



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

August Newsletter: Send items to Sarynna Lopez Meza by the indicated deadline.
July 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

It seems summer is finally here! And I don't know about you, but it seems to me that whenever it hasn't been cloudy, we have enjoyed bluer-than-usual skies!

As I mentioned in the previous edition, I unfortunately haven't been biking other than short, easy rides with my son on the North Tier Trail. Between being at home working full time while taking care of the boy -which leaves very limited times where I can go for a ride-, and having issues with my trainer, I decided this summer would be mostly devoted to running. I did a 41-day running streak challenge (with my 9 year-old!) where every day we ran at least 1 mile. Around that same time, I had signed up for a virtual race across TN, where I'm supposed to run 1000 km between May 1 and August 30. Turns out running every day is a good way to get ahead on the mileage, but at some point your body will demand some rest. So after the running streak was done, I decided to start a 30-day challenge aimed at hopefully instilling some stretching discipline, so I've been doing flexibility workouts for at least 20-min every day the last week. I don't see any splits in my future just yet.

Hopefully once the running streak is done I will have had the chance to get my bike in for a tune-up and at least enjoy some weekend long rides. I really miss those. Thanks to Strava, I know some of you have been out and riding; know that I'm jealous but also enjoy riding vicariously through you! As the weather continues to be nicer and warmer, and more people get on the road, please continue to be safe in your rides.

I hope you and yours are doing well and that as restrictions have eased, you are able in touch with family and friends. Unfortunately, I don't know when I'll be able to travel to Mexico to visit my parents, but for now we plan to enjoy the summer in Michigan.

Please feel free to use our Facebook page or send us an email if you're feeling isolated. Also, please continue to reach out and send your articles - I appreciate them.

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

General Announcements

No new rides have been announced. If the Board decides to start sponsoring and/or endorsing group rides, this will be announced via e-mail, Facebook, as well as an announcement on the TCBA website.

The next **TCBA Board Meeting** will be held on July 7, 2020 via Zoom. Any member that would like to join, please request an invite via e-mail to Pat Kelley president@biketcba.org

It is great to know that **bicycle shops** are fully open for repairs and sales, but please remember to be patient with them having things in stock. Between the trade wars and the current situation leading to more people wanting to get bikes and enjoy some outside time, I know some bike shops continue to run low on inventory both for bikes and special repair parts. Do remember it's always better to call on the phone first, and especially in the case of repairs, call ahead of time to make sure they can receive your bike, and allow for ample time for curbside drop-off/pick-up!

Thanks to Jeff Dillingham for all his efforts in directing the NorthWest Tour in previous years! This was going to be Jeff's last year directing the tour, so I wanted to take a little moment to thank him for all his work. We at TCBA still hope to see you all in 2021 "to experience sand dunes and sandy beaches, small lakes and Great Lakes, orchards and vineyards, and the northwest charm of resort towns like Empire, Glen Arbor, Suttons Bay, and Traverse City".

If you have a **Specialized Sirrus/Sirrus X crankset**, please see an announcement from where some of their 2019 and 2020 models these have been recalled amid safety concerns. <https://www.cyclingnews.com/news/specialized-issues-stop-ride-for-sirrus-models-amid-safety-concerns/>

Changes to Michigan's no-fault auto insurance law

This is a summary of an article written by Bryan Waldman, a board member of the League of the Michigan Bicyclists (LMB), and which appeared in the LMB's News website. You can read the whole article here:

<https://www.lmb.org/2020/06/what-cyclists-need-to-know-about-no-fault-changes/>



There is a new no-fault auto insurance law going into effect in Michigan on July 2, and there are some changes that affect cyclists, especially those who don't own or drive cars. The Michigan Bicycle Law recommends that cyclists:

- (1) purchase no-fault personal injury protection (PIP) coverage that includes unlimited allowable expenses;
- (2) purchase as much bodily injury/liability insurance as they can reasonably afford;
- (3) purchase as much uninsured and underinsured motorist insurance coverage as they can reasonably afford;
- (4) avoid managed care options; and
- (5) if a cyclist does not have auto insurance, consider purchasing a non-owner or named non-owner auto insurance policy.

If you have questions about your existing insurance policy or want more advice about insurance specifically tailored to your needs, consider contacting Bryan Waldman at bryan@michiganbicyclelaw.com or Brian McKenna at brian@michiganbicyclelaw.com.

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: Electra Classic Cruiser Tandem. 10 years old but hardly used. Aluminum frame. Chromoly fork. 3 speeds. 26" wheels. Black frame. Great bike for cruising around the neighborhood. \$600. or B/O. Contact Cathy at 773-835-0009 or mouserp@comcast.net (5/17/20)

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 rnandrewslc@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)

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