



CHAINWHEEL CHATTER

Volume 47 Issue 10 | Established 1972 | October 2019

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

Chainwheel Deadline

October Newsletter: Send items to Sarynna Lopez Meza by the indicated deadline.
October 23 chainwheelchatter@biketcba.org

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

A note from the editor

As the weather is starting to change, I find myself anxious to get my bike back on the trainer so I can bike during the winter in the warmth of my basement. The thought of riding my actual bike in Zwift's virtual London, Richmond or my least favorite, futuristic New York City, while at the same time imagining others like me biking in their basements, living rooms or garages always makes me smile, especially when a Japanese user whose alias is Godzilla appears. I try to imagine their lives, what time of day it is where they're biking, and what their bike set-up looks like. I wonder if there are kids near them playing Nintendo (my usual view) or if they're riding nowhere with friends. While I can only do 1-h on a trainer before my mind starts wandering, I know others that can endure hours! Let me know about your own experience. But don't despair, we still have some days of "nice weather" left this year, so hope you get to enjoy them!

Please don't hesitate to email me if you have comments and/or suggestions for the Chainwheel! Safe rides!

Sarynna López Meza - East Lansing, MI

TCBA Membership

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

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



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?

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.

TCBA Board and Member Meetings

Month	Board Meeting	Member Meeting
October	1	31
November	5	No Meeting
December	3	Holiday Party

Everyone is welcome to attend the Member meetings. These are at 7 pm at the Foster Community Center in Lansing.

If you are unable to attend the meetings you can always look at the minutes available at the BikeTCBA.org site.

Other Updates

TCBA has a new Treasurer. Her name is KC Harrison and we'll have additional information in our next edition. Welcome KC!

Does directing a bike tour sound fun to you? If so, we will need a new director for the 2021 T-Shirt ride. Interested people may contact any board member for information. Please refer to board members contact information on page 6 of the newsletter.

Congratulations to Steve Leiby on another successful DALMAC run!

2020 will mark the 50th anniversary of DALMAC - Registration will open on January 1st, 2020!

2019 DALMAC: A Body and Mind Conversation

By: Kevin V.B. Schumacher
schumacher@glassenrhead.com



Mind: Let's go for a bike ride...

Body: Yay! ...to Mackinaw City!

Body: Are you nuts, that's like 300 miles

Mind: Not if you take 5 days.

Body: Easy for you to say in your ivory palace cranium

Mind: Come on, you know you want to.

It'll be good for you, you can purge yourself of evil toxins and I can process all sorts of subconscious BS that I didn't even know was bothering me.

Body: Leave me alone

Mind: Look, I just signed us up online, it was easy!

Body: You bast*rd.

Mind: Look! we're already past DeWitt, only 45 more miles to Alma and then we can sleep in a musty old tent.

Body: You suck at sales.

Mind: That was so refreshing, I love camping!

Body: WTF is the matter with you? I'm in pain!

Mind: Good news, today we ride to Gladwin and its only 56 miles! Gladwin loves us!

Body: Who put you in charge?

Mind: Wow, the Michigan countryside is spectacular!

Body: Try pedaling through it you lazy (expletive deleted x3)

Mind: Wow, check out the thunderstorm!

Body: Are you effing kidding me? Now I have to sleep in a wet tent?

Mind: la tee da tee da.....

Body: Don't...

Mind: da da ta tee da de da tee da da

Body: If you sing Willie Nelson On the Road Again, I swear I will end you

Mind: Come on, let's get going, Grayling, only 65 miles!

Body: My bottom half is in open revolt from sitting on that skinny saddle for 3 days, our legs are lactic acid intolerant and the wrists will never be the same if you don't stop this madness now.

Mind: How about a cookie stop? Would you like a cookie?

Body: You evil temptress. Get thee away from me Satan!

Mind: Just ride ten more miles and we'll stop and I'll give you a cookie.

Body: You are dead to me.

2019 DALMAC: A Body and Mind Conversation ... Continued

Mind: See, look, we're already in Grayling and yet another glorious Michigan day of riding is in the books.

Body: Please tell me this is just about over.

Mind: Weatherman says tonight's low will be 38 degrees!

Body: Don't tell me, let me guess, you're too cheap for a hotel and we're sticking with the musty, wet tent.

Mind: Think of the stories we'll tell our friends!

Body: You have no friends.

Mind: I slept great! How bout you?

Body: Like a rotisserie chicken.

Mind: ?

Body: I had to roll myself over in a mummy sleeping bag all night to keep one side closer to the warmth of mother earth while the other side froze like a popsicle. We may have lost a few of our bits and pieces.

Mind: Glad to hear it, today we're off to Cheboygan, 78 miles and we can do 20 on gravel!

Body: You b!tch.

Mind: Come on, we're almost there!

Body: Look at that hill, it goes on forever! We'll never make it.

Mind: Of course we can, I have faith in you. You can do this. Look, we're almost to the top!

Body: Really?

Mind: Oops, my bad, there's another climb to go but think of the descent? We'll be flying downhill effortlessly!

Body: Weeeeeeeeeee!

Mind: See? Wasn't that totally worth it?

Body: I admit, I did feel like a 12 year old for about 90 seconds there, but I can't say that the 20 minutes of climbing with my heart pounding at 150 bpm was worth the 90 seconds of near freefall glory.

Mind: Really? You were screaming like a little girl all the way down the hill.

Body: You heard that?

Mind: I hear Mackinaw Island is beautiful this time of year.

Body: Yes, yes, Super 8, got the movie reference.

Mind: No, really, we're there.

Body: GTFO.

Mind: I'm not kidding, you did it. That makes three times you've pedaled a 300+ mile bike ride

Body: Really? I don't remember.

Mind: That's because I'm the mind. It's my job to remember. You're the body. Give the body a shower, a shave, a couple of Ibuprofens and a night in a clean dry bed and it'll forget just about anything.

Soul: Thanks guys, that was good for me, too.

About the author: Kevin Schumacher is a sporadic DALMAC'er, a Lansing lawyer and serves on the TCBA Advocacy Committee.

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: 2016 AZUB full suspension recumbent short wheel base bike great for self contained touring. Lots of extras \$2800.00 or best offer. Contact Robert Graf at 517-675-7629 or 517-204-2770

For Sale: Road bike - Men's Fuji - \$300. If you want it all , but have a limited budget the Finest-Al has lots to offer. Lightweight Altair 2 butted frame with a surprising compliant ride, 24-speed Shimano Sora drivetrain and sturdy, double wall rims with CNC sidewalls. Includes Cateye cyclometer, two water bottle cages and a rear Travelrack. Contact Robert Ford 517.290.3416

For Sale: Bike - Women's Fuji - \$300. Not a road bike, not a hybrid. The Silhouette is best of both, the speed of a road bike with more comfortable position of a hybrid. It is equipped with Altair 2 lite butted aluminium frame, Shimano Tiagra 27 speed drivetrain with slick shifting RapidFire shifters, fast rolling Richey Aero wheels and linear pull brakes with modulator on front for secure stopping. Includes a Cateye cyclometer, clip-in pedals and non-clip-in and a Senas dual density cushioned saddle. Contact Robert Ford 517.290.3416

For Sale: 3 speed Electra Classic Tandem. Aluminum frame. Black. 9 years old but hardly been ridden. It's like new. 26" wheels. Fenders. Great bike for cruising around town. Asking \$600 OBO. Call or text Cathy at 773-835-0009.

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



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
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Exp. 1017

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

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
- Renew membership online

- Select interests
- Volunteer opportunities
- Select electronic version of Chainwheel Chatter
- And much more