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# CrankMail

January/February 2002

\$1.50



# Bicycle Maintenance Classes – Winter 2002

## Introduction to Cycling

Basic Skills and tips to help you enjoy cycling more; Safety inspection and everyday maintenance; emergency repairs (including hands-on flat-tire changing); and getting the most comfort and power from your bike with appropriate position, technique upgrades and accessories. Never be stranded with a flat tire again!

(1) two-hour class - \$15

Session A - Monday, January 7

Session H - Thursday, February 21

## Intermediate Maintenance (Tune-up)

Bring your bike for a hands-on tune-up; clean, lube, inspect and adjust brakes and drivetrain; adjust all bearings; true wheels; and evaluate compatibility of replacement parts and upgrades. Plan to get dirty and leave with a clean bike!

(2) two-hour classes - \$60

Session B - Tuesday, January 15 & 22

Session C - Tuesday, January 29 & February 5

## Advanced Bicycle Maintenance and Repair (Overhaul)

Bring your bike for a hands-on overhaul; clean, inspect, lube and adjust all bearings; replace brake and derailleur cables; remove and replace drivetrain components; also learn frame alignment and wheel tensioning. Spend some quality time with your bike and it will ride like new – or better!

(3) two-hour classes - \$100

Session D - Wednesday, January 9, 16 & 23

Session E - Monday, February 18, 25 & March 4

Session F - Thursday, January 24, 31 & February 7

Session G - Tuesday, February 12, 19 & 26

## Wheel Building

Learn the Fine Art of Wheelbuilding from some of the best in the business! Use rims, hubs, spokes and nipples provided by the shop or we can help you select the parts so that you finish the class with a new set of wheels for the spring.

(2) two-hour classes - \$50

Session W - Monday, February 4 & 11

**All classes are from 6:00 to 8:00 pm**

**For more information or to sign up, call any Century Cycles:**

MEDINA 330-722-7119 PENINSULA 800-201-7433 ROCKY RIVER 440-356-5705 SOLON 440-519-0013





## *Cycling in Northeastern Ohio*

P.O. Box 33249 • Cleveland, Ohio 44133-0249 • (440) 877-0373  
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**OUR ADDRESS:** Send all copy, payments, correspondence, address changes to the address given above.

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*“When I despair, I remember that all through history, the way of truth and love has always won. There have been murderers and tyrants, and for a time they can seem invincible. But in the end they always fall. Think of it, always.”*

— Mohandas K. Gandhi

# The Armstrong Twins Arrive

*Excerpts from Kristin Armstrong's online letter...*

Appropriate that angels like these girls would arrive just in time for the holidays. Grace and Isabelle are absolutely divine. Pink and perfect, growing ahead of schedule, snuggly, warm and content. We are in love. Both girls prefer to sleep on Lance's chest, rising and falling with his breathing and in the comfort of his warmth. Luke keeps us so busy that we use the quiet when he naps or goes to bed at night to relish our daughters.

I think Luke is adjusting just fine. His sisters are "boring" compared to his electric charm, so even guests that stop by with the pretense of seeing the ladies must succumb to his magnetism and build block towers instead. The girls get a cursory survey upon leaving. Which is just fine. Luke is the star now ... talking in complete sentences and providing a daily gut laugh with his insight and boldness. He is really funny. His humor even has a sense of timing ... he will pause and look to see if you 'get it' before he bursts into laughter at his own jokes.

In the midst of holiday fun with the kids, (Luke is Santa ready! Says, "Santa?!" when someone is at the door.) Lance is seriously training again. He has his team here this week for their first camp. The whole concept of an "off season" is lost on Lance; he works straight through the year. Not that he doesn't relax as well; we have had our share of Shiner beers, Hula Hut tubular tacos and fun with friends. It's just that he has the discipline to get up and ride, do trail runs, lift weights, swim and play tennis. Sometimes all in one day (!).

When I think about Lance's dedication to his job, it's no wonder he is such a great parent and such a huge support system to me. He inherently understands the notion of a job that does not stop at 5 pm or on weekends. It's an identity, or a lifestyle...with no "hours" or allowance for "dropping the ball." It's a responsibility, taken joyfully and with a dose of hearty respect for the task at hand. Sometimes, at just the moment when I feel I might fissure, he looks at me with a big smile and says, "Damn, honey, you are a good mom." And I smile back and continue with renewed energy. I wonder how he knows just when I need that, but then I remember that I know the signs within him. I try to be the same kind of friend. And so it goes.

...so much to be thankful for: good health, our babies, family, and good friends. These blessings overwhelm me this Christmas - so all our best, from our family to yours... — Kristin

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## Start the Year Right!

Send me one year of *CrankMail* (10 issues) for the low, low price of \$10 (new subscribers only). I'm sending along a check made out to "The Clockwork Press," and clearly writing name and mailing address below. Renewals are \$11 per year (prices include sales tax).

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## **Cleveland Touring Club**

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**Cleveland Touring Club**  
**P.O. Box 0667**  
**Grand River, OH 44045-0667**  
**440-954-4201**  
**email: [clevetourclub@hotmail.com](mailto:clevetourclub@hotmail.com)**  
**[www.clevetourclub.org](http://www.clevetourclub.org)**

**Welcome to New Members**  
**Anastasia Birosh** of Cleveland Hts, **Barbara Norton** of Madison.

### **A BIG Thanks to...**

**Scott & Julianne Erdman**, for their hard work taking care of membership. They served for the past three years and did a great job. Scott has a new job with HFP Racing that will require traveling. **Nan Horvath** will take over the membership duties.

We also want to thank all those who renewed their membership and who volunteered for various "Volunteer Opportunities." We will have a new Thursday night ride leader in 2002. **Glen Dorn** will be building a new home and **Ed Enyedy** will be taking over his Thursday night group. We hope that Glen will need a rest from home building and will come ride with us once in a while. He served as Thursday night ride leader for many years and will be greatly missed. Good Luck on your new home & keep us updated on the progress.

### **Day of Winter Fun**

Be sure to send in your forms for our Feb. 16th "Day of Winter Fun." We hope to have a great turnout. Activities start at 10:00 A.M. and end by 10:00 P.M.

### **Bike Expo in April**

We already have six people who will man the CTC Booth at Bike Expo on April 7th. CTC will run the swap meet again and members can bring stuff they want to sell. We have one volunteer to man the swap meet and would love to have a few more. CTC will have a club ride and the Expo will have a mountain bike race. The March CrankMail will have more info.

### **Tires for the Season**

There are streets you wouldn't bike on. There are streets you hate even to walk on. That is the description of the roads in Skagway, Alaska (population 850) in November, icy pavement covered with a blanket of snow. After three members of our group took nasty spills, we purchased steel-toothed creepers for the bottoms of our shoes, hoping to save our appendages from fracture. So how was that guy riding his bike where we feared to tread?

I caught up with him at the local library. "Easy," he told me. "Go out and look at my bike." Leaning against the wall was his black mountain bike. The knobby tires glinted in the light from the library windows. Strange. I examined the tires more closely. In each of the knobs was a steel pin. The bike had steel studded tires!

Bicycle creepers, the prescription for all-winter biking (they're legal there; what about here?).

— Aaron Leash

### **The CTC Web Site**

Andy Carpenter has done it again! Our resident Web-crafter has done another remodeling of our web site and it's worth a look. Take special note of two items: our own Tom Black gracing the pages of Santana Tandem's magazine, Andy's writeup of this year's Hilly Hundred ride, lots of neat photos and lots of new links. <http://www.clevetourclub.org>.

### **Team 7DeadlyMeats...**

Hot off the grill...adventure race team 7DeadlyMeats captured the 2001 Ohio Adventure Race Series **coed 4s championship**. They look to defend their title in the upcoming 2002 season. Adventure racing is coming to Northeast Ohio! Look for a challenging event to be held on September 8, 2002 in Lake County. See [www.hfpracing.com](http://www.hfpracing.com) for more details.

— Scott Erdman

*(Editor's Note: Why can't these racers come up with a kinder, gentler name, like Team Dandelion).*

## **A Warm Winter's Night**

Back in early December I received an invitation to a pot luck dinner from an environmental group I belong to. It was for 7 PM, mid-week. A tough time to cycle down to Akron from Cleveland. But the weather was in the 60s and I couldn't resist. Leaving work early at 4:30 PM, I headed south by the most direct route: Rt. 21, Brecksville Rd. Of course you can't get to Brecksville Rd directly from downtown. First you have to wiggle through the industrial areas, then down old Broadway and some side streets. But with enough perseverance and a decent map, you find yourself heading dead south along with increasing rush hour traffic. That's where I found myself.

As the sun set, it turned dark and I put my light on. A good one with a 2-1/2 hour battery time. I rode through Bath and passed the Summit Mall where the turnoff for Sand Run Metropark was. I hung a left. The road undulated. Then it headed down. I upshifted trying to get up speed for the inevitable uphill when my light illuminated a metal sign whose two words I barely made out: "Rains" and "Floods." Hmm, I wonder if...SPLASH! I nearly jumped out of the saddle in surprise as water sprayed around me. Recovering I slowed and looked back. There was a sign in the opposite direction. "During Heavy Rains, Ford Floods."

There was probably six inches of water across the ford. Not enough to stop me but enough put my heart rate to the max, aerobic fear.

The meeting was enjoyable, the food plentiful and the company pleasant. But the best part was saved for last; a moonless night's ride home. About 35 miles. I headed north up Akron-Peninsula Rd. There were no cars. Eventually I turned off the headlight. I could make out the outline of the trees, the road, and at times, the Cuyahoga River as it meandered near the road. At Peninsula there were a few cars and I put the light on again. It was 10 PM. Over to Riverview Road and north again

with no lights. No cars. No one. Temperature in the 50s.

Climbing out of the valley at Highland Road I turned the light back on. I didn't want the ride to end. So I dropped back down into the valley at Dunham, shut the light off and climbed silently up through Bedford Reservation. Spooky. Eventually leaving the park I put my light on for the duration and took Warrensville Road north with all the Christmas shopping traffic gone. It was midnight. At 12:30 AM I came in the door, just grinning. It took a while to get to sleep. I was tired the next morning at 7 AM. But I was a very happy cyclist.

— **Marty Cooperman**

**Nov-Feb 10 AM North Chagrin pickup ride (15-35) if dry and over 35 degrees.**

## **Social Events:**

**2nd Tuesday of the month Jan 8, Feb 12:** 2 for 1 Lasagna dinner at Spats Café in Concord. **7 PM** Call Nan at (440) 257-7562 so she can reserve a place for you.

**1st Wednesday of the month Breakfast Club Jan 16, Feb 20, March 20:** Sidewalk Café in Mentor. **9 AM**. Optional walk, hike, x/c ski. Call Nan as above.

**2nd Wednesday of the month Feb 13, March 13:** Dinner at the Park Grill in Willoughby Hills. **7 PM** Call Gloria Robatin (440) 944-5390 to reserve.

**Wednesday, Jan 9 Potluck in the Park: 7 PM** Meet at Strawberry Lane picnic shelter at North Chagrin. Bring a dish to share. Questions? Call Gloria (above).

**Last Thursday of the month, Jan 24, Feb 28:** Wings & Beer night at the Club House. **7 PM** Willoughby Hills Rt. 6 between Rt 91 & Bishop Rd.

**Sunday Feb 16 – A Free Day of Winter Fun: 10 AM** hike or x/c ski, 11 AM guys cook pancake breakfast, noon hike, x/c ski or bike; 2 PM pizza, wings, salad, x/c ski, hike, sled; 6 PM pot luck supper – bring a dish to share; 7:30 PM slide show by Mary Hoffman. Bring your last year's ride photos and stories to share all day.

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## **CLEVELAND TOURING CLUB MEMBERSHIP FORM - 2002**

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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: \_\_\_\_\_

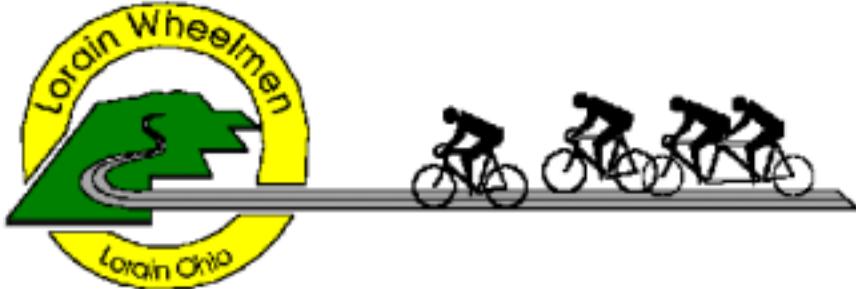
Membership Level (circle one): **Individual \$15.00      Family \$20.00      New      Renewal**

**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



## **JANUARY-FEBRUARY 2002**

1/1	ABCD... Medina @ noon	2/3	Amherst Powers
1/6	Amherst Powers	2/10	Oberlin Inn
<b>1/10</b>	<b>Meeting (1) (3)</b>	<b>2/14</b>	<b>Meeting (2) (3)</b>
1/13	Oberlin Inn	2/17	Amherst Powers
1/20	Amherst Powers	2/18	Amherst Powers – Pres Day
1/21	Amherst Powers, MLK Day	<b>2/23</b>	<b>Banquet (4)</b>
1/27	Oberlin Inn		

### **Notes:**

- 1) The January meeting will be preceded by a prolog roller/trainer ride at 6:30 at the Depot. We'll change the venue to the Ole Town Pizza House at 7:30 for the meeting (and a little food & drink).
- 2) The February meeting will be preceded by a prolog roller/trainer ride at 6:30, followed by the usual meeting at 7:30
- 3) Note that 15 bonus miles will be awarded for participation in these rides!
- 4) The banquet will be in Oberlin and will be free to members. More details will come later.

*Rides start at 9:00A.M. Destinations will be determined by wind, weather, and who does or doesn't want to eat where. Sat. rides will be from Prospect School in Oberlin, at 9:00A.M., usually. Call Clyde or Ralph to confirm.*



P.O. Box 770744; Lakewood, OH 44107 • [bikelew@juno.com](mailto:bikelew@juno.com)

[www.geocities.com/lakeeriewheelers](http://www.geocities.com/lakeeriewheelers)

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**Tom Meara**  
**(440) 777-2563**

**Vice President**

**Jerry Storer**  
**(440) 886-0558**

**Secretary**

**John Whitaker**  
**(216) 485-9184**

**Treasurer**

**Bob Ugan**  
**(216) 226-9921**

### **LEW Club Ride Schedule**

**Annual New Year's Ride** January 1, 2002, starting from Scenic Park: rain or snow. If the weather is real bad we meet and go to Einstein Bagels for coffee and hot bagels

**The first scheduled club ride** will be Sunday March 3, 2002, starting at 9:00 am from Bonnie Park The schedule of Club Rides will be published in the March issue of Crankmail and on the Club Web site.

**The “winter” rides** will continue in January and February starting at 10:00 am from Olmsted Falls County Library. If there is lots of snow some Club members head over to Chapin Woods in Lake County for Sunday morning X-Country skiing on the groomed trails between 10:00 am and noon.

**On Saturday mornings** Doug Barr has offered to host club rides, starting from his house at 9:00 A.M. Riders planning to attend are urged to call a few days in advance to confirm.

#### **Ride Start Locations:**

Bonnie Park – In Rocky River Metroparks off the Parkway just east of Pearl Rd SR 42  
Olmsted Falls - Olmsted Falls County Library Columbia Rd

Scenic Park in Lakewood in Rocky River Reservation just south of Detroit Rd at the East Detroit Bridge in Lakewood

#### **Weekday Rides:**

Regular Club Wednesday Evenings – Moderate to fast pace 20-30 mile rides starting at 6:30 pm from Kamm's Corner parking lot at Lorain Rd & Rocky River Dr (Rt. 237) in Cleveland (behind Pizza Hut), Call Jake Elliot at (216) 228-1469, or email at [eudoxus@stratos.net](mailto:eudoxus@stratos.net) (weather depending).

## **LEW WEB keeps club informed of late breaking news**

To keep informed of late breaking news and location of rides during the year check the LEW club site out at: <http://www.geocities.com/lakeeriewheelers/>. The LEW club email list is at [Bikelew@juno.com](mailto:Bikelew@juno.com). If you aren't receiving weekly ride updates and have email, let us know and we'll put you in the address book.

## **The November, 2001 Club Meeting**

The meeting started out with the treasurer's report: which stated that substantial balances were in both of the club accounts. Our affiliations with state and national organizations were checked, and appeared to be OK. Next followed the secretary's report, with the minutes of the previous (October) meeting.

The club Christmas Party was announced: it would be held at Russ Marx's home, in North Royalton, with a ride to start at 6:00 PM, and a party to start at 7:00 PM. Directions would be provided upon request.

It was felt that we had had a very successful touring season, with appreciable attendance on numerous rides, but not a very successful racing season. It would appear that interest in racing amongst club members has become doubtful. There are no plans for retaining a Racing Chairman for 2002.

Following discussion, it was felt that we should add a position, that of "Membership Chairman" to assemble the club roster, and look after membership duties in general.

There was further discussion, regarding voting for club officers in future elections: should we vote by mail, using absentee ballots, or hold the election at the club Christmas Party? Tom Meara moved to hold the elections at the Xmas Party, and was seconded by Jerry Storer. The motion passed unanimously by a hand vote.

This was followed by a discussion, without any resolution, regarding club meetings, their frequency, locations, and programs. The idea of a "Program Chair", to propose and determine programs and line up presentations, was proposed.

Bob Parry mentioned that residential and commercial development has overtaken many of the club's usual rides, resulting in increased vehicle traffic on old, accustomed routes, and an increased risk of accidents and incidents.

Consequently, Bob stated that there was a need to come up with some new rides and routes, to continue to be able to enjoy riding with less exposure to traffic, and less risk.

The elections were held for club officers for 2002. The winners are:

President:	Tom Meara
Vice President:	Jerry Storer
Treasurer:	Bob Ugan
Secretary:	John Whitaker

Tom plans to continue as the Touring Chairman in 2002. He will also seek candidates for the Program Chair position. Mr. Meara advanced the idea of assembling a history of the Lake Erie Wheelers, from the reactivation following the first TASSLE, to the present day. Members with information are invited to

forward that information to Tom Meara, for the time being, until a volunteer has been found to collect and organize the information.

Jerry Storer is seeking people interested in a fund-raising invitational ride, based on either the *Scoop-a-Loop*, or the *Four-County Metric*.

On January 15, 2002, Ride Committee meeting will take place to consider previous rides, present new ideas, and discuss any related issues. The meeting will take place at Club Isabella on Great Northern Blvd. All suggestions are welcome, but please be prepared to lead what you suggest.

A vote on the by-law changes (club officer elections) will be considered at the January 2002 meeting.

Happy Holidays!

### **Time to renew membership and join LEW.**

Renewal application forms were sent to all members and should be returned by March to be included in the Club Roster. New members can join at any time but after the publication of the Roster members are listed only in an addendum that can be emailed out to members with email addresses listed with the Club.

### **Holiday Party**

Thanks to Russ Marx for the use of his home for the Holiday Party in December. About 30 Club members attended, and enjoyed themselves immensely.

## **NOACA Creates Lake County Bike Map**

Looking for route recommendations for Lake County? The Northeast Ohio Areawide Coordinating Agency (NOACA) has addressed that question by developing a county bicycle transportation map. NOACA encourages people to use their bikes for transportation as well as recreation. To that end, maps are being created for each of the five counties in the NOACA planning region (Cuyahoga, Geauga, Lake, Lorain and Medina). The Lake County map is the third to be completed. Maps for Lorain and Medina Counties are already available, with Geauga and Cuyahoga Counties yet to be produced.

On the bicycle map, the county's major roads are rated and color-coded to show the skill level required (basic, intermediate, and experienced) to safely navigate them. A chart on the back of the map can help the user determine his/her own skill level.

In addition to rating the roads, the map includes off-road multiuse paths and bike lanes/wide paved shoulders. On the back are many safety tips, a summary of Ohio traffic laws especially pertinent to cyclists, a list of bike shops within the county, and some resources for cyclists, including contacts for local bike clubs and cycling instructors who offer classes to upgrade cycling skills.

The Lake County Bicycle Transportation Map is 18" x 24", multicolored, and printed on water-resistant paper. Cost is \$2 per copy. The maps will soon be available at bike shops in the area. For now they can be obtained through NOACA, located at 1299 Superior Avenue; Cleveland, OH 44114-3204, by stopping in the office or sending a check. For more information, call Sally Hanley at (216) 241-2414, ext. 273.

**2002 LAKE ERIE WHEELERS MEMBERSHIP APPLICATION FORM**

**\_\_\_\_ SINGLE MEMBERSHIP \$20.00      \_\_\_\_ FAMILY MEMBERSHIP \$25.00**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Phone:** (\_\_\_\_) \_\_\_\_\_ **email:** \_\_\_\_\_  
**Please provide for club updates & news**

Make check payable to and send to:

Lake Erie Wheelers; P.O. Box 770744; Lakewood, Ohio 44107

New member       Renewal

Interests:

Fitness  Touring       Mtn/Cyclocross  
 Road Racing       Tri/Biathlons       Recreation

**2001 LAKE ERIE WHEELERS MEMBERSHIP AGREEMENT AND RELEASE**

I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns agree to absolve and hold harmless the Lake Erie Wheelers (henceforth, "said club"), its members, officers, chairmen, sponsors and affiliates, singly and collectively, for any injury, harm, misadventure, loss 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 club's functions, rides and activities. Further, I agree to release and hold harmless the said club, its members, officers, chairmen, sponsors and affiliates, for any claims made by third persons arising from any injury, harm, misadventure, loss or inconvenience I may suffer during any of said club's functions, rides and activities. I understand that such dangers include, but are not limited to property damage, serious injury, disability, and death. I also hereby request and consent to permit emergency treatment in case of injury or illness.

---

**Signature of applicant**

**Date**

---

**Parent or Guardian's signature (if applicant is < 18 years)**

**Date**

---

# PDQ

## CLEVELAND

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Your source for race information . . .

[www.pdqcleveland.org](http://www.pdqcleveland.org)



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pdq\_cleveland@yahoo.com

## The effect . . .

- 135 events contested by 48 riders
- 53 wins, including 3 State Championships
- 36 second places
- 34 third places
- 39 other top-five finishes

## . . . and the cause . . .

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**THANKS TO ALL OUR SPONSORS  
FOR MAKING SUCH A GREAT YEAR POSSIBLE!**

## NEWS, etc. (more etc. than news):

- Our **annual club meeting** will take place on Sunday, March 3 at the Fairview Park Regional Library, 21255 Lorain Rd., from 2-4 p.m.
- **Welcome** to new members David Berlekamp, of North Royalton, and Dan Peplin, of North Olmsted.
- So who needs Gatorade®? The following mixture (simple lemonade, really) contains the *same* active ingredients (except for potassium) in the *same* proportions – at roughly *half* the cost of the powdered form (\$5 for 2 gal.), and a *quarter* of the cost of the liquid (\$2.49 for 64 oz.):

INGREDIENT	COST
55 oz. water	0.00¢
9 oz. lemon flavoring	64.41¢
11 tbsp. cane sugar	11.64¢
% tsp. iodized table salt	0.12¢
<b>Total (64 oz.)</b>	<b>76.17¢</b>

Tastes better, too! So, it's not in me . . . and I'm not like Mike any more.

- **OFFICIALS WANTED** This year, there's a choice of either ABR (American Bicycle Racing) or USCF (U. S. Cycling Federation) seminars:

**USCF:** Saturday, January 26, Brecksville 9 - 4:30 PM

**ABR:** Sunday, February 10, Brecksville 2 - 4:30 PM

Contact Charles Howe at [newkid2@rocketmail.com](mailto:newkid2@rocketmail.com), or (440) 235-4458, to register for either (or both).

## RESULTS

### Off-Road (XC - cross-country)

Sun Valley Sports Ohio Vulture's Knob XC Series, Wooster:

October 28 – Griffith (3rd, Novice Men 41+)

December 2 – Griffith (1st, Novice Men 41+).

### Cyclocross

Bike Authority Cyclocross Series:

Bay Village, October 7 – Beeson (7th, "B" race)

Bay Village, November 3 – Beeson (7th, "B" race)

Bay Village, November 17 – (9th, "B" race).



A Top 100



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In Giant Eagle Shopping Center

just off SR 77 & Wallings Rd

Phone: 440-546-9966

# Medina County Bicycling Club

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

Contact the following for information:

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President:	Tom Dease	330-725-1058	tjmd@aol.com
Vice President:	Lou Vetter	330-725-0441	bikevetter@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol
Ride Coord.:	Dave Schultz	330-725-0293	dsbike97@aol
Secretary:	David Miller	330-725-7928	mlrmedina@aol.com
Mtb Coord.	Linda Miranda	330-483-4512	lmiranda@mircosolutions.com

## Weeknight Ride Schedule

Other than a possible night ride on the towpath we are done for the season

## Weekend Ride Schedule

**Saturday** — Check the Web or call

**Sunday** — Courthouse Parking Lot - Jefferson at E.Liberty St. meet on the Square.

8:30 a.m. **Touring Group** at (10 - 15 MPH) if the mercury is somewhere above 25 degrees and the sun is shining call, check your email or our new web site:

<http://www.medinabikeclub.org> and go to the message board

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

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## THE PREZ SAYS

We will hold our official club meeting in January 24, 6:30 at Donato's Pizza , 960 S. Court St. The purpose of this meeting is to discuss our plans and programs for the coming year, and to elect any new officers for the coming year. Please come, give us some input and get some pizza.

We will be ordering new club jerseys this year, and would like to know if everyone would prefer to keep them the same, or keep the same colors but change the design. Also please let us know what sizes you might require.

Dave Schultz would still like to know if anyone is interested in taking over the 4<sup>th</sup> of July Twin Sizzler Race this year with his assistance. Dave has helped the YMCA with this event for the last fourteen years and hopes to pass the torch.

Spinning classes will resume after the Holidays if you are interested please check your email or call Shawn Conway at (330) 764-3019

# Ian & David Go

## Ice Climbing in Munising

by Ian Halliwell

*As many know, I've been a diabetic since I was 15 years old, but have stayed healthy through a lifetime of running, rock-climbing, weight-training and cycling – all of which I take pretty seriously. I am a member of an international group of insulin-dependent diabetic climbers, IDEA2000, who reached the summit of Aconcagua, in the Andes in January 2001. (Unfortunately, I wasn't part of that expedition.) The objectives of IDEA2000 are the provision of diabetic supplies to underprivileged nations, research into diabetic metabolism at high-altitude under extreme conditions, and to send a message to all diabetics that lifestyle need not be limited by their condition. (Further information on IDEA2000 and its members can be found on [www.idea2000.org](http://www.idea2000.org).) After returning from Argentina, the leader of the expedition, my friend David Panofsky, asked me if I'd like to try ice climbing. The following is an account of a 3-day trip that we made to the Michigan Upper Peninsula to climb some frozen waterfalls.*

### *OK, LET'S GO!*

I flew in to Madison at 5 pm on Thursday March 1 and David met me at the airport. I had told him that he'd recognize me by my enormous pack and bewildered look, and sure enough I had both. For the previous two weeks or so we had been corresponding by email, plus a couple of phone calls, and I pretty well had all the items on the gear list covered – that's what was in the pack. The bewildered look stemmed partly from the fact that what I was about to do felt distinctly weird. I had been using an infusion pump for about six months but always in ideal home or hotel bathroom conditions. Additionally, I hadn't done any camping for almost 17 years, and my misgivings were emphasized by the all-too-sensible comment from Val – "Why do you always have to jump in at the deep end? Wouldn't it make more sense to do this in summer?" (*Very true, were it not for the ice-climbing bit!*) The other source of concern was the quite strong possibility that I was getting in over my head from a physical point of view. In the absence of winter cycling (apart from regular 30 minute sessions on a fluid trainer or rollers) I had done several training hikes with what I perceived to be a heavy load, albeit on the snow-dusted towpath in the Cleveland Metroparks – but hardly a mountaineering Mecca. I had been full of good intentions to become a master of the single-armed pull-up, based solidly on weeks of heavy lifting in the basement. Needless to say none of that had come to pass, as I had spent the previous two weekends and many evenings preparing for a new course that I was about to give at the NASA Glenn Research Center – "*Preliminary Engine Design: An Advanced Course for Practicing Engineers.*" It contrasted starkly with the new course that David was about to give me – "*Preliminary Ice Climbing: An Introduction for Out-of-Shape Old Geezers Who Aren't Ready for It.*" Ah well, nothing ventured - nothing gained.

After a leisurely and very enjoyable supper with excellent wine, I had lulled myself into thoughts of a civilized night of rest in a real bed - *chez Panofsky*, when David announced that we had better hit the road. So we loaded up the car and headed north for about five hours, during which time we became much better acquainted, exchanging opinions and tales of past experiences – diabetic, athletic, and otherwise. Some time after 2 am, feeling pretty zonked,

we fell asleep very easily in an *EconoLodge* about two hours short of Munising having caught sight of snow & ice accumulations along the north shore of Lake Michigan. (|||||||.....!)

#### DAY 1

Next morning we were on our way at the crack of 9:30. I had just “installed” a new infusion set and David had supplied me with one of his neat red bags that have a place for everything – pump, insulin, meter, test strips, lancet device, insulated line, etc. – all close to the chest to keep warm and unfrozen in the backwoods in winter. He also loaned me a glucometer for which it had been especially tailored, together with a supply of test strips. I was certainly glad of that although I had been somewhat skeptical when we had discussed meters by email. I was happily intending to use my current meter until I recalled that if we turn down our home heating overnight, by morning it’s too cold in the bathroom for it to operate and I have to warm it up by holding it against my stomach. Not very practical out in the boonies in winter!

After checking in at the Ranger Station at Pictured Rocks Visitor Info Center to pick up our camping permit ’round about noon, we parked the car and walked along the road a while to get to our first climb. We had climbing gear, snacks, and spare clothing with us in small packs. We left the road and scrambled upwards through the rocks & trees, pausing to put on crampons when the terrain became icy. All of a sudden there it was - a frozen waterfall. Only about 30 feet high, but boy did it look steep, and cold, and wet, and kinda fragile. Second thoughts? You bet! But nah let’s do it! We tested, snacked and roped up, me fiddling with the leashes on my borrowed ice tools. (Thanks again, Bob!) Lesson #1 consisted of sage advice about tool usage and placement, with a few practice whacks at the ice with the tools and a few practice kicks with the front points. Hmm, don’t know if this is too safe. David led the climb very competently. (Thank God it wasn’t me up there!) I was paying out the rope and watching carefully to pick up some technique. Isn’t it cold when you are belaying a leader on ice?! Didn’t look too bad though, so when David was secure he took in the slack and I got ready to do my thing. I stepped up to the ice and swung the picks with some trepidation. After a couple of tries I got what I thought to be reasonable sticks and then I tried with my crampons. I kicked and stepped up on my right foot and promptly slid back to my starting point. This continued for several minutes. Isn’t it warm when you’re climbing ice?! Eventually David abseiled down to check that Bob’s tools were working. They were. It was me. He went back up. A few more encouraging words and practice swipes, and I started again. Yes, I was off the ground and moving! This was Lesson #2, but by about the halfway point my arms were burning and I would have bailed, given the option. I had learned as much as I needed for now. However, David cajoled me into continuing and having struggled for a while, I found a level of confidence and ability that I didn’t have before. I could hang from the leashes. I could step up on the front points. It was good to have a top rope of course (I did come off a couple of times), but I had the feeling I had when I first learned to ride a two-wheel bike. Yihaa!

A quick walk back to the car and a two-mile drive east took us to the trailhead at Sand Point. More tests, more snacks and we loaded up our big packs. There weren’t going to be any roads after this; and on snowshoes too. I took the tent. David took the climbing gear and stove. I think my pack must have been 90 lbs. My knees were buckling and I know I had the best of the deal by about 20-30 lbs! I dialed in a “bugger-all basal” for the next four hours. We set off slowly into the woods; so far so good – it was flat – and we only had about three miles to go. That was the longest three miles I’ve ever covered. The steep hill after the first mile or so forced me to reevaluate my training standards. Yes, really! One of the problems was that we were running short of daylight and couldn’t afford to dawdle too much. Eventually after hours and hours we found a neat spot, about 200 feet off the trail in the lee of a huge

fallen tree, and dug out a site for the tent. Oh yes, David was carrying a snow shovel also. Having changed my wet shirt, I felt quite comfortable, and chef Panofsky set to work on dinner. Whatever it was, it was good and we retired about 9 pm and slept like logs for 10 hours.

## DAY 2

We had our usual early start (You guessed it – the crack of 9:30!) and by the time we got our stuff together we could hear a couple of climbing teams not far away, crashing and smashing away at the waterfall we had been intending to climb. We took a hike eastwards towards Miners Castle instead, to look for something else. At first the loads felt light but I soon found that I hadn't recovered too much from the trek in. However the scenery was quite inspiring, especially Lake Superior. The ice floes were changing patterns continually with the currents creating shimmering mosaics of reflected light. (Enough of the poetry – we are real tough guys!) We stopped for lunch at a precarious spot on an overlook and mused on how poor the rock-without-ice was for climbing. There was a chill north wind. The old English phrase "brass monkeys" came to mind as we munched. We headed back towards where our camp was. I hoped David would find it!

Snowshoes are wonderful. We came across a couple who had walked in, hopelessly unequipped for the conditions, from the trailhead parking lot. They were post-holing at every step. They were headed for Miners Castle. We advised them against it. They continued. They turned back, because they caught up with us. She was beautiful. We wondered if she would ever go out with him again. Maybe she will, if he buys her a decent pair of boots and some snowshoes.

Just when I thought we were back at the tent, we found another waterfall. I think he planned this all along. Climbing? Now? I'm knackered! OK, so I guess this is what we came for. Just a little one. But once I got on that ice it was great! Sometimes it was glassy and sometimes it was plastic. A little higher this time. I got to know the sound I was seeking – "THWOCK!" You know what I'm talking about; just say that to yourself a couple of times. But the climb was hard despite my new-found skills and I wasn't helped by my hat slipping down over my eyes, with no free hand to adjust it. I celebrated by barfing into the snow at the top. I was smiling though.

We found the tent all right and David rustled up another gastronomic delight. Honest. It was good! The camping was comfortable; good bags, good pads, good tent (It had just been to the Andes.). We spent a few moments debating the merits of various bark-flavored teas, since we were melting snow for water and it was hard to separate tea leaves from snow contents. We hoped it was tree bark. We decided that since tomorrow was our last day and we didn't want to get trumped at the waterfall again, we would rise at 5:30. Yeah, right! I had developed a very high regard for David in the short time I had known him, but I found one thing rather puzzling in regard to alarm clocks and ear plugs? Mind you, based on all the racket we had heard that morning, I wondered if there would be any waterfall left on which to climb.



### DAY 3

We did get up by about 6:30-ish. (Sorry - the crack of 6:45!). It was just getting light, so that must prove something. After breakfast, we packed all our camping gear and I continued taking down the tent while David went over and staked our claim to the climb by setting up a rappel anchor. We ate and drank all we could, preceded by the customary testing and bolusing, but those packs still felt heavy as we toted them to the top of the climb. By now I wasn't too worried about the climbing. I was worried about making it back to the parking lot feeling like Mr. Snail on snowshoes.

We scrambled down the easy route to the base of the waterfall. It looked fantastic, big though - about 80 feet? Maybe. Yes, definitely! Lots of ice features, little transparent curlicue caves that you could hook your axe round and hang from. David led smoothly, pausing to insert a couple of ice screws for runners at suitable intervals. Dinner plates crashed around me. I was pleased that I was sheltering under a helmet. As I ascended, taking the screws out wasn't nearly as difficult as I had imagined, hanging like an expert from the leash around my left wrist. Still a bit knackering though. I was still continually fiddling with the leashes. It was quite mesmerizing, peering into the icy cavities to see water cascading down behind the curly window. Ain't nature wonderful. It crossed my mind what might happen if I was to *thwock* too deep. Wet, that's what! After the climb we took a few pictures.

So that was Lesson #3, and I felt well-educated. Now let's see if I can get to the bleedin' parking lot! I got a start on David, while he packed the climbing gear. It was OK, but I found my pacing skills were lacking. I tended to move too fast for my carrying ability, torn by wanting to get it over with. I was also dehydrated. Some cramping in my inner quads. Not enough bark-flavored water. Oh hell, I can't get this far and have to be carried out! The highlight of our exit hike came on the uphill stretch encountered on Friday, which was now of course a downhill. The track was quite icy and transversely-concave. The slope was about 60 degrees. David was leading. His front bear-claws failed to engage the ice. He slid forward on the side rails of his snowshoes and executed that well-known cross-country skiing maneuver, the *Sitzmark* - otherwise known as the "flying-buttocks-arrest" - fortunately well cushioned by his pack! I was trying to be smart and kept to one side of the trail where there was some soft snow, side stepping cautiously. Unfortunately when I needed to move my left foot, my right foot was standing on it. The pack ensured that I face-planted fairly vigorously in the snowdrift just to port, following which, I did the breaststroke for a while to get my feet below me. Just to add insult to injury I then had to crawl back up the hill on hands and knees to retrieve my pole. I imagined the judges, standing po-faced in their fur coats, holding scorecards aloft. My degree of technical difficulty had undoubtedly been higher than David's, but his execution had been superior. *Panofsky: mostly 5.3s, Halliwell: only 5.1s.*

Civilization was indicated at last by trail markers. The world was still back here as we had left it, as was the Honda Civic. I celebrated with another brief barf. I now attribute this to dehydration and the consequent acidity. (Answers on a postcard, please!) We drove back to Madison. Real beds, real hot water, real food, but my stomach was unappreciative. Sorry Pat! Thank you both! I hope we do it again. The next day, Monday, I had an early flight out and got into Cleveland at 10 o'clock. I had intended going straight home but since I was passing the office, I stopped in, four-day growth and all. As I started up the stairs, a phrase came into my mind - "Geezer Power!" I was still smiling as I entered the office.

*When he's not scrambling up frozen waterfalls or depositing celebratory barf in the snow, Ian Halliwell enjoys bicycling with the Medina County Bicycle Club.*

# A Letter from Vetter

by Lou Vetter

**Hiking, Lou and Tom Style:** Tom and I led our own little hike to the carvings in the Cuyahoga Valley Parks at Hinckley. If you are not familiar with them we'd be happy to show you the way. Tim and Jeannie joined us for one such hike and they seemed to be impressed, as they had not seen the carving before. The carvings are just a short distance North of Ledge Road but we get there from the boat launch area of the Metroparks. The carvings date back to the civil war era and some are impressive and compare favorably to those you may have seen at the lookout near Kindle Lake. This past weekend Tom and I brought some lights to see just how much of a cave is in the hillside. We were surprised to find about a half dozen places that met the definition of a cave. That definition is any hole in the ground where you can get your entire body inside even if you have to come out the same entrance. My hope is that the park district will allow these little holes to remain undisturbed. Some time ago I was hiking on the ledges in Hinckley and found one probable cave that was sealed up with brick and mortar. We did not see any of the Taliban hiding in these little caves and we were very happy not to find any animals either. Tom said that if I woke up any hibernating skunks and got sprayed I would walk home. He didn't say what he would do if he got sprayed. These caves are really quite small, probably ten feet at most, and were formed by faults in the sandstone cliffs. It appears that large blocks of sandstone may have split and shifted apart slightly leaving a small gap between slabs.

**Cuyahoga Valley Hiking Association:** Tom and I along with Ian, Tim, Jeannie and some other MCBC members join these hikes on Sundays at 9:00 am. These hikes last to about noon after which hikers adjourn to a nearby restaurant for lunch. The hiking schedule is available on the Internet at <http://pw2.netcom.com/~toph/hs20012002.txt>. There is no dues or formal organization but you must abide by park district rules one of which is to keep your dog leashed at all times. This same group of hikers may forgo hiking in favor of cross-country skiing when the conditions are right. Other activities include attending a movie or concert as a group. Join up the price is still just zero dollars and zero cents. At the web-site you can subscribe to all the emails and the annual hiking schedule is posted each fall. These are the same people who started got Tom and I to crawl on our bellies like a reptile in Kentucky. That would be the Carter Caves Crawl-a-thon coming up the end of January 2002. The Web site for the Carter Caves Caving Trip is: [www.crawlathon.com](http://www.crawlathon.com).

**NightRiders:** Don May and Lois Nicholson have been hosting after dark rides on the towpath from Lock 29 in Peninsula during October and continuing through spring. The rides begin at 6:30 p.m. every Thursday and go about 12 to 20 miles depending on the direction. Last week I rode my mountain bike but I had smooth street tires mounted on the rims. The night was dark but not rainy. The path was wet in places and I did take a spill at one slippery spot. That would be the spot where the mud oozed up to cover the crushed limestone. I felt my tires sliding to the left while my body stayed right. The bike just slid out from under me. I put a foot down but it was too little too late. The fall was very gentle as I put my hand down in the mud and basically just rolled over like a dog. The only trouble was that two riders were behind me and they had to negotiate around my wreckage. I got back on the bike shifted back into gear and we were all going once more. Angela Watkins suggested a detour going by Hale Farm and volunteered to lead the way. I joined the pace and we were off. Normally the traffic is nonexistent along the road by Hale Farm and Village but not that night. The ride turned out just fine and we even got to see the "toy soldier" guarding our cars back at Lock 29. Oh, yeah, there were two trains going South on the tracks to Akron that night. One was the Snowball Express or something like that. Don't be shy come on out and join the fun.

# **MEDINA COUNTY BICYCLING CLUB**

## **PO BOX 844 • MEDINA, OH 44258-0844**

**Membership Dues \$15.00, Individual or Family, which entitles you to:**

A subscription to *CrankMail*, Northern Ohio's bicycling newsletter; \$10.00 off a quality, highly visible, very stylish Medina Club jersey; and if that wasn't enough, you also get to participate in all of our club activities. Checks Payable to: *Medina County Bicycling Club*

Member's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

In consideration for membership in the Medina County Bike Club, I have paid the club for this and further represent that I have no impediments to keep me from riding my bicycle in the activities sponsored by the club. I will inspect my bicycle before any such activities to assure that it is good and safe for the activity. I will prepare myself physically to participate in the activities. I will observe all traffic laws and wear a helmet at all times when participating with the club. I understand that the Medina County Bicycling Club and its officers and members and other sponsors are not responsible for, and are not insurers of my personal safety during club activities. I thus release them and save them harmless from any liability arising from my having sustained any property damage or personal injury by reason of their negligence in participating in or sponsoring or planning or arranging any activities.

\_\_\_\_\_ Renewal: Y N

Signature of Member (or parent or guardian if member is under 18 years of age)

Date: \_\_\_\_\_

### **PREFERENCE FOR RIDE DAYS:**

M T W TH F S S CIRCLE SET PREFERRED, NOTE TIME: \_\_\_\_\_

**TYPE OF RIDING:** ROAD MTN HYBRID

### **ADDITIONAL CONTACT INFORMATION/MEMBERSHIP CLUB CARD**

**EMERGENCY CONTACT:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**PRIMARY CARE DOCTOR:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**INSURANCE CARRIER:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**ALLERGIES/PRESCRIPTIONS:** \_\_\_\_\_

# *Yo, Wheelers...*



**W**hether we like it or not, winter lay-up is at hand although a few stalwarts are braving colder temperatures to ride.

Our next event will be our annual meeting to be held at the J.C.C. on Tuesday, Feb. 19, at 7:00 p.m. Please make a point to be there. A separate meeting notice will be sent out.

We need new officers this year and if you are willing to volunteer, please call Wapnick or me so that we can get you on the ballot. No greater skills are needed, only a love of bicycling.

The Western Reserve Wheelers Sunday hiking group are at it again. They meet every Sunday morning at 8:30 at Brugger's Bagels in Pavillion Mall, and then proceed to the Metroparks to hike for about two hours. Weather is not an obstacle. If interested or for additional information, call Ellie Einhorn at 464-0495 or Bernie Kotton at 292-3998. All are welcome.

*May the Wind Always be at Your Back.*

— Ed Reichek



COMMITTEE

Ellie Einhorn - 216-464-0495  
Bernard Greenberg - 216-751-4673  
Louis Klein - 216-752-4123  
Bernard Kotton - 216-292-3998  
Mitch Kursh - 330-405-6155  
Alvin Magid - 440-498-2228  
Howard Mayers - 216-765-8832  
Harold Pasternak - 216-921-6306  
Edward Reichek - 216-371-5618  
Allen Wapnick - 216-291-3960

# WESTERN RESERVE WHEELERS

Since 1972

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## 2001 MEMBERSHIP APPLICATION

(please print legibly)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: (\_\_\_\_\_) - \_\_\_\_\_ Work Phone: (\_\_\_\_\_) - \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Fax Phone: \_\_\_\_\_

List All Adult participants:  
(18 and over)  
\_\_\_\_\_  
\_\_\_\_\_

List All Minor Participants:  
(Under 18)  
\_\_\_\_\_  
\_\_\_\_\_

2001 Dues (Individual/Family) \$ 20.00

WRW Patch (es) No. \_\_\_\_\_ @ \$1.00 \_\_\_\_\_

WRW Water Bottle(s) No. \_\_\_\_\_ @ \$2.00 \_\_\_\_\_

**TOTAL PAID** \$ \_\_\_\_\_

**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.**

Please return to: Allen M. Wapnick  
Western Reserve Wheelers  
1422 Euclid Avenue Suite 1104  
Cleveland, OH 44115-2001

LEAGUE OF AMERICAN WHEELMAN d/b/a 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 in \_\_\_\_\_ (Name of LAB Club) ("Club") sponsored Bicycling Activities ("Activity"), 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 travelling 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 condition in which the Activity takes place, or 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 or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, 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 NEGIGENT 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.

PRINTED NAME OF PARTICIPANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(Street) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (ZIP) \_\_\_\_\_

PHONE: \_\_\_\_\_

PARTICIPANT'S SIGNATURE (only if age 18 or over): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_

DATE: \_\_\_\_\_

**MINOR RELEASE**

AND I, THE 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, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE 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 IN PART BY THE NEGLIGENCE OF THE "RELEASEEES" OR OTHERWISE, INCLUDING NEGIGENT 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: \_\_\_\_\_  
(Street) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (ZIP) \_\_\_\_\_

PHONE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_

DATE: \_\_\_\_\_

# CrankMail

## Unclassified

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

**SPEEDSKATING!** Shake off the winter blahs (coming soon) and join us for some fast times on the ice. The Elyria Speedskating Club is coached by Tim Quinn, Jr., a former member of the US Speedskating Team. We skate almost every Thursday night from 7:45 to 8:45 at the North Park Sports Complex in Elyria. Join the club and skate for \$5 per session or take the Learn to Speedskate series (approximately six sessions) for \$20. Helmets (your bicycle helmet is fine), gloves, and knee pads are required. Free skate rental is available. For more information call Greg Koenig: (440) 353-0156, or Marc Snitzer: (440) 236-3017.

**MAVIC KYSRIUMS WHEELSET** for Shimano, mint, one season old, never crashed (never race). \$450. Call Peter: (216) 514-4854 or (216) 397-1752. Email: panagnostos@earthlink.net

**MISC. FOR SALE:** Lake shoes, size 43/9.5, LOOK/Time compatible, \$10. Vittoria cleated shoes, size 41, \$5. Brancale shoes, size 43, LOOK cleated, \$5. Brooks B-72 saddle with Breeze adapter, \$50. Special Gent model leather seat, \$75. Matrix Titian T 27 in. wheelset from '85 Trek 720, Malliard 700

sealed Heliocomatic hubs, 14X28, 5-speed, Panaracer 27 X 1 1/4 Kevlar radial DH tires, \$50. Call John: (440) 871-5211.

**CLARIS BONES BIKE RACK** for two bikes. Practically new. New car demands another type rack. Paid \$105.92. Asking \$45.00. Call: (440) 835-1526.

*expire Jan./Feb.*

**PARAMOUNT OS CUSTOM** 66 cm, all Dura Ace with STI. Only 4,000 careful miles. A classic lugged racing bike built by Waterford. \$1,500. Call: (330) 725-7328. Email: timdogger@hotmail.com

**COLNAGO MASTER EXTRA ELITE** 55 cm, 2000, steel frame with flash fork (color: AD4 Black). \$1,100 or best offer. Call Jay: (440) 461-5869 and leave message.

**KLEIN QUANTUM RACE** 54 cm 2001 frameset (color: Night Storm), \$900. Call Jay: (440) 461-5869 and leave message.

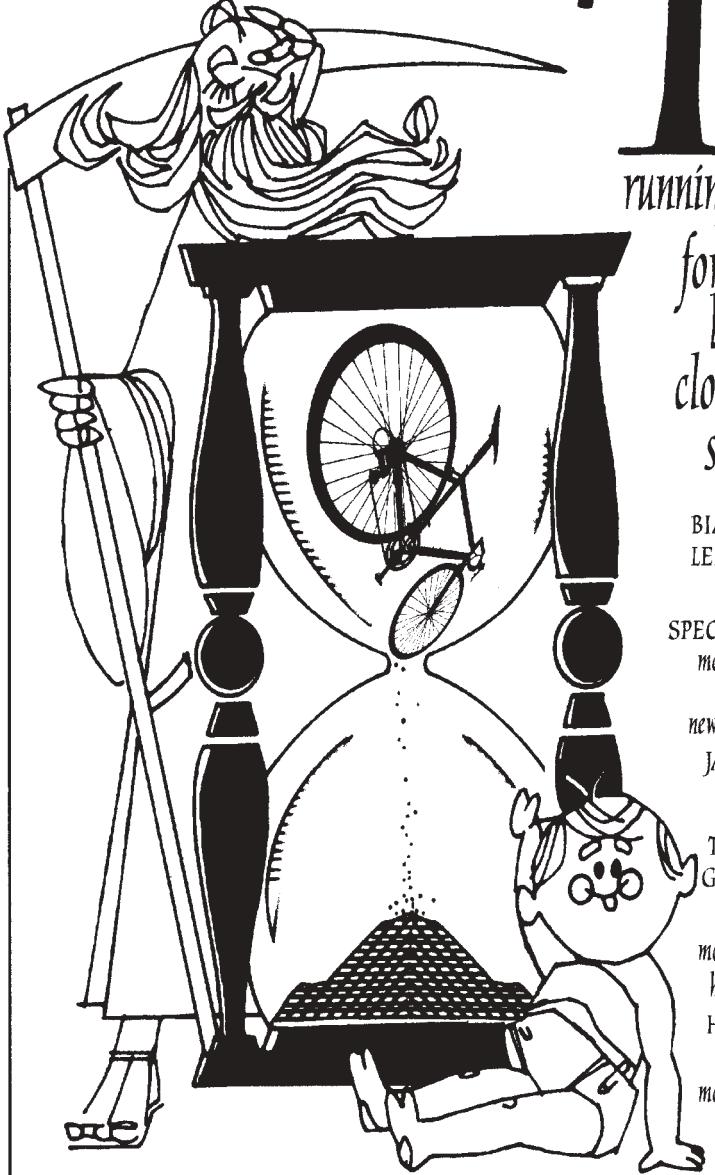
**MOSER LASER SCANDIUM** 54 cm, 2001, comes with carbon seat post and matching black & white seat. \$900. Call Jay: (440) 461-5869 and leave message.

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## CHANGE SERVICE REQUESTED

### **Special Meeting Notice!**

The Cuyahoga County Planning Commission will hold Public Review Meetings on its Greenspace Plan which includes bike routes and corridors throughout the county (see October CrankMail). The schedule is as follows:

Wednesday, January 23  
7:00 p.m. South Euclid Community Center  
1370 Victory Drive, South Euclid

Saturday, January 26  
9:30 a.m. Garfield Heights Civic Center  
Room 117A, 5407 Turney Rd., Garfield

Tuesday, January 29  
6:30 p.m. Cuyahoga County Public Library,  
Berea, 7 Berea Commons

Wednesday, January 30  
6:30 p.m. Stokes Building Auditorium  
Cleveland Public Library, Euclid Ave. & East 6th

