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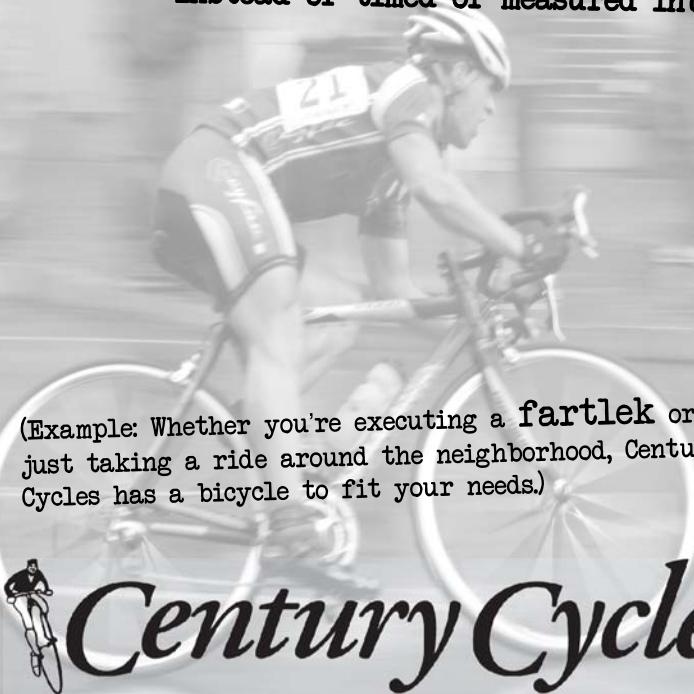


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The Voice of Cyclists in Northeast Ohio

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On The Web @ www.crankmail.com

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From the Editors

We had some big rains a week or two ago. Big rains. Seems like for 2 or 3 days it just didn't let up. Lorain County under a flood watch. Cuyahoga River at record flood levels. Sunday we rode over to the Cuyahoga Valley to take a look.

The towpath was damaged in parts and at Rockside Rd. there was some flooding to businesses, although our favorite ice cream shop was spared. Looking out their back deck we could see grass and twigs stuck in the railing high above the towpath paving, but below their floor. Other folks weren't so lucky. Along Canal Rd. we saw mud marks and debris lines high on mailboxes. We saw wet carpeting, bicycles, and assorted housewares in piles, ruined and set out for the trash. We saw rotting fish, flies covering their eyes, on the far side of the road hundreds of feet from the river.

But saddest of all to us was the Boston Mills Art Fair. The big tent area that held dozens of booths was a sea of mud field. Numerous artists' work had been soaked and ruined. And while the artists were rushing to save their work, they forgot about their cars. Left in the parking lot, a natural low spot, many cars had been damaged or completely destroyed. 'We were trying to save the art work', replied several of the exhibitors, 'who even thought of the vehicles'. But now at the end of the exhibit, they had to think of them. From distant states, they had to find a way to get their works and themselves back home.

While it was distressing to see all this damage, it was interesting too. We're pretty insulated from most of nature's catastrophes. A big rain storm is just a lot of thunder out there beyond the front porch. But traveling slowly on a bicycle gives you a real feel for the dips and rises in the road and why an area floods or doesn't. You get to feel the force of nature right up close. It's a good feeling to be connected that way.

Martin Cooperman and Tom Meara, Editor & Publisher
June 2006

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IN THE ZONE

Cycling News and Events

A Cleveland man was sentenced to **248 years in prison** today for a brutal attack on a Lorain Avenue bicycle shop owner. **David Worley** robbed and beat **Ken Schneider** of Rocky River in March. David Worley, pleaded guilty to attempted murder, kidnapping, aggravated robbery and aggravated burglary. He had robbed the shop three times before.

Governor Bob Taft signed our **House Bill 389** into law at 7:20 p.m. Saturday night at the Greene County Fairgrounds in Xenia. The signing was part of the GOBA Opening Ceremonies. The new law will go into effect on September 15. For complete details, go to www.ohiobike.org. The new laws will:

- * Substitute "far enough to the right to allow passing by faster vehicles" for "as close as practicable to the right-hand curb" in the "slow-moving vehicle" section of the Ohio Revised Code.
- * No longer require front and rear wheel reflectors if a red light is used in the rear.
- * Permit generator-powered lights.
- * Permit either flashing or steady rear light.
- * No longer require a bell or horn.

Canadian reporter **Chris Lackner** of the **Ottawa Citizen** is on the road from Mays Lick, Kentucky, to North Buxton, Ontario, in search of the history of the Underground Railroad and its connections to Canada. Making most of the 500 mile journey on foot but following **Adventure Cyclings Undergroud Railroad Cycling Route**, Chris will be from Kentucky to Ohio, and Ontario. Locally, he will be

travelling through Columbus, Marengo, Jeromesville, Oberlin and Sandusky. Join him as he travels back in time, stays in jail, crosses the Ohio River, and blogs about the characters he meets along the way. You can read about Chris's journey at: www.canada.com/ottawacitizen/features/freedom/index.html. Information on the still under development Underground Railroad route which will travel north to Oberlin, pass through Cleveland, then follow the lakeshore to Niagara can be found at: www.adventurecycling.org/routes/undergroundrailroad.cfm

An article in the westside newspaper **Westlife** caught my eye with the headline, "Bike lanes on Hilliard debated". **Bob Kelly**, Westlake's director of engineering, and **Will Krause**, assistant director of planning and economic development, spoke in favor of adding the lanes at a City Council safety committee meeting June 8. Kelly presented a proposal that would paint lines creating four-foot lanes along the curbs for cyclists in both eastbound and westbound directions on Hilliard Boulevard from the Rocky River border to Dover Center Road. But **Police Chief Richard Walling** said his research indicated that bike lanes alongside car traffic have not been proven safe. Accidents can happen when cars exit a driveway or a car fails to yield while making a turn, he said. The option of painting in bike lanes on Hilliard is seen by some city officials as an intermediate step toward building dedicated bike paths within the median of that boulevard. But a permanent bike path, like those in parts of the Cleveland Metroparks, could cost as much as \$500,000, Kelly said.

This month's cover shows Tom Nezovich heading south to Wooster on Overton Rd. The route is one of CrankMail's Ten Best Rides in Cleveland.

Upcoming Cycling Events

Tuesday, 7/4. 31st JULY 4TH TWIN SIZZLER. Medina. Citizen's road race over a 27-mile, hilly course. Loops from town square, through countryside, finishes back in town. Not timed; race by age group and gender. YWCA of Medina County. Judy Heller; 4046 Medina Rd.; Medina, OH 44256. (330) 722-2020. Email: ywcamed@aol.com

Sunday, 7/9. 31st ABC: ABSOLUTELY BEAUTIFUL COUNTRY RIDE. Medina. Ride 25/62/100 rolling miles through portions of Medina and Wayne Counties. Akron Bicycle Club. Mike Perko; PO Box 2268; Stow, OH 44224. (330) 650-4846. www.akronbike.org

Sunday, 7/9. OMBC XC RACE SERIES #4 AT S&S TRAILS. Mt. Perry. A mix of entry-level to difficult hills on a fast course. Novice - Pro/Expert. OMBC. Ryan O'Dell; PO Box 97; Butler, OH 44822. (419) 989-0239. www.ombc.net

Friday, 7/14. 11th NIGHT RIDES ON THE TOWPATH. Peninsula. Free ride for cyclists of all skill levels starting at 8 p.m. Covers 15 to 20 miles of flat terrain on the Cuyahoga Valley National Park's Towpath Trail. Helmet and bike lights required. Century Cycles Bicycle Shop. Attn: Derrick; PO Box 268; Peninsula, OH 44264. (800) 201-7433. www.centurycycles.com

Saturday, 7/15. 19th ICE CREAM ODYSSEY. Medina. Scenic rolling terrain, 25/50/62 miles through quaint small towns of southern Medina and northern Wayne Counties. Rider Limit: 300. Entry Deadline: July 1. Ice cream at each rest stop and a picnic lunch at the finish! Medina County Bicycle Club. Dave Polcyn; 4945 Debbie Dr.; Medina, OH 44256. (330) 723-3831. Email: DavePolcyn@zoominternet.net. Web: MedinaBikeClub.org

Saturday, 7/22. CYCLE CANALWAY A-Z. Cleveland. Support Ohio Canal Corridor and experience a scenic 26-mile ride on the Towpath Trail through the Cleveland Metroparks' Ohio & Erie Canalway Reservation and the Cuyahoga Valley National Park. Your \$30 donation also includes a trip on the Cuyahoga Valley Scenic Railroad, a BBQ at Zeleznik's Tavern, and a souvenir t-shirt. Limited to 50 riders. Call (216) 520-1825 or visit www.ohiocanal.org for more information.

Sunday, 7/23. 3rd SCRABBLE: SUMMER CENTURY RIDE AND BEACH TO BEACH LAKEFRONT EXCURSION. Cleveland. Free ride starts and finishes at the Ohio City Bicycle Co-op and visits parks and beaches from Huntington to Mentor Headlands (depending upon route choice). Rides of 10/25 to 62/100 flat miles. "Rolling Scrabble® game" and barbecue at finish. Ohio City Bicycle Co-Op. Jim Sheehan; 1823 Columbus Rd.; Cleveland, OH 44113. (216) 830-2667. www.OhioCityCycles.org

Saturday, 7/29. 11th NIGHT RIDES ON THE TOWPATH. Peninsula. Free ride for cyclists of all skill levels starting at 8 p.m. Covers 15 to 20 miles of flat terrain on the Towpath Trail. Helmet and bike lights required. Century Cycles Bicycle Shop. Attn: Derrick; PO Box 268; Peninsula, OH 44264. (800) 201-7433. www.centurycycles.com

Sunday, 7/30. 13th EDDY'S BIKE SHOP SWEET CORN CHALLENGE. Richfield. Your choice: moderate route to monster hills on 10/25/50/100 miles. Century includes picnic lunch and buffet dinner. Others receive grilled chicken lunch. Massages, demos, music, free drawing for bike, free sweet corn. Rider Limit: 2,400. Richfield Chamber of Commerce. 4300 W. Streetsboro Rd.; Richfield, OH 44286. (330) 659-3300. www.SweetCornRide.com



Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

www.clevelandtouringclub.org
clevelandtouringclub@hotmail.com

Cleveland Touring Club

Hello Fellow CTCr's. Please welcome the following new members to our club: **Christine Bartolotta, Ethan Cohen, Janet Edwards, Arthur Emser, Wayne Kuznar, Tom Papish, Lou Powers, Jonathan Sterling, Morris Wheeler, Joanne Cohen, Gene Widenhofer, Paolo Iannarelli, Maria Rajka, Doug Kelley, Mark Koenig, Scott Lambert, David, Trimble, Peggi Trimble, Maggi Trimble, Diane Wakeley, Nancy Wakeley, John Hise, Chris Hitchcock, Matt Eberly, Sandra Eberly, Judy Gleason, Ruth Gutschmidt, Craig Hannibal, Art Jones, James Koval, Jill Koval, Susan Porter, Matthew Sobel, Susan Slotnick, Joe Sugi**

Be the first to contact new club members:

The club is looking for someone who can mail out welcome packets to our new members. Packets contain a welcome letter, a sample Crank and any other interesting cycling info you feel appropriate. Please contact Barbara at barbaracaci@hotmail.com, if you would like to take on this volunteer job. All postage expenses will be paid for by the club.

Weekly Ride Schedule

Tues 6:30pm start at **Concord Woods**. Large group with map.

Wed(a) . 6:30pm start at **North Chagrin**. Self directed.

Wed(b) . 7:00pm start at **North Chagrin**. Casual with ride leader.

Thurs ... 6:30pm start at **North Chagrin**. Large group with map.

Sat 8:30am start at **North Chagrin**. Pickup Ride, group decides destination

Sunday Ride Schedule (all rides start 8:30AM)

Date Location

July 2 GIRDLED ROAD RESERVATION to Chesterland (25, 45, 60) Hilly

July 4 NORTH CHAGRIN – Independence Day Pickup Ride Varied terrain

July 9 NORTHFIELD CENTER to Hudson (25) Kent (35) Hartville (60)
TF Rolling/Hilly

July 16 NORTH CHAGRIN thru Downtown **EMERALD NECKLACE / BRACELET** (up to 95, 65 miles) Flat/Hilly

July 23 BURTON to Garrettsville (30) Mantua (40) Ravenna Arsenal (75) *TF*
Rolling/Hilly

July 30 NORTH CHAGRIN Chagrin Valley "Hill Challenge"Ride (20, 50) Flat/
Hilly

Aug 6 LAKESHORE RESERVATION to Madison & Perry (25, 40, 60) *TF*
Flat/Hilly

Aug 13 LANDERWOOD to Walden (35) Mantua (55) Hiram (75) Flat/Hilly

Ride Start Directions

BURTON Berkshire (Burton) High School, 1 block north of town square, park on north side

CONCORD WOODS Take I-90 to Rt. 44 and go south to Auburn Road. Turn left, continue under the bridge and up the hill to Spear Road (flashing light). Turn right. Concord Woods is at the end of the street. ADDRESS: 11211 Spear Road, Painesville

GIRDLED RD. RESERVATION South Entrance — Take I-90 to Rt. 44 south to Girdled Rd. At Girdled, turn left (east) for 2.5 miles to Rt. 608 and turn right (south) for about 2 miles to Radcliffe Rd. Turn left (east) for .3 mile to Girdled Road Reservation which is located on the left (north) side of the road.

LAKESHORE RESERVATION Take Route 20 to Antioch Rd. in Perry. North on Antioch for about 1.5 miles to park entrance.

LANDERWOOD Landerwood Plaza at 87 and Lander Road — Near the bagel shop ADDRESS: Landerwood Plaza Shopping Center, 30559 Pinetree Road, Pepper Pike

NORTH CHAGRIN N. Chagrin Reservation — Sanctuary Marsh Nature Ctr. lot; enter park from Chagrin River Road (Rt 174) to Ox Lane.

NORTHFIELD CENTER CVS Pharmacy parking lot — south side of Rt. 82 near intersection of Old Route 8 in Northfield

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SUNDAY IN JUNE RIDE REPORT

By Julie Maurey

.... SIJ - Always the second Sunday in June

“Well organized”

“flawlessly executed”

“well-marked routes”

“excellent lunch”

“great music”

“I like this ride, there are no games, just pay and ride” –

These were just a few of the numerous favorable comments from riders on the Cleveland Touring Club (CTC) June 11, 2006 Sunday in June (SIJ) bicycling event.

The temperature was cool and the sky partly cloudy but no rain was in sight. Six hundred registered riders turned out for this premiere bicycling event through the hills and valleys of the Amish community in Geauga county.

Century Village in Burton, Ohio was home base. It had the advantage of great access to the Amish countryside and was perfectly situated to stage registration and lunch. The only drawback for some, but a challenge for others was the need to climb up to the finish from the surrounding valley.

Recorded music energized riders at the start along with free coffee and bagels provided by High Peaks Coffee. Two hundred sixty eight pre-registered riders quickly and smoothly picked up their ride packets, which included a free patch kit donated by Hubbub Custom Bicycles. The remaining riders registered on-site but were quickly set to ride.

For the second year in a row, CTC member Jeff Balcken provided a graphical summary of the routes with elevation changes. This poster board was displayed at the start and assisted riders in selecting the most appropriate distances and route(s) for the day. Route markings were exceptional and color coded by route distance – 25 (Yellow), 50 (Orange), 62 (Green) and 38 (Blue).

On the road riders felt safe and were well supported by technicians from sponsors Century Cycles and Mountain Road Cycles; CTC volunteer SAG drivers and members of the Lake County Amateur Radio Club who provided emergency and up-to-date communications on rider’s progress. At the Parkman rest stop you saw CTC’s Greg Priddy once again foregoing a ride to spin CDs for all to enjoy. Both Parkman and Mesopotamia Rest Stops were well equipped with Gatorade, water, fruit and other snacks to keep the riders fueled. Joel’s Italian American Grill (14614 E. Park St., Burton, OH) catered lunch, which consisted of all-you-can-eat pasta with choice of meatballs or chicken, salad, garlic bread and cookies. The riders raved about the quality and quantity of available food.

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While we don't have a precise tally of those finishing each of the routes, there were at least 50 who braved the over 1 mile of cumulative elevation gain to complete a full century ride. Curious enough, Mike Schmidt, CTC Thursday night ride leader, emailed to report he rode a "double metric century" by venturing to go another 25 miles after completing the 62- and 38- mile routes. Congratulations to you Mike!

Of course, this awesome and enviable ride would not be possible without the host of volunteers and sponsors who contribute their time, energy, resources and talents. If you volunteered and your name is not mentioned below, please accept an apology, it is an unfortunate oversight.

Bill Maurey, Ride Director

Julie Maurey, His Accomplice

Jeff and Janiece Balcken

Jim Berg

Kim Boyd

Ken Brichacek

Andy Carpenter

Joe and Sue Chupek

Barbara Cicigoi

Craig and Mary Connors

Gloria Costello

Ed and Suz Enyedy

Andy and Terry Fedak

John Gallovin

Carla and Larry Gray

Kate Heydorn

Bruce and Nan Horvath

Bonnie Houser

Kirt Hyde

Lake Co. Amateur Radio Assoc.

Diane Lees

Friedrich Leutz

Kathy Loveland (and her friend)

Bob Manley

Connie Marks

Tom Marsh

Nancy and Steve O'Bryan

Bruce Oppenheim

Todd Palmer

John, Vanessa and Maddy Pesec

(Maddy's friend)

Mike Powers

Chuck Radgowski

Jay Randall

Peter Snitzer

Rich Solwitz

Jane and Gordon Stevens

Freya Turner

Bob Utz

Dave Weglicki

Geri Weis

Danny Wynne

And our sponsors:

Activities Press, Inc (printing)

Century Cycles

High Peaks Coffee

Hubbub Custom Bicycles

Mountain Road Cycles

**Please email comments for consideration in planning SIJ 2007 to:
ClevelandTouringClub@hotmail.com**



A MARRIAGE BUILT FOR TWO

By Freya Turner

Many of you know the singularly unique MARTY COOPerman. And many of you probably know his equally unique cycling companion EDIE ANTL. Well, the couple finally made their unique life together very official – they got *married* this past Saturday (May 20, 2006). Congratulations you two!!

The wedding was nothing short of extraordinary and anyone who was privileged enough to be invited would agree whole-heartedly. For starters, the day of the wedding was miraculously rain-free – after a week of non-stop rainy days. We began the day with a wonderful breakfast of fruit, bagels, power bars, strong coffee and champagne – courtesy of friend and cyclist PAULA COAKLEY. Paula was also the designer of some very artistic and unique signs for Marty and Edie to wear while riding. And Paula made a very special “bridal helmet” for Edie – complete with fresh cut flowers and a white gauzy veil.

Nine cyclists joined in the Prenuptial Ride from Paula’s home in Cleveland Heights to the site of the wedding which was Bass Lake Lodge near Chardon, Ohio. We started our ride at 10:00 am which gave us plenty of time for tackling all the hills and the 25 miles to our destination. The riders were: KEN BARCUS, TOM NEZOVICH, ERIC TUCKER, JOANIE LEWANSKI, LESTER STUMPE, DENNIS CARDELLO, FREYA TURNER, MARTY COOPerman, and EDIE ANTL.

We arrived in Chardon with at least one hour before the guests would start to arrive. The sun came out and the 100+ people started to trickle in with their pot-luck offerings. Other cyclists at the wedding who were unable to ride with us were: ED JAMES, BONNIE VARGO, JOANNE BELOVICH and TOM MEARA. Also Marty’s brother SHELDON COOPerman (from Boston) wanted to ride, but he was recovering from a bad cold.

The simple ceremony was performed by the Episcopal Reverend Tracey Lind and she did a wonderful job. The very appropriate tune of “A Bicycle Built for Two” ended the ceremony. Then it was time for the food. And I must say that the variety, abundance, and quality of the food was phenomenal. Pot-luck is certainly the way to go for a wedding! I alas had to limit my consumption to only one plate of food and a large helping of fruit salad because I needed to ride back to Cleveland Heights.

The way back home was of course hilly and hard for me since I had not done any real riding except for a 25 mile club ride two weeks before. The return trip had only three brave riders : TOM NEZOVICH, FREYA TURNER, and JOANIE LEWANSKI. I arrived home at 8:45 pm – just before dark. Tom had another hour to get home – thanks for riding with us Tom!

May you both (Marty and Edie) have many long and happy rides in your future together!



P.O. Box 844 Medina, OH 44258

Contact the following for information

www.medinabikeclub.org

President: Dave Polcyn	330-723-3831	davepolcyn@zoominternet.net
Vice Pres.: Dave Ling	330-416-9421	ldbl3000@aol.com
Treasurer: Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary: Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Evening Rides

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

Evening Starting Locations:

June	Buckeye Woods
July	Hubbard Valley
August	Career Center
September	Buckeye Woods

Sunday Morning Breakfast Rides

9:00 am (April & October). 8:00 am May through September.

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

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

CLUB NOTES: Tuesday evening rides have been well attended with over twenty riders trying the various length routes devised and created by Dave Ling, our master cartographer. The Ice Cream Odessy has been fined tuned to a master piece of precision bicycling event. Now all we need is good weather and an appropriate number of riders. This year we made extra efforts to encourage members to volunteer.

President Dave Polcyn received the following thanks for our contribution toward a bicycle rack at Sidney Fenn Elementary School. This is the first time the students have been allowed to ride their bikes to school and we wanted to be a part of this momentous occasion.

The FENN NEWS , May 19, 2006

BIKE RACK – Thanks to the Medina County Bicycle Club whose special donation of \$200 enabled us to purchase the new bicycle rack in the front of the school. Thank you also to the Conway family that are members of the club that shared our need and helped facilitate the purchase of the rack. If you are looking for a worthwhile summer activity and want some new friends to bicycle with, contact the Median County Bicycle Club.

LETTER FROM VETTER:

TOSRV: Rain on Saturday morning then stopped then rain Sunday until Columbus City Limit sign. Many riders complained about headwinds on the way to Portsmouth but I averaged 16.3 Mph so I'm not complaining. Saw Bruce Ward, Donna Grahm and Tom Deese on the ride if I missed you I'm sorry. The ride was fun like always and I got to ride with Tom Waterson, Dick DeLombard and Joe Dolman again. Tom got a flat and stopped to fix it while I rode on ahead to try and get finished so Tom would not have to wait for me in Columbus. He always manages to get back before I do and claims our bags and gets all ready to go home as soon as I arrive. Thanks Tom, that's a nice touch at the end of a long ride.

Bob Hart's Marathon Ride: This ride sets a new standard for getting to do lots of what it is bicyclists like to do best and that is riding. Additionally all the proceeds go to the Arthritis Foundation, Northeast Ohio Chapter. The ride starts out at 6:00 am in Shaker Heights from the front of Kokopelli's Coffee House, 3437 Lee Road and heads to the shore of Lake Erie with the final destination being Chautauqua, New York, one hundred and fifty miles away. The ride winds along the South Shore of Lake Erie with many fine views of the lake and also of the grapes growing along the way. The route is fairly flat with some dips that get you breathing hard as you climb up the far side. At the 110 mile mark is the city of Erie, PA, where you can find almost anything you might need to keep you going. Lastly there is the five mile climb but the steep part is not bad at all and far less strenuous than some of the hills you will encounter in Cuyahoga Valley.

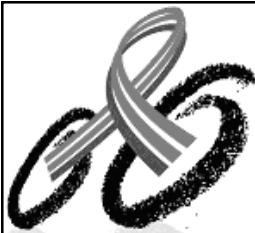
Sunday John Gallovic and I rode together all the way back with John setting the pace and I following. John's pace was faster than mine so every few minutes I would look up to see John was about a hundred yards ahead of me. Then I would push harder for a few minutes to catch back up and follow along until I returned to my own pace and the process would begin again. John and I finished around 6:30 pm and headed our separate ways home. Good ride John and a big thank you to Bob Hart and his two sons, Bob and Fred for organizing and supporting this wonderful ride.

N24HC: This is the abbreviation for the "National Twenty-Four Hour Challenge. This year was my 12th event and my plan was to finally get three hundred miles but mother nature had other plans. We started out real good and after one hour I had ridden 20.5 miles and I still had that average going into check-point one. My training ride on Bob Hart's Marathon Ride was paying off. Then reality started to settle in when the temperature climbed to 97 degrees with 87 percent humidity. I stopped at the little store at 50 miles and got a large Gatoraid. Then popped a spoke on my front wheel and caught up to a guy who had popped a spoke on his rear wheel. I guess misery loves company but I didn't want to ride along talking about how our busted spokes held us back so I pushed on ahead to leave the guy with his own thoughts. Besides I wanted to get to the rest stop first and

get my wheel fixed first and I did. Then on the bike stand I had a blow out as the mechanic trued up the wheel and tightened a spoke through the rim strip and through the inner-tube. I gave him a foil package that my "Sport Capsules came in and he used it as a boot for the rim tape. I finished the ride on that boot and it's still in there.

Again this year there were many friends from Northeast Ohio. Mike and Tim Reese were there as was Eric Overton, John Gallovic, Ray Beer, his wife and Tom Black and his wife too. We all talked big and had plans on getting our personal best rides but the heat and humidity made it tough. I think Ray Beer, John Gallovic and Eric Overton got over three hundred miles each. Eric even got the bronze medal in his age group. Another friend helped me along in the first leg of the course but I couldn't ride fast enough to stay in the pace-line so I saw him later on Loop #2. There were 55 riders who did not complete the first loop of 126.7 miles and another 40 some . He counted the posted results of the "Day Miles" that were posted at eight o'clock. This list stays posted so riders can have a chance to challenge their standing and get a correction if warranted.

I finish Loop #1 at 6:30 pm and didn't have much time to get ready for Loop 2 because check-point 5 would close at 8:00. I made it around in an hour and a half but then took a forty-five minute rest to eat and drink before starting the 7.5 mile night loop. I did four of these until midnight then got new water and headed back out for two more loops. I was getting so sore and so tired that I took a short break then did my last loop finishing 202.9 miles at 2:00 am. Then I went to sleep in my tent, woke up at 4:00 am feeling better but then decided to shower and go back to sleep. I didn't win anything but I still enjoyed the ride even though it beat me up pretty good. Next year I'm doing GOBA.



Rainbow Hospital Emerald Necklace Tour

The Rainbow Emerald Necklace Tour, August 6, 2006- Join us in a beautiful ride that supports a great cause. Tour the Emerald Necklace of the Cleveland Metroparks in the Rainbow Hospital Emerald Necklace Tour, all proceeds to support Rainbow Babies and Children's Hospital. Starting points are either on the east (Polo Grounds, South Chagrin) or west (Mastick Woods, Rocky River) side of Cleveland, with any distance up to 100 mi. All routes are out and back. Breakfast, lunch, 5 rest stops with refreshments, SAG support, T-shirts and goody bags. This year we are also hosting a kickoff dinner the night before with door prizes and raffle to those donating \$30 or more over the registration fee. Sponsored by Rainbow Babies and Children's Circle of Friends. Complete information at www.rainbowemeraldtour.com. Register online through www.signmeupsports.com.

GOAL SET FOR 6000 MILES OF BIKING

By Bob Hart

I set my goal for this year to get in 6000 miles of biking. I know I needed to start early and keep going for the rest of the year. I looked around at how I could have the most fun.

Let me start by telling a little about myself. I'm 70 years old and have severe arthritis. Because of a blood clot in my leg I take coumadin, a blood thinner. Thus, any accident could be fatal. I know this but I'm still willing to take the risk. My doctor, of course, advises against riding.

My year started off with a 10 day visit to Mallorca (off the coast of Spain) in late winter, early spring. I went with a group from the University of Wisconsin Stevens Point (UWSP), whom I learned about through word of mouth. Mallorca is just the right temperature for cycling at that time of year; later it is too hot. The Germans and the British know that, so there are many, many Germans and Brits. There is a variety of riding terrain, e.g. flat along the coast, rolling in the hill country and steep riding at the higher elevations. Mallorca has good roads and many of the roads in the country have few cars. There is also good opportunity to combine riding and sight-seeing. You can ride a century every day. Accommodations in the country are very reasonable, but in the cities it is very expensive. The total cost was about \$3000, which can easily be spent on a trip to Florida. I know because I've done it.

May 13-14. Next on the list was Tour of the Scioto River Valley (TOSRV), a 2-day, 200-mile bicycle tour from Columbus, Ohio, to Portsmouth. On Saturday it rained off and on, and on Sunday it rained most of the day. What made this trip unique for me was that I stayed in a motel rather than camped at the football field. A motel sure beats putting up a tent in the rain after dark. The motel also offered food; a necessity for the cold, wet and hungry. Another component in this unique experience was meeting someone having breakfast in the Hyatt on Saturday morning who was also riding by themselves. I didn't realize it but the 'newbie' was a real novice. And my southern chivalry said to stick with them for the entire 100 miles to Portsmouth. It was the last time I'll do that. I didn't get to the motel until 9:00 PM Saturday night. I was eleven hours nursing the 'newbie', who then announced the Greyhound bus station was their next stop. They rode the bus back to Columbus.

May 20. I climbed Mt. Mitchell, a century ride, sponsored by the Freewheelers of Spartanburg. The ride runs from Spartanburg in the South Carolina foothills to the highest point in Eastern America, the summit of Mount Mitchell. The first 75 miles were fun. No problem. Although we had started out in the rain, by early morning it had stopped raining and was a gloriously, bright sunny day. The last 25 miles was very difficult with torrents of rain, cold pea-soup fog, thunder, and lightening. One of the old timers told me it is this way about three out of four days. And in fact about 10 years ago there had been so much snow and ice, they couldn't get the buses up the mountain and the bikers had to spend the night on the mountain. There were about 4 hours of grinding, constant 3-5 miles per hour with very little downhill (a saddle formation of about 5 miles). About 1000 signed up for the climb up Mt. Mitchell and another 500-700 signed up for the first 75 miles (Mt. Marion).

Memorial Day weekend I'm off to the Horsey 100 in Lexington (Georgetown), KY. I expect it to be a purely fun ride.

See July Crankmail for the next installment of Bob Hart's 6000 Miles of Biking

BIKE THE DRIVE

by Pat Carterette

I rode the 30 mile "Bike the Drive" ride in Chicago on Sunday, May 30.

Lakeshore Drive was closed to vehicular traffic between 5 a.m. and 10 a.m. for the 20,000 cyclists who participated. The roundtrip route started at Jackson and Balbo in the South Loop with cyclists pedaling south to the turnaround at the Museum of Science and Industry or north to the turnaround at Bryn Mawr Drive. Participants could choose their distance - there were plenty of places you could get exit the course. The route was almost all flat with a few small hills, the road was in excellent condition! The scenery included the Chicago skyline, Lake Michigan, Navy Pier, Soldier's Field, etc. It was amazing! There were three rest stops - at the start/finish (which was also the halfway point), the southern turnaround and the northern turnaround. The weather was hot (90's) and sunny. I stayed with a family member, but there are plenty of hotels in and near the loop that would surely accommodate cyclists. I heartily recommend this ride and am planning on riding it again next year. Chicago is a great city for cycling!

www.biketthedrive.org

36th Hancock Horizontal Hundred

Sunday, Sept. 10, 2006

Hancock Handlebars

Findlay, Ohio

32, 62, & 100 mile routes

Contact: Mick Gould

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Findlay, Ohio 45839

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Join us for one of the flattest rides in Ohio. Great ride for your first 100 mile "Century" attempt. Bicycle dealer/vendor displays and a free ice cream social Saturday evening. "Chris Cakes" serving hot cakes breakfast Sunday morning. Ride fee includes: patch, map, rest stops w/food, lunch, SAG support and a well marked route on smooth blacktop roads. All corners are swept prior to day of event. Registration cutoff will be Aug.31, 2006. Online registration is available at: www.hancockhandlebars.org..

Fees: \$20.00 early registration, \$25.00 postmarked after July 23

\$10.00 Child rate. (discounted on-line registrations available)

Day of ride registration (cancellation slots)= \$35.00



May 2006 Wheelmen Calendar

Date	Starting Point	Destination	How Far	The etc's
Sunday ride times are 8:30 AM Eastern Daylight Time!				
07/02	Amherst	Litchfield	58	go east young man
		LaGrange	45	for a shorter option
07/04	Amherst	U-show	25ish	Independence Day Ride
07/09	Oberlin Inn	Lodi	57	a nice rolling ride
		Litchfield	41	a little shorter route
07/13	Nordson Depot	Prolog	5:30 PM	A quick ride
		Meeting	7:30 PM	be there!
07/16	Amherst	Wellington	52	a long flat one
		Oberlin	28	get back to mow the lawn
07/23	Wakeman	Willard	63	a long but flat one
		Fitchville	40	along the river
7/30	Oberlin Inn	Norwalk	56	Mostly flat to rolling
		Wakeman	32	to the old standby
08/06	Oberlin	ROAST	30/52/70	a freebie invitational

Note the meeting on the SECOND Thursday of the month!

All Wheelmen rides require an approved helmet!

Amherst: The Amherst start is the City parking area 3 located between Tenney & Park Avenues just east of Church Street. From SR-58, go west on Park Avenue. When you get to the bowling alley, look to the left ... that's the lot! We meet on the south end near Tenney.

Oberlin: The Oberlin start is in the **Oberlin Inn** parking lot located in the rear of the Inn.

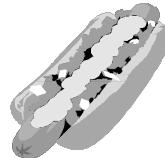
Ride starting times: Saturday Morning rides will start from **Prospect School** at 9:00 AM.

Evening rides are back on the summer schedule! The Tuesday ride leave from **Prospect School in Oberlin** at 5:30 PM and the Thursday ride will leave the **Amherst Parking lot** at 5:30. This should allow enough time for rides of up to 30 miles before dark.



Roast Your Buns Tour

Sponsored by
Lorain Wheelmen
“RAIN or SHINE”
August 6, 2006



The twelfth (12) Roast Your Buns Tour will depart from the Oberlin Community Center, Oberlin, OH at 8:00 AM, on Sunday, August 6, 2006. The ride will provide distances of 30, 52 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 140 and take route 58 south to Oberlin. The Community Center is just off South Main St (route 58) a short distance south of Tappan Square. A map of the Oberlin area is available on our Web site at: <http://www.lorainwheelmen.org>. 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 pretty much the same as last year. Food can be obtained along the route in the communities we pass through. The turn-around for the 70 mile route will be Savannah. This route will be rolling while the 30 & 52 mile routes are mostly flat. It would be a good idea to take a snack or two with you just in case. Restaurants open & close in these small towns. You'll pass through Wakeman on the 30 mile route and through Fitchville & New London on the 52 mile route. In addition, you'll go through Savannah on the 70 mile route. These towns have restaurants.

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:	rides@lorainwheelmen.org
Web:	http://www.lorainwheelmen.org/lor_rb.htm

Hey Cranky.....

How many bikes are sold in the United States every year? - Mike

Mike, according to the National Bicycle Dealers Association the U.S. bicycle industry is sells approximately a \$5.8 billion, including the retail value of bicycles, related parts, and accessories through all channels of distribution. Bicycle unit sales for the U.S., including both the dealer and mass merchant channels are as follows:

Year	Bicycles Sold (Millions), 20" and above wheel sizes	Bicycles Sold (Millions), all wheel sizes
2005	14.0	19.8
2004	13.0	18.3
2003	12.9	18.5
2002	13.6	19.5
2001	11.3	16.7
2000	11.9	20.9
1999	11.6	17.5
1998	11.1	15.8
1997	11.0	15.2
1996	10.9	15.4
1995	12	16.1

The numbers for 2006 may break the record of 15.2 Million set in 1973. What is more, the mix of what bicycles are being sold is constantly changing.

According to NBDA:

Specialty Bicycle Sales By Year, Units, 2002-2004

Category	2002 Units %	2003 Units %	2004 Units %
Mountain front susp.	25.46	27.21	28.91
Comfort	20.62	17.38	15.55
Hybrid/Cross	9.48	12.86	12.52
Freestyle	8.70	7.55	7.38
Youth 20"	6.18	5.98	5.79
Youth 19" and below	5.50	5.53	4.74
Mountain no susp.	5.43	3.08	0.82
Road/700C	5.32	7.37	10.85
Youth 24"	4.01	4.52	4.05
BMX	3.92	2.75	2.09
Mountain full susp.	3.01	2.76	3.20
Cruiser	2.22	2.77	3.89

The real question is with 14 or 15 MILLION new bikes sold each year and the percentage of road bikes increasing, why is bike club membership going down each year?

Yo, Wheelers!

Chugging up a small hill, out of the Chagrin River Valley, we can only marvel at the riders of the Tour de France, as they zip up to the top of major mountains almost effortlessly. By the time you read this the Tour will be over. It was different without Lance to cheer on.

I am happy to report our rides this summer have been successful with many riders turning out each weekend. We would like to see more riders in the "over the hill" division who would like to see a slightly more leisurely pace.

Mapping rides has become a real problem this year with so much construction. White Road has finally been resurfaced, but we are still waiting for work on Liberty Road to be completed. Motor vehicles don't like sharing the road on congested streets undergoing repair or resurfacing, so be extra careful.

Our Club Website, WWW.WesternReserveWheelers.Com is an excellent source of information regarding Club activities. Please watch for information on our annual picnic.

May the wind be at your back.

Ed Reichek

2006 RIDE SCHEDULE

DATE	LOCATION	TIME	START	DISTANCE
7/2	Silver Lake/Kent	8:30	Northfield Center*	68/42/37
7/4	July 4 th Pick up Ride	8:30	JCC	49
7/9	Irv's Urban Oasis	8:30	JCC	59/35/25
7/16	Oberlin	8:30	Oberlin Square	50/40/30
7/23	Burton/Middlefield	8:30	Gurney School*	42/39
7/30	Walden	8:30	Chagrin Falls*	100/75/50/25
8/6	Emerald Necklace	8:30 am	Polo Field	41/36/27
8/13	Holden Arboretum	8:30 am	Sunset Pond	46/35/26
8/20	Twinsburg (Club Picnic)	7:30 am	JCC	42/39
8/27	Geauga/Portage Tour	8:30 am	Chagrin Falls*	

**** Note**** A Riders will start earlier at JCC - check website for details.

For further information, schedule changes, directions to starting points and an archive of ride maps please see www.westernservewheelers.com

Saturday rides begin at the JCC at the same time as the following Sunday ride.



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Say,"NO" to Potholes

Ok, get out your cell phone and punch in this number: **216-556-BIKE (2453)**. Whenever you see a road hazard such as a pothole or nasty sewer grate, call this number and list the nearest address, the city where it's located, and a short description. ClevelandBikes volunteers will forward your information to the appropriate city departments. This is a great way to say , "farewell" to those bone jarring potholes that threaten to blow your tires, trash your wheels, or even worse.

ClevelandBikes Nominations for Trustees at Large/Member's Meeting

We'll be having our yearly member's meeting on Monday, August 14th to elect our new nominees for Trustees at Large. All ClevelandBikes members are welcome to attend. Here's the list of this year's nominees:

Cal Kirchick	Jim Sheehan	Teresa Obrero	Mindy Kuth
Brendan McNamara	Ann Henderson	Rob Shwab	Patrick McNamara
Ann Whalen	Kevin Cronin	Megan Wilson	Tom Meara
Fred Oswald	Lois Cowan		

Bike to Work Continues

ClevelandBikes will be hosting Bike to Work events the last Friday of every month through September. The July Bike to Work event will take place on Friday July 30th. As usual, we'll have free coffee and bagels available at AJ Rocco's Espresso Bar from 8-9am. **Our ride leaders will be leaving locations around the region and meeting downtown at approximately 8:15am.** Results Gym at Tower City and the Downtown YMCA will allow participants to use their shower facilities free of charge.

Meeting Locations for Bike to Work:

East Side:

Arabica at 11300 Juniper in University Circle
Dewey's Coffee on Shaker Square
Starbuck's at Cedar and Fairmount
Dunkin Donuts at E.222nd and Lakeshore Blvd.
McDonald's on E.156th and Lakeshore Blvd.

Departure Times:

7:45am
7:15am
7:30am
7:15am
7:45am

West Side:

Civilization at W.11th and Kenilworth in Tremont
Talkies Coffee in Ohio City at 2521 Market Ave.
Phoenix Coffee in Lakewood at 15108 Detroit Ave.
Arabica Coffee at W.116th and Detroit Ave.

7:45am
7:50am
7:25am
7:50am

Volunteer Opportunities with ClevelandBikes

If you'd like to get active with cycling advocacy around Cleveland, we have some great opportunities for you. Take a look below and see if you're interested in helping us improve Greater Cleveland for cycling. For more information please write to info@clevelandbikes.org.

Bike Safety Rodeos- We need volunteers to help us organize these events which will involve instructing children and demonstrating safe cycling techniques.

Represent ClevelandBikes at events- We are looking for people to represent ClevelandBikes at events such as major rides and races. Volunteers will be asked to provide ClevelandBikes literature and sign people up for ClevelandBikes memberships. If you already have an event you are involved with and would like to represent ClevelandBikes, please contact us at info@clevelandbikes.org.

House Bill 389

As of September 15, 2006, the state of Ohio will make a great step forward in improving traffic laws as they pertain to cyclists. ClevelandBikes board member and member of our Legal Reform Committee Fred Oswald is happy to state that, "The State of Ohio currently has the "far right" rule but not the "mandatory-side-path rule". Ohio defines bicycles as vehicles. This gives cyclists an inherent right to use the roads. Until 9/15, Ohio's bicycle laws rate a grade of D. After 9/15, the rating will rise to A-. Our Legal Reform Committee will continue to advocate best practices until Ohio law attains A+ status.

Bike Safety Rodeos

ClevelandBikes will be organizing Bike Safety Rodeos in various neighborhoods around Cleveland. The Bike Safety Rodeos will be free to participants and will include instruction, demonstration and practical safety assistance for young riders, as well as free locks and helmets. ClevelandBikes will coordinate the events and will be using instructors certified by the League of American Bicyclists. We hope these events will give the children the tools they need to live a healthful lifestyle.



Mark your calendars for July 22nd and join us for the 2nd annual Cycle Canalway A-Z! Cyclists will ride the same route from Aloca (A) to Zeleznik's Tavern (Z) by way of Peninsula, loading their bikes onto the Train at Rockside Station. The idea behind the event is to promote the availability of inter-modal connections between the train and the Towpath. The entry fee is only \$30 and includes a souvenir t-shirt and a BBQ lunch at Zeleznik's Tavern. Last year's event sold out and we only have room for 50 riders, so make your reservations early by calling 216.520.1825! Entry forms are available online at www.ohiocanal.org under the EVENTS tab. Entries can be faxed to 216.520.1833 or sent by mail to: PO Box 609420, Cleveland, OH 44109

The Blue Ridge Parkway Tour

Bonnie Vargo

The Blue Ridge trip starting Memorial weekend was enjoyable. For me, this was due in large part I think because I spent a lot of time riding with Joanne Belovich, although others too. Only occasional motor cyclists kept us company on Skyline Drive and the Parkway, so it seemed as though the road was ours—long, leisurely uphills (one 12 miles on Wednesday), and splendid (almost as long) gentle downhills.

We had 3 vehicles (2 of Doug Barr's vans and Tom Meara's Honda Element) that we took turns driving half the day. The group split up as you know it would, with Doug, Jake, Jim Boland, Tom Meara's brother, Bob, Leo Fohl and Russ up front. One of the vans seemed to be dedicated to the "fast" group, and Joanne and I made sure the other van was stocked with lunch food soon after the tour started.

Tom M. did a great job of organizing all the logistics of the trip. But on several occasions, the fast guys outpaced the logistics, and got to the end of the route for the day and were lost, not knowing where to go to find the hotel.

Somehow, by the time Ron Corey, Dave Schneider, Joanne, Joni Lewanski and I came to the end, all the turns and routes to the final destination had been worked out so I breezed through without problems. Tom Meara somehow got his riding in between both groups and found out for everyone how to best to get to the next hotel.

We stayed at Peaks of Otter again, and hiked up and down Sharptop Mountain. The weather was very warm, high 80's, but not too humid (okay for me). Only on the last day when I was riding with Joni Lewanski, and we were going slowly, was our ride cut short because of impending showers (and a deadline to get into Galax).

We stayed at this one lodge (Bent Mountain Lodge Bed and Breakfast) at the top of a gravel hill that was a spectacle. Owned by a millionaire from Texas and his new young wife, it was spacious, sumptuous with art from all over the world hanging everywhere. We all had luxurious bedrooms with private bathrooms—what a layout. I would recommend it to you if you want to visit over there sometime. It's a cedar lodge, with horses, dogs, and cats.

So 13 of us went. There were 4 women—Becky, Joanne, Joni and me—sharing bedrooms. Usually we got an extra roll away bed. Everyone was good natured I thought and we got along well. We were usually split up into the "fast" group and the other group. The hotels were okay. We stayed at the hostel on the last night. It turned out that the vans really did keep track of the riders, which was quite nice. For any longer rides coming up, we are going to be spoiled.

We missed Bob Parry, who has organized past trips. We all made the most of the trip I think, and then crashed when we got home.



LAKE ERIE WHEELERS

P.O. BOX 26146, FAIRVIEW PARK, OHIO 44126-0146
lakeeriewheelers@yahoo.com www.lakeeriewheelers.org

LEW Club Weekend & Holiday Ride Schedule

July 2 9:00 Bradley Woods to Vermillion - 55 flat miles.
July 4 9:00 Holiday Hawaiian Shirt ride start from Scenic Park to Cleveland Flats for lunch - 30 flat miles.
July 9 9:00 Scenic Park to Euclid - 45 flat miles.
July 9 10:00 Bike Path Ride: Edgewater Park to Euclid - 30 flat miles.
July 15 9:00 Women's Ride: Scenic Park to Sheffield Lake - 35 miles.
July 16 9:00 Bonnie Park to Doylestown - 75 miles.
July 23 9:00 Olmsted Falls to Oberlin and Berlin Heights - 50/80 miles.
July 30 9:00 Bonnie Park to Sand Run - 65 rolling miles.

Aug. 6 9:00 LEW Club Picnic: Boland Residence to Parts Unknown.
Aug. 6 10:00 LEW Club Picnic & Bike Path Series: Boland Residence to Everett Road Picnic Area - 30 miles.
Aug. 13 9:00 Rail-n-Trail Ride to Akron & back - 27/62 miles.
Aug. 19 9:00 Women's Ride: Scenic Park to Bonnie Park - 25 miles.
Aug. 20 9:00 Eric's Hill Climb Challenge - Deep Lock Quarry, 80 tough miles!
Aug. 20 9:00 Bonnie Park to Lodi - 64 miles.
Aug. 27 9:00 Scoop-a-Loop Invitational Ride - 10-50 flat miles.

Ride Start Locations (Please consult club website for maps & details):

Bonnie Park In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.
Bradley Woods In Westlake, in the Bradley Woods Reservation, at Bradley Rd and White Oak Lane, south of Center Ridge Road.
Club Picnic Small, unmarked parking lot on Cedar Point Road, just west of the Rocky River.
Edgewater Park Lower parking lot, reachable from West Shoreway (Edgewater Park Exit) or upper parking lot east of West Boulevard & Cliff Drive.
Olmsted Falls Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.
Scenic Park Parking lot at marina in North Rocky River Reservation, off of Valley Parkway, located 1/2 mile south of Detroit Road, in Lakewood.

Weekday Rides

Tuesday Evenings – Short, slower (C-pace) rides starting from the parking lot behind the Fairview Park Post Office at West 220th Street & Lorain Road, 6:30 p.m., weather permitting. Usually 10 to 18 miles in length, these are recommended for beginning and slower riders. For details call Greg James at 440-331-9419.

Wednesday Evenings – The “Mod” (Moderate Pace) Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights. These qualify as B

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

Regular Club Wednesday Evenings – Moderate to fast pace, 20-30 mile rides starting at 6:30pm (meet at 6:15pm) from the parking lot of the Spin Bike Shop in Lakewood at 14515 Madison Ave. (two blocks east of Madison & Warren), weather permitting. For details, contact Jim Boland at 440-686-0108 (jboland@apk.net).

Weekend Club Rides

In the interest of looking out for the well-being of club members and guests, each ride will have a Ride Leader, who volunteers for the month, and a defined pace. Their responsibility is to keep the main group at that pace, and ensure that no riders are left behind. All riders must wear an approved helmet.

The Rail 'n Trail Bicycle Tour 2006

Ride the Cuyahoga Valley a new way: half on the Rail & half on the Trail. Sunday, August 13th marks the Lake Erie Wheelers' Third Annual Rail-n-Trail Bicycle Tour. Board the Cuyahoga Valley Scenic Railroad at Rockside Station at 10:00am, where attendants will load your bike onto the baggage cars. Once on board, riders may view the scenic Cuyahoga Valley National Park from the comfort of the passenger cars as the train transports you and your bicycle to North Station in Akron, arriving at 11:45 am. Upon arrival, snacks and refreshments will be provided before your journey begins.

The ride begins at North Station and proceeds down a marked bike lane to Mustill Store, the newest restored building and museum along the trail. From there, riders begin their journey on the Tow Path back to Rockside Station. After 15 miles on the towpath trail, you may divert to the historic Stanford House Youth Hostel in Peninsula, to stop

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for a homemade spaghetti lunch. With plenty of carbs to fuel *your* engine, it's back to the trail to ride the final 12 miles to Rockside Station.

The Rockside Station is located on 7900 Old Rockside Road, about 1/2 mile west of Canal Road. Riders are requested to arrive between 8:30 and 9:30am to pick up their pass and meal ticket, and load their bicycles. *Please be early!* The train departs at 10:00am. The price of admission, which covers the ride, snacks and lunch, is \$32.00 for adults, and \$27.00 for children aged 10 years and under. For experienced riders who prefer a more traditional road ride, this year we have three "pavement only" options: 35 miles, a metric century (62 miles), and a full century (100 miles); admission is \$22.00 per rider. For more information and on line registration, go to www.rail-n-trail.org.

2006 "Women Only" Ride Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, we are pleased to announce the Lake Erie Wheelers Women's Rides, which will be held on the third Saturday of each month, from April through October. This year, we'll offer fun new rides (B-C pace) led by different group members. Please check the ride schedule on the Lake Erie Wheelers web site, in CrankMail or contact Bonnie Vargo (vargobb@hotmail.com), for ride starting locations and destinations.

The 2006 Ohio Bike Path Series

This year we are proud to continue the popular Ohio Bike Path Series, conducted entirely on bicycle paths or all-purpose trails, supplementing the regular Sunday rides. These will usually be held the second Sunday of each month, from May to October. Last year we drew many members, their families, and some guests. We hope to attract new riders unused to riding in groups, folks uncomfortable riding on roads and competing with motor vehicles, and seasoned riders out for the pure joy of riding with friends.

These will be "C" level rides, beginning at 10:00am, with a stop for lunch. All riders must wear a helmet and be club members, unless a signed signature card is obtained in



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 **NEW ORLEANS** 

advance. All children under 16 must be accompanied by an adult.

The Ohio Bike Path rides, distances, & Ride Leaders, for the early 2006 Season:
July 9 Edgewater Park to Euclid 30 mi Richard Edmister
Aug. 6 Club Picnic: Jim Boland's to York Rd 30 mi John Whitaker

Touring Division News

The Lake Erie Wheelers are interested in attracting LEW members who have are enthusiastic about touring, overnight and otherwise. Anyone interested can contact him at 440-777-2563, or email him at tmeara@wowway.com. Volunteers are needed for Ride Captains. Planned overnight tours for the 2006 Touring Season:

Tour Destination	Date	Ride Captains
Popcorn/Hancock Horizontal Hundred	Sept. 8-10	TBA

Please consult the 2006 Club Ride Schedule for more Touring Rides. Starting locations and times TBA. Rides are RSVP; please notify Tom Meara promptly to be included. Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained).

The 2006 LEW Club Picnic

The LEW Club Picnic will be held on August 6th at Jim Boland's residence in North Olmstead, and will begin after the rides. The start point for both the regular club ride (to parts unknown to mortal men & women) and the Bike Path Series ride (to Everett Road) will be the small, unmarked parking lot on Cedar Point Road, just west of the Rocky River. Volunteers may be needed to help; if anyone wishes to volunteer, please contact Dave Schneider or Dan Izuka.

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Adams Trail-A-Bike "Ultimate Tandem", for 2 kids, weight limit 125 lbs. Blue, 6-speed, front splash guard, bottle cages, new design (15 mm) hitch knuckle. Excellent cond. \$200 firm.

Adams Infant Seat for Trail-A-Bike, for children 1-3 yrs. Attaches to standard Trail-A-Bike seat tube. Excellent cond. \$25. Dan 330- 262-9668

Wanted tandem bike. We are looking for a Santana or Co-motion tandem, size medium or large. 440-338-5350
sobryan@toast.net

Expires July 2006

Help Wanted - No Pay, Long Hours
(The hours aren't really all that long.) CrankMail is looking for a Circulation Manager, someone who will pick up the printed copies once a month and get them to the post office, libraries, and bike shops. This person would also be responsible for managing the CrankMail mailing list. Experience is not required, the job is pretty easy to learn. You will need a computer to manage the mailing list. 440-777-2563 if interested.

Thule bike rack. Car-top for two stand up bicycles. Front wind shield and matched key locks. Good condition. \$200. 330-995-4656.

BikeE recumbent bike with less than 200 miles. Bought new for \$1095 and will sell for \$350. Also Grabber and Hidden Hitch bike racks for \$30 each. 216-362-0781 or dbp6678@yahoo.com.

Expires August 2006

2006 Tour de France Stages

Prologue, Sat, July 1 (7 km), Strasbourg

Stage 1, Sun, July 2 (183 km),
Strasbourg > Strasbourg

Stage 2, Mon, July 3 (223 km),
Obernai > Esch-sur-Alzette

Stage 3, Tues, July 4 (216 km),
Esch-sur-Alzette > Valkenburg

Stage 4, Wednes, July 5 (215 km),
Huy > Saint-Quentin

Stage 5, Thurs, July 6 (219 km),
Beauvais > Caen

Stage 6, Fri, July 7 (184 km),
Lisieux > Vitré

Stage 7, Sat, July 8 (52 km),
Saint-Grégoire > Rennes

Stage 8, Sun, July 9 (177 km),
Saint-Méen-le-Grand > Lorient

Stage 9, Tues, July 11 (170 km),
Bordeaux > Dax

Stage 10, Wednes, July 12 (193 km),
Cambo-les-Bains > Pau

Stage 11, Thurs, July 13 (208 km),
Tarbes > Val d'Aran - Pla-de-Beret

Stage 12, Fri, July 14 (211 km),
Luchon > Carcassonne

Stage 13, Sat, July 15 (231 km),
Béziers Méditerranée > Montélimar

Stage 14, Sun, July 16 (181 km),
Montélimar > Gap

Stage 15, Tues, July 18 (187 km),
Gap > L'Alpe d'Huez

Stage 16, Wednes, July 19 (182 km),
Bourg d'Oisans > La Toussuire Sybelles

Stage 17, Thurs, July 20 (199 km),
SJean-de-Maurienne > Morzine-Avoriaz

Stage 18, Fri, July 21 (193 km),
Morzine-Avoriaz > Mâcon

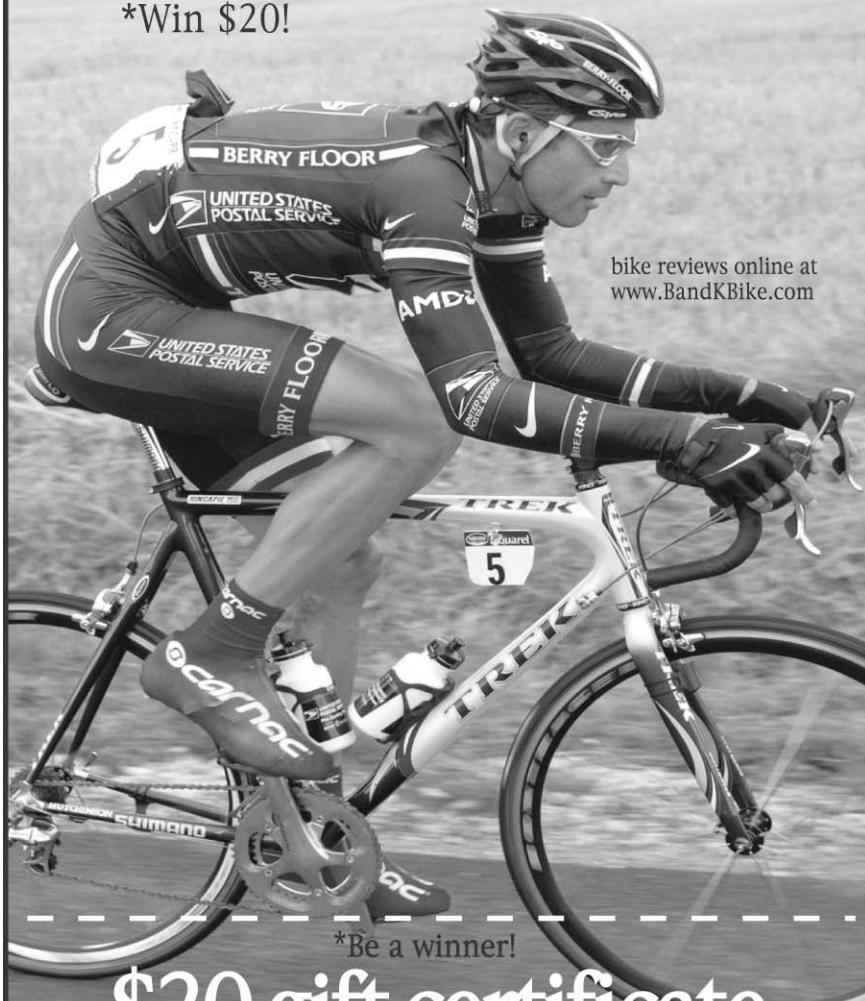
Stage 19, Sat, July 22 (56 km),
Le Creusot > Montceau-les-Mines

Stage 20, Sun, July 23 (152 km),
Antony-Parc de Sceaux > Paris

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