From the President:

Quite often you hear that a city or community has been awarded “Bike Friendly” status, but are you aware of what is involved in attaining it? The League of American Bicyclists states it best when they say “the Bicycle Friendly Community (BFC) provides incentives, hands-on assistance, and award recognition for communities that actively support bicycling”.

The League named 24 new and 25 renewing BFC’s during the 2012 Spring Awards. Fort Wayne was one of the new cities to be named. Each applicant is judged in five categories called the 5 E’s, Engineering, Education, Encouragement, Enforcement and Evaluation and Planning. Communities must demonstrate achievements in each of the categories in order to be considered for an award on the Bronze, Silver, Gold or Platinum level. A panel reviews the submissions in line with the 5 E’s and the more significant the achievements, the higher the award.

When you look at these categories, they are what all communities should strive for to provide a safer environment for bicyclists, reduce traffic demands and to improve public health. BFC’s are places with a high quality of life, where people want to live, work and visit. Help support your local groups to keep the momentum going. Check out the website of the League of American Bicyclists for more great information.

Why Would You Want to Be in the MBA?

Every year you have to ask yourself that, when it comes time to renew your membership. (And it is that time.) But we think we have a lot of good reasons why being an MBA member makes a lot of sense, and is a great deal.

For starters, we offer scheduled rides throughout the week that give you the opportunity to ride with friends, and make new ones while riding different routes from a variety of locations.

We try to offer at least one or more social events each month of the cycling season:
- Kickoff ride and potluck in April
- The Lee’s Potluck Ride in June
- The Summer Solstice ride and cookout in June
- New for this year, a cookout after a ride in Summerville in July
- A Wednesday evening Poker Ride in August with great prizes
- In September, we will have a Pizza Party after a Wednesday evening ride

Welcome New MBA Members

Dale Billet
Carolynn Hine-Johnson
Kelly and Alexa Jack
William D. Kretschmar
Greg & Mary Olen

Continued on page 4
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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Club dues are $25.00 per year. 2012 membership expires on March 31, 2013. The hot-line has been discontinued. Information on club rides and up-coming events is available on our website www.mbabike.com.
MBA WEB SITE
http://www.mbabike.com

Look at the website for details of rides for 2012 club season.
Ride maps are also on the site.
Amishland & Lakes Bicycle Tour
Www.amishlandlakes.com

Larger Area Ride Information

Here is a list of some web sites that have schedules of rides in Indiana, Illinois and Michigan.
http://bicycleindiana.org/
http://www.cibaride.org/regional/regional.htm
http://www.mikebentley.com/bike/ilrides.htm
(Illinois)
http://www.LMB.org (Michigan)
http://www.bikeleague.org
http://www.adventurecycle.org

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 Cycling & Fitness
2720 Lincoln Way West
Mishawaka, IN 46544
1-574-255-8988

Elkhart Bicycle Shop
All About Cycling
401 East Jackson Blvd.
Elkhart, IN 46516
574-294-7243

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

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

The Avenue Bicycle Station
2716 Mishawaka Avenue
South Bend, IN 46615
574-855-2453

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

Metro run & walk
Outpost Center
3522 N. Grape Road
Mishawaka, IN 46545
574-257-7867

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

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

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

OutPost Sports
3601 N Grape Road
Mishawaka, IN 46545
1-574-259-1000

Wakarusa Pro Hardware
108 S. Elkhart Street
Wakarusa, IN 46573
574-862-2775

Spin Zone Cycling Outfitters
Cannondale • Kona • Felt
www.SpinZoneCycling.com

Mike Schade
“Have a question, ask a Pro.”

Wakarusa
Pro Hardware, Inc.
108 S. Elkhart St.
P.O. Box 382
Wakarusa, IN 46573
phone: 574.862.3775
deliveries: 574.862.2365
e-mail: store@wakarusaprohardware.com
web: www.wakarusaprohardware.com
Schwinn Bicycle Dealer
We service all makes
From the President (continued from page 1):

It’s warming up so enjoy the ride and “Share the Road”!

Gail Weaver
President

Don’t miss these special rides in June:

On Sunday, June 3rd, Bill & Judy Lee invite all MBA members to a ride, starting at their home in Walkerton, and a potluck dinner afterwards. Bring a dish to pass. There are ride options to suit anyone’s abilities. Check the ride schedule in the back of the newsletter for more details.

The Summer Solstice ride on Wednesday June 20 marks the official (for the MBA) start of summer. We meet at Madeleine Bertrand Park at 6 to ride, and feast afterwards. Susan and Jerry Dietzel will be preparing pulled pork sandwiches for a change in the menu. Again...Bring a dish to pass. There are ride options to suit anyone’s abilities. Check the ride schedule in the back of the newsletter for more details.

• There is the Volunteer’s Party in late fall
• Finally, there is the MBA Banquet in February. (Okay, we missed May, but made up for it in June.) All of these events are heavily subsidized by the MBA.

Your MBA membership card entitles you to a 10% discount on cycling clothes and accessories at most local bike shops.

Finally, the MBA is an active participant in the Michiana cycling community. We provide financial and physical support in partnering with the Bike Michiana Coalition in bicycle safety training. We have provided cycling helmets for third graders at schools in South Bend this year. We have been a long time supporter of the Pumpkinvine Trail and Granger Paths.

And you get this great newsletter.

That’s why you would want to be in the MBA!

Ray Halicki
Vice President of Publications

LAST CHANCE!!!!!!

Thank you to all who renewed your membership application for 2012. All members, even those over 70, must renew each year.

This helps keep our membership current and you will continue to receive the Newsletter and other important information regarding MBA events. If we do not receive a new membership application by June 1, 2012, you will be dropped from the mailing list. NO ONE IS EXEMPT FROM THIS RENEWAL.

When we receive your new application, your new membership card will be sent.

Thanks and keep on biking!!!

Joyce McNarney, MBA Secretary

Road Cleanup a Success

More than a dozen dedicated MBA members showed up at Weaver’s on the morning of Saturday, April 14th for our annual spring cleaning of our adopted stretch of Redfield. And the weather even cooperated! So with lots of able and willing bodies the job was quickly completed. Thanks to all those who came out.

The next time you are out riding that way, enjoy the pristine view, thanks to the MBA!
Down With Training Wheels!

Teaching a kid, or a grandkid, how to ride a bike? Forget training wheels. For generations, training wheels have been the standard way of not teaching children how to ride a bike. It’s a time-honored childhood ritual: fumble with wrench, remove tiny wheels, watch child fall on face, repeat. It’s unclear when training wheels became popular, although historians suggest the early 1900s seem most likely. But it’s apparent why they became popular. They were an obvious solution to an obvious problem: How do you convince someone to climb onto something that is obviously going to fall over?

The impulse to solve this problem by adding extra wheels predates training wheels. No sooner was a practicable bicycle made than attention was turned to the three-wheeler as being the safer of the two machines. The problem, as the early innovators learned, was that the extra wheel made matters worse. Any kid who’s tried to corner on a tricycle or training wheels knows this.

To a remarkable degree, the modern balance bike is a copy of the Draisine. Both are made mostly of wood (although not all balance bikes are). Draisine riders leaned forward against a board, not unlike the way children do today, pushed off the ground and sped away. Today, it is easy to see a bicycle in a balance bike. In 1816, no one could: The bicycle wouldn’t achieve anything close to its modern form for decades. Children who hop off a balance bike and onto a bicycle are taking a half-century shortcut.

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Share the Road

Every Life Counts!

What a great event the PROCESSION was! We saw our community come together to promote safety as we bicyclists Share the Road with cars, motorcycles, runners and walkers. It is an amazing time when we can follow the rules of the road together.

On May 2, Bike Michiana Coalition, Michiana Bicycle Association, city government officials, county government officials, Mayor Pete Buttigieg, South Bend Police department, representatives of local universities united to SHARE THE ROAD.

Appreciation goes out to MBA members who participated in the grass roots planning and volunteering at the event and then actively participated by driving, walking, or cycling. Vawn and Rod Recla monitored the registration table, and Bonnie Yoder and Peg Taylor helped with logistics at the start. Chris VandenBossche developed maps for the alternative return trip to the start to keep riders off SR23.

Gail Weaver, Ellen and Ray Halicki attended and shared their suggestions at planning meetings.

The PROCESSION was deemed a success as it proceeded in an organized, slow pace, all the while observing stop lights and signs. The group worked together as a unit.

The media actively promoted and supported the event in sharing education for all to respect each other and SHARE THE ROAD…Every Life Counts.

Judy Lee
President, BMC

This article was excerpted from Slate Magazine. The complete article can be found at http://www.slate.com/articles/life/family/2012/05/training_wheels_don_t_work_balance_bikes_teach_children_how_to_ride_.1.html
As you drive towards Indy past Rochester, you may have noticed the bike path running parallel to US 31 for a couple miles before heading off to the east.

From the Nickel Plate Trail website http://nickelplatetrail.org/

“The Nickel Plate trail is the 40+mile railtrail corridor running from Cassville in Howard County to Rochester in Fulton County. This corridor was purchased from the Norfolk Southern Railroad via the Federal Railbanking program for the purpose of developing a trail for hiking, bicycling, and other non-motorized recreational uses. The trail currently goes through the communities of Cassville, Bennett's Switch, Miami, Bunker Hill, Peru, Denver, Deedsville, Birmingham, Macy and Rochester.

The Nickel Plate Trail is ideal for walking, hiking, running, bicycling, skating, or even cross country skiing. Overall it is comfortably wide, smooth, and maintains an almost unnoticeable grade.

The trail follows what was once the Nickel Plate Railroad, running alongside and in places crossing over, Little Pipe Creek. The landscape surrounding the trail not only looks beautiful, but has the unmistakable fresh smell of the Indiana countryside. No matter how many times you visit the trail, there is always something new for you to find.

As you explore the woodlands and wetlands you can see a wide variety of plant and animal life. Of interest is Scout Bridge, which crosses Little Pipe Creek, and an old dam with some historical interest, both of which are just south of the Peru trailhead. South of Bunker Hill and to the east of the trail are some of the remains of the Union Traction railway, the electric interurban line that was abandoned around 1940.

Well cared for, the Nickel Plate Trail is one of the nicest-looking trails in the Midwest. The amazing sights, sounds and scents the trail provides make it much more than just a great place to visit, it's an experience.”

Check out the website for trail maps, pictures, and more.

We have scheduled a ride to explore the northern half of the trail, from just south of Rochester to just north of Peru, about 20 miles one way, on Tuesday, June 12. Check the ride schedule for more information.
Special Events for 2012

Ride and Potluck at Bill and Judy Lee’s home. Sunday, June 3.

Summer Solstice Ride and Potluck. Wednesday, June 20.


Amishland and Lakes. Weekend of August 3-5.

Poker Ride (Swanson School). Wednesday, August 8.

Cassopolis Breakfast Ride (to the Farmhouse Restaurant in Vandalia). Saturday, August 18.


Leisure Rides Begin June 4!

While we see these rides as a way to introduce new cyclists to the club, the casual pace also makes them very sociable and pleasant for regular members. Here’s the basic info:

Dates: Every Monday from June 4 to August 27

Time: 6 p.m.

Place: Pinhook Park. 2801 Riverside Dr., just south of Cleveland Rd.

Routes: We will start with the usual 10-mile route and will lengthen the rides over time. These routes include the Riverside and Northside bike paths, the Notre Dame bike paths, and South Bend bike lanes.

Volunteers needed: If you’d like to help with these rides, please contact Chris Vanden Bossche at cvandenb@nd.edu.

June Weekend Rides

Most weekend rides do not have a host so bring your own map or ask another member at the ride. You can download a copy from the “Weekend Maps” list on the MBA website at mbabike.com. To obtain a complete set of maps and cue sheets contact Chris Vanden Bossche at 574-234-1035, or cvandenb@nd.edu, or at a ride.

NOTE CHANGE OF START TIME!

Saturday, June 2, 2012 at 9 a.m.

Niles. New routes for 2012! These routes head north from Niles in the direction of Indian Lake and Sister Lakes. Distances: 21, 33, 42, 49, 59. Use the Riverfront Park parking lot on the northeast corner of Main and Front in Niles, MI. (Alternative start location: If there are special activities and you can’t park at Riverfront Park, start from Ring Lardner School at 801 North 17th Street. All routes pass the school.)
Sunday, June 3 (see below for start times)

**Lees Potluck ride outside Walkerton.** Bring your bike, bring a dish, and after the ride enjoy the food and fellowship with your fellow cyclists. RSVP appreciated. Call or email Judy at: Home 574 586-3472, Cell: 574 360-3472, Email: JudyaLee@embarqmail.com

**Start times:**

- 36 & 50 miles: **9 a.m.**
- 11, 18, & 26 miles: **10 am**
- potluck: **noon**

**11 Mile Leisure Ride.** For those that prefer a shorter more leisurely ride there is an 11 mile scenic loop winding through the western edge of St. Joseph County on roads with very little traffic. In fact when we rode the route the other day we never saw a car the last six miles. **18 Mile Ride.** If you want a route a little longer than the leisure ride try the 18 mile loop through Mill Creek and the Fish Lake area. It is basically a flat route. **26 Mile Ride.** This route goes through Mill Creek and continues northwest then heads south to the Fish Lake area. It is basically flat with a few rolling hills. **36 Mile Loop.** A flat route with a few rolling hills passing through Mill Creek then to the north and west toward LaPorte. A few miles east of LaPorte it heads south about 6 miles and turns back toward the east passing through the Kingsbury Preserve. If ridden at a 15 mph pace you should get back in plenty of time for the pot luck. **50 Mile Loop.** A flat route with a few rolling hills passing through Mill Creek then to the north and west toward LaPorte. A few miles east of LaPorte it heads south about 4 miles then west for a fast flat seven mile stretch. You will then go south a mile and turn east for a fast stretch to the town of Kingsbury. East of Kingsbury you will go through the Kingsbury Preserve. If you average 18 mph you will get back before the potluck starts. If you ride a slow pace some of the food might be gone before you get back.

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**Saturday, June 9, 2012 at 9 a.m.**

**Edwardsburg East.** These routes run east towards Union, with the longer ones heading north from there toward Birch Lake. Distances: 17, 26, 34, 44, 55, 66. Meet at the High School (69410 Section Street, Edwardsburg, MI), the southernmost school on Section St, which runs south of US-12 and parallel to MI-62 (IN-23 in Indiana).

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**Sunday, June 10, 2012 at 9 a.m.**

**Osolo East.** These routes travel northeast and follow the St. Joseph River, then turn south towards Middlebury, returning via Bristol. Distances: 22, 37,45, 53. Meet at Osolo Elementary School (24975 County Road 6, Elkhart, IN) on the north side of Elkhart at the intersection of CR6 (Cleveland Rd in St. Joe county) and CR11 (aka Osolo Rd), east of Cassopolis St (IN-19).

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**Saturday, June 16, 2012 at 9 a.m.**

**Buchanan West.** Head west toward Lake Michigan; routes start and end in a hilly area west of town but flatten toward the lake. Distances: 15, 21, 30, 39, 54, 66. Meet at Buchanan Middle School (610 W 4th St.), which is a few blocks north and west of the town’s main intersection at Redbud and Front.
Sunday, June 17, 2012 at 9 a.m.


Saturday, June 23, 2012 at 9 a.m.

Sumnerville Northwest. Head north of Berrien Springs along the river, then through orchard country. Count on a stop at Tree-mendous Fruit Farm. Distances: 21, 31, 42, 48, 59, 67. Sumnerville is a village 7 miles north of Niles and about 1 mile west of MI-51. Park at the church (61268 Indian Lake Rd.) on the west side of Indian Lake Rd, just south of Pokagon Rd.

Sunday, June 24, 2012 at 9 a.m.

Pinhook. These routes take us north towards Buchanan in lovely southwest Michigan. Distances: 15, 22, 30, 43, 51, 64. Park at Pinhook Park and take the bike path north to Darden where the routes begin.

Saturday, June 30, 2012 at 9 a.m.

Warren. This route heads southwest toward Fish Lake. A couple miles of chip and seal near the start/finish are more than made up for by the pleasant roads of La Porte County. Distances: 18, 25, 32, 39, 50, 61. Park at Warren Elementary School (55400 Quince Rd), which is in Lydick west of South Bend, ½ mile south of Edison, 1 mile north of SR-2 (Western) & 2 miles west of the US-20/31 Bypass.

Sunday, July 1, 2012 at 9 a.m.

Edwardsburg North. Head north over a few rolling hills towards Cassopolis and Dowagiac and return via Eagle Lake. Distances: 17, 26, 35, 44, 55, 66. Meet at the High School (69410 Section Street, Edwardsburg, MI), the southernmost school on Section St, which runs south of US-12 and parallel to MI-62 (IN-23 in Indiana). Map.

Directions: From South Bend take SR 23 to North Liberty. At the blinker light turn right (west) on SR 4 and go 2.5 miles to Walnut Road (an old school house is on the northeast corner). Turn left (south) on Walnut Road and go 1/2 mile to the bridge. Bill and Judy’s house (66841 Walnut Road, Walkerton) is the first one on the right after crossing the creek.

NOTE CHANGE OF START TIME!!

Sunday, July 8, 2012 at 8:30 a.m.

Osolo North. These routes head north towards Vandalia, east toward Constantine and then return north of Bristol. Distances: 11, 22, 30, 44, 50, 60. Meet at Osolo Elementary School (24975 County Road 6, Elkhart, IN) on the north side of Elkhart at the intersection of CR6 (Cleveland Rd in St. Joe county) and CR11 (aka Osolo Rd), east of Cassopolis St (IN-19).
June Tuesday Rides

Tuesday rides do not have a host so bring your own map or ask another member at the ride. You can download a copy from the “Tuesday Maps” (formerly “Letter Maps”) list on the MBA website at mbabike.com.

NOTE CHANGE OF START TIME!
Tuesday, June 5, 2012, at 9 a.m.

Dowagiac. Enjoy the beautiful country northeast of Dowagiac towards Decatur and Paw Paw. Distances: 30, 43, 53. Park in the lot along Railroad St. (behind the stores on Front St) just south of Division St (MI-61).

Tuesday, June 12, 2012, at 9 a.m.

Rochester. Ride the Nickel Plate Trail from the northern trailhead near Rochester to Peru, a distance of about 20 miles. We plan to continue on into Peru for lunch before heading back. Total miles estimated between 45 and 50 miles. Those wanting a shorter ride can turn around wherever. Those wanting a longer ride can pick up the trail south of Peru and continue to Cassville for a round trip of 73 miles. Take US31 south past Rochester. Get off US31 at the second exit past the SR25 interchange. Take Wabash Road north, less than a mile. Parking is available at the trailhead.

Tuesday, June 19, 2012, at 9 a.m.

Mary Frank/Northpoint. This route heads over a few rollers up toward Barron Lake and then loops back through Edwardsburg. Distances: 12, 19, 27, 38, 47. Mary Frank is on Adams Rd just west of Adams/SR-23 traffic signal.

Tuesday, June 26, 2012, at 9 a.m.

Grissom. Travel on mostly flat roads in Indiana farm country. Distances: 12, 18, 22, 35, 42. Meet on the north side of Grissom Middle School (13881 Kern Rd.), which is at the intersection of Kern and Elm, 1 mile south of US-20 and 2 miles east of IN-331.

Tuesday, July 3, 2012, at 9 a.m.

Sumnerville. These routes travel north through orchard country (passing Tree-mendous and Wicks) up toward Sister Lakes. Distances: 18, 27, 37, 50. Sumnerville is a village 7 miles north of Niles and about 1 mile west of MI-51. Park at the church (61268 Indian Lake Rd.) on the west side of Indian Lake Rd, just south of Pokagon Rd.
June Wednesday Evening Rides

Wednesday, June 6, 2012 at 6 p.m.

**Moran.** Enjoy the mostly flat Indiana farmland southeast of Osceola. Distances: 13, 17, 23, 28, 33. Meet at Moran Elementary School (305 N Beech Rd, Osceola), which is about two blocks north of Lincolnway and one mile west of the Elkhart County line. **During the school year park on the street.**

Wednesday, June 13, 2012 at 6 p.m.

**Warren.** This route heads west towards (and at longer distances around) Hudson Lake. Distances: 17, 22, 26, 31, 36. Park at Warren Elementary School (55400 Quince Rd), which is in Lydick west of South Bend, ½ mile south of Edison, 1 mile north of SR-2 (Western) & 2 miles west of the US-20/31 Bypass.

Wednesday, June 20, 2012 at 6 p.m.

**Summer Solstice Ride and Potluck.**

**Madeline Bertrand Park.** Bring a dish to pass, eating utensils & plates. The club provides beverages and Susan & Jerry Dietzel are fixin’ pulled pork. Distances: 16, 20, 29. Bertrand Park is at 3038 Adams Road, Niles, north of St. Patrick’s Park and Stateline Rd and south of Bertrand. **Note: Tell the attendant at the entrance that you are with the MBA group and you won’t have to pay the entry fee.**

Wednesday, June 27, 2012 at 6 p.m.

**Northpoint.** Roll past Garver and (for most routes) Eagle Lakes in southern Cass county. Distances: 16, 20, 25, 30, 34. Park at Northpoint Elementary School (50800 Cherry Rd, Granger), which is just north of the intersection of Cherry and Adams Rds and west of the Adams/IN-23 traffic signal.

**NO EVENING RIDE ON July 4.**
# 2012 Membership, Newsletter Application, and Dues

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

| Name: ____________________________ | E-Mail: ____________________________ |
| Address: ___________________________________________ | May this information be published in the handbook? Yes: __ No: ___ |
| City, State Zip: ______________________________________ | Phone: __________ Cell: __________ |
| Phone: __________ Cell: __________ | Newsletter: ___ e-mail: ___ paper copy: ___ |

Make check payable to MBA  
Membership fee $25.00 per individual or family living at same address  
(Age 70 or older- free, but must fill out renewal each year)  
Total Enclosed ________$_____

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Name & ages of participating bicyclists in immediate family:  
_________________________ __________ |  |
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Disclaimer - MUST BE SIGNED

In signing this form for myself or the named applicant (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 of the Michiana Bicycle Association.

Signature: ____________________________  
Date: __________