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CRANK MAIL

Cycling in Northeastern Ohio

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Gossip

Something to cheer about pretty much sums up our feelings about Lance Armstrong and the members of the United States Postal Service team! As we were writing this Lance held a strong 7-minute+ lead over his closest rival in the Tour de France. The team as a whole, dedicated to protecting their leader's position, was in third place. To see a U.S.-backed team, led by an American, **not only winning respect** in a European venue **but commanding the race** was, well, a joy. We were floored over how Armstrong won that lead — by outriding the world's best on a mountain stage! Pardon, please, our gushing over this...**we're almost giddy!** Here we have a great **sporting event** that was **nearly destroyed** over the doping of its athletes, **a magnificent athletic performance** from a man who **despises** the use of performance-enhancing drugs and **who nearly died himself**. A French word for this premiere American contribution to cycling: *renaissance* — **"to be born anew."**

Newsie items you didn't see on ESPN or ABC: On the stage when **Bobby Julich crashed** and received serious injuries, **Armstrong narrowly escaped hitting a boy** who darted across his path on a swift downhill. **What's going on with the pedestrians** on the Tour this year, anyway? At least two crashes **were caused by onlookers** standing in the race course. **Those stuffed toy lions** (a French bank mascot) the Tour's winners get along with flowers and kisses...Armstrong's white terrier, **Boone**, was seen **gnawing on one**. Take no offense Mr. Sponsor...the dog doubtless brings back memories: he's named for the North Carolina town where Lance held a retreat with musician **Jacob Dylan** (The Wallflowers) and some cycling chums to de-

cide if he should try a comeback to pro cycling after the fight with cancer. **Good decision!** We hear **both wife Kristin and Boone get kisses** for luck when they're at the start of the day's race. After all those consecutive sprint stage wins, **"Super Mario" Cipollini** exited this year's race in a **most painful way** — he **crashed out of the race** in the ninth stage, on the descent of the Montgenevre Pass which leads from France to his native Italy. **Despite his hatred of climbing**, he had hoped to reach the Sestriere ski resort finish **for the sake of his fans**. He got stitches for a **head injury**, instead. **Were you wearing your "safety hat"** on that descent, Mario? Seen **working as a news hound** was **cycling fan and Science Guy Bill Nye**. He was visiting for one stage with a journalist friend and **earned his press access** by grabbing quotes from the likes of Postal's **Kevin Livingston**.

Not The Tour, but pretty big, was the **USCF National Cycling Championships** held in the Cincinnati area. We're sorry to hear that they had more than their share of organizational problems which add to the **USCF's aura of a problem organization and took much away from the athletes** whose training, hopes, dreams, and money were spent on the event. **There was racing** and there are pictures of it in the July 26 issue of *VeloNews*. We understand that local biker/motorcycle guy **Phil Hrusch** was piloting his bike (the gas-powered one) around the course with a photographer aboard **shootin' for VeloNews**. Phil's contribution is unacknowledged in print, but we bet the job was a hoot!

The Rains of July made for a big mess at **B & K Bicycle Company**. The Mayfield Road store is situated below the level of its parking lot. Heavy rains collected by the pavement **funneled down the walkway** and into the store, covering the floors and ruining the new clothing area. We hear there was **significant damage**, but more mess than loss...**a whole lot of work**. Hopefully it's all clean again when you read this. We could still use a lot more rain, just not in B & K's showroom!

Good night everybody!

— The Crank

A Vision of “Smart Growth” Offered to Northeast Ohio

Introduction

The premise of this working paper is that the state of Ohio, through its investments in infrastructure and the operation of many state programs, affects development patterns. These development patterns are clearly changing. Development over the past 30 years in Ohio has become less dense and is spreading out, using more land. The term that is used in popular and planning literature for this pattern of development is “urban sprawl,” which has been officially defined by one state, Florida, as “urban development or uses which are located in predominantly rural areas, or rural areas interspersed with generally low-intensity or low-density urban uses, and which are characterized by one or more of the following conditions:

- (a) The premature or poorly planned conversion of rural land to other uses;
- (b) The creation of areas of urban development or uses which are not functionally related to land uses which predominate the adjacent area; or
- (c) The creation of areas of urban development or uses which fail to maximize the use of existing public facilities or the use of areas within which public services are currently provided.”

Urban sprawl is typically manifested in one or more of the following land use or development patterns: Leapfrog or scattered development; ribbon or strip commercial or other development; or large expanses of predominantly low-intensity, low-density, or single-use development.

Urban sprawl has been criticized in a large body of literature for a variety of costs that it imposes on the public, either directly or indirectly. These include excessive public infrastructure and operating costs (including duplication of infrastructure), increases in vehicle

miles traveled, transit system operating losses related to reduced use of transit in areas where sprawl is located, loss of farmland and environmentally sensitive areas, the undermining of the economy of older cities through the loss or reduction of tax-paying capacity, and loss of a sense of community resulting from the new dispersed development patterns.

Advocates or apologists for sprawl believe that it is merely an outgrowth of the expression of strongly-held public values that are immutable, regardless of the consequences. The movement outward, with its corresponding consumption of natural resources and heightened public and private costs, represents a desire for enhanced public safety, better public education, and a more secure housing investment.

An attempt to modify the policies or practices that have yielded this pattern, the argument goes, will defy the public’s deeply entrenched preferences and cause unanticipated repercussions in the form of higher housing costs, slower economic mobility, restrained personal mobility, and a loss of an overall standard of living. Others contend that state involvement will come at the expense of local government control, even though local governments draw their authority from the state. There can, of course, be a fair degree of debate on whether this pattern is good or bad. But as Cleveland State University’s Patricia Burgess and Tom Bier have observed, “what is undeniable is that American metropolitan regions continue to expand into once-rural areas while their central cities continue to lose population.”

Still, there seems to be a sea change in public sentiment under way in the manner in which Americans view the development of their states, regions, and communities. As this paper shows, an increasing number of state

governments—and the survey in this paper is only a partial one—are responding to this change and directly confronting the pattern and character of development and the role of the state (as well as local governments) in bringing about that pattern. Governors and state legislatures in these states are listening to constituent concerns about growth and sprawl and are attempting to balance orderly development with the need to protect and preserve key state resources and define and advance state goals. Each state is different, however, and the political dynamic that brought about a rethinking of state policies in Oregon, Tennessee, and Maryland, for example, may not apply to Ohio. Nonetheless, much can be learned from the experience of other states and this paper's intent is to explore some of these approaches to see which ones might best fit Ohio.

The paper resists broadside attacks on state agency practices and programs and blanket condemnation of state officials as insensitive Philistines. It is easy to criticize, particularly from afar, but much harder to bring about constructive change. The approach advocated here is a systematic and gradual one in which change would come about, not by one or two sweeping big ideas or silver bullets, but through a thoughtful and considered process of evaluation and careful action.

This paper suggests that the governor and General Assembly should begin to look at the sum total of state actions that affect development patterns and ask themselves whether the result is what is really desired and should be continued and, if not, whether there could instead be a better way. The authors of this paper believe there is.



The Summary

Ohio is growing slowly in population and jobs, yet we are rapidly converting land from rural to urban uses. By spreading out our assets, we are undermining the health of existing urban areas, destroying valuable farmland and open space, and creating intractable environmental problems.

From a fiscal standpoint, it's questionable whether our current development patterns can be sustained. Ultimately, poorly managed land use in Ohio could prevent the attainment of fundamental state goals, such as economic prosperity, equal opportunity, environmental quality.

Findings of the study

The study of Ohio land use policies conducted for EcoCity Cleveland by researchers at the American Planning Association finds that:

- ◆ State investments, policies, and programs clearly influence where development is occurring in the state.
- ◆ State departments have no overall vision regarding growth and development in Ohio and tend to pursue their missions narrowly. Indeed, one state department, the Ohio Environmental Protection Agency, has pointedly recommended that another, the Ohio Department of Transportation, needs to rethink its current program of road construction to address localized congestion issues and instead pursue “a long-term plan for achieving and maintaining environmental sustainability within Ohio’s transportation system.”
- ◆ Other states provide promising models for how state government can do a better job managing growth. Maryland’s Smart Growth program, which aims to direct state investment to existing urban areas rather than subsidizing more sprawl, would have a positive impact in Ohio, and it could be adapted to Ohio’s political and historical situation.

What Ohio needs

To adopt such a Smart Growth strategy, Ohio needs:

- 1 The creation of a high-level organization in state government to coordinate between state departments and promote sound planning at all levels;
- 2 The drafting of a crosscutting development, redevelopment, and resource conservation goals document for the state;
- 3 Development of an incentive-based state investment program that targets state growth-related expenditures to locally designated compact growth areas.

Process for change

In a diverse state like Ohio, it will be challenging to forge a new consensus on land-use priorities. The process for change will have to build carefully on positive developments of the past few years (such as the statewide debate over farmland preservation). And the process will have to start with basics:

- ◆ An ongoing campaign to educate citizens and elected officials about the impacts of current land use trends and the policy options.
- ◆ A state conference on development, redevelopment, and resource conservation sponsored by the governor and General Assembly.
- ◆ A state agency working group, appointed by the governor, to assess the specific impacts of state programs and statutes on development patterns of the state, including their long-term costs.
- ◆ Provision of technical assistance to counties, municipalities, and townships that voluntarily wish to undertake Smart Growth programs.
- ◆ Preparation of legislation to redirect state investment.

A time to choose

We have a choice in Ohio. We can let things continue as they are—leading to more sprawl, more destruction of farmland and open space, spiraling infrastructure costs, the loss of our cities, and increasing economic and racial polarization. Or we can focus our resources, our incentives and our policies to promote development where it will be an enduring asset for all Ohioans. We are not against growth. Indeed, we want development in Ohio. Our message is that it matters where the development occurs. The state must help channel growth into more sustainable forms. It's a matter of fiscal responsibility, good stewardship, environmental quality, and fairness to the majority of property owners in the state.

The Introduction to and Summary of the land use policy study are reproduced here by permission of EcoCity Cleveland. To read more about the study's findings and how Ohioans could benefit from smarter, sustainable growth, visit the EcoCity Web site: www.ecocity.org. Contact EcoCity Cleveland directly at: (216) 932-3007.

Whenever we publish a piece like this, someone is certain to ask, accusatorially, "What has this got to do with cycling?" Road cyclists' cherished "quiet country roads" are harder and harder to find. Woodlands and fields are succumbing to development, and shopping malls, strip centers, and subdivisions do not scenic cycling make. Areas for off-roaders depend upon the absence of commercial and residential development. Our quality of life is directly affected by what we do with the land. Smarter land use would benefit the region, the state and, not coincidentally, cyclists. My answer is, "everything." — ed.



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Ride Schedule

August 8	9:00am	Brunswick to Rittman/Orrville	50/78 mi
August 14	9:00am	Club ride for 4CM volunteers, Berea-Richfield	40/65 mi
August 15		FOUR COUNTY METRIC – organized ride by LEW – start at BW Rec. Center	
August 22	9:00am	Scenic Park to Huntington Park/Vermilion Annual Club Photo Ride	20/50/70
August 29	9:00am	Bonnie Park to Litchfield/Lodi	40/65 mi
September 4-6		GREENBRIER TRAIL TOUR by LEW touring division	
September 5	9:00am	Paw Paw to North Akron/Norton	40/70 mi
September 6	9:00am	Holiday Ride TBA – start at Scenic Park	
September 12	9:00am	Bonnie Park to Peninsula/Hudson	45/65 mi
September 18-19		MALABAR FARMS TOUR by LEW touring division	
September 18-19		TASSLE – organized ride from Lakewood to Sandusky	
September 26	9:00am	Valley City to Lodi/Wooster	40/70 mi

Ride Start Locations:

Brunswick – Meet at Laurel Square Shopping Ctr., Pearl Rd. (Rt. 42), 1 mile south of Rt. 303

Scenic Park – located off of Valley Pkwy – bottom of hill at Detroit Rd. Metroparks entrance

Bonnie Park – meet in parking lot located in Metroparks Valley Pkwy south of Pearl Rd.

Paw Paw – picnic area located in Metroparks on the corner of Valley Pkwy and W. 130th

Valley City – Meet at Liverpool Elementary School parking lot located just north of Rt. 303 off of West River Rd.

Weekday Rides:

Tuesday Evenings – Short slower rides starting from Fairview Park Shopping Center on Lorain Rd. near post office, 6:30pm. Call Bob Ugan at 216/476-0353.

Wednesday Evenings – Moderate to fast pace 20-30 mile rides starting from Kamm's Corner parking lot in Westpark, 6:30pm. Call Ed Wheeler at 440/572-1122.

Wednesday Evenings – Moderate pace rides starting from Olmsted Falls Library parking lot. Call Mark Snitzer at 440/236-3017.

Wednesday Mornings – Moderate pace 25-35 miles with a lunch stop starting at various locations. Call John Glasgow at 440/777-7392.

Thursday Evenings – Race Training Ride - Please call Mike Woods or Ed Wheeler for more info.

Tandem Rides

Mike Woods has designated the following rides as “tandem friendly” and encourages those with tandems to come out on these routes:

September 26	Valley City to Lodi & Wooster (a repeat ride)
October 31	Olmsted Falls to Grafton & Wellington 30/60 miles

Touring Division

Many members are going on bike tours all over the country on many state week-long tours such as: Montana, Iowa, New York, Quebec to name only a few.

The Touring Division's next out of state club tour will be on Labor Day Weekend to Greenbrier Trail in southeast West Virginia. This trail is about 75 miles along the Greenbrier River in Pocahontas County. The trip will take 3 ½ days to drive to and back with 2 full days of biking along a gravel rail trail. If interested contact Bob Parry ASAP at bikelew@juno.com. Cost will be about \$100 for meals, gas and motels. Limit 8 riders.

Then on September 18-19th we will have a return self-contained trip to Malabar Farms. This is a challenging and great ride of 80-90 miles each way and an overnight at the youth hostel. Each rider must have a good touring bike with trunk bag or panniers to carry clothes. Cost will be about \$15.00 plus meals. Contact bikelew@juno.com and make a reservation. Limit 15 riders.

The Touring Division is forming an International Tour Section and four of us: Greg James, Ed James, Bonnie Vargo, and Bob Parry will be traveling to Germany and Austria to bike across Austria this August. We will be flying to Munich unloading our bikes and taking a couple trains to the Austrian Alps at Krimml. From there we will bike down to Salzburg and then follow the Danube River to Vienna. We plan to stay at many youth hostels and bike motels along the route. Our tentative itinerary will average only less than 40 miles a day on bikes so we can do sight seeing half a day in each town we visit and a couple free days in Salzburg and Vienna for more sightseeing, eating pastries and drinking beer. If your interested in an International Tour in 2000 somewhere in Europe next year, let me know at bikelew@juno.com.

Racing Division

The following LEW team members competed in the bike events listed below.

Race Results:

5/23	MEMPHIS IN MAY IRONMAN QUALIFIER – Kolai (5 th , 40-44)
6/5	CLEEMONT TRIATHLON NATIONAL AGE GROUP CHAMPIONSHIP/ WORLD CHAMPIONSHIP – Kolai, Qualifier 12

- 6/5 COMMUNICATION CRIT (Canfield) – Hoffman (1st, Cat. V), Woods (6th), Gusz (9th)
- 6/5 NORDONIA DUATHLON – Malec (2nd, Team)
- 6/5 600K PBP QUALIFIER BREVET – Martin, Nezovich
- 6/6 CRIT de HP – Woods (6th), Malec (8th), Diffenbacher
- 6/6 VELO-Z MTB RACE – Hoffman (3rd, Sport Class)
- 6/8 WESTLAKE CRIT – Hoffman (2nd, “B”), Schneider, Woods, Diffenbacher, Malec
- 6/11 SF TOP SERIES (Truxel TT) – Marx, Woods
- 6/13 TOUR OF WEST DEER #1 – Woods (3rd, C race), Hoffman (6th), Diffenbacher
- 6/15 WESTLAKE CRIT – Diffenbacher, Malec, Marx, Schneider, Woods
- 6/20 WOOSTER GPC CRIT – Woods (5th, Cat. V)
- 6/20 MAUMEE VALLEY TRI CLIF BAR SERIES – Kolai (3rd overall)
- 6/22 WESTLAKE CRIT – Diffenbacher, Malec, Schneider, Wheeler, Woods
- 6/24 KNOX CLASSIC CRIT – Hoffman (4th, Cat. V)
- 6/26 TOUR OF WEST DEER #2 – Woods, Diffenbacher
- 6/29 WESTLAKE CRIT – Hoffman (1st, “B” race), Diffenbacher, Marx, Wheeler, Woods
- 7/4 TWIN SIZZLER – by age group: 30-35 - Hoffman (1st), Diffenbacher (3rd), Schneider (6th); 40-49 – Woods (2nd), Wheeler (7th), Malec (8th); 50-59 – Marx (4th), Nezovich

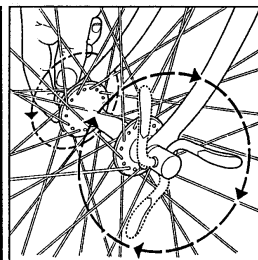
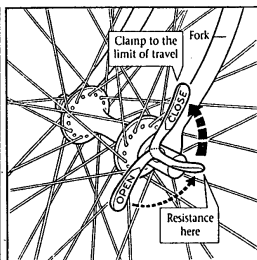
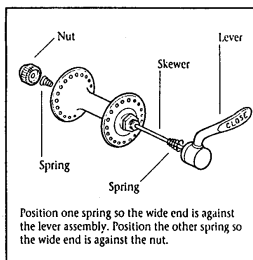
Team LEW welcomes new multisport riders Chuck Marquard and Jennifer Hosea! Also, congrats to club member Roger Miller for his great finish in the 5/29 Bucyrus Triathlon!

Club Jerseys

Just a reminder that LEW club jerseys are still available. The cost is \$50.00. Please call Tama to purchase one.

Club Meeting

The next official club meeting will be held October 5. There are no meetings during the summer.



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Getting an Education . . .

. . . but achieving results too was the month's theme, as team members took part in two high level events. Riding competitively in the lead group with pro and elite riders was **Nate Ziccardi** at the 5-day Heart of it All Stage Race throughout southeast Ohio, while **Jeremy Bosl** and the **Smith Brothers** (Jeremy and Brian) competed against the nation's best at the Junior National Road Championships in Cincinnati. Through July 6, 33 team members (and 3 guests) had taken part in 50 races (all events took place in Ohio unless noted):

Road (CR - circuit race; CT - criterium; RR - road race; SR - stage race; TT - time trial):

Tuesday Night CT Series, Westlake:

June 15 - Jewitt, Lu, Riccardi, Stefancin, Stern, Wilkinson.

June 22 - Billman, Gaither, Jewitt, Kovach (2nd, "B" race), Lu, Pajka, Riccardi, Rusyn, Simpson, Stefancin, Stern, Wilkinson.

June 29 - Koury (4th, "A" race), Jewitt, Pajka, Riccardi, Simpson, Stefancin, Stern, J. Wilkinson, J. Wilkinson Jr., Ziccardi.

July 6 - CANCELED.

Allegheny Cycling Association Tour of West Deer CR #1, Bakerstown PA, June 13 – Riccardi.

Team Columbus Heart of it All SR, June 15-20 – Baldesare, Hopkins, Koury, Ray, Ziccardi.

Three Rivers Velo Sport King of the Road Challenge (IN State Championship), Ft. Wayne IN,

June 19-20 – Enyedy, Gallagher (6th, Masters 50+RR), Hague, Lu (3rd, Cat. 3 RR), Pooley, Riccardi, Stern.

Team Columbus First-Knox Classic CT, Mt. Vernon, June 24 – Lu, Pooley, Riccardi, Simpson, Stefancin, Stern.

USCF National Road Championships, Cincinnati, June 24-28 – Bosl (17th, RR; 16th, CT), J. Smith (16th, RR; 22nd, CT; 13th, TT), B. Smith (15th, RR; 9th, CT; 11th, TT), Hague (CT, TT).

Medina YWCA Twin Sizzler RR, Medina, July 4 – Hritz, Koenig, Jewitt, Kovach, Kriz (1st, Men 50-55), Miller, Pajka, Plas, Stefancin, Wilkinson, Vadini.

Allegheny Cycling Association Tour of West Deer CR #3, Bakerstown PA, July 4 – House, Root.

Dayton Cycling Club Downtown Pro-Am Cycling Series CT, Dayton, July 3 – Hague, Pooley.

Off-Road (CR - circuit race; CT - criterium; RR - road race; SR - stage race; TT - time trial):

Mid-Ohio Mountain Bike Championship Series

Mohican Wilderness XC, May 23 – Hayden (3rd, Sport Men 35+).

Race at Alpine Valley, Chesterland, June 6 – Hayden (1st, Masters 35+ XC, 4th overall).

Other News:

- **Welcome** to new members Ryan Gamm and Jimmy Simpson. **Welcome back** to Seth Hosmer, recovered from a broken collarbone suffered in the Crooked River SR on May 29.

Upcoming races in the region (CR - circuit race; CT - criterium; RR - road race; TT - time trial):

DAY(S) & DATE(S)	EVENT	LOCATION	CONTACT
Tues. evenings	Westlake Training CT Series	Westlake, OH	Chris Riccardi - 440/333-7269
Wed. evenings	Washington Blvd. CT Series	Pittsburgh, PA	Oscar Swan - 412/521-2207 5549 Woodwell St. Pittsburgh, PA 15217-1320 swan+@pitt.edu, or www.gopolar.com/ACA
Thurs. - Sun. 8/5-8	Wendy's Intl. Cycling Classic	Grandview Hts., OH	Jay Baumeister - 614/529-4268 3602 Braidwood Dr. Hilliard, OH 43026-2406 jjbaum@megsinet.net, or www.bodinc.com/race
Sat. 8/14	10th Ride for Sight RR	New Waterford, OH	Bob Batchelor - 330/457-7118 5166 Bye Rd. E. Palestine, OH 44413-9713
Sun. 8/15	Kinzua Classic RR	Kinzua Dam, PA	Kathie Sivillo - 814/726-1271 300 Hospital Dr. Warren, PA 16365 safeplac@penn.com
Sat. 8/21	Welch's Harvest Challenge CR	North East, PA	Dave Dennis - 814/725-13381 21 E. Main St. lcbike@erie.net, or www.erie.net/~lcbike
Sat. 8/21	Westerville Grand Prix CT	Westerville, OH	Tym Tyler - 614/890-4145 6124 Freeman Rd. Westerville, OH 43082 teamcolumbus@compuserve.com, www.truesport.com/teamcolumbus
Sat. 8/21	Mill Creek Park CT	Youngstown, OH	Ted Schmidt - 330/792-9142 3435 Maple Springs Dr. Austintown, OH 44406 tedalexa@aol.com
Sun. 8/ 22 (AM)	The Milk Race CR	Orville, OH	Rich Corfman - 330/682-1911 418 S. Walnut St. Orville, OH 44667-1967 RC27OrrBik@aol.com, or www.orrvillecycling.com
Sun. 8/22 (PM)	Chagrin Falls Grand Prix CT	Chagrin Falls, OH	Tym Tyler as above
Sat. 8/28	Great Lakes Classic CT	E. Aurora, NY	Chris Tirone - 716/655-5739 103 Maple St. E. Aurora, NY 14052 JulChr@worldnet.att.net, or TIRONECH@fisher-price.com
Sat. 9/4	Ohio ITT Championship	Delaware, OH	Tym Tyler as above
Sat. 9/4	Tour de Tamarack CR	Meadville, PA	Meadville YWCA - 814/337-4279 378 Chestnut St. Meadville, PA 16335

Figures Show Cycling #3 Participation Sport

Participation in Selected Sports Activities: 1994

[In thousands, except rank. For persons 7 years of age or older. Except as indicated, a participant plays a sport more than once in the year. Based on a sampling of 10,000 households]

ACTIVITY	ALL PERSONS		SEX		AGE								HOUSEHOLD INCOME (dol.)					
	Num-ber	Rank	Male	Female	7-11 years	12-17 years	18-24 years	25-34 years	35-44 years	45-54 years	55-64 years	65 years and over	Under 15,000	15,000-24,999	25,000-34,999	35,000-49,999	50,000-74,999	75,000 and over
Total.....	232,986	(X)	113,093	119,892	18,773	21,579	25,846	42,225	41,264	29,001	21,132	33,166	42,890	35,670	36,957	45,148	48,155	25,166
Number participated in:																		
All.....	23,200	11	4,435	18,765	464	1,083	4,566	6,945	4,994	2,236	1,280	1,633	3,161	2,898	3,281	4,799	5,404	3,657
Backpacking.....	9,809	23	5,880	3,928	859	1,027	1,501	2,769	2,073	519	367	293	1,500	1,304	1,783	2,335	1,740	1,145
Badminton.....	5,424	26	2,413	3,011	1,073	1,099	733	1,104	778	447	165	24	1,010	928	992	854	1,167	473
Baseball.....	15,096	17	12,254	2,842	5,107	4,148	1,548	1,820	1,623	418	203	229	1,979	2,061	1,999	3,584	3,523	1,950
Basketball.....	28,191	8	20,492	7,699	5,554	7,951	5,165	4,768	3,462	797	287	208	3,537	4,394	4,428	5,560	6,603	3,649
Bicycle riding ¹	49,818	3	26,945	22,872	11,403	9,963	4,707	8,460	7,580	3,750	2,202	2,353	6,614	6,414	7,634	10,298	12,226	6,632
Bowling.....	37,356	7	19,544	17,812	4,501	4,833	6,476	9,215	6,185	2,846	1,346	1,954	5,217	5,708	5,892	8,154	7,995	4,393
Calisthenics.....	8,536	24	3,634	4,902	1,178	1,259	4,174	6,569	4,839	4,952	2,420	1,898	5,564	6,141	6,166	10,127	10,090	4,374
Camping.....	7,934	5	25,066	45,344	2,218	2,850	5,870	13,032	14,336	11,198	6,596	12,695	12,471	11,257	10,788	12,369	16,037	7,873
Exercise walking ¹	70,794	1	25,451	45,343	2,218	3,063	6,994	10,575	9,145	5,795	3,379	3,672	5,276	5,366	6,290	8,932	10,749	7,171
Exercising with equipment ¹	43,784	4	21,173	22,611	770	3,063	6,994	10,575	9,145	5,795	3,379	3,672	5,276	5,366	6,290	8,932	10,749	7,171
Fishing—fresh water.....	40,477	6	27,477	13,000	4,883	4,632	3,548	9,408	7,599	4,791	2,581	3,035	6,580	6,558	7,172	8,929	7,997	3,241
Fishing—salt water.....	11,515	21	7,941	3,574	855	1,037	1,026	2,532	2,668	1,353	784	1,260	1,374	1,399	1,941	2,572	2,786	1,444
Football.....	15,574	16	13,203	2,371	3,021	4,958	3,255	2,484	1,105	271	228	253	2,692	2,466	2,274	2,626	3,586	1,929
Golf.....	24,551	10	18,862	5,689	670	1,885	2,868	5,988	4,901	3,283	2,207	2,748	2,025	2,414	3,087	4,935	7,113	4,978
Hiking.....	25,301	9	13,976	11,326	2,710	2,811	3,125	5,590	5,440	2,808	1,432	1,285	3,350	3,826	3,248	5,058	6,339	3,480
Hunting with firearms.....	16,369	15	14,099	2,270	297	2,130	1,693	4,292	3,674	2,206	1,245	831	2,360	2,712	2,852	4,014	3,103	1,328
Racquetball.....	5,340	27	3,971	1,369	255	1,438	1,637	1,634	821	351	191	191	897	831	998	1,073	1,547	595
Running/climbing.....	20,640	12	11,981	8,659	1,661	3,399	4,614	4,782	3,112	1,844	759	470	2,396	2,668	3,447	3,498	5,195	2,435
Skiing—alpine/downhill.....	10,620	22	6,356	4,264	1,646	1,966	2,493	2,683	1,620	931	173	107	741	883	1,167	2,011	2,881	2,936
Skiing—cross country.....	3,627	28	1,744	1,883	216	467	395	599	861	518	396	176	327	150	398	1,170	845	737
Soccer.....	12,508	18	8,223	4,284	5,494	3,536	1,394	1,023	778	157	59	67	1,262	1,614	1,507	2,640	3,414	2,070
Softball.....	16,143	13	10,162	7,982	3,292	3,567	3,070	4,340	2,667	893	246	68	1,941	2,783	3,019	3,666	4,551	2,183
Swimming.....	20,277	22	28,960	31,317	10,669	9,335	6,965	10,646	10,470	5,261	2,742	4,591	7,206	7,996	9,399	12,741	14,608	8,627
Table tennis.....	7,817	25	4,965	2,852	1,056	1,283	1,517	1,600	1,124	702	276	258	1,833	2,463	2,835	3,026	2,199	1,478
Target shooting.....	12,231	19	9,617	2,614	84	2,093	2,455	2,955	1,725	1,172	480	378	1,254	1,491	1,058	1,972	3,161	2,364
Tennis.....	11,590	20	6,535	5,055	941	2,082	2,155	2,655	1,725	1,172	480	378	1,254	1,491	1,058	1,972	3,161	2,364
Volleyball.....	17,383	14	8,492	8,891	1,739	4,222	3,374	4,538	2,551	591	314	55	2,455	2,744	2,627	3,689	3,984	1,882

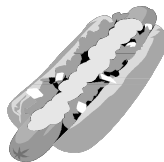
X Not applicable. ¹ Participant engaged in activity at least six times in the year. ² Includes wilderness camping. ³ Vacation/overnight.

Source: National Sporting Goods Association, Mt. Prospect, IL. *Sports Participation in 1994: Series / (copyright).*



Roast Your Buns Tour

Sponsored by
Lorain Wheelmen
"RAIN or SHINE"
August 1, 1999



The sixth Roast Your Buns Tour will depart from the ice rink on the campus of Oberlin College, Oberlin, OH at 8:00 AM, on Sunday, August 1, 1999. The ride will provide distances of 15, 25, 40, and 75 miles over flat to rolling terrain.

START-FINISH ... The start-finish and registration is at the ice rink, next to Philips Gym, Oberlin College, Oberlin OH. If you are driving via the Ohio Turnpike, exit at gate 8 and take route 57 north to route 2. Take route 2 west to the route 58 exit and take route 58 south to Oberlin. Turn left on SR 511 (west) and right (north) on Woodland Street.

REGISTRATION ... Advanced registration (\$10.00) will be accepted until July 24, 1999. Late registration (after July 24, 1999 and the day of the ride) will be \$12.00. Registration fee includes map, SAG, marked route and snack stops. Please make checks payable to the **LORAIN WHEELMEN**. Please include a SASE for confirmation if you would like one.

OVERNIGHT ACCOMMODATIONS ... are available at the Oberlin Inn, downtown Oberlin. For reservations, call (216) 775-1111. The Country Hearth Inn and Motel 6, located in Amherst, (approx 8 miles north of Oberlin on SR 58 at SR 2. Call (216) 985-1428 or (216) 988-3266 for reservations.

ROUTE ... The route(s) will be all new except for maybe the 25 mile route. It may use one of the old routes. The 15 mile route will make use of the new bike trail and is primarily intended for families and new riders. The snack stop for the 15 & 25 mile routes will be at the start-finish. Rochester will be a stop for the 40 & 75 mile routes. The 75 mile route will also have a stop in Fitchville. The 40 and 75 mile routes will be toward the south. The destination for the 75 mile route will be Savannah. this route will be rolling while the 40 mile route will be mostly flat.

SAG WAGON ... Riders with physical injuries or unrepairable mechanical breakdowns will be given first priority for sag wagon service. If necessary, other riders will be picked up as time and circumstances permit. The last sweep will begin about 4 PM. All riders should be off the road by 5 PM.

WEATHER ... August weather in Lorain County is usually hot and dry, thus the name for the ride. We could however have a thunderstorm or two, especially in the afternoon.

For more information or an application:

Call:	John Bachman (evenings) at 440.988.5016
Snail Mail:	Lorain Wheelmen, PO Box 102, Amherst OH 44001-1614
E-Mail:	chohn@oberlin.net
www:	http://www.crankmail.com/lor_rb.htm

Westlake Crit Results

Here are the results from the weekly Westlake points races. The following tables present points totals and rankings for the months April through June and are presented in this fashion in order to save space while catching up on results. Beginning with July, we hope to present results by the month and week through the end of the season. Official results courtesy of race coordinator Chris Riccardi.

"A" RACE

		APRIL 1999	TOTAL
1st	Dave Chernosky	Wright Bros. / QCW	30
2nd	Brad Watkins	Wright Bros. / QCW	20
	Jim Baldesare	Wright Bros. / QCW	20
4th	Rick Maier	Color Me Safe	14
	Tom Frueh	Cuyahoga Valley Velo	14
6th	Brian Batke	Cuyahoga Valley Velo	10
7th	Rudy Sroka	Team Burn	6
8th	Brent Evans	Color Me Safe	4
	Craig Reese	Team Akron	4
10th	Abel Donka	CWRU Cycling	2
		MAY 1999	
1st	Tom Frueh	Cuyahoga Valley Velo	26
2nd	Jim Baldesare	Wright Bros. / QCW	21
3rd	Rick Maier	Color Me Safe	14
4th	James Doyle	CWRU Cycling	10
	John Koury	PDQ	10
6th	Robert Martin	Cuyahoga Valley Velo	9
7th	Brad Watkins	Wright Bros. / QCW	8
	Dave Chernosky	Wright Bros. / QCW	8
9th	Andy Hague	PDQ	6
	Dick Brink	Team GT	6
11th	Brent Evans	Color Me Safe	4
	John Geise	Team Burn	4
13th	Brian Batke	Cuyahoga Valley Velo	3
	Brian Stern	PDQ	3
15th	Kevin Delaney	Unattached	2
16th	Bill Henterly	Team Akron	1
		JUNE 1999	
1st	Tom Frueh	CUYAHOGA VALLEY VELO	31
2nd	Dave Chernosky	Wright Bros. / QCW	18
	Rudy Sroka	Team Burn	18
4th	Rick Maier	Color Me Safe	16
5th	Kevin Delaney	Unattached	14
6th	JD Pooley	PDQ	10
	John Koury	PDQ	10
8th	Brad Hansen	Team Akron	8
	Doug Reese	Team Akron	8
10th	Abel Donka	CWRU Cycling	6
	Dick Brink	Team GT	6
12th	Don Lu	PDQ	4
	Jim Baldesare	Wright Bros. / QCW	4
	Polo Fernandez	Team Akron	4
	Tris Hopkins	CUYAHOGA VALLEY VELO	4
16th	Andy Hague	PDQ	3
	Brad Watkins	Wright Bros. / QCW	3
18th	Bill Henterly	Team Akron	2
19th	Robert Martin	CUYAHOGA VALLEY VELO	1

"B" RACE

		APRIL 1999	TOTAL
1st	Ted Ingraham	Summit Freewheelers	30
2nd	Ryan Pomajevich	Unattached	18
3rd	Mike Smith	Summit Freewheelers	12
4th	Brian Dffenbacher	Unattached	8
	Mike Busa	Unattached	8
	Mike Johnson	Unattached	8
7th	Eric Wilkens	Unattached	6
	James Dieringer	Unattached	6
		MAY 1999	
1st	Brian Beller	Unattached	36
2nd	Ted Ingraham	Summit Freewheelers	25
3rd	Ryan Pomajevich	Unattached	19
5th	Kurt Tietzen	Color Me Safe	10
4th	Mike Smith	Summit Freewheelers	8
	John Hayden	Unattached	6
6th	??? Dugan	Unattached	3
		JUNE 1999	
1st	Dave Kovach	HP/LAKE ERIE WHEELERS	30
2nd	Mike Busa	Unattached	25
3rd	Ryan Pomajevich	Unattached	21
4th	Scott Hoffman	Unattached	18
	Ted Ingraham	Summit Freewheelers	18
6th	Rick Ashby	Unattached	11
7th	Brian Gamm	Unattached	6
	Jeff Jewitt	HP/LAKE ERIE WHEELERS	6

CoasTour '99

ASHTABULA — CoasTour '99, sponsored by the Ashtabula YMCA, is to take place Saturday, Sept. 25. It is a 50-mile trip along the Lake Erie coast starting and finishing in Geneva-on-the-Lake. It will visitAshtabula's historic Harbor Disctrict and go on to the far northeastern corner of the state where Moses Cleaveland's survey party first landed in the Western Reserve.

For more information and an entry form, send a SASE to: CoasTour; Ashtabula YMCA; 263 Prospect Road; Ashtabula, OH 44004.

MS 150

The KeyBank MS 150 "Pedal to the Point" pledge tour will take place Saturday & Sunday, Aug. 21 & 22. Covering 75 miles one-way, one-day riders will board buses in Sandusky for the return trip. Full-tour riders will ride the 75 miles back after an overnight stay. Cost is \$35 entry plus \$150 minimum pledges for the 150-mile ride or \$100 for the 75-miler.

For more information call: 1-800-FIGHT-MS.



P.O. Box 18189, Cleveland, OH 44118

440-954-4201

email: clevetourclub@hotmail.com

web: clevetourclub.org

Membership Keeps Growing

CTC welcomes these new members. We look forward to riding with you.

Greg Blumers of Chagrin Falls, **Lynn Kaiser** of Strongsville, **John Koval** of Willoughby, **Chip Eucker** of Middlefield, **Robert Utz** of Cleveland. Hope to see you on the road soon.

Help Man the CTC Rest Stop

The Emerald Necklace Tour will take place on **August 8th** and CTC will be manning one of the rest stops on the **east side** of the tour route. If you are free to volunteer, we will be setting up a club info table with membership forms, photo's, etc. Please call **Hope: 216-371-6888 to volunteer.**

First-Tuesday-of-the-Month rides

For relaxed riding during the summer weekdays try these rides:

Aug 3 9:30 AM Punderson to Mantua. Meet at Punderson Manor. Rolling hills.

Sep 7 9:30 Erie Shores golf course (Madison) to Ashtabula. Flat.

Call **Harriet Pedone** (440) 951-9429.

A Ride Along the Lake

June 20, a fine summer's day, and a pretty flat route, much of it along Lake Erie. Starting from Perry Twp park, affording us a lovely view of the Lake from a small bluff, the club headed east staying as close to the lakeshore as the roads allowed. One place we had to head inland to detour around was the Perry nuclear plant, enormous from up close. One of our members, **Mike McCullough**, works there and I thought of him, stuck working inside instead of being on our ride.

Passing through **Madison** took us along pretty streets with small cottage-sized houses and big shady trees. The houses might have been summer cottages at one time as the area was a vacation place several generations ago when people had less mobility. On one of these streets a gorgeous, modern home stood facing the street. It was pointed out as a **Frank Lloyd Wright house** and had his characteristic long, low roofs, fine stonework and big glass windows. My daughter **Laura** is a fan of his and I noted its location for a future tandem trip there with her.

We passed by **Geneva State Park** and its Lake Erie beach and headed for refreshments at the old-time honky-tonk town of **Geneva on the Lake**. The town is a preserved gem of a place from a time when a resort consisted of open storefronts featuring pinball machines, tiny cottages and a walking strip down which people promenaded in the evening. On Sunday morning it was quiet, which suited us fine, but come the evening, a string of cars now parade down the main street showing off their paint jobs and a fair number of motorcyclists show off the sound of their engines.

The donut shop did a lively business off us cyclists, while the proprietor of nearby Annie's Bar did a lively job of shooing our bikes off his storefront. First time that's ever happened to me. We must not be the kind of cyclists who frequent his kind of bar. Our engines are too quiet.

Gayle Swan and I hunted for **Piero's** Italian restaurant and found it next to the defunct movie theater. It's a tiny place and easy to miss. It was written up last year as a great restaurant, owned by a chef who earns his money over the winter in a fancy Florida restaurant, and opened this place during the summer as a hobby to create an authentic Italian eatery that one might find in Italy, with inexpensive prices. **Jeremy Brustein**, his wife **Hope** and **Gayle & I** ate there the following weekend and found it wonderful.

Weekday Evening Rides

The weeknight rides are in full swing. Join us on the following days:

Tues 6:30 PM Concord Woods Med-Brisk (15-30).

Wed 7:00 PM North Chagrin Casual-Med (10-20).

Thur 6:30 PM North Chagrin Med-Brisk (15-30).

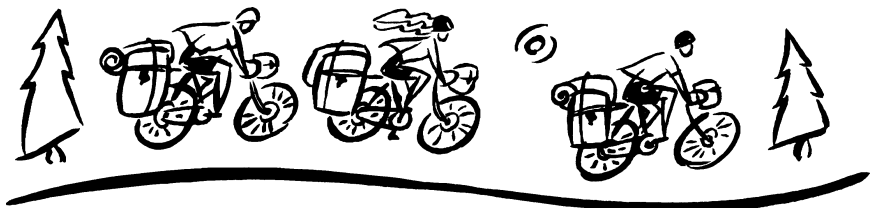
Tues/Thur maps distributed. **Wed** ride with leader at a relaxing pace.

1st Sat each month **8AM Western Reserve Cycles Chardon** (15-20).

1st Tue each month Relaxed ride. Call (440) 951-9492.

Ride Schedule

- | | | |
|--------------|-----------|--|
| Aug | 1 | 8:30 North Chagrin to Penitentiary Glen(25), Hambden(50).
Photo Day. Wear club colors (yellow & blue). Photos @ 8:30.
Potluck at picnic area follows ride (bring a dish to share). Hilly. |
| | 8 | Lakeshore Reservation thru Madison & Perry (25, 40, 60).
Flat. |
| | 15 | Landerwood to Walden(35), Mantua(55), Hiram(75). Rolling-hilly. |
| | 22 | Burton to Mesopotamia(27), Mosquito Lake(48), Jamestown, Penn. (90). Flat-rolling. |
| | 29 | Ferrante Winery-Covered Bridge Ride (20,40,60). Flat-rolling. |
| Sept. | 5 | Northfield to Hinkley lake, Medina(25,40,68). Rolling-hilly. |
| | 6 | North Chagrin Labor Day pickup ride. Monday. |
| | 12 | Gurney School to Newbury(20), Burton(35), Chardon(50).
Rolling-hilly. |
| | 19 | Chardon* to Thompson(27), Harpersfield(50). Rolling-hilly. |



Medina County Bicycling Club

P.O. Box 844 • Medina ,OH 44258 • L.A.W. Affiliated

Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
Treasurer:	Bryan Craft	330-723-3006	
Sr. Member:	Lou Vetter	330-725-0441	
Secretary:	David Miller	330-725-7928	mlrmedina@aol.com

Weeknight Touring Schedule

Tuesdays - 6:30 p.m. Call Tom or Bryan for starting point. (10 -15 MPH)

John Wasko also has a number of rides departing up North. Write to
gumbycycling@juno.com for a complete ride schedule.

Weekend Touring Schedule

Saturday – 8:00 a.m. call Lou Vetter or Email Tom Waterson (TLW@ohio.net) for ride start
and destination (12 - 15 MPH)

Sunday – 7:00 a.m. Sheriff's Parking Lot -call Tom Dease or Dave Shultz for ride destination (12-15 MPH)

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

INVITATIONAL RIDES

8/07 12th ICE CREAM METRIC, MEDINA 62/15 STARTING AT
GREENWOOD PARK

8/08 EMERALD NECKLACE TOUR, Cleveland 100.75/50/25

8/14 FOUR COUNTY METRIC Berea 65/40

9/12 HANCOCK HORIZONTAL HUNDRED Findlay 100/64/32

If anyone is interested in riding any of these events please contact Tom 725–1058

The Prez Says...

Please welcome four new members to our club this month .

Chris Greene of Medina.

Melvin Ballinger of Wadsworth .

Dennis Carter of Medina ,who has volunteered to head up a mountain bike chapter of this club. Yep you heard right VOLUNTEERED!!! Since this is a new venture for all of us your suggestions, ideas, and involvement will be unequivocally appreciated

.Dennis is currently looking for anyone interested in meeting at some of the local paths on weeknights or Saturdays . We are also getting a group together for a possible overnighiter in West Virginia . Contact Dennis at [_____](#) .

Martha Zamiska of Litchfield , who has made most of our Sunday rides this year, has been working on different ways to attack the hills, and has gotten stronger with every ride. Be sure to congratulate her on winning her class in the Twin Sizzler!!!! WAY TO GO, GIRL !!!! Congratulations also to Donna Graham on winning her class. Like there was any doubt.

For the latest info see Tom Waterson's web page at <http://www.ohio.net/~tlw/> . Give us your email address and we will update you. Or just call Tom Dease at 330-725-1058.

The jackets are *out*. We decided against them when we found out they would be white with colored lettering. Instead we have ordered 3 small, 10 medium, 10 large, 2 X-large jerseys.

NATIONAL 24 HOUR CHALLENGE: I placed 15th in my age group in a field of 42. Do I sound proud and like I'm bragging? You bet your sweet bippy I am! This year's ride had many differences. The weather was wonderful with low daytime temps and low humidity and plenty of sunshine. The start was moved to the north side of Grand Rapids and was changed to an almost out-and-back route, which meant that the head-winds would be in the morning with tail winds blowing us back to our base-camps. I did the 125 mile loop in 7:59 and felt great. I ate some food, rested and then set out for my first evening loop of 29 miles and did that loop only once. I rested some more, ate some more, got a free massage and set out on the 7.5-mile night loops. As darkness began to fall, one of the officials warned me to install lights. I was struggling with my quick release lighting set and I broke one of the mountings. Oh well, I had my backup light, the Cateye HL-500, and I went off again with spare batteries in my pockets. This portion of the course was also new and it was out in the country with no lighted intersections so there were new things to be concerned about. At the end of one long downhill there was a 90 degree right turn. This was not an intersection but rather a bend in the road with no edge-lines. As my lights began to fade, I almost plowed up some corn. I stopped back at base-camp and rested some more, installed my two spare batteries and rode out once more, only now it was 12:30 a.m. I finished two laps to complete 206.7 miles in just under 18 hours. Here another change became evident as I could now take a hot shower. I then put on dry clothes and went to sleep in my car. Could I have gone further? Yes, I could have, but I had to drive back to Ohio after the event and felt I needed sleep more than I needed the extra miles. Now I wonder . . . what if I could have just made it around the 7.5-mile lap 10 more times in the six hours that I slept. That would have given me 281.7 miles and third place for a bronze medal. Hey! Second place was just 303.4 so maybe next year . . .

MEDINA BIKE FOR LIFE: The Medina County Bicycle Club was well represented at this annual citizen's health event sponsored by Medina General Hospital. We started the day early arriving at the hospital at 5:00 a.m. to assist with the installation of route markers. After some minor glitches we were finished marking the route and headed home to dress for the ride. Tom Waterson, Myself, Tom Dease, Brian Craft, Barb Chase, George Houghtaling, Cyndi Steeb, Martha, and some other unnamed members rode the long route. Tom, and the

so-far unnamed member, finished first and second in this NON-RACE event. It was fun. The weather cooperated nicely and rains held off until the ride was completed by all riders and the walkers as well. Thanks Medina General, "you done good"

TWIN SIZZLER: This year I was brilliant! I hung in with the pack until we hit the hill at Kennard where I was dropped. I managed to get back in with them at the turn north onto Vandermark Road. Soon I was building up a small lead, then I got farther ahead until the pack disappeared from view in my mirror. I finished the course with two minutes lead over the chase group and felt great. I only hoped I would do as well the next day during the race. OK, so that was the practice run . . .

During the race I dropped out at the one-mile mark. The age division winner started a breakaway just south of the city limits on Route 3. I had not the energy or desire to answer his challenge. I had a flat tire as I approached the turn west onto Kennard and stopped to repair it. OK, so racers don't carry pumps and spare tubes. I do! I refused the offer of a ride and the tire peeled off easily for the first time in years. I installed the new tube and, also for the first time in years, I was able to push the tire back on the rim with my fingers. Heck, I had only lost a few minutes so I pumped up the tire and rode off chasing those who had passed me while I was broken down. I passed them all and a couple more to boot — Yay me! . . . I was way behind the winners but I had shaved 10 minutes off of my practice run. My time? It was just under 1:32. My average speed of 17.4 will make the real racers laugh at my stats, but I had fun and I enjoyed the race. Not everyone in the race is a racer. Some riders just want to complete the 29 miles, take their free T-shirt, and have fun too. Next year you should give it a go.

The Racer's Loop Time Trial

September 11

The Course: a flat, four-corner, 6K loop that is ridden twice (12K total).

Race Categories: Elite Men, Citizen Men, Elite Women, Citizen Women

Three awards will be made in each class.

Registration is on race day at the Old Trail School on Ira Road from 7:00 a.m. to 8:00 a.m. Entry fee is \$10 and is non-refundable. Helmets required.

Proceeds are to benefit ECM International, a nonprofit organization which provides aid to disadvantaged people across the European continent.



WESTERN RESERVE CYCLE SPORT INC.

215 Cherry St. • Chardon, Ohio 44024 • 440/285-RIDE
DOUG ANDERSON MARK BIR

MID-SEASON BLOW-OUT

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V R X 200	MED.	999.95	829.95
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HOURS: SUN. 1-5 MON.WED.SAT. 10-6 TUE.THUR.FRI. 10-8

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COMMITTEE:

Ellie Einhorn	Howard Mayers	
Bernard Greenberg	Harold Pasternak	
Mitch Kursh	Edward Reichel	241-6930
Alvin Magid	Allen Wapnick	781-4300

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Ride Schedule

NOTE: All Saturday rides commence at JCC with same start time as following day.

DATE	TIME	START	DESTINATION	MILES
August				
1	8:30 a.m.	Northfield School (Olde 8 & Rt. 82)	Hale Farm	35
8	8:30 a.m.	JCC	Solon/Sea World	30
15	8:30 a.m.	JCC	Cleveland/Bratenahl/Urban Desert	35
22	8:30 a.m.	JCC	Club Party Ride?	30
29	8:30 a.m.	JCC	Hudson Reverse	50
September				
5	8:30 a.m.	JCC	County Line/Chagrin Falls	35
6	8:30 a.m.	JCC	Labor Day Pick-Up Ride	
12	8:30 a.m.	JCC	Twinsburg	35
19	8:30 a.m.	Gurney School	Burton/Middlefield	40
26	8:30 a.m.	JCC	Willoughby	30

NOTICE: Any nonmember guest who has not signed a release will not be considered, for insurance purposes, as a part of the club, nor will they be entitled to any protection afforded by the club insurance policy. In addition, all minors must be accompanied by an adult and must have a release signed by parent or guardian.

Join Us For The 21st Annual Tour Along the South Shore of Lake Erie



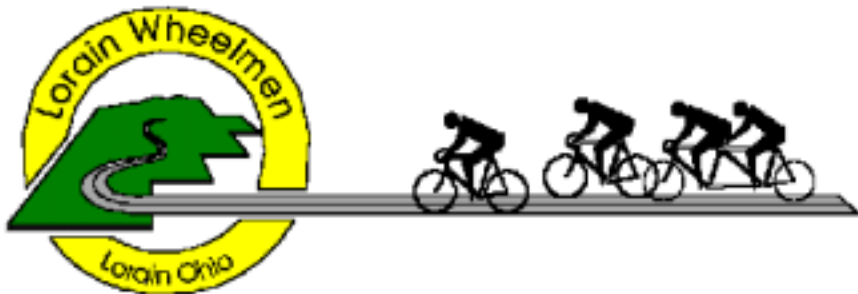
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AUGUST

The calendar wasn't available yet for August. Please check our web site, or call Daryl Davis at 440.989.1451 for Sunday ride info. The Tuesday and Thursday rides are doing well. Tuesday is a very fast pace ride and starts at the Oberlin Inn. The Thursday ride is a more sane pace and nobody is gonna get dropped. The distances for both rides are between 25 and 30 miles. Of course, on meeting night, August, 12th, the Thursday ride will start from the Nordson Depot. The Sunday rides start either at the Oberlin Inn or Amherst Powers School at 8:00 AM. All the evening rides start at 6:00 PM. Frank Wilbur, one of our retired members is still trying to get a couple of other retirees to ride in the morning during the week. So far, he's not having much luck.

Final plans were made at the meeting for The Roast Your Buns Tour, August 1st. There will be 4 routes: 15, 25, 40 and 70 miles. The 15-mile route is a family route on the bike trail. The 25-mile route will be one of the old ROAST loops. The 40 and 70-mile routes are all new. Food stops will be in Rochester for the 40 and 70-mile routes and Fitchville for the 70-mile route. There will also be food at the start/finish in Oberlin for all riders. There will be times posted when the food stops will open and close. Herb will be doing his thing again ... grilling hot dogs in Oberlin. Be sure to stop after your ride and have one!

Five of our members have been spending their Saturdays on Lake Erie. We've developed a small contingent of kayaks. The boats range from a surf ski to an open cockpit tandem. Sandusky Bay seems to be developing into a favorite paddling spot for the boaters.

The members attending GOBA had a great week. This was the second year in a row without any rain. Of course, the hills were back and there were some serious climbs. Along with them came some great downhill. We rode two bike paths, one 10 miles and the other, 15 miles. They were both great. They come as a welcome change after you've spent the first 10 or so miles climbing. As any railroad fan knows, trains don't like uphill (neither do I). The maximum grade you'll find on a converted RR around here is about 1%.

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Crooked River Cyclists

President, James Guilford: (440) 877-0372
Sec./Tres., Carol Guilford: (440) 877-0372

Vice-Pres., Ken Hammer: (440) 572-3512
Ride Chair, Pat Artl: (216) 228-8030

RIDE SCHEDULE

(All rides start at 8:30 a.m.)

8/1 – Olmsted Falls to Wellington – 65 flat miles starting at the Mills River Plaza at the corner of Bagley and Columbia Rds.

8/8 – Emerald Necklace Tour

8/15 – Biking to Brecksville (the B&B Ride) – A 35-mile rolling to hilly ride that will start at Quality Catering in Strongsville.

8/22 – Station Rd Trailhead to Chagrin Falls – a 42-mile rolling ride from the starting at the Station Rd Trailhead, Riverview Rd at the Valley Parkway.

8/29 – Pawpaw Picnic Area to Wadsworth – A 50-mile rolling to hilly ride starting at the Pawpaw picnic area in the Valley Parkway at W.130th.

9/5 – Valley City to Rittman - A 50-mile rolling ride with one good hill, starting at the Valley City Depot on Rt. 303 just west of Rt. 252.

The CRAB Tour was up against some unpleasant weather conditions, namely high humidity and even higher temps with the constant threat of rain. But rain was actually welcomed by our riders; it was like one of those “cooling” stations at Sea World with very brief, light showers (just enough to cool you off).

What does volunteering bring back to you? Stories like the couple from Niagara Falls, New York that had just starting riding as a couple three years ago and bought what we might call “beater bikes” not realizing how much they would enjoy cycling again as adults. So they both bought better road bikes...Cannondales: the husband, an all-terrain bike to slow him down just a bit, and a good quality road bike for the wife, so that she could more comfortably keep up. They find that the area around Niagara Falls has so much urban sprawl that they need to search for other places to visit (via the Internet) to find quality riding. They both enjoy the adventure and challenge of new places and, with the exception of our Pennsylvania-line spur, did the entire CRAB route. And there was the story of a man who, in his early fifties and after heart surgery, was enthusiastically campaigned by a friend to get into cycling. Finally he relented and they both went to Nashbar in Youngstown and, eight hundred dollars later, he

had to explain to his wife why he had spent so much money. His wife laid down the law and threatened that he just better use that bike and all that gear or else. Better watch what you wish for because six years later he is still riding enthusiastically.

Of course, it is satisfying to have people come back after the ride and either give a donation for riding our “free” invitational or, better yet, give an *additional* donation because, in one case, she had eaten so many of our “homemade” cookies! The roads were far better this year due to repaving. If there were any unhappy riders, we didn’t hear about it.

Our ride Sunday, July 11 was one of those picture-perfect days so I can only guess that most of our regulars were either on an invitational or enjoying the day in some other way. However, someone always shows up, so we decided that instead of going to Vermilion and having to do some last minute rerouting due to road work, that we would rather take a leisurely tour to Oberlin (shorter by some 20 miles). Some roads had been redone and, I know I’ve said this before, it was soooooooo good being reminded of the good old days when people didn’t ride fast just to get “it” over with but, rather, to enjoy God’s country and some good old-fashion conversation (before the Internet). Glad that our regulars support other clubs through their invitations, but almost every Sunday ride is an “invitational” of sorts since we provide maps and you can ride at your own pace if you want to or challenge yourself with our best. For the newer riders intimidated by “those *miles*,” just remember that with a map you can shorten a ride at any time for your own riding pleasure.

PS For those of you that have just recently acquired an email address or for some reason forgot to pass it on, please contact Pat Artl at CrookRiv@AOL.com and he will put you on his Crooked River Cyclists’ email list to remind you weekly about the next Sunday’s ride.

CrankMail Rates Going Up

Not a fun part of publishing *CrankMail* is balancing the hundreds of dollars of monthly costs involved in printing and mailing against income. Lately we’ve been pretty far off-balance — losing money.

So, beginning with the August issue, *CrankMail* club and independent subscription rates will rise, as will display advertising rates.

I thank you for your continued support of this unique publication and hope you understand that occasional adjustments of this sort are necessary.

— James Guilford, Editor & Publisher

CrankMail

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Unclassified ads are free to *CrankMail*-served club members and subscribers for two appearances and appear both here and on *CrankMail's* World Wide Web site. Nonmembers/nonsubscribers pay \$5.00 for this service. Ads are intended for personal, non-commercial, bicycle-related purposes only. Ad copy should be typewritten to help assure accuracy. Ads are also accepted by fax or email if no payment is due. Ads are not accepted by telephone. Limit to about 30 words; no more than three ads from the same individual in an issue. Please include your area code with your telephone number. *CrankMail* reserves the right to edit ads to fit space and format requirements. In the event of typographical or other error, *CrankMail's* only obligation shall be to publish a corrected version of the ad in which said error appeared.

KESTREL 200 SCI 54 cm, Shimano Ultegra components, Spin wheels, excellent condition, \$1,500. Also, **AEGIS 54 cm** frame (never used) and extra wheels, tires, tubes, supplies. Call Paul Arundel at: (440) 779-8594.

YAKIMA ANKLE BITERS two, brand-new, with locking cores. \$250. Included are two wheel trays, four towers, two cross-bars, four locking cores, and all necessary hardware. Call David: (216) 360-0709.

HELP WANTED: Century Cycles is looking for enthusiastic, friendly, and motivated people for any of their three stores: Medina, Peninsula, Rocky River. Voted one of the best bicycle shops in North America. Work in fun industry with great people. Full- or part-time, year 'round or seasonal. Sales or mechanical experience helpful. Positive attitude, zest for life essential. Call: (800) 201-7433.

WANTED: modestly-priced hybrid or comfortable road bike for girl heading off to college. She's about 5'9". Bike wanted with medium-width tires, in good condition. Call: (216) 932-6159.

WANTED: used Trail-A-Bike or similar device for pulling kids behind while they ride and pedal. Call Marty: (216) 932-6159.

expire August

LOOK CARBON PRO pedals, red, complete with new black cleats, red ARC cleats, and associated hardware. \$30. Call Scott: (440) 639-0048; email: scott.erdman@cfe.ab.com.

BLACKBURN FP-IS PUMP frame-fit, \$10. **ZEFAL MINIPUMP**, telescoping, \$10. Call Scott: (440) 639-0048; email: scott.erdman@cfe.ab.com.

WANTED: SPORT TOURING BIKE 49 to 52 cm, in good condition. Call Martha: (216) 321-9639.

WANTED: RIDE PATCHES from rides and cycling events. Not sure what to do with the patches you have collected? Send them all to me and I'll give them a good home. Especially interested in TASSLE '78. Greg May; PO Box 495; Union, KY 41091-0495.

HELP WANTED MECHANIC: experienced bicycle mechanic wanted by B & K Bicycle Co. Customer service orientation. Health care benefits. Call Neil: (216) 382-9966.

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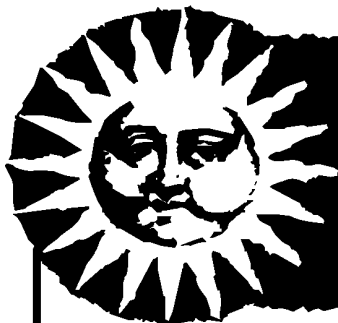
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