



P.O. Box 22146
Lansing MI 48909-2146
www.biketcba.org

Chainwheel Deadline

Newsletter March 15

Send items to Patricia Mead, via email, chainwheelchatter@biketcba.org by the indicated deadline. Please proof your submission for grammar, punctuation and spelling.

"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://facebook.com/pg/tcba.dalmac/events>

DALMAC Instagram: [@dalmac.epic](https://www.instagram.com/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>

CHAINWHEEL CHATTER

Volume 47 Issue 3 | Established 1972 | March 2019

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 or text Patricia at (248)

TCBA Board and Member Meeting

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

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



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 or 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: 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 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 1042 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>

Cycling Meets Virtual Reality

submitted by John Carey

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).

John will be our speaker at the February 28 meeting at Foster Community Center. Please join us in welcoming John for a late winter presentation. Meeting begins at 7:00 p.m.

Need space in your shed or garage? Kids Repair Program

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.

SCOOTER'S PRO CYCLE OPEN HOUSE

Mark your calendar for this one!

Sunday, March 31

11am to 4pm

Ride River trail afterwards, weather permitting

Location
Scooters Pro Cycle
2169 Cedar st Holt MI. 48842

NEW this year Garage sale section
Select bikes up to 50% OFF

Members SAVE 10% on anything in the store not already marked down.
Including special orders

Bargains 10% to 80% OFF select items
Shoes, Gloves, Locks, Bags and Helmets

FREE Pizza and Refreshments

Authorized Dealer of GIANT, FUJI, KALI, LOUIS GARNEAU and SWAGMAN racks

<https://scootersprocycle.com/bikes>



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. See biketcba.org for contact information.

COLD BEER and Crocodiles

A BICYCLE Journey into Australia

One of the great advantages of traveling by bicycle is its relaxed pace. You move slowly enough to appreciate the sights and sounds and smells of the countryside: the bright wing of a parrot flitting through the scrub, the whirl of insects, the fragrance of the eucalypts. You are exposed to the wind, sun, and rain. You get the full measure of each mile.

Smith, R. (2000). Cold Beer and Crocodiles A Bicycle Journey into Australia. Washington, DC: Adventure Press National Geographic Society

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