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CRANK MAIL

Cycling in Northeastern Ohio

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ISSUES are published 10 times a year dated: Jan./Feb., March, April, May, June, July, Aug., Sept., Oct., Nov./Dec.

DEADLINE for copy: the SECOND Friday of each month before publication. Copy or ad materials must be received on or before the deadline in order to assure inclusion in the intended issue. **Next Deadline: July 9.**

CRANKMAIL (ISSN 1060-085X) is made possible, in part, by a portion of club dues allocated to its publication and distribution by the bicycle clubs listed above. The support of commercial advertisers who appear in these pages is also vital to the continued publication of *Crank-Mail*. Shop and buy locally first!

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Gossip

Did'ja see the big Page 1 article in *The Sun Newspapers* on June 3 headlined, "Asquawk in the park?" They devoted **half of Page 1 and all of page 6** to the story. The sidebar that accompanied the main piece, "Why don't they stay on the path?" was also very good, helping (we hope) the public to understand that there are good reasons for **cyclists to prefer the Parkway** over the multipurpose trail, and that we *are* allowed on the road (a misconception, even among some cops. **Best piece of journalism** concerning the issue of **cyclists using the road** we've seen in a long time...mebbe ever! **Reporter Ken Wood** talked with cyclists, motorists, the Metroparks rangers and created a **factual and well-balanced report** on the conflict that simmers on in what are supposed to be recreational areas. We liked cyclist Gary Hyduk's reference to the **Metropark Parkway as "Alternate I-71."** It's often struck us as **ironic** that the Parkway, a place where people ought to be going to **travel quietly** between park areas and enjoy the **peaceful beauty** of the woods, is a place **where cyclists are most heavily abused**. "Get off the &%%\$@(*) road," and "get on the ^%\$+&@ bike path" are among the *friendly* greetings directed at cyclists, especially on the West Side, who dare to use the Parkway. We enjoyed more stress-free miles when we commuted on Lorain Ave. to downtown Cleveland than we do traveling between Berea and Lakewood on the Parkway — **if we even dare venture into the park!** It's just **too bloody unpleasant!** **What's wrong with this picture?** We've long said, the Metroparks should be a place to go *to*, not a place to drive *through* — in other words, a destination, not an alternate commuter route. **Perhaps the Parkway shouldn't be continuous.**

When **cyclists** are involved in **traffic mishaps**, we usually expect to come out the losers ... **nobody is interested in the bicyclist's right to use the road.** Well a bicyclist in **New Orleans** must have **one heck of a lawyer** — *The Plain Dealer* carried a small item last month reporting a **big win** (for better or worse) for one fellow. 'Seems Jerry Lawrence, 58, **was drunk** when he (in 1996) **rode his bike through a stop sign and into the path of a police car** speeding in response to a call. The drunk escaped with his life but suffered broken legs and a skull fracture. Now **for most** people, it would mean **pain and suffering and probably a court date** for multiple violations of traffic law. **Not for this guy. He sued. He won! \$95,485!!!!** Sez super-lawyer Rusty Knight, "drunks have rights too." Oh, boy!

We hope that you will be pleased to learn that **this column is not tested on animals.** We know that this Gossip column can be irritating but, unlike some cosmetics manufacturers, we don't put bunny rabbits in stockades and stick our product in their eyes.



So **look for the cruelty-free products logo** on the personal care and household products you buy and know that, like *CrankMail*, **they aren't tested on animals.**

Ever hear of the Cog Factory? They were a little storefront bike shop on Lorain Ave. in Cleveland just east of West 140th Street. Well now they've **moved to 2146 Murry Hill Road** where they stick by their notion of selling only reconditioned secondhand bicycles and doing repair work. **Lester**, proprietor, used to work for Heintz at Madison Cycle and at Fredrich's down in Ohio City. Intrigued? Pay him a visit or call: (216) 385-7391. You never know what he may have there!

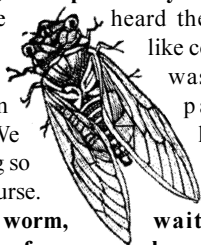
A fond farewell to Sam's Bicycle Shop, Mentor. Owner Sam Praul informs us that, for family reasons, he's quitting the business that he has worked so hard at for **the past 10 years.** Sam's was a loyal supporter of *CrankMail* and had a nifty shop that many of our readers had come to depend upon. See his open letter (be-

low) for an explanation of “Why.” Good luck, Sam, and our **best wishes to you and to Isaac.**

During July the cycling world will be all agog over the **Tour de France** — and rightly so. Let’s hope it’s a clean race this year, free from dopers and their apologists. **Cheaters need not apply.** But don’t miss **another great race** when it shows up on **NBC TV July 11 at 2 p.m. It’s coverage of the 1999 Hewlett-Packard LaserJet Women’s Challenge.** We saw a portion of the race last year and it was well worth watching! The race is the first stage race to incorporate women’s team time trials, “head-to-head” time trials, and road races of 80 to 100 miles. Great riders in a great competition. Just hope Channel 3, WKYC in Cleveland carries it!

Unlike some of you, The Crank is old enough to remember the last emergence of the 17-year cicadas (or “locusts”)... *or was it the last four?* Well, anyway, it seems to us that **last time they were a whole lot louder!** Not

that they were exactly placid this time. We just seem to recall that, while riding on roads bordering the woods to the south of Cleveland **17 years ago, it was practically deafening!** This year, we heard their eerie, spaceship-like communal song, but it was only loud in patches; even then... We know why they sing so densely, of course. **After 17 years as a worm, waiting underground for a chance to mate,** yes, they sing loudly, and yes, they look pretty good to each other, and yes, **they put so much into it that it kills them after just a couple of weeks.** Mebbe it’s the way of the ’90s, we don’t know. It just didn’t seem as grand this time. Lessons to learn all around, we suppose.



— THE CRANK

Why?

by Sam Praul

In one of the many books on parenting I read when Isaac was a toddler, I came across the following advice about discipline: Ask yourself if what your child has done will make a difference in his life five years from now. If the answer is no, bite your tongue and walk away. If the answer is yes, discipline. As Isaac has gotten older, I find myself wanting to spend more time with him. Unfortunately, like everyone else, I’m limited to a maximum of 168 hours per week. So I asked myself two questions: Will the bicycle shop make a difference in his life five years from now? No. Will spending more time with him instead of at the bike shop make a difference five years from now? Yes. And there’s the answer as to why I’m closing the shop after 10 years.

My sincerest thanks to all of you who have done business with us or recommended us to your friends. Please continue to support your local independent dealer as you have me for the past 10 years. Isaac and I are sure to see you on the road many times in the future. I hope all of your rides are safe and enjoyable.

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Ride Schedule

July 11	8:00am	LEW Century/Century from Scenic Park to Century Cycles in Medina and Peninsula	65/100 miles
July 18	9:00am	Paw Paw to Hinckley & Doylestown	30/60 miles
July 25	9:00am	Mastic Woods to Peninsula	40/60 miles
August 1	9:00am	CVRNA hill or valley rides at Deep Lock Quarry Park	
		2 different rides 5-50 hilly miles or 30-50 flat miles	
August 8	9:00am	Brunswick to Rittman/Orrville	50/780 miles
August 14	9:00am	Club ride for 4CM volunteers, Berea-Richfield	40/65 miles
August 15		FOUR COUNTY METRIC – organized ride by LEW – start at BW Rec. Center	
August 22	9:00am	Scenic Park to Huntington Park/Vermilion	
		Annual Club Photo Ride	20/50/70
August 29	9:00am	Bonnie Park to Litchfield/Lodi	40/65 miles

Ride Start Locations:

Scenic Park – located off of Valley Pkwy – bottom of hill at Detroit Rd. Metroparks entrance

Paw Paw – picnic area located in Metroparks on the corner of Valley Pkwy and W. 130th

Mastic Woods – picnic area located off of Valley Pkwy at Mastic Rd.

Brunswick – Meet at Laurel Square Shopping Ctr., Pearl Rd. (Rt. 42), 1 mile south of Rt. 303

Bonnie Park – meet in parking lot located in Metroparks Valley Pkwy south of Pearl Rd.

Weekday Rides:

Tuesday Evenings – Short slower rides starting from Fairview Park Shopping Center on Lorain Rd. near post office, 6:30pm. Call Bob Ugan at 216/476-0353.

Wednesday Evenings – Moderate to fast pace 20-30 mile rides starting from Kamm's Corner parking lot in Westpark, 6:30pm. Call Ed Wheeler at 440/572-1122.

Wednesday Evenings – Moderate pace rides starting from Olmsted Falls Library parking lot. Call Mark Snitzer at 440/236-3017.

Wednesday Mornings – Moderate pace 25-35 miles with a lunch stop starting at various locations. Call John Glasgow at 440/777-7392.

Thursday Evenings – Race Training Ride - Please call Mike Woods or Ed Wheeler for more info.

New Tandem Rides

Mike Woods has designated the following rides as “tandem friendly” and encourages those with tandems to come out on these routes:

August 1	CVNRA ride on pavement	30/50 miles
September 26	Valley City to Lodi & Wooster (a repeat ride)	
October 31	Olmsted Falls to Grafton & Wellington	30/60 miles

Touring Division

The Touring Division just completed it's third consecutive Memorial Day Weekend tour of the Blue Ridge Parkway. This year the club members rode along a 120-mile section from Waynesboro, VA and Roanoke, VA. The eight riders biked a combined 880 miles and climbed 72,000 feet in elevation in two days of riding.

In previous years club members completed a 100-mile section south of Roanoke and last year rode the entire length of the Skyline Drive. There remains 250 miles of the Parkway in North Carolina to be completed over the next two years over this weekend. We had a tremendous time and great weather on this years Blue Ridge Parkway tour.

In addition to the 110 average miles of spectacular biking along the mountain ridge of the Blue Ridge we found time to hike to the top of Sharp Top Mountain (3,520') next to the Peaks of Otter Lodge. Saturday, Jerry Storer redid a grueling climb from Vesuvius, VA to the ridge (which is part of the Transcontinental Adventure Cycling route). The last time he did this 1,500' climb (in under 2.8 miles) was 20 years ago with a 40 lb. Schwinn Varsity, loaded with 40 lbs. of gear and without a granny gear. While some of us climbed Sharp Top, Tom Meara biked a major hill climb of 3,300' in about 9 miles. On Sunday we all biked on the highest part of the Parkway in Virginia at 3,950'. The other riders this year included: Bob Parry, Tama Ripley, Dale Stalnaker, Krista McNamee, Gayle Swan, and Bonnie Vargo.

Racing Division

The following LEW team members competed in the bike events listed below.

- 5/11 WESTLAKE CRITERIUM – Diffenbacher, Malec, Woods
- 5/15 TEAM BURN TIME TRIAL – Marx (2nd, Cit. 45+), Boland (3rd, Cit. 45+), Schneider (3rd, Cit. 35+), Malec, Woods
- 5/16 CHIPPEWA CREEK ROAD RACE – Diffenbacher (6th Cat. V/Cit.), Woods (5th Cat. V/Cit.)
- 5/18 WESTLAKE CRITERIUM – Diffenbacher (5th, “B”), Malec, Marx, Woods
- 5/19 SF TOP EVERETT ROAD RACE – Hoffman (4th)
- 5/23 PRESQUE ISLE TIME TRIAL (Erie, PA) – Bob Parry, Bonnie Vargo (3rd), Marx (3rd), Woods
- 5/25 WESTLAKE CRITERIUM – Diffenbacher
- 5/29-30 WAIKEM SUBARU SR – Diffenbacher, Woods, Malec (Stage 2), Hoffman (Stage III)
- 5/29 KANSASVILLE (WI) TIME TRIAL – Nezovich (7th, 50+)
- 6/1 WESTLAKE CRITERIUM – Diffenbacher (6th), Schneider (5th), Malec, Woods

Team LEW welcomes new club member and racer Brian Schneider!

Bad email addresses

We are having trouble sending e-mails to a number of LEW members. If your email address has changed and you wish to keep receiving LEW news via email please notify Bob Parry at bikelew@juno.com or call Tama Ripley.

Club Jersey's

Just a reminder that LEW club jersey's are still available. The cost is \$50.00. Please call Tama to purchase one.

Club Meeting

The next official club meeting will be held October 5. There are no meetings during the summer.

Mayor Vince Urban
City of Avon Lake

Dear Mayor Urban:

The article in today's (April 20) Cleveland Plain Dealer suggested that local communities, yours included, were looking for recognition for improvements made for bicyclists. I am writing to let you know that the changes you have implemented in Avon Lake not only have been noticed, but very much appreciated by riders like those of us who are members of the Lake Erie Wheelers bicycle club.

Last December I first noticed the new bicycling lanes added on Walker Road out to the city limits and the connecting roadways to Lake Road. These improvements, in my view, are extremely thoughtful and well-executed.

Serious road cyclists understand that the state and federal budgets subsidize this work under ISTEA and other programs, but the cities must have thoughtful leaders to take advantage of them. Those that do and make allowances for activities like outs may well end up benefitting by increased consumer traffic and visits by large groups of cyclists. For instance, a favorite Wednesday night ride takes us to the Arabica Coffee Shop in Avon Lake, and we regularly have more than 15 riders in this group. Once we find a route and destination that caters to us, we end up being loyal to it.

Hopefully, many other city governments will emulate your forward-looking efforts. Many of us cannot vote for you or your city council, but we can vote with our wheels in a manner that many of your city businesses can appreciate — by patronizing them.

On behalf of the membership of the Lake Erie Wheelers with our more than 100 members, we salute your town's work to make our sport safer and more comfortable while we are in Avon Lake.

Sincerely,
Mike Woods, President
Lake Erie Wheelers



P.O. Box 18189, Cleveland, OH 44118

440-954-4201

email: clevetourclub@hotmail.com

web: clevetourclub.org

Membership Keeps Growing

CTC welcomes these new members. We look forward to riding with you:

Walter, Maureen, Martin & Blake Williams and **Rob Hartwick** of Twinsburg, **Gregory Golya**, **Jennifer Wischhusen**, **Mary O'Connor** and **Emil Brown** of Cleveland Hts, **Terie Travino** of Hudson, **Karen Steckner** of Mayfield Hts, **Mary Sadowski** of Euclid, **Robert Harwood** of Parma, **Ruth Powell** of Kingsville, **Jack Ganz**, **Michael & Garner Resch** & **Jim Simler** of Shaker Hts, **Don & Diane Shoemaker** of Novelty, **Steven Kanter** of Mayfield Village, **Ed Enyedy** of Eastlake, **Mark Bir** of Chardon, **Barbara Messinger Rapport** of Highland Hts, **Mike Harrison** (Chuck's son) of Mentor, **Gregg Forstyk & Frank Witchey** of Concord, **Juliana Beck** of South Euclid and **Lee Kothera** of Bedford.

Photo Day & Pot Luck Picnic

CTC Photo Day Picnic is **Sunday, August 1st**. Put the date on your calendar so you don't miss this special day. Wear your club colors. CTC will be cooking up hotdogs, hamburgers, veggie burgers, and beverages, and members should bring anything that will go along to make a great **pot luck lunch at 1:00**. Family members are welcome (but not eaten).

Help Man the CTC Rest Stop

The Emerald Necklace Tour will take place on **August 8th** and CTC will be manning one of the rest stops on the **east side** of the tour route. If you are free to volunteer for this great event we could use your help. We will be setting up a club info table with membership forms, photos, etc. Please call **Hope: 216-371-6888** to volunteer.

First Saturday of the Month rides

If you've missed the listing on our schedule (with the Tues-Wed-Thurs series) for the first -Saturday-of-the-month ride from **Western Reserve Cycles**, you've also missed some fine riding, not to mention the coffee and donuts. **Doug Anderson & Mark Bir** the proprietors, have kindly offered their knowledge and time to find some very nice routes, even finding roads CTC has not used. The May and June installments were 20-30 miles. The latter was a little more hilly than the former but both included some newly paved and lightly traveled roads! A most rare combination anymore. I would venture to say that Mark could provide directions for bonus miles if the planned route fell short of your desired mileage.

Doug & Mark are attentive to the needs of those less experienced or mechanically inhibited and have also furnished a couple of their young hotshots from the shop to put the old war horses (like yours truly) through our paces. These rides are a wonderful once a month alternative if you have family or other commitments early on Sundays. Don't let the summer slip away without venturing to Chardon for one these.

Western Reserve Cycles is located on **Cherry Street** between **Routes 6 & 44** in **Chardon**. Rides begin at **8 am** to escape the summer heat. (440) 285-RIDE.

Mountain Bike Weekend

Lois Nicholson & Don May are planning a mountain biking weekend at **Snow-shoe** resort in West Virginia, **July 30-Aug 1**. \$20 deposit. Call them **quickly** to reserve a spot: **(330) 668-3686**.

Reports from Sunday In June

The 1999 Sunday in June was a great success! **431 riders** took part. Thanks to members from local clubs for joining CTC members for our signature event. Thanks to all the CTC volunteers, to numerous to name here, who worked so hard to make it a success. Be proud. And a very special thanks to CTC spouses/family members...we couldn't have done it without you. We were all thankful for the break in the recent heat/humidity and complete lack of reported lost cyclists, accidents, spills or other injuries.

Say, who was that sharply dressed (in his very own CTC jersey, of course) young man seen escorting **Nan Horvath** on Sunday in June's 10 mile route this year? Why, none other than **Nan's own grandson, Forrest**. Nan reports their average speed was 9.5 mph....pretty good for a little guy. It's quite likely that **Forrest** was the youngest single cyclist this year.

Heading west from Parkman to Mesopotamia, we spotted a fellow walking his bike towards us on Rt. 305. Thinking he might have a problem we pulled over and inquired. "No problem at all," he replied, and it was then we noticed he was eating strawberries from a container balanced on his upright handlebars...golf-ball sized strawberries! "Where'd 'ja get 'em?" I asked. "Just a few miles down the road just past the turnoff, at a farm stand." Gayle and I looked at each other, pondered for about an instant, and took off for that farm stand. Fifteen minutes later we were elbows deep in a quart of huge, juicy, beautiful strawberries.

Horsey Hundred

Fifteen CTCers travelled to Kentucky over Memorial Day weekend for this ride, which offered lovely weather, beautiful horse farms and friendly horses to pet.

Weekday Evening Rides

The weeknight rides are in full swing. Join us on the following days:

Tues 6:30 PM Concord Woods Med-Brisk (15-30).

Wed 7:00 PM North Chagrin Casual-Med (10-20).

Thur 6:30 PM North Chagrin Med-Brisk (15-30).

Tues/Thur maps distributed. **Wed** ride with leader at a relaxing pace.

1st Sat each month **8 am Western Reserve Cycles Chardon** (15-20).

1st Tue each month Relaxed ride. Call (440) 951-9492.

Ride Schedule

July	4 8:30	Westwood School – Rolling to hilly.
	5	Monday North Chagrin pickup ride.
	11	North Chagrin to Fowler's Mill(40), Burton(55). Hilly.
	18	Shore Center Shopping Center thru Downtown Cleveland Emerald Necklace thru the Metroparks (up to 95 miles).

- Flat to hilly.
- 25 **Burton** to Garrettsville(30), Mantua(40), Ravenna Arsenal(75)
Rolling to hilly.
- Aug 1 8:30 **North Chagrin** to Penitentiary Glen(25), Hambden(50).
Photo Day. Wear club colors (yellow & blue). **Photos @ 8:30.**
Potluck at picnic area follows ride (**bring a dish to share**). Hilly.
- 8 **Lakeshore Reservation** thru Madison & Perry (25, 40, 60). Flat.
- 15 **Landerwood** to Walden(35), Mantua(55), Hiram(75). Roll.-hilly.

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SUNDAY, AUGUST 8, 1999

Distances: 10, 25, 50 or 100 miles through the magnificent Cleveland Metroparks (all routes are out and back)

Terrain: Start at the Polo Fields in S. Chagrin
Reservation: East to West – Hilly to rolling flat
Start at S. Mastick Woods in Rocky River
Reservation: West to East

10 Mile

Beginner Loop: the "10 Miler" from the Westside start location only –
Great for beginners and families...scenic, shaded and flat
course from S. Mastick Woods to the Berea Falls Overlook

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COMMITTEE:

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

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Ride Schedule

NOTE: All Saturday rides commence at JCC with same start time as following day.

DATE	TIME	START	DESTINATION	MILES
July				
4	7:45 a.m.	JCC	Hiram/Mantua	35-50
	8:30 a.m.	Chagrin Falls Parking Lot		
5	8:30 a.m.	JCC	Independence Day Pick-Up Ride	
11	8:30 a.m.	Perry Park	Madison/Geneva/Perry	40
18	8:30 a.m.	JCC	Cleveland Flats/Towpath	35
25	8:30 a.m.	JCC	Chagrin Falls/Cat's Den	30
August				
1	8:30 a.m.	Northfield School (Olde 8 & Rt. 82)	Hale Farm	35
8	8:30 a.m.	JCC	Solon/Sea World	30
15	8:30 a.m.	JCC	Cleveland/Bratenahl/Urban Desert	35
22	8:30 a.m.	JCC	Club Party Ride?	30
29	8:30 a.m.	JCC	Hudson Reverse	50
September				
5	8:30 a.m.	JCC	County Line/Chagrin Falls	35
6	8:30 a.m.	JCC	Labor Day Pick-Up Ride	

NOTICE: Any nonmember guest who has not signed a release will not be considered, for insurance purposes, as a part of the club, nor will they be entitled to any protection afforded by the club insurance policy. In addition, all minors must be accompanied by an adult and must have a release signed by parent or guardian.

Yo, Wheelers...



Western Reserve Wheelers are on the mend! Seven weeks after he had bypass surgery, **Cal Kirchick** is once again heading the pack. **Harold Pasternak** recently underwent his second hip surgery. While it may be wishful thinking, we hope to see him back on his bicycle before the end of the season.

Members in good standing will again be invited to our **annual pancake ride** from the "J" to Route 306 and Mayfield. Last year we learned the hard way not to eat sausages and ride 15 hilly miles on a hot day!

We hope to have **Ellie** back soon to resume authorship of this column.

— *Ed Reichek*



The Medina County Bicycle Club
Presents their 12th Annual
Ice Cream Metric Century

Saturday, August 7, 8:30 a.m.
New Starting Place!

Who: Bicyclists and their families wanting to enjoy a bicycle outing on a hot summer day.

What: Scenic rolling terrain through quaint small towns of southern and western parts of Medina, and northern Wayne County. Riders can purchase snacks and meals in Seville, Lodi, or Chatham. See the charm and grace of towns of the Western Reserve. There are two totally-new routes available in lengths of 62 and 15 miles.

When: Saturday, August 7, 1999. Register at 7:30 a.m. Ride begins at 8:30 a.m.

Where: This year's NEW Start/Finish is at Fred Greenwood Park in Medina. The park is located just west of the Stop-N-Go store on Route 3, south of Medina Square.

Why: Because this is a low-cost, minimum-service ride, \$6.00 will include a map, road arrows, and coupons for a free ice cream cone and drink at one of the Stop-N-Go Stores along the route. Additional establishments are participating again this year. Riders should be prepared to make their own repairs as only a limited sag service will sweep the route at the end of the day. This ride is not the same as many of the other century rides because lunch is NOT provided but may be purchased on the route.

Helmets: We strongly recommend that all participants wear an approved bicycle helmet while riding in this or any other bicycling event.

To receive registration form by mail, send a Self-Addressed,
Stamped Envelope to:

David Schultz
610 Berkshire Drive
Medina, Ohio 44256



1999 Tour de France TV Schedule

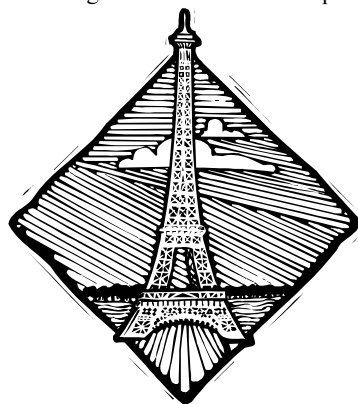
Courtesy of ESPN, here is a schedule of air dates and times for this year's Tour de France. Broadcast network ABC (channel 5 in Cleveland) was also planning coverage on July 10 – 1:00 - 1:30 p.m.; July 11 – 1-2 p.m.; July 18 – 2:30 - 3 p.m.; July 24 – 5 - 6 p.m.; July 25 – 5 - 6 p.m. Breaking news, special events coverage, or other factors may cause changes to this schedule.

ESPN

July	Event	Time
4	Prologue	3 - 4 a.m.
5	Stage 1	12:30 - 1 a.m.
6	Stage 2	2:30 - 3 a.m.
7	Stage 3	3 - 3:30 a.m.
8	Stage 4	2:30 - 3 a.m.
8	–	4:30 - 5 a.m.
9	Stage 5	12:30 - 1 a.m.
10	Stage 6	12:30 - 1 a.m.
11	Stage 7	12:30 - 1 a.m.
11	–	3:30 - 4 a.m.
12	Stage 8	12:30 - 1 a.m.
13	Rest Day	3:30 - 4 a.m.
13	–	1 - 1:30 p.m.
14	Stage 9	3 - 3:30 a.m.
15	Stage 10	12:30 - 1 a.m.
16	Stage 11	12:30 - 1 a.m.
17	Stage 12	12:30 - 1 a.m.
18	Stage 13	3 - 3:30 a.m.
19	Stage 14	12:30 - 1 a.m.
20	Rest Day	12:30 - 1 a.m.
21	Stage 15	3 - 3:30 a.m.
22	Stage 16	2:30 - 3 a.m.
23	Stage 17	12:30 - 1 a.m.
24	Stage 18	12:30 - 1 a.m.
25	Stage 19	3 - 4 a.m.
26	Stage 20	12 - 1 a.m.

ESPN-2

July	Event	Time
2	Preview Show	8 - 9 p.m.
3	Prologue	8 - 9 p.m.
4	–	12:30 - 1:30 a.m.
4	Stage 1	7 - 7:30 p.m.
5	Stage 2	8:30 - 9 p.m.
6	–	12:30 - 1 a.m.
6	Stage 3	8:30 - 9 p.m.
7	–	12:30 - 1 a.m.
7	Stage 4	8:30 - 9 p.m.
8	–	12:30 - 1 a.m.
8	Stage 5	8:30 - 9 p.m.
9	Stage 6	8:30 - 9 p.m.
10	Stage 7	8:30 - 9 p.m.
11	Stage 8	7:30 - 8 p.m.
12	Rest Day	8:30 - 9 p.m.
13	–	12:30 - 1 a.m.
13	Stage 9	8:30 - 9 p.m.
14	–	12:30 - 1 a.m.
14	Stage 10	6:30 - 7 p.m.
15	Stage 11	8:30 - 9 p.m.
16	Stage 12	8:30 - 9 p.m.
17	Stage 13	8:30 - 9 p.m.
18	–	12:30 - 1 a.m.
18	Stage 14	8:30 - 9 p.m.
19	Rest Day	8:30 - 9 p.m.
20	Stage 15	8:30 - 9 p.m.
21	–	12:30 - 1 a.m.
22	Stage 16	8:30 - 9 p.m.
22	–	12:30 - 1 p.m.
22	Stage 17	8:30 - 9 p.m.
23	Stage 18	8:30 - 9 p.m.
24	Stage 19	8:30 - 9:30 p.m.
25	–	12:30 - 1:30 a.m.
25	Stage 20	8:30 - 9:30 p.m.



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Medina County Bicycling Club

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Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
Treasurer:	Bryan Craft	330-723-3006	
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

Saturday - 8:00a.m.call Lou Vetter or Email Tom Waterson (TLW@ohio.net) for ride start and destination (12 - 15 MPH)

Sunday - 7:00 a.m. Sheriff's Parking Lot -call Tom Dease or Dave Shultz for ride destination (12-15 MPH)

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

INVITATIONAL RIDES

7/11 ABC RIDE, MEDINA, AKRON CLUB 100/62/25

7/25 SWEET CORN RIDE , Richfield 62/50/25/10

8/01 ROAST YOUR BUNS,Oberlin 75/40/25/

8/07 12th ICE CREAM METRIC,MEDINA 62/15 STARTING AT
GREENWOOD PARK

8/08 EMERALD NECKLACE TOUR,Cleveland 100.75/50/25

If anyone is interested in riding any of these events please contact Tom 725 - 1058

The Prez Says...

Please welcome three new members to or club this month: Carl Hamrick from Medina has ridden with us several times on his hybrid and is currently looking for a road bike 57 to 60 cm. Steel or aluminum, Campy or Shimano, decisions, decisions. Some of us think Carl

should get something in cast iron, seeing how well he does on that hybrid.

Gary Rivett from Aurora currently commutes to work every day, and enjoys riding many of the trails around the state. Gary hopes to join us on some of our Saturday, Sunday, and invitational rides.

Dave Mackey from Creston has joined us for our Tuesday and Sunday rides. Dave works for Key Bank on the square and is psyched about doing the MS150 this year.

Tuesday ride pace will be determined by general consensus. Sunday rides will remain at a moderate pace (12 - 14 MPH) to give new riders and non-riders the opportunity to join us. We are always looking for new routes and ride leaders. So if you have a favorite route you like to share, or a great restaurant where we can stop for breakfast, let us know. As a club, we are trying to remain flexible with our routes, starting points, and times.

For the latest info see Tom Watson's web page at <http://www.ohio.net/~tlw/>.

Give us your email address and we will update you. Or just call Tom Dease at 330-725-1058

There are only a few jerseys left large and xlarge. We will be ordering more medium's and possibly wind jackets soon.

Through the Eyes of a New Member

As someone who is new to the biking world, I was asked to share some of my new biking adventures...and adventures they have been! When looking for an alternative to running, I decided that I wanted to try biking — after not having been on one since childhood (how things have changed — I wanted to know where the kickstand was)! After starting out with a hybrid bike (bought in April of this year), I learned after one ride with the Medina Bike Club that I needed (maybe wanted) a road bike. Off I went on my first biking adventure...buying a road bike. With one bike in the garage already, I wanted to make sure I made the right decision on my new investment (one bike gathering dust was enough). I compiled pages and pages of notes on what everyone recommended — and I got LOTS of advice. With my mind spinning, I set out for various bike shops. I rapidly learned that it's not as easy as simply "going to buy a bike today." Learning about componentry, frames, seats, gears, etc. etc. was a true crash course (sometimes in Physics).

After almost six weeks of researching, I finally made a decision, so I placed an order. (For those curious, I ended up buying a Specialized with Ultegra componentry, triple, and Terry seat). My "maiden voyage" was set for Sunday morning with the Medina Bike Club. (I was so excited about my new bike that I cut a weekend trip to Chicago short to return on Saturday night to ride on Sunday morning.) Well, after getting the "thumbs up" from everyone on my new bike and accessories (I still don't really know how to operate my Flightdeck), we started off for a nice morning of, uh...hills? No one had told me we were shooting for 35 miles AND that we were going to Hinckley to ride hills! Luckily, my bike is a triple...unluckily, it would not shift into the "granny" gears when I needed them most on the hills. Okay, 17 miles into the ride, some "adjustments" were made and my bike began to shift into the "granny" gears for the rest of the ride. By the end of the ride (for reference, this was only my 4th time out & my 1st time on a road bike), certain body parts were "feeling" the hills. Exhausted, but exhilarated (down hill at 30 mph is fun!), we headed back to town. However, we decided to take a shortcut through the park on a bike path...maybe a narrow bike path. Well, my "maiden voyage" was not yet over when we rounded a curve, at least I was supposed to round a curve, and I lost control of my bike. I've never seen a tree (a thorn tree at that) coming at me as fast as I did that morning!! From somewhere in my subcon-

scious, I remembered how to “fall” from childhood horseback riding lessons. Kicking my feet away from the petals, I “rolled” into a fetal position and hit the ground. Before I knew it I was laying up against the tree with my bike on top of me. Amazingly, I wasn’t even bleeding from the thorns and, thankfully, no broken bones. (The only remnants of my fall were some nice bruises and a sore body that developed over the next several days!) My fellow riders quickly picked me up, dusted me off, and expressed amazement that I wasn’t hurt (or at least bleeding from the thorns), but all I wanted to know was if my bike was okay...it was (YES!).

Even with my somewhat “rocky” start into this new sport, I must admit I’m having a wonderful time. Already, I’ve met some really fun people, enjoy the workout, and the camaraderie...I think I’m “hooked.” A BIG thank you to the Medina Bike Club (especially Tom, Dave, & Brian) for their continued patience with my never ending questions and struggles to “keep up.” Without their encouragement, I may have given up before I even got started – thanks.

Looking forward to more adventures...on the road...again...hope everyone has a safe summer of riding.

Cindy L. Steeb

Absolutely Beautiful Country Ride

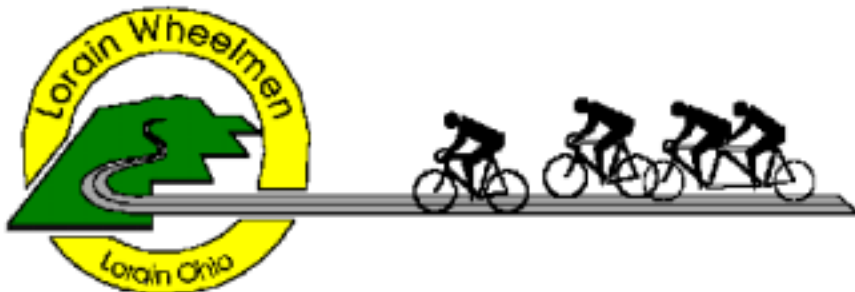
1999

July 11, 1999, marks the 24th annual ABC Ride. Formerly called the Circle Akron Ride because the one-hundred mile route actually did circle Akron, the ride was totally changed last year so that the 25, 62, and 100 mile routes would be in rural areas with good roads, great scenery, and low traffic. The century route is for the well-conditioned rider as it crosses the rolling farmland of Medina and Wayne counties. The metric century follows a large portion of the century route, so the 62-milers will share the same spectacular scenery, rolling roads, and lunch in the park with the 100-milers. The 25 mile route is designed for casual riders who want to ride in the country. Snacks and ice cream will be provided in quaint Sharon Center. The route will be marked, with maps and sag service provided. After the ride showers will be available, so bring towel. The cost for the longer routes is \$15.00 before June 26 and \$20.00 after that date. The cost of the 25 mile ride is \$10.00 before June 26 and \$15.00 afterwards.



For more information visit at
<http://geocities.com/Yosemite/7753> or send a
SASE to ABC Ride, PO Box 226 Stow, OH
44224-2268. Phone (330) 848-3692.





Day	Date	Start From	Destination
SUN	7/4	Amherst Powers	Vermilion Huron
MON	7/5	Amherst Powers	U-Show-We-Go
THU	7/8	Nordson Depot	Meeting @ 7:30
SUN	7/11	N. Ridgeville	Medina
		Amherst Powers	Oberlin
SUN	7/18	Amherst Powers	Oberlin Grafton
SUN	7/25	Oberlin Inn	The ROAST routes
SAT	7/31	Oberlin Inn	Ride today
			Work tomorrow!
SUN	8/1	Oberlin College	ROAST your Buns

Tuesday evening rides will start at 6:00 PM from the Oberlin Inn

Thursday evening rides will start at 6:00 PM from Amherst Powers EXCEPT for meeting night, 7/8. That ride will start from the Nordson Depot

June was an active riding month in the Club. Sue & Daryl went to St. Louis for a charity ride. There was a Club presence at the River Rendezvous, Sunday in June and GOBA. In addition, the Club Sunday rides were well attended. There seems to be a small kayak movement in the club with four boats now. On 6/12 three of them launched at Lynn's house and paddled to the Lorain harbor. They thought they were going to get caught in the storm that afternoon, but it seemed to go through, only dumping rain in Amherst. The lake, Lorain, and Oberlin remained dry!

Rider attendance for weeknight rides, while small, is a faithful group. The Tuesday bunch is still trying push the envelope, while the Thursday riders are more civil and stay together for a nice 25-mile ride. There is a "secret" ride on Tuesday. Frank usually hosts a bike path ride with a moderate pace so you can see what is going on around you.

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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

RIDE SCHEDULE (All rides start at 8:30 a.m.)

- 7/4 **Olmsted Falls to LaGrange** - 35 flat miles starting at the Mills River Plaza at the corner of Columbia and Bagley Roads in front of National City Bank.
- 7/11 **Olmsted Falls to Vermilion** - 65 miles flat ride starting at the Mills River Plaza (same as above)
- 7/18 **Valley City to Lodi** - A new route! 50 mile flat ride from The Depot in Valley City, on Rt. 303 just west of Columbia.
- 7/25 **The Clavicle Cracker** - 58 mile rolling to hilly ride from the Pawpaw picnic area to Doylestown.
- 8/1 **Olmsted Falls to Wellington** - 65 flat miles starting at the Mills River Plaza at the corner of Bagley and Columbia Rds.
- 8/8 **The Emerald Necklace Tour** - The Cleveland Metroparks
-

Beware those who would challenge the bicycling gods. . . naming your ride HASSLE (Half Way along the South Shore of Lake Erie) is asking for trouble. In the past this has always been a most enjoyable ride, but we never named the ride before. The ride started out with sunny skies and moderate temperatures; however, the roads were not as we remembered them years back especially in Lorain where there was dirt flying and road hazards to constantly watch out for. Traffic was also perceived higher because of the holiday traffic to, you guessed it, Cedar Point. We also came to find out that our most favorite restaurant, "Ianni's" has changed hands and was not open on Sundays!!! And last but not least, one of our riders had a flat which defied being fixed with a patch kit. Unfortunately, since not everyone was riding with the same tire circumference, no one else had a spare to spare. After repeated attempts, our Ride Leader, Pat Artl, spotted a Speedway store and made his first trip. With a second trip to Speedway and all riders in tow, Pat was finally was able to fix that darn flat. Of course, carrying a spare tube is almost a guarantee that you won't have a flat but you just never know, do you? Unfortunately even a spare inner tube is not always the answer, either, when there are other problems going on. Thanks to Pat for his patience in a most frustrating and time-consuming situation.

Just a sidebar, there was a car dealership we passed in Lorain called “Carrion” (*Webster’s New World Dictionary* definition: “Anything very disgusting or repulsive” or the decaying flesh of a dead body, esp. when regarded as food for scavenging animals”). Makes me want to buy a car, don’t you? P.S. Good Luck to TASSLE this year. There is much road work requiring detours not only in Lorain but Huron as well. Hopefully the bicycling gods will look kindly on you.

Our ride to Medina on Sunday, June 6 was challenging from a temperature standpoint — in the upper 90s as many will remember — and the terrain going out was largely uphill. The return route, however, offered not only a very scenic ride but one largely downhill, allowing the less athletic rider (myself this year) to easily coast at 28 mph and I am sure at a much brisker pace for the speedier among our group. Although some urban traffic could not be avoided, the route was very scenic and not having to peddle for almost five miles is my idea of a great ride. Thanks to Pat and Ken!

The ride to North Akron was quite a challenge. The loop took us from Paw-Paw Picnic area in North Royalton to the north end of Akron by way of the Cuyahoga Valley. Every downhill in the morning had to be “paid for” in afternoon climbing including the notorious Snowville Road! Most of us made it just fine. One casualty: a broken chain and slow-mo tumble (nothing serious). A pleasant bagel brunch outdoors was refreshing and enjoyable. Along the way we were blessed with beautiful weather, a fox crossing the distant road ahead, a white cat walking on the top of one of the Cuyahoga Valley Line’s rails, the train itself in Peninsula (no tragedies involved here), and a close-up look at the heron rookery (nesting place of the Great Blue Herons) along Bath Road in the CVNRA. The giant, prehistoric-looking birds perched — in pairs! — high in the trees above a primeval wetland were simply awesome! The 50-mile tour was a training ride for some, a big challenge to others, but (we hope) enjoyed by all. At the very least, we know we can do it and got stronger trying.

KEYS FOUND: On one of our rides or the other, ride regular Dennis Burke somehow wound up with someone else’s keys in his bike bag. There’s a Ford car key, at least one house key, and a trinket key-fob. Call Dennis direct, or contact Jim Guilford or Pat Artl and we’ll put you in touch to claim your keys!

PS: For those CRCers that have just recently acquired an email address or for some reason forgot to pass it on, please contact Pat Artl at CrookRiv@AOL.com and he will put you on his Crooked River Cyclists’ email list to remind you weekly about the next Sunday’s ride.



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SCHWINN PARAMOUNT 51 cm, road racing. Reynolds tubing, Campy Record and Shimano 600 Ultegra SIS components. Large-flange Campy hubs. Scott tri-bars. Excellent cond. \$800. Call: (216) 831-6248.

MAGURA HYDRAULIC brake system (one caliper set) used on road bike. Extra pads; very good con. \$50. Call: (440) 748-3843.

TIME EQ PRO shoes, black, size 44 (10 to 10 1/2 U.S.). Too narrow for me. Paid \$200; asking \$60. Call: (440) 748-3843.

TREK 5220 — 50 cm, converted to triple crankset. Fewer than 400 miles on bike. Asking \$1,800. Call: (330) 782-7408.

expire July

KESTREL 200 SCI 54 cm, Shimano Ultegra components, Spin wheels, excellent condition, \$1,500. Also, AEGIS 54 cm frame (never used) and extra wheels, tires, tubes, supplies. Call Paul Arundel at: (440) 779-8594.

YAKIMAANKLE BITERS two, brand-new, with locking cores. \$250. Included are two wheel trays, four towers, two cross-bars, four locking cores, and all necessary hardware. Call David: (216) 360-0709.

HELP WANTED: Century Cycles is looking for enthusiastic, friendly, and motivated people for any of their three stores: Medina, Peninsula, Rocky River. Voted one of the best bicycle shops in North America. Work in fun industry with great people. Full- or part-time, year 'round or seasonal. Sales or mechanical experience helpful. Positive attitude, zest for life essential. Call: (800) 201-7433.

WANTED: modestly-priced hybrid or comfortable road bike for girl heading off to college. She's about 5'9". Bike wanted with medium-width tires, in good condition. Call: (216) 932-6159.

WANTED: used Trail-A-Bike or similar device for pulling kids behind while they ride and pedal. Call Marty: (216) 932-6159.

expire August

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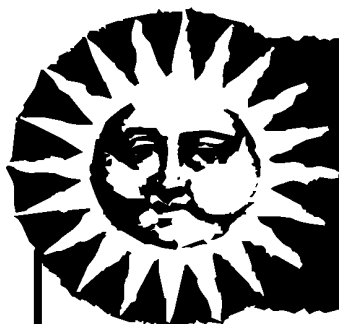
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