



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

February Newsletter: Send items to Sarynna Lopez Meza by the indicated deadline.
April 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+ - 19+ mph
- A - 17 - 19 mph
- B - 14 - 17 mph
- C - 12 - 14 mph
- D - Up to 12 mph
- Z - Over 40 miles at riders' own pace
- M - Mountain bike "single track" rides
- G - Gravel road rides plus speed class (A-Z) of the ride

More information about the various rides and to confirm they are taking place, please look at BikeTCBA.org.

Find us and follow us on social media:

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

A note from the editor

The last edition of the Chainwheel Chatter seems like a lifetime ago. The COVID19 pandemic is now everywhere in the world, and we're now starting week 3 of Shelter-in-Place here in Michigan. I won't even attempt to go over all the effects this is having in our lives, but I can tell you that it has made me even more aware than usual of the privilege I know my family has. My husband is still going to work, but I've been home with our child for 3 weeks now, trying poorly to balance "homeschooling" him and keeping up with my own work.

To say I'm grateful for technology is an understatement. In many ways. Not only has technology and internet access allowed me to have more resources available for keeping our child engaged in school-related activities -not just learning but also interacting with classmates-, I also can continue working from home, and I am able to see my parents and siblings, all of whom live miles away from me in Mexico, Scotland, and Germany. I'm also grateful for the modern times we live in and for having the option to have groceries delivered to our homes, and for being able to join classes online (ours include Tae Kwon Do for me and our child, and piano and French for him!)

Even in the best of circumstances, the uncertainty of it all is still a struggle. And for that, I'm very thankful that I have my bike on a trainer in my basement and can do virtual rides (I'm still running outside, really early when there are no people outside, and weren't, really, even before the pandemic). Assuming our basic needs of food and shelter are met, our mental well-being is a must, especially when we're caring for others in our households.

As your editor, I'm more than ever interested to hear from you. How are you and yours dealing with the situation? Are you able to stay in touch with others? Please feel free to use our Facebook page or send us at TCBA an email if you're feeling isolated and want some human virtual interaction. We are a community of bikers; let's use that community spirit to keep us company during this time.

Sarynna López Meza - East Lansing, MI

TCBA Membership

	1-Year	2-Year	3-Year	4-Year
Individual	\$15	\$24	\$30	\$36
Family	\$20	\$32	\$40	\$48



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

The importance of Bicycle Safety

As the weather starts getting better and we start heading outside for rides more, let's review some guidelines on bicycle safety. Special thanks to Rachel Gaffney for sending this.

The Importance of Bicycle Safety

If you enjoy cycling, you aren't alone. The number of cyclists has steadily climbed throughout the years for many reasons. It is an economical and environmentally friendly form of transportation, it healthy, and it is a fun way to get where you need to go. However, you should never head out on your bike with the assumption that you will be seen.

[Bicycle safety](#) is an important facet of cycling, so you need to make sure you take the proper precautions to make sure you are visible and that you are safe when you head out to reach your destination. There are several things that you can do as a cyclist to make sure you are being as safe and cautious as possible every time you head out for a ride. Making sure you have a plan and everything in order is the key to protecting yourself and making sure motorists pay more attention to you when you are on the road. You should never assume that you will be seen because that is definitely not the case.

Wear Bright Colors

In order to get the attention of drivers, you should wear [bright colors](#) that will make you noticed. Wear clothing and a helmet that will make you stand out from the background. Bright colors such as yellow, red, bright pink, neon green, and orange are going to get the attention of others. The right combination of colors and equipment will not only make you stand out, but also let drivers know that you are moving at a reasonable speed so they will watch out.

Ride in the Right Lane

Familiarize yourself with your state and local laws so you will know where you are supposed to ride. Then, put yourself in a [visible spot](#) in the lane where you will be noticed. You should also ride in a predictable manner. Don't swerve in and out of traffic, make sudden stops, or turn without signaling. Be attentive of your surroundings. You want to notice where cars are around you and you want them to see you. Stay focused, act like a car, and look, signal, then look again. Use hand signals to let drivers where you plan to move and make eye contact as you signal, watching carefully as you make your move.

The importance of Bicycle Safety - Continued

Never Assume!

When you are driving in your car, you assume that other vehicles will see you. When you are cycling, that is not the case. You should [never assume](#) that you are going to be seen by drivers on the road. You riding a bike is a much smaller area to focus on than a larger vehicle. You have to make sure that you don't blend into the crowd by making yourself visible. This includes wearing bright attire, as previously mentioned, positioning yourself properly in the lane, and being predictable. Do everything you can to make sure you don't blend in to the background.

Make Yourself Visible After Dark

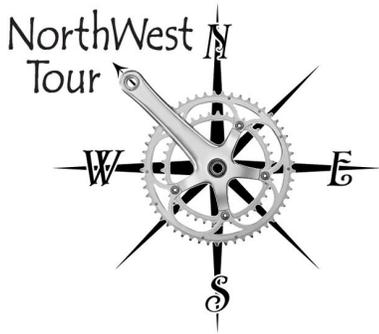
If you are riding before daylight or after sunset, you have to have the [proper lighting](#) to make sure you are visible. Make sure your bike has a white headlight and a red taillight that meet your state requirements, which usually means they should be visible from 500 feet. Check local laws in regards to reflectors, but usually you should have them on the spokes, on the pedals, and on the fenders. Take along extra batteries for your lights and bring along extra reflective tape. Put reflective tape on your helmet and clothing and wear reflective wrist bands and reflective ankle bands. Remember, you have to make yourself be noticed. Lights that are continuously flashing will also get attention and can be beneficial.

Visibility is the Key to Bicycle Safety

When you head out on your bike, you should always use the approach that you aren't [visible to drivers](#). You have to do everything that you can to make yourself seen and noticed. By assuming that you are being seen, you are putting your life at risk. By adding some bright colors, extra reflectors, and making sure your lights are bright, you could save your life. Regardless of whether you ride a day or two a month, or you enjoy daily cycling, you need to work to prevent a crash and serious injury.

This article was created Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only. Be sure to review your local cycling ordinances to ensure you ride safe and legally!

NorthWest Tour needs a volunteer



NorthWest Tour is in need of a volunteer support/SAG driver for the tour, which takes place from Wednesday, June 17 to Sunday, June 21, 2020. The location is Indigo Bluffs RV Park, Empire, MI, 32 miles west of Traverse City. The Tour will provide a rental vehicle (pickup or van) for your use. You will be reimbursed for all fuel purchases, be provided with a campsite, be entitled to all Tour meals, a Tour t-shirt, and lunch money.

Please reply to Jeff Dillingham at nwtour@biketcba.org or call 231-357-8330 to express your interest. Thanks!

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: Cannondale tandem size 17.5/14.5 26-inch wheels drum brake added. Wife rode Dalmac twice and granddaughter rode in 2000. Been in garage since. \$500. or B/O Contact Roger Andrews 231-920-5589 rnandrewslc@gmail.com (4/1/20)

For Sale: Vintage Schwinn Voyagereur touring bike. 21 1/2 inch frame, 27 inch wheels. Mid 80s. Been professionally painted and updated. \$200. or B/O. Contact Roger Andrews 231-920-5589 mandrewslc@gmail.com (4/1/20)

For Sale: Rans V-Rex recumbent, model year 2003. Features include: extra set of lightweight wheels, Ultegra front and rear derailleurs, Rans seat bag and rack, and two seat pads. Excellent condition and well maintained. Asking \$300. Contact David at 517-339-9809 or david.peake.arch@gmail.com. East Lansing area (3/1/20)

In search of: I am looking for a used Weehoo bike trailer for a single child. Please contact Bettina Brander at tina.brander@gmail.com. (2/1/20)

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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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