



MBA NEWS

September, 2008

Michiana Bicycle Association

From the President:

Wow! What a turnout for Amishland and Lakes! Pre registration was up 55 riders and the dorm, camp site and meal sales were up as well. But day of was fantastic. After I finished counting the day of registrations and the ones online we had 1001! All the other extras were up as well. To the volunteers a great big thank you. All I got were compliments. Many riders went out of their way to come back to registration to say so. There was so much said about the volunteers: friendly, helpful, always smiling, talkative, went above and beyond to help-these are just a few. For those who didn't volunteer, I hope you can help out next year. This was an amazing experience and I have been doing this for many, many years.

2008 was the first time ALL did online registration. There were 133 riders registering through Active.com. There were a few glitches but all in all I felt it went well. The number of riders registering online surpassed what I thought would use it. Talking with some who used it were pleased we offered it and the fee Active charges was fine with them.

A big thank you to Lorrie Wong as this was her last year as chairman of ALL. A big thank you also to Dick Kuehl, Wayne Fisher, Howard and Tonda Langdon, Mike and Gail Weaver, Bill and Judy Lee, Bonnie and Marlon Yoder, Tom Woodley and Margie Clubb, Eric Wong and Rod Recla. Each one of them went above and beyond their duties and jumped in to help where ever there was a need. I

hope you realize just how valuable your helpfulness was to me and the ALL ride.

If interested in doing the T-shirt design 2009, please submit one ASAP for approval. This years T-shirt went over big. Very few left over.

There were some changes made this year doing ALL and I feel that the changes went well. Next year there will be some more changes made. It is important MBA stays updated to be able compete with other organized rides.

No major problems, a few flat tires, some road rash and one rider got hit by a deer (both survived just fine). Minor road rash for the cyclist and the deer ran off into the woods.

Ask Tom Woodley about his unique experience on Saturday.

I always feel as if ALL is the start of the winding down of the riding season. With the time change later, we will be able to ride a little longer if the weather permits. When the ride schedule ends in

Continued on Page 3

Welcome New MBA Members

GARY METZLER

DEBORAH RADECKI

PETE MOREY

CHET ZAWALICH



The Newsletter of the Michiana Bicycle Association
P. O. Box 182
Granger, IN 46530

The newsletter is published monthly for distribution to the club members and to other bicycle related organizations. Submission of local and state bicycle news is encouraged as well as cycling experiences and tips on improving the sport of bicycling. Submissions should be in writing. Members may place classified ads, notices of ride companions wanted, and reports of stolen bicycle without charge. **Deadline is the 10th of the month for the following month's newsletter.**

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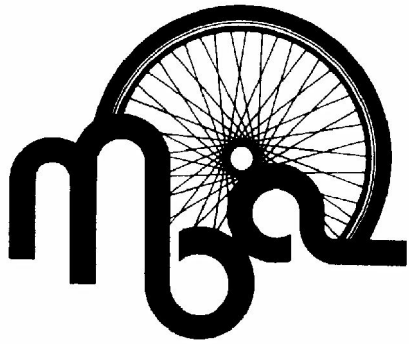
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mlweaver@fourway.net

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mail@ericandlorrie.com

Tom Woodley (269) 684-8871
tw0000@sbcglobal.net

Bonnie Yoder (574) 243-9027
marbonyod@aol.com

Club dues are \$25.00 per year. 2008 membership expires on December 31, 2008. The club maintains a hotline (674-0088) which contains the latest info on rides, upcoming events and notes of interest to area cyclist. Individuals desiring further information can leave a message after the recording. Calling the hotline is toll free from South Bend and Elkhart.



Albright's Bicycle Store
Cycling & Fitness Center
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2720 Lincolnway West
Mishawaka, IN 46544
Phone / Fax (219) 255-8988
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FRANK CASSELLA
President

2707 Cassopolis St.
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www.SpinZoneCycling.com

Pete & Sheri Colan
51345 Bittersweet Road
Granger, IN 46530
ph: 574-243-4994
fax: 574-243-4995
petercolan@aol.com

MBA WEB SITE

<http://www.mbabike.com>

Look at the website for details of rides for 2008 club season.

Ride maps are also on the site.

Larger Area Ride Information

Here is a list of some web sites that have schedules of rides in Indiana, Illinois and the Midwest area.

<http://www.mikebentley.com/bike/ilrides.htm>

<http://www.mikebentley.com/bike/mwrides.htm>

<http://www.adventurecycle.org>

<http://goodcyclist.org/States/indiana.htm>

<http://www.cibaride.org/regional/regional.htm>

<http://www.bicycleindiana.org/calendar.htm>

MBA HOTLINE: 674-0088

**WEARING AN APPROVED HELMET IS MANDATORY
WHEN RIDING A BIKE WITH THE MBA**

The businesses that advertise in the MBA Newsletter extend a 10% discount to members, generally on non-sale items. You must show your membership card to be eligible for the discount.

Albright's Bicycle Shop
2720 Lincoln Way West
Mishawaka, IN 46544
1-574-294-7243

Family Bicycle Center
3410 South Main Street
Elkhart, IN 4651
1-574-294-2865

Out Post
3601 N Grape Road
Mishawaka, In 46545
1-574-259-1000

Bicycle and Fitness
401 E Jackson Blvd
Elkhart, IN 46510
1-574-255-8988

House of Bicycles
10140 McKinley Hwy
Osceola, IN 46561
1-574-679-4992

Pro Form
2202 South Bend Avenue
South Bend, IN 46635
1-574-272-0129

Cycle and Fitness
211 E Main Street
Niles, MI 49120
269-684-2000

Lincoln Avenue Cycling
430 W Lincoln Avenue
Goshen, IN 46526
1-574-533-7425

Spin Zone
51345 Bittersweet Road
Granger, IN 46530
1-574-243-4994

From the President (continued from Page 1):

the newsletter/online, check with the hotline to see if anyone is organizing a ride if the weather is nice. A great big thank you to Howard Langdon for taking care of the hotline. I apologize for the down time as the weather, especially lightning, plays havoc with the telephone.

Ride safe, follow the rules of the road, and be courteous. Remember, you set an example for other cyclists with your behavior as well as represent the

MBA too.

Thanks to the members who rode the Monday morning ride honoring Patrick Sawyer. The MBA had many riders in attendance. Patrick's wife Nancy was so surprised by the number of cyclist showing up both Monday morning and Tuesday evening. I was totally in awe of the number of cyclist there.

See you at the rides (without my red book for awhile),

Vawn

Road 1: Bicycling Safety Course

Being safe while bicycling should be the first priority of every person on a bicycle. The *Road I* course, designed by the League of American Bicyclists, can give you renewed confidence on your bicycle as a commuter, while running errands, or when riding recreationally.

Learn:

- Your rights as a bicyclist;
- How to share the road and have motorists show respect for your rights while using public roads and streets; and
- Riding techniques that build your confidence.

Who can Enroll

This course is designed for bicycle commuters, recreational riders, touring or club cyclists, parents that ride with their family, or people that just want to get around town. Beginners and more experienced riders will learn how to safely and confidently use their bicycle in all types of road, traffic, and weather conditions.

How to Enroll

To enroll, call the YMCA at (574) 287-9622, ask for the Road I Bicycling Safety Course

Location

At the South Bend YMCA, 1201 Northside Blvd, (just a little west of IUSB), Room Number (to be announced)

Dates

Four Thursday evenings, from 6:00 to 8:00 p.m., September 4, 11, 18, & 25, 2008

Cost

\$25, per student, includes safety manuals and other materials

Course Topics

- Your legal rights and responsibilities as a bicycle

driver under the Indiana Vehicle Code

- Day and night visibility so you are detected and recognized
- Where to ride between intersections on all types of streets
- How to use bike lanes and how to ride when there are none
- How to safely cross intersections and interchanges, including four ways to make left turns
- How to outfit yourself and your bike for convenient utility transportation
- The course includes several hours of on-bike experience, practicing safety techniques

Course Requirements and Materials

- Class is limited to the first ten, paid students.
- Each student must have a helmet and bring a bicycle (in good repair) to the second and third classes. (Wear comfortable riding clothes.)
- Each student will receive a safety manual published by the League of American Bicyclists
- Rain dates will be set if inclement weather does not allow the scheduled riding/practice times.
- Each student must pass an open-book, multiple-choice exam.
- Each student will receive a certificate of completion by the League of American Bicyclists

Instructor

The course will be taught by Danny Graber, a League of American Bicyclist certified instructor (certificate # 1856). Danny has been an avid bicyclist for the last 30 years and has spent numerous years in building a better bicycle community. He is a board member of the Indiana Bicycle Coalition (representing northern Indiana) and also serves on two local bicycle safety awareness committees in Michiana and runs the annual Pumpkinvine Bike Ride. Danny can be reached at (574) 266-4265 (home) or (574) 370-6192 or dannysg@verizon.net for more information about this class.

The MBA Newsletter is now available for you to view and print from the MBA website: www.mbabike.com. This gives members the flexibility of printing the entire newsletter, or just parts (like the ride schedules), reduces printing and mailing costs for your club, and helps us all do our part for the environment.

For the rest of this year, you will continue to receive a copy of the newsletter in the mail. Beginning January 2009, those who specifically request will be mailed a newsletter.

To request to be placed on the newsletter mailing list, simply fill out the form below and send it in to the MBA PO box.

I AM REQUESTING TO BE PLACED ON THE MBA NEWSLETTER MAILING LIST FOR 2009:

NAME: _____

STREET ADDRESS _____

CITY/STATE/ZIP _____



Michiana Bicycle Association
PO Box 182
Granger, IN 46530-0182

FOLD AND TAPE

MBA MEMBERSHIP SURVEY

Fellow riders, the MBA ride committee is asking for your input to help us make your rides better. Please answer these questions below and return the questionnaire to your ride host, at your next ride. A digital copy of this will also be posted on the MBA web site, if you would like you can email that to me at; TW0000@SBCGLOBAL.net ,

Thanks for you input. Tom Woodley - MBA Ride Committee Chairman

What are your 3 favorite weekend rides?

What are your 3 favorite Wednesday night rides?

What would get you to attend more rides?

What obstacles do you have regarding going to rides?

Distance to start of ride Time of ride

Location of ride Length of ride

Type of ride competitive leisurely family

Ability to ride with people of similar riding skills.

What can we do to make your membership more useful?

What mileage distance do you like to ride on Wednesdays?

On Weekend rides?

Additional Comments:

Place
stamp
here



Michiana Bicycle Association
PO Box 182
Granger, IN 46530-0182



FOLD AND TAPE

Danube Bike Trip

Two years ago MBA member Kevin McDonnell asked if I wanted to join him on a three week trip riding our folding bikes down the Danube from Passau, Germany to Budapest, Hungary, a distance of 550 miles. He had been doing this alone or with other friends for several years and I jumped at the suggestion since I would be retiring one week before his planned start at the end of July. He assured me that this would not be strenuous and suggested I review a web site which would give a great overview of what was in store. It is this web site that I recommend for club members for a easy family type ride: <http://www.gaerlan.com/danube/danube.htm>. On this site you will get a brief overview of the beauty of the river valley and all the historic towns along the way. I guess there is a village about every ten miles or less. Also at the top of the homepage there is a link to YouTube sites with additional short films about the trail.

Another fact is that this is an international trail paved about 95% of the length. It is an easy ride for those that love scenery and don't want mountain climbing. The route is on top of the levee that is basically flat and on several occasions you will have to cross a dam, cross over on auto bridges and in two instances take a small boat ferry specifically in business for bicyclists at about two bucks per person. There was plenty of reasonable accommodations and food along the trail thus we spent about \$2,000 each including air fair. We ended up biking for two weeks and traveled to Croatia for the last week where we both had friends and family to visit. Kevin and I have made a DVD of our trip and I am willing to loan it or show it to anyone interested.

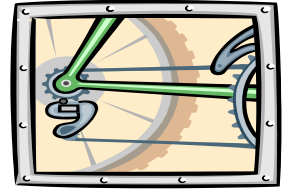
Gary Gabrich

Eyes in the back of your head?!?!

None of us would think of going on a ride without a helmet. We wear bright colors, and maybe a flashing LED on the back of the bike. But what about a mirror? How many times have you been surprised by a car or another cyclist passing you. If you use a mirror it can still happen, but not as often.

There are many different styles. Some mount on the bars, attach to eye glasses, or (my favorite) on the helmet. Stop by your bike shop and see what they've got.

Bike Lubrication



How often you lube your bike depends on how you use it. Ideally, the moving parts will always be lightly lubed. A dry, squeaking bike needs lube. A bike covered with grime means you're using too much lube (or the wrong lube).

Applying lube is just a matter of dripping or spraying some on, operating the part to get the lube down inside, letting it sit for a bit for the lube to fully penetrate and then wiping off the excess.

Chain: lubricate the lower run of links as you pedal backwards with your hand until you've lightly coated the entire chain.

Brakes: lube the pivot points where the brake parts move against each other. If there's a quick-release mechanism and/or adjustment barrel, lightly lube these, too (on the threads for the adjustment barrel). **Do NOT get lube on the brake pads or rims!**

Derailleurs: wet the pivot points on the derailleur bodies. And, for the rear, while the bike's resting on its side, apply a little to the center of the derailleur pulleys. Lube the adjustment barrel, too.

Clipless pedals: apply lube if your shoes and pedals are creaking when you ride and/or it's difficult to get in or out. Remember to remove your shoes before walking into the house so you don't leave oily footprints across the carpet!

Cables: most brake and shift cables don't require lube because they're inside nylon-lined housing. If yours bind, however, you can add lube if your bike has split housing stops. These allow accessing the cables and lubing. It's done by opening the brake quick release to create slack and then pulling slightly to free the housing from the frame stops. You can then slide the housing to get at the cable inside. For derailleurs, shift onto the largest cog or ring and then move the levers back without pedaling. This creates enough slack to get the housing out of the stops and lube the shift cables (if necessary, don't forget to lube where the cables pass beneath the bottom bracket, too).

Excerpted with permission from Pro-Form website

ALL ARE WELCOME TO RIDE WITH THE MBA. FOR LATE INFO CALL THE HOTLINE @674-0088. HELMET USE IS MANDATORY ON ALL CLUB RIDES. ALL START TIMES ARE INDIANA TIMES.

2008 MICHIANA BICYCLE ASSOCIATION RIDE SCHEDULE

SEPTEMBER WEEKEND RIDES

—BRING YOUR OWN COPY OF THE LETTER MAPS (A THROUGH X) FOR HOSTLESS RIDES—

MONDAY, SEPTEMBER 1, 2008 at 8 AM LABOR DAY

Knollwood north into Michigan (Map P) - From Knollwood on Adams Rd, between Grape and Hickory, north of the UP Mall, we quickly are into Michigan for smooth roads with little traffic. Mileage: 10/20/32/40.

SATURDAY, SEPTEMBER 6, 2008 at 9 AM

Moran ES - This new weekend ride's start is on Beech Rd just north of Lincoln way & 1 mile west of Co Line Rd (Ash) Miles: We ride on some different roads, and 12/19/28/41.

SUNDAY, SEPTEMBER 7, 2008 at 9 AM

Edwardsburg HS Northwest through Michigan's Cass County - Roll north through Cass County & into Turning Leaves country. Meet at the west side of Edwardsburg HS on Section St just south of US12 for mileages of 18/30/42/54/61.

SATURDAY, SEPTEMBER 13, 2008 at 9 AM

Northpoint ES north into rolling Cass County - This Granger school is on Adams Rd just west of the SR 23 light just past Mary Frank ES. Miles: 12/19/27/38/47.

SUNDAY, SEPTEMBER 14, 2008 AT 9 AM

Buchanan MS Northwest #2 Berrien Springs/Baroda - this ride goes north and west around Berrien County thru Berrien Springs and out towards Baroda. Distances of 15/29/41/56 miles. Start at Buchanan MS on Fourth St just north of town.

SATURDAY, SEPTEMBER 20, 2008 at 9 AM

DOWAGIAC TRAIN STATION TO PAWPAW - This great ride takes you on mileage routes of 30 to 60 miles, starting at the train parking lot behind Zeke,s Restaurant, Great roads, nice scenery, make this an enjoyable ride.

SUNDAY, SEPTEMBER 21, 2008 at 9 AM

Riverside Dr north - Meet at the Riverside Dr access, ½ mile north of Cleveland on west side of St Joe River for options of 16/26/33/51/64 miles which take you into Michigan.

SATURDAY, SEPTEMBER 27, 2008 at 9 AM

Osolo ES northeast to Michigan lakes - This Elkhart school is on CR6 at CR11, Osolo Rd north of St Joe River & east of Cassopolis St (SR19) Choices are 11/21/30/44 rolling miles north to union, Summitville & Cass County lakes.

SUNDAY, SEPTEMBER 28, 2008 at 9 AM

Edwardsburg HS North - Meet at the west side of Edwardsburg HS on Section St just south of US12 for mileages of 20/33/42/53/71/100.

2008 MICHIANA BICYCLE ASSOCIATION RIDE SCHEDULE

SEPTEMBER TUESDAY 8AM RIDES

—BRING YOUR OWN COPY OF THE LETTER MAPS (A THROUGH X) FOR ALL TUESDAY AM RIDES—

TUESDAY SEPTEMBER 2, 2008 at 9 AM

Osolo ES northeast to Michigan lakes (Map E) - This Elkhart school is on CR6 at CR 11, Osolo Rd, north of St. Joe River & east of Cassopolis St. (SR19). Choices are 11/21/30/44 rolling miles north to Union, Zimmyville & Cass County lakes.

TUESDAY SEPTEMBER 9, 2008 at 9 AM

Knollwood north into Michigan (Map P) - from Knollwood on Adams Rd between Grape & Hickory, north of the UP Mall, we quickly are into Michigan for smooth roads with little traffic. Mileage: 10/20/32/40.

TUESDAY SEPTEMBER 16, 2008 AT 9 AM

Summerville (Map W) - A new letter map ride that begins at the church parking lot south of the Tavern on Pokagon Rd opposite Center St in Summerville. Mileage options of 18/27/37/50 miles. This is 7 miles north of Niles along M51.

TUESDAY SEPTEMBER 23, 2008 AT 9 AM

Mary Frank ES north into rolling Cass County (Map D)- Start at Martin's parking lot across SR 23 at the light. Scenic miles of 12/19/27/38/47.

TUESDAY SEPTEMBER 30, 2008 at 9 AM

Elm Rd. ES southeast to Jim town & Wakarusa (Map C) - These 10/18/29/35/44 mile routes to Wakarusa have been improved. The school is on Elm Rd. at the top of the hill, south of Dragoon Trail & the city of Mishawaka & north of the bypass.

2008 MICHIANA BICYCLE ASSOCIATION RIDE SCHEDULE

SEPTEMBER WEDNESDAY EVENING RIDES

—RIDE MAPS WILL BE HANDED OUT AT THE RIDE START BY THE RIDE HOST—

WEDNESDAY SEPTEMBER 3, 2008 at 6 PM

Clay Middle School thru Notre Dame & north into Michigan - Start at the Clay Middle School on Cleveland at Lilly ½ way between Juniper & Dixieway for 11/15/20 miles.

WEDNESDAY SEPTEMBER 10, 2008 at 5:30 PM

Riverside Drive access west into northwest St Joseph Co. - Start on the west side of the St. Joe River ½ mile north of Cleveland Rd. Mileage options of 15/20/22 miles.

WEDNESDAY SEPTEMBER 17, 2008 at 5:30 PM

Knollwood northeast to Pine and Dibbel Lakes - From Knollwood on Adams Rd between Grape & Hickory we are quickly into Michigan for smooth roads with little traffic. Mileages: 15/19/24.

WEDNESDAY SEPTEMBER 26, 2008 at 5:30 PM

Ring Lardner Jr High in Niles - meet at the Jr High on 17th St in Niles for mileage options of 16/20/24 miles.

MBA NEWS

Michiana Bicycle Association
PO Box 182
Granger, IN 46530-0182

2008 Membership, Newsletter Application, and Dues

Mail to: Michiana Bicycle Association
PO Box 182
Granger, IN 46530-0182

Name: _____
Address: _____
City, State, Zip: _____
Phone Number: _____ Cell: _____
E-Mail: _____

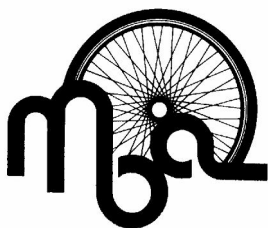
Call me when you need help with:
_____ **Meetings & Social Events**
_____ **Hosting Weekly Rides**
_____ **Education & Safety Programs**
_____ **Ride Committee**
_____ **Major Events**

May we publish this information in the MBA handbook?

Please check one: _____ Yes _____ No

Make check payable to MBA
Membership fee\$25.00
(Age 70 or older- free (\$0.00))

Total Enclosed\$_____



Please check:
_____ New Member
_____ Renewal
_____ Address Change

Name & ages of participating bicyclists in immediate family:

Disclaimer - MUST BE SIGNED

In signing this form for myself or the applicant names (if he or she is under 21), I agree to absolve all of the organizers, officers, sponsors and members of the Michiana Bicycle Association, Inc. be they individuals or organizations, singly, or collectively, of all blame for any injury, misadventure, harm/loss or inconvenience suffered as a result of taking part in the scheduled or non-scheduled activities or the Michiana Bicycle Association.

Signature: _____

Date: _____