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The Voice of Cyclists in Northeast Ohio

PO Box 5446 , Cleveland, Ohio 44101-0446

On The Web @ www.crankmail.com

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ISSUES are published 10 times a year dated: Jan./Feb., March, April, May, June, July, Aug., Sept., Oct., Nov./Dec.

DEADLINE for copy: the 15th of each month before publication. Copy or ad materials including advertising insertion orders must be received on or before the deadline in order to assure inclusion in the intended issue. Email ad copy to crankmail@wowway.com. **Next Deadline: April 15th.**

CRANKMAIL (ISSN 1060-085X) is made possible, in part, by a portion of club dues allocated to its publication and distribution by the bicycle clubs listed above. The support of commercial advertisers who appear on these pages is also vital to the continued publication of *CrankMail*. Shop globally, buy locally!

From the Editors

'I'll ride if it isn't raining when we start'. Ever hear someone say that the night before the weather forecast of 50% chance of rain tomorrow? It doesn't make sense, does it? You get just as wet during the ride as you would at the beginning. Are the riders who say this really as goofy as they sound? I think what really happens is if it rains during a ride, you're already warmed up, you don't feel so cold. But if it's raining at the start you remember past days when you stood around before a ride getting chilled to the bone. And you don't want that again.

If you've had experience with bad weather, you also know you can dress for it. Wearing something warmer at the start that you can easily unzip or doff will make the early moments of the ride just as comfortable (or, in the case of rain, just as not-so-uncomfortable) as later on. But you've got to have the experience to know. When you have it you can exercise judgment. Without it, you're just guessing.

Most of us gain the experience during summer cycling that leads to good judgment: is the hill too steep, the distance too long, the turn too sharp? We've done lots of this kind of riding, so we know what to expect. But in inclement weather, particularly cold inclement weather, we have far less experience to draw upon, so we tend to guess and usually we guess timidly. I've had cycling companions decline to ride because 'it's just too bad out'. Then, when they hear how much fun the ride was, regret they didn't come. 'They said it was going to rain all day', 'the roads looked real slick', 'I thought I was coming down with a cold'. All judgment calls. But are they based on experience or guesses?

There's no shortcut to experience. No book can tell you 'when it's too bad out'. You can only judge for yourself. But unless you've got a good base of experience, that judgment isn't worth much.

So the next time you look outside the window and it's looking grim, and you're about to duck out of a ride, give it a try instead. Think about some clothing that might work and a bike that'll handle the conditions, and go out and ride for a bit. My guess is you'll keep right on riding. And the next time it looks bad out, you'll know better. The worst day on a bike is better than the best day sitting indoors.

Martin Cooperman and Tom Meara, Editor & Publisher
March 2006

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IN THE ZONE

Cycling News and Events

Several readers pointed out that we had failed to give photo credits for our cover photographs this year. That was the result of a process change here at CrankMail headquarters which we will correct by inserting the credits at the end of this column. This month's cover features Tom Nezovich along the Killbuck, one of Cleveland's Ten Best Rides. The January/February cover was Marty Cooperman in Middletown, NY on his way to Boston. The March issue featured the Lake Erie Wheelers in front of the Case School of Business on one of their recent Holiday Hawaiian Shirt Rides.

Speaking of the Wheelers, CrankMail was contacted by the **Plain Dealer** for an upcoming article on cycling in the area. Of particular interest was LEW's thrice yearly HHS rides and their **Bike Path Series**. Watch the PD for what we hope is an informative article.

We are happy to report that the **OBFBetter Ohio Bicycling Bill**, House Bill 389, has passed the full Ohio House and expect that it will soon be assigned to the Senate Highways and Transportation Committee, chaired by Senator Jeffrey Armbruster of North Ridgeville. Please support HB 389 with a letter to your state senator. Go to the OBF web site at www.ohiobike.org for complete details on the bill.

It seems that an Irish novel written in 1940 but not published until 1967—it was rejected as being too bizarre—has been re-discovered after its cover appeared briefly in the television show **"Lost."** The novel, entitled **The Third Policeman**, involves the interchanging of atoms between a man and his dearly adored bicycle.

Upcoming Cycling Events

Saturday, 4/8. THINK SPRING. Cuyahoga Valley National Park. A free tour of 15 to 30 flat to hilly miles in and about the Park. Hot soup and chili will be provided; participants may bring a dish to share. Akron Bicycle Club. Mike Perko; PO Box 2268; Stow, OH 44224. 330-650-4846. www.akronbike.org

Saturday, 4/22. 11th NIGHT RIDES ON THE TOWPATH. Peninsula. Free ride for cyclists of all skill levels starting at 8 p.m. Covers 15 to 20 miles of flat terrain on the Cuyahoga Valley National Park's Towpath Trail. Helmet and bike lights required. Century Cycles Bicycle Shop. Attn: Derrick; PO Box 268; Peninsula, OH 44264. (800) 201-7433. www.centurycycles.com

Sunday, 4/23. 21st AFROST: A FREEBIE RIDE & OHIO SPRING TOUR. Amherst. An early season tour of 25/50/64 flat miles to get your blood moving and test your conditioning. Visits many historic towns and villages in Lorain County. Lorain Wheelmen Bicycle Club; PO Box 102; Amherst, OH 44001-0102. www.lorainwheelmen.org

Sunday, 4/23. 16th WALK OR BIKE FOR EARTHFEST. Cleveland. An easy 10/20/30 miles of riding beginning and ending at the Cleveland Metroparks Zoo. Snacks, sag, safety check, free zoo admission. Jim Sheehan; 1823 Columbus Rd. Cleveland, OH 44113. 216-830-2667. www.OhioCityCycles.org

Sunday, 4/23. OMBC XC RACE #1 AT VULTURE'S KNOB. Wooster. First race of the Ohio Mountain Bike Championship XC Series. Vulture's Knob is a technically-demanding course described as a mountain bike amusement park. Novice - Pro/Expert XC, Super D. OMBC. Ryan O'Dell; PO Box 97; Butler, OH 44822. (419) 989-0239. www.ombc.net



Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

email: clevetourclub@hotmail.com
www.clevetourclub.org

APRIL

Hello Fellow CTCr's. Please welcome the following new members to our club: **Brian Bortz** of Cleveland, **Joseph Mansour** of Cleveland Hts., **Don Grazko** of Lyndhurst, **Carroll Robinson** of Mentor, and **Darlene Wieland** of Olmsted Twp.

I am retiring from the job of submitting news to the Crank Mail on behalf of our club. Taking over the responsibilities starting with the May issue will be Barb Cicigoi. We hope you all welcome her to the task.

SUNDAY IN JUNE Volunteers are needed. **Bill Maurey** is looking for people to help out for this year's ride which will be starting from Century Village in Burton. Please contact him at: 440-975-9744 and his e-mail is : bmaurey@hotmail.com

RIDE SCHEDULE

Date	Time	Ride
Apr 2	9:00	BURTON to Windsor (28) Parkman (45) / Rolling
Apr 9	9:00	CHESTERLAND – Hubbub to Russell (30) Kirtland (45) Rolling/Hilly
Apr 22	9:00	NORTH CHAGRIN to CHARDON MAPLE FEST (40) SAT RIDE / Hilly
Apr 23	9:00	NORTH CHAGRIN to Fowler's Mill (40) Burton (55) Rolling/Hilly
Apr 30	9:00	GURNEY SCHOOL to Mantua (35) Lake Rockwell (55) / Rolling
May 7	9:00	NORTHFIELD CENTER to Peninsula (30) Bath (42) ancakes Breakfast @ AYH Stanford House. Alternate Lake Farm Park to Kirtland, (25,45) Sports Expo at noon after ride / Hilly

RIDE START LOCATIONS

BURTON	Berkshire (Burton) High School, 1 block north of town square, park on north side
CHESTERLAND	Hubbub Custom Bicycles, 8005 Mayfield Rd., east of Caves Rd., in Chesterland
GURNEY SCHOOL	Bell St., .5 mile west of Rt. 306 in South Russell (small sign at entrance)
NORTHFIELD CTR	CVS Pharmacy parking lot - south side of Rt. 82 near intersection of Old Route 8 in Northfield

BIKE LAW 101: SB 158 – A BILL PROTECTING RIDERS

By Steven M. Magas¹

“You don’t know me, but...” Didn’t those old American Express ads used to begin that way? The same applies here, I think. You don’t know me but... I’ve been asked by the Ohio Bicycle Federation to contribute a regular column on legal issues of interest to bicyclists. My background is in representing people injured, or the families of people killed, as the result of negligent motorists, errant dogs or faulty products. I’ve handled over 100 two-wheeled cases, including bicycle and motorcycle operators. I’ve also worked as an advocate with non-profit groups such as the Ohio Bike Federation and “Rails to Trails” promoting the education of both “the masses” and riders about rights, responsibilities and liability.

Every two-wheeled rider in Ohio should be aware of Ohio’s “**Senate Bill 158**.” Most legislation, unless it’s a helmet law, barely gets noticed by riders – but this one should get your attention because by the time you need it, it will be too late!

SB 158 is a bill pending *right now* which was jointly sponsored by a coalition of bicycle and motorcycle groups, known as the *Ohio Right-of-Way Working Group*. The American Motorcycle Association is part of this group, as well as the Central Ohio Bicycle Advocacy Coalition (COBAC), the Columbus Coalition of Motorcycle Riders, Concerned Motorcycle Riders of Ohio (CMRO), Confederation of Clubs of Ohio, Ohio Bicycle Federation, and Train MRO, Inc. Just what is so damn important that so many diverse groups are working together on getting this legislation passed into law?

SB 158 provides increased protection to two-wheeled riders from motorists by stiffening the penalties of seemingly “minor” traffic violations that lead to catastrophic



Indoor Bike Time Trials

Start to Finish Fitness is offering the opportunity to participate in an indoor biking time trial that will be held April 8th.

Time trial races provide the opportunity to experience a realistic race indoors. Participants have the option to use their own bikes for this virtual 10K course. The race is viewed on a big screen that allows riders to see their position relative to others.

Information such as speed, wattage, time and overall placing is also given. Overall results will be kept for men and women and athletes so they can compare their efforts to others around the country competing in similar indoor races.

For more information go to www.enduradawgs.com or call 216-397-0600

results. For example, causing a “rear-ender” [or, in legalese, violating the “assured clear distance ahead” rule] is a minor misdemeanor, with minor penalties. We all know a “rear-ender” can lead to serious injuries or death to those not encased in a 2500 pound metal box and riding on four wheels! SB 158 kicks up the penalty based on the injury. If the incident resulted in “serious physical harm to another” the violation becomes a misdemeanor. The penalties are increased to include up to 60 days in jail, a \$500 fine, license suspension and the imposition of two, three or even four points on the violator’s license! If a death is caused, the jail term under SB 158 can be 180 days, the fine \$1000.00, and the points assessed can be as many as six.

The other cool thing about SB 158 is that the fines imposed are to be deposited in a newly created fund – the “Highway Safety Education Fund.” These monies are to be spent **only** for “...educational activities related to highway safety.”

So, the first lesson of Bike Law 101 is this: Find your state representatives – House & Senate. Call, write or email them and tell them you ride and you’re part of the hundreds of thousands of educated riders in Ohio. Tell them you’re concerned that motorists who kill or maim are riders are getting off too easy. Tell them that that passage of SB 158 is critical to you and your fellow riders.

Good Luck and Good Riding!

Steve Magas is an avid cyclist as well as an Ohio trial lawyer. Steve is dedicated to protecting the rights of those who ride. Long known as “The Bike Lawyer” in the non-motorized two wheeled world of bicycling. Steve can be reached by phone [513-484-BIKE] or via email: BikeLawyer@aol.com, and offers a free consultation to talk about your particular issues.

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New “branding” for the co-op, seen in an old event

Besides the shop procedures and members’ services mentioned in the last Crankmail, in ’06 OCBC is clarifying how we fit in our community. Our mission statement has narrowed from a bunch of dependent clauses about “promoting” and “encouraging” to: “Help anyone help others to use bicycles as much as they can.” As much as we value resourcefulness, and are glad to present an alternative to Walmarts and landfills, our mission is not to just provide a place to buy, or dispose of, a used bike. And as much as we enjoy “cycling for fun and fitness” and want to foster “bike culture,” we are not a cycling club.

So what is our niche in society? One clause in the old statement was about “presenting” cycling events. Lots of folks do that, from Lance Armstrong to the Lake Erie Wheelers. We’ll be trying a different tack.

The Walk or Bike for the Earth (Sunday April 23) is an event that the OCBC has been a partner in since we began in 2000. The short (10,20 or 30 mile) urban routes are a good way to get out and see the arrival of Spring in the city’s neighborhoods. We provide mechanical bike safety checks for every bike at the event, most of which haven’t seen use since the fall. We’ll give as much of a safe-cycling speech as we feel folks can absorb, and ride leaders who’ll show how to use the streets safely. This year we will also be offering valet bike parking service for folks who choose not to drive to the ride, and at least some of the tens of thousands of others who visit the Zoo that day for Earthfest.

This is a great chance to catch some soft tires, dry chains, and loose seats – and more than a few missing brakes. There are always questions about where to ride, so we’ll hand out maps and copies of Crankmail, talk about our Bike Drivers’ ed classes, and generally try to help anyone use their bike as much as they can.



P.O. Box 844 Medina, OH 44258

Contact the following for information

www.medinabikeclub.org

President:	Dave Polcyn	330-723-3831	davepolcyn@zoominternet.net
Vice President:	Dave Ling	330-416-9421	ldbl3000@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary:	Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Evening Rides

Start at 6:30 pm (Pace: Moderate 12 - 15+ mph) with some exceptions, such as September when we start at 6:00 pm instead.

Evening Starting Locations:

April and May - Career Center
June - Buckeye Woods
July - Hubbard Valley
August - Career Center
September - Buckeye Woods

Sunday Morning Breakfast Rides

9:00 am (April & October). 8:00 am May through September.

Our NEW STARTING LOCATION is Buckeye Woods County Park located on route 162 between routes 3 and 42.

Sunday rides are generally 40 to 60 miles in length with breakfast at the halfway point.

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

CLUB NOTES: John attended tonight's meeting and still joined the club. Welcome John. Meetings are to be held the third Wednesday of each month at Donato's Pizza Restaurant. They have a private meeting room that can accommodate about thirty people.

The Tuesday evening ride schedule was established as can be seen by the start locations above. Wally reported that the Medina Corvette Club is willing to help the Twin Sizzler Bicycle Race by providing pace cars and sweep vehicles for the event. This should make the race a pretty classy event. President Dave reported on our duties for the race. Sweeping registration and street guards were among the duties we will need volunteers for. The club is donating five hundred dollars to AM-BUCKS for a custom fitted bicycle to go to a special needs resident of Medina County. And Sidney Fenn Elementary School is very thankful for our donation toward a bicycle rack at the school. Just recently children were given permission to ride bikes to school and parking them has been a problem. On the second Tuesday of the month we get together at a local pub through the winter so we don't lose our conditioning. My arm ached a little from lifting glasses of Moosehead, but I'll be better prepared for the Tuesday evening rides coming up now that the season has started.

LETTER FROM VETTER:

The Laurel Highlands Hiking Trail: Tom has taken up a new activity in addition to his cycling and caving. Tom is also a backpacker and he's gotten me interested as well. Recently we went to PA to check out Ohio Pyle area and the hiking trails there. We decided to hike the LHHT because it has shelters for sleeping and we would not have to carry tents on our hike. That meant we would be able to hike farther and faster and enjoy the woods just that much more.

We left on Friday with Tom driving the four hours to the trailhead parking lot. We geared up and set out stopping to fill out a registration form at the edge of the parking lot. The trail has mile markers all along the route and we were going from the East at mile mark 45.8 to mile mark 38.2 in the West. The weather was more than cooperative with mid-winter temperatures in the sixties. The trail started off with a nice downhill followed by what else but an immediate uphill. At the top of the ridge the trail meandered around and through some rock formations where we both decided that we did NOT need our jackets anymore. We stopped, packed up our jackets, and then started climbing around on the rocks. That was a fun break but there were still about eight miles to the campsite.

We followed the yellow blazes along the ridge-top until we came to the next point of interest. This would be some foliage we were unfamiliar with. What kind of plant has succulent oblong shiny leaves and is actively growing in the middle of winter? Tom had flash backs to his past experiences hiking in Hawaii and I imagined this is what Viet Nam might have looked like. The trail went through this PA jungle for a couple of hundred yards but not as the crow flies. Well if a crow got terribly drunk, maybe. It was more like being in a formal English Garden with one of those tall hedge mazes. Once through the jungle our pace settled down and we hiked along at a pretty good clip. The trail was pretty easy for the next few miles.

Crossing streams was made easy by the Department of Conservation and Natural Resources who took logs about ten or twelve feet long and cut them lengthwise to make a bridge about two feet wide. The log-halves were nailed together and set into the

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stream banks making a very stable very strong walkway. We were constantly reminded that we were missing a good biking weekend because every time we crossed a road or other trail we saw signs that said no biking on the trails.

Near the forty-mile mark we saw the “Beam Rocks” and made a note to explore them on the way back. By now it was after four o’clock and we were burning daylight. We were also getting tired. The wind was blowing over the tops of the trees making them sway back and forth but inside the forest it was pretty calm. We were still comfortable with our jackets still in our packs but by now the dogs were starting to bark. I was developing blisters on the heels of my feet and we still had almost two miles to go. I decided to keep hiking and felt I could take care of my feet at camp.

Our camp was to be at the summit campsite, which means on top of some hill. We climbed and climbed and finally we passed by a clearing where we hoped our shelter would be. It was not there and we climbed some more. We were almost to the point of thinking we missed the campsite and were making plans on what to do if we hiked all the way to the 38-mile marker without seeing a campsite. I told Tom I had seen a shelter building at the edge of the clearing but Tom insisted it was just a clump of bushes. Finally a sign indicated the shelter area was to our left.

When we got into camp the first thing we did was gather firewood and while Tom went to get water I started the fire. When Tom returned the fire was just getting big enough to provide some warmth. Tom cooked dinner for both of us on his portable camp stove and I kept stoking the fire. Dinner was a packet of rice with a packet of tuna thrown in for good measure. After we ate we looked over the map of the trail and tried to compare it to Tom’s GPS system maps. Both maps had one or two landmarks not listed on the other. This was to be our entertainment for the night.

The next morning I got the fire going again by blowing on some hot embers buried in the ashes. Tom boiled water for coffee and we ate cereal bars for breakfast. Next we packed up took some pictures and headed back to the car. As we neared “Beam Rocks” we saw some small caves so we dropped our packs and started to explore the rocks. This was a neat place and we spent about forty minutes crawling around on the rocks. I managed to go through a short cave. It was only about fifteen feet long but it was still very roomy. I surprised Tom by coming out the entrance just as he was entering it.

We got separated when I went off the trail to look for what we thought was a waterfall the day before. It turned out to be just small rapids in a stream about four feet wide. This is where Tom passed me by and got out in front. I didn’t catch up with him until he stopped to talk to a crew installing a replacement bridge. After crossing that bridge we both noticed the trail was easier to walk because the crew also chain sawed holes through fallen trees that blocked the trail. Once we got back to the car we changed into our street clothes and street shoes. My blisters had not gotten any worse and that was a relief. We drove back the turnpike where we found a pizza restaurant. We stopped and both ordered spaghetti dinners. I drank two root beers then at the gas station I bought two Arizona Iced Teas. After I drank them both down I started to count up the ounces of fluid I had just consumed. It was sixty-four but I was full now and our next stop would be a rest area. The trail is really nice and it’s easy to follow the yellow blazes. Oh, the shelter I thought I saw turned out to be tree limbs and at dusk without my glasses on they appeared to represent four posts with a gabled roof. It’s a good thing Tom didn’t bet me money on that one.

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April 2006 Wheelmen Calendar

Date	Starting Point	Destination	How Far	The etc's
Sunday ride times are 9:00 AM Eastern Daylight Time!				
04/02	Amheerst	Wakeman	42-49	the first long one of the season...with cutoff
04/06	Nordson Depot	Meeting	7:30 PM	be there!
04/09	Oberlin Inn	New London	53	what's gonna be open?
		Wakeman	32	probably the ole standby
04/16	Oberlin Inn	U-Show	25ish	an Easter Sunday ride
04/22	Nordson Depot	AFROST	25/50/62	a freebie invitation!
04/30	Oberlin Inn	Spencer	52	I hope it finally gets warm!
		A cut-off?	??	

Note the meeting on the FIRST Thursday of the month!

All Wheelmen rides require a helmet.

Amherst:

The Amherst start is the City parking area 3 located between Tenney & Park Avenues just east of Church Street. From SR-58, go west on Park Avenue. When you get to the bowling alley, look to the left...that's the lot! We meet on the south end near Tunney.

Oberlin:

The Oberlin start is in the Oberlin Inn parking lot located in the rear of the Inn.

Ride starting times:

Saturday morning rides will start from Prospect School at 9:00 AM.

Evening rides moved to the afternoon untill spring. If you want to join the retired group on **TUE & THU**, they'll leave from **Prospect School in Oberlin** at 3:30 PM so as to have enough light for a 20-30 miler. You'd better call one of the Oberlin boys to be sure of the time! The last 5 miles is on the Bike Path if darkness comes early.



COMMITTEE

JIM GERNSETTER - 216-371-8219
HOWARD GILMORE - 216-831-6248
BERNARD KOTTON - 216-292-3998
HOWARD LEVY - 216-831-7372
ROBERT SHWAB - 216-397-0150

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List All Adult Participants
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List All Minor Participants
(Under 18)

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ALL ADULT RIDING FAMILY MEMBERS MUST SIGN AND DATE THE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ON THE REVERSE SIDE.

Please return to: Jim GERNSETTER
Western Reserve Wheelers
19200 Cranwood Parkway

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IN CONSIDERATION of being able to participate in any way in _____ (Name of LAB Club) ("Club") sponsored
Bicycling Activities ("Activity") I, for myself my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of travelling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT PARALYSIS AND DEATH ("RISKS") (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I have as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advisers, and if applicable, and owners and lessors of the premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY "THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage or cost which any may occur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENTS OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: _____

ADDRESS: _____
(Street) (City) (State) (ZIP)

PHONE: _____

PARTICIPANT'S SIGNATURE (only if age 18 or over):

DATE: _____

I HAVE READ THIS RELEASE

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON "THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION, EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____

ADDRESS: _____
(Street) (City) (State) (ZIP)

PHONE: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18):

DATE: _____

Yo, Wheelers!

In case you didn't make it to our annual meeting held at the beginning of March, it was a great success. Dues were collected and the ride schedule for the year was presented by John Stork. We will attempt to keep you posted on the ride schedule through this column. It is important to remember that rides are subject to change and it is always a good idea to consult the Club's web site at WWW.WesternReserveWheelers.Com to verify any change.



For the benefit of those who prefer slower paced rides, the "C" Group or "Over The Hill Division" ride every Saturday and Sunday. Unless announced otherwise, rides always start at the "J", at the same time as the ride on the following day. From time to time the "C" Group will join up at the other starting points for the regularly scheduled ride.

Of considerable interest at the meeting was the showing by John Stork of crash scenes from various European rides, including the Tower de France. It was scary to see a pack moving at considerable speed with a rider who goes down, and takes several more riders with him. Not only do the riders get banged up, but the finely tuned bicycles the racers use take a big time beating.

It won't be long now before I start seeing all of you on our rides.

May the wind be at your back.
Ed Reichek

2006 RIDE SCHEDULE

DATE	LOCATION	TIME	START	DISTANCE
3/26	Shaker Lakes/Sunset Pool	9:00 a.m.	JCC	30/25
4/2	Solon/Chagrin Falls	9:00 a.m.	JCC	34/28
4/2	Chagrin Falls via Gates Mills	9:00 a.m.	JCC	37/28
4/16	Geauga Lake	9:00 a.m.	JCC	40/32
4/23	Willoughby	9:00 a.m.	JCC	45/32
4/30	Circle Chagrin	9:00 a.m.	JCC	46/41/32
5/7	Sam's Tinker Circle	8:30 a.m.*	JCC	42/38/30
5/14	County Line Special	8:30 a.m.	JCC	40

**** Note****

The "C" Group will be riding every Saturday and Sunday from the "J" at the same time as the ride Sunday start.

* Note the change until the fall.

Hey Cranky.....

What do you do when no one asks any questions? - Marty

Well Marty,

That leaves me wide open to write anything I want doesn't it? In this case, I will use the opportunity for shameless self promotion.

The Cleveland area has some great places to ride, as we articulated in last month's column, but getting maps to some of the rides can be a challenge. Many clubs have a library of maps or cue sheets that are passed out at the beginning of a ride and if you are like me, you saved the wrinkled, sweat-stained copies from the good club rides over the years. The CTC website has a great collection of pdf maps, and that is a good start, but what about rides in other parts of the area? The Lake Erie Wheelers have discussed collecting a library of maps and may someday post them like CTC, but so far, it has not happened.

A library of maps is a good source of information but still inadequate. Unless you are familiar with the terrain, you may not know that a ride to Burton could be a lot more difficult than a ride to Wellington. The Cycle Transportation Maps published by NOACA are also a good source of information if you know your destination and are looking for a good route, but what makes a route good or a destination worthwhile? If you ride primarily on the eastside you may not even know where Wellington is or that it is a good place to ride to. A westsider may only associate Burton and Chardon with the Maple Syrup Festivals and not realize what a great destination it is on a bike.

Another way of discovering good routes is to sign up for the many organized patch rides. There are rides in all parts of the six county area and once you discover a good route, you have a map, albeit wrinkled and stained, so you can go back on your own. The problem with that idea is that most organized rides have designated food, bathroom and water stops that won't be there when you go back four months later. Without research or local knowledge, you won't know there is a service station a half-mile to the left at the intersection where you are standing with your legs crossed and your eyes watering looking for a place to go.

What is needed is a guide on where to ride in the Cleveland area with detailed directions, giving an indication of difficulty and what to expect, listing food and restrooms, and points of interest. That is just what we set out to do last fall, develop CrankMail's Guide to the Ten Best Rides in Cleveland.

So how did you come up with the Ten Best? We started by setting the parameters for a good day's ride as between 60 and 80 miles. Any longer and it may be out of reach for some riders and any shorter and we risk making it so short that it is no longer the focus of the day. Our goal is to have you pick a day, select a ride, and make it that day's event, riding at a pace that you will enjoy

everything that route has to offer. We also had the requirement that the starting point have adequate parking and a public restroom if not right there, then very nearby. Water at the start was a consideration but not a requirement. Since these are to be 'a good day's ride', we also required there be a restaurant around the half-way point. Finally, we wanted rides that were diverse and showcased all that the area has to offer the cyclist.

We took these criteria to the local bike clubs and asked for input on their favorites. We took the feedback, combined it with our own prejudices and experience then selected rides that were both geographically disperse and different in character. Some are quite familiar while others may be new to many of you. Some are urban, others are very rural. Some are hilly while others are not so much so. We are hoping for a reaction something like, "Great! I always wanted to ride there but didn't know a good route."

Once the routes were defined, we created detailed cue sheets that list not only the roads, turns, and distances but where space permitted, historical or geographic points of interest and directions to any nearby food, water, and restrooms. We also made sure to point out every good ice cream stop along the way.

The cuesheets are assembled into a booklet that is the same size as CrankMail. We like that size as it is a standard letter format folded in half and allows us to put each ride on one sheet (one sheet is four CrankMail pages front and back). This allows you to open up the booklet and photocopy each ride to take with you as a complete one-page self contained guide. One side (two pages) has the cue sheets while the other side has an introductory page describing the ride, directions to the start, points of interest, a description of the relative difficulty, and an elevation profile so you know what you are in for. Hopefully, it is just enough information to entice you to try it. The last page is reserved for small maps of any tricky turns or congested areas.

Some of us are verbal and prefer the cue sheets while others are visual and like to use maps, so we also are including a CD that will contain the entire route in letter-size maps. Everything will be in greyscale so it will be easy to photocopy.

CrankMail's Guide to the Ten Best Rides in Cleveland is being offered for a \$10 donation, just a buck a ride and will be available in the next month or so. This project has been a little bit more work than we imagined and you'll have to bear with us while we finish things up. Proceeds, if we end up with any, will be spent on promoting cycling. We plan to first stabilize the CrankMail bank account, hold subscription prices to current levels (and perhaps drop them back to a \$1 a copy as it is easier to count), and then make donations to worthy causes.

They can be ordered through the CrankMail website or by sending a check to us through the mail. We will offer a discounted price to clubs and bike shops who want to order them in quantities of 10 or more.

I suppose you want to know what the Ten Best Rides are, well, you are going to have to order the booklet since I've run out of space. Sorry. 😊



P.O. BOX 26146, FAIRVIEW PARK, OHIO 44126-0146
lakeeriewheelers@yahoo.com www.lakeeriewheelers.org

LEW Club Weekend & Holiday Ride Schedule

- Apr. 2 10:00 Scenic Park to Euclid - 45 flat miles.
Apr. 8 7:00 Long Distance Training Ride - 100/200km - Middleburg Hts.
Apr. 9 9:00 Olmsted Falls to Medina - 46 miles.
Apr. 15 9:00 Women's Ride: Lakewood Park to Little Italy - 20 miles.
Apr. 16 9:00 Bonnie Park to Richfield - 40 hilly miles.
Apr. 22 6:00 Long Distance Training Ride - 300km - Middleburg Hts.
Apr. 23 9:00 Olmsted Falls to Oberlin and Kipton - 50/60 miles.
Apr. 30 9:00 Brecksville (Station Road) to Kent - miles.

May 7 9:00 Bonnie Park to Peninsula - Stanford House Pancakes - 50 miles.
May 14 9:00 Bonnie Park to Scenic Park - 25 miles.
May 14 10:00 Bike Path Ride: Berea Falls to Scenic Park.
May 20 9:00 Women's Ride: Hinckley to Sharon Township - 30 miles.

Ride Start Locations (Please consult club website for maps & details):

- Berea Falls In S. Rocky River Reservation, on Valley Parkway, ¼ mile north of Barrett Road (¾ mile north of Bagley Road; near viewing platform).
Bonnie Park In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.
Brecksville in Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
Hinckley Res. Parking lot on Bellus Rd., across from Hinckley Lake, just east of Hinckley Hills Rd. (Ohio 606) in Hinckley, Ohio.
Lakewood Park Picnic area and parking lot north of Lake and Belle Avenues.
Middleburg Hts. Parking Lot of Motel 6 in Middleburg Heights, Ohio, just south of Bagley and Engle Roads.
Olmsted Falls Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.

Weekday Rides:

Tuesday Evenings – Short, slower (C-pace) rides starting on April 18, from the parking lot behind the Fairview Park Post Office at West 220th Street & Lorain Road, 6:30 p.m., weather permitting. Usually 10 to 18 miles in length, these are recommended for beginning and slower riders. For details call Greg James at 440-331-9419.

Wednesday Evenings – The “Mod” (Moderate Pace) Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, beginning April 19, weather permitting, of course. These qualify as B rides, with distances varying from 20 to 40 miles, and will be led by Marc Snitzer and Greg James. For more information, contact Marc Snitzer at 440-236-3017, e-mail at msnit@juno.com, or Greg James at 440-331-9419 (email at clockwerke@aol.com).

Regular Club Wednesday Evenings – Moderate to fast pace, 20-30 mile rides starting at 6:30 pm (meet at 6: 15 pm from the parking lot of the Spin Bike Shop in Lakewood at 14515 Madison Ave. (two blocks east of Madison & Warren), weather permitting. For details, contact Doug Barr at 440-734-1715 (ospdoug@aol.com).

Weekend Club Rides

In the interest of looking out for the well-being of club members and guests, each ride will have a Ride Leader, who volunteers for the month, and a defined pace. Their responsibility is to keep the main group at that pace, and ensure that no riders are left behind. All riders must wear an approved helmet. The ride pace levels are as follows:

- A – Brisk pace with paceline likely, regrouping every 30 to 60 minutes with a 10-minute wait, maximum. Usual speed is 18 – 20+ mph.
- B – Touring pace with pacelines possible, regrouping every 30 to 45 minutes and waiting for all riders to assemble. Usual speeds are 15 – 18 mph.
- C – Relaxed pace with no pacelines and frequent regroups for all riders. Usual speeds are 12 – 15 mph.

As of this writing, we are anxiously awaiting volunteers for Ride Leaders for April, and May. If no one has stepped forward, leaders will be selected from amongst members attending the rides, and maps may not be provided for riders.

If the scheduled ride for any given date is an invitational, or starts outside the tri-county area (Cuyahoga, Lorain, Medina), a pick-up ride will start from Olmsted Falls East River Park at the normal start time for the month.

Weekday Rides Returning This Month

The Tuesday Night Rides will start on April 18th at 6:30 at the Fairview Park Post Office, weather permitting (start at 6:00 in Fall). Greg James will lead the rides this year, with some assistance from other individuals. As Class C rides, 10 to 18 miles in length, these are recommended for beginning and slower riders, plus new club members. Also a good way to make our acquaintance (invite someone you know). For more information, contact Greg James at 440-331-9419 (clockwerke@aol.com).

The Wednesday Night “Mod” Ride (moderate pace) leaves from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, starting April 19th. Our routes are for those who prefer quiet country roads. By necessity, we may find ourselves on busy roads, but we try to limit those times to short stretches. Most days we get back before dark, but it’s a good idea to have lights and reflectors, especially early and late in the season. The pace and speed of our rides varies depending on who shows up; we usually ride at a Class B pace. We can ride about 20 to 40 miles, but at the beginning and the end of the season it’s usually shorter than that. For more information please call (or email) your fearless leaders Marc Snitzer at 440-236-3017 (msnit@juno.com), or Greg James at 440-331-9419 (clockwerke@aol.com).

In addition, there will be the Regular Wednesday Night Rides out of the Spin Bike Shop in Lakewood for the swifter riders. Contact Doug Barr for details.

This early in the riding season, we strongly recommend using lights and reflectors on your bicycle, to reduce the risk of accidents: it helps to be seen, and to see the road.

The March, 2006 Club Meeting

The meeting opened with the President introducing four new members attending that evening. This was followed by the Secretary’s report, which was accepted. The

Treasurer's report indicated a comfortable balance sufficient for anticipated needs. The Membership Chairman reported 80 members, new and renewed, as of that day.

Old business started with the 2006 Rail-n-Trail: we are currently seeking sponsors, and have signed up several, starting with a Holiday Inn franchise. We are also seeking arrangements with the establishments in Thornburgh Station, including Park City Diner & Lockkeepers. Sponsors will be listed on the event banners, the web page, registration materials, and Rail-n-Trail T-shirts.

The event website is up, including an early-bird online registration, available thru April 15th. The sellout limit is expected to be between 280 and 320 riders. For the Road Option, Eric Overton has designed four route loops to provide a choice of 35mi, 100km, and 100mi rides. Regarding the road construction in Akron between the CVSR train station and the Towpath trailhead, Dick Edmister has contacted the City Engineer's office and expressed our concerns. By July we will know better what conditions to anticipate; we may also receive some police assistance by the city of Akron.

Regarding the Blue Ridge Parkway Tour, the route has been established, and hotel reservations have been booked (but not necessarily limiting the potential number of participants); sixteen riders have signed up so far. The club jerseys have been redesigned for better nighttime visibility, and to avoid conflict with Spin Bike Shop's logo. After a sample of the design was displayed, it was moved to accept the new design; the motion was seconded and carried. An order blank will be posted on the club website for anyone interested.

Eric Overton announced the Long-Distance Training Rides, which will be held in April (see schedule). This was followed by a discussion of the new ride season that started in March, after which John Clay spoke on Randonneuring. The meeting then adjourned.

The 2006 Women's Rides Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, we are pleased to announce the Lake Erie Wheelers Women's Rides, which will be held on the third Saturday of each month, from April through October. This year, we'll offer fun new rides (B-C pace) led by different group members. Please check the ride schedule on the Lake Erie Wheelers web site, in CrankMail or contact Bonnie Vargo (vargobb@hotmail.com), for ride starting locations and destinations.

The 2006 Ohio Bike Path Series

This year we are proud to continue the popular Ohio Bike Path Series, conducted entirely on bicycle paths or all-purpose trails, supplementing the regular Sunday rides. These will usually be held the second Sunday of each month, from May to October. Last year we drew many members, their families, and some guests. We hope to attract new riders unused to riding in groups, folks uncomfortable riding on roads and competing with motor vehicles, and seasoned riders out for the pure joy of riding with friends.

These will be "C" level rides, beginning at 10:00am, with a stop for lunch. All riders must wear a helmet and be club members, unless a signed signature card is obtained in advance. All children under 16 must be accompanied by an adult.

The Ohio Bike Path rides, distances, & Ride Leaders, for the early 2006 Season:

May 14	Berea Falls to Scenic Park	28 miles	John Whitaker
June 11	Elyria to Kipton via North Coast Inland Trail	28 miles	Dan Izuka

Please consult the 2006 Club Ride Schedule (included in member packet) for more Ohio Bike Path Rides.

Touring Division News

Tom Meara will continue as Chairman of the Touring Division. While the activities of the LEW Touring Special Interest Group (TOURSIG) have been scaled back due to a decline in interest during the previous year, the goals still include the following:

- Developing overnight tour destinations and dates
- Sharing of commercial tour information and brochures
- Making plans for identifying tour groups with other local clubs

Tom is also interested in attracting LEW members who have are enthusiastic about touring, overnight and otherwise. Anyone interested can contact him at 440-777-2563, or email him at tmeara@wowway.com. Volunteers are needed for Ride Captains.

Planned overnight tours for the 2006 Touring Season:

Tour Destination	Date	Ride Captains
Stanford House (Pancake ride)	April 29, 30	TBA
Findlay Lake State Park	May 20, 21	TBA
Blue Ridge Parkway Tour	May 27-June 3	TBA
Popcorn/Hancock Horizontal Hundred	Sept. 8-10	TBA

Please consult the 2006 Club Ride Schedule for more Touring Rides. Starting locations and times TBA. Rides are RSVP; please notify Tom Meara promptly to be included. Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained).

The April, 2006 Club Meeting

Will be held on April 11, 2006, the second Tuesday of the month, at the Bike Authority Store at 7979 Broadview Rd., near Wallings Rd., in Broadview Heights. This will also be the last club meeting of the season. The regular club meetings will resume on October 10th, at a location yet to be determined, and will continue on the second Tuesday of each month thereafter.



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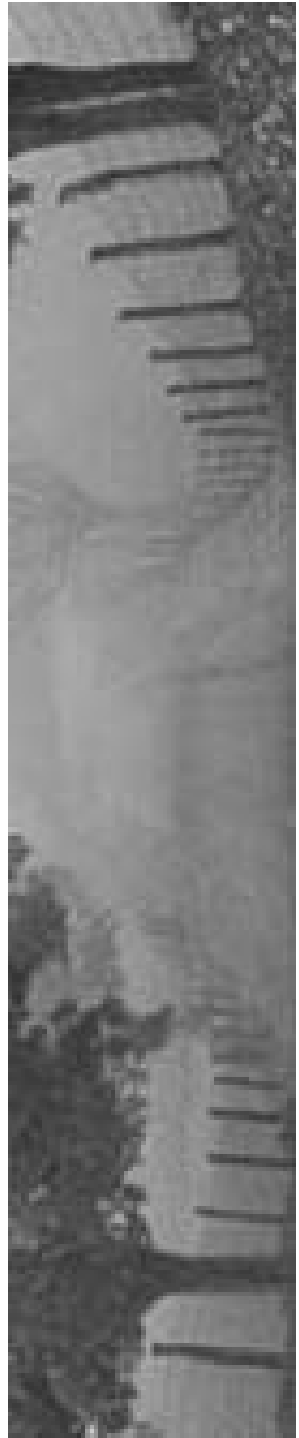
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