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THE DEFINITIVE VOICE OF CYCLISTS IN NORTHERN OHIO

AUGUST 2007



VS.

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RAGBRAI

The Send off

LOCAL RACE NEWS

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2

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is going
to win
this one!

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CRANKMAIL

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NORTHERN OHIO

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FROM THE EDITORS

The Duality of Work vs. Pleasure...

For months now, I was looking forward to reporting to our faithful readers the copious stories of what we had embarked upon in Iowa, during the states infamous event, Ragbrai. If you've been following our monthly reports, this great event started this past Saturday, July 21st. Regretfully...all I have to report on now is our new found aspiration to attend 'next' years' event... approximately, 350 days away (...is that it??) That's right; Team Village Idiots (our team name) was forced to 'cancel' this year's adventure at the last minute.

Unfortunately, our responsibilities at work had to come first. As forgiving and flexible as my job can be at times...this particular week turned out, not to be one of them. However, for a couple of city slickers, the dream won't die and in fact were already in the midst of brainstorming next year's ride! Oh don't worry, our Ragbrai "slots" were filled in no time at all. Since the number of applicants far outweighs the number of wanting riders permitted to participate, so 3 lucky cyclists (other than us) are basking in the Iowa sun as I type.

As a consolation prize, I do however get to enjoy the Tour de France this year, the world's best known road race, lasting 3 whole weeks. The race covers most areas around France of course and also some neighboring countries. Of which is broken into stages from one town to the next. The individual times taken to complete each stage then become a cumulative total to decide the outright winner.

Each team of 9 riders, gathered by invitation only, consists of some of the world's best professional riders to date. It's quite something if you haven't ever spent the time to view and understand the dynamics of the race. I, admittedly in years past, haven't devoted much time to the annual event, simply because I would simply rather spend that time out on the road myself!

But, I got sucked into the prologue and now Tivo each days stage. I only know of these athletes by name of course but hold great admiration just the same, as I watch them battle the wicked climbs and descends I can't even begin to understand, more over for 3 weeks straight!

In the meanwhile I sit outside, shielded from the sun under my covered porch, enjoying, arguably the 'best' weather Ohio has to offer, upper 70's, blue sky's, spotted with a few cumulous nimbus, adjoined with a slight southwesterly breeze. The kind of day that you wish would never end, if only I were in Iowa enjoying it! Good luck Ragbrai participants, wish I were you, see you next year however, Happy cycling!



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SUMMERTIME FUN...

LETTER TO THE EDITORS

In response to the question: "Perhaps the True Heroes Are in Our Midst" written by Charles Howe in the July 07 Issue."

Mr. Howe, your contribution was a refreshing, honest, well-thought and experienced. I drank in every word. It was one of the best I've read so far and I read EVERY issue cover to cover. I would like to add to your article, an omission surely left out for reasons of humility and duty: Riders aren't the only heroes in Northern Ohio cycling. ALL the local people who perpetuate/encourage this beloved local activity are the heroes. Lets not forget; Cleveland Bikes for doing what is necessary (see July's very grim "Bikes in the News"), CrankMail and contributing editors for volunteering their time to produce the best local cycling magazine I've ever seen and you Mr. Charles Howe...let's not forget, you are a local

cycling hero too.

Mike Hopkins
CRANKMAIL'S most distant
subscriber
Salt Lake City, Utah

In response to the police report from the death of Michael Biondo in July 2007 issue.

Your story about Michael saddened me. Minute by minute, I felt as though I was reliving the pain of the events of that day. My prayers go out to the Biondo family. It makes me wonder what more can be done? How do we "re-train" 100,000's of motorists and teach them that the road is not their own but something we all share?

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10 YEARS AFTER

Dynamic Cyclist, Paul Martin Heads Area Contingent at National Championships

CHAMPION, Pa. – It was *déjà vu* all over again as North Royalton's Paul Martin won his second Elite Men's National Road Race Championship almost exactly a decade after his first victory in the same event. Adding to the sense of having been there before was the fact that his 1997 win took place in Altoona, just 85 miles away, and on both occasions he used the International Cycling Classic (aka "Superweek"), a race series in Wisconsin and Illinois, to complete his training, then made a cross-country dash to back to Pennsylvania by car to arrive the night before.

This time, however, the 34-year-old Martin's triumph came with a greater struggle and narrower margin than in '97 (a solo win with a gap of 1:38). With one lap remaining on the 28.6-mile circuit, the starting field of 83 had been whittled down to a select group of 13, including Martin (Texas Roadhouse Cycling Team), but he was on the edge of cracking. "James Mattis (Cal Giant/Specialized) almost rode me off his wheel on the next-to-last climb with about 8 miles to go, then in the last half-mile of the climb leading up to the finish, Mike Olheiser (Memphis Motor Werks) gapped me, but I was able to get on his wheel and come around just before the finish," he recalled in an interview for *CrankMail*. Mattis and Olheiser finished third and second, respectively, and were credited with the winner's time.

"That's the most demanding course I've ever ridden," Martin continued, referring to the route, located approximately 90 miles SE of Pittsburgh, while noting he has done nearly all the events on the National Racing Calendar except the Cascade Classic. Last year's championship road race was held on a similar course, and Martin recounted, "In 2006, we did 109 miles, and I was well-placed with about 14 miles left, but then the wheels came off for me; I ended up finishing 17th." This year, the race was shortened to "only" 85.7 miles. For Martin, an attorney in an estate-planning firm and father of two with limited training time available, this was a welcome change, and his previous experience with the course helped him time his finishing move perfectly. Oh, yes, did we fail to mention? – Martin also managed to win the Masters' 35-39 National Championship on July 11, leaving immediately afterward to travel by car to Illinois and sandwich in two races at Superweek on July 13 and 14, including a win on the second of the two days, before driving back to Pennsylvania.



USA Cycling™
July 11: Paul Martin, men's 35-39 national road champion.



cyclingnews.com
July 14th: Martin wins the Blue Island (IL) Pro/Am circuit race.

Finally, Martin was 2nd place in his age group at the Master's National Time Trial Championship on July 6, in nearby Somerset, Pa.

These performances highlighted a strong showing by northeast Ohio riders. In the Master's National Criterium Championship for women 35-39, Jane Evelyn of Kent claimed Ohio's third win, while Sally Price (Akron) and Samantha House (Massillon) placed third and fifth, respectively, in the women's 35-39 road race.

--Charles Howe



July 16: Elite National Road Champion (you know the face by now) . . .

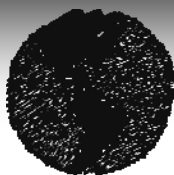


Jane Evelyn of Kent won the women's 35-39 criterium.



Sally Price and Samantha House placed 3rd and 5th in the women's 35-39 road race.

bikes
the



in
news

PARIS - The City of Light wants to be the city that bikes.

Paris City Hall launched a new bicycle service Sunday, with more than 10,600 bikes posted at 750 stations all over the city. Users can take a bike and put it back at any station around town.

The service — called Velib', a combination of the words "velo" (bike) and "liberte" (liberty) — is an initiative pushed by Mayor Bertrand Delanoe, who has made fighting traffic and pollution his No. 1 goal.

For Parisians, the bicycle service means another public transport option, in addition to the subway, buses and trams, Delanoe said.

"In the morning, you can go to work in the tram and come home by bike; it depends on the weather, it depends on your mood and on your friends," Delanoe said at the launch.

Business was brisk the first day. Parisian Sandrine Millet checked out her local station near the Champs-Elysees avenue and discovered only four bicycles left at a stand of 27. She hopped on one of the gray three-speeds and said it was "very comfortable."

Paris is following the example of other European cities with inexpensive bicycle services, including Stockholm, Vienna, Brussels, Barcelona and Copenhagen.

Delanoe has promoted biking heavily since taking office in 2001, and the city now has 230 miles of bike lanes. Velib' is due for expansion: By the year's end, Paris says it will nearly double the number of Velib' bicycles and stations.

A yearlong pass costs \$39.50, while a one-day pass costs \$1.36 — and a seven-day ticket goes for \$6.80. But the project is designed for short rides and has a sliding price scale — so as to keep the bikes in rotation.

Attention all Ohio Politicians and Business Leaders! We may not like the French, but why in the heck can't we do this too! - CM

NC, USA - Performance Bike has been Sold

There must be BIG money in selling bikes. North Castle Partners announced on July 3 that it bought Performance Bicycle. Terms of the deal were not disclosed. In addition to the flagship Performance brand, the \$200 million-plus marketer of bicycling gear and accessories also operates the Bike Nashbar bicycling brand. Performance, mails an estimated 10 million catalogs annually.

Garry Snook and wife Sharon in 1982 founded Performance Bicycle in the basement of their Chapel Hill, NC-based home as a cataloger of bike parts and accessories, and later expanded into retail. To date, Performance has 74 stores in 14 states with plans to open 90 additional stores during the next four years. As part of the deal, Garry Snook, who also invested an undisclosed sum, will continue as chief executive of Performance.

Performance sells to cycling enthusiasts 35-54 years with a household income exceeding \$100,000. North Castle Partners sees the bicycle merchant as an ideal fit in its cadre of investments targeting healthy living and aging baby boomers.

North Castle saw an opportunity to acquire a major player in a highly fragmented market. Performance Bicycle is poised for growth because "it will benefit from the "burgeoning consumer interest in health and fitness," said North Castle's founder/chairman Chip Baird in a release.

Define your life. Ride a bike.

chainsuck:

When the chain sticks to the front chainring teeth during a downshift and gets drawn up and jammed between the chainring and the frame.

Example: That chainsuck almost ruined my day, but the mechanics at Century Cycles got me back on the road in no time.



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VS.

I think I know who has the right of way and when, but what about everyone else? What will it take for us to win the battle on the roads? Several weeks ago, the public email thread below brought about a debate on who may be to blame.

Bicycle Friendly? Yea Right!

by fleutz, 6/5/07 11:31 ET

Mentor is a bicycle friendly town right? Well that's up for debate. Personally, I think that they could be bicycle friendly if they could crack down on road rage, teach cycling rules in school on bicycle to car in driver's Ed, Share The Road Signs on all city streets and teach road 1 to the people who violate or threaten a cyclist. The Police are no help because they are about most laziest sacks of crap in Lake County. One told me ride on the sidewalk strange isn't? The roads are built for cycling aren't they? Tell that to the Road Dept. I closing Mentor needs a bicycling lesson to their Hillbillies "Share The Road losers! Has this ever happen to you?"

Dear fellow club members,

I received the following commentary that was posted on the "Mentor" forum at Cleveland.com from one of your members. As you know from a past email I take great pride in the commitment we here in the City of Mentor take in our bikeways. We recently completed the Lakeshore bike lanes and I also spearheaded our police bike patrol. Hopefully by next year we will have committed a million dollars to secure open space in Newell Creek to partner with Lake Metro Parks for a bike path that would eventually connect into Kirtland via Garfield Road. This kind of vicious commentary by a fellow club member has left me extremely disappointed and unable to participate in a club where this person is a member. I happen to think that these Mentor patrolmen he refers to as "the laziest sacks of crap in Lake County" are heroes who put their lives on the line everyday for loudmouths like Mr.Fluetz.

In closing it is my opinion that this individual continually seeks out problems. I personally witnessed him throwing a water bottle at a motorist because he yelled

something out the window of his car. If that was the case we'd have all run out of water bottles years ago. I would be only too happy to share the police report relative to his latest outbursts. I will continue to be an advocate for The City of Mentor as well as the biking community. I welcome all suggestions on ways and means make improvements.

*Best Regards,
Ray Kirchner, Mayor/President
Mentor City Council*

Consequently, around the same time an article appeared in the Akron Beacon Journal...

Uneasy riders

I have lived in the Cuyahoga Valley for most of my life. It is a wonderful place to call home, especially because of all the outdoor recreation opportunities. Unfortunately, however, every time summer rolls around, a rather significant problem rears its head on the area's roadways.

I have absolutely no trouble with cyclists being on the roads. Akron-Peninsula and Riverview roads are perfect for training or just enjoying the scenery. But I do not approve of cyclists ignoring traffic laws and the state laws governing bicycle use.

I cannot count how many times I have seen them disregard traffic lights, stop signs and the right-of-way of other vehicles. I do not understand why they choose to do these things, chiefly because they could be seriously injured.

Another problem is the tendency of many of them to ride abreast in the middle of the lane in order to talk with their companions. On city roadways, this would be a problem, but in the back roads of the valley, with sharp turns and poor visibility, this behavior is very dangerous. Motor vehicles do have a responsibility to be cautious, but with bicyclists pushing the envelope, it is only a matter of time before one of them is seriously hurt or killed.

Cyclists are required to follow the laws along with the rest of us, and it is high time law enforcement in the area begins holding them accountable. If a serious accident has not occurred yet, one will. More and more cyclists are coming down here, and that is great.

But they need to start obeying the rules. It is for their own safety.

Charlotte Gintert, Akron

Upon reading the article above, this reader wrote...

Residents of the valley are on a mission against cyclists. They obviously feel negatively about cyclists and the only way (other than running us over) they can approach it is to put pressure on their police. The police are responding by issuing tickets (as I learned the hard way).

When you think about this, the only 'real' complaint (or irritant) drivers could have against cyclists is our habit of ridding in the middle of the road. This is an offense we are all often guilty of. Occasionally some of us ride in the middle and we are not even abreast of other riders. Even when someone calls 'car back,' we don't always move the side. I see this especially on hills – where our slow speed and the limited view makes it even more irritating to the driver.

The negative attitude toward cyclists is not totally justified. It is a by product of a lot of other frustrations the valley folks are dealing with, but we have to accept that the attitude is negative and there is no other way to fight this except try to be courteous to drivers and stay out of their way.

Another reader responds...

When a motorist is nasty avoid the compulsion to fight back. I simply wave and smile and sometimes even apologize. The next time they see you on the road maybe they will react differently. If you are aggressive back it tends to have a snowball effect.

As you can imagine, the comments rolled in and in and in. Different opinions, the same frustrations, but each comment seemed to head towards the same focus...**Cyclists have a responsibility to obey the laws.** When we do, we have a much greater chance of surviving in a place where most people just don't want us...on the road.

For more on the laws in your city, go to www.clevelandbikes.com

Cory Smith

THE ROAD TO RAGBRAI

The Send off

RAGBRAI – First is last, best or saving the best until last.

If you are the type of rider who has little tolerance for inexperienced or “slow” riders, then RAGBRAI might not be the ride for you. For example, I have friends who are skilled, lawful and courteous riders whose first RAGBRAI was their last. They raced from start to finish every day and didn’t stop long enough to experience what riding across Iowa has to offer. Their first RAGBRAI was their last.

What about that maiden voyage, the so called, “Virgin RAGBRAI” ride? In case you haven’t heard, all first time RAGBRAI riders, with due respect, are labeled “virgin”. The veteran RAGBRAI riders know to pay special attention to the “virgin” riders to make sure they get the most out of their week.

Do I remember my first RAGBRAI? Yes, it was in 2001. Some of the teams that made my first ride memorable are now retired but I do vividly recall being “stung” by the Killer Bees; blasted with a water gun filled with beer by Chicken Man from Team Chicken Man and offered Mardi Gras beads from one of the Bad Boys in exchange for a kiss.

That same year, I was the stoker on a tandem with my now, husband, Bill. (After *that* ride I knew we could endure anything but that’s a whole other story). I was able to see more than most riders since I didn’t have to worry about steering and shifting. I was in awe of the vast array of teams, costumes, and decorations; wide range of wheeled participants including a team riding unicycles and another on roller blades. I noticed riders of all ages and abilities from the US, Canada, and Italy; the beer gardens with live or DJ-selected music and dancing; exceptional fresh corn on the cob, pork chops, ground pork burgers (in Iowa pork is the *only* white meat), pasta and homemade pie you couldn’t pass up.

What’s to see? Imagine riding along and looking left or right and seeing acres and acres of perfectly aligned rows of corn 6 feet high, winding their way up and down the hillside.



A foggy Ragbrai morning

Add to this a series of large windmills that appear thoughtfully placed along the landscape rotating with elegance and force. Paint the sky blue and the sun yellow and bright and you have a picture perfect RAGBRAI day. Now, look ahead and then in your rear view mirror and see the long stream of cyclists that goes on for miles in both directions. It's breathtaking.

So what do you do all day? In the pass through towns visit with friends, re-fuel, rest and people watch (lots of people know how to enjoy themselves; it's often entertaining). Talk to the people who live in Iowa. They are proud of their communities and are just as interested in you as you should be in them. Stop whenever and wherever you see or hear something that interests you.

In various towns I've listened to some excellent blue grass music, big band music, an accordion player, Mr. Tuba and the singing nuns. I've seen dance recitals performed by local dance clubs in the city square. I've been greeted by Mayors of towns and Ms. Iowa, herself. I've stood or sat in tubs or wading pools of ice cold water on a hot day to cool my feet and overheated body. A few notable stops I've made include:

1. Roadside tractor exhibit. A businessman and his wife displayed 26 of their 35-tractor collection in their front yard. One of the tractors was ordered from the first Sears catalog. Her favorite was the John Deere, a newer acquisition. While perusing the tractors, I chatted with the tractor owner's neighbor, an elderly man who just came over to see what this RAGBRAI was about. He brought his wife along but she wouldn't get out of the car. He said she was too shy. He was a "neighbor" and dutifully pointed out his farm across an open field about 4 miles away.

2. Glenn Miller's birthplace home in Clarindon, IA. While touring the house, a gentleman (in lycra shorts) walked into the house and after looking around asked if he could play the piano. Once given permission, he sat down and played a beautiful rendition of an old Glenn Miller tune. Right place, right time.



One lucky rider gets his "once in a lifetime chance" to pose with the Pork Queen of Iowa"



Even the local police officers get involved

3. Visit with the man on the side of the road. At the corner of a busy intersection on the route, an older man wearing a large brimmed cowboy hat sat on a fold-up lawn chair. He was just watching the RAGBRAI "parade" of cyclists going by. I had to stop, say hello, and ask what he was doing. He simply replied he enjoyed coming out and watching the people on bikes pass by. He lived down the road a piece and this was the second time RAGBRAI was passing through his neighborhood. He didn't want to miss being part of the event. (Sure beats getting hit with a side view mirror attached to a big SUV passing you too close while you're out riding!).



An Iowa Limo

In nearly every pass through town and all overnight towns, the townspeople have been planning for months for your arrival. Since bicycling is the theme, there are many towns that decorate with bicycles, repainting them and hanging them from street posts or constructing huge sculptures or archways to welcome you upon arrival. There appears no end to the hospitality of Iowans. They are friendly and eager to greet you, know you, help you and wish you well.

So, while my first RAGBRAI was certainly memorable, I have to admit I'm hooked. I keep going back not just for the pleasure of riding a new route and the chance to renew old friendships but mostly because I leave Iowa encouraged by the generosity and hospitality of Iowans. This treasure, unmatched in most other communities where I have lived, worked or otherwise visited is inspiring. I contend, I've saved the best 'til last.... it doesn't get better than this.

Julie Maurey

RAGBRAI participant

Team INMF "It's Not My Fault" – 2001, 2002

Team Conundrum - 2005, 2006, 2007

IN THE ZONE

Rides and Events

Sunday, 8/5, 8/12, 8/19, 8/26. 2nd WALK AND ROLL CLEVELAND. Cleveland. Experience Cleveland's beautiful Martin Luther King Jr. Blvd. In a whole new way... without cars! Motorized traffic will be detoured allowing enjoyment of the Cultural Gardens, Rockefeller Greenhouse, and University Circle. Activities for all ages and all experience levels. After the event, extend the ride by following the Lakefront Bikeway. Walk & Roll Cleveland. Lois Moss; 2306 Forestdale Ave.; Cleveland, OH 44109-2833. (216) 741-4424. www.WalkAndRollCleveland.com

Sunday, 8/5. 14th ROAST YOUR BUNS TOUR. Oberlin. A free tour of 40/70 flat to rolling miles. Scenic rural routes in the heat of August will provide a real Hot Ride. Lorain Wheelmen Bicycle Club. PO Box 102; Amherst, OH 44001-0102. www.LorainWheelmen.org

Thursday - Sunday, 8/9 - 8/12. PAN OHIO HOPE RIDE. Cleveland. A four-day, multistage tour beginning in Cleveland and ending in Cincinnati; about 280 miles total over flat to hilly terrain. Pledge required: \$2,500 or sign up as a roadie to help raise awareness and funds for Ohio's Hope Lodges in Cleveland and Cincinnati. Rider Limit: 600. The American Cancer Society. Sarah Kalina; 10501 Euclid Ave.; Cleveland, OH 44106. (216) 377-2626. www.cancer.org/hoperide

Saturday, 8/11. 12th NIGHT RIDES ON THE TOWPATH TRAIL. Peninsula. Free fun ride for cyclists of all skill levels starting at 8 PM. Covers 15-22 flat miles on the Cuyahoga Valley National Park Towpath Trail. Century Cycles. 1621 Main St.; Peninsula, OH 44264. Doug; (800) 201-7433. www.CenturyCycles.com

Saturday - Sunday, 8/11 - 8/12. 33rd ROSCOE RAMBLE. Canal Fulton or Wilnot. Step back in time as you travel 60/75 rolling to hilly miles per day through Central Ohio's beautiful Amish countryside. Overnight stay at historic Roscoe Village in Coshocton. A revered, long-running event. Entry Deadline: July 28. Akron Bicycle Club. Jim & Judy Birt; 759 Yorkshire Ct.; Copley, OH 44321. (330) 665-2013. Email: jimspud@hotmail.com

Sunday, 8/12. 3rd WOW: WORLD OF WILDLIFE TOUR. Champion. One hour SE

from Cleveland. Bring the family on a benefit tour for the beautiful Trumbull County Metroparks Western Reserve Greenway. Ride 20/40/62 miles on flat paved trail through wetlands and Mosquito Lake Wildlife Area. Tee shirt, snacks, raffle. Entry Deadline: July 23. Friends of the Western Reserve Greenway. PO Box 1788; Warren, OH 44481-1788. (330) 652-2898. www.ndcis.com/wow

Sunday, 8/12. RAIL 'N' TRAIL AND ROAD ROUTE RAMBLE. Independence. Two rides in one: Ride the Cuyahoga Valley Scenic Railroad to Akron then ride your bike 27 miles back. Or for the more seasoned rider, three road routes: 35/62/75 rolling to hilly miles in, out, and around the beautiful Cuyahoga Valley National Park. Full service with spaghetti lunch, entertainment. Rider Limit: 600. Entry Deadline: Aug. 6. Lake Erie Wheelers. Dan Izuka; PO Box 26146; Fairview Park, OH 44126. (440) 734-5777. www.rail-n-trail.org

Saturday, 8/18. 29th BEST "WURST" BICYCLE RIDE. Bucyrus. 106 miles SE from Cleveland. Ride 25/62 flat to rolling miles through scenic countryside, some over a portion of the original Lincoln Highway. Much historic railroading and Indian battles in area. Held in conjunction with city's Bratwurst Festival. Nature center rest stop, a short walk from the origins of the Sandusky River. Beautiful scenery and history await your discovery! Bucyrus Tourism and Visitors' Bureau. Donna Bauer; 301 S. Sandusky Ave.; Bucyrus, OH 44820. (419) 562-0720. www.bucyrus.org

Saturday - Sunday, 8/18 - 8/19. MS PEDAL-TO-THE-POINT. Berea. Travels through pastoral northern countryside to Sandusky. Mileage choices first day: 30/75/100/150 miles. Overnight in Sandusky with spaghetti dinner, complimentary ticket to Cedar Point. Overnight at high school. "Flying" pancake breakfast Sunday morning before return to Berea for picnic celebration. Entry Deadline: Aug. 10. National Multiple Sclerosis Society. Landre Kiser; 6155 Rockside Road Ste. 202; Independence, OH 44131. (800) 667-7131. www.MSOHioBike.org

Sunday, 8/26. 9th FLATLANDERS BICYCLE TOUR. Fremont. 1.5 hours west of Cleveland. Travel through farmlands, explore the semi-flat countryside. Ride along the

Sandusky River. A memorable summer ride of 13/25/50/75/100 miles. Showers and swimming pool available post-ride. Dine on shredded chicken sandwiches, pasta salad, and homemade cookies. Flatlanders Bicycle Club. Bryan Reyes; PO Box 134; Fremont, OH 43420. (419) 332-8066. (419) 332-8066. www.flatlanders.info

Friday, 8/31. 12th NIGHT RIDES ON THE TOWPATH TRAIL. Peninsula. Free fun ride for cyclists of all skill levels starting at 8 PM. Covers 15-22 flat miles on the Cuyahoga Valley National Park Towpath Trail. Helmet and bike lights required. Century Cycles. 1621 Main St.; Peninsula, OH 44264. Doug; (800) 201-7433. www.CenturyCycles.com

Friday, 8/31. 3rd CLEVELANDBIKES RIDE TO WORK. Cleveland. Bike to Work Day on the final Friday of each month from May through September. More info: www.ClevelandBikes.org

Saturday, 9/1. 14th STOMP BICYCLE ADVENTURE. Cuyahoga Falls. One of the largest cycling events in Northeast Ohio. Registration includes light breakfast, lunch, live music, and more. 11/20/30/65 flat to hilly miles with rail & trail options that involve riding the Cuyahoga Valley Scenic Railroad in the

Cuyahoga Valley National Park. Rider Limit: 1,600. Citizens for Metro Parks. Susan Fairweather; 975 Treaty Line Rd.; Akron, OH 44313. (330) 867-5511. www.StompBikeRide.com

Saturday, 9/8. 27th POPCORN 100 BIKE TOUR. Marion. 118 miles SW of Cle. Rolling terrain on this ride of 25/62 miles. Entry includes snack stops, route maps and road markings, safety coverage, commemorative patch, and a special post-ride treat. Rider Limit: 500. While you're in town, don't miss the city's Popcorn Festival. Kim Wenig; 1000 McKinley Park Dr.; Marion, OH 43302. (740) 383-8980. www.MarionGeneral.com

Sunday, 9/9. 37th HANCOCK HORIZONTAL HUNDRED. Findlay. 148 Miles from Downtown Cleveland. One of the flattest rides in Ohio, great ride for your first 100-mile "century" attempt. Free ice cream social Saturday evening. "Chris Cakes" hotcake breakfast pre-ride. Entry fee includes patch (to first 1,000), Entry Deadline: Aug. 31. Online entry available at Web site. Hancock Handlebars. Mick Gould; PO Box 232; Findlay, OH 45839. (419) 422-0417. www.HancockHandlebars.org



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Photo Courtesy: Pete Gladden

The Road



Ohio City Bicycle Co-op

New Road 1 course instructor starts in August

Road 1 is the League of American Bicyclists' curriculum on how to ride safely and confidently in *all* traffic situations – whether that's a Metroparks parkway, neighborhood street, or downtown rush-hour congestion. Road 1 is the basis for the “Bike Drivers' Ed” course we offer monthly, but it's a lot more than just the bike-handling drills, traffic-law discussion, and basic mechanical skills covered in the textbook – it's a dialogue among the students and instructor about what makes an “Effective Cyclist.”

To cover all the material required by this exhaustive curriculum and still leave time for all the stories (and plenty of actual riding time), takes a skilled instructor with an ear for meaningful anecdotes. Luckily, such a person has recently arrived in Cleveland to take a place in the OCBC's pantheon of LCI's (League-Certified Instructors). Sam Hawkins is recently arrived in Cleveland from Kentucky with his family to study medicine, and has agreed to help us present Road 1 courses, having previously worked with Bicycling for Louisville. We hope he will be welcomed with a full class for his first one on August 11th. Details can be found at the “Riding Classes” page of our website.

Ride your Bike to Burning Riverfest August 11th!

It's a good thing Sam will be teaching Road 1 this month, as that Saturday we'll also be parking bikes for this major environmental education and entertainment festival on Whiskey Island. They are restricting automobile access to Wendy Park this year, so your bike is THE way to get there, and OCBC will again be providing free, secure, valet bike parking for the event. Details at burningriverfest.org.

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Yo Wheelers,

www.westernreservewheelers.com



Last month, Al Wapnick, and I led a ride on the Lorain County Bike Way which runs between Elyria and Kipton, Ohio, total mileage, out and back 28 miles. It is a beautiful, mostly shaded ride. Along with us for the ride, were Ellen Rothschild, Harold Pastermak, and Art Kaplansky. We went off trail at the end, to ride in the county and then ended up in Tappan Square in Oberlin, Ohio for refreshments before completing the ride. For those of us used to street riding, it was a welcome change to ride without worrying about motor vehicle traffic.

For an update on all Club activities, please check our website at www.westernreservewheelers.com. Al Wapnick said that if you take pictures on a ride you should e-mail them to the Club website.

May the wind always be at your back. Ed Reichek

DATE	NAME OF RIDE	TIME	START POINT	MILES
August 5	Emerald Necklace	8:30 am	JCC	100/66/35
August 12	Holden Arboretum	8:30 am	Sunset Pond	41/36/27
August 19	Twinsburg (Club Picnic)	8:30 am	JCC	46/35/27
August 26	Geauga/Portage Tour	8:30 am	Chagrin Falls	42/39

This month's bits of worthless... yet maybe interesting, information

Feel like making a wood bike? Check out www.woodenbikes.com. There, you'll find plans to let you build the bike of your dreams...Nightmares are more likely. All put together by people with a bit too much time on their hands.

When planning a ride, I like to use these time-tested techniques to make sure I am dressed appropriately for the weather...

Clover contracts its leaves at the approach of a storm.
If corn husks are thicker than usual, a cold winter lies ahead.
If flowers keep open all night, the weather will be wet the next day.
The faster a cricket chirps, the warmer the temperature.
Lightning in the south is a sure sign of drought.
Bees will not swarm, Before a near storm.

www.crankmail.com



P.O. Box 844 Medina, OH 44258

Contact the following for information

www.medinabikeclub.org

Pres.: Dave Ling	330-416-9421	ldbl3000@aol.com
V. P.: Shawn Conway	Unknown	Not Disclosed
Treas.: Sara Kibler	Unknown	Not Disclosed
Sec.: Lou Vetter	330-725-0441	bikevetter@aol.com

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

Tuesday Evening Rides and Starting Location:

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

August	Medina County Career Center
September	Buckeye Woods

Sunday Morning Breakfast Rides

8:00 am May through September and 9:00 am in October

STARTING LOCATION is Buckeye Woods County Park located on route 162 between routes 3 and 42. Sunday rides are generally 40 to 60 miles in length with breakfast at the halfway point.

Park in the rear where the best outhouses are.

CLUB NOTES: Thank you to all the great volunteers on this year's Ice Cream Odyssey. Even without Tee Shirts it was still a big success. We had about 200 riders who pedaled through ferocious head winds to reach the final destination, that from which they started, Buckeye Woods Park on Route 162 in Medina County. Our next meeting will be the first planning session for the Ice Cream Odyssey of 2008.

"Who is more patriotic, the person who commutes to work on a bike, or the guy who slaps a U.S. flag decal on his SUV that gets twelve miles per gallon?"

-- Jim Caple, writing at ESPN.com

LETTER FROM VETTER:

The Ice Cream Odyssey formerly known as the MCBCICMC: First let me say that I heard about one accident and witnessed the second accident. Neither was on a bicycle. Both accidents resulted in the use of a fruit and vegetable slicer. All our prayers and well wishes for fast healing go out to our injured volunteers.

The ride started out the way all bicycling events start out. The volunteers massed at the registration point and waited for someone to bring the coffee and donuts. Thanks to Charlie and Tom for taking care of me there. Next we sorted out supplies for the rest stops and did a best guess on where to send the most bananas. We must have done pretty good as I only had to buy about a dozen extra bananas and then I eight of them back.

Riders' comments were all positive, well there were some who felt we over did it on the head winds. I was surprised after forgetting cookies for the West Salem afternoon rest stop that they didn't seem to be missed. We did have Peanut Butter and Jelly to make sandwiches along with the bananas and water and that old standby gator-ade. I counted the bananas when I first laid them out and we started out with 56 and used 4 more so my guess is that we had sixty riders who rode the 62 miles course.

Lucky for Tom and myself that the rest stop was nestled behind the West Salem Police Offices, basically we were drafting the building and the wind was not a problem for us. We also used the duct tape to tape down everything even a banana was found taped to the table.

After closing down West Salem Tom sagged the route back while I took the direct route. Back at Buckeye Woods the shelter was a buzz with riders eating and chasing wind blown objects all over the park. One rider thought he had the solution. He had one cookie on his plate and placed an unopened 12-ounce Pepsi on his plate to hold it down while he left for a moment. Just as he left the plate lifted off and the pop fell over. My reflexes were just barely fast enough to slap down the plate and then reach over and put the cookie and pop back on his plate. Luckily seal pop can don't leak and his cookie stayed dry.

Many riders expressed their appreciation for providing a family style cook out after the ride. When this idea was first proposed I thought it was just too different from any ride I had experienced before and thought it wouldn't work. Well, I'm glad to see it has been well received, but now I worry it may grow big to stay the friendly event we have hosted the past few years. Some families flew kites after completing their ride and made use of the park for a family outing.

I think we should hold the participation to a manageable size and keep doing it well and serving our customers the good product we have. The route is great and loved by almost everyone who rides in our event. I guess there's always someone who thinks roses are ugly and that they stink.



www.lorainwheelmen.org
rides@lorainwheelmen.org

August 2007 Wheelmen Calendar

Date	Starting Point	Destination	Miles	The etc's
08/05	Oberlin	ROAST	70	A freebie Invitational
		Your Buns	52/30	all routes-flat to rolling
08/12	Amherst	LaGrange	54	same destination
		LaGrange	45	long n short route
08/16	Ralph's House	Prolog	5:30	a warm-up ride
		Meeting	7:30	a picnic meeting
08/19	North Olmsted	Brecksville	59	in the Metro Parks
		N. Royalton	40	but make an early exit
08/25	Applecreek	Millersburg	60	a long SAT ride
08/26	Oberlin	Norwalk	56	flat to rolling
		Wakeman	38	a little shorter

Starting Times and Locations

Sunday ride times are 8:30 for the summer

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.

Applecreek:

Starts at the elementary school at 173 W. Main St (US 250) in Applecreek

North Olmsted:

Starts in the Water Tower shopping center at the corner of Lorain Road and Dover Center Road. Take 480 to Sterns Road, exit north to Lorain Road and turn east to Water Tower Square on your left.

Ride starting times:

Saturday Morning rides will start from Oberlin (Prospect School) at 9:00 AM.

Evening rides:

Evenings are back to the summer schedule now that Daylight Savings Time is here. **The start time is 5:30.** That's plenty of time for 20+ miles before sunset even if it's cloudy and gives more folks time to get home from work and changed. The TUE will depart from Oberlin (Prospect School) and the THU ride will depart from the city parking lot in Amherst.



LEW Club Weekend & Holiday Ride Schedule

- Aug. 4 9:00 LEW Club Picnic: Boland Residence.
Aug. 5 9:00 Mastic Woods to Brecksville - 60/65 miles.
Aug. 12 9:00 Rail-n-Trail Ride to Akron & back - 27/62/100 miles.
Aug. 18 9:00 Women's Ride: Brecksville to Chagrin Falls - 45 miles.
Aug. 19 9:00 Oktoberfest Pickup Ride.
Aug. 19 9:00 Eric's Hill Climb Challenge - Deep Lock Quarry, Prizes! - 80 tough miles!
Aug. 19 9:00 Bonnie Park to Lodi - 60 miles.
Aug. 26 10:00 Bike Path Ride: Lester & Chippewa Trails.
Aug. 26 9:00 Scoop-a-Loop Invitational Ride - 10-50 flat miles.
Sep. 2 9:00 Scenic Park to Vermillion - 60 flat miles.
Sep. 3 10:00 Holiday Hawaiian Shirt Ride: Scenic Park to Cleveland Flats - 30 flat miles.
Sep. 9 9:00 Canal Visitor Center to Akron - 45 miles.
Sep. 9 10:00 Bike Path Ride: Canal Visitor Center to Peninsula via Towpath - 25 miles.
Sep. 15 9:00 Women's Ride: Hinckley Res. Bathhouse to Sharon Township - 40 miles.

Please consult club website for maps & details

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 varying from 20 to 40 miles, and will be led by Marc Snitzer and Greg James. For more information, contact Marc Snitzer at 440-236-3017, e-mail at msnitzer@windstream.net, or Greg James at 440-331-9419 (email at clockwerke@aol.com).

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

LEW's in the News

On June 16th & 17th, Eric Overton, Russ Marx, John Clay, & Tim Carroll participated in the 24-Hour National Challenge in Middleville, MI., performing impressively! Eric rode 404 miles, with Russ doing 260, and John 175. Tim did well enough but got off-route and finished up with 135+ miles. John Clay is eagerly looking forward to next year's event: "I will be better prepared!" he said.

Our Vince Valentino and Ernie Montalvo competed in a full Iron Man Triathlon up in Coeur de Lane, Idaho on June 24th. Vince finished it in 14hrs, 14 min; Ernie was 6 minutes behind.

On July 5th, Russ Marx did well while competing in the National Time Trial held in Seven Springs, PA. He wants to know "where were the other time-trialists from Ohio?".

2007 "Women Only" Ride Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, we are pleased to present the *Lake Erie Wheelers Women's Rides*, which will be held on the *third* Saturday of each month, from April through October. This year, Peggy Sands will lead these rides, at a C or B pace, from various starting points. For details, please contact Peggy at 440-320-5871 (p-sands@sbcglobal.net).

2007 Rail 'n Trail and Road Route Ramble Tour

For 2007 the tour is two events in one: **Rail N Trail** for the casual rider and the **Road Route Ramble** for serious road cyclists.

Rail N Trail:

Sunday, August 12th marks the Lake Erie Wheelers' 4th Annual Rail-n-Trail 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 will view the scenic Cuyahoga Valley National Park from the comfort of the passenger cars as the train transports you and your bicycle to Akron North Station. Upon arrival, snacks and refreshments will be provided.

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 Cuyahoga Valley Tow Path back to Rockside Station. After 15 miles on the towpath trail, stop at the historic Stanford House for a homemade spaghetti lunch. The Rockside Station is at 7900 Old Rockside Road, about 1/2 mile W. of Canal Road. Riders must arrive between 8:30 and 9:30am to pick up their train pass, 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 \$35 for adults, and \$30 for children aged 10 years and under.

Road Route Ramble:

For experienced riders who prefer a challenging road ride, we have "pavement only" options of 35 and 50 miles, a metric century (62 miles), and a full century (100 miles). All routes are in and around the Cuyahoga Valley. The challenge becomes greater with added tour distance. Registration fee is \$25 per rider including snack stops, RRR embroidered patch, route map, SAG coverage, snack stops, and the famous Stanford House Spaghetti Dinner. Sign in and registration is at the Rockside Station starting at 7AM. Online registration is at www.rail-n-trail.org. For further info, please contact Dave Schneider (djschneid@yahoo.com).

The 2007 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, with an additional Bike Path Ride on the fourth Sunday of June through September, as we introduce a few new trails for the sake of variety. 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 this month and the next:

Aug. 26	Club Picnic: Lester & Chippewa Trails	20 miles	John Whitaker
Sept. 9	Canal Visitor Center to Peninsula via Towpath	25 miles	Dan Izuka

Touring Division News

Planned overnight tours for the 2007 Touring Season:

<u>Tour Destination</u>	<u>Date</u>	<u>Ride Captains</u>
Popcorn/Hancock Horizontal Hundred	Sept. 7-9	TBA

The 2007 LEW Club Picnic

The LEW Club Picnic will be held on Saturday, August 4th at Jim Boland's residence in North Olmstead. At this time, there is no ride scheduled in association with this event, but members are perfectly free to ride to the picnic (and are responsible for returning home under their own power). Volunteers may be needed to help: if anyone wishes to volunteer, please contact Dave Schneider or Dan Izuka.

Rail 'n Trail

and

Road Route Ramble 2007

Sunday, August 12, 2007

Fun, Family Event.. for any ability...

Train/Towpath Route-

**Ride the Cuyahoga Valley Scenic
Railroad from Rockside to Akron, ride
your bicycle back to Rockside!**

For the serious cyclist...

Road Route Ramble-

**All "pavement" 35, 50, 62, 100 challeng-
ing miles in, out and around the
Cuyahoga Valley.**

**For more information and online registration visit:
www.rail-n-trail.org**

**Or look for registration forms at your local bike
shop, rec center, library, etc.**



Join the Adventure!

Lake Erie Wheelers



Sunday in June - 2007

Well, we could not have ordered up a better ride this year. We had record attendance with 647 riders, warm sunshine and smiling

faces everywhere. There is something about riding a bike that makes a person happy and that is what we experienced on Sunday. Everybody had a good day.



Cleveland Touring Club Members

I rode the 50 mile route with a few friends, while **Julie Maurey**, steadfastly, held down the fort back at Century Village. She spent her entire day keeping things in check with the safety crews, the local sheriff, lost & found and (most critically) she kept the accounting straight. Next time you see her tell her thanks for the long day behind the table.

There are many, many tasks that are handled by CTC's dedicated volunteers and by others outside our club. That is one of the best aspects about this club... people want to help... we enjoy it... and it makes one feel like an integral part of the cycling community. Even our Thursday ride leader got into the act...

Mike Schmidt put together a special series of rides on Saturday mornings to help club members prepare for SIJ, each week gradually building up mileage. Several members took advantage of Mike's generous map making skills and leadership.

First thing in the Morning... I would like to acknowledge **Craig Connors** for his organizational abilities to pull together the registration crew very early in the morning. Many riders arrived by 6:45am even though registration did not officially open until 7:30. Craig had everything up-and-running by 7:15. **Dave Weglicki**, **Sue Bartholomew**, **Leo Fohl** and **Ann Fohl** were on duty to handle the 300 or so walk-ins. **Mary Connors** was "a peach" as our Greeter giving the riders directions and advice... all with her famous smile.

Another critical part of the SIJ success is getting people into the parking lot without mass confusion. **Todd Palmer** led the group this year for parking and signage with **Tom Marsh**, **Rich Solowitz**, **John Reebe**, **Scott Lambert**, and **Warren Kumley** guiding the parking lots to full capacity. Thanks, guys, for taking care of this logistical nightmare.

Safety. I want to acknowledge in a big way **Jim Pyle** and his band of radio operators. The **Lake County Amateur Radio Association** generously supports our ride with volunteers stationed at critical locations along the route. This year we had several of LCARA members out for a beautiful day in the country. **Kirt Hyde** did a great job coordinating our mechanical support with **Century Cycles** and **Mountain Road Cycles**. **Bob Manly** makes the calls to all the local sheriff departments and helps inform the community of our event. Thank you all for helping to make this event as safe as possible for our riders.

Route. This year we modified the route. With the county fixing roads all over the place, we needed to verify that all the roads were going to be rideable.

Janet Edwards put some miles on her motorcycle to check on additions, subtractions and deletions of route segments. As well, **Kim Boyd** was in touch with the County Engineering office to check for "pop-up" construction zones. As a result we had a trouble-free route... and there were several compliments on the new route changes. When we finally had the route map complete,

Fredrich Leutz, Janet Edwards and **John Tiernan** drove over the roads and scoped out the corners for debris and safety. A few days later, **Tom Taylor, Tom Pellegrin,** and **Steve & Nancy O'Bryan** went out and painted the arrows. One of our guests liked the route... as mentioned in an e-mail received by the club:

I'd like to express my thanks to your cycling club for hosting such a great ride. This was my first 'Sunday in June' and I rode the full century. The route was well marked and challenging and the stops were well placed and well stocked. Of course the beautiful weather certainly helped!!! See you again next year. Sincerely, Dave Kattler, Mantua, Ohio

Rest Stops. I want to thank everyone who really worked hard to make the rest stops special. **Bruce Oppenheim** planned the entire menu and with the help of **Sue LaPuma, Jim Berg** and **Larry Grey** all the rest-stop goodies were delivered on time. Bruce thought about eliminating the cookies this year in favor of more healthy alternatives... but under pressure he caved and we all stuffed our faces with excellent cookies from **Reider's Grocery**.



Sue LaPuma enjoying the ride

Of course, I must recognize all of our rest stop volunteers. First and foremost, **Larry Grey** is a chief of all chiefs. He runs Parkman like a fine tuned Swiss watch. We had the pleasure of meeting **Chris Hitchcock**, a new member. He worked with **Chuck Radgowski** and Larry for the first 3 hour shift. **Kate Heydorn, Kathy Loveland, Pete Snitzer** and **Geri Weiss** pulled the next two shifts and brought the event home.



Bruce Oppenheim

We had excellent music at Burton and at Parkman thanks to the generous support of **Greg Priddy**. Greg loaded up his car with a *truckload* of his own stereo equipment and CDs. The music really added to the festivities and anyone who visited Parkman would agree that Greg's selections were apropos for the day. Good-day Sunshine!

Mesopotamia Outpost was very busy. It appears that many of our riders did the 62 & 38 mile loops. **Jim Berg, Rich Leskovec, Jay Randall,**

Bob & Marilynn Utz, Marc Meyer and **Rich Klasen** all took shifts cutting up fruit and making Gatorade. Thank you all for working this critical rest stop.

Behind the Scenes. So much happens in advance to the ride. The tee shirt was designed by Andy Carpenter. It is my favorite design of the past few years and we sold or gave away to volunteers 170 shirts. **Nan & Bruce Horvath** with their crew **Barb Cicigoi** and **Andy & Teri Fedak** pulled together the registration packets. This is a challenge because they have to pull together everything at the last minute including hot-off-the-press maps and fresh inked tee shirts. A huge thank you to **Hubbub Bicycles** for supplying us with their 10 year anniversary tire repair kits that went into the first 300 packets. Diane and Brian, you guys are great!

Danny Wynne has the complex job of processing all of CTC's memberships and SIJ entries. He first receives the ride registrations by mail, then enters all the info into the database and then drops the checks off with **John Gallovic**, our accountant. He then has to get the rider information to Nan who uses it for pre-registered rider packet assembly... and to Julie who uses it for emergency information... and to Andy who uses it to order tee shirts... and to **Bicycling Magazine** who supplies our ride numbers... and to **CrankMail** for subscriptions (in the case of new member registrants)... and finally to **Sue Bartholomew** who sends welcome packets to those new members. All this has to be done in very short order directly after the cut off date for registration. Mr. Wynne, I salute your efforts.

It appears that SIJ is getting a reputation for great food. You can thank **Bruce Oppenheim** for choosing the menu and you should not miss visiting **Joel's Italian American Grille** in Burton. Joel catered lunch with terrific pasta, chicken and meatballs. Perfect cycling food!

Lastly... after all the riders have gone home. The Bond Building at Century Village needed to be cleaned up and everything re-organized for transport back to Bruce Oppenheim's home to be staged for storage. Thanks **Bob Manly, Kim Boyd, Craig Connors** and **Dave Weglicki** for staying after the event to sweep up the place. At the very end of the day, everything needed to be returned to Bruce's home for storage... which was handled by **Marc Meyer, Rich Klasen** and **Larry Gray**.

Let us not forget our great riders, many of who come back year after year. **A huge Thank You for coming to our ride.** Without you, we have no ride. We look forward to seeing with you again.

Finally, I sincerely want to thank each and every one of the volunteers who helped make our 2007 SIJ a very special event. **Bill Maurey, CTC**



If you have any questions or comments, please feel free to e-mail Bill at Maurey@Hotmail or give him a call at 440.975.9744.



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Findlay, Ohio**

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Findlay, Ohio 45839 419-422-0417

ggould@woh.rr.com or hancockhandlebars@who.rr.com

Join us for one of the flattest rides in Ohio. Great ride for your first 100 mile "Century" attempt. Bicycle dealer/vendor displays and a free ice cream social Saturday evening. "Chris Cakes" serving hot cakes breakfast Sunday morning. Ride fee includes: patch (to first 1000 registrants), map, rest stops w/food, lunch, SAG support and a well marked route on smooth blacktop roads. All corners are swept the day prior to the event. Registration cutoff will be Aug.31, 2007. Online registration is available at: www.hancockhandlebars.org

Fees: \$20.00 early registration, \$25.00 postmarked after July 23, \$10.00 Child rate. (discounted on-line registrations available) Day of ride reg. (cancellation slots)= \$35.00



We have a new safety section: www.ClevelandBikes.org/safety

See information about local traffic ordinances, how to fix them and much more. Over the next few months, watch for articles about conditions around the NE Ohio area -- both good and bad.

You can make your city safer! Take a look at ClevelandBikes and Ohio Bicycle Federation board member Fred Oswald's review of the local laws of Northeast Ohio communities. How does your city measure up? Join ClevelandBikes in reviewing your city's traffic and safety laws and compare them to state laws and review best practices with your local officials. We've already sent letters to elected leaders in various cities to point out their conflicts with Ohio law and best practices. Contact us to get involved in updating your local transportation laws and reaching out to your community leaders. Send your thoughts and pictures of what your city does well (and maybe not so well) to fredosweald@yahoo.com.

Motorists are complaining about gas prices, but will public officials listen?

More than 70% of Americans feel that rising gas prices are very important or somewhat important in deciding where to live. When listing factors involved in choosing a home, 40% look for a short commute, second only to a safe neighborhood. Gas prices are important, but most commuters feel powerless to do anything about them. Cycling more is one thing you can do.

Polls identify that more than half of Americans want to bicycle more and drive less, yet many transportation officials have not reacted. Where are the bike lanes, "share the road" signs or sharrows (share the road arrows). As more bike lanes and facilities are constructed, car drivers are more likely to recognize and acknowledge cyclists on the road; a significant step to improve road safety. Studies indicate that the percentage of commuters using bikes rises a percentage point for every mile of bike lane added per square mile of U.S. cities (2003 study on bike lanes in the journal Transportation Research Record, "If You Build Them, Commuters Will Use Them")

Studies also show that as the number of cyclists increase and collisions with automobiles decline because motorists become more alert to the presence of bikers. For example, cycling in London increased 100%, from 2000-05 and the accident rate for cyclists fell 40%, ("The Cycling Commute Gets Chic," Wall Street Journal, May 2006). Cycling can and should be an important component in a national energy strategy. The League of American Bicyclists reported that nationally, cyclists who rode to work on National Bike to Work Day:

Saved more than 56 tanker trucks full of gasoline;

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