

CRANKMAIL

THE DEFINITIVE VOICE OF CYCLISTS IN NORTHERN OHIO

APRIL/MAY 2008



What's up Cleveland?

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IN THE ZONE

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CLEVELAN

CRANKMAIL

THE DEFINITIVE VOICE OF CYCLISTS IN
NORTHERN OHIO

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FROM THE EDITOR

Cleveland has come a LONG way

Well, we have had overwhelming response from people who wanted to get involved with Crankmail that our email boxes have been JAMMED!!! Our heartfelt thanks to all of you that wanted to donate your free time to the cause!

We are very proud to announce that Cleveland has made some real serious changes! Read on...for those who played a part...pat yourselves on the back.

Bravo Cleveland, BRAVO!!!

Viva La Crankmail!

Cory

Corysmith@crankmail.com

Fund started for local cyclist

Last October, local cyclist Jill Krause was seriously injured when she was run over in front of Rocky River High School by a car making a left-hand turn. Both her hands and both legs were broken; one leg was crushed and has required multiple surgeries, as well as a bone graft from her hip.

If you would like to make a donation to help offset Jill's medical expenses, you can do so at any branch of Fifth Third Bank, or by sending a check to

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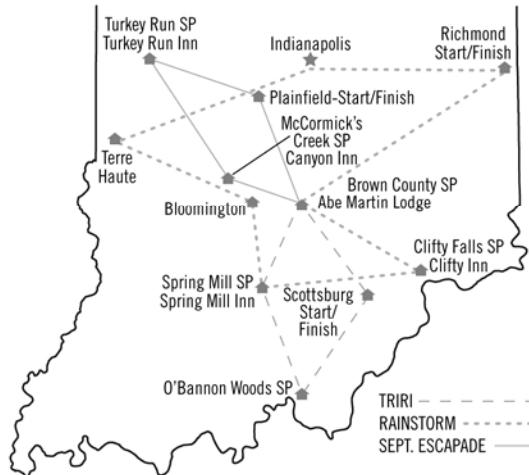
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**HEY CRANKY, WHAT DO YOU
THINK ABOUT THESE
BIKING SANDALS THAT
WORK WITH CLIPLESS
PEDALS?** – Matt M., Brooklyn

Matt, I think they're great for people with good-looking toes. Just as there are some cyclists who shouldn't walk around in just their bib shorts after an event, there are some cyclists whose feet shouldn't see the light of day. Assuming the sight of your toes won't elicit screams from small children, I say give them a try. My biggest complaint is that the strap placements often give you goofy tan lines on your feet, but you're a cyclist – you've got goofy tan lines everywhere. Just please don't wear them with socks. I know we cyclists aren't the most fashion-forward crowd, but there have to be some limits.

**HEY CRANKY, MY GIRLFRIEND IS A PRETTY SERIOUS CYCLIST AND WANTS
ME TO START RIDING WITH HER, BUT I'M AFRAID SHE'LL SMOKE ME – ANY
ADVICE?** – Jon S., Lakewood

Oh, Jon, what a lovely problem to have. Your girlfriend probably has nice legs and a great butt (female cyclists always do), and spends lots of time riding with men who probably look good in spandex (or at least better than you do), and yet she still wants to bring you along. This is a sure sign that she loves you unconditionally and would be willing to tool around with you at twelve miles an hour while you get accustomed to riding. You'll eventually get tired of riding behind her all the time (or maybe not – as I said, she probably has a great butt), which should be sufficient motivation to become a strong rider yourself – a real cyclist, if you will. Just check with her before you shave your legs – some chicks don't appreciate a man who has smoother legs than they do.

**HEY CRANKY, DO YOU EVER GET EMBARRASSED WALKING INTO A PUBLIC
PLACE IN YOUR RIDING CLOTHES WHEN YOU HAVE MAKE A PIT STOP TO GET
FOOD, USE A RESTROOM, ETC.?** – Beth R., Ashtabula

Honestly, Beth, if I could go everywhere in my biking costume (as some of my non-cyclist friends call it), I would be a happy man. Have you ever noticed how much friendlier people are when you're wearing spandex and carrying your helmet? The cashier at the drugstore asks if it's hot enough out there for me; the girl at the ice cream shop asks how far I've ridden thus far and is amazed when I say 15 miles (I wish I always got that reaction); and the old guy sitting next to me at the bar launches into a story about the Schwinn he had when he was a kid, how much he loved that bike. Nobody says jack to me when I'm at these places in my street clothes. Something about my wearing spandex in an environment where most people aren't spurs people to talk to me, and I wouldn't have it any other way.

Questions or comments for Cranky? Forget about it, he won't answer any of them or if you like, email him at cranky@Iamnotgonnaansweryou.com or better yet, send it to Cranky's boss at corysmith@crankmail.com and we will forward over your questions and comments.

Cranky is a strongly opinionated cyclist who resides in Northeastern Ohio & fights for all cyclists rights. His views and opinions are not necessarily those of CrankMail or ClevelandBikes. So, don't complain to us.

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May 2, 2008 FOR IMMEDIATE RELEASE

Celebrate Cleveland Bicycle Week/Ozone Action Day Program Kick-off

Cleveland - Have outrageous gas prices convinced you to try an alternative to driving to work? Would you like to do something positive for the environment and have fun at the same time? During May 10-18, 2008, Northeast Ohio will celebrate Cleveland Bicycle Week, part of National Bike-To-Work Week. Cleveland Bicycle Week, sponsored by numerous organizations, will feature daily events and activities that encourage bicycle ridership, including:

- **Daily Bike to Work events** – join experienced cyclists from ClevelandBikes at one of eight locations and bike to downtown Cleveland. Meet at the downtown YMCA (another sponsor), at 2200 Prospect Avenue for coffee, pastry and raffle prizes at the end of your commute.
- A **Bicycle Conference** sponsored by NOACA, the City of Cleveland, and the Cleveland Public Library – participate in a bicycle conference at the downtown library on Thursday, May 15
- **Bicycle Movies Night**, a project of Walk+Roll Cleveland at the Museum of Natural History - see films made by cyclists about bikes
- **Bike Imitates Art** - A bicycle-themed art show organized by Fast Track Cycling at Lake Erie Artists Gallery
- **Four fun evening rides** led by Cleveland Metroparks, Slavic Village Community Development Corporation, Century Cycles and the Cleveland Area Mountain Bike Association
- **Bicycle Scavenger Hunt** with the Ohio City Bicycle Coop

For complete details about Cleveland Bicycle Week events, visit the Web site, www.clevelandbicycleweek.org, or visit www.noaca.org and click on the yellow triangle.

“Cleveland Bicycle Week is going to be the fun event of the spring,” notes Sally Hanley, NOACA transportation planner and avid bicycle commuter. “I highly recommend the bicycle conference at the Cleveland Public Library. There will be two tracks, one for professionals and another for the public. The professional track, for public officials, will feature speakers who have made bicycle improvements in their communities and how they did it, and the public track will highlight the local bicycle scene, Northeast Ohio bike facilities and laws pertaining to bicyclists.”

For anyone that wants to bike to work, but would prefer to ride with a companion, NOACA has a new service, OhioBikeBuddies. Bicyclists can register with the service, a component of the Ohio Rideshare Program, and find others to commute to work with by bike. Visit www.ohiorideshare.com to register.

Cleveland Bicycle Week also coincides with the start of the Ozone Action Day season. During the summer months, NOACA announces when ozone is expected to be high, and encourages volunteer activities – like riding a bike to work – to help reduce air pollution.

2 locations

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"As part of the program, NOACA will e-mail air quality advisories to individuals upon request," says Amy Wainright, NOACA Environmental Planner. It is currently a great time to register to receive air quality advisories. Everyone who signs up between now and May 16 will have the chance to win a 2008 Raleigh Mojave mountain bike from Century Cycles in Rocky River.

Many other organizations are also sponsoring Cleveland Bicycle Week, including University Circle Inc., Earth Day Coalition, Slavic Village CDC, GreenCityBlue-Lake Institute and OPC Cleveland. "The more participants there are for Cleveland Bicycle Week, the more successful it will be," says Hanley. "Invite your friends and family to participate in one or more events."

* * * * *

The Northeast Ohio Areawide Coordinating Agency (NOACA) is a transportation and environmental planning agency that represents state, county, city, village, and township officials. NOACA addresses the transportation, air quality, and water quality needs of Cuyahoga, Geauga, Lake, Lorain and Medina counties. NOACA and its partners cooperatively develop and implement plans to ensure that travel throughout the region is safe, cost-effective and environmentally sound.

League of American Bicyclists Announces the Latest Bike Friendly Community Awards

Today, eleven communities were honored with the League of American Bicyclists prestigious Bicycle Friendly Community designation and eleven communities renewed their designation. "This round brings into focus both the geographic and demographic diversity of designated communities," League President Andy Clarke said. "These are all cities that are realizing the potential of bicycling to address the challenges of climate change, traffic congestion, rising obesity rates, and soaring fuel prices."

The Bicycle Friendly Community program is revolutionizing the way communities evaluate their quality of life and transportation network. These new winners bring the total number of Bike Friendly Communities to 84, stretching across 31 states. The League awards this four-year designation to communities that have made impressive, measurable efforts to integrate bicyclists into the community. There are four levels—platinum, gold, silver and bronze—awarded twice each year.

This designation is one with real meaning—it is difficult to earn and important to renew. In addition to the winning communities, 16 additional communities applied in this round but did not reach. Since the program's inception in 2003, 212 communities have applied and 84 current have a bronze or higher designation. Ten communities were given honorable mentions as well. It is important to recognize communities as they begin to build bicycle friendliness into their network. But a designation only goes to communities with established records in two or more of the five categories which are known as the [Five E's](#): **E**ducation: Does the community have systems in place to train children and adult cyclists? **E**ngineering: Are bicyclists included in the city's transportation plan? **E**nforcement: Do police officers understand and enforce bicyclists' rights and responsibilities? **E**ncouragement: Does the community participate in Bike Month, offer bike rodeos, host community bike rides, or otherwise encourage cycling? **E**valuation: Does the community have methods in place to ensure their bicyclist programs are making a difference?

And who made an honorable mention?...**Cleveland, OH!!!!** (Yes, Believe it!). Other cities who receive the mention were; Flint, Mich., Morgan Hill, Calif., New Haven, Conn., New Orleans, La., Northampton, Mass., Point Pleasant Beach, N.J., Roanoke, Va., Sarasota County, Fla., Venice, Fla.

About the BFC Program

The BFC program was initiated in 2003 and has received applications from more than 213 communities. Currently 84 cities and counties are designated Bicycle Friendly Communities. Applicants complete a detailed on-line form with numerous questions in five key areas: engineering, education, encouragement, enforcement, and evaluation/planning. Local cyclists, national experts, and League staff review the applications. For the complete list of Bicycle Friendly Communities and more information on the program visit www.bikeleague.org/ programs/communities.

These are some pretty nice cities...many of which I would love to live in...it is pretty cool that Cleveland is making some real changes—Editor.

You Don't Usually See My Kind on a Bicycle Ann Fohl

Coral pink toenails peek out of my Shimano sandals. A long, blonde ponytail sprouts out of my helmet. I wear racerback tank tops and roll up my shorts to get the least offensive tan lines possible. A big, burly guy on a Harley once rode up next to me so he could nod his approval.

Not only am I a woman, but I'm a 26-year-old woman at that. And let me tell you, it's a pretty lonely road out there.

The final report of the 2007 Tour of the Scioto River Valley (TOSRV) states that of the 2,530 riders registered, 550 were female (21.7 percent) and just 73 were between the ages of 21 and 30 (2.9 percent). Now, I'm no statistician, but those figures suggest that the chances of my running into another woman my age on TOSRV were pretty slim. What's the deal?

Tackling the gender issue first, I can see why more women don't ride. I suspect it's the same reason the sport of cycling in general has a hard time attracting new riders – the road's a scary place in a lot of ways, many of which are amplified if you're female. Contending with automobile traffic can be challenging, the thought of being stranded alone with a flat tire is not a pleasant one, and riding with a group of testosterone-charged wannabe racers who aren't hesitant to drop you no matter how cute you are is equal parts intimidating and annoying.

Thankfully, I was brought into the sport by one of the most patient guys I know – my dad, often referred to as long-suffering Leo – so the notion of male riders necessarily being jerks was quickly debunked, a trend that has, for the most part, continued throughout my experience on the road. Most of you guys are nice, even if you are faster than me. And drivers aren't all that horrific, either – I tend to do as many stupid things on my bike as they do in their cars.

As for why more young people don't ride, I don't know. Apparently it's not cool to wake up not hungover on a Sunday morning to ride a metric through Amish country with a bunch of old guys who wear spandex and may or may not shave their legs. To that I say, as befits my generation, "Whatever."

Honestly, though, cycling's an expensive sport – it's not like running where if you have a pair of shoes, you're good to go. I bet most people my age could come up with better ways to spend \$1,500 than on the accoutrements required to look like a real roadie – an unnecessarily lightweight bike with frighteningly skinny tires; a saddle that looks like it prohibits comfort rather than encourages it; a helmet that's going to make you look like a dork no matter how expensive it is; fancy clippy shoes that make walking an adventure; and a brand new skin-tight wardrobe. Paying rent and student loans come to mind as worthier expenses.

I don't have the answer as to how to get more women and younger people on the road, but I can say this – if my dad hadn't asked me to ride with him, I probably never would have taken up cycling. So if you're reading this and have a wife, child or friend you've never invited to rent a bike and go for a short, leisurely ride on the Towpath (I know, most of us aren't good at either short or leisurely), what are you waiting for? A note – promising your companion a post-ride beer at the Winking Lizard always improves your odds of hearing "yes."



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Great tour, great wine, great fun - what better way to enjoy the Dog Days of Summer?



Marty's Corner

The Illegals

The sun was beginning to set and in these latitudes that meant another 20 minutes of daylight

before...before....well before we'd be groping along the barbed wire looking for a gap. We'd been cycling all day after leaving the Chiricahua National Monument, a gorgeous park in southeast Arizona with the most bizarre rock formations we'd ever seen. We had food and water but no campsite and it was getting late. Our only chance was guerilla camping but the sagebrush ranches were all barbed-wired for miles. And then we saw it, an abandoned ranch with an old metal Quonset hut and a rutted driveway leading behind. This is it! Edie did not look pleased.

Me, I can put up with beautiful scenery, quiet campfires and soft rustling of a breezes as long as I can guerilla camp. Edie prefers legitimacy. I don't know what's wrong with her. The world's filled with little nooks and crannies just begging to be camped on. Better we should throw ourselves on the tender mercies and graveled pads of a brightly lighted all night RV park? We'd done that already.

We'd been traveling for over a week and adjusting to the Arizona way. No more little country roads dropping into quiet streams and climbing winding hills. The roads were mostly wide, the scenery grand. Everything was on a big scale. Mountains in the distance might be a few hours' ride away...or a few days. A pee break didn't take place comfortably deep in the nearest forest, but furtively behind a spindly cactus.

Towns were far apart too. This was nearly our downfall our first day out. A half day's ride from Tucson Edie's left crank arm fell off and shortly thereafter my front derailleur broke. Now I can live without a front derailleur, but Edie seemed unduly alarmed by the detached crank arm. We had to call our hosts. Our hosts were the most wonderful folks. We'd contacted them by email, listed, as they were, as the touring directors for Tucson's bike association. We wanted to know about camping.

Turns out, they'd never camped. They stayed at motels. But between the emails, we established a very nice relationship. And in no time, they'd offered to pick up our shipped bikes, pick us up at the airport and host us at their house overnight. Sight unseen. And now their hospitality was being taxed as they came to pick us up on a lonely Arizona road and haul us back to the bike shop for repairs and another night's stay at their house.

Illegals steal, litter, deal in drugs and are a menace to society and a deadly threat to life and property.

Camping in Arizona had its delights. With the low humidity we could leave shoes, clothing and maps out at night with no moisture to affect them. We never listened to the weather forecast. It was always nice and sunny. With all the mountains around we found a mix of cycling with a few days hiking in between to be ideal. But there had always been an RV park at the end of the day.



The abandoned Quonset Hut...What lies lurking inside? An airplane for a drug smuggling operation? An exit point for an under the border tunnel? Only "The Coop" knows for sure.

Very reluctantly, and by the dim light of our headlamps we blundered into the sticker bushes behind the Quonset hut. We'd heard of goat-head thorns. Now we felt them. Trying to keep the bike tires clear we managed to set up camp in a thicket that offered some visual protection. Protection from what, you ask? The nearest ranch house was $\frac{1}{2}$ mile off. But Edie had noticed discarded clothing and day packs along the road. And dozens of border patrol vehicles roaring past, or maybe just one guy roaring past dozens of times. Behind the Quonset hut she noticed more discarded clothing. Illegals!

The folks in Arizona, regardless of social station or political affiliation agree on one thing. They hate illegals. You don't have to ask; they'll strike up a conversation about it from out of the blue. Illegals steal, litter, deal in drugs and are a menace to society and a deadly threat to life and property. We tried to make light of such conversations by talking about our own illegals, Canadians sneaking across the border of Lake Erie to take advantage of a cheap U.S. dollar and make off with our merchandise. This did not go over well.

Edie kept a wary eye on the darkness beyond. Every car headlight approaching on the nearby road was followed by her gaze until it passed well by. Every scratch in the ground or scrape on a bush could be a squirrel bedding down for the night... or... illegals. She got a fitful night's sleep. Had I been a less scrupulous person I would have been tempted to sneak outside the tent at night, bump hard against it and mutter something threatening in Spanish. Truth be told it wasn't scruples that prevented me. I just don't speak Spanish. And, a dozen miles from the Mexican border I didn't think a few phrases in French would have had the same effect.

We had a fine night and a fine trip. We never did meet an illegal. But if you're traveling down some lonely Arizona highway, and realize you've left some gear behind, take a gander on the side of the road. Chances are someone making a run from the border has left an item for you.

Marty "The Coop" Cooperman



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2008 REGIONAL ROAD RACE CALENDAR

Welcome to the Lake Erie Racing Association Calendar, (we have provided just a small glimpse of upcoming races) a comprehensive listing of bicycle road races for Western Pennsylvania and Northeast Ohio, plus selected outlying races.

For the full on-line calendar, please visit lakeerieracing.webs.com

Tuesdays 4/8 – 9/23

13th Westlake Training CR Series
Westlake, OH

Chris Riccardi
chris16@stratos.net

Sun 5/18

12th Chippewa Creek Road Race (CR)
Brecksville, OH
chippewacreekrr.webs.com

Charles Howe
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Sunday – May 18th
(1PM – 4PM)

IN THE ZONE Rides you shouldn't miss

Hey **ladies**...if you're looking for new group of fun women to roll with, check out the "**Spin Sisters**". They're celebrating 7 years of cycling and welcome all newcomers. They typically ride together one or two Sundays a month in the Northern Ohio area. If interested, email **Arline** at arlinebikes@att.net

Vulture's Knob...as any Mountain biker knows, is one of the most recognized cycling venues in the state of Ohio and has recently scheduled its own **6 race series** for the 2008 season!! V.Knob is located w/in 125 acres of rolling hills in Wooster Ohio. Over 100 races have been run at the Knob including epic 12 hour and 24 hour races, cyclocross, and adventure races along with the popular cross-country race series. The facilities are **open 365 days a year** for open riding & camping. The first race in the series is April 27th. Visit www.camba.us.com for more details on the additional race dates as well as much more mountain biking news!

Become a part of history and join the 20th annual Great Ohio Bicycle Adventure, June 14th - 21st. This year's GOBA route pays homage to the history of the train systems while celebrating our special year. Join us on our 20th journey, including a special bicycle parade that we want everyone to participate in, a first-ever contest for unique rider numbers, a rolling terrain that won't leave you bored, and just maybe a ride on a train! All aboard for GOBA 2008! NOTE: The deadline is near; registrations must be received by [May 14](#). For more details go to www.goba.com

Century Cycles and Bay High School (BHS) are teaming up to encourage BHS students to kick the car habit and ride their bikes to school during Bike To School Month on **April 28 - May 23, 2008**. Co-sponsored by Century Cycles and the Project Earth environmental club at BHS, Bike To School Month educates students on the environmental and health benefits of forgoing motorized transportation, plus it **rewards** them with prizes as they accumulate bike-rides to school throughout the month.



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Jerry's Jeromesville Journey

A Freebie Century

Saturday, May 24, 2008

This has been a traditional Club Century for about 20 years and all who ride it find it offers a varying challenge depending on the wind. The northern half is mostly flat while still in Lorain County. The terrain starts to give way to some rollers as you get deeper into Ashland County. There's a real good one just outside Hayesville. The ride home gets easier (if that's possible in a century) as you get further north. The route loses altitude as you make your way toward Oberlin and if there's a tailwind, it's a real "breeze".

This is a freebie century through southern Lorain and northern Ashland Counties. The route takes us south from Oberlin through some rolling Amish countryside to Jeromesville. Then it's west on part of the Cardinal Trail to Ashland. From here, we'll head back home via route 511. Plan for stops in Hayesville & Olivesburg (for BIG ice cream cones) and Nova to refuel. It wouldn't hurt to take a Powerbar or two along, just in case. For those who think 50 miles or so is enough, there's a cutoff at Ashland County Road 500 to accommodate you. Food is nil on this route!

The ride will start in Oberlin OH at the Oberlin Depot at 8:00 AM on Saturday, May 24, 2008. The Depot is just off South Main Street a few blocks south of Tappen Square ... the center of town and the intersection of State routes 58 & 511. From Tappen Square, drive south on Main Street until you see the McDonalds & the Bike Path ... you're there! If you're unfamiliar with the area a map of the Oberlin area is available on our web site <http://www.lorainwheelmen.org> in Adobe Acrobat format. There is also a Garmin POI file for the techies.

for more info, see our Web site: <http://www.lorainwheelmen.org/jjj.htm>
or e-mail us at rides@lorainwheelmen.org



Cleveland Touring Club presents *Sunday in June* – June 8th.

Mark your calendar; *SIJ* is always the second Sunday in June. As in the past, the tour offers 25, 50, 62 & 100 mile routes. As a CTC member you can register for the ride for \$12 – a real bargain. Early registration **must be postmarked by May 24th**, so don't delay, register today!

Annual Club Membership starts May 1st each year; so no matter when you sign up with the club, your membership runs from May 1st to April 30th.

Sunday in June Combo Entry Form. You can join the club and register for SIJ (with club discount) at the same time; one form, one check, one envelope and one stamp. The combo form was designed to make your life easier. The form is in the mail to all CTC club members. Optionally, click the following link to view & print this form:
http://www.clevelandtouringclub.org/SIJ_h2o-T-shirt.html

NEW THIS YEAR

Insulated POLAR® Bottles are available for pre-ordering with the SIJ entry form only. View photos at http://www.clevelandtouringclub.org/SIJ_h2o-T-shirt.html. The bottles must be picked up at the SIJ event. These awesome water bottles have a colorful 2008 *Sunday in June* logo tastefully printed on the insulating foil. Three colors are available; **blue, yellow & white** and they come in **both 20 oz & 24 oz sizes**. The bottles are double-wall construction with a thermal barrier to keep heat out and cold in. The wide mouth easily allows ice cubes into the bottle. Dishwasher safe and the urethane drinking valve is removable for cleaning. They do not contain Bisphenol-A (BP-A), a potentially toxic compound. Made in the USA.

SIJ Volunteers. We are still looking for a few club members to help out with SIJ. If you would like to volunteer, please call Janet Edwards at (216) 215-0824; your help is appreciated.

Welcome to spring!

Bill Maurey
(440) 975 9744 - Phone
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Sunday Ride Schedule 2008

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Contact the following for information:

www.medinabikeclub.org

| | | |
|---------|--------------|----------------------------|
| Pres.: | Shawn Conway | shawnconway66@yahoo.com |
| V. P.: | Dave Ling | ldbl3000@aol.com |
| Treas.: | Sara Kibler | roadrider@zoominternet.net |
| Sec.: | Lou Vetter | bikevetter@aol.com |
| | 330-416-9421 | |
| | 330-725-0441 | |

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

Tuesday Evening Rides and Starting Location:

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

| | |
|-----------|-----------------------------|
| April | Medina County Career Center |
| May | Medina County Career Center |
| June | Buckeye Woods |
| July | Hubbard Valley |
| August | Medina County Career Center |
| September | Buckeye Woods |

Sunday Morning Breakfast Rides

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

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 halfway. Park in rear near the lake.

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

CLUB NOTES: We are currently accepting membership applications and the cost of dues in 2008 is \$20.00. One single dues amount covers the entire family and why not you still receive only one subscription to the CRANKMAIL and we like having the whole family ride with us.

MORE CLUB NOTES: Me had our March 19, meeting and some more stuff done.

There will be a mass mailing soon for membership renewals (sending to prior members). Tom Waterson is working on our Yahoo Group and all members will be included. You can opt out if you prefer to left alone.

News of twin Sizzler is that corner guards in Medina city will be paid police officers. Normal citizen were not getting the respect from traffic that is needed. Dave Polson is in charge on race day but to that day Shawn is the HHIC, (Head Honcho In Charge).

The Ice Cream Ride is on and the start will be at the college campus on route 162 just a short distance from the county park we used in prior years. Tee Shirts seem to be on schedule this year. We expect to have three sponsors on the shirts, The College, Century Cycles, and MCBC.

The Cheap Century is scheduled for September 1, 2008. I hope I can ride that one again. It'll be on Monday, Labor Day.

Fenn Elementary School is requesting that we take a leadership roll in some bicycle activities they are anticipating this spring. Shawn and Lou have volunteered to head this project.

New charities are being looked at and reviewed for anticipated club sponsored events and donations. Members who have ideas of where our support is needed are invited to inform the club leadership of how we can help.

I missed the book review so I have no report on how that turned out. Tuesday evening rides start April 1st and we anticipate that the masses will be at the Career Center to ride wet or dry, windy or calm, hot or cold. We just want to get out and ride. It seems that Dave is going to provide the maps again. Yeah, Dave.

Sunday's are apparently getting so popular that we have decided to start moving the start and stopping points around the county. I got no clue to where we will start in June but you'll read about it here, next month. Currently April at 9:00 am and May at 8:00 am will start at Buckeye Woods on Route 162. After that it's a surprise.

Apparently the riders that rode last year were too much or a crowd for that park so we will move around. Maybe we might ride from the parking lot at the old courthouse in Medina for one or two months. We'll see.

LETTER FROM VETTER:

Biking: Well, I haven't biked yet but I hear tell that Tom is out and about. So he will be in good shape to lead the Sunday summer rides. Anyone who has an idea for a starting location is asked to E-mail a club officer about where to start a Sunday ride. Maybe even suggesting a destination from that starting location would help too. Oh yeah, if you make a suggestion and we take you up on it, you better come out and ride with us, or else we'll talk about you at the meetings and that could lead to you're election as a club officer.



May 2008 Wheelmen Calendar

| Date | Starting Point | Destination | Miles | The Etc... |
|-------|----------------|-----------------------|------------------|---|
| 05/04 | Amherst | Milan Berlin Hts. | 57 43 | A long rolling one! A little shorter version |
| 05/08 | Nordson Depot | Prolog Meeting | @ 5:30 @ 7:30 | A pre-meeting ride |
| 05/11 | Oberlin Inn | Lodi Litchfield | 58 40 | A long mostly flat one Shorter & flater |
| 05/17 | Spenser Lake | Wooster | 57 | A long SAT ride |
| 05/18 | Amherst | Wellington Oberlin | 52 25ish | Really flat one Just a warm-up ride |
| 05/24 | Oberlin Depot | JJJ | 50/100 | Freebie Invitational |
| 05/25 | Oberlin Inn | Spenser | 59/52/48 | Pick your distance |
| 05/26 | Amherst | U-Show | 25/30 | A Memorial Day ride |

Starting Times & Locations

Shorter Rides:

Those of you that don't want to chase the fast guys, come on out and ride the short route on Sundays. It'll be a reasonable (14-16) mph and we won't leave anyone behind!

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 Tenney.

Oberlin:

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

Weekend & Holiday Starting Times:

Sunday & Holiday rides will start at 8:30 for the summer months. There won't be an afternoon ride.

Saturday rides will start at 9:00 AM from Prospect School in Oberlin

Evening Rides:

We'll start up evening rides in April. They'll start at 5:30 from Prospect School on Tuesday and Amherst on Thursday, except for the meeting night. That ride will start



LEW Club Weekend & Holiday Ride Schedule

| | | |
|---------|-------|--|
| May 11 | 9:00 | Bonnie Park to Scenic Park - 25 miles. |
| May 11 | 10:00 | Bike Path Ride: Berea Falls to Scenic Park- 28 miles. |
| May 17 | 9:00 | Women's Ride: Scenic Park to Shaker Square - 40 miles. |
| May 18 | 9:00 | Tour de Cleveland: Scenic Park start/finish - 30/65 miles. |
| May 25 | 9:00 | Bonnie Park to Chagrin Falls- 75 hilly miles. |
| May 26 | 10:00 | Holiday Hawaiian Shirt Ride: Scenic Park to Tremont for lunch - 30 miles. |
| June 1 | 9:00 | Valley City to Wooster - 80 miles; Lodi to Wooster - 45 miles (short route). |
| June 8 | 9:00 | Cleveland Touring Club's "Sunday in June", Burton, Ohio. |
| June 8 | 9:00 | Olmsted Falls to Oberlin and Kipton - 50/60 miles. |
| June 8 | 10:00 | Bike Path Ride: Elyria to Kipton via North Coast Inland Trail - 28 miles. |
| June 15 | 9:00 | Bonnie Park to Medina - 50 flat miles. |
| June 21 | 9:00 | Women's Ride: Olmsted Falls to Oberlin - 45 miles . |
| June 22 | 9:00 | Hinckley Reservation to Orrville - 60 rolling miles. |
| June 22 | 10:00 | Urban Adventure Ride: Whiskey Island to Parts Unknown - 20-30 miles. |
| June 29 | 9:00 | Bradley Woods to Vermillion - 55 flat miles. |

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

Berea Falls In S. Rocky River Reservation, on Valley Parkway, 1/4 mile north of Barrett Road (3/4 mile north of Bagley Road; near viewing platform).

Bonnie Park In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.

Bradley Woods In Westlake, in the Bradley Woods Reservation, at Bradley Rd and White Oak Lane, south of Center Ridge Road.

Elyria Parking lot just South of 3rd Street & South Gateway Blvd. in Elyria, Ohio.

Hinckley Res. Parking lot on Bellus Rd., across from Hinckley Lake, just east of Hinckley Hills Rd. (Ohio 606) in Hinckley, Ohio.

Olmsted Falls Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.

Scenic Park Parking lot at marina in North Rocky River Reservation, off of Valley Parkway, located 1/2 mile south of Detroit Road, in Lakewood.

Valley City Liverpool Elementary School, at West River Road and School Street.

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 Evening Rides

Tuesday Evenings – Short, slower (C-pace) rides starting from the parking lot behind the Fairview Park Post Office at West 220th St. & Lorain Rd., 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 (email at gregjames@clockwerke.com).

Wednesday Evenings – The “Mod” (Moderate Pace) Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, 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 msnitz@windstream.net, or Greg James at 440-331-9419 (email at gregjames@clockwerke.com).

Regular Club Wednesday Evenings – Moderate to fast pace, 20-30 mile rides starting at 6:30 pm from the parking lot of the Berea Library (in the Berea Commons area off of East Bridge Street and South Rocky River Road), weather permitting. For details, contact Jim Boland at 440-686-0108 (jboland@apk.net).

Weekend Club Rides

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.

The 2008 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. Bonnie Vargo is coordinating, and there will be a different ride leader each month. Rides are expected to be at a B pace, from various starting points. For details, please contact Bonnie at 216-226-5918 (vargobb@hotmail.com).

The 2008 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. 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 2008 Season:

| | | | |
|--------|---|----------|---------------|
| May 11 | Berea Falls to Scenic Park | 28 miles | John Whitaker |
| June 8 | Elyria to Kipton via North Coast Inland Trail | 28 miles | Dan Izuka |

Please consult the 2008 Club Ride Schedule (included in member packet) for more Ohio Bike Path Rides.

The April, 2008 Club Meeting

Came to order at the direction of Club President Peggy Sands, starting with the previous meeting’s minutes read by the Secretary, and followed by the Treasurer’s Report, which described a balance capable of handling the club’s foreseeable needs. The Membership Chairman reported 84 paid members as of the meeting’s date. Old business began with an announcement that surplus LEW jerseys were available for sale, and that some members had not yet claimed jerseys ordered and paid for. Ride Leaders were requested to fill in for the spring and autumn months (volunteers were already in hand for June, July & August). John Whitaker announced that the club would

have a table at the upcoming Earth Day Expo at Lake FarmPark (April 20), and asked for volunteers to assist.

The club is committed to hold the Rail-n-Trail/Road Route Ramble events on August 10th, and the registration website is active. New business commenced with the announcement that the membership packets were available for distribution. GOBA will start close to Cleveland this year (Wellington, just a short distance West of Grafton). Eric Overton described how the Long Distance Pre-Season Preparation Rides were doing well, in the face of poor weather (or good). After a reminder of the upcoming Sweet Corn Challenge, the meeting adjourned for a presentation by Sherman McKee of Bike Authority.

This will be the last meeting of the season. Meetings will resume in the fall, beginning on October 14th, and on the second Tuesday of each month.

LEW Touring Division News

In the absence of a Touring activities coordinator for the club, the number of events has been condensed to a few tours, with known and committed participants.

Planned overnight tours for the early 2008 Touring Season:

| <u>Tour Destination</u> | <u>Date</u> | <u>Ride Captains</u> |
|-------------------------------|-------------|----------------------|
| Stanford House (Pancake ride) | May 3, 4 | TBA |

Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained).

May is National Bike Month

National Bike Month is finally upon us. Looking for ideas on how you can celebrate? Try one of these:

1. Take someone out on your favorite ride.
2. Share the joy and take your mayor or other elected official on a ride. (Also, tell them about the Bicycle Friendly Program).
3. Find a local and/or state wide ride to take part in.
4. Join a local bike club on one of their rides and find other cyclists in your area.
4. Be part of the Cleveland Bike to work program...or organize one in your city.
5. Spread the word about cycling! There might be no better way to get in shape.



SUNDAY IN JUNE

Sunday in June – June 8th. Mark your calendar! As in the past, the tour offers 25, 50, 62 & 100 mile routes. As a club member you can register for the ride for \$12 – a real bargain. Early registration must be postmarked by May 24th, so don't delay, register today! Early registration also gets you a VERY cool (pun intended) water bottle – make sure you register to lock in your order.

Volunteers needed to help out with SIJ. If you would like to volunteer, please call Janet Edwards at (216) 215-0824; your help is appreciated.

Sunday in June Combo Entry Form. You can join the club and sign up for SIJ at the same time; one form, one check, one envelope and one stamp. The combo form was designed to make your life easier. The SIJ entry form also saves you money; as a member you will receive a discount on the ride. An entry form has been mailed to all CTC club members and past riders of SIJ for 2005 through 2007. *You should receive this no later than April 14th.* If you have not received a flyer for this event, please visit the club website at www.ClevelandTouringClub.org and download the entry form.

Insulated POLAR® Bottles are available for pre-ordering with the SIJ entry form only. *View photos at www.ClevelandTouringClub.org.* The bottles will be picked up at the SIJ event. These awesome water bottles have a colorful 2008 **Sunday in June** logo tastefully printed on the insulating foil. Three colors are available; blue, yellow & white and they come in both 20oz & 24oz sizes. The bottles are double-wall construction with a thermal barrier of air to keep heat out and cold in. The wide mouth easily allows ice cubes into the bottle. Dishwasher safe and the urethane drinking valve is removable for cleaning. They do not contain Bisphenol-A (BP-A), a potentially toxic compound. Made in the USA.

Large group ride over rolling terrain. Maps distributed at ride start. **Leaders:** Craig Connors, Bruce Oppenheim. **Directions:** I-90 to Rt. 44 & south to Auburn Rd. Turn left, continue under the bridge and up the hill to Spear Road (flashing light). Turn right. Concord Woods is at the end of the street. **ADDRESS:** 11211 Spear Road, Painesville

Small group ride over mostly flat terrain. Instructional ride with no drop policy. Similar route week to week, maps on list serve. **Leader:** Todd Palmer **Directions:** Sanctuary Marsh Nature Center. Enter park from Rt.91 - 2.5mi south of I-90, follow signs to Nature Center

WEDNESDAY – 7:00pm NORTH CHAGRIN Casual group ride with ride leader. **Leader:** Frank Zoretich

THURSDAY – 6:30pm NORTH CHAGRIN Large group ride over rolling to hilly terrain. Splits into small groups with ride intensity from casual to competitive. Maps available via email (send request to "michael_schmidt2us@yahoo.com", list serve or day of ride. **Leader:** Mike Schmidt

SATURDAY – 7-8:00am TODD FIELD

Small group ride with maps. Progressively longer rides to prepare riders for a

brisk 18~20 mph century on **Sunday in June**. Maps are on the CTC list serve or contact Thursday group leader for details. Start times will be posted week to week. **Directions:** Meet in softball field parking lot in downtown Willoughby at intersection of Vine & Erie St near Willoughby Brewing Company across from Spin bicycle shop

SATURDAY – NORTH CHAGRIN Pick up ride – same time as Sunday

SUNDAY – 9am (8:30 starting May18)

Go to the ClevelandTouringClub.org website on Saturday night and print the map. The printout will have two maps on a single page; please bring the extra map and share with people who might not have internet access.

| DATE | LOCATION | TERRAIN |
|-----------|---|-----------------|
| May 11 | CHESTERLAND HubHub to Burton (30) Russell (45) | Rolling / Hilly |
| May 18 | CHARDON to Footville (30,55) TANDEM RIDE (begin 8:30am start time) | Rolling |
| Sat May24 | GURNEY SCHOOL Tandem ride | Flat / Rolling |
| May 25 | GURNEY SCHOOL to Burton, Middlefield, Garrettsville (26/40/65) TANDEM RIDE | Rolling |
| May 26 | NORTH CHAGRIN Pick up ride | |
| June 1 | LAKESHORE RESERVATION to Madison, Geneva, Ashtabula (25/45/60) | Flat / Rolling |

CHARDON Rt. 6, Chardon Plaza, parking lot across from McDonalds

CHESTERLAND Hubbub Custom Bicycles, 8005 Mayfield Road, east of Caves Road, in Chesterland

GURNEY SCHOOL Bell Street, .5 mile west of Rt 306 in South Russell (small sign at entrance)

LAKESHORE RESERVATION Take Route 20 to Antioch Road in Perry. North on Antioch for about 1.5 miles to park entrance.

LANDERWOOD PLAZA Parking lot closest to the traffic circle of Chagrin Blvd. – RT87 and Lander Rd

NORTHFIELD CENTER CVS Pharmacy parking lot – South side of Rt. 82 near intersection of Old Route 8 in Northfield

CLUB DUES. Club membership is annual and starts May 1 each year through April 30th of the following year. You can download the membership form at the club web site... www.clevelandtouringclub.org.

Club member Conrad Griffith took first place in the "sport masters division" in the 2007 Ohio Mountain Bike Championship Series. Congratulations

RIDE LEADER NEEDED for Tuesday at Concord Woods. Part-time position to cover up to 8 weeks. Contact current ride leaders for more detail.

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