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CHAINWHEEL CHATTER

Volume 47 Issue 2 | Established 1972 | February 2019

Meeting	Date/ Time	Location	Presenter/Topic
Board Meeting	February 5 6:30 PM	Foster Community Center 200 N. Foster St. Lansing MI	Members are welcome to attend all 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 items
Membership Meeting	7:00 PM January 31 February 28	Foster Community Center 200 N. Foster St. Lansing MI	Membership meeting is last Thursday of the month at 7 PM January 31: Derek Black solo cross country tour fund-raiser, author of The Heart to Ride February 28: John Carey presents Zwift application and demo for indoor cycling
TCBA Advocacy Committee	February 13	League of Michigan Bicyclists 410 S. Cedar Suite A, Lansing	2nd Wednesday of the month, everyone is welcome to attend! http://advocacy.biketcba.org

Chainwheel Deadline

Newsletter February 13	Please send items to Patricia Mead, via email, chainwheelchatter@biketcba.org by the indicated deadline. Please proof your submission for grammar, punctuation and spelling.
Ride Calendar	biketcba.org , Event Calendar To list a ride on the Even Calendar send email to: ridecoordinator@biketcba.org

Volunteer Needed: Chainwheel Newsletter Editor

Experience with MS Publisher or MAC Pages, Word, Excel are ideal. Patricia Mead will assist with the transition to a new editor. Call Patricia at (248) 210-0337 or email: vp@biketcba.org

NorthWest Tour 2019



Experience sand dunes and sandy beaches, small lakes and Great Lakes, orchards and vineyards, and the Northwest Michigan charm of resort towns like Empire, Glen Arbor, Suttons Bay, and Traverse City.

NorthWest Tour is a five day bicycle tour in the beautiful Sleeping Bear Dunes and Leelanau areas of Michigan's northwest Lower Peninsula. The tour features great scenery on good roads through many small towns and tourist areas, all from the convenience of a single camping location. The Indigo Bluffs Resort, 3.5 miles east of Empire, will be our host for the tour.

The tour begins on **Wednesday, June 12 and ends on Sunday, June 16**. There is camping available starting on Wednesday after 12:00 Noon. On Sunday riders must return to the campground in time to pack and leave by 3:00pm.

Daily routes typically have shorter and longer options of about 30, 60, and 100 miles. The first and last days are of the shorter variety to allow for travel time. **Be prepared for hilly terrain** no matter which routes you take.

This is **primarily a tent camping tour**. Our campsites are in a wooded area, with nice restrooms and showers. **Anyone not tenting must reserve their site directly** with Indigo Bluffs RV Park, at 231-326-5566.

Included in the basic **fee of \$190** are tent camping facilities, route maps, SAG service, and meals. Breakfast and dinner Thursday through Saturday and breakfast on Sunday are provided and served under a large canopy in the camping area. And now, added last year, a cookie stop or two on the route!

There are also group campfires with S'mores and munchies on some evenings, a concert featuring great local talent, and a pretty awesome raffle!

Registration is online only and starts on Sunday, January 20 at 7pm. The first **300** entries will be accepted. We recommend that you **apply promptly** as the Tour fills quickly! The registration link and the Tour guidebook can be found on our webpage at:

biketcba.org/nwtour

Hope you can come and "Bike The Bear" with us!

Jeff Dillingham, Tour Director

January Board Meeting Minutes

Meeting called to order at 6:35 PM

Present: Pat Kelley, Patricia Mead, Harry Levins, Steve Leiby, Bob Noble, Ken Schwartz, Mike Unsworth **Absent:** Deb Traxinger

Roll call taken

Approval of agenda: motion made & passed to approve agenda

Member Input: Mike Unsworth working on annual report for Advocacy committee, Dennis Fedewa of Delta Twp gave kudos to team for their work and participation. Future item: pathways millage for township

Discussed how Ingham County Parks Commission had \$3.5 M produced by millage with \$8.5 M requested for various projects.

Successor for Mike Unsworth unknown at this time. Meeting tomorrow, need volunteers!

Board minutes of previous board meeting: motion to accept meeting minutes, motion passed

Correspondence received: thank you from Special Olympics and Betsie River Trails, and Sleeping Bear Heritage trail thanking TCBA for support and donations, postcard from LMB

Board Reports

- **President:**
 - **Club Express update:** few problems with SummerTour registration; but some credit cards had issues like no option to do second registration, Dave Mansfield will try to set up for 2 or more registrations with one payment
 - **Street Team update:** no update
 - **Rack Card:** revised TCBA logo to printer
 - **Mike Unsworth:** January 2019 member meeting will receive club recognition for work on Advocacy Committee
 - **FaceBook & free advertising guidelines:** the more posts shared and commented broadens TCBA base of potential cyclists viewing related types of posts and possibly participation in club events, tours, or memberships
 - TCBA Ride incentives, minor changes to program, updates available after February.
 - Suggestion for more than one ride leader per ride, there may be a cost with Club Express if special coding is needed for this feature
 - The concept is no one rides alone on any club ride

VP: Zwift app usage for indoor training and is eligible for event calendar for others using Zwift; no club mileage given for electronic events, Peloton and Zwift app discussion; Dave Mansfield can discuss Peloton at February meeting

Secretary: Deb Traxinger absent tonight, Patricia taking minutes

Treasurer: Reported on numerous topics regarding preliminary financial statements, Harry is waiting for the DALMC distribution

figures, once provided the financials will be updated and finalized.

Motion to approve budget with changes to come. Board will wait until financials are finalized at February meeting

Motion to accept the treasurer report made & passed

Discussion Topic: Harry does not want to manage audit for TCBA. President states financial committee is prepared to assist with audit.

List of officers elected from October annual meeting

President: Pat Kelley
Vice President: Patricia Mead
Treasurer: Harry Levins
Secretary: Deb Traxinger
DALMAC Director: Steve Leiby
Board at Large: Bob Noble, Ken Schwartz

Bill Smith directed October meeting, all board members approved via acclimation of members.

DALMAC Director: Discussion regarding TM logo for DALMAC, club has used various versions of logo yet there is only one TM logo. Steve to bring recommendation for logo use next month. Presented DALMAC 2019 pricing. First draft of the DALMAC budget presented. DALMAC registration Go live date is February 14; planning for the 2020 registration to go-live on January 1, 2020.

Board at large: Looking to purchase hats for level 5 incentive; figuring cost of \$10-12 per hat, attempting to obtain incentive items for January & February meeting so items may be tried on to determine proper sizing, will bring the sizing information for men and women for SmartWool shirts and leg warmers

Committee Reports

Northwest Tour (Jeff Dillingham): Registration begins January 20 at 7:00 PM; all volunteer positions filled.

Summer Tour (Ginger Royston): One spot remains (and filled by end of the meeting)

T-shirt Ride (Bob Noble): T-shirt ride emails sent, tour date June 1, registration begins February 15, budget presented, motion made, 2nd and passed to approve budget

DALMAC Fund Committee: Registration begins February 14 at 12:00 PM

New Business: None

Old Business: None

Meeting adjourned at 8:45 PM

Respectfully submitted by Patricia Mead, VP TCBA

Cycling Meets Virtual Reality

submitted by John Carey - January 2019

It was bound to happen. Virtual reality (VR) continues making inroads to many “actual” human activities. Cycling is no exception. With the advent of improved smart trainers from the likes of Wahoo, CycleOps, and others, there is an array of indoor cycling options. VR software (interactive programs that you run from a cell phone or computer), combined with a display device (cell phone, laptop, flat screen) completes the picture.

Popular VR software vendors such as Zwift, Trainer Road, and Sufferfest typically charge a fee (Zwift charges \$15.00/month), providing users with unlimited access for that period. After setting up and connecting the trainer and VR software, users set up their own VR likeness (age, sex, weight, type of bike, jersey, socks... the list is almost endless) and the fun begins.

Using Zwift as an example, you can ‘follow’ your friends, similar to Facebook and Strava, see if they are riding when you are, and even plan to meet at a certain time/virtual location and ride together. A group of TCBA folks is currently looking into the possibility of posting virtual rides soon! Two major differences in the virtual world are braking (there isn’t any, you coast to a stop) and collisions (None! You ‘ghost’ through fellow riders.) Speaking from experience using a Wahoo Kickr trainer and Zwift, it is amazing how real the effort feels. If you typically ride around 15mph with an average heart rate of 130 in the real world, the VR world can be much the same.

Not only is the effort real, the simulation has an incredible level of detail. In Zwift, for example, there can be upwards of 10,000 people (195 countries) worldwide riding at the same time you are. Every rider you see in the Zwift world is an actual cyclist pedaling away on their trainer from some place on planet earth! Zwift currently rotates 5 virtual locations on a regular basis: Watopia (fantasy Zwift world where you pedal into volcanoes and under the ocean in a tube), Richmond, New York City, Innsbruck, and London. If you have recently walked or biked in Central Park, the virtual world will be almost the same - right down to statues, geography, and buildings. You ride through virtual rain, in the dead of night, on a nice summer day, etc., with no need for lights or rain gear. The VR display is addicting.

A few suggestions for new users - Get a fan! This is a real workout. Set a small table next to your trainer for water bottle, video control, towel, cell phone, snack, etc. Most trainers recommend ‘calibrating’ on a weekly basis, to keep the effort (measured in watts) accurate. Finally, enjoy the ride, and don’t be a weight doper.... That’s right, doping even goes on in VR. If you weigh 220 pounds, but enter your weight as 170 pounds, you will ride much faster (at the same wattage).

In conclusion, if you are looking for a fun way to stay on your bike in the winter, and are sick of your rollers, consider looking into VR cycling programs - they may be fun enough to get you through to spring (or more).

Month	Board Meeting	Member Meeting
February	5	28
March	5	28
April	2	25
May	7	30
June	4	27

July	2	Picnic TBD
August	6	No Meeting
September	3	26
October	1	31
November	5	28
December	3	Holiday Party

SummerTour 2019

Sold Out!!!

**See those lucky ones at John
Gurney Park in Hart, MI**

July 10-14



WANTED: TCBA MEMBER TO HELP, RECRUIT, TRAIN AND SUPPORT RIDE LEADERS

The TCBA Board is looking for a member to help with the following in 2019:

Recruiting

- Following up when a potential ride leader is identified
- When needed, advertising for new ride leaders in the *Chainwheel Chatter* or using other media

Training

- Training a new ride leader yourself or connecting them with an experienced mentor/trainer ride leader in their own neighborhood
- Perhaps organizing ride leader “orientation sessions” for those who might want to learn to lead

Supporting

- Encouraging and supporting ride leaders to schedule Class “D” rides for new/inexperienced riders
- Ensuring all ride leaders have ready access to *TCBA Ride Sign-up Sheets*, either online or in paper form
- Improving the existing system for collecting and archiving completed *Sign-up Sheets*.

If you are interested, please contact any Board member (TCBA Member Contact for contact information Page 10)

"Socially Speaking" Promoting TCBA on all rides & tours

We are very active on social media and our members are our strength! Let your friends and family see what an awesome cyclist you are and what your club is up to!

1. Click on the TCBA, DALMAC, Northwest Tour and SummerTour social media pages (see links below)
2. Clicking "Like", "Share", "Going" or "Love" broadens our reach by hundreds of view. Any positive comments you make extends our exposure and can bring us many new riders. You never know who it may reach!

Your effort on this greatly helps us promote cycling - Thank you!

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

DALMAC: <https://www.facebook.com/tcba.dalmac>

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

DALMAC Instagram: @dalmac.epic

NorthWest Tour: https://www.facebook.com/NorthWest-Tour-242521885974123/?epa=SEARCH_BOX

SummerTour: https://www.facebook.com/SummerTour-1036400426475502/?epa=SEARCH_BOX

T-Shirt Ride: <https://www.facebook.com/events/497219334131891>

To all TCBA members and readers: This edition of the Chainwheel Chatter is being created and edited on a Macintosh PC using Pages. The formatting and behavior of this application is very different from using Microsoft Publisher. Apple does not have a Mac version of Publisher. Therefore, please forgive the length, format and any other formatting issues done by this editor. I will attempt to make a better version next month, but please bear with me. Thank you. P.S. still looking for new editor (pretty please)

TRI-COUNTY BICYCLE ASSOCIATION MEMBERSHIP

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

Select Member Signup and follow the prompts!
Select options:

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

**Denny's Central Park Bicycles
34th Annual Open House**

Mark your calendar so you don't miss this important event!

Sunday, February 10
11:00am – 4:00pm

LOCATION

Denny's Central Park Bicycles

1805 Central Park Drive
Okemos, MI 48864

Members save 10% off all new products, including 2019 bicycles and bikes already marked on sale.

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

FEATURING: Specialized, Yakima, Pearl Izumi, Burley & more *

*Hourly drawing for prizes**
Refreshments Provided

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



TCBA MEMBER CONTACT

Your respect is requested when using any of the numbers on this page. Phone calls during family time and at late hours can be intrusive.

TCBA OFFICERS:

President: Patrick Kelley 517 242-6940
email: president@biketcba.org
Vice President: Patricia Mead 248 210-0337
email: vp@biketcba.org
Treasurer: Harry Levins 517-627-9763
email: treasurer@biketcba.org
Secretary: Deb Traxinger 517 881-4137
email: secretary@biketcba.org
DALMAC Director: Steve Leiby 517 881-4137
email: director@dalmac.org

Board at Large:

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Cell 517 290-7271
email: boardatlarge1@biketcba.org
Ken Schwartz 517 332-7322
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OTHER NUMBERS:

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DALMAC email: dalmac@biketcba.org

DALMAC Committee Chair

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DALMAC Treasurer:

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Data Protection Officer

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LMB Office

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Chainwheel Chatter Editor

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Ride Coordinator

Colleen Kelley
email: ridecoordinator@biketcba.org

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Dave Mansfield
email: routesandmaps@biketcba.org

Webmaster

Dave Mansfield
email: webmaster@biketcba.org

Northwest Tour

Jeff Dillingham 231 357-8330
email: nwtour@biketcba.org

SummerTour

Ginger Royston
email: summertour@biketcba.org

T-Shirt Ride

Bob Noble 517 925-8028
Cell 517 290-7271
email: t-shirt@biketcba.org

Class	Pace (avg speed on a “level” route with no wind)
Class A+	19+
Class A	17-19 mph
Class B	14-17 mph
Class C	12-14 mph
Class D	Up to 12 mph
Class Z	Over 40 miles at riders' own pace
Class M	Mountain bike single-track rides
Class G	Gravel Road Rides, plus “speed class” (A-Z) of the ride

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: Trek 820 mountain track \$50

TeamMag Turbo III trainer \$20, email:
asila190659@hotmail.com

2/19

Looking for a touring bike and all gear necessary for self contained travel. If you have of know of cyclists ready to sell, call Leslee 517 290-1390 My height - 5'6" current road bike frame 54 cm 2/19

Interested in buying old (80's & older) classic lugged steel bike (road / touring) & parts. Contact Time 517 618-1771 / email tim.potter@rideofsilence.org w/info / photos to see if you've got something interesting 2/19

For Sale: Bicycle Transport Case made by BWH (Germany), approx 49" x 35" x 13", 4 wheels. Box is big, can fit add'l equipment along w/bicycle. \$150 OBO. Phone / Text 919 886-7642 2/19

For Sale: Two 2013 Bianchi road bikes. Light recreational use, all original. Men's C2C Impulso 105. Celeste. Size 53 Aluminum/carbon Shimano 105, 10-speed groups - \$550. Women's C2C Via Nirone Dama Bianca. White/Celeste. Size 50. Aluminum/carbon Shimano Sora - 9-speed groups - \$450. Contact: Steve Serkaian email: steve@serkaian.com 517 881-4085 2/19

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 2/19

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 2/19

Member Specials

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

A green business card for 'Sew Much More'. It features a sewing machine icon on the left and a bicycle icon on the right. The text reads: 'Sew Much More', 'Sewing Classes ages 8 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'.A white business card for Michael A Wells. It has a small 'Exp. 10/17' in the top left. The text reads: 'Michael A Wells', 'Insurance Counselor', 'General & Recreational Insurance', 'Email: lmwells99@yahoo.com', 'Off: (248) 625 3089', 'Cell: (248) 981-9099', '6481 Springfield', 'Clarkston, MI 48346'. There is a small bicycle icon on the right.A white business card for Bryan Waldman. It features two logos: a red 'S' logo and a 'BIKE LAW MI 311' shield logo. The text reads: 'BRYAN WALDMAN', 'ATTORNEY AT LAW', '(517) 394-7500', '3380 Pine Tree Rd.', 'Lansing, MI 48911', 'bryan@bikelaw.com', 'www.bikelawmichigan.com'.A white business card for Glasen, Rhead, McLean, Campbell & Schumacher. It features a pen icon on the left. The text reads: 'Glasen, Rhead, McLean, Campbell & Schumacher', '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@glasenrhead.com'.