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AUGUST 2005

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The Voice of Cyclists in Northeast Ohio

PO Box 5446 , Cleveland, Ohio 44101-0446

On The Web @ www.crankmail.com

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From the Editors

A few weeks ago the former editor of this publication, Jim Guilford, called and asked if we wanted his collection of past CrankMails. Of course we did. Jim delivered two large plastic cases full of past issue with the earliest being from "the merry, merry month of May and June too" of 1975.

In the early years CrankMail was the combined newsletter of the Lake Erie Council of American Youth Hostels, the Cleveland Wheelmen and the Lake Erie Wheelers. Early in 1978 we began to see references to Western Reserve Wheelmen.

We've just started to pour over this 30 year collection and have noticed with surprise that many of the destinations, events, and complaints have remained the same over the years. Here are some random observations:

- Many of the Lake Erie Wheelers were delinquent paying dues for 1975
- Euclid Bike had a sale on a Sekine double-butted chromoly bike for \$179
- Tri-C offered an 8 week college level course on bicycling
- The Emerald Necklace Tour in 1975 was planned for July 13th
- Lou Groza graced the cover of the September, 1977 issue with the Raleigh he rode on the 50 kilometer March of Dimes Bike-a-thon
- We thought our tag line was original but the October 1977 issue refers to CrankMail as "The Voice of Bicycling Cleveland" and a subscription was \$4

We look back through past issues were struck by the dichotomy of change and continuity. Most of the bike shops mentioned are long gone, though some of the owners are still around. Many of the routes, the events, and the experiences, have remained essentially unchanged for 40 years.

We should take comfort in the consistencies but not take them for granted.

This month's cover features Bob Meara stopping to enjoy the view along the Blue Ridge Parkway. We'd love to have pictures of local events or personalities to put on the cover. Send them or your comments to editor@crankmail.com.

Martin Cooperman and Tom Meara, Editor & Publisher
July 2005

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IN THE ZONE

Cycling News and Events

We heard from a personal friend whose son lives in **London** that a bicycle is not to be had in the city after the recent **Underground bombings**. Shops have sold out of everything as commuters look for alternatives to public transportation. It is unfortunate that it takes such an event to move people toward a more practical, healthly, less polluting, and in our view more enjoyable means of mobility. Perhaps these events along with rising gasoline prices and global warming will be the catalyst for politicians and urban designers to begin to take seriously the development of bicycle routes and greenways in major metropolitain areas.

The **City of Portland's Transportation Options Division** unveiled its new **Portland By Cycle** biking campaign with the purpose of encouraging new and existing bicyclist riders to utilize their bicycle for more trips and new trip purposes. They hope to promote the transportation and health benefits of a more active lifestyle. The centerpiece of the campaign is the bike kit, which includes several Portland bike maps, a bike events schedule, a set of the new bicyclist information cards, a coupon book for local businesses with over \$100 in savings, a tire patch kit, a leg band, and more! The kit provides all the information and contacts you need to get around Portland by bike.

How much bike could \$85 million buy? **Brad Duke**, a 33-year-old who won a \$220.3 million **Powerball lottery jackpot** plans to invest the money and become a billionaire. Clearing a cool \$85 million after taxes, Duke has no

plans for any large purchases other than a high-end racing bicycle.

National Public Radio's weekly program **Science Friday** devoted a full hour program to cycling science. Two guests, **Edward Coyle** of the Human Performance Lab at the University of Texas discussed what he learned about the physiology of Lance Armstrong over the 7 years he's studied him and **David Gordon Wilson**, Professor Emeritus at MIT and author of **Bicycle Science** discussed some of the mechanical aspects of cycling.

This could be a new TV show, **Celebrity Bicycle Bloopers**. **Virginia Governor Mark Warner** took a header onto the asphalt while holding a water bottle and trying to brake for railroad tracks. The accident occurred during the Bike Virginia Byways Tour near Goshen. **George Bush**, yes the president almost felled by a pretzel, crashed his bike (again), this time in Scotland. Bush lost control of his bike on a slick stretch of pavement and ran into the local officer, who was on foot, knocking him over. And finally.....The son of British Prime Minister Tony Blair, **Euan Blair**, was involved in a car crash with an elderly cyclist. The man was taken by ambulance to the local hospital but police said he suffered no serious injuries.

Cleveland was ranked #47 out of 50 for healthiest large cities in America in a new study by **Centrum** (the vitamin people). San Jose, CA tops the list, while New Orleans was the lowest. Cleveland scored fairly well in the health status categories but fell short in the other five major categories (Mental Wellness, Lifestyle, Fitness, Health Status, Nutrition). Residents of Cleveland reported some of the worst scores for BMI, restful sleep and fast food outlets per capita. On a positive note, Cleveland had some of the lowest rates of hypertension and arthritis.

Upcoming Cycling Events

Saturday, 8/6 Parker-Hannifin Hydraulic Bicycle Challenge, Oak Grove Picnic Area of the Brecksville Reservation 9 AM till 2 PM. Join us for an interesting and most unusual event as engineering students from 10 competing universities race their hydraulic bikes in the Parker Hannifin Challenge. Judging begins at 9 with a circuit race at 10.

Sunday, 8/7. 12th ROAST YOUR BUNS TOUR. Oberlin. Free tour of 40/70 flat to rolling miles over an interesting route. The weather in August is usually hot and there is a little surprise for those who brave the heat and "roast their buns!" Lorain Wheelmen Bicycle Club. PO Box 102; Amherst, OH 44001-0102. www.eriecoast.com/~lorainwheelmen

Sunday, 8/7. RAINBOW EMERALD NECK-LACE TOUR. Cleveland Metroparks. Now all entry fees are tax-deductible in this fund raiser for Rainbow Babies and Children's Hospital's "Circle of Friends." Still the same beautiful one-day ride featuring out-and-back loops of 25/50/75/100 flat to hilly miles. Tee shirt, other goodies to first 500 entrants. HubHub Custom Bicycles; 8005 Mayfield Rd.; Chesterland, OH 44026. (800) 888-2027. www.hubhub.com

Saturday-Sunday, 8/13-8/14. 31st ROSCOE RAMBLE. Canal Fulton. Step back in time as you travel 60/75 rolling to hilly miles per day through Central Ohio's beautiful Amish countryside. Overnight stay in historic Coshocton Village. A revered, long-running touring event. Entry Deadline: July 29. Akron Bicycle Club. Jim & Judy Birt; 759 Yorkshire Ct.; Copley, OH 44321. (330) 665-2013. Email: jimspud@hotmail.com

Sunday, 8/14. WOW (WORLD OF WILDLIFE) TOUR. Warren. Bring the family on a benefit tour for the beautiful

Trumbull County Metroparks Western Reserve Greenway. Ride up to 40 miles on an out-and-back, flat, paved trail through premier wetlands and Mosquito Lake Wildlife Area. Tee shirt, snacks, and a huge raffle. Friends of the Western Reserve Greenway. WOW/FWRG; PO Box 1788; Warren, OH 44481-1788. (330) 652-2898. www.ndcis.com/wow

Saturday & Sunday, 8/20 & 8/21. 19th MS 150 PEDAL TO THE POINT. Berea. Bike-a-thon with three route choices on the first day: 30/75/100 flat to rolling miles. Overnight stay in Sandusky with spaghetti dinner and ticket to Cedar Point amusement park. Second day begins with "flying" pancake breakfast to fuel the trip home. Entry Deadline: Aug. 12. National Multiple Sclerosis Society. Bridget Andrews; 6155 Rockside Rd. Ste. 202; Independence, OH 44131. 800- 667-7131. www.msohiobuckeye.org

Saturday, 8/27. NIGHT RIDES ON THE TOWPATH. Peninsula. Free ride for cyclists of all skill levels starting at 8 p.m. Covers 15 to 20 miles of flat terrain on the Cuyahoga Valley National Park's Towpath Trail. Helmet and bike lights required. Century Cycles Bicycle Shop. Attn: Derrick; PO Box 268; Peninsula, OH 44264. (800) 201-7433. www.centurycycles.com

Sunday, 8/28. 7th FLATLANDERS BI-CYCLE TOUR. Fremont. Four flat to rolling loops can make for rides of 25/50/75/100 miles (15-miler also available). Visit farmlands, ride along the Sandusky River, explore a Mull covered bridge. Bald eagles have been seen on one loop! All this makes for a memorable ride. Showers available after the ride. Eat shredded chicken sandwiches, pasta salad, and homemade cookies. Flatlanders Bicycle Tour. Bryan Reyes; PO Box 134; Fremont, OH 43420. (419) 332-8066. www.flatlanders.info



Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

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

AUGUST CRANK MAIL

Hello Fellow CTCr's – Please welcome the following new CTC members : **Kathryn Bull** of Willoughby ; **Pat Carterette** and **Gerald Sexton** of Cleveland Heights ; **Cheri Lober, Jeffrey Schwarz, and John Reebel** of University Heights ; **Laura Romberg** and **Paul Spencer** of Cleveland ; **Michael and Genese Valentino** and **Victor Eyth** of Mentor ; **Scott Cohen, Sheila Miller, David Klapholz** and **Eileen Sadowski and Aaron and Dana** of Shaker Heights ; **Jim Hamilton** of Little Hocking ; **Ken Hess** of Macedonia ; **Rodger McKain, Griffin Ralston, Peter Yang, and Conrad Griffith** of Chagrin Falls ; **Todd Palmer and Katherine Jackson** of South Euclid ; **Nathan and Barbara Rapport** of Highland Heights ; **Stephen Zabor** of Hiram ; **Mike Hassett** of Eastlake ; **Mike Maxwell** of Willoughby Hills ; and **Mike and Debi Miller** of Painesville. Whoowee! What a list of new members! See the statistics from Sunday in June below. Many new members joined as a result of their positive experiences on our ride!

SUNDAY IN JUNE (June 12) – STATISTICS : (Courtesy of Danny Wynne)

- 330 of the 596 riders were 1st time riders!
- Approximately ½ of the riders pre-registered.
- Youngest rider – 5 yrs. Old
- Oldest rider – 81 yrs. Young
- 17 bike clubs represented
- 337 males and 219 female riders

CHAGRIN FALLS RACE (June 26) : Congratulations to **ED ENYEDY** for an awesome performance in the Category 5 of this race. Ed finished in 4th place and a small contingent of CTCr's was there to cheer him on. Watch for a detailed story from Ed in a later issue of Crank Mail.

RIDE SCHEDULE

Date **Time** **Ride/Terrain**

Aug 7	8:30	LAKESHORE RESERVATION to Madison & Perry (25, 40, 60)/Flat/Hilly
Aug 14	8:30	LANDERWOOD Once Again! TOM BLACK'S MYSTERY RIDE small miles & big smiles! Fun
Aug 21	8:30	PENINSULA —Eric Shultz's 14-Hill Ride (330-659-3274)/ <i>Rolling/Hilly</i>

Aug 28 8:30 *Alternate CHARDON to Thompson (30), Harpersfield (50) Hilly BURTON to Mesopotamia (27) Mosquito Lake (48) Jamestown PA (90) Flat/Rolling*
Sep 4 8:30 **NORTHFIELD CENTER** to Hinkley Lake, Medina (25, 40, 60)
Sep 5 8:30 **NORTH CHAGRIN** – Labor Day Pickup Ride / Varied terrain
Sep 11 8:30 **NORTH CHAGRIN** to Shaker Heights, PICTURE DAY! (Wear yer jerseys, Brus~~RIDE START LOCATIONS~~

BURTON Berkshire (Burton) High School, 1 block north of town square, park on north side
CHARDON LAKESHORE RES. Rt. 6, Chardon Plaza, parking lot across from McDonalds Take Route 20 to Antioch Road in Perry. North on Antioch for about 1.5 miles to park entrance. [Metropark site]
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

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July 2005 Wheelmen Calendar

Date	Starting Point	Destination	How Far	The etc's
08/07	Oberlin (see note)	ROAST	30, 52, 70	a freebie invitational
08/11	Nordson Depot	Prolog Meeting	5:30 PM 7:30 PM	A quick 20 or so Really!
08/14	Amherst	Wellington Oberlin	52 25	a really flat one! for a shorter route
08/21	N Olmsted (see note)	Brecksville Brunswick	57 30	the big hill?? without the big one!
05/21	Oberlin	Medina Litchfield	59 30	a nice destination a little shortcut

ROAST Your Buns:

Will start from the Oberlin Community Center located just off SR-58 at the bike path across from McDonalds.

North Olmsted:

We'll start from Water Tower Square on the NW corner of Lorain & Dover Center.

Amherst:

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

Oberlin:

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

Ride start times:

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

Tuesday & Thursday evening rides starts will start at 5:30.



P.O. Box 844 Medina, OH 44258

Contact the following for information

www.medinabikeclub.org

President:	Dave Polcyn	330-723-3831	davepolcyn@zoominternet.net
Vice President:	Dave Ling	330-416-9421	lbl3000@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary:	Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Evening Rides

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

Get your equipment ready we're riding. Come on, let's go.

Starting Points:

August – Plaza 71 Shopping Center East of I-71 at the top of the rise.

September – Buckeye Woods County Park On Rte. 162 just two miles West of Rte.3.

Sunday Morning Rides

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

Sunday Starting Point:

The Courthouse Parking Lot at Jefferson and E. Liberty St. just East of Medina's Historic Square. Sunday rides are generally 40 to 60 miles in length with breakfast at the halfway point.

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

CLUB NOTES: Jimmy MacDonald continues to perform well in the bicycle racing community and not since John Shell has a racer from the Medina area done as well. Jimmy attended the regional USA Cycling Junior Development Camp in Kutztown, PA in late June competing with 21 other junior riders. He did well enough to get invited to the National Camp being held in Milwaukee, July 20-24th. This camp is better known for its "Superweek Races" and in those races Jimmy will be wearing the Junior National Team Jersey. How cool is that? To read more about Jimmy go to the SWF Web-page (<http://summitfreewheelers.org/articles.html>). Club members, Dave Polcyn with help from Wally and Sue Brown provided assistance to the Lodi Hospital's Child Bicycle Rodeo. They provided inspections of the kids' bikes before the start of the rodeo.

Thanks Dave, Wally and Sue, the kids had a much safer rodeo thanks to your efforts.

LETTER FROM VETTER:

Injured Club Member: Tom Byerly was riding on Granger Road when he happened to come up on a lady walking her dog on a long leash. In attempting to ride around the dog he crossed left of center and was immediately hit by a motorcycle coming in the opposite direction. Tom's injuries included a rather large laceration to his thigh, a knee injury, a smashed elbow, a broken wrist, and several broken bones in his hand. Luckily he had no internal injuries, no head wounds (he was wearing his helmet) and thankfully there were no life threatening injuries. Tom was life-flighted to Akron City Hospital where he had surgery on his knee then later an operation to repair his elbow. When Laurie, Tom Waterson, and I went to visit he had been transferred to the rehabilitation unit. Tom showed he was a true cyclist by asking his doctor how soon he could get back to riding again. The Doctor said "Not this year". Get well, Tom we'll hold a spot in the pace-line for you.

If you remember, last month's CrankMail had a story about an attack squirrel and how a group of us talked about not riding left of center before Laurie did just that. Well, I asked Tom if he had read his CrankMail and he hadn't seen the story yet. I doubt if reading about it would change anything though because last Tuesday I got attacked by a ferocious little doggie in Smithville and went left of center too. As I was riding west into town on Smucker Road I approached an all way stop. This little monster came from the left and was running circles around me snapping at my ankles. And if he were an inch taller he would have gotten one too. The critter looked like a Cock-a-poo only mean. He chased me around in the street and I was left of center through the intersection before he finally got bored and left me alone. Then I had to turn around because I didn't see the street sign so I had to determine if I was supposed to go straight or turn right.

National 24 Hour Challenge: This year's ride was uneventful. My wife came with me to be my crew to mix up drinks, food and have water ready so I wouldn't have to take so much time off the bike. So what did I do? I went into the school with her like I was on a date and ate in the cafeteria. So, I still spent too much time resting and not riding. The weather was great this year too with mild temperatures and little wind during the day. The night ride was also moderate with a low of around fifty degrees. Around midnight there was a little wind for three laps then it died down to nothing. Fog started to settle in around 3:00 am but that also lasted only three laps before it evaporated. Around 4:30 I was almost "RAAM Tired". I couldn't keep my eyes open and experienced several head bobs. At least this time when my eyes closed and my head dropped down I kept going in a straight line.

A couple of years ago I set a goal of 250 miles but never reached it. Then Laurie rode with me last year and she established a goal of 300 miles but I didn't reach that either. What I did do is exceed 250 miles only after I established a goal of 300 miles. So what can we learn from this experience. First, set realistic attainable goals, not easy Mickey Mouse stuff either. Second, practice and train so you'll be prepared to achieve success in attaining your goals. So! Now it looks like I have to go back again next year because next year it's 350 miles or bust. Maybe I'll train some too.

My Worst Ride Yet

Sharon Bouchonville

Alright, I will admit it was a Horrible Ride. But occasionally, you have to experience horrible rides so you have something to compare the good ones with, right?

My original plan was to ride to the Stanford Hostel from the Rocky River Reservation via bike trails. How I wish I would have stuck to that plan. But, when nobody else offered to go along, I thought, "Why DRIVE 20 miles to Rocky River, and then ride 40 miles to Peninsula, when I could just ride 40 miles from my house to Peninsula?"

Looking at my map program, I decided that Route 303 would be almost a straight shot.

Friday, at noon, I was still packing up my bike and thinking that if I left by 12:30, I would get there in plenty of time. I ended up leaving the house around 12:40. The first 21 miles I rode on Grafton Road almost all the way to Strongsville. I made pretty good time, even considering the long climb into Brunswick. By the way, next time you are in Brunswick, stop at the Dairy Mart on the corner of Route 42 and Grafton Road and look west down Grafton Road. You can see the long climb, and it is a really cool view. As I was riding this stretch, I thought I must be getting sort of tired because I was slowing down a bit. The hill is somewhat gradual, and I didn't realize it was because of the upgrade I was slowing down. I stopped at Dairy Mart for a Mountain Dew, some Gatorade, and a snack, and that was when I saw the view of the long hill.

Anyway, I thought I was making pretty good time considering the long climb I had just accomplished, so I continued on. At Stony Hill Road, I turned south to join Route 303. I only had to ride about 15 miles along Route 303, but those 15 miles were so grueling, I never want to hear the words "Three Oh Three" in a sentence again! One club member warned me about semi truck traffic, but there was almost none to speak of - they were probably on the Turnpike. In fact, traffic wasn't much of a factor at all. It wasn't really that bad, and there is a nice shoulder most of the way. So there was plenty of room on the road for me and the cars (except for one motorist who thought not, and gave me an angry honk on the horn - how is it that we can tell the angry honks from the friendly ones?)

Early in my Route Three-Oh...ahem.... quest, Bob and Mary Ellen passed me in their car, and stopped to say hello. They asked me if I wanted them to take my loaded trailer into Peninsula for me. I said, "No, I'm doing just fine." At that time, I hadn't gotten to the hard part of the ride yet, and I wanted this to be a training ride for my upcoming trip around Lake Erie. How I would live to regret those words!

Nope - it wasn't the traffic that made the ride horrible. It was the HILLS! Now, why didn't they put some switchbacks on some of those mountains? They were one after another, and they were humungous! I had to walk up two of them, and actually walked DOWN one. I think my trailer loaded up weighed about 40 pounds. That extra weight on the back of the bike caused me to FLY down the hills. At the top of this particular downhill, I looked down and chickened out. It was just too long and steep. So I got off the bike and walked. When I got to the bottom, I saw a sign on the other side of the road that said 17% grade - now that is steep!

I think I ended up walking about 5 of the 15 miles on Route...ummm... I don't want to say it. Anyway, anybody who says that bicycling isn't a weight bearing exercise has never had to get off the bike and walk it up a hill with a loaded trailer attached. At one point, I saw a shade tree beckoning me to take a break. So I parked my bike under it and lay down to rest. I was there for a little while, when a really nice lady pulled off the road and got out of her car to ask me if I was okay. I said Yeah, just taking a little break. She said she was worried when she saw me laying down in the grass, and I thanked her for taking the time to check on me.

When I rode the last downhill into Peninsula, I almost cried with delight that I had finally made it! I stopped at Century Cycles to tell Derrick about my ride. Alas, Derrick was busy, so I had to share my experience with the new mechanic - I don't even know his name. I spent about 20 minutes at the bike shop, then continued on to the Hostel.

I got to the Hostel later than expected, and many were there waiting for me. I admitted that this was THE worst ride I have ever experienced, and made them all promise not to say those three words this weekend. Oh, but the rest of the weekend was so great it erased all those negative feelings! Thank you to all who came to our event!

(This event was a Silver Wheels weekend trip at the Stanford Hostel that Sharon and her sister Sheryl organized. Part of the trip was SUPPOSED to be riding out there from Rocky River, but nobody else was interested in that aspect of the trip, so she rode there herself. – Editor)



SUBARU

STOMP BICYCLE ADVENTURE

Saturday, September 3, 2005

Location: Howe Meadow, 4040 Riverview Road

Hours: First tour departs at 7:30 a.m. Riders will return by 4 p.m.

Cost:	<u>Distance / Route</u>	Cost
	10 miles	\$15/person
	20 miles	\$20/person
	30 miles	\$25/person
	63 miles	\$30/person
	Trails & Rails route	\$15/person
	Scenic Railroad route	\$15/person

Phone: 330-867-5511



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Man Down



Kevin was mentioned in the Free Times article "Rebels without a Car" that was published on May 11th. That same day, Kevin was forced off the road by a white van on Harvard Road near Broadway. The driver of the van purposely drove next to Kevin, inching over closer and closer until Kevin was forced to put his foot down on the curb. As the van grazed the bicycle, Kevin was thrown to the sidewalk. Kevin was one of the lucky ones. He lived.

The majority of drivers are courteous and careful, but all it takes is one nasty or ignorant driver to cause a tragedy. I'm sure the driver of the white van was thinking "I'll teach this kid a lesson" or "watch this, this should be funny". To the friends and families of cyclists who are killed each year while riding their bicycles, this type of driving is not a "joke." Cyclists are not merely statistics; people on bicycles are real, thinking, feeling humans who have families and lives, just like you.

Bicycles are treated as vehicles by Ohio law and are accorded the same rights to the road. Cyclists are required to follow all traffic laws.

Drivers: when you see a bicycle on the road, move over and leave at least four feet when passing; don't pass a bike on a hill when you can't see what is in the oncoming lane, don't honk your horn at cyclists because we usually hear your car approaching; don't pass a bike and then put on your brakes to make a right turn; don't try to cut in front of a cyclist when you're making a left turn. The eight seconds that you might save are not worth someone's life.

Cyclists: ride in the same direction as traffic; obey all traffic signals; don't run through stop signs or signals; make eye contact and let the cars know you are there; act predictably and don't make quick maneuvers; wear bright clothes and have lights on your bike.

To the driver of the white van: you acted maliciously for no reason other than selfishness, stupidity or hatred toward people you don't know. Take a look at Kevin's picture. He is a real person and you could have killed him.

Everyone: we are all on this planet together. Let's exercise some courtesy and kindness towards our fellow human beings. Be courteous to your fellow road users. Share the Road.

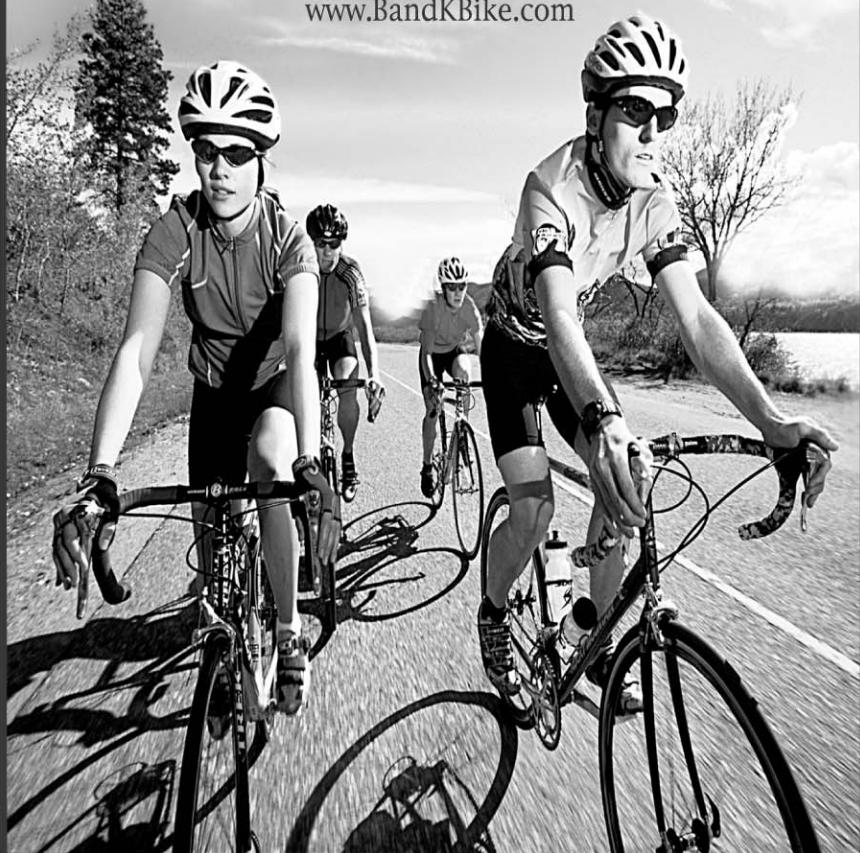
Lois Moss, Co-owner
Century Cycles

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Cleveland Bikes

LEGISLATION

New RTA Hours for Bicyclists!

A new Pilot program to liberalize the rules restricting bicycles during rush hour access to RTA trains has been set by the RTA!

1. Bikes will be permitted on all HR and LR regularly scheduled trains during all hours and days of service except between the weekday hours of 7 - 8 AM in the morning peak period and 4:30 - 5:30 PM in the afternoon peak period.
2. If a customer boards a train with a bike before the above prohibited time periods, the customer with bike will be permitted to remain on the train after 7:00 AM or after 4:30 PM.
3. Bikes will not be permitted on trains during special event services unless specifically authorized to do so as part of the event promotion and publicized accordingly.

As stated above, this revision of hours will be a pilot program. Consideration for extending the program beyond Sept. 1, 2005 will be dependent upon the experience we have with bikes on the trains during the pilot program. It must also be understood that RTA reserves the right to discontinue the bikes on trains program at any time should experience indicate that it would in the Authority's best interest to do so.

UPCOMING EVENTS

Bike Mentoring Program

ClevelandBikes Bike Mentoring Program has gone into full force with some very strong supporters. Ann Henderson held an orientation meeting in May with over 25 mentors to kick off the program. Fifteen Bike Town Winners have signed up and have been matched with Mentors through the program as well as several others who heard about the program through other resources. The program is focused on helping people who are interested in bicycling who are new to cycling, have not been on a bike for many years or are looking to take their riding to another level with the help of an experienced cyclist.

We are currently in need of **Mentors for Middleburg Heights, Strongsville and Aurora**. If you have any interest in participating as a Mentor or if you are looking for a Mentor to help you out contact Ann Henderson at ann@clevelandbikes.org or go to <http://www.crankmail.com/bikementoring.html> for more information.

Bike to Work Program Continues – Bike Giveaway August 26th!

ClevelandBikes sponsored their second successful Bike to Work Day on June 24th. Many from the initial Bike to Work opening day in May participated to enjoy each other's company on their bike ride to work as well as coffee and breakfast on Public Square sponsored by Starbucks and Car Free in Cleveland. The YMCA continued their support as well offering the riders a free pass and use of their showers. Please join us the **last Friday of each month, July 29th, August 26th and September 30th**, for Bike to Work day.

Bike Giveaway! - Shaker Cycles at 2389 West 5th Street in Tremont is offering a new **Breezer Freedom commuter bike to be raffled off** to those who participate in ClevelandBikes' Bike to Work Program. Breezer Bikes offer a line of bicycles designed specifically for the urban commuter, Shaker Cycles is a local distributor. In order to enter, you must participate in the Bike to Work Day August 26th. Meet up with a ClevelandBikes Ride Leader and fill out a waiver form prior to the scheduled departure time – Meeting locations and times can be found on our website www.clevelandbikes.org. Our final meet-up location will be in front of the BP building in downtown Cleveland (Public Square). Only people who arrive by bike will be allowed to enter. Names will be put into a hat (or helmet) and the drawing will be held at the BP at 9am sharp. Those who are able to participate but are unable to wait until 9am will be notified if they win.

Go to this link to see a picture of a Breezer Freedom:
www.breezerbikes.com/bike_details.cfm?bikeType=town&frame=d&bike=freedom

For more information on the Bike to Work or Bicycle Mentor Program go to www.ClevelandBikes.org, and click on the link for each program, or contact Brendan McNamara at ClevelandBikes@hotmail.com.

VOLUNTEER OPPORTUNITIES//MEMBERSHIP/ANNUAL MEETING

ClevelandBikes Volunteer Opportunity - Improving Local Bicycle Traffic Laws

By Fred Oswald

Cleveland Bikes has a committee that will contact city governments to advocate for better (safer and more fair) local ordinances covering bicycle operation. We have rated the ordinances in 62 NE Ohio communities and what we found is not good. Only one city, Brook Park, has excellent ordinances (rated A). About half (32) are mediocre (rating of C) and the rest are D's and F's (some even F-).

The ratings are based on a simple scheme, based mostly on whether laws require unsafe operation or are discriminatory. One of the most serious defects is requiring riding on sidewalks (even for adults). Details are on the CrankMail web site at <http://www.crankmail.com/sidewalk-laws.html>



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Since 1940

We need help. We need residents of these communities to speak up in favor of better bicycle driving laws. It is easy to help. All we need is one or more cyclists from each community to:

1. Check whether the information in "Sidewalk Laws" is accurate & up to date
2. Sign the letter we send to your city
3. Talk to your government officials about reforming their ordinances
4. Attend some council meetings (to become known to the city gov't)
5. Accompany and support us if we make a presentation to city gov't

We have a Powerpoint slide show to present to local officials. You can see this via a link from the Sidewalk Laws article.

Having better laws will help you because traffic laws shape —

1. How cyclists are taught to ride.
2. The safety record of cyclists
3. How the police treat cyclists.
4. What the motoring public expects from cyclists.
5. What happens in court if a cyclist has a collision.

Please Contact ClevelandBikes at clevelandbikes@hotmail.com for more information on getting involved!

Renew Your ClevelandBikes Membership for 2005

Renewing or setting up a new membership is very simple. Go to www.clevelandbikes.org and click on the donations link, you can pay through Pay Pal, most of the major credit cards and e-check is accepted! In addition, your dues are tax-deductible.

STUDENT \$15 – for persons enrolled in school fulltime

BASIC \$30 – members @ this level are entitled to participate in all ClevelandBikes Programs without voting privileges

ADVOCATE \$50 – members are entitled to participate in all ClevelandBikes Programs and have voting privileges

CHROM-MOLY \$100 – donor level with voting privileges

CARBON FIBER \$250 – significant donor with voting privileges

TITANIUM \$500 – outstanding donor with voting privileges

Founding Membership \$1000 - Lifetime membership

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

Contact ClevelandBikes at www.clevelandbikes.org, or write/email: Rob Schwab, rshwab@hotmail.com or write: ClevelandBikes, 16781 Chagrin Blvd., #167, Shaker Heights, OH 44120, for more information on membership.

Hey Cranky.....

I've been finding cycling less and less exciting, same old routes, same old bike. What can I do to liven up my cycle life? - Bored on Bicycle

Dear Bored, I know what you're feeling. I get all excited in the spring and rack up lots of miles. Come August, I often find myself less than enthused about getting out on the same old routes I've been riding since March. Here are ten things you can try to add some spice to your riding:

1. Get a 2nd bike (or third or fourth)

Make this next bike very different from your others. If your bikes are skinny tired racers, get a fat tired touring bike. Make this a beater bike and take it on short rides in the winter. You won't care about getting road salt on an old beater. Maybe get one with a more upright style with old-fashioned bars and create a townie. Wear a button shirt and cotton shorts and ride out for ice cream. Put a basket on it and promise to make more trips to the store, library, post office, etc. on the bike instead of hopping in your car. Whatever you do, make it a different style than your regular bike and take it out on different types of rides.

2. Put fenders on one of your bikes

Old or new, slap a pair on any bike you can fit them on. Even though Eddy Merckx occasionally raced on bikes with fenders, putting on fenders will immediately slow you down, because you'll start to think, "I don't have to ride fast, I got fenders!" If all you have is a fast bike, you feel obligated to ride fast (who rides slow on a Colnago?). Ride slow and you will see, hear, and feel what is around you. You will be aware of where you are riding rather than how your are riding or how fast you are going. You don't have to always ride the 'slow' bike but it is a nice change of pace. Better yet, take your 'fendered' bike on a fast ride and blow by people like Eddie Merckx did.

3. Get a second set of wheels

If you don't have room or can't afford a second bike then just get a second set of wheels. Make these wider and softer. You'll be amazed at how much fun it is to veer off the pavement onto a dirt road or across a field and not worry about flatting. On days when you're too tired or too bored with the normal routine, put on the slow wheels and go for a ride in the park.

4. Go for a ride in the rain

Next warm summer afternoon (no shortage of those this year) grab your beater (now sporting fenders) put on an old T-shirt and go around the block being sure to hit all the puddles. You'll find that getting wet while cycling feels strange at first as water seeps into your shorts but being wet while riding is not bad at all. You can put on a raincoat but that won't keep you dry, they're used to keep you warm. Try it and you won't dread the next thunderstorm, you may even look forward to it.

5. Ride downtown

Many cyclists only ride 'out in the country' and avoid city riding like the plague. It's too dangerous, there is too much traffic, the roads are too bad are some of the objections. Actually, I think city riding is safer. There is more traffic but it is not going as fast as cars on rural roads and the drivers are used to watching for pedestrians, so cyclists are no big deal. Cleveland has great architecture and riding the various neighborhoods are a great way to see them. Besides, the food stops are a lot more convenient downtown than between Medina and Lodi.

6. Take an overnight trip

You won't need a special touring bike and may not even need a tent. When you participate in a weekend tour, cycling takes center stage. It is no longer an activity you do in the morning or evening before after you do something else. Cycling becomes the focus of the day. What's more, your bicycle gains new respect as the only means to get you back home. You can put panniers (for a short tour) on just about any bike and if you team up with someone who owns a touring bike, you may get them to carry the tent. If you make the AYH hostels in Peninsula or Malabar your destination, you only have to carry a change of clothes and some personal items.

7. Put on new handlebar tape

Nothing makes an old bike feel new as new tape. It is also cheap and easy to do with a little practice. If you are one of those people who are afraid to do their own maintenance, this is a no risk job. You can replace your old tape with the same style and color...BORING... or try something different. Pick a tape that matches or contrasts the color of your frame. Try using a whole different material like cotton. for a whole new feel. Still not sure? Send us a email and we'll send you a sure fire how-to guide so you can finish it off with electrical tape...BORING. Better yet, we'll send along a guide on how to finish it with hemp twine instead. We'll even send you enough twine to do a bike.

8. Go for a ride at night

Get some lights, front and rear, and some reflective clothing and take off after dark. Those same old routes will look a lot different. Maybe you can start with just a spin around the neighborhood. The Friday Night Rides on the Towpath are another good idea. You won't be able to ride as fast as you normally would but it will be cooler, quieter, probably have less wind, and their should be less traffic.

9. Remove your cyclo-computer

It's liberating not to care how fast or how far you are riding or what your average speed is. Without that constant reminder pushing you faster and farther, all you care about is how much fun it is.

10. Go for a ride with a kid

Kids don't ride to train, loose weight, or for the health benefits. Kids ride simply for pure enjoyment of it. Go for a ride with a kid and re-capture some of the thrill.

Yo, Wheelers!



By the time you read this the summer will be drawing to a close. Our Club has done remarkably well this season. We have had large turnouts for our rides. We have at least three different ride levels, so no one should feel left out.

Because of certain technological deficiencies on my part, we have not always been able to include the ride schedule and membership application in "Crankmail." However, not to worry, a full schedule and a membership application can be downloaded from our website at WWW.WesternReserveWheelers.Com. Please feel free to take advantage of this complete website, which is replete with information about club rides, maps and general information on the Western Reserve Wheelers.

Is anyone interested in a new club jersey? If you are, please call Jim Gernstetter or me.

Finally, if you have not already done so, please pay your dues. Jim reports that several members have not taken care of their obligation.

May the wind always be at your back.

Ed Reichek

WESTERN RESERVE WHEELERS SUNDAY RIDE SCHEDULE

Aug 07	Emerald Necklace	8:30	Polo Field	90/48
14	Irv's Urban Oasis	8:30	JCC	48
21	Rob's Eastern Express	8:30	JCC	
28	Holden Arboretum	8:30	Sunset Pond	37
Sept 04	Ashtabula Covered Bridge	8:30	Ferrante Winery	
11	Oscar's Tanglewood	8:30	JCC	40/32
18	WWWWaite Hill	8:30	Sunset Pond	43/32
25	Ravenna	9:00 *	Solon Bicycles*	59/51/37

* A Riders start 30 minutes earlier at JCC

For further information, schedule changes, directions to starting points and an archive of ride maps please see www.westernreservewheelers.com

The Western Reserve Wheelers are an organization of recreational bicyclists riding primarily on the eastern side of Cleveland.

For information on rides, or on joining our group, please see website.



LAKE ERIE WHEELERS

P.O. BOX 26146, FAIRVIEW PARK, OHIO 44126-0146

lakeeriewheelers@yahoo.com www.lakeeriewheelers.org

LEW Club Weekend & Holiday Ride Schedule

Aug. 6 9:00 Women's Ride: Bonnie Park to Medina - 45 miles.
Aug. 7 9:00 LEW Club Picnic: Boland Residence to Parts Unknown.
Aug. 7 10:00 LEW Club Picnic & Bike Path Series: Boland Residence to York Road Picnic Area - 30 miles.
Aug. 14 9:00 Scoop-a-Loop Invitational Ride.
Aug. 21 9:00 Eric's Hill Climb Challenge - Deep Lock Quarry, Prizes!
Aug. 28 9:00 Bonnie Park to Lodi - 65 miles.
Sep. 3 9:00 Women's Ride: Brecksville to Peninsula (Hike & Bike Trail) - 30 miles.
Sep. 4 9:00 Scenic Park to Vermillion - 60 flat miles.
Sep. 5 10:00 Holiday Hawaiian Shirt ride start from Scenic Park to Cleveland Flats for lunch - 30 flat miles
Sep. 11 9:00 Pick-up Ride from Olmsted Falls.
Sep. 11 10:00 Bike Path Ride: Canal Visitor Center to Peninsula via Towpath - 25 miles.
Sep. 18 9:00 Hinckley Reservation to Wooster - 70 miles.
Sep. 25 9:00 Valley City to Wooster - 80 flat miles.

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

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).
Canal Visitor Ctr. Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga Valley National Recreation Center.
Club Picnic Small, unmarked parking lot on Cedar Point Road, just west of the Rocky River.
Hinckley Res. Parking lot on Bellus Rd., across from Hinckley Lake, just east of Hinckley Hills Rd. (Ohio 606) in Hinckley, Ohio.
Olmsted Falls Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.
Scenic Park Parking lot at marina in North Rocky River Reservation, off of Valley Parkway ½ mile south of Detroit Road, in Lakewood
Valley City Liverpool Elementary School, at West River Road and School St.

Weekday Rides

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

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

Regular Club Wednesday Evenings – Moderate to fast pace, 20-30 mile rides starting at 6:15pm (meet at 6:00pm) from the parking lot of the Spin Bike Shop in Lakewood at 14515 Madison Ave. (two blocks east of Madison & Warren), weather permitting. For details, contact Doug Barr at 440-734-1715 (ospdoug@aol.com).

Weekend Club Rides

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

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

The Ride Leaders for the current and following months are:

August	Russ Marx
September	(Volunteer Requested)

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.

2005 “Women Only” Ride Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, we are pleased to announce the return of the *Women's Rides*, which will be held on the first Saturday of each month, from April 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 2005 Ohio Bike Path Series

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

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

The Ohio Bike Path rides, distances, & Ride Leaders, for the early 2005 Season:
Aug. 7 Club Picnic: Boland Residence to York Rd 30 miles John Whitaker
Sept. 11 Canal Visitor Center to Peninsula via Towpath 25 miles TBA

Touring Division News

Tom Meara will continue as Chairman of the Touring Division. The goals of the LEW Touring Special Interest Group (TOURSIG) include the following:

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

Tom is also interested in attracting LEW members who are enthusiastic about 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 for the late 2005 Touring Season:

Tour Destination	Date	Ride Captains
Kelley's Island State Park	Aug. 13-14	TBA
Popcorn/Hancock Horizontal Hundred	Sept. 9-11	TBA

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

The 2005 LEW Club Picnic

The annual club picnic was a traditional event, previously held in July or August. We have successfully revived this tradition for the last two years, and plan to continue it this year for the benefit and enjoyment of current members. The LEW Club Picnic will be held on August 7th at Jim Boland's residence (5651 Columbia Road, at the intersection of Columbia & Cedar Point) in North Olmstead, and will begin after the rides. The start point for both the regular club ride (to Brecksville) and the Bike Path Series ride (to Everett Road) will be the small, unmarked parking lot on Cedar Point Road, just west of the Rocky River. Volunteers may be needed to help. If anyone wishes to volunteer, please contact Dave Schneider or Dan Izuka.

The Rail 'n Trail Bicycle Tour 2005

Congratulations and thanks to all who assisted with the 2005 Rail-n-Trail, both as riders and as helpers! This year, just as last year, we have received an incredible response from the participants, due to the wonderful teamwork of the volunteers. Our partners in the venture, Cuyahoga Valley Scenic Railroad & Stanford House AYH, were truly impressed with the way attention was paid to every detail of this project. The accolades from the riders (234 Rail Option, 43 Pavement Option) have just been pouring in! Both the Train Riders and the Pavement Riders have been generous with their praise.

It is our hope and intention to repeat this event next year, at approximately the same time, for an anticipated 300 riders. In the meantime, please give a round of applause to all of the volunteers who helped make this event so enjoyable. Please extend thanks also to the CVSR and Stanford House AYH crews for their assistance.

Here is an excerpt from a note sent in by one happy rider:

LEW, Thanks for another great bike ride through the awesome Cuyahoga Valley. The train ride was nicely air-conditioned. The information packet and maps were perfect and the ride was well marked. The food was too much and very well prepared. Thanks to the Chef. The music at lunch was a nice touch. The lemon-aid was great. Thank-You to the Youth Hostel for an awesome rest stop. Thanks to all the friendly volunteers who helped make it enjoyable. Thanks again. Rider #306

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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, noncommercial, bicycle-related purposes only. Ad copy should be type-written to help assure accuracy. Ads are accepted by mail, also by email if no payment is due. 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, the publisher's only obligation shall be to publish a corrected version of the ad in which said error appeared. The publisher makes no warranty of the integrity of the advertiser or quality of goods offered.

Paramount Road Bicycle, 51cm Columbus steel frame, Shimano DuraAce, Campy Record hubs and seatpost, Mavic rims, Time pedals, Vittoria tires. Mint condition. \$900 or best offer, 216-831-6248.

Advent Wind Trainer. Barely used. \$35 OBO. Classic '77 Motobecane road bike. 10 speed, 25" frame with lugged tubing. Shimano components. Great for touring. \$175 OBO. 440-356-0653.

2002 Giant Iguana Mountain Bike. 19" ALUXX butted aluminum frame with Manitou Six Comp fork. Shimano Alivio/Deore components. Bought new in 2003, mint condition. Must sell, moving to Portland! \$350 OBO, 216-469-6199.

Burley D-lite trailer. Bought in 1999, great condition asking \$275.00. Randy Zabarsky 216-244-3662 email at 98YellowSantana@Cox.Net

Cannondale RT1000 Tandem, Large small size, 27 speed Shimano 105 rear suspension seat, gray metallic color, approximately 6 years old very

good condition, asking \$1,200. **Bianchi Brava**, 49 cm entry level road bike Shimano Sora 24 speed, Blue approximately 3 years old, good condition \$250. Call Dave at 216-741-4384 or E-mail at dave4384@aol.com

Expires August 2005

SANTANA Cilantro mountain tandem, in hot raspberry. Tuned and ready to go; but 80 year old bikers are not, sadly. 21 speed Deorelx system with extra (disk) brake. 19" front standover and 18", rear. 26X1.5, forty spoke wheels. Some paint chipped. See this custom beauty in Mentor. Originally \$3000 in 1991, now \$995 obo. bgwebster@hotmail.com

Thudbuster, 27.2 inch diameter post, 400 miles of use, full set of elastomers. \$75. 440-235-0117.

2000 Trek 7500 Hybrid. 25" red aluminum frame, 24-speed, with front suspension. Great commuter bike! Like new - less than 200 miles. \$350 OBO. Call Bill at 440-942-7658.

2000 Trek 5200 carbon fibre, size 56 with the following components: all Ultegra, triple, 12 - 27 cassette, Easton carbon fibre handlebars and fork, spinergy spox wheels with fibre spokes, new Specialized pro tires, Terry fly saddle, spd pedals. Many new parts. 216-587-1904 or my cell 216-701-2666.

Lighting Phantom recumbent bicycle. Comes with a fairing that has been used once. \$1800440-273-3196.

Cannondale R400, 51cm, black, 7 speed. Extras include Velocity Deep V Rims, STI shifters. Great condition, \$425. 216-544-0184.

Expires September 2005

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