

NEWSLETTER November 9

Please send items to Patricia Mead, via e-mail, chainwheelchatter@biketcba.org by the indicated deadline.

RIDE CALENDAR

Go to: biketcba.org, Event Calendar. If you want a ride listed on the Event Calendar e-mail:
Ridecoordinator@biketcba.org

SummerTour 2017

This will be the 28th SummerTour. Moving forward, and as you have already heard, SummerTour is moving to a one overnight site format. This is in response to what you wanted. This is a big change over last year but we have kept a lot of what you have cheered about including the same caterer for included meals. We are excited as you are to start this new format.

Over the years the tour has changed from following DALMAC routing to a circular route from various locations to layover sites and optional routes. This has, again, been in response to what you the riders have wanted. For 2017, the tour will be based out of Burt Lake State Park in Indian River. The tour will still have the biking / camping format. You will set up your tent only once. Route options for five days of riding will be available. We have added even more route options to include paved and compressed stone trails. So bring your friends and maybe a second bike.

Another change is the application process. We will be using TCBA's Club Express. A full tour description is available at TCBA's "rides and tours" page or biketcba.org/summertour Please check this site for a link to the on-line application which will go live on January 7 at 6 P.M.

It will be a great tour and we hope you tell us that when we see you on the tour.

SummerTour Committee



Tri-County Bicycle Association
P.O. Box 22146
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(517) 882-3700
www.biketcba.org

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DALMAC® Volunteers Needed

DALMAC®~ Volunteer Positions are available:

- Volunteer Coordinator - transition helper
Coordinate all of the volunteers to ensure readiness of all aspects of DALMAC®
- Purchasing Committee
Help to make selections for T-shirts, hats, sweatshirts, jerseys, and other swag for DALMAC®

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

2017 TCBA Calendar / Events

Month	Board Meeting	Member Meeting
January	3	26
February	7	23
March	7	30
April	4	27
May	2	25
June	6	29
July	?	27
August	1	31?
September	5	28
October	3	26
November	7	30
December	5	Holiday Party

T Shirt Ride

June 3 or 10



The **11th** annual NorthWest Tour is taking place on **Wednesday, June 14 - Sunday, June 18.**

Join in on the fun!

2017 registration is open!

See details and register on our webpage at biketcba.org/nwtour

Cost is only \$175.

Plan to register promptly.
In 2016 the 300 rider limit was reached in 45 minutes!

January 3, 2017 Foster Community Center, Lansing, Michigan

President Pat Kelley called the meeting to order at 6:35 PM. Present: Bill Smith, Ken Schwartz, Steve Leiby, Deb Traxinger, Joel Wickham and Bob Noble. Also present were Dan Stockwell and Mike Unsworth. The meeting agenda and December board minutes were approved.

Correspondence received: Thank you notes were received from the League of Michigan Bicyclists regarding our \$1000 donation and from the City of Walker for the \$10,000 grant from the DALMAC Fund.

Board Reports

Presidents: Patrick Kelley

Club Express Update: Summer Tour online registration is ready to go. Ride mileage updates are working.

Steve Leiby reported on the progress regarding the 501 c3 status for the DALMAC Fund.

A separate meeting for work on the DALMAC Vision Statement will be held January 10 at 6:30 pm.

Work on the Critical Incidence Policy continues.

Ride Incentives 2016 – members will be notified by email about their ride mileage status and ride incentive qualification.

An updated Ride Incentive policy was presented and discussed. Voting on the policy update will occur at the February board meeting.

Club policy is silent about the effective starting date for the new DALMAC Director. An addendum regarding this omission will be written and discussed at the next board meeting.

Vice Presidents: Bill Smith – Speakers are needed for three club meeting dates in 2017.

Secretary: Deb Traxinger – no report

Treasurer: Steve Leiby - The financial report was submitted. Motion to approve by Joel Wickham 2nd by Bob Noble.

Events Director: Joel Wickham - preparations for DALMAC 2017 are well underway.

At Large Directors: Ken Schwartz and Bob Noble discussed notification and distribution of 2016 ride incentive awards.

Northwest Tour (Jeff Dillingham) – no report.

T-Shirt Ride (Bob Noble) – a budget for the 2017 ride was submitted. Motion to approve by Joel Wickham 2nd by Bill Smith. Motion approved.

Advocacy Committee: Mike Unsworth submitted his 2016 yearly report by email.

New Business: none

Old Business: The club is seeking new members. A proposed Drag a Friend to a TCBA ride was discussed. Work on this proposed club ride continues.

Meeting Adjourned: 8:26 PM, Respectfully submitted by Deb Traxinger, Secretary TCBA Board of Directors.

DENNY'S CENTRAL PARK BICYCLES 32nd Annual Open House

Mark your calendar so you won't miss the important event

Sunday, February 12th

11:00 a.m. – 4:00 p.m.

Location

Denny's Central Park Bicycles

1805 Central Park Drive

Okemos, MI 48864

Members save 10% off all new products, including 2017 bicycles and bikes already on sale

Biggest inventory clear-out ever!
20-80% off on other select products

(1/17)

French cyclist Robert Marchand, aged 105, reacts after he rode 22.528 km (14.08 miles) in one hour to set a new record at the indoor Velodrome National in Montigny-les-Bretonneux, southwest of Paris, France, January 4, 2017.

REUTERS, SAINT-QUENTIN-EN-YVELINES France, 105-year-old Robert Marchand makes cycling history, Samuel Petrequin

Published Wednesday, Jan. 04, 2017 12:16PM EST, Last updated Wednesday, Jan. 04, 2017 03:58PM EST

Nearly a century ago, Robert Marchand was told by a coach that he should give up cycling because he would never achieve anything on a bike.

He proved that prediction wrong again on Wednesday.

In a skin-tight yellow and violet jersey, the 105-year-old Frenchman set a world record in the 105-plus age category -- created especially for the tireless veteran -- by riding 22.547 kilometres in one hour.

"I'm now waiting for a rival," he said.

Marchand had ridden faster in the past on the boards of the Velodrome National, a state of the art venue used to host the elite of track cycling. But he had warned before his latest attempt that his current form was not as good.

"I did not see the sign warning me I had 10 minutes left," Marchand said after his effort. "Otherwise I would have gone faster, I would have posted a better time. I'm not tired. I thought my legs would hurt, but they don't. My arms hurt, you have to hurt somewhere."

Three years ago at the same venue, Marchand covered 26.927 kilometres in one hour to better his own world record in the over-100s category.

Still, impressed fans and chanted "Robert, Robert" during the last minutes of his ride. Marchand received a standing ovation once he completed the last of his 92 laps and was then mobbed by dozens of cameramen and TV crews.

"He could have been faster but he made a big mistake. He has stopped eating meat over the past month after being shocked by recent reports on how animals are subjected to cruel treatment," Marchand's physiologist, Veronique Billat, told The Associated Press.

By way of comparison, the current overall world record for one hour is 54.526 kilometres (miles) set by British rider Bradley Wiggins in 2015. But Wiggins, who smashed the previous record using the world's leading track cycling equipment, is now retired.

Marchand, who lives in a small flat in a Parisian suburb with a meagre pension of about 900 euros (\$940), keeps pedaling and stretching every day. As if time had no effect on him.

"He's got two essential qualities. A big heart that pumps a lot of blood, and he can reach high heart beat values that are exceptional for his age," said Billat, a university professor. "If he starts eating meat again and builds more muscle, he can better this mark."

Marchand, a former firefighter who was born in 1911 in the northern town of Amiens, has lived through two world wars. He led an eventful life that took him to Venezuela, where he worked as a truck driver near the end of the 1940s. He then moved to Canada and became a lumberjack for a while.

Back in France in the 1960s, Marchand made a living through various jobs that left him with no time to practice sports.

He finally took up his bike again when he was 68 years old and began a series of cycling feats.

The diminutive Marchand — he is 1.52 metres (5-foot) tall and weighs 52 kilograms (115 pounds) — rode from Bordeaux to Paris, and Paris to Roubaix several times. He also cycled to Moscow from Paris in 1992 and set the record for someone over the age of 100 riding 100 kilometres (62 miles).

"If the president of his teenage club who told him he was not made for cycling because he was too small could see him today, he would kick himself," Marchand's coach and good friend Gerard Mistler told the AP.

According to Mistler, the secret behind Marchand's longevity relates to his healthy lifestyle: eating a lot of fruits and vegetables, no smoking, just the occasional glass of wine and exercising on a daily basis.

"He never pushed his limits, goes to bed at 9 p.m. and wakes up at 6 a.m., there's no other secret," Mistler said. "If had been doping, he would not be there anymore."

To stay fit, Marchand rides every day on his home trainer and puts himself through outdoor training sessions on the road when the weather is good enough.

"One needs to keep his muscles working," said Marchand, a faithful reader of communist newspaper L'Humanite.

"Reading a lot keeps his mind alert," Mistler said. "He does not watch much TV, apart from the Tour de France stages."

At 105, Marchand is not making plans for the future. His coach would not be surprised to see him back on the boards, though.

"Setting goals for himself is part of his personality," Mistler said. "If he tells me he wants to improve his record, I'll be game. Robert is a great example for all of us."

Change of Address

Go to BikeTCBA.org,
Select Member Login
Once logged in, select profile
Under Personal Info, select Contact Info,
then complete your Primary Address.

It's that simple!



2016 Annual Report – Draft 1
TCBA Advocacy Committee
Submitted by Mike Unsworth

Organizational matters:

- ~ 10 people regularly attend monthly meetings (see the end of report).
- ~ 90 people on discussion list; 228 on Facebook page.

Trails systems:

Ingham County Trails Millage:

- Advocacy members Steve Leiby, Lenny Provencher, Dean Brailey and Mike Unsworth attended numerous meetings on project.
- Lobbied for passage by County Commission and pressed for bulk of funds goes to actual trail-related projects. Commissioners agreed on both counts.
- Friends group:
- Attended workshop on forming group; main speaker was Julie Clark of TART Trails
- Friends of the Lansing Regional Trails (formerly known as Friends of the Lansing River Trail) is working on framework

Other Trails—Mike Unsworth attended Land Use Summit focused on integrating trails & parks into improving quality of life in Tri-County area

Rides of Silence:

- May 18—200 riders, new record, for annual ride. Thanks, Lynse Tait, for organizing
- July 13—60 riders turned out to commemorate the Kalamazoo Five and Randy Robertson

“Let’s Pedal: How to Have Safe & Enjoyable Bicycling”— Ken Hendrick and Mike Unsworth are working with Retired & Senior Volunteer Programs of Ingham, Eaton and Clinton Counties to replicate its successful “Let’s Walk” program. “Let’s Pedal” will be an introductory session open to people of all ages. First class will be Spring 2017.

Advocacy Members Represented TCBA at the Following Meetings/Events:

- Pedestrian and Bicycle Committee of the Michigan Dept. of Transportation’s University Region—goal of these quarterly meetings is to share information about ways to improve bicycle and pedestrian safety: best practices, lessons learned, upcoming projects, new approaches, successes, etc.
- Quiet Waters Symposium—staffed a table
- Michigan Traffic Safety Conference—
- Several members attended event at Central Michigan University.
- Session on tour management mentioned the success of short weekend segments of major rides. Thus inspired, Ken Henrick inaugurated a two-day option for the 2016 DALMAC
- Tour of bike infrastructure of Lansing and East Lansing by Stephen Clark, Bicycle Friendly Community Specialist of the League of American Bicyclists—This bike-around showed Stephen various aspects of local cycling environment
- MSU Bike Friendly America Conference
- Governor’s Traffic Safety Advisory Commission’s Bicycle and Pedestrian Task Force
- Friends of the Lansing Regional Trails

Survey of Political Candidates— In this inaugural effort, we sent questionnaires to 300 candidates for local offices in Clinton, Eaton, and Ingham Counties. Received 53 replies for an 18% response rate. Replies posted on TCBA site.

Speakers Bureau— Dan Stockwell and Keven Schumacher working on presentations for local groups, schools, etc.

Contact with Major Agencies—met with officials from the following agencies on future activities:

Michigan Department of Transportation
 Ingham County Road Department
 City of Lansing
 Capital Area Transportation Authority

Major Programs/Projects:

Bicycle Safety/Cyclists’ Rights:

Several members participated in annual Lucinda Means Bicycle Advocacy Day on May 18

Letter to the Lansing State Journal on Bike fatalities was published in Aug. 23, 2016 issue

Members attended hearing of Michigan Senate Judiciary Committee on September 20 on package of safety bills

East Lansing Costco—Despite Costco’s reluctance to follow East Lansing’s policies to provide pedestrian and bicycle infrastructure, the East Lansing City Council required Costco to build sidewalks and initially provide eight bike parking spaces. Prior to final vote, TCBA sent letter to East Lansing urging not to grant Costco a variance.

Lansing Non-Motorized Plan—City began updating its plan with two community workshops. TCBA members were active participants at both.

Bath Bicycle Days—Dan Stockwell is spending a great deal of effort on Spring 2017 event; TCBA will be a sponsor

Tri-County Regional Planning Commission (TRRPC) FY 2017-20 Transportation Improvement Program Projects List (TIP List)—Several members, especially Tim Potter and Lenny Provencher, provided detailed input on bicycle related features of specific road projects

Meridian Township Pathway Millage—Advocacy members staffed a table at Meridian Farmers Market for several Saturdays this summer. Millage passed with 67% approval

Proposed Bus Rapid Transit on the Michigan/Grand River Avenues Corridor:

TCBA Board adopted policy stating any infrastructure for Bus Rapid Transit along Michigan and Grand River Avenues should conform to existing Complete Streets policies of affected jurisdictions

TCBA sent letters explaining policy to Cities of Lansing, East Lansing, Meridian Township

TCBA members attended numerous public meetings on this issue

Bike Shorts Film Festival— About 100 people turned out for two screenings at Robin Theater

Retreat:

On January 30, Committee held a retreat in which we established these goals:

Long Term (five years)

Build relationships and create collaboration with other organizations in support of our mission

Increase number of cyclists in tri-county region (thus increasing the mode share)

Short Term (three years)

Increase number of cyclists engaged in advocacy

Keep an eye to diversity

Increase membership in TCBA Advocacy Committee

Engage public officials in events and activities with cyclists

2016 results—we didn’t refer to them as much as we should:

Long Term (five years)

Relationships/collaboration—done with AARP (Age Friendly Lansing program) and Retired Senior Volunteer Program (Let’s Pedal classes)

Increase number of cyclists in the tri-county region – no activity specifically addressed this item

Short Term (three years)

Increase number of cyclists engaged in advocacy—used social media to update people on developments and had two new Committee members

Engage public officials in events and activities with cyclists—this was the bulk of our activities

Committee Members

Dean Brailey
 Mike Dombrowski
 Steve Leiby
 Bob Lovell
 Nancy Krupiarz
 Tim Potter
 Lenny Provencher
 Art Slabosky
 Dan Stockwell
 Mike Unsworth
 Phil Wells

Recurring rides are now on BikeTCBA.org. To view rides, go to the TCBA website, biketcba.org, Event Calendar.

If you want to lead a ride and list the ride on the Event Calendar, e-mail Ridecoordinator@biketcba.org

Helmets are required on all TCBA Rides!!!!

Rides : visit the web site: www.biketcba.org.

February 2017 Sunrise / Sunset



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sunrise: 7:53am	2 Sunrise: 7:52am	3 Sunrise: 7:51am	4 Sunrise: 7:50am
5 Sunrise: 7:48am Sunset: 5:56pm	6 Sunrise: 7:47am Sunset: 5:57pm	7 Sunrise: 7:46am Sunset: 5:59pm	8 Sunrise: 7:45am Sunset: 6:00pm	9 Sunrise: 7:44am Sunset: 6:01pm	10 Sunrise: 7:42am Sunset: 6:03pm	11 Sunrise: 7:41am Sunset: 6:04pm
12 Sunrise: 7:40am Sunset: 6:05pm	13 Sunrise: 7:38am Sunset: 6:07pm	14 Sunrise: 7:37am Sunset: 6:08pm	15 Sunrise: 7:36am Sunset: 6:09pm	16 Sunrise: 7:34am Sunset: 6:10pm	17 Sunrise: 7:33am Sunset: 6:12pm	18 Sunrise: 7:31am Sunset: 6:13pm
19 Sunrise: 7:30am Sunset: 6:14pm	20 Sunrise: 7:28am Sunset: 6:16pm	21 Sunrise: 7:27am Sunset: 6:17pm	22 Sunrise: 7:25am Sunset: 6:18pm	23 Sunrise: 7:24am Sunset: 6:19pm	24 Sunrise: 7:22am Sunset: 6:21pm	25 Sunrise: 7:21am Sunset: 6:22pm
26 Sunrise: 7:19am Sunset: 6:23pm	27 Sunrise: 7:17am Sunset: 6:24pm	28 Sunrise: 7:16am Sunset: 6:26pm				

Benefits of a Bicycle



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. Ads will appear for 2 editions, unless notified.



For Sale: 2007 Tour Easy. Med-lrg frame. Full fairing. \$1400
Jacque: 231-633-8343

For Sale: 2008 Triple Tandem Bike (26 inch) Under 100 miles on it. Steel alloy frame, Shimano derailleurs, 21 speed. Includes shock absorbing seat posts - comfortable seats, fenders and rear rack with panniers, roof rack bike carrier. Rear rider position (stoker) has crank shorteners if you have a child you want to ride with you. \$700



Call Ed at 810-922-6934 or email bikengski2@aol.com (01/17)

CHAINLINKS

www.biketcba.org Tri-County Bicycle Association

www.lmb.org League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

www.adventurecycling.org Adventure Cycling

www.bikes.msu.edu Michigan State University (MSU) Bikes

www.walkbikelansing.com Lansing's Walking and Bicycling Network

www.capitalareasmartcommute.com Smart Commute Program

www.midmeac.org Mid-Michigan Environmental Action Council

www.bikems.org Various rides throughout the country

www.mmba.org Michigan Mountain Biking Association

www.railstotrails.org Rails to Trails Conservancy

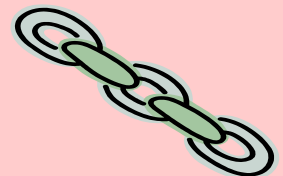
www.michigantrails.org Michigan Trails & Greenway Alliance

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

twitter.com Twitter

<http://www.nhtsa.gov/Bicycles> National Highway Traffic Safety Administration

<http://www.aabts.org/> Ann Arbor Bicycle Touring Society



MEMBER SPECIALS



This section of the *Chainwheel Chatter* is published as a service for TCBA MEMBERS who own a business at a cost of \$5.00/month for business card ad. To place your business ad, please submit your copy ready jpg business card to chainwheelchatter@biketcba.org, and mail your payment for the number of months you want your ad to appear to: TCBA-Classifieds, P O Box 22146 Lansing, MI 48909-2146

Sew Much More
Sewing Classes ages 8 to adult
custom Cycling Wear

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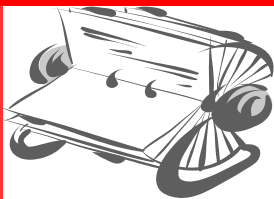
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TCBA MEMBER CONTACT



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.

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Safety & Education:
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SummerTour:
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E-mail: summertour@biketcba.org

T-Shirt Ride:
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Email: t-shirt@biketcba.org
Website: www.biketcba.org/rides
(517) 321-7576

Weather:
Webmaster:
Dan Stockwell
E-mail: webmaster@biketcba.org

W O W:
E-mail: wow@biketcba.org

"Bicycling...is the nearest approximation I know to the flight of birds. The airplane simply carries a man on its back like an obedient Pegasus; it gives him no wings of his own. There are movements on a bicycle corresponding to almost all the variations in the flight of the larger birds. Plunging free downhill is like a hawk stooping. On the level stretches you may pedal with a steady rhythm like a heron flapping; or you may, like an accipitrine hawk, alternate rapid pedaling with gliding. If you want to test the force and direction of the wind, there is no better way than to circle, banked inward, like a turkey vulture. When you have the wind against you, headway is best made by yawing or wavering, like a crow flying upwind. I have climbed a steep hill by circling or spiraling, rising each time on the upturn with the momentum of the downturn, like any soaring bird. I have shot in and out of stalled traffic like a goshawk through the woods."

Birdwatching author Louis J Halle 'Spring in Washington', 1947/1957

TCBA is on Facebook!!
<https://www.facebook.com/biketcba>

Birch Shores Resort—Special TCBA Rates Submitted by Scotty Seward

As a recently joined TCBA Member, I noticed that you reported donations to The Sleeping Bear Heritage Trail.

We at Birch Shores Resort are Friends of Sleeping Bear Dunes and also Contributors and Sponsors of The Trail.

We have decided that the rest of the Membership could be interested in more information about biking and hiking The Sleeping Bear Heritage Trail, 2 miles north of our Guest cabins on Little Glen Lake. This paved, 10 feet wide nature and bike trail, is being expanded from the current 18 miles to about 39 miles, from Northport to Platte Lake. It parallels M-22 & M-109 at present and has few road crossings.

Click below for more detailed information:

<http://friendsofsleepingbear.org/projects/sleeping-bear-heritage-trail/>

This is the only bicycle trail in Sleeping Bear Dunes National Lakeshore. In winter it is groomed for cross-country skiing (both classic and skating styles) and snowshoeing. It is mostly paved, but has a short section of packed gravel through the Port Oneida Rural Historic District. The trail spans about 18 scenic miles between Empire and Basch Road, with the Dune Climb, historic Glen Haven and the town of Glen Arbor along its route.

The beautiful fall Color season is fast approaching and the M-22 stretch has been nationally ranked for the Fall color.

The Sleeping Bear Dunes National Lakeshore area was deemed "The Most Beautiful Place in America" by the TV show "Good Morning America" in 2013. See the video at:

http://abcnews.go.com/Travel/best_places_USA/sleeping-bear-dunes-michigan-voted-good-morning-americas/story?id=14319616#.TkWCRhETsqo.facebook

We are offering a Special Discounted Rate until June 16, 2017 to the Membership of the TCBA for our Aspen and Hemlock cabins on Little Glen Lake for \$100 nightly, including the M-22 Challenge week (900 competitors) of June 3 to 10, 2017..\$150 nightly for up to 8 Guests is the normal rate.

The rustic cabins are nicely equipped...Whirlpool Gold gas ranges & GE Profile appliances, on the lakeshore, each sleep 8 guests in 3 bedrooms. By rustic, we mean that there is no TV, no dishwasher, no washer/dryer, no Wi-Fi and guests furnish their own bed linens & towels.

<http://www.glenlakevacations.com/TheLeelanau2007.html>

Surrounded by Nature's Beauty, a view of the Dunes and the Lake, wonderful wildlife of deer, ducks, young foxes and birds...Plus, we furnish a bike rack, 5 kayaks and a Lund fishing boat, FREE for the use by our guests.

Interested TCBA Members, for reservations, please call our Manager, Greg Nicolaou at 231-835-0329 or email at:
gnicolaou200@gmail.com

Cheers!

Scotty & Gail Seward

Owners since June, 1988

Birch Shores Resort info & Reservations April –June 16, 2017

<http://www.homeaway.com/vacation-rental/p317430gnicolaou200@gmail.com>

<http://www.glenlakevacations.com/TheLeelanau2007.html>



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



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

**Select Member Signup and follow the prompts!
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Chainwheel

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Website: BikeTCBA.org

