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Business Matters

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Gossip

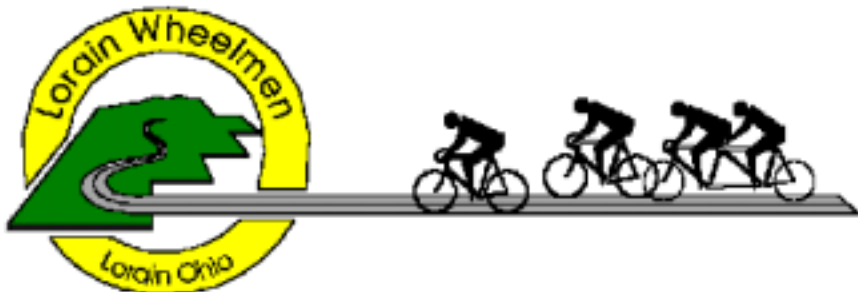
We got really excited when we saw the headline in *VeloNews*: “**UCI to Impose Minimum Weight Requirement in 2000.**” Here, at last, we thought, is **our chance** to get into big-time bicycle racing. With **our weight advantage**, gained after years of word and food processing, we **more developed riders** will have the kind of break we need. Kick those **skinny butts** off the international teams and get some guys in there with **some meat on their bones**. Imagine our disappointment when we learned they were talking about **minimum weights on bikes** — a ban on bikes lighter than 14.94 pounds to “protect equal chances and the primacy of man over machine in cycling races...” So not only are we **not getting a break** for our superior storage of body fuel, **our bike is probably too heavy too**. {Sigh.} Where are those cookies?

Then we saw a possible sign of enlightenment from Detroit: **Ford Motor Company** is to begin **selling bikes this month!** Wow! Not only American-made, but by a company that is known for making gasoline-powered buggies, not human-powered, and for struggling with clean air issues. It turns out the Ford entry is a **\$1,000 electric motor powered bike (\$1,200 for a folder) called THINK**. You can buy 'em on the Web (www.thinkmobility.com) or through participating Ford dealers. Somehow **we doubt they'll take two-wheeled trade-ins**, but you never know. Mebbe not the kind of bike we had in mind, but progress. Might be good for commuters who want personal transportation without the cost of parking or the sweat of cycling! **Okay, this is starting to look better the more we THINK about it.** Still, \$1,200 would buy a pretty nice ride at Our Favorite Bike Shop.

Decisions, decisions. **Cannondale or Ford?**

Speaking of bike commuting, did you see the *Plain Dealer* article on local commuters **Fred Oswald, Gordon Beggs, and Cal Kirchick** in the business section May 18? It ran the day before **National Bike-to-Work Day**. The generally positive piece did have a **reality check or two** like, “Peddling {sic} to work in this blue-collar town just isn’t chic. Nor is it practical at most workplaces.” There are ways to make it more practical, however, if would-be commuters think about it and can take advantage of the resources they find around their workplaces. Some employers have showers, for example, or basement areas for bike storage, or bike racks (as on the NASA research campus). We used to stash our bike in the corner of our office at CSU when we worked there. **A good folder** like the Bike Friday **could dodge several problems** encountered by wannabe commuters, like traveling on RTA or storing the bike at work. The point is, **bicycle commuting isn’t as popular or as well-accommodated as getting to work by car, but there are benefits** and it can be worth the effort. **There was one error** that caught the eye of history-minded cyclists: “**Like most regions of the country,**” the article reads, “**Cleveland built its roads to move cars, trucks and buses — not bikes.**” Excuse us, but many of the region’s roads predate the automobile and the first voices to demand better roads came from bicycle riders. In fact, **they formed the League of American Wheelmen** in the 1890s with its main purpose **to get the government to build better roads**. Horses and carriages tore up the dirt roads something fierce, back then! That made for a **rough ride on bikes with solid rubber tires** — forget mountain bikes and full suspension, this was the 1890s, remember, not the 1990s! **The League and the Better Roads Movement predate cars, trucks, buses, the AAA and pavement** (at least concrete and asphalt) on most American roads. Now, 100+ years later, the roads are better but, in some ways, may be harder to get people to travel on via bike. **That’s progress?**

— The Crank



June 2000 Calendar

Day	Date	Starting Point	Destination	Distance
Sunday	June 4	Oberlin Inn parking lot	Spenser	50 + or -
Thursday	June 8	Nordson Depot	6:00 – Ride of about 20 miles 7:30 – Meeting	
Sunday	June 11	Amherst, Powers school	Wakeman	50 + or -
Sunday	June 18	Oberlin Inn parking lot	Vermilion	About 35
Sunday	June 25	Amherst, Powers school	LaGrange	50 + or -
Sunday	July 2	Oberlin Inn parking lot	Medina	50 + or -
Tuesday	July 4	Amherst, Powers school	Independence Day	U-show

All rides start at 8:00 Eastern Daylight time

EVENING RIDES:

- Tuesday evening @ 6:00 pm from the Oberlin Inn parking lot
- Wednesday evening @ 6:30 pm from the Parking lot across from McDonalds on Main Street (by the caboose) in Oberlin.
- Thursday evening @ 6:15 pm from the Amherst IGA parking lot (Quarry Rd & Milan Ave).

Friday night rides are HERE! On June 9 and June 23. We should meet at 8:30 pm in the parking lot across from the McDonalds on route 58 in Oberlin. I have a headlight if you don't, just make sure you have a taillight. This is weather permitting. I won't ride in any wet conditions. Call me for more info. 365-4855 Sue.

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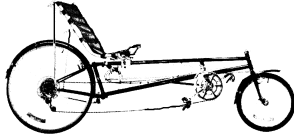
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Welcome to New Members

Roger Brenenstuhl, Wickliffe, **William Cohen-Kiraly & Family**, Solon, **Suzanne Demong**, Willoughby, **Leo Fohl**, Mentor on the Lake, **Howard Gilmore**, Beachwood, **Ronald Hess**, Kirtland, **David Humphrey**, Solon, **Richard Jaegers**, Brecksville, **Ronald & Margaret Kuczynski**, Painesville, **Duncan Kuhn**, Cleveland Hts, **Gregory Love**, Cleveland Heights, **David May**, Mentor, **David McCombs**, Andover, **Michael/Marty Rae**, Mentor, & **Chuck Palmer**, Eastlake.
Welcome! We hope to see you come spring!

Sunday In June

Mark your calendars for **June 11**. This is our famous annual ride around the Amish countryside. Ride anywhere from 10 to 100 miles and enjoy the refreshments at stops along the way. Registration begins at **7AM** at **Burton's Century Village** on Rt. 87 in Geauga County. Show your support by riding. We'll be seeing you there!

Ride Reports

On a fine Saturday morning, a dozen and a half of us showed up for a ride and a breakfast. A Chardon maple syrup and pancake breakfast. Only we had to ride there first. Mostly uphill. Chardon sits at the top of a hill. Does anyone know why the Geauga towns are all sited at the top of hills? Clearly in the old days, they did not ride bicycles! One theory has it that the valleys hold the cold and the farming's a bit warmer at the top. Another, that the drainage is better for the crops. The view? No one cared about views back in those days. Me, I think someone had it in for cyclists. They figured if the town was high up enough no one could pedal there. That was in the days before granny gears. We fooled 'em.

Five dollars bought us all the pancakes we could eat and (reportedly) all the imported maple syrup we could pour, the local stock severely being diminished by adverse weather conditions this year. If any indignant Chardon residents wish to refute this charge, we'll print a retraction. In small print.

Among the treasures of the road, **Andy Carpenter** found a 1958 Ohio license plate and took it home as a souvenir. Unfortunately the plate was attached to a vintage Studebaker and the owner is offering a reward for the return of both car and plate and the capture of the culprit. Anyone interested in turning Andy in, can call the Geauga County Sheriff's office.

On the long climb up Kirtland-Chardon road the group got a bit separated and we decided to wait at the top by the Rt 6 intersection before continuing. Heading back down I passed several riders, asking each if they were the last and telling them we were regrouping at the top. It's more fun to know everyone's waiting to ride into town together than it is to discover as you walk into the pancake hall, desperate for nourishment, that half the group is wiping their lips and heading back

for home. In any event, one fellow, gasping his way uphill gave a most peculiar reply. I don't want to embarrass him so we'll just call him "Fred". "Fred," I yelled from across the road, "is there anyone still behind you?" "No," came the absentminded reply, "just some women."

When some of the women heard about this, "Fred" got an earful, but he was gracious enough to take his ribbing in good spirits and apologize for an unintended slight. See what hills can do to an otherwise reasonable being.

A Note of Concern

I was halfway up that hill when the CTC pack, riding three abreast, climbed past me, barely leading a train of a half dozen frustrated motorists creeping behind them, unable to pass on the hill, undoubtedly muttering epithets as colorful as the bikers' jerseys.

Hazardous? Of course. Discourteous? You bet; and not only to the drivers. The line of cars slowed to a halt just in front of me, forcing me to stop as well. How would you like starting halfway up a hill on a narrow road with a SUV hugging your rear wheel?

Is there a biker out there who hasn't had problems with discourteous car jockeys? But courtesy works both ways. Unless we remember that, we shouldn't be surprised when road rage (if it doesn't injure us) produces bicycle "unfriendly" ordinances. More voters ride on four wheels than on two. — **Aaron Leash**

Tuesday Morning Rides Again!

Tuesday, June 6 9:15 Meet at Erie Shores Golf Course, 7298 Lake Rd, Madison. Ride to Jefferson, visit a train museum, 40 miles, rolling.

July 11 Meet in Parkman at the Community Center off of 422 (East of Rt 88). Visit a country market for ice-cream, tour Silver Creek Farm in Hiram. Rolling/Hilly 25 - 30 miles. **440-951-9492**.

Winners in the Prize Giveaway!

Congratulations to **Bruce Horvath, Tom Marsh, and Frank Zoretich!** These three gentlemen were the lucky winners of a **\$25 gift certificate to Western Reserve Cycle** bicycle shop. All just for being a CTC member and showing up for a club ride! To borrow a famous phrase... "Membership has its privileges." Hope to see you on an upcoming ride.

We Need a Volunteer

We're looking for someone to take over coordinating the **Adopt An Interchange** clean up project. It takes place twice a year, in spring and fall. It requires about 1-1/2 hours of time. Please contact **Lois Nicholson (330) 668-3686**. Thanks.



CTC Ride Schedule

June 3	SAT 8AM	Chardon Ride with the Boyz from Western Reserve Cycle.
4	8:30	North Chagrin to Fowler's Mill(40), Burton(55). Hilly.
11		SUNDAY IN JUNE 7AM Burton Century Village Rt. 87 Geauga County. Come join us for this wonderful annual event. 10,25,50,62, 100 miles, take your pick!
17	SAT 8:30	Chapin Forest Metropark Mountain Biking.
18		Perry Park to Madison(25), Geneva(45), Ashtabula(65). Flat/rolling.
25		Chardon to Footville. Up to 65 miles. Rolling.
July 1	Sat. 8AM	Chardon Ride with the Boyz from Western Res. Cycle.
2	8:30	Westwood School to Chardon (25,35). Hilly.
4		North Chagrin pickup ride or Twin Sizzler Medina (call Tom Taylor).
9		Bessie Metzenbaum Park to Chardon (35) Girdled Rd (50). Rolling/hilly.
16	7:30	North Chagrin thru downtown. Up to 95 miles, flat/hilly. Ride around the Emerald Necklace.

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LEW Club Ride Schedule

- June 4 9:00 am Brecksville to Aurora / Garrettsville 35/60 miles
June 11 8:00 am **Sunday in June** by CTC Burton Century Village in
Burton: 25, 50, 62 or 100 miles (there is a fee)
June 18 9:00 am Valley City to Lodi & Wooster 40 or 80 flat scenic miles
June 25 9:00 am Bradley Woods Metro Park to Vermillion 35 / 65 flat miles
- July 2 9:00 am Bonnie Park to Medina & Lodi 30 / 60 miles
July 4 10:00am Extra Holiday (**Tuesday**) Lakewood Scenic Park Ride to
the Flats: 30 or so flat miles with a lunch stop along the
river (bring beer \$)
July 9 8:00 am **Thomas Edison Century**, Milan, Oh. Four 25 mile loops
Limit of 200 riders email to: EMetroPark@aol.com
July 16 9:00 am Paw Paw Pkg lot to Hinckley & Doylestown 30 / 60 miles
July 23 9:00 am Mastic Woods to Brecksville & Peninsula - 40 / 60 miles
July 30 9:00 am Brunswick to Rittman & Orrville - 50 / 70 miles
- Aug 6 8:00 am **Emerald Necklace Tour** by HubBub Rocky River
Metropark
Aug 13 8:00 am **Famous Four County Metric Century Tour** by LEW
starts in Berea @ Rec. Center 40 / 62 miles. For info
contact Mike: racelew@aol.com

Ride Start Locations:

Brecksville from Station Road Pkg. Lot at Station Road towpath trailhead off Riverview Road and Metro Parkway

Valley City at Liverpool Elem. School pkg. Lot West River Rd one block north of SR 303

Bradley Woods pkg. Lot off Bradley Road between Barton and Center Ridge in Westlake

Bonnie Park Pkg. Lot off Metro Parkway east of Pearl Road junction with Albion Rd.

Scenic Park in Lakewood in Rocky River Reservation just south of Detroit Rd at the east end of Detroit bridge in Lakewood

Paw Paw Pkg. Lot on Metro Parkway just east of W. 130th

Mastic Woods on Metro Parkway south of Puritas/Mastic Roads

Brunswick at Laurel Sq. Shopping Center pkg. Lot Pearl Rd one mile south of SR 303

Berea Recreation Center 136 E. Bagley Road 1.5 miles west of I-71

Kamm's Corner at Pizza Hut Pkg. Lot Lorain Rd & Rocky River Dr rt 237 in Cleveland

Weekday Rides:

Tuesday Evenings – Short slower rides starting in April from Fairview Park Shopping Center on w. 220th south of Lorain Rd. behind Fairview Post Office, 6:30pm. Call Bob Ugan at 216/476-0353 or email at: **Sundance@gwis.com**

Wednesday Evenings – Moderate to fast pace 20-30 mile rides starting from Kamm's Corner parking lot at Lorain Rd & Rocky River Dr (rt237) in Cleveland behind Pizza Hut), 6:30pm. Call Ed Wheeler at 440/572-1122 or e-mail at **wheels@ameritech.net**

Wednesday Evenings – The new Wednesday Evening "Ice Cream" rides from the Olmsted Falls Public Library. These slower rides are of 15-25 miles in length and the ride speed is between 10 - 14 mph. The rides will leave at 6:30 pm. contact Marc Snitzer at 444/236-3017 or e-mail at **msnit@juno.com**

NEW – Thursday Morning bike rides will start up again this year. These are slower rides organized by John Glasgow contact by email at: **jglasgow2@msn.com** or call at 440/777-7392. John plans to have rides scheduled for Thursdays through November. Rides will be scheduled by email or mail by request.

Touring Division

The Annual Blue Ridge Parkway Tour was held over Memorial Day Weekend May 26 to May 29, 2000. (Editors note: this is being written before the tour takes place). Nine hardy cyclists tackled the fourth section of the Parkway from Cumberland Knob to Linville Falls. The seven LEW members and two return guests stayed at the Blue Ridge Mountains AYH before starting out on the 120 mile hilly section of the Blue Ridge in North Carolina. While it did rain briefly the sun came out and created fantastic rainbows over the blue and green hills covered with a blaze of purples from the blossoming Rhododendrons and pink mountain laurels.

Each rider took turns sagging the vehicles ahead while the rest cycled for 10-15 miles to the next meeting place. In past years we found that 50 miles a day was just the right distance to take in all the sights, stop at every pull-off, take a nice long lunch break and oh did I forget to mention the hills? This year we had over 11,000 feet of climb in the two days of cycling. Marty and Tom demanded to take turns sagging on all the downhills so they could bike every up hill climb. Next year we will return to complete the final leg of the Blue Ridge including Mt. Mitchell, Asheville and Cherokee.

Team LEW

Congratulations to Brian Dittenbacher, who registered his first win of the season at the Canfield Fair Crit Cat VI/V race on 4/8. The conditions were reportedly so bad that he should have ridden a 'cross bike. He also rode in the Cat 3/4 race.

A good group of Team LEW showed up for the 4/15, 4/22, and 4/29 races of the Summit Freewheelers RATL Series. Brian D., Scott Hoffman, and Mike Woods finished with the pack in the Cat. IV race on 4/15, but the next week things got

interesting: Diffenbacher took third and Hoffman sixth. Brian Schneider and "new" Team member Mike Drab raced in the Cat. V race on both dates. On 4/15, they finished in the pack, but a mishap took both riders out on the last lap on 4/22. Luckily, neither was injured in the pileup! On 4/29, Brian again took third, while Scott flattened and had to chase the group (whoa...) after his change. Our Cat V contingent held their own against a strong field.

Meanwhile, our "long" team was doing the 200K Brevet (in 10: 05) in Springfield. Nez mentioned that there were about 24 riders, which is considered a good turnout in a non-PBP year. Several of the participants were training for Calvin (and therefore, probably, RAAM). Charlie and Tom hope that more LEW'ers will make the next trip to a Randonneur event. I hated to tell him that most of us who race have a problem with in-line courses, and we're best at right hand turns...

Team schedule for June:

June 3 - Communication Crit (Y-town)
June 4 - Alpine Valley XC
June 10 - 5th Team Burn TT
June 11 - Tour of W. Deer (PA)
June 13 -17 Tour of SE OH
June 18 - Wooster Crit
June 23 - Grand Prix of Bowling Green
June 24 - Circuit de Greenville Crit (PA)
June 25 - Tour of W. Deer (PA)

Check out Team activities and scope out the new Team jersey at:
www.geocities.com/Yosemite/Trails/2665/racing.html#CONTENTS

Welcome to new 2000 sponsors Graphics by Lori, Aker Signs, and ProGold Lubricants. They join Bike Line, GH Sports, and St. Jude Medical as contributors to Team LEW. Thanks to all!

Watch the website soon for pictures from RATL and other races!
For more info, go to the Team section of the club web page, or email Mike Woods at RaceLEW@aol.com.

Club Meetings

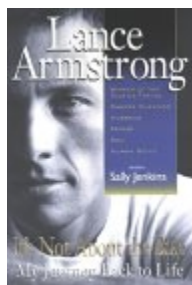
There are no club meetings scheduled for the summer months. Club members are way too busy biking to go to meetings.

Four County Metric Invitational Ride

The challenging Four County Metric Century ride returns August 13 starting again at BW recreation Center in Berea, Ohio with two scenic routes of 40 miles and 62 miles. Contact Mike Woods at 440/871-1317 or email at: racelew@aol.com

New Armstrong Book:

It's Not About the Bike



Jill Lightner's Amazon.com review:

People around the world have found inspiration in the story of Lance Armstrong — a world-class athlete nearly struck down by cancer, only to recover and win the Tour de France, the multiday bicycle race famous for its grueling intensity. Armstrong is a thoroughgoing Texan jock, and the changes brought to his life by his illness are startling and powerful, but he's just not interested in wearing a hero suit. While his vocabulary is a bit on the he-man side (highest compliment to his wife: "she's a stud"), his actions will melt the most hard-bitten souls: a cancer foundation and benefit bike ride, his astonishing commitment to training that got him past countless hurdles, loyalty to the people and corporations that never gave up on him.

There's serious medical detail here, which may not be for the faint of heart; from chemo to surgical procedures to his wife's in vitro fertilization, you won't be spared a single x-ray, IV drip, or unfortunate side-effect. Athletes and coaches everywhere will benefit from the same extraordinary detail provided about his training sessions — every aching tendon, every rainy afternoon, and every small triumph during his long recovery is here in living color. *It's Not About the Bike* is the perfect title for this book about life, death, illness, family, setbacks, and triumphs, but not especially about the bike.

Find this book by Lance Armstrong and Sally Jenkins (contributor) at your local library, favorite book store, or at CrankMail.com.

The Dry Run Rides Again

WESTERVILLE — The Westerville Bicycle Club will present the Annual Westerville Dry Run, Saturday, Sept. 10. This ride celebrates Westerville's unique heritage as the Home of Prohibition. The fully supported ride features homemade cookies at all rest stops. Route lengths are: 30, 50, 65, and 100 miles. Terrain is flat to moderately hilly. Entry fee \$10.00 pre-registered, \$15.00 day of race. Start time is 8:00 a.m. from Big Walnut High School, Sunbury. There is a 500-rider limit, and family rates are available. Call: (614) 523-1506 or visit their website at www.westervillebicycleclub.org for brochure or registration materials.

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Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
Vice President:	Lou Vetter	330-725-0441	lvetter@ohio.net
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 Touring Schedule

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

Weekend Touring Schedule

Sun.- 8:00 a.m. Courthouse Parking Lot – Jefferson and E. Liberty St. (10-15+ MPH)

We would like to add a new rider or more moderate level of rider ability to our Tuesday and Sunday rides along with other club events. So if you have ever considered riding with a club but your worried that you'll get left in the middle of nowhere, fear not.

Anyone interested in riding with this group or being a ride leader, please contact Ian Halliwell 725-3074

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

Invitational Rides

- 6/11 *SUNDAY IN JUNE*, Burton — 62/25/10
- 6/17-24 *GOBA*, Fremont
- 7/4 *TWIN SIZZLER*, MEDINA RACE
- 7/11 *ABC RIDE*, MEDINA, AKRON CLUB —
100/62/25
- 7/22 *THE MEDINA ICE CREAM RIDE* — 62/25

THE HOSPITAL'S BIKE FOR LIFE. WALK FOR HEALTH
HAS BEEN CANCELLED



Got A Mountain Bike?

Mountain Bike Chapter Riding Schedule

Contact Linda Miranda (330) 483-4512 or email at: lmiranda@microsolutions.com for directions or further details. *Helmet required at all rides.*

June 15, Thurs. 6:30 p.m. St. Martin's Church, 1824 Station Rd. Valley City, OH. Ride to Indian Hollow Park located in Grafton Ohio (approx. 8 miles). Ride on single track trails at park, ride back to Valley City.

June 21, Wed. 6:30 p.m. Alpine Valley, 10620 Mayfield Rd. Chesterland, OH Ride the trails at Alpine Valley. \$4.00 trail fee required. Waiver and Release form required to be signed.

June 29, Thurs. 6:30 p.m. Vulture's Knob Mountain Bike Course, 4300 Mechanicsburg Rd. Wooster, Ohio. Experience the trails at Vulture's Knob. Approximately 8 miles of trails.

July 6, Thurs. 6:30 p.m. Findley State Park, 25381 State Rt. 58 Wellington, OH. Experience approx. 10 miles of trails.

July 13, Thurs. 6:30 p.m. Vulture's Knob Mountain Bike Course 4300 Mechanicsburg Rd. Wooster. Ohio. Experience the trails at Vulture's Knob. Approximately 8 miles of trails.

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

We would like to add a new rider or more moderate level of rider ability to our Tuesday and Sunday rides along with other club events. So if you have ever considered riding with a club but your worried that you'll get left in the middle of nowhere, fear not.

Anyone interested in riding with this group or being a ride leader, please contact Ian Halliwell 725-3074.

The Prez Says...

A special welcome to our newest member for this month John Bandit from the Copley area. John saved my butt on one of our Sunday rides when my spare tube already had a hole in it but that's another story.

Any member who is not receiving their email please notify Tom Waterson at: tlw@ohio.net.

Look for entry forms for the *Ice Cream Ride* in your local bicycle shop or send a self-addressed, stamped envelope to MCBC; P.O. Box 844; Medina , OH 44258-0844 or go to Tom Waterson's web site: [http:// www.ohio.net/~tlw](http://www.ohio.net/~tlw)

For those of you that emailed me asking for an application please resubmit your request to Dave Miller at MLRMEDINA@aol.com. I apologize for not getting back to you but your request got lost.

Since many of you are not riding on Sundays, maybe you are looking for a written invitation. Well here it is, your written invitation:

*Medina County Bicycle Club cordially invites YOU
to ride with us on any, yes any of our club rides!*

A Letter From Vetter...

TOSRV or, I did a “STEW – PED” Thing:

My fans who live for my mechanical malfunctions will be pleased to read that I did manage to stand-up and honk on the cranks so hard that the rear wheel slipped out of the dropout and had to be reset. I had a rear rack and a bag full of tools this time (not so stew-ped). It all began last fall when I bought a 20 in. Raleigh Folder on E-Bay. After I told my buddy, Dick DeLombard, he said “wouldn’t it be really neat if we got a group together to ride small-wheeled bikes on TOSRV?” To which I replied “Yeah! That would be really cool!” I told Tom about Dick’s idea and he bought a Raleigh RSW with 16-inch wheels for a great price. Now Tom has a great collectible bike. We thought we were applying the KISS principal with our new three-speed bikes. After all, what more do you need, one for up, one for down and one for flat (Man, am I stew-ped!)?

The ride started out like almost all of the 23 TOSRVs I have ridden before: rainy, cloudy, wet streets, cool temperatures, and head winds. No big deal, I’ve been there . . . done that. The adrenaline was flowing at the start and that alone was enough to get us (Dick DeLombard, Joe Dollman, and Myself) to the point of no return. We had lots of fun at first. Lots of attention about our little bikes. Coming out of Columbus one lady asked Dick if we were “circus clowns.” Dick sprinted up to her pace-line to tell her that little bikes can go fast. Lunch was good I was already tired and after I put peanut butter on my bread I noticed there was turkey, ham and cheese. It makes a pretty good sandwich all together like that. Adding the pickles was a nice touch, but stew-ped. Tom Waterson joined us at the lunch stop in Chillicothe which just made things harder. Tom was fresh and was just starting his 50-mile ride while Joe, Dick and I were in our second half of a century. The rain stopped by the time we got to Lake White, the 75-mile point, then the sun came out and it started to get hot.

During the last 30 miles I got separated from the group (that’s code for “dropped off the pace-line”). Eventually, I caught up to my brother and he showed me how to get to mom’s house, in West Portsmouth, without climbing a huge hill (the hill in Kentucky was out of the question too). Mom had cold Pepsi waiting for me and Tom was already there. We paid a short visit with Mom and made arrangements for dinner at O’Malley’s. The waitress was the daughter of someone I knew in High School, so it was pick on the waitress night. My brother ordered Potato Skins as an appetizer and they come in either four- or six-count. When she said “I’ll get your four-skins for you right away” he asked “what did you just say?” That was a hint of things to come.

Later Tom and I decided to go bar hopping for a drink or two and we headed toward the center of Portsmouth, my hometown. When we got to the front of the High School two young guys from Columbus stopped us and asked us where the action was. It was flattering that anyone would ask us such a question. Tom told them about a place called Frank-n-Stine’s and the four of us headed off together. I saw a man moving some bleacher units out

of the street and placing them on the sidewalk. He turned out to be the mayor of Portsmouth, my cousin. I asked him where we could go to have a beer. Our new friends, John and Pete, clarified the question as a place where they could meet or at least *see* some women. Greg, the mayor, suggested two places and then volunteered to drive us to Man-a-Tee's. We entered the bar and the four of us staked out three stools on the end of the bar. I sat down and refused to move ... I couldn't move if I wanted to. Next we noticed a table with fourteen women, so our new friends were sooooo happy. They were very impressed by the valet service chauffeured by the mayor of the town and a bar that had about three times more women than men.

I started a conversation with one of the ladies and found that we both disliked the same people from town. When she said they were having a bachelorette party I told her that John was a professional stripper. It just came out before I had a chance to think. She told all the girls that the stripper was here. John and Pete went along with the joke for a minute or two but then bought all the ladies a shot and joined in to toast the bride. Being the kind of party it was these ladies had props, exaggerated anatomically incorrect male parts. Next I learned, these women had rules. Rule number one was that there had to be a "prop" in every picture. John volunteered to fill in wherever he was needed. Pete told me that John really would strip if called upon to do so. Now, I'm getting scared and the next thing I know one girl calls her older sister over and tells her I want her to strip. While I'm busy blushing the older sister pulls up her sweatshirt flashing everyone at the bar. Tom told me she shops at Victoria's Secret. John joined the ladies on the dance floor and right away the maid of honor grabs the "prop" and takes it out on the dance floor. I saw a new dance that night, they said it was the "grind." The "prop" was handed to John and he made liberal use of the "prop" while doing the grind. Ladies were demanding their turn dancing the grind with John, Big Bad John and the "prop."

The mayor came back to check if we were okay and shortly after that Tom and I went back to the High School and got some sleep. Next morning came too fast. Tom and I had donuts and hot chocolate and headed out to Columbus into the wind. As other riders asked where the rest of our team was Tom would answer "we wore them out yesterday." Tom and I felt good at Lake White and worked our way through the hilly section to lunch. At this point, Tom had completed his ride and I was on my way to Columbus. I quickly discovered that the crosswinds from the west are much stronger in this part of the ride (stew-ped, stew-ped, stew-ped). I got to talk to Matt Bond for a couple of miles. His news is that he is expecting a son soon. Congratulations Matt! His other news is that his famous Christmas Tree Lights Huffly has a broken frame and won't be used on the National 24-Hour Challenge this year. I'm sure Matt will do great on his other bike. It was a pleasure to talk to Matt explaining why we were riding three speeds. Then the wind picked up and I couldn't hold the pace anymore so we said good-bye and Matt quickly caught a passing pace-line and joined them about one hundred yards ahead. I finally finished the ride at 4:00 p.m. Joe and Dick had chain breakage and thus finished around 5:30 p.m.

As I sit here typing I feel pretty good. It only hurts when I move. I did manage to cut the front grass when I got home. If anyone wants to make TOSRV more challenging just ask. Joe, Dick, Tom or Myself know just how to do it.



MEDINA COUNTY BICYCLING CLUB

PO BOX 844 • MEDINA, OH 44258-0844

Membership Dues \$10.00, Individual or Family, which entitles you to:

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

Member's Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____ or circle none

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

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

Renewal: Y N

Date: _____

PREFERENCE FOR RIDE DAYS:

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

TYPE OF RIDING: ROAD MTN HYBRID

ADDITIONAL CONTACT INFORMATION/MEMBERSHIP CLUB CARD

EMERGENCY CONTACT: _____

PHONE: _____

PRIMARY CARE DOCTOR: _____

PHONE: _____

INSURANCE CARRIER: _____

PHONE: _____

ALLERGIES/PRESCRIPTIONS: _____

Medina County Bicycle Club

Ice Cream Ride

- WHO:** Bicyclists and their families wanting to enjoy a bicycle outing on a hot summer day.
- WHAT:** Scenic rolling terrain through quaint small towns of Medina and northern Wayne County. See the charm and grace of towns of the Western Reserve. There are two totally new routes available in lengths of 62 and 25 miles. Riders can purchase ice cream or snacks in River Styx, Seville or Chatham
- WHEN:** Saturday, July 22, 2000. Registration begins at 8:00 am. Ride begins at 8:30a.m.
- WHERE:** Start/Finish is at Once Upon a Sundae located on Route 42 just past the intersection of Lake Road, about one mile west of downtown Medina.
- COST:** The cost is \$15.00 prior to July 15 and \$20.00 after that date. The ride will include a snack stop, map, road arrows, and lunch at Once Upon a Sundae. Additional establishments are participating again this year. This will be a sagged ride but riders should be prepared to make some of their own repairs. Riders should bring along basic tools: patch kit, pump, water bottles, etc.
- HELMET:** Participants must wear an approved bicycle helmet while riding in this event.
- ENTRY:** Find entry forms in your local bicycle shop or send a SASE to: *Ice Cream*; MCBC; P.O. Box 844; Medina, OH 44258-0844 or go to Tom Waterson's web site: <http://www.ohio.net/~tlw>.



P D Q

C L E V E L A N D

CHRIS RICCARDI
President
440/333-7269
chris16@stratos.net

ALAN MARCOSSON
Vice President
216/252-5191
pyrostuff@aol.com

CHARLES HOWE
Secretary/Treasurer
440/235-4458
newkid2@rocketmail.com

Springing into Summer . . .

Through May 12, 27 riders had taken part in 24 races (all events took place in Ohio unless noted):

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

Team Columbus Spring Classics CR Series:

Tour of Richland County, Monroe Twp., April 15 – Beller, Gallagher (1st, Men 50+), Hayden.

Glen Hill Road Race, Mount Vernon, April 29 – Beller (6th, Cat. 3/4), Gallagher.

Tuesday Night Training Series, Westlake:

April 18 – Beller, Cunningham Jr. (2nd, "B" race), Cunningham Sr., Gallagher, Jewitt, Kovach, Miller, Riccardi, Simpson, Stern, Wilkinson.

April 25 – Beller, Billman, Bosl (1st, juniors), Cunningham Jr., Cunningham Sr., Eldred, Gallagher, Hritz, Jewitt, Kovach (1st, "B" race), Lu, Miller, Plas, Riccardi, Simpson, Stern, Stefancin, Wilkinson, Ziccardi.

May 2 – Beller, Bosl (1st, Juniors), Cunningham Jr., Cunningham Sr., Eldred (3rd, "B" race), Jewitt, Kovach, (1st, "B" race), Lu, Miller, Plas, Riccardi, Simpson, Stern, Ziccardi.

May 9 – Beller, Billman, Bosl (1st, Juniors), Cunningham Jr., Cunningham Sr., Eldred, Hritz, Jewitt, Kovach (1st, "B" race), Miller, Riccardi (4th, "A" race), Simpson, Stefancin, Wilkinson.

Summit Freewheelers Race-at-the-Lake Series, Munroe Falls

April 15 – Cunningham Sr. (2 races), Enyedy, Kovach, Plas (2 races), Riccardi (2 races), Stern, Ziccardi.

April 22 – Cunningham Sr. (2 races), Eldred, Enyedy, Lu, Plas (2 races; 3rd, Masters 35+), Riccardi (2 races), Simpson, Stern.

April 29 – Billman, Cunningham Sr., Eldred, Enyedy, Kovach, Lu, Plas, Riccardi (4th, Masters 35+), Stern, Ziccardi (1st, Cat. 1-3 Men).

May 6 – Behrens, Beller (5th, Cat. 4), Miller, Plas (2 races).

Lakewood Racing Team Downtown Edgewater CT, Edgewater CO, April 29 – Hultgren.

Celestial Seasonings CT, Boulder CO, May 6 – Hultgren.

Ohio Championship RR, Wilkesville, May 7 – Gallagher (2nd, Men 50-59), Riccardi, Stern, Vadini (1st, Men 70+), Ziccardi (6th, Cat. 3 Men).

Off-Road (XC - cross-country)

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

April 22 – Evans (2nd, Sport Men 31-40, McFadden, Ziccardi (1st, Sport Men 18-30).

Alpine Valley XC Series, Chesterland:

May 7 – Eldred (1st, Sport Men 41-50), Evans (1st, Sport Men 31-40), Hayden, McFadden.

Ditch Devil XC Showdown, Denver CO, May 7 – Hultgren.

News:

- **Welcome** to new member **Deborah Weiner**.

- **SO YOU WANNA BE A PRO DEPT.:**

"I'm so busy, I hardly have the time to think straight" is the frequent status of local Navigators pro **Paul Martin**, and a recent report from the Tour of the Willamette stage race in Oregon shows why:

"Only three Navigators did the race – we had no support, we slept at a camp and rode to and from the stages – and I drove a truck from Portland to Eugene for the promoter so I could get from the airport to the race! My best finish was 11th on stage 3, a 90 mile road race with 6,000 ft. or climbing. I was 18th in the TT and 20th overall going into the last stage, but I lost some time on a course which had almost 10,000 ft. of climbing over 105 miles. It was an epic race, great training for me."

Then it was home via the "redeye," and back to work on Monday.

Man, I don't even wanna be a wanna-be!

Your source for race information . . .

www.pdqcleveland.org



ERIE RACING ASSOCIATION



DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Tuesday Evenings	Westlake Training CT Series	Westlake, OH	Chris Riccardi - 440/333-7269 19140 Old Detroit Rd. #6 Rocky River, OH 44116-1757 chris16@stratos.net, or www.pdqcleland.org/pdqgraces.html
Sat. 6/10	Team Burn ITT	North Royalton, OH	Rudy Sroka - 440/546-9966 7979 Broadview Rd., Unit #1 Broadview Hts., OH 44147 rudyr@teamburn.com, or www.truesport.com
Sun. 6/11	Tour of West Deer CR #1	Bakerstown, PA	Oscar Swan - 412/521-2207 6649 Woodwell St. Pittsburgh, PA 15217-1320 swan+@pitt.edu, or www.acaracing.com
Wed. - Sun. 6/13-17	Tour of Southeast Ohio SR	Throughout OH	Tym Tyler - 740/321-1446 P.O. Box 438 Granville, OH 43023 teamcolumbus@cs.com, or www.truesport.com/teamcolumbus
Fri. 6/23	Bowling Green Grand Prix CT	Bowling Green, OH	Tym Tyler as above
Sun. 6/25	Tour of West Deer CR #2	Bakerstown, PA	Oscar Swan as above
Sun. 7/2	Tour of West Deer CR #3	Bakerstown, PA	Oscar Swan as above
Sun. 7/2	Buffalo Cobblestone Classic CT	Buffalo, NY	Andre Smaic - 716/835-8674 150 Jewett Pkwy., Suite 1 Buffalo, NY 14214 andrijan@pce.net, or www.pce.net/andrijan/cobblestone.htm
Tues. 7/4	Twin Sizzler RR	Medina, OH	Judy Heller - 330/722-2020 4046 Medina Rd. Medina, OH 44256
Tues. 7/4	Star Spangled Bike Race RR	Brockway, PA	Vickie McNutt - 814/265-1736 R.D. 1, Box 204 Brockport, PA 15823 mtrail@penn.com, or http://users.penn.com/~mtrail
Sat. 7/8	Flying Pizza 200-mile RR	Ridgway, PA	Josh Shaffer - 814/328-9934 Munderf Star Route, Box 147½ Munderf, PA 15825 ahrr@penn.com, or http://home.penn.com/ahrr
Sun. 7/16	Tour of West Deer CR #4	Russletown, PA	Oscar Swan as above

*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 most complete and up-to-date story, contact the promoter and request an official race flyer.

WESTERN RESERVE WHEELERS



COMMITTEE:

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

1422 Euclid Avenue #1104 • Cleveland, Ohio 44115

Ride Schedule

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

DATE	TIME	START	DESTINATION	MILES
June				
4	8:30	JCC	Walden	38-58
11	8:30	***	Chagrin Falls Parking Lot or JCC at 7:45 a.m. Circle Chagrin. Alt: CTC's <i>Sunday in June</i>	30-40
18	8:30	JCC	Solon/Sea World. Alt: <i>GOBA</i>	29
July				
2	8:30	JCC	Downtown via East Blvd., Memorial Gardens	35
4	8:30	JCC	Independence Day Pick-Up Ride	??
9	8:30	JCC	Oscar's Tanglewood	35
16	8:30	JCC	Pancake Ride: '306 and Mayfield	30-50
August				
6	8:30	JCC	Solon/Sea World. Alt: <i>Emerald Necklace</i>	29
13	8:30	JCC	Hudson Reverse	50
20	8:30	JCC	Chagrin Falls via Gates Mills/Berkshire, Club Party Ride	
27	8:30	JCC	Walden	38-58

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

Yo, Wheelers...



Where in the World Are We?

(With apologies to Matt Lauer of That Famous Morning TV Show!)

WRWheelers seem to have that problem licked. No longer will riders unfamiliar with club rides be bewitched, bothered, or bewildered about where they are or where they're going. It's thanks to the Wheeler's **Y-2Ks**, Co-Ride Leaders **Bernard Kotton** and **Louis Klein**, we have **new maps** — *to scale*, mind you! — and even the most nearsighted among us (myself included) can read the directions. These WRW equivalents to the AAA Trip-Tiks are circulated before Sunday morning rides at the starting point designated in the *CrankMail* itinerary, then we're off and running (er, *riding*, that is)! Off the record, we'd better be quiet about this or the AAA might offer them *paying* jobs!

Speaking of Knowing Where We Are —

There's one newly transplanted WRWheeler member of long standing who seems to find us without a map. **Mitch Kursh**, who recently moved to the "outer limits" has been catching up with us at our favorite Solon food stop. Seems that over the years he's figured out that we Wheelers always travel on our stomachs and he knows just about when the group is destined to arrive. Takes excellent planning to pull this off!

Travels with The Mayor (okay, okay, that's Mayer-s) —

Howard Mayers has recently returned from his latest cycling trip, this time through Louisiana and the Bayou country. According to Howard, this trip is offered only in the very early spring because when it gets hot down in that neck of the woods, it gets *scorching...* and the last thing that tour organizers need is to kill off their customers from the head and/or mosquitoes (which I hear are as big as airplanes!). Anyway, since he beat the heat, he tells us the ride through that part of the country was fun and the scenery worth seeing, and the food is everything it's cracked up to be!

The Last Word is Fashion —

The past several weeks have proven that WRWheelers have good eyes for fashion. The Club shirts have definitely made a statement on the road. We're visible to everyone both up close and at a considerable distance. **Ed Reichel** has several left, so call him at the above listed phone number to make sure you have yours reserved!

Time to pack up and get my own show on the road. See you out there...

— *Ellie Einhorn*

WESTERN RESERVE WHEELERS



COMMITTEE:

Ellie Einhorn

Bernard Greenberg

Mitch Kursh

Alvin Magid

Howard Mayers

Harold Pasternak

Edward Reichek: 241-6930

Allen Wapnick: 781-4300

Membership Application

(Please print legibly.)

Name: _____

Address: _____

Home Phone: _____

Business Phone: _____

List All Adult Participants
(Age 18 or Over)

List All Minor Participants
(Under Age 18)

Dues (Individual/Family) — \$20.00

\$ _____

WRW Patch(es) — No. @\$1.00

\$ _____

TOTAL REMITTANCE:

\$ _____

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

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

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

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

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

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

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

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

ADDRESS: _____

PHONE: _____

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

DATE: _____

MINOR RELEASE

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

PRINTED NAME OF PARENT/GUARDIAN: _____

ADDRESS: _____

PHONE: _____

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

DATE: _____

USA Pista Elite

(440) 891-8320

www.pistaelete.com

Welcome to USA Pista Elite. We bring to the table something new and different from what other clubs offer. Our program is aimed at developing Juniors and Espoirs for competition.

Senior 1 and 2 riders who agree to mentor Junior prospects are also welcome.

We also have a development team which is open to other riders. It works like this: Get a letter from your club treasurer that you are in good standing with any other *CrankMail* club which does not have a registered racing team, sign a contract to ride at least five USCF sanctioned races in a season, send in your USCF membership with Pista Elite. When your license comes back, we will issue you a jersey. There are no club dues and no charge for the jersey. If interested, email: pistaelite@aol.com.

By the time this goes to press, our riders will have started their season (hopefully with a bang).

Little Bike... Big Ride!

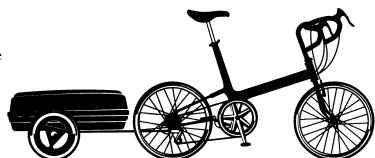
EUGENE, OR — Masters UCI World Champion Cyclist Cynthia R. Goodman relies on her Bike Friday to train for competition while maintaining her job as a flight attendant.

The proof is in the results, according to a Bike Friday press release. At the 1999 UCI World Track Championships held in Manchester, England, she won two gold medals and two silver medals in the 40 to 44 (age) women's category. In winning one of the gold medals she set a new world record of 39.3 seconds for the 500M Time Trial. At the Masters UCI World Road Championships held in St. Johann, Austria, she took second place winning a silver medal in her age category.

Her solution to the problem of training while traveling is to take her training tool with her. She rides the AirFriday model Bike Friday. It travels with her whenever she leaves town to work a flight. It quickly packs into a suitcase for travel. Because each bike is built specifically for its owner, it fits and performs as her "race day" bikes do. The fit and performance are critical to maintaining a level of training and fitness necessary to remain competitive.

Like all Bike Fridays, the AirFriday was born to travel. With only minimal disassembly the AirFriday packs in a standard Pullman-sized suitcase ready for travel as checked baggage. Additionally, the bike partially folds for quick and easy storage or transport. A kit can convert the bike's suitcase to a trailer so the rider can unpack, hitch up, and ride from home to the train or bus, from train or bus to the office or hotel.

For more information contact Bike Friday on the Web at: www.bikefriday.com, or phone: (800) 777-0258.



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WANTED: YAKIMA SPACECASE. Call Peter: (440) 333-6698. Email: ptoomey@compuserve.com

BLACKBURN REPAIR STAND great for DIY projects or just cleaning. Works on almost any bike. Bike can be rotated 360°, folds for easy storage. \$50 or best offer. Call Bill: (216) 228-8325. Email: b1trentel@aol.com

CENTURION IRONMAN 19 in. (49 cm), chro-moly frame, Shimano 105 components, LOOK pedals, Campy wheels, Cateye computer, fuchsia & yellow paint. Call Patty: (440) 944-7409.

SOFTTRIDE POWERWING 58 cm, 1997 model with adjustable length and height. Full '600/Ultegra. Purchased new in 1999 – 56 original miles. Extra features. List: \$2,800; asking \$2,000. Call Doug: (440) 331-9733.

expire June

MOUNTAIN BIKE SHOES: Specialized men's, new - mail ordered wrong size. Shoes say size 47 but I think they are really 45. Price: \$40. Call Mike: (440) 257-1254 ext. 1.

MATRIX WHEELS: Front and rear, 22 X 700C, with RSX hubs, 32-spoke. \$50 or best offer. Call Mike: (440) 257-1254 ext. 1.

NASHBAR 7000R 50 cm, 1996, low mileage, Shimano components, silver finish. Very good cond. Excellent entry-level road bike. \$250 or best offer. Call Tim: (216) 459-8384.

CANNONDALE H400: 19-in. aluminum hybrid, forest green, Shimano STX and GripShift components. Perfect Towpath bike. Excellent condition. \$350 or best offer. Call Tim: (216) 459-8384.

KRESTREL FRAME & FORK 200sci: 56 cm, three years old, new factory paint. \$600. Call: (440) 734-4012 (days). Email: dpeplin@juno.com.

WANTED: Blind male tandem cyclist seeks west Cleveland area male or female cyclist for local Metropark rides and bike tours. No tandem experience necessary; tandem supplied. Time and day flexible. Call: (216) 228-6529.

CANNONDALE TOURING/CX bike, 50 cm, 1998 model, red and in very good shape, has a mix of Campy Mirage components, two sets of wheels (one for the road, one for the trail). Ready for racks and big tires: lots of clearance, cantilever brakes. All for \$500. Call Mike: (440) 871-1317. Email: racelew@aol.com.

DEAN TITANIUM ROAD bike, 52 cm frame, Dura-Ace rear derailleur & STI levers, Time carbon fork, titanium seatpost. \$950 or best offer. Call Don: (216) 521-5877.

expire July





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