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Cycling in Northeastern Ohio

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Each year one vicious habit rooted out, in time might make the worst man good throughout. — Poor Richard

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Gossip

Welcome to the final year of the 20th century! Yep, people got so excited over all those zeros in 2000 that most ignored the fact that **the third millennium begins**, as these things are reckoned, on **January 1, 2001**. That's because Dionysius Exiguus (Dennis the Short), a 6th century monk, launched the current era with Year One — not Zero. Then, too, we are told scholars generally agree that Jesus Christ (whose birth was used to mark that Year One) was *actually* born about four years before *that* (4 B.C.) which makes any 1999 Turn-Of-The-Millennium party or party planned for New Year's Eve 2000, just a bit late. **What the heck — celebrate the turn of the century twice!** You have one year to recover from this one. Hmmmm.... how could J.C. be born **four years B.C.?** Oh, well, Happy New Year, whatever century we're in!!

While, apparently, **ESPN ranks race horses** (like Secretariat, Citation, and Man o' War), **but no cyclists, among its "100 Greatest North American Athletes of the Century,"** not everybody feels that way. In recent times, and, actually, in quite a few years, we can't think of a much greater pure athletic achievement or human drama than the story of Lance Armstrong. **Only the world's greatest cyclists, arguably among humanity's greatest athletes,** are chosen to participate, endure, and triumph in the Tour de France. Armstrong, after recovering from cancer surgery, massive doses of chemotherapy, and an arduous training effort to

regain his strength and endurance, went on to win the Tour. Especially gratifying was that, after being dumped by his offshore team after he got his diagnosis, he was picked up by Team U.S. Postal Service so **his victory truly did represent his country, his sponsors, his team, and his own fierce dedication to life.** So it's natural that, in spite of ESPN's **myopia**, we see Armstrong's name and face a lot of places these days. He was **listed among Sport Magazine's top 10 "sports dominators"** of the year. This year marks the first time that **no professional football or hockey player made the list of dominators.** "Cowboy Lance" graces the cover of the Dec. 13 issue of *VeloNews* — they named him **1999 North American Cyclist of the Year.** And, most recently, we enjoyed breakfast with Lance... well, at least his picture on the front of our box of **Wheaties**, "The Breakfast of Champions®." Besides the cover, Armstrong's "Comeback Kid" story blankets the back of the box, and a profile of his Lance Armstrong

Foundation (focussing on survivorship issues) appears on a side panel. The inner liner bag sits on our pantry shelf holding its tasty brown flakes; the box is on our desk.

Some local "champs" were the members of the **Downtown (bicycle) Couriers' Association.** They held a benefit get-together on Dec. 11 at a quirky place called Speak

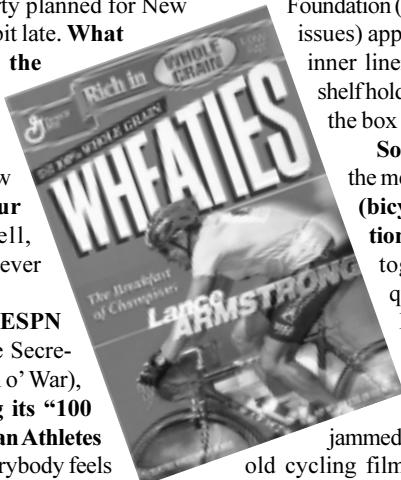
In Tongues to benefit the

Shoes for Kids charity.

They raised \$500 for that worthy cause, and

jammed to wild music played over old cycling films in the club. Wish we coulda' been there. To paraphrase a slogan belonging to another organization that's in the delivery business: **They deliver for kids!** Tailwinds and green lights to you dudes!!

Remember, as you travel through the coming months and face yet another 1,000 years ahead, breakfast is the most important meal of the day. **Happy New Year!**



— THE CRANK

GOBA Visits Northwest Ohio this Year

COLUMBUS — Julie Mills, Director of The Great Ohio Bicycle Adventure (GOBA), has announced that the 2000 tour, June 17-24, will feature Northwestern Ohio. The 3,000 riders will start gathering for the tour on Saturday, June 17, on the grounds of Ross High School in Fremont. They will begin the tour on Sunday, June 18th, and will overnight in Tiffin on Sunday, Marion on Monday, Bellefontaine on Tuesday and Wednesday, Bluffton on Thursday, Bowling Green on Friday, and will return to Fremont on Saturday.

Attractions featured on route will include the Rutherford B. Hayes Presidential Center, Seneca Caverns, Tiffin Glass Museum, the Overland Inn, the Indian Mill, Killdeer Plains Wetlands, and many other natural areas and museums.

Among other events are a first-night bicycle parade through Fremont, a stage of the Tour of Ohio bicycle race and the traditional GOBA Song Contest. Other options will be available, such as visiting the Piatt Castles or the Ohio Caverns, canoeing, horseback riding, and swimming.

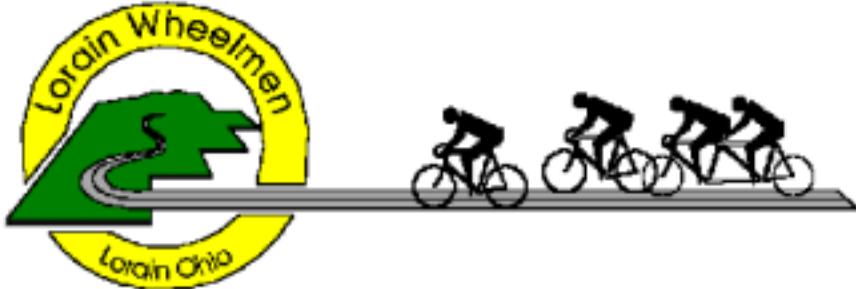
"As GOBA is enjoying its second decade, we are delighted with the welcoming response we are hearing from the towns we have visited before," Mills stated. "And the enthusiasm is overwhelming from the 'first-time' towns of Tiffin and Marion."

This will be the 12th year for GOBA. The tour is organized by the Columbus not-for-profit group, Columbus Outdoor Pursuits, for the benefit of bicycle-related projects in Ohio. GOBA's longtime sponsor is Bob Evans Restaurants. In 1999, more than 3,000 people from 42 states and Canada took part in the tour. Included in this number were many families: 20 percent of the participants were children traveling with their parents, making GOBA the largest family-oriented bicycle tour in the world, according to Mills.

Over the past 11 years GOBA has been responsible for over \$5 million in tourism revenues, as well as exposing people from all over the country to Ohio's rural treasures. "GOBA riders are constantly surprised at what a wonderful state Ohio is for bicycling. Our back roads, charming communities, and great parks and historical sites make it perfect for bicycle touring," Mills stated.

Those interested in receiving registration information and tour details can request a brochure by calling (614) 447-0971, visiting the web site at www.goba.com, or writing to GOBA at: P.O. Box 14384; Columbus, Ohio 43214. Brochures will also be available in the spring in Ohio Bob Evans Restaurants and selected bicycle shops.

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January/February Calendar

Day	Date	Starting Point
Sunday	01/02	Amherst Powers
Sunday	01/09	Oberlin Inn
Thursday	01/13	Ole Towne Pizza - Meeting (Dutch treat pizza)
Sunday	01/16	Amherst Powers
Monday	01/17	Amherst Powers (MLK U-Show)
Sunday	01/23	Oberlin Inn
Sunday	01/30	Amherst Powers
Sunday	02/06	Oberlin Inn
Thursday	02/10	Nordson Depot – Meeting (roller/trainer @ 6:30)
Sunday	02/13	Oberlin Inn
Sunday	02/20	Amherst Powers
Monday	02/21	Amherst Powers (Pres. Day U-Show)
Sunday	02/27	Oberlin Inn

All winter rides will start at 9:00 Eastern Standard Time. This start time will be in effect until the spring. Distances will be determined by the weather and pavement conditions. We'll still be off the road by 12:30 or so even if the weather is great. Of course, we'll stop to warm up along the way.

The two holiday U-Shows may (and may not) be a "GO." It depends on the weather, of course.

Starting with the 2000 dues (due on March 1st), we'll have a new dues structure. Gone are the options and plans. They're all being replaced with a "one price for all" of \$15. This includes the whole family, *CrankMail*, and our "own" Wheelman *TRACKS*.

Final Results for 1999

Westlake Crit. Series

Results courtesy of race coordinator Chris Riccardi: (440) 333-7269.

'A' RACE		TEAM	9-07	9-14	9-21	9-28	TOTAL
1st	Tom Frueh	Cuyahoga Valley Velo	8	6	4	0	116
2nd	Rick Maier	Color Me Safe	7	0	2	0	87
3rd	Dave Chernosky	Wright Bros. / QCW	0	10	0	0	74
4th	Jim Baldesare	Wright Bros. / QCW	0	0	0	0	64
5th	Brad Watkins	Wright Bros. / QCW	0	0	0	0	48
	Rudy Sroka	Team Burn	0	8	8	0	48
7th	Dick Brink	Guiness	14	3	0	0	44
8th	Brad Hansen	M & Ms	0	1	0	0	43
9th	Kevin Delaney	Unattached	0	0	0	0	33
10th	Brian Batke	Cuyahoga Valley Velo	0	0	6	0	31
11th	John Koury	PDQ	0	0	0	0	21
12th	Tris Hopkins	Cuyahoga Valley Velo	0	0	0	0	20
13th	Bill Henterly	M & Ms	0	4	10	0	17
14th	Doug Reese	M & Ms	6	0	0	0	16
15th	Andy Hague	PDQ	0	0	0	0	14
16th	Don Lu	PDQ	0	0	0	0	13
	James Doyle	CWRU Cycling	0	0	0	0	13
18th	Abel Donka	CWRU Cycling	0	0	0	0	11
19th	JD Pooley	PDQ	0	0	0	0	10
	Robert Martin	Cuyahoga Valley Velo	0	0	0	0	10
21st	Craig Reese	M & Ms	0	0	0	0	9
22nd	Brent Evans	Color Me Safe	0	0	0	0	8
	Polo Fernandez	M & Ms	0	0	0	0	8
	Will McLoughlin	MVW	0	0	0	0	8
25th	Don Cernanec	M & Ms	0	0	3	0	7
26th	John Geise	Team Burn	0	0	0	0	4
27th	Brian Stern	PDQ	0	0	0	0	3
	Dan Norman	Team Burn	3	0	0	0	3
	Jeff Grzybowski	M & Ms	0	2	0	0	3
	Nate Ziccardi	PDQ	0	0	0	0	3
31st	Jim Cucovich	Team Glenwood	0	0	0	0	2
32nd	Jeff Ray	MVW	0	1	0	0	1
	Seth Hosmer	PDQ	0	0	0	0	1

'B' RACE		TEAM	9-07	9-14	9-21	9-28	TOTAL
1st	Ted Ingraham	Summit Freewheelers	12	8	0	0	125
2nd	Ryan Pomajevich	Unattached	0	10	13	0	98
3rd	Dave Kovach	PDQ	10	0	0	0	80
4th	Mike Busa	Unattached	0	0	0	0	51
5th	Brian Beller	PDQ	0	0	0	0	36
6th	Brian Difffenbacher	Lake Erie Wheelers	0	0	0	0	26
7th	Ed Hurling	Summit Freewheelers	6	0	0	0	23
8th	Mike Smith	Summit Freewheelers	0	0	0	0	20

continued...

Westlake Final Results 'B' Race Continued...

9th	James Dieringer	Unattached	0	0	0	0	18
	Scott Hoffman	Lake Erie Wheelers	0	0	0	0	18
11th	Rick Ashby	PDQ	0	0	0	0	12
	Tyler Dugar	Miami	0	0	0	0	12
13th	Jonas Root	PDQ	0	0	0	0	10
	Kurt Tietzen	Color Me Safe	0	0	0	0	10
15th	Brian Huntley	Summit Freewheelers	0	0	8	0	8
	Mike House	PDQ	0	0	0	0	8
	Mike Johnson	Team Burn	0	0	0	0	8
18th	Derek Wilford	Team Burn	0	6	0	0	6
	Eric Wilkens	Unattached	0	0	0	0	6
	Gene Bellavance	Unattached	0	0	6	0	6
	Jason Reinhart	Unattached	0	0	0	0	6
	Jeff Jewitt	PDQ	0	0	0	0	6
	John Hayden	PDQ	0	0	0	0	6
	Ryan Gamm	PDQ	0	0	0	0	6
25th	Brian Fruegala	Unattached	0	0	0	0	3
26th	Tim Assor	Team Columbus	0	0	0	0	1



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This Is Your Last Issue of *CrankMail!*

Unless, of course, you filled out the membership form and returned it to us. So please don't procrastinate. Send in your form and check now, and join us for another fine season of riding. A membership form can be obtained from the CTC web site...or see the last page of this article!

Welcome to New Members

Chuck Viers of Twinsburg and **Alan Marcosson** of Cleveland. We hope to see you come spring!

Could you help out?

Interested in early planning of **Sunday In June** or preparing the **weekly ride schedule**? Contact **Kim Boyd** at: (440) 543-2329. Thanks.

We Have Lots of CTC Club Jerseys In Stock

They're real nice, so if you want one call **Nan Horvath** at (440) 257-7562.

Lake County Opens Some of Its Parks to Mountain Bikers

Scott Erdman reports that **Chapin Forest** and **Girdled Road** Reservations are now open 24 hours a day, 7 days a week to bicycles! "I was just on a MTB ride at Chapin Forest last Sunday and Brian Davidson, Lake Metroparks recreation specialist, said that Chapin and Girdled Road are now officially opened to bicycle traffic." There was not an official "grand opening," but bicycles are now allowed. Please remember the rules of the trail now that hikers, horses, and bicyclists are all allowed in the park. Bicyclists yield to hikers and horses. Hikers yield to horses. Horses yield to no one. Except, maybe, park rangers.

Oh Deer!

Many of you probably know **Harold Albus**, a long time CTC cycling member. Harold left a message last week about meeting in the park for a Sunday ride at 8:00 AM. The weather predicted was for a cold but sunny day. Just the kind of day to catch up on things around the house, so we didn't make plans to ride. Later in the day we got a call, did we know where Harold was? No, we had not heard or seen him; worry and concern now. About a half-hour later we got another call; Harold was at Hillcrest Hospital.

Harold purchased a recumbent bicycle this summer. He was riding up the back hill near the road that is closed, when all of a sudden two deer came from behind. One ran on the left side and one on the right of the recumbent. Unfortunately, it was just too close and Harold thinks it hit his steering mechanism, and over he went. Luckily, two skaters came along and one had a cell phone. He was taken by

ambulance to the hospital and learned that he had a fractured hip. So that meant an operation to secure the area with a metal plate. Then a stay at Euclid's Meridia Rehab center before being able to go home.

It will be a while before he is able to get on that new recumbent and ride with the club again. This is just a warning that cars are not the only problem cyclists have. So watch out for deer, especially in the mating season, when they only have one thing in mind — you don't want to be in their way! **Harriet Pedone.**

March Ride Schedule

- March 5 10 AM North Chagrin** to Chagrin Falls (25), Newberry (40). Rolling.
12 North Chagrin to Polo Fields (20), Solon (40). Rolling.
19 Northfield Center to Hinkley Buzzard Festival & pancake breakfast (bring a few dollars). Rolling-hilly (45).
-

A Little Bus Ride

In late October I got the opportunity to bike from Cleveland to New York City to visit my Mom. I had lots of adventures on the way but the most harrowing incident of all was the attempt to get my bike back home via bus. I won't mention the bus company but its logo is a large racing dog.

After being assured at the 1-800 number that all I'd have to do was go to the baggage room and claim a bike box, turn my handlebars sideways and remove the pedals, I confidently strode into their Manhattan terminal 3 hours before departure, expecting to complete the operation in less than an hour and have time to get some dinner. Silly me.

The baggage clerk told me the bike boxes were locked up, he had no key to the room and suggested I find the supervisor - Paul. I dragged the bike through one crowded departure area after another searching for the elusive Paul after having failed to rouse him via the intercom. After nearly an hour of accosting one busy employee after another and being shooed away by all, one fellow finally yelled to me over the sound of roaring bus engines: 'Paul..., he's on vacation today. Go find Alex.'

Off I went in search of Alex. I found him but not the key. 'They don't give me nuthin', no key, no nuthin' he barked out. But he did track down the key. Relieved after an hour and a half of searching I paid my \$10 and claimed my box. Only to discover it looked suspiciously small. It didn't fit when I turned the handlebars sideways. It still didn't fit when I took off the front and rear wheels. Frantically I jammed the bike in diagonally bending the fenders and cracking the cardboard box. A fellow passenger tried to hold the collapsing box together while I fought to get a roll of tape from the baggage clerk. I finally threatened to leap the counter and find one myself before he managed to procure one with the admonition: 'It's my personal roll, don't use it all up'. But use it up I did. I strapped that box horizontally, vertically and diagonally until the cardboard was almost invisible beneath the tape.

I started to write 'Fragile' and 'Handle with care' on the box when the fellow passenger, an experienced bus traveler stopped me. 'They're almost illiterate, those baggage handlers. They'll never understand what you're writing. Draw a picture'. And so I did, with an arrow pointing up.

I finally dragged the box to the baggage clerk who informed me he didn't take the box. It was my job to drag it downstairs to the departure gate. I dragged it down the long corridor and down the escalator. No thought of strolling Manhattan for dinner. I had less than a half hour to catch the bus. And was just barely within the limit of the 50 or so passengers on line. At the gate the baggage handler asked for his \$15 to load the box. To my amazement I realized it didn't go to the bus company, but directly into the handler's pocket. Did he have change for a \$20? Nope, my problem. I finally found Alex, got change and tried to get the fellow to stow the bike on top of the other gear. We argued and struggled, each of us gripping one end of the box until he promised to store it upright. He was good to his word and it arrived intact.

So next time you want to take your bike on the bus, remember their slogan:
Leave The Driving To Us; Anything Else Is Your Problem.

— Marty Cooperman.



CLEVELAND TOURING CLUB MEMBERSHIP FORM - 2000

Name: _____ M _____ F _____
Please Print or Apply Address Label

Address _____ Birth date _____

City/State/Zip: _____ Phone: _____

E-Mail: Please print clearly: _____

What kind of bike do you ride? Road ____ Mountain ____ Other ____ Tandem ____ What make of bike? _____

Emergency Contact: _____ Phone: _____

Membership Level (circle one): Individual \$15.00 Family \$20.00 New _____ Renewal _____
Note: Please copy and submit a signed form for each family member. Please staple and submit together with family fee.

In signing this release for myself or for a named member, if member is under the age of 18, I acknowledge that I understand the intent hereof and hereby agree to and absolve and hold harmless the CLEVELAND TOURING CLUB officers, members, sponsors, affiliates, singly and collectively, for any injury, misadventure, harm, loss, inconvenience, or damage suffered or sustained as a result of participation in any CLEVELAND TOURING CLUB activities. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and shall practice courtesy and safety in cycling.

SIGNATURE: _____ Date: _____
Parent/guardian signature if member is under the age of 18

Return this form with your check made payable to The Cleveland Touring Club
Mail to: The Cleveland Touring Club, P.O. Box 0667, Grand River, OH 44045-0667



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Ride Schedule

NEW YEAR'S DAY RIDE – 10:00am at Scenic Park

WINTER RIDES – these rides are informal and destination/mileage is determined by those that show up.

Saturday Mornings – 11:00am starting from Century Cycles in Rocky River. Slower pace (formally Tues. evening ride). Call Bob Ugan 216/476-0353

Sunday Mornings – 10:00am starting from the Olmsted Falls Library Parking Lot

Wednesday Evenings – 6:30pm starting from Kamm's Corner parking lot in Westpark. Must have a bike light to ride. Moderate to fast pace. Call Ed Wheeler at 440/572-1122

Mileage

For those of you that keep track of your mileage and would like to submit it to the club for recognition please call Ron Corey.

Touring Division

Bob Parry is currently planning tours for next year. Suggestions for tours are always welcome, please contact Bob if you have an touring ideas.

New Officers

Note the list of new club officers and their telephone numbers given at the top of this page, the result of our November elections!

Time to Renew!

It's time to renew your LEW membership. Membership forms were sent out in December and are due. Please include your email address on the membership form as timely information about additional rides and news are sent out regularly by email.

Winter Season!

Rose Hill Cyclocross Race

Results and Report by Mike Woods

BAY VILLAGE — The first running of the Rose Hill Cyclocross race was held on Saturday, Nov. 20 in Bay Village. A total of 39 riders registered for the contest, which was held on a course that included city and Cahoon Park property, not far from Lake Erie.

The first event was the Citizen's, Women's, and Cat. VI/V race. Team PDQ racer John Eldred prevailed over a relatively close chase group to win with a time of 53:30 for 7 laps. The chase group, 21 seconds behind the leader, had Tony Pevec (2nd), Rich Maier (3rd), Scott Evans (4th), and Dan Ward (5th) in it, and finish within 30 seconds of each other. The next closest rider was another 30 seconds behind them. Julie Lewis toughed out a win in the women's race.

The second race was a clinic on cyclocross racing. Eight brave riders towed the line with pro cyclist Paul Martin (riding for the Navigators squad) and neo-pro Dave Walker (who on 1/1/2000 will ride for the SoBe Headshock team). With Martin riding a classic cyclocross rig (road handlebars, frame, and wheels), and Walker riding a typical mountain bike with suspension, they showed two different techniques to ride the same race. While Martin always dismounted at the barriers and hurdled them, Walker often "bunny-hopped" those obstacles (a technique typical to mountain biking, but perfectly legal in cyclocross). Martin's greater experience competing in these kind of races (he is a regular participant in the national pro "Supercross" competition) stood him in good stead: he led early and stayed out in front, losing no time to Walker on the barriers or on the large grassy sections. The duo were the only ones to complete 11 laps during the requisite 60-minute time period, plus one lap, a real accomplishment! Local Masters cycling legend Rudy Sroka finished third.

Team Lake Erie Wheelers would like to thank our sponsors, Bike Line of Broadview Heights and Java Bay Gourmet Coffee of Bay Village for their support of the race. Many thanks also to the administration of the city of Bay Village, which was very accomodating at all levels to the fielding of this event. We also thank Team Burn, whose members put in many hours preparing for and assisting at the Rose Hill Cyclocross Race. Pro 'cross racers Jen Dial of Independent Fabrication and Paul Martin of Navigators helped plot out the racecourse, and their assistance was invaluable!

RESULTS

"A" Race — 60 minutes + 1 Lap

Place	Name	Team	Time	No.	Laps
1	Martin, Paul	Navigators	1:05:25	85	11
2	Walker, Dave	Team Burn	1:07:45	87	11
3	Sroka, Rudy	Team Burn	1:05:30	100	10
4	Spees, Scott	Dayton CC	1:06:37	65	10
5	Evans, Brent	Color Me Safe	1:06:56	82	10
6	Giese, Jon	Team Burn	1:09:45	86	10
7	Lombardo, Joe	Oxy-Water	1:10:35	83	10
8	Vanucci, Mike	Team Burn	1:11:34	76	10
9	Wilford, Derek	Team Burn	1:07:16	99	9

Of 10 Starters, 9 finished

Rose Hill Cyclocross Race Results Continued...

“B” Race — 45 Minutes +1 Lap

Place	Name	Team	Time	No.	Laps
1	Eldred, John	PDQ	53:30	15	7
2	Pevec, Tony	Team EBS	53:51	69	7
3	Maier, Rich	Color Me Safe	54:05	56	7
4	Evans, Scott	Dayton CC	54:09	61	7
5	Ward, Dan	unattached	54:17	62	7
6	Whitehouse, Martin	unattached	54:37	54	7
7	Turner, Jack	Phat Tire	55:59	72	7
8	Plas, Jeff	PDQ	56:12	37	7
9	Hoffman, Scott	Team LEW	56:40	74	7
10	Schweitzer, Mark	Chicken Licken	56:42	70	7
11	Bauer, Paul	unattached	57:49	104	7
12	Diffenbacher, Brian	Team LEW	58:55	73	7
13	Karpowlicz, Chris	Bike Club	1:00:11	68	7
14	Menzies, John	unattached	54:37	31	6
15	Nezovich, Tom	Team LEW	54:38	81	6
16	Lewis, Julie**	Team Burn	54:56	79	6
17	Schneider, Brian	Team LEW	57:40	64	6
18	Marx, Russ	Team LEW	1:00:10	71	6
19	Satory, John	Bike Club	1:01:04	63	6
20	Russell, Jim	Ulster	1:01:30	60	6
21	Brady, Matthew	unattached	55:39	78	5
22	Shannon, Tracey	unattached	55:41	77	5
23	Wheeler, Ed	Team LEW	54:58	59	5
24	Grossman, Steve	unattached	56:16	57	5
25	Tegowsky, Randy	unattached	56:42	95	4
26	Diffenbacher, Todd	unattached	57:53	58	4
27	Menzies, Adam	unattached	57:17	5	4 (Jr.)

Of 29 Starters, 27 finished



Do you Know a “Hi-Lo?”

We've had a query from Doug Washer in Blowing Rock, North Carolina. He writes, "Hi, I'm trying to obtain some information on a company in Cleveland that used to make a folding bike called a "Hi-Lo." This bike is about 20-25 years old. Does anyone...know of such a company?" We only have an email address. If you have an answer to this question, please either contact the *CrankMail* editor or respond via email to Mr. Washer at: dwasher@bone.net.

Medina County Bicycling Club

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

Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	
Sr. Member:	Lou Vetter	330-725-0441	
Secretary:	David Miller	330-725-7928	mlrmedina@aol.com

Weeknight Touring Schedule

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

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

Weekend Touring Schedule

Some of the club members will be riding throughout the winter. If anyone else is interested please call Tom 725-1058

If you get cabin fever and you have to get outside ,put on your mukluks, and call Lou Vetter or email Tom Waterson (TLW@ohio.net) for copy of their HIKING SCHEDULE. For confirmation of start time, and location send us your email address or call.

The Prez Says...

Glen Hinegardner will be taking over for Bryan Craft as the new Treasurer. Glen volunteered without any “ouch” persuasion, and I am certain that he will be a real asset to our club. By the way Brian will be passing the ledgers to Glen so don’t try that old “I have a lifetime membership, really.” For those of you that haven’t heard, Bryan has already sold his house, and will be gone by the time you read this.

The Friendsville Freebie Fifty was, as usual, a huge success. Weather and the turnout were excellent. Many thanks to Dick DeLombard, Draculou, and Tom Waterson. Hope you didn’t forget about the ABCDEFGHIJ!

The Red Flannel lived up to its name by being a little on the brisk side. I can’t help but remember one of the members of Team Polkadot, Steve (I’m not co!co!cold!) Reinhart who proved what a manly color pink could be by riding the full 64 miles in a sweatshirt and shorts. Lou and Tom along with Cindy & C.J. on the tandem, all showed up after a little convincing the night before. We had a total of four tandems with Tim Mishler & Genie, Mike & Debbie Petcher and a new tandem team to the Medina area, Mark & Orly Williams.

Iain Halliwell, Glen Hinegardner, John Wasko, and Greg Skoda were there as well. Thanks to the Lorain Wheelmen for a way-cool ride.

The new jerseys are in and they look marvelous, in fact the CoolMax material in these may even be slightly cooler. We have all sizes available but don't procrastinate too long 'cause they will go fast once spring arrives.

We hope to invite a few of the other local clubs this year to join us on our usual Sunday rides this coming year.

Look for new and exciting cycling extravaganza in place of the Ice Cream Metric this year. Dave is getting a hankering for something a little different. Ah, no, not sweet corn!

The club meeting will be held in January 16. If you are interested in attending, please call for exact time and location. Everyone is invited to attend even if you're not a member yet.

Anybody interested in being elected in absentia, please don't come! (like me!) As always, we are looking for new ideas and suggestions for club activities and rides this coming year. We are also looking for feedback from last year's activities. Constructive criticism is welcome, and compliments will be appreciated. We want to remain responsive to our membership as well as any new members.

Several of us are hoping to do a snowy Saturday or Sunday excursion to the Chalet toboggan chutes. Its \$ 8.00 for adults and \$ 6.00 for the kids. Anyone interested in going please call Tom 725-1058.

Hoping your Christmas wishes all came true. And a wish to all for a Happy New Year filled with many new adventures and lots of tailwinds!

I hope to see everyone come spring, "Don't worry, I'll call."

A Letter from Vetter....

FFF (ffff) 1999: Pleasant weather, sunny skies and SPF-100 sun tan cream made this year's edition another success. We had many new riders this year thanks to the Stark County Bicycle Club including us as part of their Sunday ride schedule. Thanks SCBC. Another big thank-you goes to the ABC (Akron Bicycle Club) who also made this a part of their Sunday ride schedule. We went above our expectations with 150-plus riders. Other clubs represented were the Lorain Wheelmen, The Crooked River Cyclists, and Cleveland Touring Club. There were many of the traditional racers looking for the thrill of riding in a pack forming pacelines and climbing a hill or two before the cold weather thins the herd. For some this was the last ride of the season and we look forward to seeing you next spring. For others this was a practice run before the "Red Flannel." Most riders seemed to enjoy being hosted by Count DracuLou. Some took pictures while others wanted to have their picture taken with the count. This year's edition of the count was again the big guy shaped more like Grandpa of the Addams family than the traditional anorexic version of George Hamilton. One pleasant feature this year was the silence at noon. Usually the carillon in the church next door blasts me out of the park but not this year. If you missed this fall classic ride there's always next year. Just reserve the Saturday before Halloween, subject to change of course. One interesting item, for me anyway, is how this ride self budgets. This year, after all expenses actually paid, we had \$15.28 left over. We served 10 gallons of apple cider and even though we do

not promise cookies I was able to have some. We ran out of cookies with three riders unserved, but they had all the cider they could stand. Special thanks to Dave, Tom, Brian, and Dick for their help in registration, and at the cider stop too.

RED FLANNEL: This metric century ride starts in the quaint college town of Oberlin inside of Russia township. Tom and I buddied up to ride with C.J. and Cyndi to ride the half metric. I got dropped shortly after leaving the city limits and rode alone to the rest stop. Tom was able to draft C.J.'s tandem and just before the lunch stop noticed that, even though the route was marked as a left turn, there were arrows going back along the road to the right, so he led Cyndi and C.J. in a right turn. While this was the correct way back to the start/stop point, it cut about two miles off the route: the mile up to the lunch stop and then back to the same intersection. Well, those three missed out on some fine cookies. I know, I tried them all. They also served hot mulled apple cider as well as the usual fruit and sandwiches. The ride back included a three- or four-mile stretch along a rail-trail. It was a beautiful trail and the weather was almost as good as FFF's. Just as sunny and only slightly cooler. After the ride Cyndi and C.J. stopped off at LaGrange for pumpkin pancakes while Tom and I headed back home so I could keep an appointment in Columbus. This was my last ride of the year so I ended Y2K with Mi3K plus 33.

WHAT NOW ? Now the bike is put up awaiting some possible break in the weather or the soft tender touch of the bicycle mechanic. Be sure to care for your bike this winter. A good bike loves attention. Lube it and tighten it and be sure to take time to buff and polish the metal bits. If you really want a good tip — take your machine in for a tune-up in January and February before the weather breaks. You have to know that every year the rookies wait until Dick Goddard gives them that first warm weekend forecast. It is usually on Wednesday night and the five-day forecast says Sat and Sun will be sunny and 70 degrees. The next evening, Thursday, every bike shop with evening hours gets a hundred customers all wanting their bike tuned-up and expecting to pick it up Friday evening for their weekend. Wake up! ! ! Get that bike in the shop early! Heck-fire, you might just be given a discount for your consideration AND your bike will be ready when the weather is ready. This is great advice and I hope I am smart enough to follow my own advice this year. OK! Let's go hiking.

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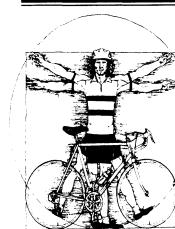
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Yo, Wheelers ...

Have You Heard? (excerpt from the Annual Banquet)

Al Wapnick and Ed Reichek are researching new CLUB SKIRTS in high-visibility colors for the coming year. This must be a concerted effort to increase our feminine membership and improve the cycling environment beginning with Y2K! Personally, I can't wait to see you fellows in those new skirts...gorgeous knees and all! Anyway, Ed and Al are working on sponsorship from the bagel industry for these new items in order to defray some of the expenses of production and save all of us some money.

Oops!

Urgent...the editorial staff has just informed me that it's SHIRTS, not SKIRTS that Ed and Al are researching for the Club. So sorry, Fellows, but I think my hearing went first!

New to the Crew —

Two of our newest members are **Dorothy Ascherman**, who moved to Cleveland from South Africa, and **Alan Goodman**, formerly of the JPGs (an inside joke). Dorothy liked the Hiking-Bikers section of the Wheelers so much that she joined us for the cycling season as well. And Alan liked us for our consistency (we may not be *beautiful*, but we are always there when you need us). Glad to have you aboard, Folks!

Rides that Never Happened —

Two Wheeler rides that we all look forward to each year are: 1) **The Pancake Ride** and 2) **The Cider Ride**. Unfortunately, 1999 was the year these rides never happened because: 1) it was *too hot*, and 2) it was *too cold!* (Have you ever had the feeling that Nature was conspiring against you?) Does this mean that in the year 2000 we can have "rain checks" for these events...and maybe have *two* Pancake Rides and *two* Cider Rides? Wouldn't that be a great way to start off the new year?

Hiking-Bikers Ready to Hit the Trails Again —

Those of us who brave the rain, sleet, snow, and frigid temperatures of the North Coast's cruel and sometimes unusual winters, are looking forward to the challenge of yet another season in the snow. There is so much to do and so little time to do it that we'll have to try and plan in advance how we "spend" our season. If you're fearless and love a challenge, join us on Sunday mornings. Call me (Ellie) at (216) 464-0495 for the poop (or is that scoop?).

Let's Make a Date —

On Tuesday evening, Feb. 22, at the Mandel JCC on South Woodland Road in Beachwood (between Richmond and Brainard Roads) the Western Reserve Wheelers will hold their **Opening Meeting**. Look for an interesting program and get a head start on events for the 28th season of this cycling organization. Bring a friend, grab a snack, and find out where we're going and what's in store this coming year. Oh, and **bring in your completed membership application along with your dues** (or you can mail them), so you won't miss out on any of your *CrankMail* issues or other items of major importance.



Just How Far Have You Gone?

No, this is not a survey into your private life, but a question of *statistics*. We're interested in the mileage individual riders have accumulated in the 1999 season. Contact Al Wapnick, Ed Reichek, or Ellie Einhorn (see phone numbers on membership form) with your accomplishments of this past year. I'll bet some of these numbers will knock your socks off!

We'll Follow You Anywhere —

Louis Klein and Bernard Kotton — the 2Ks for the Y2K — have very graciously accepted the assignment as **co-ride leaders** of the WRWHEELERS. These two fellows, of "The Louis and Kotton Expedition" fame, will guide us through the highways and byways of Ohio for a momentous Millennium cycling experience. Plan to "be there or be square!" We're behind you all the way, fellas!

Thanks for the Memories —

He did it again! Once again, **Harold Pasternak** created an evening to remember at the Wheelers' Annual Banquet on Nov. 7th. **Nido Italiano** was the scene of a food fest and fiery "roasting/toasting" of fellow cyclists. Apologies to any who were "burned" in the fray, but it was all in fun, and the food was great! And kudos to **Ellen Rothchild** for the surprise "gotcha"— her witty singing of the "Einhorns" made for big laughs! If you weren't there, you missed some good fun.

See you on February 22. And after that... "On the road again!"

— *Ellie Einhorn*



WESTERN RESERVE WHEELERS



COMMITTEE:

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

Membership Application

(Please print legibly.)

Name: _____

Address: _____

Home Phone: _____

Business Phone: _____

List All Adult Participants
(Age 18 or Over)

List All Minor Participants
(Under Age 18)

Dues (Individual/Family) — \$20.00

\$ _____

WRW Patch(es) — No. @ \$1.00

\$ _____

TOTAL REMITTANCE:

\$ _____

All adult riding family members must sign and date the *Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement* on the reverse side of this form.

MAIL TO: 1422 Euclid Ave. #1104; Cleveland, OH 44115

LEAGUE OF AMERICAN WHEELMEN
dba LEAGUE OF AMERICAN BICYCLISTS ("LAB")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK
AND INDEMNITY, AND PARENTAL CONSENT AGREEMENT
("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way with the Western Reserve Wheelers ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next-of-kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, of THE NEGLIGENCE OF THE "RELEASEEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, the Club, the LAW, and their respective administrations, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINT NAME OF EACH PARTICIPANT:

ADDRESS:

PHONE:

PARTICIPANTS' SIGNATURES (only if age 18 or over):

DATE: _____

MINOR RELEASE

AND I, MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND HOLD HARMLESS EACH OF THE "RELEASEEES" FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR PART BY THE NEGLIGENCE OF THE RELEASEEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN:

ADDRESS:

PHONE:

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18):

DATE: _____

C Crooked River Cyclists

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

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

Winter — Bah, Humbug!

The winter season is upon us. We've had a number of calls from folks who want to know if we're doing off-season rides. They want to either stay in shape, get in shape, or just have some two-wheeled adventures year-'round. It's a tough time of year to do such things because the weather is so big a factor: it's not like the summer where you might only get wet if the weather is "bad." Wintertime these days can mean anything from sunny and 70 to a blizzard with -100° wind chill factors!

You Show, Let's Go!

So, all of our off-season activities are you-show-we-go with only a meeting place and time set: **Sunday mornings, 10:30 a.m., The Parkway Shops in downtown Berea.** No maps or ride leader promised, so be sure and bring your own road map (just in case). Park and depart from the Giant Eagle supermarket overflow parking lot on the north side of West Center Street. Those who participate decide destinations, routes, distances, and whether there will even be a ride on any given Sunday. Call Ken Hammer with any questions.

Skiing, Anyone?

If it is snowy enough, are you interested in cross-country skiing? If so, call Ken Hammer for snowy Sunday activities. Cross-country is one of the most popular off-season sports for bikies blessed with good conditions and with good reason. It works many of the same muscle groups, it's great fun, and you can use your winter cycling apparel while skiing!

Stay Warm!

Thanks for your support over the past year.
Have a great winter and we'll see you
on the road this spring!



Crooked River Cyclists

Application for Membership

Release from Liability

In consideration of the acceptance of this application for membership, I do hereby, for myself, my heirs, executors, administrators, and assigns, agree to release and hold harmless the Crooked River Cyclists, Inc., its officers, sponsors, and members, singly and collectively, for any injury, harm, loss, damage, misadventure, or inconvenience suffered or sustained as a result of participation in said club's functions. I agree to indemnify and save harmless the Crooked River Cyclists, Inc., its officers, sponsors, and members, singly and collectively, for any claims made by third persons arising out of any injury, harm, loss, damage, or misadventure which I may sustain as a result of my participation in said bicycle club's functions. I consent to and permit emergency treatment in the event of injury or illness. I shall obey all traffic laws as they apply to bicycling and will practice courtesy and safety while cycling. (If below-named applicant is 18 or older, applicant signs for self. If applicant is younger than 18 years, parent or legal guardian must sign.) In the event that any minor on behalf of whom I sign this release is injured, I agree to indemnify and hold harmless the above-mentioned parties, jointly or severally, for injury, harm, loss, damage, misadventure, or inconvenience sustained by such minor as a result of his/her participation in club functions.

The Board of Trustees reserves the right to accept or reject membership applications as it sees fit.

Family members: List each family member covered; adult family members sign.

Signature: _____

Name (Print): _____ Age: _____

Address: _____

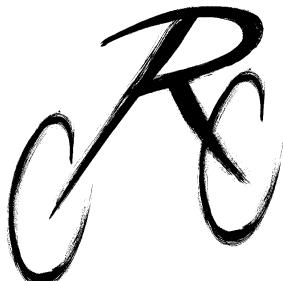
City/State/ZIP Code: _____

E-Mail & Phone No: _____

Regular Memberships: \$15 single; \$20 family (max. two adults)

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News, etc.:

- Our annual club meeting will take place on Sunday, February 27 at the Fairview Park Regional Library, 21255 Lorain Rd., from 2-4 p.m.
- Welcome to member Tim Jankowski, of Lorain.
- A new initiative of the **Lance Armstrong Foundation** (LAF), the Peloton Project offers incentives for those who help raise donations for this worthy cause. Just \$50 brings you a fund-raising kit with T-shirt, a video explaining the Foundation's mission, other related materials, and an invitation to the Ride for the Roses in Austin, Texas, on April 9. Club member **Dick Wagner** has set an ambitious goal of raising \$3,500. To make a pledge for Dick, call (440) 243-6464 or 243-3432. For more information on LAF, contact:

Elizabeth Kreutz, Peloton Project Director
Lance Armstrong Foundation
P.O. Box 27483
Austin, Texas 78755-2483
(800) 496-4402 www.laf.org liz@laf.org

Don't get dropped, join the peloton!

- On the mend are team members **Nate Ziccardi**, hit by a car while messengering in early October, and **Pam Burda**, from spinal fusion surgery. Nate was fortunate to escape with "only" a broken ankle, while Pam has cast off her neck brace by now and is looking forward to terrorizing the Race-at-the-Lake series once again come April.

Clip and save

PROPER TREATMENT of ROAD RASH

Condensed from "Hitting the road," *VeloNews*, 25 May 1998, pp. 43-44

Road abrasions are similar to burns in that the upper layers of skin are lost, causing them to ooze exudate (serum). As scab forms and fluid builds up underneath, soft-tissue infection can set in below the adherent scabs. If left untreated, a progression in the depth of tissue loss can occur and a more serious, generalized blood-borne infection known as septicemia can result. Thus, scabs slow healing and promote infection.

The key is not to allow any serum to collect at the surface and dry out to form scab. First-aid treatment should consist of gentle scrubbing of the abraded area with a soft-bristled brush soaked in mild antiseptic solution, to remove all the little bits of road debris in the wound. After rinsing thoroughly and patting dry, antibiotic ointment should be applied liberally, then covered with gauze and wrapped in a bandage.

Follow-up treatment is crucial. Four or five times a day, wipe away the exudate using a clean face cloth, and follow with generous application of antibiotic ointment. "Second-skin" type dressings, available in 3" x 4" patches from pharmacies, medical supply houses, and outdoor shops, may then be applied. Once the oozing has stopped (usually two days), washing can be discontinued, but ointment should be applied as often as necessary, to keep the site moist and germ-free. If scab forms and infection develops (indicated by redness and swelling around the wound), see a physician. The scab must be removed and the wound cleaned (debrided). Strong antibiotics, both oral and topical, may become necessary.

- Don't be a has-been . . . renew today!

PDQ Cleveland Membership Application

(Please PRINT or TYPE clearly):

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ e-mail: _____

I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, and assigns agree to forever release and hold harmless PDQ Cleveland Bicycle Club (henceforth, "said club"), its members, officers, sponsors, and affiliates, singly and collectively, for any injury, harm, misadventure or inconvenience occurring to either myself or the named applicant (if applicant is under the age of 18 years) during participation in, or travel to the said club's functions and activities. Further, I agree to release and hold harmless the said club, its members, officers, sponsors, and affiliates, for any claims made by third persons arising from any injury, harm, misadventure or inconvenience I may suffer during any of the said club's functions and activities. I understand that bicycling on open streets and roads, as practiced by said club, will expose me or the named applicant to dangers beyond control of the said club, its ride leaders, and my fellow riders, and that such dangers include, but are not limited to, property damage, serious injury, disability, and death. I will obey all applicable traffic laws, any additional regulations as required, and will ride safely and courteously during all of the said club's functions. I also hereby request and consent to permit emergency treatment in case of injury or illness.

Signature of applicant

Date

Signature of parent (if applicant is under 18)

Date

- | | |
|---|---|
| <input type="checkbox"/> Individual -- \$20
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MISC. FOR SALE: TACXrollers, \$60; four-bike hitch rack, 1 1/4 in.; \$55; crank arm shorteners, brand-new, \$50. Call Dave: (330) 725-7928.

GIANT TEAM medium export frameset, new with bladed carbon fork set, weight: 6.5 lbs. DuraAce STI 9-speed group, Spinergy carbon wheels, part-assembled. Sacrifice at \$1,800, or separate. Call: (440) 854-4312.

TREK 470 road bike, 56 cm., STI seven-speed, cycle computer, aero bars, 1998 model, like-new: \$450.00. Call: (440) 854-4312.

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KLEIN PANACHE 38 cm. C to C (sloping top tube), 21-speed, bar end shifters, Shimano RX100 (mostly), rack, cage, computer, pump, mirror. \$750. Call John: (440) 891-8364. Email: gumbycycling@juno.com.

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EDDY MERCKX CORSA EXTRA SLX 56 cm., all DuraAce with 8-speed STI, Rolls saddle, Mavic rims, Cinelli bars and stem. Excellent condition. \$1,000. Call: 330-722-5662.

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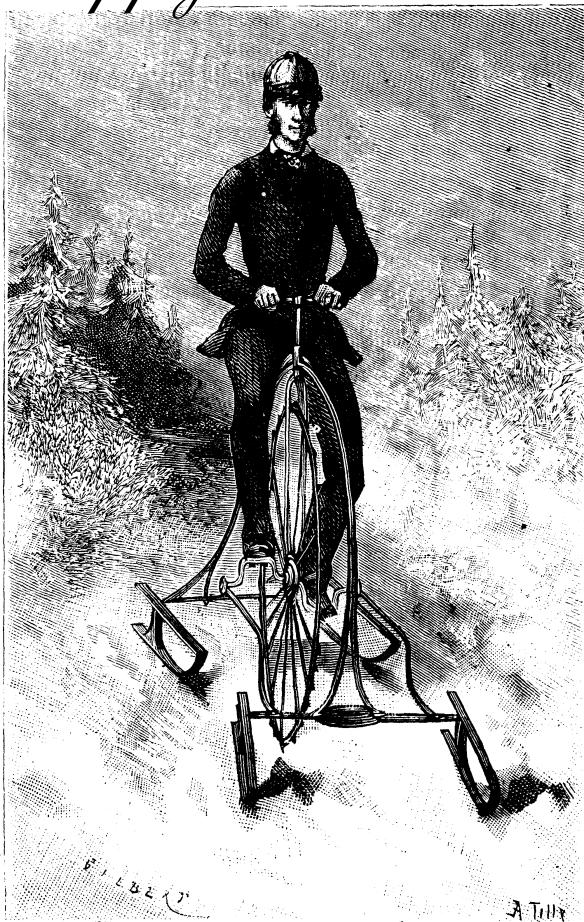
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