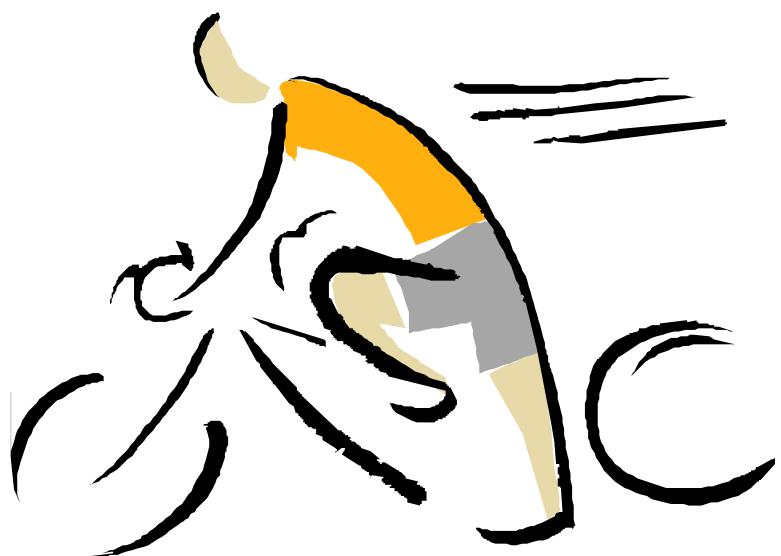
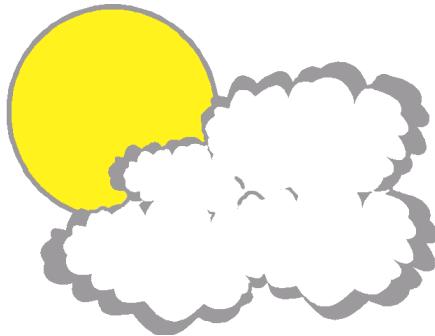


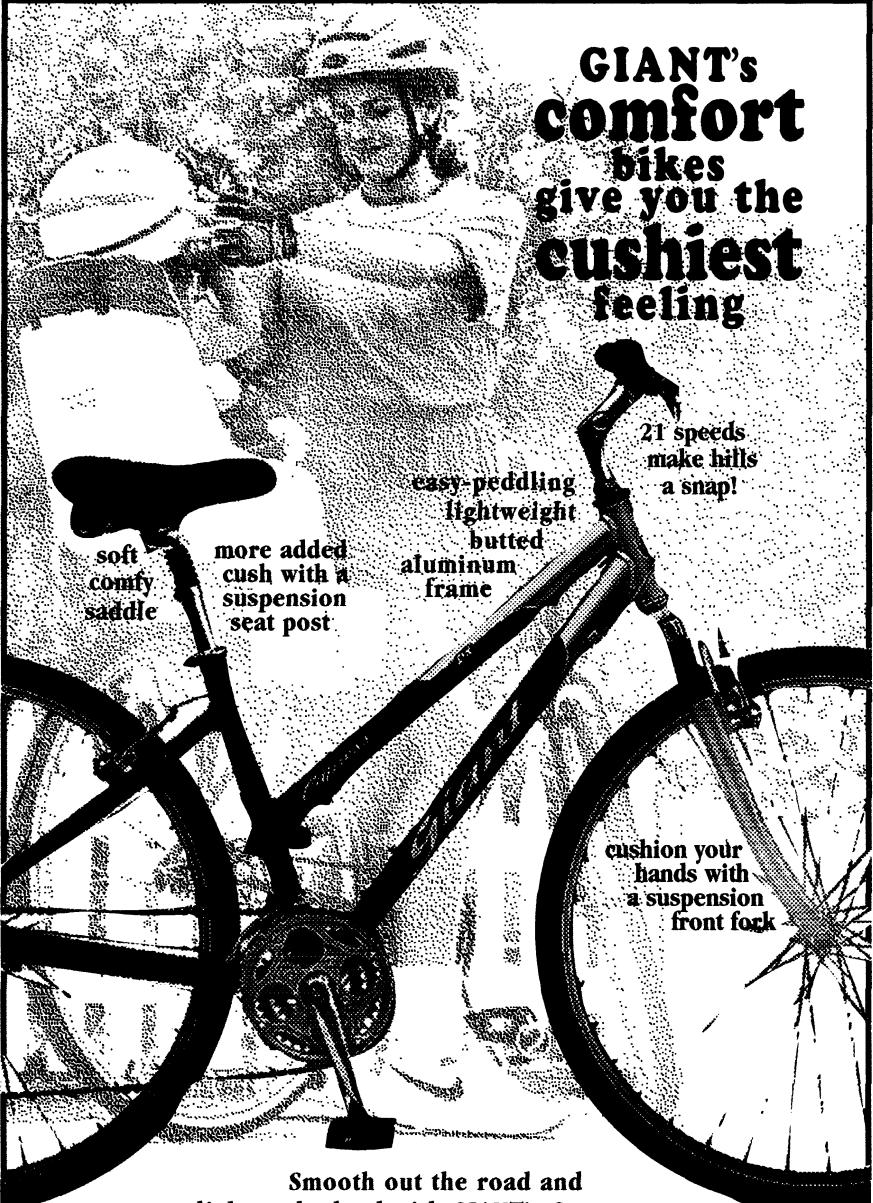


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— *Lewis Black, stand-up comedian*

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Gossip

For the longest time it seemed that the **Dust of Shame** had soiled our bikes.

You know, house dust instead of the outdoor variety of dirt. **Finally** that coating of compunction has been replaced by the **Dust of Honor**. All this is a way of saying we've finally been able to do some riding and we haven't taken the time to wash our bikes. It is nice, however, to be getting out again even though we are finding out just how out-of-shape one can get when one doesn't ride regularly. Guess we haven't shed all our shame just yet. **Unless they made that Metroparks hill steeper!**

Speaking of shedding, we couldn't believe our eyes back on June 2nd when we checked the rearview mirror of our car. That's



right, The Crank must drive frequently and a lot more distance than we would like just to keep a good job and live in an nice, affordable home in today's economic reality. (Sorry, knee-jerk defensiveness.) Anyway, we saw this **huge orange face** creeping up on us — looked like it had **big green eyes and pointy ears!** As it came closer we saw that it resembled a **giant orange pussy cat!** It passed us on I-71, northbound and in a hurry ... well over the speed limit. **Bad kitty!** Turns out this apparition was really **The Meow Mix Mobile** and

not a 'sixties flashback. The full-sized, customized van weighs 9,850 lbs., is 19 feet long, 8 feet tall, its engine (according to Meow Mix) is "5.8 litters, a growlin' V-8." Some cat! Out-of-state vanity plates read: "MEOW 4U." It was accompanied by a white pickup truck marked, "Meow Mix Mobile Crew." Now, if we could just remember the words to their commercial jingle.... meow!

Big vehicles? This summer the **Greater Cleveland Regional Transit Authority** (RTA) is supposed to roll out their "**rack-and-roll**" program. They're buying and installing **165 bike racks** (www.bicycleracks.com) for the **front of RTA buses**. This will allow commuters or other cyclists to ride to bus stops, get transported to a destination (in or away from town) and ride to their final destination. Sounds a lot better than auto commuting — and cheaper — if commuters can find a place to park at the office! **RTA will also be allowing bikes on rail cars** on weekends and off-peak hours. For details go to the RTA Web site: www.rideRTA.com. **If the racks** (and rail dispensation) **are well-used**, RTA may be impressed enough to buy more hardware and **expand the program**. If not, well, nobody wants to take their bikes with them on buses or trains... or at least RTA will think that! **Ryan McKenzie would like to know** where the racks are most needed. Reach him at (216) 932-3007 (EcoCity Cleveland) or: ryancleve@core.com.

We're writing this while **GOBA is merrily rolling around** the southern part of the state. We were told they **sold out again** — 3,000 riders from 43 states plus Washington, DC, Canada, and the Virgin Islands. While it's billed as a family ride, the gender balance was interesting: 62 percent male, 38 percent female. The oldest rider registered was 82. We hope to hear tales of the road when the locals get back from their 350-mile adventure.

Now, where's that dust rag? We've gotta shine up that ride, get in shape, and go get some ice cream and home-baked cookies!

— The Crank



Cleveland Touring Club

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Grand River, OH 44045-0667
440-954-4201
email: clevetourclub@hotmail.com
www.clevetourclub.org

Welcome to New Members

Betty Delsanter & Donna Wallon of Mentor, **Bruce Oppenheim** of Chardon, **Susan Wagner** of Sandusky, **Morgan McIntosh** of Concord, **Thomas O'Maille & Kate McCausland** of Cleveland Hts, **Phil Manning & James Hughes** of Shaker Hts., **Alfred Walther** of Highland Hts. Welcome! We hope to see you this season!

August 5th - Mark Your Calendar - CTC Photo Day & Picnic

At Forrest Glen Picnic Shelter in **North Chagrin** Reservation. This shelter is just east of the Sanctuary Marsh parking area. The annual Club Photo will be taken prior to the ride at **8:30 A.M.** Wear your club jerseys/jackets or club colors. There will be ride distances to allow everyone an opportunity to return to the park by 12:00 noon. CTC will be cooking up hamburgers, veggie burgers, and brats. We will have all the fixings along with beverages, & tableware. **Please bring** a salad or dessert to share.

Congratulations

Congratulations to **Scott Erdman's** racing team that placed 3rd in the coed 4-person team division in the 1st of 5 Ohio Adventure Races. I'm sure it took lots of work and time to get ready & this is why we haven't seen much of Scott. Good luck in the balance of the races.

Conneaut Lake Park Trip

Make your reservations now for the Conneaut Lake Park overnight **Aug. 25-26**. This is a two-day ride leaving from Chardon, OH on Saturday and arriving at Conneaut Lake Park (built in the late 1800s) in Meadville, PA. We return Sunday. You can **stay overnight** in the park at the Hotel Conneaut (814) 382-5115. Please call early to get a room in this century old hotel. You will do a **50-mile** ride each day from Chardon & back. If you don't want to ride, you can drive out. The Hotel has a prime rib buffet on Saturday night, and a breakfast buffet on Sunday morning. Other food is available in the park or near the park. Admission to the park is FREE and you can get a half-day ride pass for less than \$6.00. The park has a nostalgic Victorian atmosphere, a beach, water park, midway with games, and evening entertainment by Jimmy & the Gemstones (a Polish Festival with Oomph-Pa Band). If you have any questions please **call Art Emser** at 440-974-0668 or check out their web site at <http://www.conneautlakepark.com> for park info, hotel info and food info & town info.

Sunday In June

Thank you to all the Sunday in June volunteers! It was fun working with everyone on our annual CTC Bike event that treated approximately 430 riders to the beauty of the Amish countryside. For those of you who are unaware, the CTC has this side of Cleveland's best SAG drivers, arrow detailers, car parkers, registration techs, rest stop crews, brochure & T-shirt artists, organizers and helpers. The Event was a big success because of all your hard work. We'd also like to credit **Century Village** for their beautiful facilities, **Miraglia's Catering** for the delicious lunch, the fun-loving cyclists who came to ride, and Mother Nature of course!

And check our web site's Sunday in June page for photos.

— **Barbara Cicigoi**, Ride Director.

Sign Up for the CTC Email List

The CTC has an email list that you can join. When you sign up you will receive any email messages sent out by club members and you can send messages yourself. For example, if someone finds themselves free for a Saturday afternoon ride in your part of town and sends an email looking for company, you'd be able to join them. To join the CTC list go to: <http://www.topica.com/lists/clevetourclub/> Then select "Join List" and fill in the requested data and you're in. Or send an email to: clevetourclub-subscribe@topica.com.

Marietta River Rendezvous

In early June there's one ride that stands out from the rest, a 2-day ramble along the Muskingum River from Zanesville to Marietta and back. The rolling back roads are a delight as is the river, usually near flood stage and moving quickly, as are the trees that block the headwinds. Facing a near certain prediction of rain, **Gayle Swan** and I cycled south on the tandem, stopping at the lovely small towns along the way and lucked into the lunch stop a few minutes before the rain. Smugly we munched sandwiches as other, more tardy souls, came dripping in. When the rain stopped, we smugly resumed.

The computer hadn't worked since we started. Gayle depends on this for spiritual nourishment on a ride, but being a mechanical incompetent I could only shrug and hope that Chuck Harris, sag support for the ride, would be able to solve it. Then I had an idea. A friend had recently thought to borrow the computer when his malfunctioned. I pushed had on it and it snapped into place. And began working. My Hero!

Our smugness was well repaid by getting caught in a steady rain the last half hour and arriving in Marietta just as wet as those poor people at the lunch break. At the dorms an interesting social situation arises. Four rooms share a bathroom. Normally four single sex rooms. But not now. So we each peeked out the doorways, discretely knocked before entering and all managed to shower without fatally embarrassing anyone. We all smelled much nicer on the evening Riverboat cruise down the Ohio River with a local group playing for our enjoyment.

CTC stalwart **Nan Horvath** was unable to accompany husband Bruce on the route due to bad back problems, so she went sightseeing by car while Bruce rode. CTC romantic **Dan Waina** spent the better part of the trip mournfully searching for an old female friend and snaring the rest of us into looking for her too. "She's number 265, remember 265. Let me know if you spot her." And on the return ride at lunch, there was Dan proudly sitting next to her chatting up a storm.

— **Marty Cooperman**

In addition to the above, the following CTC members were seen: **Don May, Lois Nicholson, Sandy Peters, Lori Box, Dana Kalchoff, Mary Hoffman, Pam & Bill Tinkler, Shirley & Norb Berie, Ritchie Orris, Marilyn Taylor, Barb Cicigoi, and Tim & Malinda Layne.**

Ride Schedule

Jul 8 8:30 **Bessie Metzenbaum Park** (Geauga Co Park) to Girdled Rd.
(50) hilly

15 7:30 **North Chagrin** thru downtown Emerald Necklace (up to 95 miles)
Alternate route to Bedford (50) meet at **8:30**. flat to hilly

22 8:30 **Burton** to Garrettsville (30), Mantua (40), Ravenna (75) Rolling/hilly
29 **Lakeshore Reservation** thru Madison & Perry (25,40,60)
Flat/rolling

Aug 4 Sat pickup ride **Chardon** from WRCS
5 **North Chagrin** to Polo Flds(20), Solon(40) **Photo Day** – wear
your Club jersey (photo 8:30), **Potluck lunch** after ride Rolling/hilly
12 **Burton** to Mesopotamia (27), Mosquito Lake (48), Jamestown
PA (90) Flat/rolling
19 **Landerwood Tom Black's Mystery Ride** Lots of Fun

Second Tuesday of the month - Tour de Tuesday 9:15 AM

~Relaxed rides at a moderate pace with a social emphasis.~

July 10 Meet at Concord Woods, (Lake Metropark Nature Park)
11211 Spear Rd; Concord, ride to Thompson for lunch.

Aug 14 Ride starts from Chardon Square to Punderson,
bring a picnic lunch.

Team USPS Recognized at Ceremony at Westlake Post Office

WESTLAKE — The USPS Pro Cycling team was to be the focus of attention on June 28 when the Cleveland District of the U.S. Postal Service invited local cyclists, cycling enthusiasts, and the general public to a special flag raising ceremony at the Westlake Post Office, 27300 Center Ridge Road. Similar ceremonies will take place across the U.S.

"We believe that this special flag raising ceremony will go a long way to raise awareness about the USPS Pro Cycling Team and the hard work they do all year long to represent the United States — and the Postal Service — in more than 53 races all over the world," said acting Westlake station manager Chris Cooper.

The flag raised at the ceremony has been autographed by members of the USPS Pro Cycling Team, and will be kept on display at the post office throughout the Tour de France. When the race ends, a drawing will be held and the autographed flag presented to the lucky winner. Customers can enter the drawing at the post office; no purchase is required.

Updates on the team will be available at www.usacycling.org. Information on the USPS Pro Cycling Team is available at www.uspsprocycling.com.



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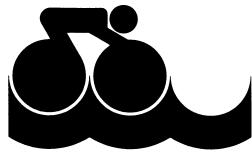
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Bob Ugan

216-476-0353

LEW Club Weekend & Holiday Ride Schedule

July 01	9:00	First Annual LEW "Scoop-a-Loop" © Ride - Start to be announced
July 04	10:00	Holiday Hawiian Shirt Ride - Scenic Park to the Flats for lunch - 30 flat miles
July 08	9:00	Bonnie Park to Medina & Lodi - 30 / 60 miles
July 15	9:00	Paw Paw to Hinckley & Doylestown - 30 / 60 hilly miles
July 22	9:00	Mastic Woods to Peninsula - 40 / 60 miles
July 29	9:00	Brunswick to Rittman - 55 miles
Aug. 05	8 - 9	Four County Metric freebie ride – Wallace Lake @ Metropark in Berea - 45 miles or 62 miles.
Aug. 12	9:00	Scenic Park to Huntington Park & Vermillion - 20/50/70 flat miles.
Aug. 19	9:00	Bonnie Park to Litchfield or Lodi - 40/65 flat miles.
Aug. 26	9:00	Olmsted Falls to Grafton and Wellington - 30/60 miles.

Ride Start Locations:

<u>Bonnie Park</u>	In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.
<u>Brunswick</u>	Laurel Square Shopping Center parking lot, off of Pearl Road (Rt. 42), 1 mile South of Rt. 303.
<u>Mastic Woods</u>	Picnic area and parking lot in Rocky River Reservation, off of Valley Parkway 1/4 mile south of Puritas Avenue & Mastick Road.
<u>Olmsted Falls</u>	Olmsted Falls County Library, Columbia Rd, just north of tracks, by the covered bridge.
<u>Paw Paw Lot</u>	Picnic area and parking lot, off of the Valley Parkway, just east of West 130 th Street, in North Royalton.
<u>Scenic Park</u>	Parking lot at marina in North Rocky River Reservation, off of Valley Parkway 1/2 mile south of Detroit Road, in Lakewood.
<u>Wallace Lake</u>	In South Rocky River Reservation, at Wallace Lake Parking Lot off of Valley Parkway, 1 mile south of Bagley Road.

Weekday Rides:

Tuesday Evenings – Short, slower rides starting from Fairview Park Post Office (on West 220th, just south of Lorain Rd.), 6:30 pm, weather permitting. Call Bob Ugan at 216/476-0353. Recommended for beginning and slower riders, plus new club members. It is also a very good way to make our acquaintance (invite someone you know).

Wednesday Evenings – The “Ice Cream” rides start from the Olmsted Falls Public Library. The rides will leave at 6:30 pm, weather permitting. Speeds are in the low teens; distances vary from 20 to 30 miles. The routes are for those who prefer quiet country roads, and like to stop for ice cream during the ride. Contact Marc Snitzer at 440/236-3017 or email at: msnit@juno.com.

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 (rt237) in Cleveland (behind Pizza Hut), Call Ed Wheeler at 440/572-1122 or email at: wheels@ameritech.net (weather depending).

Blue Ridge Parkway Tour, 2001

Little Switzerland to Cherokee, mile markers 334 to 469 (as recorded by Bob Parry).

The fog was so thick you could not see the blinking taillights on the bikes just a few yards ahead as we pedaled out Friday morning May 25th from the sumptuous Little Switzerland Inn. It was to be a long hard day of 56 miles from Little Switzerland N.C to Asheville, with 8,609 feet of climbing. The day’s itinerary included a short diversion to the top of Mt. Mitchell, five miles and 1,400 feet up from the Blue Ridge Parkway, and then ending in a long fast 4,000-foot descent into Asheville. The fog turned into drizzle, then into a foggy rain after the first 7 miles. Soon it was a pouring, cold, wind-blown rain, and we opted to call it a day after 17 miles and 2,600 feet of wet climbing.

This was the first time in the five years of biking the Blue Ridge Parkway on the Memorial Day weekend that we stopped biking because of the weather. Each year a group of four to 12 cyclists from Cleveland have traveled by caravan to complete another 100+ miles of the finest cycling this side of the Rockies. This year we had nine riders (Bob Parry, John Koch, Ron Corey, Tom Nezovich, Krista McNamee, Russ Marx, Jerry Storer, Tama Ripley and Bonnie Vargo) for the last and most challenging southern section that ends in Cherokee, N.C. This year we also needed an extra day to complete the 140 miles and 17,000 feet of climbing, so we left Cleveland on Thursday, planned to cycle for three days, and then return on Memorial Day.

Arriving in Asheville around 12:30 pm, the clouds disappeared, and the sun came out, promising good weather for the rest of the weekend. The unscheduled “free-time” allowed some of us to spend the afternoon touring Vanderbilt’s impressive Biltmore Estate. It took nearly three hours to tour the 250-room mansion (built in 1895, fashioned after the great chateaus of the Loire Valley in France), the gardens, and winery. That evening we all gathered at a local Italian restaurant serving homemade red wine, of which we consumed many bottles.

Saturday, we arose to a bright blue sky and decided to return to Mt. Mitchell. Everyone biked to its summit of 6,684 feet - the highest peak east of the Mississippi. From the summit observatory we could see the parking lot with our vans some five miles away, and the winding Blue Ridge Parkway as it disappeared in the blue haze of the mountains. After a great descent down the mountain, we continued on the Parkway and reached Asheville by lunchtime, dropping down to 2,010 feet. After 10 miles of relatively flat roadway, the climb

began again to reach Mt. Pisgah Inn at about 5,000 feet elevation. This section had the most number of tunnels, the longest of which was 1,434 feet in length. Headlights and taillights were essential in some of these unlit and curving tunnels.

This 63-mile day was one of the most challenging of the trips so far, with 5,800 feet of climbing, and much of it at a fairly high elevation. The National Park Pisgah Lodge was a welcome sight, and sipping a cold beer on the balcony was a well-deserved reward. That night we had dinner in the lodge dining room, and were joined by Phil Hrush and Pam Burda, who made a planned visit to greet us. Sunday morning, we enjoyed our second flat section of the Parkway, lasting for a mile or so before we plunged again into a series of uphills and descents. That morning's itinerary included a ride up to Richland Balsam Overlook, at 6,053 feet the highest point on the Parkway (although we had already biked to Mt. Mitchell, which is at a 631-foot higher elevation).

On the way down to Balsam, we had the scariest ride through a downhill tunnel that caught us all by surprise. We were flying down the Parkway, and around a sharp corner we found ourselves entering a tunnel without our headlights turned on. The 813-foot tunnel was pitch black with a nasty curve that hid the way out, and blocked all light entering the tunnel. It was a quick but scary instant of disorientation before the proverbial "light at the end of the..." led us out of danger. Then it was a long fast downhill to reach the small town of Balsam, where we had a leisurely lunch at the Victorian styled Balsam Mountain Inn.

After lunch we still had 3,450 feet of climbing before the final descent to Cherokee, and the beginning of the automobile trip back home. It has taken five consecutive years for Tama Ripley and Bob Parry to complete the entire Blue Ridge Parkway in "five easy pieces," and along the way we have been fortunate to have a number of fellow cyclists accompany them. If you are looking for tremendous scenery, well maintained roads with little automobile traffic (for 95 percent of the route), challenging hills and exhilarating downhills, then you should consider making a long weekend trip to the Blue Ridge Parkway.

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. If you aren't receiving weekly ride updates and have email, let us know and we'll put you in the address book.

Touring Division News

Please consider joining us in the free Four County Metric, starting at Wallace Lake Parking Lot, on August 5th (not at the Baldwin Wallace Recreation Center). Choice of distances: 40 or 60 miles. Maps will be provided, with the route and locations for food and water, but that's it! No sag, no snacks, no pavement markings, but then again it's FREE!

On Wednesday, July 4th, at 10:00am we will again hold our popular "Holiday Hawaiian" shirt ride starting at Scenic Park. The ride will wind its way through Lakewood and Cleveland, ending up at one of the riverside restaurant/bars in the Flats. Don't forget your Hawaiian shirt or bright colored shirt - no bicycling jerseys! This is a slow urban party ride - Hybrids, commuting and touring bikes would be logical bikes.

There are still some touring events remaining in the riding season. These tours are open to all riders, and everyone is encouraged to participate. Each tour will have a designated ride captain to determine that an individual is capable and equipped for completing the ride. The tours are of two types: fully loaded, self-supporting camping tours; and lightly loaded tours with no need for carrying shelter or food (riders stay at motels, B&Bs, or hostels). Tours are unsupported except where listed. Randonnear brevets are endurance events, not typical tours. The riding is more or less continual for the distances listed.

<u>Date</u>	<u>Route</u>	<u>Ride Captain</u>
July 7 – 8	Ohio Rondonnear Brevet at Springfield, OH. 600 Km. Drive Friday, ride Saturday through Sunday	Tom Nezovich
July 7 – 15	Cleveland to Shippensburg, PA. 500-600 miles, motels	Tom Nezovich
July 14 – 15	Berea to Clinton, Ohio, 110 miles, camping.	Tom Meara
Sept 1 - 3	Allegheny Tour, NY and PA. 200 hilly miles, camping.	Tom Meara
Sept 15-16	Berea to Malabar Farms Youth Hostel. 170 hilly miles	Bob Parry
Oct 26 - 28	Youghiogheny Trail, Ohiopyle. 130 flat miles, camping	Doug Barr

If you are interested in participating, Ride Captains must be contacted prior to the ride:

Bob Parry	(440) 779-8392	bob.parry@juno.com
Tom Meara	(440) 777-2563	tom_meara@hp.com
Tom Nezovich	(216) 749-0029	knezovich@msn.com
Tama Ripley	(440) 331-0281	RIPLEYT@ccf.org
Doug Barr	(440) 734-1715	dougbar@nshore.org

Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained). Anyone interested can contact Tom at 440/777-2563, or email him at tom_meara@hp.com.

Racing Division News

There was no new information available as of press time. For anyone seeking further information about the Racing Division, please contact Tom at 440/933-4093 or at LEWRaceDiv@gateway.net (alternative email: Colnagonut@gateway.net).

Club Meetings...

... will resume in September. Expect them to be held at the Brook Park Branch of the Cuyahoga Library, on the first Tuesday of the month. In the event of changes, members will be contacted. Until then, the open road beckons. Get on your bikes and ride!

New Trail Group Formed

CLEVELAND — Recently created is the Cleveland Area Mountain Bike Association or CAMBA. It is billed as “a group of responsible and dedicated mountain bikers in Northeast Ohio.” The group’s goals are to work with area land managers, park officials, and others to gain access to existing trails. They will also “volunteer their time and energy to maintain local trails and promote sustainable mountain biking in the Cleveland Area.”

The group follows in the tradition of the Northern Ohio Mountain Bike Association (NOMBA) which was disbanded last year.

Founder Michael Farley says the group has no dues at present and asks of its members only a willingness to donate their time and efforts and share their passion for off-road riding. Email Farley at: MichaelFarley@yahoo.com. CAMBA’s Web site: <http://www.joinomba.org/camba>

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Impressive, eh?

What else can you say when someone drops their chain on the final climb, then chases her breakaway companions down and wins the race?! It was no problem for **Felicia Greer** as she kept her composure in winning the Women's USCF Ohio Road Race Championship in Cuyahoga Falls on June 3. There was no gold medal for Greer, a Canadian citizen, but hey, we all know she's the best road racer in Ohio!

Through June 8, 31 team members had taken part in 47 events (all took place in Ohio unless noted):

Road (CR – circuit race; CT – criterium; RR – road race; SR – stage race; TT – time trial)

Iroquois Sports Boosters Presque Isle Spring ITT, Erie PA, April 29 – Miller (3rd, Men 45-49).

PDQ Cleveland Chippewa Creek CR, Brecksville, May 13 – Bosl (1st, Juniors 12-14), Chleboun, Collander, Cunningham Jr., Cunningham Sr., Eldred, Enyedy, Estlack, Garrett (2nd, Men 35-44), Greer (1st, Women), Hayden, Hiller, Lambrix, Lutzke, Stern (3rd, Men 35-44).

Tuesday Night Training Series, Westlake:

May 15 – Estlack, Gallagher, Lu (3rd, "A" race), Marcosson (3rd, "B" race), Riccardi, Stern, Wilkinson.

May 22 – Estlack, Gallagher, Lu, Madison (3rd, "B" race), Riccardi, Stern, Wilkinson.

May 29 – Estlack, Gallagher, Lu, Miller, Papajcik, Riccardi, Stern, Wilkinson.

June 5 – Gallagher (4th, "A" race), Marcosson, Riccardi, Wilkinson.

Mahoning Valley Cycling Canfield Fair CT & TT, Canfield, May 26 – Estlack (1st, Cat. 5/ Citizens), Gallagher, Lu, Riccardi (5th, Men 35+), Stern.

Team ROAR (Racers of the Adirondack Region) Cloudsplitter Classic SR, Lake Placid NY, May 26-28 – Ziccardi (6th of 61, Cat. 3 Men).

Cuyahoga Valley Velo USCF Ohio Championship RR, Cuyahoga Falls, June 3 – Collander, Cunningham Jr. (3rd, Cat. 4 Men), Eldred, Gallagher (1st, Men 55-59), Greer (1st, Women), Griffith, Lambrix (1st, Juniors 15-18), Lutzke (1st, Cat. 4 Men), Riccardi (5th, Men 35+).

Off-Road (XC - cross-country)

Mid-Ohio Mountain Bike Championship XC Series:

Butler, May 5 – G. Bennett (5th, Novice Veterans/Masters), R. Bennett (5th, Sport Veterans).

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

May 26 – R. Bennett (9th, Sport Men 31-40), B. Gardner (10th, Sport Men 31-40).

Multisport

Health and Fitness Promotions Saturn Duathlon, Columbus, May 27 – Greer (3rd, Women Overall), Miller (2nd, Men 45-49).

NEWS

- **Welcome** to new member **Arthur Emser**, of Mentor.

ERIE RACING ASSOCIATION



DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Tues. Eves.	Westlake Training CT Series	Westlake, OH	Chris Riccardi – 440/843-8026 10915 Windham Dr. Parma, OH 44130-1576 chris16@stratos.net
6/29 – 8/12	Criterium America Series	OH, IN, WV	Tym Tyler – 740/321-1446 P. O. Box 438 Granville, OH 43023 teamcolumbus@truesport.com, truesport.com/teamcolumbus
Wed. 7/4	Twin Sizzler RR	Medina, OH	Judy Heller – 330/722-2020 4046 Medina Rd. Medina, OH 44256 ywcamed@ohio.net
Sun. 7/15	Tour of West Deer CR #4	Russellton, PA	Oscar Swan – 412/521-2207 6649 Woodwell St. Pittsburgh, PA 15217-1320 swan+@pitt.edu, or www.acaracing.com
Sun. 7/15	Three Rivers Festival RR	Fort Wayne, IN	Jim Schroeder – 219/471-7142 2108 Kenwood Ave. Fort Wayne, IN 46805 indiana-jim@juno.com
Sat. 7/21	F. H. Buhl Classic RR	Sharon, PA	Bill Tobin – 724/981-3700 28 N. Pine Ave. Sharon, PA 16146
Sun. 7/22	Murrysville Classic CR	Murrysville, PA	Fred Baldassare – 724/325-2093 1229 Twelve Oaks Ct. Murrysville, PA 15668-2783 Race170@aol.com, or www.splen.com/mcc
Sat. 8/4	Ride for Sight RR	New Waterford, OH	Bob Batchelor – 330/457-7118 5166 Bye Rd. E. Palestine, OH 44413-9713

*CR – circuit race CT – criterium ITT – individual time trial RR – road race SR – stage race.

This calendar is a cooperative effort of the region's race promoters and clubs, and is intended to provide date, location, and contact information only; for the full story, contact the promoter and request an official race flyer.

Bike Recycling Project: Riding, Wrenching, and Talking

By Jim Sheehan

About twenty kids, from six to sixteen years old, have been meeting at the Arrupe community center of St. Ignatius High School each week to repair and ride bikes with a handful of volunteers who are interested in promoting cycling beyond the familiar horizons of bike paths and recreational clubs.

The group, called the Ohio City Bike Club, or OCBC, is certainly about recreation, and certainly plans to advocate and use bike paths, but for now is focused on exploring the independence and responsibility which bike ownership brings. We've done a lot in our first eight meetings: fixing bikes and learning about bicycle mechanics, riding, both on the street and in the dirt, some trail maintenance, some workshop organization, and a lot of helmet-use negotiations (everyone who rides with us must wear one).

So far we've got all the kids' bikes working safely (about half bring their own), and are working our way through a fleet of "club bikes" which have been either donated or rescued from the waste stream. For now these bikes, and our limited supply of helmets, are for anyone to use while we meet. As we get a little more structure and supervision we'll develop an earn-a-bike program, with a helmet, lock, tools and a bike as rewards for active participation. All bikes are being licensed and equipped with legally required safety features.

Rides have been only slightly less chaotic than shop time – some impressive progress has been made in safe cycling, by some more than others. Mountain biking on a nearby vacant field is a bit less trying for the leaders' patience, and more tiring for the kids, which seems all for the good.

We've also begun having sit-down business meeting for a few minutes each week, in which the kids have begun to make nominations for election of officers, set club rules, and discuss goals. The goal of the adult volunteers is to become advisors to a club that can eventually be self-sufficient. Here are some impressions written at our last meeting by our members, both kids and adults:

Laten, 6: "I like bike riding. I learned how to ride my bike safely." — "I like working with and getting to know the kids in the OCBC." — "OCBC gives us the chance to work together with friends and learn about bikes." — "I like bike riding." — "I like the bike rides." — William Diaz, 13: "Corny club – need to ride more than talk and we need to work on people's bikes too!" — Michael, 10: "I like the bike club because we get stuff free and we go riding. We get to go out and we go much farther." — "I like fixing bikes." — Denver, 9: "I like to go on rides." — Daniel, 9: "I want to go on a bike ride." — James Duda, 9: "I hate the bike club. All we do is talk." — Joseph Duda, 9: "The bike club needs to do more things to do with us a lot of people are cwing from the bike club" — Cody, 11: "I Like the bike club because we ride around." — Jesica Caldwell, 9: "I like riding my bike, I Love riding my bike. It is fun. Good Bye."

Apparently we face many of the same issues that other clubs face, like a high ratio of stars to water-carriers, and a general aversion to group discussion ("talk," though, is not in short supply). Like other clubs, riding is the main thing. Rides will resume now that we have found the basket of helmets that was thoughtfully stored in the back of the garage, and with the resolution of insurance coverage issues.

Award for Team-Player of the Month goes to Denver, for expediting the departure of our last ride by swapping helmets with Jessica (and on his own initiative!) – it's a real man who can wear a pink Barbie helmet, Denver.

The OCBC meets from 4:30 to 6:30 every Thursday at the Arrupe center on West 30th St. just south of Lorain Ave. All volunteers and kids are welcome, as are any donations, especially helmets and 20" tires, tubes and wheels. Ride leaders with patience, good humor and ability to pass a basic background check will find a very gratifying challenge, and sincere appreciation. Contact Mike McLaughlin at Arrupe at: (216) 961-1260.

Public Meetings Scheduled to Discuss Trails Planning

COLUMBUS — The Ohio Department of Natural Resources (ODNR) held the first of a series of regional meetings in Westerville on June 12 to gather citizen input regarding a proposed statewide system of interconnected, recreational trails.

Recreational trails fill a variety of social, environmental, economic and transportation needs. ODNR's primary goal in developing a comprehensive, statewide trails plan is to produce a document that will assist all developers in meeting the vision of a statewide trails system.

According to an ODNR press release, first steps will be to inventory all existing and planned recreational trails and to gather input on what prospective trails users want and expect from an interconnecting system. Joining in this effort are the Ohio Department of Transportation, Ohio Parks and Recreation Association, Ohio Greenways Project, the Rails to Trails Conservancy, the National Park Service and local trail groups and agencies. ODNR has three goals for the meetings:

1. To gather information on existing or planned state, regional, community trails
2. To identify criteria for trail-related financial assistance
3. To identify strategic issues, recommendations for carrying out a statewide trails system.

Meeting attendees are encouraged to bring copies of any trail plans or proposals (with maps) that ODNR can use in preparing a statewide trails inventory.

Two individual sessions were scheduled for every public conference: 1 p.m. to 3 p.m. and 6 p.m. to 8 p.m. Dates and locations are as follows:

June 13 — Bowling Green; Rotary Nature Center at Wintergarden/St. John's Nature Preserve; S. Wintergarden Road (TR 209); Bowling Green.

June 19 — Athens; Athens Community Center at East State Street Park; 701 E. State St.; Athens.

June 20 — Yellow Springs; Glen Helen Ecology Institute; 405 Corry Street; Yellow Springs.

July 10 — Cuyahoga Heights; Leonard Krieger Canal Way Center at the Ohio and Erie Canal Reservation; 4524 E. 49th Street; Cuyahoga Hts.

Medina County Bicycling Club

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

Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
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

Tuesday - 6:30 p.m. Courthouse parking lot - Jefferson and E.Liberty St.
(10 -15 MPH)

Wednesday- 6:30p.m. Courthouse parking lot- Jefferson and E.liberty St.
(FAST 18+MPH)

Thursday - OFF-ROADERS...Check the web site or contact Linda Miranda

Weekend Ride Schedule

Saturday- Check the web-or call

Sunday - Courthouse Parking Lot - Jefferson at E.Liberty St.
8:30 a.m. Touring Group at (10 - 15 MPH)
9:00 a.m. Racing Group at (18 + MPH)

Or 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!

Anyone interested in riding with this group or being a ride leader, please contact Ian Halliwell at 330-725-3074 or Email at IHalliwell@nobleknights.com

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

7/04 - TWIN SIZZLER - MEDINA - 25 MILE RACE

7/15 - AKRON BICYCLE CLUB RIDE- Medina 100/63/25

JULY 21 — 2001 ICE CREAM ODYSSEY - MEDINA 62/25 MILES

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A Letter from Vetter

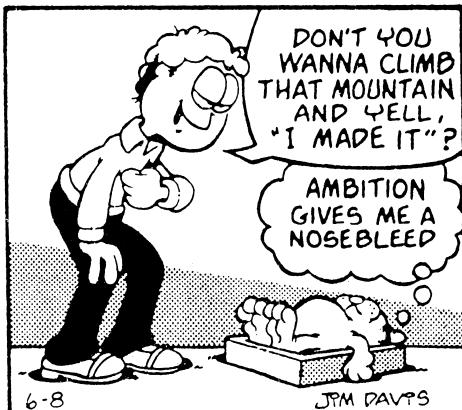
by Lou Vetter

Assault on Mt. Mitchell: This invitational ride has been split into two rides. The National Park limits the amount of participants who may go all the way to the top of Mt. Mitchell. The ride Tom and I did was referred as the Assault on Marion. Both rides start with a mass-start from the Auditorium in Spartanburg, SC at 6:30 am. Tom and I watched from the top of the front steps. The start was interesting, kinda like the New York Marathon. The back of the pack just sits and waits until the row in front moves out. Looked like a bunch of dominoes falling. We dropped in the back and because the route was hilly we agreed to ride our own paces. Tom's pace proved faster. I caught him at the rest stops then he would take off.

At the second rest stop I noticed a man seemingly out of place in the front yard of a house used as a rest stop. I leaned my bike up against a tree in the yard and he seemed angry about something so I asked if it was OK to park the bike on the tree. It turned out that he owned the house and he was angered by the bikers who were going to the bathroom in the woods across the street. Both ladies and men used the sparse shrubbery as a public toilet. He told me how disgusted he was stating "that even animals don't do that." The route was hilly and I thought that Tom would run out of gas after fifty miles. At the fourth rest stop I was the one running out of gas and Tom was just getting ready to head out on the last 12 miles of the ride. From that rest stop it was 12 miles, which I calculated to mean only four more hills. I was right too. The hills are a mile apart and one mile climbing and one mile coasting. The last hill had a huge downhill with speeds easily reaching 45 mph on smooth pavement. I had to brake for the turns twice. That downhill lasted about a mile and a half. At the bottom there was another two miles of curvy flat road to the fifth rest stop and that was the lunch stop. I think it was after 1:00 p.m. by the time I got there.

It was hot and our friends Tim and Jeanie had a tandem (Commotion) that they rode. We were all done in and we scrapped the stupid idea we had about riding both ways. We loaded our bikes into my van, which we had dropped off the night before at this campground lunch stop and headed back to Spartanburg. The campground is just on the edge of Marion, NC. There were some riders who were still debating with themselves about going up the mountain. I suppose that at 2:00 p.m. one should have a debate since it usually takes the same amount of time to do the last 30 miles as it takes to do the first 72 miles.

The ride suffers a schizophrenic existence in that bikers want to ride up the mountain for personal accomplishment while the park rangers want to keep it safe by limiting the numbers of riders who ride up the mountain. The rangers also have complained about the sag cars driving up the mountain and the litter left by the riders on the roadway. Every year there seems to be a new complaint that threatens the continuance of the ride. The organizers seem dedicated to



keeping this ride going. The restroom problem this year may make it hard to get another rest stop for next year.

The country is beautiful the roads are lightly traveled. The pavement is weird in that it rattles while you ride over the asphalt that is cracked. They call it alligator paving. The large chunks are locked in place like a jigsaw puzzle but as your tire goes over them the wobble making a rumbling noise. Soooo, what do you think, would you drive 10 hours each way to do a 75-mile hilly ride? If we got to go up the mountain the drive would be worth it. I am not sure that the drive is worth a 75-mile one-way ride from Spartanburg to Marion.

Sunday Ride: Today's ride was a 35-miler to Creston for breakfast at "Pike Station." We had six tourists for this ride and the racers had at least that many leaving the square at 9:00 am. A few of the regulars were absent as they had opted to ride the "Sunday in June." On the way to Creston we stopped briefly to view the waterfall on Guilford Road. If you haven't seen it yourself here's how: First you must wait until after there has been some rainfall as the waterfall is small and the stream only runs intermittently. Secondly, you need to know where to look. It's located on the east side of a culvert on Guilford Road just south of Seville Road. Keep your eyes open for the only guardrail on that stretch of road. Be careful to watch for traffic, as there is very little berm. After that we debated how far water has to fall before you can call it a "waterfall." We also decided that Tom Waterson should buy the property and create a bicyclist's rest stop and he can call it "Waterson's water-fall."

Cycling Tip (or is it): I recently read that we should buy a new cycling helmet every year. Now, what's up with that? When I took advantage of the Bell large trade-in allowance to buy my current helmet I was told then that I should buy a new helmet every five years because of the breakdown of the Styrofoam padding. This new advice is either for racers who may have more severe usage and need such a replacement schedule (annually) or a marketing scam to increase profits of the helmet producers. As a tourist this yearly replacement sounds like the hoax the shampoo industry played on us when they added the word "repeat" to their the instructions on the shampoo bottle. What do you think?



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Roast Your Buns Tour

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Lorain Wheelmen
“RAIN or SHINE”
August 5, 2001



The eight Roast Your Buns Tour will depart from the Oberlin Community Center, Oberlin, OH at 8:00 AM, on Sunday, August 5, 2001. The ride will provide distances of 25, 40, and 70 miles over flat to rolling terrain.

START-FINISH ... The start-finish and registration is at the Community Center just off South Main St., Oberlin OH. If you are driving via the Ohio Turnpike, exit at gate 8 and take route 57 north to route 2. Take route 2 west to the route 58 exit and take route 58 south to Oberlin. The Community Center is just off South Main St (route 58) a short distance from Tappan Square. A map of the Oberlin area is available on our Web site at: <http://www.eriecoast.com/~lorainwheelmen>. It's in Adobe Acrobat format.

REGISTRATION ... This is a freebie ride, so no registration is necessary. A donation of \$.50 will be accepted to cover the cost of maps.

OVERNIGHT ACCOMMODATIONS ... are available at the Oberlin Inn, downtown Oberlin. For reservations, call (440) 775-1111. The Country Hearth Inn and Motel 6, located in Amherst, (approx 8 miles north of Oberlin on SR 58 at SR 2. Call (440) 985-1428 or (440) 988-3266 for reservations.

ROUTE ... The route(s) will be the same as last year except for maybe the 25 mile route. It may use a different one of the old routes. Food can be obtained along the route in the communities we pass through. The turn-around for the 75 mile route will be Savannah. This route will be rolling while the 25 & 40 mile routes are mostly flat.

SAG WAGON ... Since this is a freebie, there will be NO SAG service. Your map will provide you with the various emergency phone numbers.

WEATHER ... August weather in Lorain County is usually hot and dry, thus the name for the ride. We could however have a thunderstorm or two, especially in the afternoon.

For more information:

Call: John Bachman (evenings) at 440.988.5016
Snail Mail: Lorain Wheelmen, PO Box 102, Amherst OH 44001-1614
E-Mail: lorainwheelmen@eriecoast.com
www: <http://www.eriecoast.com/~lorainwheelmen/>

Yo, Wheelers...



Special thanks are due to ride leaders **Bernie Kotton** and **Lou Klein**. They are conscientious about appearing at the starting points with maps. The routes are always checked out in advance to avoid roads under repair or similar obstacles.

This year we hope to repeat our annual pancake ride on July 22. Pancakes are free to all members in good standing. The location of the restaurant will be announced at the beginning of the ride.

Not much to report this month as we missed several rides in May due to inclement weather. It's not much fun to start out and get caught in a major downpour near the furthest point in the ride!

We are all happy to see that new members are showing up regularly on our weekly rides. Please make a point of welcoming them.

May the Wind Always be at Your Back

— Ed Reichek

WESTERN RESERVE WHEELERS



COMMITTEE:

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Bernard Greenberg	Harold Pasternak
Mitch Kursh	Edward Reichek 241-6930
Alvin Magid	Allen Wapnick 781-4300

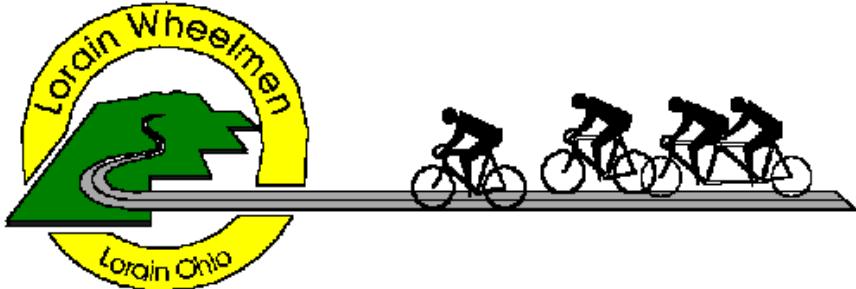
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Ride Schedule

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

DATE	TIME	START	DESTINATION	MILES
July				
1	8:30	JCC	Downtown via Parks & Towpath “Irv’s Urban Oasis”	40-50
8	8:30	JCC	Oscar’s Tanglewood	35
15	8:30	JCC	Route 306 and Mayfield	30
22	8:30	JCC	Chagrin Falls/Cat’s Den “Pancake Ride”	28
29	8:30	JCC	Cleveland Bratenahl Urban Desert	35
August				
5	8:30	JCC	Solon/Sea World	29
12	8:30	JCC	Hudson Reverse	50
19	8:30	JCC	Chagrin Falls via Gates Mills/Berkshire “Club Party Ride”	26
26	8:30	JCC	Walden	36-58
September				
2	8:30	JCC	Chagrin Falls via N. Chagrin Reservation	38
3	8:30	JCC	Labor Day Pick-Up	??
9	8:30	JCC	Twinsburg	41
16	8:30	JCC	Circle Chagrin	30

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.



July 2001 Calendar

Day	Date	Starting Point	Destination	Distance
SUN	July 1	Oberlin Inn	Fitchville (Jakes)	50 miles 'n some change
WED	July 4	Amherst Powers	<i>U-Show-We Go</i>	<i>Holiday ride of about 25-30</i>
SUN	July 8	Amherst Powers	LaGrange	A solid 50 miles, pretty flat
THU	July 12	Nordson Depot	Ride @ 6:00 Meeting @ 7:30	About 20 miles to warm up
SUN	July 15	Oberlin Inn	Nova (Reed House)	Just about 50 rolling miles
SAT	July 21	Sue's new house	Cookout	Details later
SUN	July 22	Amherst Powers	Milan (Invention)	a solid 50 miles & rolling
SUN	July 29	Oberlin Inn	New London	A little over 50 miles

All weekend rides start at 8:00 Eastern Daylight Time!

Evening rides have started and are scheduled as follows: Tuesday at 6:00 from Oberlin and Thursday at 6:00 from Amherst. We won't designate the TUE & THU rides with a pace. You can come out and the group will dictate the pace. They always stay together. The distances will be about 25 (more or less) miles dictated by rider pace and available light.

If someone has ideas for routes on Sunday, drop me (Sue) an email and describe the route. I'll drive it and map it out, etc. Don't tell me on Sunday morning! Remember to send in those mileage logs (please don't call), it's the only way I can be sure to remember to record mileage. The new log has been posted on the Web site. I'll also have some with me on Sunday rides.

See the flier for the ROAST Your Buns tour elsewhere in *CrankMail*. It's on August 5th and is a freebie ride with routes of 25, 40, and 70 miles.



Absolutely Beautiful Country Ride

WELCOME!

The 250 plus members of the Akron Bicycle Club invite you to enjoy beautiful Northeast Ohio as you ride our twenty-sixth annual ABC Ride. The ride will be held on July 15 beginning from Highland High School 7 to 10 a.m. This is one of Ohio's most popular rides and attracts over four hundred riders of all ages and riding abilities. Proceeds from this ride help us provide bicycles to children of needy families in the area and assist the club in its mission to advocate safe bicycling.

OUR HELPERS

The Akron Bicycle Club is proud to have the following organizations as our sponsors for 2001. Without their help, the ABC RIDE would not be possible.

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◊ **CENTURY CYCLES** ◊
◊ **EDDY'S BICYCLE SHOPS** ◊
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Routes offered: 25, 62, and 100 miles



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JULY 15, 2001

Presented by the Akron Bicycle Club

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MISC. ITEMS: TIME Sprint shoes, size 36 EC, \$5.00. Tandem Kidback crank adapter, Stronglight BB 125 mm cranks, \$50. EC Matrix Titan T 27 in. alloy wheels off Trek 720, Malliard 700 sealed Helicomatic hubs, 14X28 5-speed LN Panaracer Kevlar Radials 27 X 1 1/4 in. DH tires, \$50. Call John: (440) 871-5211.

THULE ROOF RACK with locks. Fits 1999-200 Ford Taurus. Carries two bikes or two pairs of skis. Asking \$400. Call Jim: (440) 439-3260.

expire July

LOOK PEDALS used, white, \$10; ATB, yellow, \$5. Men's shoes, size 48/13, Diadora Velcro w/LOOK cleats, used three times, \$10. Call Terry: (440) 349-1557. Email: TIdeaShop@aol.com

USED PIECES/PARTS from 25 years of riding. Small parts, derailleurs, gears, cranks, front forks, pedals, wheels, brakes from many mid-range cycles. Call Terry: (440) 349-1557. Email: TIdeaShop@aol.com

KLEIN PERFORMANCE bike: 63cm, touring geometry, rack-mount eyelets. Frame: 5.4 lbs., Shimano Ultegra STI group, Technomic stem. Black. Fully-equipped, in excellent condition. \$2,000. Call Sid Arthur: (330) 995-4656. Email: sarthur@stratos.net

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