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- * 6 Lake Effect Cyclocross Races
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Photo Courtesy The 37th Frame



The Voice of Cyclists in Northeast Ohio

PO Box 5446 , Cleveland, Ohio 44101-0446

On The Web @ www.crankmail.com

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From the Editors

This month, the cover is of an ordinary bicycle from the 1870's. Though popular in the United States, they were revolutionary in Europe bringing unimaginable freedom to a society with limited transportation options. Due to the closeness of towns and roads that were relatively good, the use of the ordinary exploded on the Continent. Roads in Britain were good enough by the 1880s for a journey from Land's End in Cornwall to John O'Groats in Scotland covering 924 miles in seven days.

Thomas Stevens was the first person to ride a bicycle across America which he accomplished on an ordinary in 1884. A modern day version of this ride is taking place as we go to press and the two riders recently passed through Cleveland. Peter Matthews from Dublin (Ireland) and Gary Sanderson, of New Jersey embarked on a transcontinental ride from Perth Amboy, New Jersey to Newport, Oregon on 1880's High Wheel Bicycles: 60 days of riding and covering over 3,300 miles of road. They passed through Cleveland following the Adventure Cycling Northern Tier route on June 26th.

Peter and Gary are members of The Wheelman, a national, non-profit organization dedicated to keeping alive the heritage of American cycling, promoting the restoration and riding of early cycles (1918 or earlier), and encouraging cycling as part of modern living. Members are intent on learning lost skills, retelling lost stories, researching and writing of the golden era of cycling.

You can follow their exploits on a daily ride log and view photographs of their trip (including a nice picture of downtown Cleveland) on The Wheelman website at www.thewheelmen.com. The site has a wealth of information about Stevens' cross-country ride in 1884, (which also passed through Cleveland) as well as other early journeys.

Martin Cooperman and Tom Meara, Editor & Publisher
July 2004

You Can Subscribe!

If you're not a club member you can get *CrankMail* by subscription! One year (10 issues) costs only \$11.88 (new subscribers only). Send along a check made out to "CrankMail" and clearly write your name and mailing address below. Renewals are \$12.96 per year (prices include sales tax).

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Gossip

Charlie Pace sent an email informing us that the route for the **2005 Tour of the Scioto River Valley (TOSRV)** planned for the Mother's Day weekend (May 7/8) is changing for the first time in 43 years. They will not be on SR 104 from Columbus to Chillicothe. The semi trucks finally got the best of them.

Looking for something a little bit different? The dates for the **2004 Bangkok to Saigon Cycle Challenge**, the epic 800km mountain bike ride through Thailand, Cambodia and Vietnam have now been set for 06 to 21 November 2004.

This annual fundraising event in support of deprived children in the three countries through which it passes will again include a visit to the World's largest and most inspiring historic temples complex, Angkor Wat. However, in a variation from past years, the route will this year follow the mighty Mekong River down into Vietnam's lush, watery Mekong Delta.

The five day expedition is fully supported and will commence in Khao Yai National Park, a short distance outside Bangkok.

For each participant, Symbiosis Expedition Planning will donate \$100 to four local children's charities in the three countries through which he / she cycles. In addition, participants will be asked to raise further funds through individual sponsorship.

Contact Symbiosis Expedition Planning, Christopher Gow/ Anh Lam
marketing@symbiosis-travel.com.

The **Cleveland Chaos Cycling Team** are sponsoring **The Blossom Cycling Challenge** on August 7th, 2004 at the Blossom Music Center in Cuyahoga Valley. The race is for the benefit of both the **Cleveland Clinic Taussig Cancer Center** and the **Case Comprehensive Cancer Center** of University Hospitals for Breast cancer research.

The Blossom Cycling Challenge is a regional bicycle race, fully sanctioned by the United States Cycling Federation (USCF). The day will consist of multiple races for all levels of cycling expertise an also attract non-competitive cyclists as a destination ride for the day.

The event promises to be challenging, family oriented and packed-full of festivities for both participants and spectators alike.

"Access Ohio" is **ODOT's** Transportation Plan for Ohio and it includes bike and pedestrian planning. The Plan is updated every 5 years and is being updated now. ODOT is currently holding open houses around the state to present the draft plan to the public and take comments. Meetings were held in Cleveland in July an are being held in Akron on August 18th. The comment period is open until August 20th. The website where you can check out the draft Plan is at www.dot.state.oh.us/planning/. Chapter 8 deals with bike and pedestrian facilities.

Several **local bike shops** are reporting brisk sales this year. One reports a 40% increase over last year while another is seeing increasing demand for upscale bikes of all types, especially the carbon fiber Trek that Lance is riding. Tour excitement may be responsible for some of the activity but we would like to think it is the advertising in CrankMail.



Cleveland Touring Club
P.O. Box 32456
Euclid, OH 44132-0456

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

Hello Fellow CTCr's. There were no new members added this month.

WILD DOGS STORY – Because of a last minute ad that took priority over this story, it was excluded from last month's issue. So look for it in THIS issue. **KATHY HEYDORN** was riding along MLK on her way home from the Parade de Circle (June 12). She was headed up a hill to check out the Cleveland Greenhouse when suddenly she was surrounded by 4 ferocious dogs (including a pit bull). If a concerned motorist had not stopped to intervene, Kathy believes she would have been attacked.

CTCs IN THE BUFF - We heard rumors that at least a half dozen CTC members (or past members) participated in the Spencer Tunick nude photoshoot at the East 9th St. pier near Voinovich park – extremely early on June 26th. Temperatures that morning were chilly (54 degrees), but it seems like everyone who participated had a great time.

RIDE SCHEDULE

Date	Time	Ride Terrain
Aug.1	8:30	NORTH CHAGRIN Chagrin Valley "Hill Challenge" Ride (20, 50) Flat / Hilly
Aug. 8	8:30	LAKE SHORE RESERVATION - to Madison & Perry (25, 40, 60) Flat / Hilly
Aug. 15	8:30	LANDERWOOD It's Back! TOM BLACK'S MYSTERY RIDE small miles & big smiles! Fun
Aug. 22	8:30	PENINSULA - Eric Schulttz's 14-Hill Ride (330-659-3274) Alternate CHARDON to Thompson (30), <i>Harpersfield</i> (50) Rolling / Hilly
Aug. 29	8:30	BURTON to Mesopotamia (27) Mosquito Lake (48) Jamestown PA (90) Flat / Rolling
Sept. 5	8:30	HELEN HAZEN WYMAN PARK to Thompson (25), Leroy (35) Rolling / Hilly
Sept. 6	8:30	NORTH CHAGRIN – Labor Day Pickup Ride Varied Terrain

RIDE START LOCATIONS

BURTON

Berkshire (Burton) High School, 1 block north town square, park on north side

HELEN HAZEN WYMAN PARK

I-90 to Rt. 44 and go north to the Rt. 84/Mentor/Painesville exit. Turn right (east) on Rt. 84 for 2.5 miles to the five-way intersection of Rt. 84, Rt. 86, Bank St., State St. and Cummings Rd. Make a sharp right onto Rt. 86 (south). Proceed 1 mile down the road. Park on the left (east) side.

LAKESHORE RESERVATION

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

LANDERWOOD

Landerwood Plaza at 87 and Lander Road – Near the bagel shop ADDRESS: Landerwood Plaza Shopping Center 30559 Pinetree Rd., Pepper Pike

NORTH CHAGRIN

N. Chagrin Reservation - Sanctuary Marsh Nature Ctr. lot, enter park from Rt. 91 south of Rt. 6

PENINSULA

Deeplock Quarry – 1 mile south of Peninsula on Riverview Rd.

AMERICA AT 12 MILES AN HOUR

Phil Shrout, author of America at 12 Miles an Hour will be at the Willoughby Public Library on Monday, September 13, at 7:00 pm. Come and meet the author of this humorous adventure, a tale of a cross-country trip he took with his wife on bicycle from Astoria, Oregon to Hilton Head Island. Meet the riders! See the bike! Hear the stories!

This is a free program. The Willoughby Public Library is located in beautiful and historic downtown Willoughby at 30 Public Square. For more information call the Library at 440-942-3200 x101 or 291

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Wild Dogs

From time-to-time, while in my car, I have noticed packs of wild dogs in the inner city of Cleveland, the Shaker Square area, and while driving down MLK at night.

On Saturday, June 11, I rode my bike to the Parade on the Circle at University Circle. I had encouraged some of my friends to the same. I rode from Willoughby, using the signed bike trail through Bratenahl, then connected to the bike trail that goes along MLK, up to University Circle. The MLK bike path and the signed bikeway going through Bratenahl and along the lake shore are beautiful and it is great that the city has improved these areas. I have seen cyclists, runners, and walkers use these trails.

On the way home from the Parade, I made a slight detour and decided to stop at the Cleveland Greenhouse. The road to the Greenhouse is right at the end of the MLK bike path. It is an uphill road. I got about half way up the hill, when a pack of wild dogs came running out of the bushes at me. The pack was 4 dogs, consisting of 2 pit bulls, one German shepherd, and one I could not identify. There was no way that I could turn the bike around and try to outrun them. So, I hopped off the bike and used it as a shield to keep them away from me. The pack attempted to surround me. I ended up getting backed up to a tall chain-link fence, which prevented the dogs from getting behind me, and I was able to keep them from getting to me. I literally was afraid for my life. These dogs were extremely aggressive. Finally a car came down the hill, and my screams got the attention of the driver, who pulled over to help me. When the car pulled over, the dogs backed off and ran into the bushes. The driver stayed with me until I was able to ride down to the Bratenahl area where I felt safe.

I made several calls, first to the Director of the City Dog Kennel, who told me he was aware of the problem of these dogs, but his budget has been cut and he has only one dog-catcher who cannot do anything about these dogs. He said the area is very open and the dogs have plenty of places to hide. I called the Director of the Cleveland Greenhouse, who was very glad that I reported this incident and said she would contact the Parks Commission and tell them what happened. She also said she has seen packs of wild dogs in the area and would bring this to the attention of her staff. I sent an e-mail to Mayor Campbell, and have not had a response to-date.

I talked with several friends who live in the Cleveland Heights, Shaker area who said they have seen these packs of dogs. Some friends mentioned that it has been in the Plain Dealer that the Dike 14 area (not sure if I have the name correct) near Gordon Park had become a 'bird sanctuary' for migrating birds, but that it is also home to packs of wild dogs. My biggest concern is that someone is going to be killed or maimed by these dogs. If these dogs came after me, an adult, what is to prevent them from coming after a child? I would really be interested to know how many other people have been attacked by these dogs. It seems like the city is not doing anything to get rid of this problem.

Kathy Heydorn - CTC

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The Onion Thieves

Descending from 4 days in the Rhodope mountains in southern Bulgaria near the border with Greece, to the central plains in view of the distant city of Plovdiv, we camped in an open field recently planted by nearby villagers. We met them as they were ending their work day and returning home from the fields. Waving goodbye to them, shovels and hoes on their shoulders, tents and sleeping bags on ours, we trundled down the dirt path and across the railroad tracks, looking forward to a bath and an early night's sleep.

The bath was a sunken irrigation ditch, just tall enough to provide for modesty with a 3" trickle of water just deep enough to scoop up for bathing. Dinner was the usual: stale bread, salty cheese, liver paste, peanuts and wine. Well satiated we turned in.

Just before getting into his tent, Borislav, our Bulgarian cycling guide, thought he spotted someone prowling around the tracks. We weren't concerned. We'd encountered nothing but hospitality during our 2 week trip and camping in the fields was standard for us by now.

Everyone had settle down to sleep while I was still looking at very distant lightning over the mountains behind Plovdiv, which, Borislav assured me, was a good 100km away, when a flashlight beamed in my direction, then several flashlights. These were not the usual AA type battery flashlights used by us but serious devices that could have been used for spotting WWII bombers for anti-aircraft guns. I just stood there, more curious than worried. The low murmur of what I took to be Bulgarian came from several mouths.

Borislav opened a weather eye, then worked his way out of his sleeping bag and tent to confront our late-night visitors. By this time everyone was awake and reverting to their basic natures. Steve, Ann's uncle, kept stone cold still in his tent. Ann played peek-a-boo with her tent flap, pulling it down to get a look at things until a flashlight beam ventured near, then pulling it up just as quickly. In the third tent, my daughter Laura grabbed her night vision video camera and began recording the event as tent mate Maya, Borislav's daughter, translated the distant Bulgarian conversation. I just stood there watching the distant lightning come closer.

Heavy grumbling in Bulgarian from the four natives with the flashlights. A conciliatory tone of voice from Borislav. Gentler grumbling from the natives. More conciliatory notes from Borislav. Then a chuckle, then several chuckles, then a bit of laughter, then lots of laughter and we finally realize that whatever else might happen that night, we were unlikely to spend it in solitary confinement in a Bulgarian prison cell.

The men turn off their flashlights and leave. Borislav explains. The villagers we saw returning from their fields had been having problems with gypsies stealing their crops. Borislav hadn't expected the issue to arise since most crops had just been planted. He had not, however, taken into account the onions.

The villagers were expecting their onion crop to be up any day and the gypsies to not be far behind. They had posted 2 of their number on night duty to patrol the fields against marauding gypsy bands bent on pilfering the onion crop, had come upon us and mistaken us with our by now swarthy complexions, for the gypsies themselves. They had taken 2 policemen with them and were about to pounce, when Borislav, explaining the circumstances, finally pointed to our bicycles, something the gypsies never ride.

Suddenly all was clear. We were tourists. American tourists. Crazy American tourists camping in their fields. Why of course. Welcome. Certainly you can stay here tonight. We'll keep watch to make sure the gypsies don't steal your bicycles. Oh, by the way, could you use some onions for dinner tomorrow?

Marty Cooperman spent the better part of May cycle touring and camping in Bulgaria, with his daughter **Laura**, friend **Ann Henderson** and her uncle **Steve**, and guides **Borislav** and **Maya**, experienced cycle tourers from Bulgaria. Ann has a web site: <http://greengrrl.com/bulgarianbikeblog/> with lots of photos and stories about the journey.

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August 2004 Calendar

Date	Starting Point	Destination	Miles	the etc's
08/01	Oberlin	ROAST Your Buns	30/52/70	A freebie invitational
08/08	N. Ridgeville *	Medina	50	Our traditional route
08/12	Ralph's House *	Prolog	6:00	A quick 20+ before the meeting
	Ralph's House *	Meeting & Bocce	7:30	Be there!
08/15	Wakeman	Savannah	62	A nice rolling metric!
08/22	Oberlin	Huron	55	Let's try this again!

Time Changes!

Sunday and holiday rides will start at 8:30 Eastern DAYLIGHT Savings time from now 'till the end of October!

Saturday rides from Prospect School at 9:00 will continue. They'll be in the 22-35 mile range

Tuesday evening rides will start at 5:00 from Prospect School (Oberlin) for the rest of the summer riding season

Thursday evening rides will start at 6:00 from the City parking lot (Amherst). The meeting night prolog ride will start from the Depot in Amherst.

The North Ridgeville start is at the old Field School on the NW corner of Root Road and old Route 10 (Lorain Road). From the west, take the turnpike and go to exit 10. Head west on Lorain Road. Root Road is about 1/4 mile. Hang a right (north) and school is on the west side of Root Road.

The Wakeman start is in the park on US 20 in the middle of town. Park in the small lot there.

If you don't know where Ralph lives, email him at rballard@oberlin.net.

A note from Road Captain Dave: If you want your mileage totals to be added to the Cateye Totals, you'll have to send em in! Just e-mail (or snail-mail) em to Dave by meeting night and they'll get into the previous month's totals. DON'T wait until the summer riding season is over then turn em all in. Keep em coming every month.

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www.medinabikeclub.org

President: Shawn Conway	330-764-3019	the5conways@earthlink.net
Vice President: Dave Ling	330-416-9421	ldbl3000@aol.com
Treasurer: Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary: Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Evening Rides

Starting at 6:30pm (Pace: Moderate 12 - 15+ mph)

Starting Points:

Aug - Plaza 71 Route 18 & 71

Sept - Plum Creek County Park

Sunday Morning Rides

Starting at 8:00 am (May through September) and 9:00 am (October)

Starting Point: Historic Medina Square. Please park in the Courthouse Parking Lot at Jefferson and E. Liberty St. off the Square.

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

CLUB NOTES:

Jimmy MacDonald sets new record: It appears that Jimmy can do more than ride fast. He can also eat fast and in keeping with Medina Cycling tradition, that means eating Ice Cream. Jimmy was getting low on money for food on Friday of GOBA and gambled twenty dollars against a free supper at an Ice Cream parlor eating challenge in Wooster. The previous record was well over thirteen minutes and Jimmy smashed it by over one full minute. The owner was so impressed he wrote a story about Jimmy's feat and took his picture. Both the story and picture are prominently displayed on the wall of the ice cream parlor. Here's another "Way To Go Jimmy"!

Rants and Raves: Canadian gasoline by the liter is not cheap at \$0.99 per. Who cares? Tom Waterson and I do; we are going to Canada on a bicycle camping vacation.

LETTER FROM VETTER:

National 24 Hour Challenge: Laurie and I represented the Medina Club at this year's challenge. I really surprised myself by keeping up with Laurie for the first 126 miles plus the next two 24 mile loops. Early in the ride Laurie asked where she might purchase some aspirin and I replied there was a store about five miles after check point number one. Then she was gone off the front or maybe it was I who dropped off the back. That store turned out to be about fifteen miles past the checkpoint instead and that is where I caught up and we started riding together. At about the eighty-mile mark Laurie was leading up a small hill and I was in hot pursuit. That means panting and praying she would slow down. Right then I noticed a very large snake lying by the side of the road. Said snake was later determined to be a blue racer. I looked it up on the Internet. It was at least three feet long.

After we finished the day loops Laurie felt a bit under the weather. This year my wife Paula decided to help me out so I could ride the whole ride and she provided some nutritional supplements, from Mannatech, that she sells (shameless plug). Laurie tried two of the sports products, "Em-Pact" and "Sport". Sport is a "recovery from muscle strain" product while Em-Pact is an energy and endurance formula used by several Olympic Teams. I have tried both of these with positive results. Sport actually helps to remove lactic acid from the muscles. I think of it as my secret weapon during strenuous cycling events. Laurie decided to lay down and promptly fell asleep. When she awoke, two hours later, she felt much better showered and started the after dark riding. She was the talk of the town. All night long all you heard was. "Who is that woman riding so fast"? So if you want more information about my secret weapon E-mail me at bikevetter@aol.com and I will have Paula reply with the information.

At six am Paula told me that Laurie said she had ridden 280 miles. Since I only had 264 I decided to quit and get my shower. After the race ended it turned out Laurie only had 280 miles total and since I quit two hours early I "could of" and "should of" rode three more laps. If only I had done that I could have completed 287.5 miles, but I didn't and now Laurie has bragging rights. She also placed second in her age group getting a silver medal. I placed eighth with no medal. We both got the 250-mile participation pin.

GOBA, the Great Ohio Bicycle Adventure, is a weeklong family style bicycle camping experience and takes place in a different part of Ohio each year. This year I rode it for the first time. Fellow members, Sarah, Paula, Tom Dease, Tim Mischler and Jeanie, Jimmy MacDonald and Tom Waterson also rode. Lee Ewsichek and Glen Hinegardner were there too with a camper and all the comforts of home. Since I was in Michigan coming home from the 24-hour race I opted to start my GOBA on Monday the second day of the event. GOBA started in Medina and on Monday the ride was in Orrville and going to New Philadelphia. I joined it there. Tom waited for me and we rode out together. I was having a hard time keeping up and fell back on the hills of which there were plenty.

Tuesday was a free day so Tom and I only rode to breakfast a total that day of 3.8 miles (Woo-Hoo) but Jimmy MacDonald rode the optional hundred-mile route

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just for the fun of it. What a guy. Jimmy was riding with a friend who slept in. On Wednesday Tom, Tim, Jeanie and I went to breakfast then took a short cut to the next town, Bolivar, Ohio. The GOBA route was over fifty miles while our short cut was less than eighteen. Now before you go accusing me of not really riding GOBA I did ride each day's route just at times outside of GOBA week. I rode the Sunday route the week before and called in several route problems. Can you believe that some arrows got paved over while some others were scraped off along with two inches of asphalt? I went back and rode the Wednesday route and in order to get to my car I actually rode the short cut backwards in effect erasing it from the week before. Last week Tom and I rode the Saturday route because I quit GOBA a day early to go to Troy, Ohio to help with time station number forty of the "Race Across America".

Oh yeah, while I was riding the Wednesday route I was going North on Schneiders Crossing Road and came upon the intersection with Blacksnake Hill Road. Now I thought for a minute that it would be fun to go up that hill to see if there were in fact black snakes but I rode straight ahead instead. It was only a half a mile later when I noticed a large black tar stripe in the road ahead of me. Then I noticed it was moving. Soon I was close enough to see that it was indeed a very long black snake. It was longer than the wheel span of my bicycle by a bunch and was probably in excess of four feet long. Having been watching the Animal Planet Television network I was inspired to want to help the snake, so I tried to make it move off the highway faster by bouncing my bicycle and stomping my feet. This snake did not even have the courtesy to acknowledge my presence, and here I was practically saving its life. Yep, I looked it up on the Internet and it was a "Black Rat Snake", the longest snake native to Ohio.

SNAKEBITE RACE

MCBC Club members, Patrick and Linda Miranda are also founding members of Snakebite Racing and invite everyone to participate in the Valley City Street Fair Road Race, Saturday, August 28, 2004 in Valley City, OH. This USCF race will be a beautiful 12.2-mile rolling course, through Valley City, taking place during the 70th Valley City Street Fair. The course has two "S" curves, several short quick climbs, a technical section heading back into town with a hill top finish. A portion of the proceeds will benefit the Valley City Fire Department.

Start time: 10:00 a.m. - Men's Cat. 2,3 - 4 laps - 48 miles

Start time: 10:05 a.m. - Men's Cat. 4 - 3 laps - 36.6 miles

Start time: 10:10 a.m. - Men's Cat. 5/Citizen - 2 laps - 24.4 miles

Start time: 12:30 p.m. - Masters 35+ - 4 laps - 48 miles

Start time: 12:35 p.m. - Women's Cat. 2,3 - 3 laps — 36.6 miles

Start time: 12:36 p.m. - Women's Cat. 4/Citizen - 2 laps - 24.4 miles

Entry Fee: \$18 or \$23 for one day USCF license required for unlicensed riders.

See www.snakebiteracing.com/roadrace for complete race details and registration forms.

Event director: Linda Miranda - p/330-483-4512 or
lmiranda@snakebiteracing.com



Cleveland Bikes

Road I Classes Begin!

Three new League Cycling Instructors and one veteran Instructor participated in the first Road I class held following the League of American Bicyclists Certification class in June. The class is being taught and organized by Mike Blotzer at the Bay Village Community House. For additional information on this class contact the Bay Village Recreation Department at 871-6755, or the instructor, Mike Blotzer, at 899-1581. This class is the first of many to come.

Classes will also be held at OCBC (Ohio City Bike Co-Op) on Saturday. These will be held on a monthly basis 3 Saturdays in a row-don't miss out on future classes! Contact Jim Sheehan at OCBC, 216-830-CO-OP (2667) for more information.

Classes offering cycling safety and skills training will include Road I and Road II for adults as well as Kids I & Kids II. Teaching & taking these classes is a great way to promote safe cycling and the share the road concept to new & experienced cyclists!

For more information on BikeEd programs contact Jim Sheehan at Ohio City Bike Co-op at 216 830 CO-OP (2667)/ www.ohiocitycycles.org

Ohio Bicycle Federation - Cyclist Friendly Communities Award

An award for communities that treat cyclists well!

The Cyclist Friendly Communities Program encourages communities to treat cyclists fairly, promote safety by teaching the best practices of bicycle driving, and encourage cycling for transportation, health, recreation and sport. The award is open to any Ohio community (city, village, park district, college campus, etc.) that meets the criteria.

Please see the CFC Toolkit on the Web for the information you need to create a Cyclist Friendly Community <http://www.ohiobike.org/obf-cfc.html>. For questions and to apply for the CFC award, contact Fred Oswald, f.oswald@earthlink.net.

The first community to earn the Ohio Bicycle Federation ***Cyclist Friendly Communities Award*** was Vandalia Ohio. The measures Vandalia took to qualify for the award includes:

Organization & Planning

- Deputy City Engineer assigned to work on cycling issues
- Bicycle Advisory Committee established, lead by experienced bike commuters and recreational cyclists.
- League Cycling Instructor advises with planning

Equitable Treatment, Safe and Fair Laws

- No unsafe/discriminatory ordinances
- No helmet ordinance
- City Resolution #95-R32 declares cyclists are equal users of the roads

- “Share the Road” information in city newsletter and city web site.
- BAC chair plans road rage prevention program with Police Chief.

Education:

- Vandalia Police conduct Bike Rodeos on cycling safety and techniques at all elementary schools twice each year.
- Educational materials were added to the city newsletter to inform motorists that cyclists are not required to ride on paths.
- *Street Smarts* distributed at City Hall, Justice Center, Recreation Center and Public Library.
- Bicycle driving seminar with League Cycling Instructor.
- Cycling posters displayed at rec. center.
- Hawaii Ironman Triathlete and Nutritionist Michelle Kitze spoke on cycling nutrition in 1995 and again in 2004.

Accommodation, Engineering and Safety

- Resolution #95-R-32 declares policy for routine accommodation of cyclists on all non-freeway roadways
- Community officials to attend seminar in May
- City replaced several dangerous parallel bar grates. Advisory Committee identifies road hazards for repair.
- All vehicle detectors have been set to detect bicycles.
- City plans bikeway under a barrier formed by the CSX Railroad
- Secure inverted “U” bike racks installed at city hall, law center, recreation center, and public library.
- City has no bike lane stripes. City is studying safety issues related to a shared use path.

Promoting and Encouraging Cycling

Advisory committee assists Vandalia police with Bike Rodeos and assists in preparation for school presentations.

MEMBERSHIP

ClevelandBikes Membership levels available! Help support safe cycling in your community!!

STUDENT – for persons enrolled in school fulltime.

BASIC – members @ this level are entitled to participate in all ClevelandBikes Programs without voting privileges.

ADVOCATE – members are entitled to participate in all ClevelandBikes Programs and have voting privileges.

CHROMOLY – donor level with voting privileges.

CARBON FIBER – significant donor with voting privileges.

TITANIUM – outstanding donor with voting privileges.

Each membership includes one year subscription to CrankMail: The Voice of Cyclist in Northeast Ohio.

Contact Cleveland Bikes at www.clevelandbikes.org, email:

clevelandbikes@hotmail.com or write: ClevelandBikes 1294 West 108th St. Cleveland, Ohio 44102 for more information on membership or topics discussed.

Thoughts on the IMBA (International Mountain Bicycling Association) Summit, June 4-8, 2004

Bill Braum – president
Cleveland Area Mountain Bike Association (CAMBA)

Sitting down to try and recall all my experiences at the Summit I think back to riding in the charter bus on the way to Washington. I sat there looking at all the mountain bikers from all over the country and thought, “here we have a bunch of ordinary people doing extraordinary things”. And that’s just what it was.

I arrived early Friday in Westminster, Maryland and went into town to eat and check out the local bike shop. White’s Bicycles is the place. I go in and see Fat Chance frames, old Yeti FROs, and an Ibis trials bike. This is cool. In the back, Northern California IMBA rep. Jim Haagen-Smit is replacing the cassette on his tandem mountain bike. Already I want to ride even though I have just spent the last week riding some of the best trails that the state of Virginia had to offer. I wander over to McDaniel College to register for the Summit at the appointed time and drink a beer with several people who are milling about. The first guy I meet is an IMBA rep from Australia. His name is Tony and we talk about the trails in Australia. I also meet people from Wisconsin, Colorado and Texas. Isn’t mountain biking cool? I go back to the dorm, move all my stuff in and set up the stereo. You know, back in college and I need my tunes. The other CAMBA people arrive and bring the rain with them. We all assemble in the Chapel for the opening ceremony and listen to what IMBA director Tim Blumenthal and the IMBA staff has in store for us. It appears as though this is going to be one packed weekend! I return to the dorm and meet my roommate for the weekend. A guy from Chattanooga Tenn. and SORBA (Southern Off-Road Bicycle Association) member, named Chris Gilligan. He rides a Litespeed of course. Almost stole that bike.

Day two started early with breakfast at 7am. At the chapel we all gathered once more and were briefed on “how to get the most out of the Summit”. At 9:15am I was in a breakout session on the basics of getting grants. Something CAMBA can now do with our 501(c)(3) status. I learned where the funds come from and how to apply for them. 10:15am Found me in the “Trail Trends on Federal Land” session. This was the basics on who the land managers are, what they are concerned with, and how to work with them. On to Lunch, then another chapel excursion about IMBA initiatives, along with an open forum of what everyone would like to see from IMBA. 2:30pm Due to the rain falling outside we then got together for a quick trip to Gettysburg where I promptly fell asleep during the Electric Map program on the Battle of Gettysburg. That evening there was a barn party complete with bluegrass music, good food, and camaraderie.

Sunday saw us up at 7am once more. At 8am we were in the chapel to listen to Ned Overend talk about “A Champion’s Secret to Success”. If you’ve never read his book, “Mountain Bike Like a Champion” you should pick it up and give it a try. Newbie or expert you will come away with something. Next we went to more breakout sessions where two CAMBA people put on presentations. Mindy Kuth and two other panelists did “Getting Political” a session about trail policy and MTB access decisions. Mike Farley and three others did a session on “Urban Trails: Strategies, Struggles, and Success”.

The title of this one is definitely self explanatory. I attended one called “Innovative Partners: The Key to New Trails”, about ways to look for trail opportunities that aren’t obvious or through normal channels. The next session saw me in one about trying to get corporate sponsors. We ate lunch then were back at it with one more talk on “Taking Your Group to the Next Level”. All about 501(c)3 status, paid staff, more volunteers, leaders etc. By this time it’s 2pm, not raining, and time to ride our bikes. We get ready in record time, drive to Gambrill State Park in Maryland and hit the trails with 150 or so other mountain bike advocates. Oh yeah, and Ned Overend and Marla Streb! I take off on one of the advanced rides with about five or six others. We do about an hour and a half and end up joining the group Marla was riding with. I definitely can’t say I am sorry I didn’t get to ride with Ned! The ride was fabulous and the downhill I did with Philip Keyes from the New England Mountain Bike Association, and my roommate Chris, were stellar. At one point Chris pinch flatted and I tag teamed fixing it with him. We did it in less than three minutes. When you only have an hour and a half riding time you tend to make the most of it! 7pm, we were eating dinner and then went for more listening. This time we were being prepped for our trip the next day to Washington to lobby Congress. If I remember correctly we didn’t finish up that night until 11:30pm.

Monday we were up at 5am showering, donning lobbying attire, cramming breakfast, and boarding the charter bus for Washington at 7:15am. The Ohio delegations had meetings with staffers from the offices of Sen. George Voinovich, Rep. Stephanie Tubbs-Jones, Rep. Ralph Regula, Rep. Sherrod Brown, Rep. Steven LaTourette, and Rep. Debra Price. We asked our representatives in Congress to support the Recreational Trail Program (RTP), a part of the Transportation Bill, at the house level of funding of 503 million dollars. The RTP program provides funding for motorized and non-motorized trail projects. We also requested increased funding for the Army Corps of Engineers. Many trails we use are associated with Corps land and their budget continually shrinks. The North Country Trail is another interest with the Willing Sellers Bill coming up. The National Park System and the North Country Trail Association are looking to acquire additional land for trail connection and we are requesting that new land be considered for multi-use purposes. Finally we couldn’t be in Washington without mentioning the lack of access to singletrack trails in Northern Ohio! After that we were all ready for a beer so we strolled over to a little bistro for some apps. and a couple of beers. At eight o’clock the wrap-up party started with lots of schwag. The party was highlighted with a talk by Marla Streb and Golden Pulaskis being given to Jim and Cathy Haagen-Smit, Northern California IMBA reps, and Bill Devendorf an octogenarian mountain biker/trail builder from North Carolina, who even built trails with the Civilian Conservation Corps. (CCC).

Marla has a book also: “Downhill - A life story of a Gravity Goddess”. Word has it she is also working on a roadie book. What’s up with that? (Well I guess we’re all in this together. A bad day biking beats a good day at work, no matter what type of bike you ride!)

Tuesday we traveled home, but not before stopping off in Pennsylvania for some of the tastiest singletrack you might ever or never ride. I say ever, because it’s there right now for you to enjoy, I say never, because it could be lost in a heartbeat. Please consider joining IMBA and CAMBA to help support trail access and better trails for everyone.

www.imba.com
www.camba.us

Hey Cranky.....

I heard there was a bicycle museum in Ohio, what do you know about it? - Scott

Dear Scott,

In the flat farming plain of western Ohio, 50 miles north of the home of two famous bicycle mechanics who taught us how to fly, is the small canal town of New Bremen. There, just off Main St. in a remodelled brick storefront sits the understated Bicycle Museum of America. A rather lofty title for such a modest location, it lives up to the moniker, however. First appearance is of a neat, but small collection that you figure will be interesting but you won't be staying long. As you begin to explore, however, you realize there are over 250 bicycles neatly displayed over several rooms and several floors. It includes every type of bicycle imaginable from an 1816 Draisienne to a current LeMond.

The collection was purchased by Jim Dicke II, president of Crown Equipment Manufacturing and moved to New Bremen (where Crown is headquartered) in 1997. In their own words, "The museum houses elegant antique bicycles from the 1800s, balloon tire classics of the 1940s and 1950s and even the banana seat high rise handle bar bikes of the 1960s."

And quite a collection it is, including a 1816 Draisine, one of the earliest examples of a long line of inventions that has led to the modern bicycle. It was invented by a German gamekeeper and nicknamed the Hobby Horse since the rider straddled the saddle and propelled it with his feet.

Do you think the suspension mountain bike is new? Not hardly; the 1900 Pierce had a front fork featuring a leaf spring suspension and a rear telescopic shock-absorbing drop bar in back. You will find there is little new in bike designs; the variety and inventiveness of the early manufacturers was extraordinary.

One very interesting exhibit was the wooden 1897 Elliott Hickory. Not only was the frame made of hickory but so were the spokes, hubs, handlebar, bottom bracket, and fork. The frame was intricately joined hickory rods reinforced with brass lugs. One model had a frame that consisted of a single piece of hickory bent into a diamond shape and joined at the head tube. They didn't rust!

Modern examples include an exquisite Schwinn Black Phantom, the 1982 'Speed' bicycle on which "Ernie" Aurielo Gallego broke the bicycle speed record of 135 MPH, and a whole room full of Schwinn Krate Sting-rays.

Perhaps the most significant exhibit is the 1888 Starley Rover. It was the first bicycle to have all of the major features that we associate with the modern bike: a diamond frame, 2 wheels of the same diameter, direct steering, and a chain drive.

Though a 3 hour drive from Cleveland, it is well worth a visit for anyone who rides a bike today or rode one as a child. I've just scratched the surface of what is on display; the collection is priceless. Visit them at www.bicyclemuseum.com

Yo, Wheelers!

We have not had a new club jersey in the past few years. There has been some talk about commissioning a new jersey in "road" sizes (i.e. executive cut). This time we are looking for a volunteer to design the new jersey as we want something both colorful, and which says that we are the Western Reserve Wheelers since 1972. If you want a new jersey, or are willing to volunteer your ideas for a new design, please call me.



Good news from the front of the pack! The "A" group has developed into a large fast paced ride. They have returned to a practice of several years ago by starting rides from points other than the "J". For those who do not want to travel to a different starting point, there is always a ride from the "J" at the same time for one or more groups.

Jim Gernstetter reports that our annual dinner will again be held at the Hillbrook Club. Those of you who attended last time remember it was a smashing success. You will receive separate notice of this event.

We are glad to see Al Magid and Harold Pasternak back riding with us again on a regular basis. Harold now brings his grandson, Matt.

Don't forget to visit us at www.westernreservewheelers.com or for maps at www.johnstork.com.

May the Wind Always Be At Your Back

Ed Reichek

2004 Western Reserve Wheelers Ride Schedule

Date	Time	Start	Destination	Approx. Miles		
				A	R	C
8/1	7:45AM	JCC	Walden	50		
8/1	8:30AM	Solon Square	Walden		30	25
8/8	7:30AM	JCC	WRW Full Emerald Necklace	80		
8/15	8:00AM	JCC	Kent	69		
8/15	9:00AM	Northfield Elem.	Kent		37	30
8/22	8:30AM	JCC	Twinsburg (Picnic Ride)	46		
8/22	Noon	Kaplansky's	Twinsburg (Club Picnic)		41	36
8/29	8:30AM	Sunset Pond	Holden Arboretum	50	35	



Your source for race information . . .

www.pdqccleveland.org



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TEAM AND CLUB NEWS

New member: Please welcome **Michael Nemec** who took 4th place in the Medina Twin Sizzler Race in the 15 to 19 year old class. Welcome!

Please contact **Bob Turba** (rturba@jewels.com) with your race results.

Thursday night training rides are underway. Ride leaves from the Westlake Recreation Center (28955 Hilliard Blvd.) at 6 PM for Grafton and back. It is a 30-mile ride with average speeds over 20 MPH. For more details, please contact **Mehul Gala** at (330) 558-3196 or at mehul_gala@yahoo.com.

PDQ riders continue to race well in the weekly **Westlake Training Series**. Last month, **Bob Turba** scored two 5th place finishes in the A-Race. **Jason Rapp** scored a 2nd place finish (and prime), **Al Marcossan** a 3rd place finish and **Jeff Comer** a 5th place finish in the B-Race. Others participating last month were **Dave Billman**, **Eric Collander**, **Jim Cunningham**, **Mehul Gala**, **John Hayden**, **Jeff Plas** in the A-Race and **Dave Kovach** and **Bill Rees** in the B-Race.

Al Marcossan finished 23rd in the 45+ class and **Bob Turba** finished 4th in C4 at the **Ohio State Road Race at Caesars Creek State Park** on June 13th.

PDQ riders fared well at the **Chagrin Falls GP** on June 27th. In C4/5, **John Hayden** finished 5th, **Eric Collander** finished 7th, **Jeff Comer** finished with the field and **Mehul Gala** was 1 lap down.

At the **Medina Twin Sizzler**, **Eric Collander** finished 2nd in his B-race, **Dave Billman** finished with the field and **Michael Nemec** finished 4th in the 15 to 19 Citizen Race. Many PDQ members were present including **Dave Kovach**, **Dick Wagner**, **Joe Wilkenson**, **Kim Rees**, **Paul Fortlage**, **Kevin McCready**, **Marty Marsic**, and **Mehul Gala** who suffered a blow out. Stay tuned for more results in the next issue.

For the most up to date calendar, please visit the Lake Erie Racing Calendar on the PDQ website (www.pdqccleveland.org)

**Earn A Bike
programs
Used bikes for sale
Bike education
Membership
Fun tours**



**Mondays & Thursdays 4 - 9
Tuesdays & Fridays 1 - 6
Saturdays Noon - 4
(Open group ride
Saturdays
10 - noon, any weather**

The OCBC is a non-profit, member-run bike education center that fosters Earn A Bike programs where kids earn donated used bikes, with helmets and locks, while learning bike safety skills. Members can use the shop, and earn parts and bikes by refurbishing the used bikes we sell.

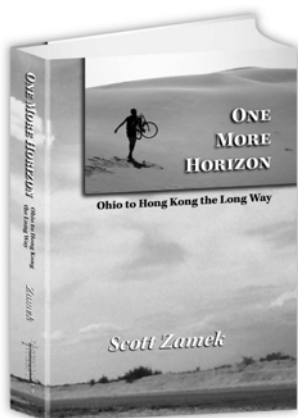
News: We have kittens! The coincidence of one member's extreme rodent phobia and a "Free Kittens" sign at the metal shop across the road produced two small fuzzy bundles that now need names. Clever, bike-related names, as they are shop cats. See the photos and naming discussion on the forum page, and submit your ideas.

Since we will now begin offering Road 1 courses with every bike we sell, we will be using the Saturday free, open group ride to teach safe cycling to Bike Ed students as well as Earn a Bike students. As always, everyone is welcome to join us for a fun and casual ride, but now there will be a bit of bike-handling exercise thrown in with the scenic traffic-safety ride we have always done. More on the riding classes page.

Beaver-sighting update: this time this writer saw the beaver face-to-face from two yards away – we rode up to the Eagle Ave. Bridge to show off the beaver home to some new folks on the Saturday morning ride, I was in front, and when I pulled up to park, there it was!

Upcoming events: The event for August will be a visit to Flugtag at East 9th Street Pier on the 12th to watch the loony Luftwaffe launch into the lake (funny movies at redbullflugtag.com). We don't have a team, but will be a bike-parts sponsor of the team flying a winged Stratocaster guitar – as long as it rolls to the end of the runway, we've done our job.

The other event will be a major organization of the shop. We are busy enough that our casual way of doing things heretofore cannot continue henceforth. So if you enjoy sorting small parts, stop in for a few pleasurable hours (or days) of fun!



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LEW Club Weekend & Holiday Ride Schedule

- Aug. 1 8:00 Brecksville to Parts Unknown
Aug. 8 8:00 LEW Club Picnic: North Mastick Woods Picnic Area to Brecksville
Aug. 8 10:00 LEW Club Picnic & Bike Path Series: North Mastick Woods Picnic Area to Everett Road Picnic Area - 20 miles
Aug. 15 8:00 Scoop-a-Loop Invitational Ride
Aug. 21 9:00 Women's Ride: Olmsted Falls to Oberlin - 50 miles
Aug. 22 8:00 Eric's Hill Climb Challenge - Deep Lock Quarry
Aug. 29 8:00 Bonnie Park to Lodi - 60 miles
Aug. 29 9:30 Rail 'n Trail Bicycle Tour - 27 miles
Sep. 5 8:00 Scenic Park to Vermillion - 70 flat miles
Sep. 6 10:00 Holiday Hawaiian Shirt ride start from Scenic Park to Cleveland Flats for lunch - 30 flat miles
Sep. 12 8:00 Bonnie Park to Peninsula - 45 miles
Sep. 12 10:00 Bike Path Ride: Canal Visitor Center to Peninsula via Towpath - 24 mi
Sep. 18 9:00 Women's Ride: Scenic Park to Shaker Square - 38.4 miles
Sep. 19 8:00 Seville to Ashland - 65 miles
Sep. 26 8:00 Valley City to Wooster - 80 flat miles

Ride Start Locations

- Bonnie Park In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.
Brecksville in Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
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 ½ mile south of Detroit Road, in Lakewood

Weekday Rides

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

Wednesday “Mod” – The “Mod” (Moderate Pace) Rides will leave from the Olmsted Falls Public Library parking lot at 6:30 Wednesday nights, weather permitting. 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 (or e-mail) Marc Snitzer at 440-236-3017, (msnit@juno.com), or Greg James at 440-331-9419 (clockwerke@aol.com).

Regular Club Wednesday– Moderate to fast pace 20-30 mile rides starting at 6:30 pm from the parking lot behind the Fairview Park Post Office (at West 220th Street & Lorain Road), weather permitting. For details, contact (or e-mail) Ed Wheeler at 440-572-1122 (wheels@ameritech.net).

LEW WEB keeps club informed of late breaking news

To keep informed of news and rides check the LEW site at: <http://www.lakeeriewheelers.org>. The LEW club e-mail list is at lakeeriewheelers@yahoo.com. If you aren't receiving weekly ride updates and have e-mail, let us know and we'll put you in the address book.

Weekend Club Rides

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

The Ride Leaders are needed for August and September.

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.

2004 "Women Only" Ride Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, the Women's Rides will be held on the third Saturday of each month, through October. Bonnie Vargo will lead these rides, at a C or B pace, from various starting points. For details, please contact Bonnie at 216-226-5918.

The 2004 Ohio Bike Path Series

The Ohio Bike Path Series is conducted entirely on bicycle paths or all-purpose trails. These are held on the second Sunday of each month (in conjunction with a regular club ride), from May to October. We seek new riders unused to riding in groups, folks who are uncomfortable riding on roads (and competing with motor vehicles), and seasoned riders out for the pure joy of riding with friends.

These are "C" level rides, starting later than the regular Sunday ride, 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.

Aug. 8 Club Picnic: Cedar Point to Everett Road 20 mi. John Whitaker

Sept. 14 Canal Visitor Center to Peninsula via Towpath 24 mi. (Volunteer Requested)

Touring Division News

Tom Meara is serving as the Chairman of the Touring Division, and is interested in attracting LEW members who are enthusiastic about bicycle touring, overnight and otherwise. Anyone interested can contact him at 440-777-2563, or email him at tdmeara@wowway.com. Volunteers are needed for Ride Captains. Planned overnight tours through the month of August include:

Tour Destination	Date	Ride Captains
Kelleys Island State Park	August 14, 15	TBD
Popcorn/Hancock Horizontal Hundred	September 10-12	Greg James

Starting locations and times TBA. Rides are RSVP; notify Tom Meara promptly to be included. For additional tours during the season, consult the club ride schedule for 2004.

The 2004 LEW Club Picnic

The LEW Club Picnic will be held on August 8th at North Mastick Woods Picnic Area in the North Rocky River Reservation, the start point for both the regular club ride (to Brecksville) as well as a Bike Path Series ride (to Everett Road), and will begin after the rides. Entertainment will include volleyball and horseshoes. Volunteers may be needed to help, including a Designated Squatter to secure the site. Anyone wishing to volunteer is requested to contact Russ Marx or Dan Izuka.

The Rail 'n Trail Bicycle Tour 2004

Ride the Cuyahoga Valley a new way: half on the Rail & half on the Trail. Sunday, August 29 marks the Lake Erie Wheelers' first annual Rail 'n Trail Bicycle Tour. Board the Cuyahoga Valley Scenic Railroad at Rockside Station at 10:00am, where attendants will load your bike onto the baggage cars. Once on board, riders may view the scenic Cuyahoga Valley National Park from the comfort of the passenger cars as the train transports you and your bicycle to North Station in Akron, arriving at 11:45 am. Upon arrival, snacks and refreshments will be provided before your journey begins.

The ride begins at North Station and proceeds down a marked bike lane to Mustill Store, the newest restored building and museum along the trail. From there, riders begin their journey on the Tow Path back to Rockside Station. After 15 miles on the towpath trail, you may divert to the historic Stanford House Youth Hostel in Peninsula, to stop for a homemade spaghetti lunch. With plenty of carbs to fuel *your* engine, it's back to the trail to ride the final 12 miles to Rockside Station.

The Rockside Station is located on Rockside Road, about 1/2 mile west of Canal Road, across from Lock Keeper's Restaurant. Riders are requested to arrive between 8:30 and 9:30am to pick up their pass and meal ticket, and load their bicycles. *Please be early!* The train departs at 10:00am. The price of admission, which covers the ride, snacks and lunch, is \$26.00 for adults, and \$21.00 for children aged 10 years and under. For further information, please contact Greg James at 440-331-9419 (clockwerke@aol.com).



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Schwinn AirDyne exercycle, gym quality. Champagne bronze color with electronics, excellent condition. \$220. Ron, 440-354-2574 eves., or 440-823-1038 anytime - rkuc@excite.com.

Raleigh Women's C40 16 inch, Remington Black, Shimano Triple Crank, 8 sp, Cateye Computer, aero bar. \$300 419-663-3571 or dconk@hmcld.net

MUST SELL, like new: Bianchi Axis cycle cross bicycle, 55cm gorgeous, \$1000, Cannondale back rack bag \$25, Jandd panniers (2) \$50 Yakima b-string

covers (2) \$35 (fits over handlebars and front fork to protect bikes while traveling) and assorted other stuff. Please phone Lynne (216) 401-3907.

Trek 820 Mountain Bike, 16 inch frame with no name components. Great for student, good enough to ride but not to steal. Solid but not flashy. Make offer. Tom, 440-777-2563.

Expires September 2004

Steel Horse Bike Carrier, 2 or 4 bike swing away design for 2 inch receiver hitch. Their finest design with 2 inch steel tubing. \$90. **Cateye CS-1000** wind trainer, new condition. \$225. Call 216-831-6248.

Raleigh C40; 48cm; 21 speed hybrid; Shimano components; Grip shift MRX 100. Chromoly frame - light caramel to burnt caramel colored. \$200. Janet/ Michael at 330.334.2612.

Duegi Lightning: women's Road Shoes, never worn riding. Size 40 (8 1/2). Does not include cleats. Red/blue/yellow. In box. \$75.00 (216) 691-2404. amarwr61@cs.com

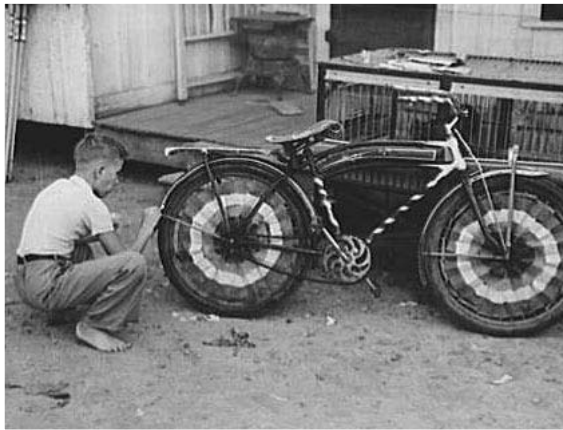
SIDI Genius 4 Loric, Black, size 43. Used a dozen times. Like new. A bit too small for me. \$100. (330) 321-8758. townner96@hotmail.com.

Expires August 2004



Chippewa Creek Road Race 2004

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IN THE CROWD.



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