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P.O. Box 33249 • Cleveland, Ohio 44133-0249 • (440) 877-0373

On The Web @ <http://www.crankmail.com>

Editor & Publisher

James Guilford : (440) 877-0373

Club Editors

Cleveland Touring Club	Martin Cooperman	(216) 932-6159
Lake Erie Wheelers	John Whitaker	(216) 485-9184
Lorain Wheelmen	David Krebs	(440) 988-9326
Medina County Bicycle Club	Tom Dease	(330) 725-1058
PDQ Cleveland	Charles Howe	(440) 235-4458
Western Reserve Wheelers	Ed Reichel	(216) 371-5618

Business Matters

OUR ADDRESS: Send all copy, payments, correspondence, address changes to the address given above.

ELECTRONIC ACCESS: Via email: editor@crankmail.com. Fax: (440) 877-0373. To subscribe to the forum email list (free), from the email account where you want to receive messages, send a blank email message to: crankmail-bike-subscribe@topica.com

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“If we all knew what it was we were doing, it would not be called research, would it?” — Albert Einstein

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Gossip

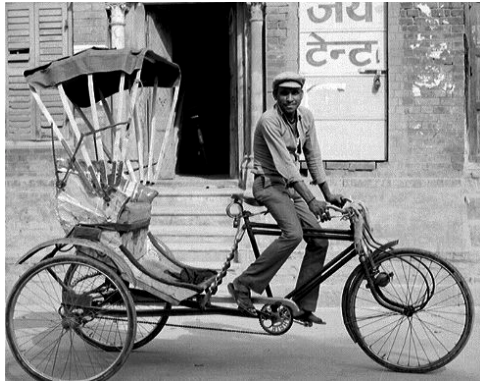
It's a struggle, folks! It seems like we no sooner hear that cyclists have one small victory in court (Steven Selz cleared in his "impeding traffic" case) than something else happens. We are told that there was a radio news report that **three pedacab operators** were cited for — guess what! — **impeding traffic** May 11 following the Indians game in **downtown Cleveland!** The cops even towed one of the rigs! The pedacabs, we are told, were only on the streets of Our Fair City for a couple of weeks following a long battle with the city over permits. Hmmm... **They allow horse-drawn carriages down there without a problem and the horses probably crap on the streets!** Hopefully not a problem with the pedacabs.

Funny, we read a report only a few months ago in *Science News* about how the lowly cycle-rickshaw was getting a redesign by Indian and American engineers. The heavy pedacabs were to lose 38 percent of their weight through the use of tubular construction, have added at least a second "gear," and the carriage was to be streamlined. **Traditional rickshaws weigh up to 90 kg. empty (that's 200 lbs.) and have only one gear: "hard."** Air pollution damage to the Taj Mahal had prompted a **ban on gasoline-powered vehicles** in a wide area around the monument and the rickshaws offer a livelihood to many desperately poor people. **Meanwhile in Cleveland** and in Trotwood

(near Dayton) we figure we need to **make things more convenient for cars** by getting nonpolluting, non-gas-guzzling, compact vehicles off the road. All in a frantic effort to increase fuel consumption, make more pollution, and drive up the cost of gasoline to support the oil-producing nations and Our President's plans to help his oil drilling buddies. {sigh} We guess we've **gotta see the system fail before we think about changing the system.**

Got fashion? We wonder what is it with all the **dark cycling clothing** we keep seeing out there. Looking at the shop racks, we're starting to see brighter colors become more available, but so many dark jerseys in "natural" colors are out there that, well, **it looks like we're trying to hide!** Bad in huntin' season for off-roaders. Also bad for roadies on days when old Sol isn't shining his face on us (or at dusk and dawn). **Do yourself a favor and**

wear that wild, bright, even white stuff and be seen! Dawn, dusk, or (this spring) rain or fog? Wear a light, or install on your bike. You can wear a flashing light, but if you're putting it on your bike, use the vehicular rules. As Mary Hoffman of the CTC wrote to



Our Esteemed Editor, **"Lighten up and live!"**

Didja get out to the Lake Metroparks Bike & Skate Expo? More than 800 visitors were recorded. We are also told there were 20 exhibitors, five presentations, and the swap shop did more than \$4,000 in sales! Interesting sight was Metroparks Man **Bill Plessinger** trying out one of those boogie boards on four wheels! Looked like fun, but we thought it would be a better idea to just get out of his way. We don't think he got hurt. The moo-cows were nice to see, too. Always a great way to call an end to winter (even if only in your mind).

— The Crank

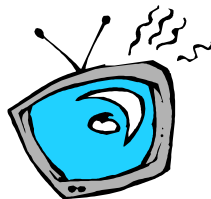
Selz Case Published by Court

The Steven Selz, "impeding traffic" case made the big time May 15. As many may recall, Selz was ticketed for "impeding traffic" while traveling uphill at 18 mph from a stoplight. He was convicted by the trial court but we had the conviction overturned after a battle in the Court of Appeals. The case, by virtue of extensive Internet coverage, garnered international attention to the point where the city of Trotwood was inundated by emails on the case. May 15 the Ohio Supreme Court "published" the Selz opinion.

What this means is that the opinion will be seen by all attorneys but more importantly, the case takes on a higher precedential value by virtue of being in the 10 percent or so of appellate court opinions that are actually "published." Many of us debated long and hard about whether the Selz case was the "right" case to take up to the court of appeals. A bad decision would have been a horrible precedent. The Ohio Bicycle Federation, thanks to Chairman Chuck Smith's wonderful efforts and attention, generated contributions toward Mr. Selz's costs, such as the trial transcript. I ended up handling the trial and appeal on a greatly

reduced fee basis. Putting on our specs and using our 20/20 hindsight, we look pretty smart now! Here is the blurb that came out of the publication. The entire opinion is available and published in the week's case releases... it is published at 139 Ohio App.3d 947, for those with an interest: *Criminal Law-Bicycles-Municipal Ordinance-Impeding Traffic* "Where bicyclist was riding at the maximum speed he could operate his bicycle on uphill portion of public road, trial court erred in convicting him of impeding normal and reasonable movement of traffic under municipal ordinance. Trotwood v. Selz (2nd Dist.-2000) 139 Ohio App.3d 947." So, THANKS for all the help and emails folks!

— Steven M. Magas, Trial Attorney for
Steven Selz. BikeLawyer@aol.com



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Outdoor Life Network to air Tour de France

For the first time in several years, ESPN will not be the place to find television coverage of the Tour de France. The cable television recreation network Outdoor Life will carry this year's Tour with "live" and repeat programs. Checking their schedule at press time, they had scheduled live programming at 9:30 a.m. Eastern Time from July 7 through 29. Repeat showings were set for 9:00 p.m. on those same dates.

To to check for any scheduling changes or to check out Outdoor Life's many other cycling program offerings, use your television program guide or visit their web site at:

www.olntv.com/actionsports_cycle.cfm

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CHARLES HOWE

Secretary/Treasurer
440/235-4458
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History repeating itself . . .

That's how it seemed as **Kevin Lutzke** won the Cat. 4 road race at the TACO state championships in Wilkesville, following in the footsteps of another nice guy who finished first, Seth Hosmer. Equally impressive was Jeremy Bosl, who averaged 21.3 mph for 12.5 miles with little aerodynamic equipment as he won the 10-14 year old category at the Presque Isle Time Trial – and his time placed him second of all men under 19!

Through May 13, 31 team members had taken part in 37 events (all took place in Ohio unless noted):

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

Tuesday Night Training Series, Westlake:

April 17 – Lu (4th, "A" race), Riccardi, Wilkinson.

April 24 – Barr, Billman, Cunningham Jr., Eldred, Gallagher, Jewitt, Lu (1st, "A" race), Madison, Marcossan (1st, "B" race), Miller, Riccardi, Stern, Wilkinson.

May 8 – Lu, Riccardi, Stern.

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

April 21 – Enyedy, Estlack, Greer (2nd, Women), Griffith, Lu (7th, Cat. 2/3 Men), Stern, Ziccardi.

April 28 – Estlack, Lu, Lutzke, Riccardi.

May 5 – Collander, Estlack, Hiller (3rd, Cat. 5/Citizens), Lu, Lutzke, Griffith, Riccardi (4th, Men 35+).

Team Columbus Spring Classics CR Series:

Tour of Cantwell Cliffs, Logan, April 21 – Gallagher.

Team Akron Spring CR Series, Bath:

April 22 – Cunningham Sr., Eldred, Estlack, Hayden, Lu.

April 29 – Billman, Cunningham Jr., Cunningham Sr., Eldred, Estlack, Hayden, Lu, Riccardi, Stern.

Iroquois Sports Boosters Presque Isle Spring ITT, Erie PA, April 29 – Bosl (1st, Boys 10-14), Enyedy (5th, Men 30-34), Gallagher (1st, Men 55-59, 10th of 94 Men Overall).

Team Columbus TACO Ohio Championship RR, Wilkesville, May 6 – Greer (2nd, Women), Lutzke (1st, Cat. 4 Men).

PDQ Cleveland Chippewa Creek CR, Brecksville, May 13 – *see below*.

Off-Road (XC - cross-country)

Mickey's Mountain Bike Challenge XC Series, Hopedale, April 22 – Gardner (5th, Sport Men 35+)

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

April 22 – Bennett (4th, Sport Men 31-40).

Mid-Ohio Mountain Bike Championship XC Series:

Butler, May 5 – Hayden

NEWS

- **Welcome** to new members **Eric Collander**, of Lakewood, **Jon Chleboun**, of Athens, and belatedly (by just a few months) to **Kevin Lutzke**, of Canton (sorry about that!)
- **Get well wishes** go out to **Jeff Plas**, **Jim Chiara**, **Pat Galla**, and **Dave Kovach** – the latter three of whom are nursing leg injuries.

Fifth Annual

Chippewa Creek Road Race

SUNDAY, MAY 13, 2001

Le Circuit de Grimpeurs



BRECKSVILLE, OHIO

Category 5/Citizen Men: 1. Chris Cioccio (Presque Isle Cycling Club), 29, Erie PA, 20.2 miles in 55:35 (21.8 mph); 2. Todd Caldwell (Orrville Cycling Club), 29, Wooster OH, at 0:37; 3. Phil Hines (Mahoning Valley Cycling), 32, Niles OH; 4. Michael Polce (Summit Freewheelers), 46, Stow OH; 5. Michael Wright (unatt.), 28, Garfield Hts. OH; 6. Steve Abdenour (unatt.), 41, Akron OH, all s.t.; **7. Ken Hiller (Pyro Apparel/PDQ Cleveland), 28, Sagamore Hills OH, at 0:50;** 8. Thom Szucs (unatt.), 37, Cleveland Hts. OH, at 2:37; 9. Glenn Sullinger (SFW), 44, Hudson OH; 10. Nick Flesor (unatt.), 42, Akron OH; 11. Alan Bowersox (Maumee Valley Wheelmen), 47, Martin OH; **12. Eric Collander (PDQ), 35, Lakewood OH, all s.t.;** 13. Joe Consolo (unatt.), 31, Strongsville OH, at 2:43; 14. Brad Beeson (unatt.), 38, Bay Village OH, s.t.; 15. Anthony DaVila (Lake Effect Racing), 30, Cleveland OH, at 3:15; **16. Ed Enyedy (PDQ), 34, Eastlake OH, at 5:37;** 17. Nick Favorite (unatt.), 20, Garfield Hts. OH, at 5:51; 18. Frank Price (unatt.), 27, Akron OH, at 8:48; **19. Gordon Estlack (PDQ), 42, Southington OH, s.t.;** 20. Steve Guldeman (SFW), 37, Kent OH, at 8:54; 21. Marcus Mancini (unatt.), 32, Cleveland OH, at 11:36; 22. Greg Schnell, (unatt.), 48, Parma OH, at 12:49; 23. Brian Schneider (Lake Erie Wheelers), 36, Parma OH, at 15:33; 24. Paul Leary (unatt.), 26, Lakewood OH, s.t.; 25. Paul Nofziger (unatt.), 53, Brecksville OH, at 19:56; 26. Andrew Laudato (unatt.), 29, Hinckley OH, at 20:59; 27. Mark Carrabine (unatt.), 48, Solon OH, at 24:19 (34 starters).

Juniors 15-18: 1. Hansel Lucas (Trek/Three Rivers Bicycle Club), 18, Rimersburg PA, 16.2 miles in 45:03 (21.4 mph); **2. Bobby Lambrix (PDQ), 18, Lakewood OH, at 1:40** (2 starters).

Juniors 12-14: **1. Jeremy Bosl (PDQ), 13, Berea OH, 16.2 miles in 55:08 (17.5 mph);** 2. Blake Williams (unatt.), 12, Twinsburg OH, at 1 lap (2 starters).

Women: 1. Felicia Greer (PDQ), 32, St. Clairsville OH, 20.2 miles in 1:06:10 (18.3 mph); 2. Betsy Schauer (East Suburban Sports Medicine/Allegheny Cycling Association), 25, Pittsburgh PA, at 0:04; 3. Jane Evelyn (Tri-Tech Multisport), 32, Kent OH, at 0:08; 4. Barb Grabowski (Pittsburgh Masters Velo Club), 45, Pittsburgh PA, at 1:03; 5. Jennifer Shoff (unatt.), 27, Lakewood OH, at 7:46; 6. Leslie Elia (unatt.), 37, Chesterland OH, at 8:40; 7. Kathy Jo Rufener (unatt.), 38, Akron OH, at 13:58 (7 starters).

Men 35-44 (Cat. 2-4): 1. Rudy Sroka (Lake Effect Racing), 44, North Royalton OH, 28.4 miles in 1:17:20 (22.0 mph) 2. **Dave Garrett (PDQ), 36, Parma Hts. OH;** 3. **Brian Stern (PDQ), 35, South Euclid OH;** 4. Sal Ponzio (MVC), 42, Girard OH; 5. Jeff Grzybowski (M & M's/Team Akron), 37, South Euclid OH; 6. Jim Yankush (MVC), 41, North Lima OH; 7. Thomas Price (Guiness/ACA), 41; 8. Bob Riffle (ESSM/ACA), 35, Freedom PA; 9. John Fiumara (MVC), 42, New Middletown OH; 10. Conrad Griffith (PDQ), 41, Chagrin Falls OH; 11. Jim Gutierrez (Cuyahoga Valley Velo), 43, Bath OH; 12. **John Eldred (PDQ), 44, Lakewood OH;** 13. Terry Griffith (unatt.), 40, New Albany OH; 15. Rick Pudoka (Team Glenwood), 41, Clinton OH, all s.t.; 16. Joe Patronite (Team Texas), 43, Dallas TX; 17. Frank Corbett (Jamis/ACA), 43, Canonsburg PA (17 starters).

Men 45+ (Cat. 2-4): 1. Phil Brozier (MVC), 48, Mineral Ridge OH, 28.4 miles in 1:17:20 (22.0 mph) 2. Karl Kule (Glenwood), 48, Chesterland OH; 3. Craig Jackson (Bike Source/Team Columbus), 53, Columbus OH; 4. Roy Grisevich (MVC), 46, New Cumberland WV, all s.t.; 5. George Liolios (SFW), 53, Munroe Falls OH; 6. **John Hayden (PDQ), 45, Westlake OH;** 7. Larry Pandey (Glenwood), 45, Concord Twp. OH; 8. Mike Smith (SFW), 46, Cuyahoga Falls OH (11 starters).

Cat. 4 Men: 1. Mark Gorman (unatt.), 28, Stow OH, 28.4 miles in 1:18:36 (21.7 mph) 2. Brian Kenny (Gary Fisher Mid-Atlantic), 31, Akron OH; 3. Hector Colon (Glenwood), 27, Mineral Ridge OH; 4. Anderson Howat (Grove City Bikes), 32, Grove City PA; 5. Henry Wang (Trek/TRBC), 33, Pittsburgh PA; 6. Glen Hance (Grove City Cycle Sports), 45, Grove City PA; 7. Bryan Routledge (Cycleworks/ACA), 36, Pittsburgh PA; 8. **Jim Cunningham Jr. (PDQ), 30, Fairview Park OH;** 9. Michael Colonna (Lake Effect), 36, Medina OH; 10. Eugene Bellavance (CWRU), 33, Cleveland Hts. OH; 11. Hansel Lucas (Trek/TRBC), 18, Rimersburg PA, all s.t.; 12. Brian Diefenbacher (Lake Effect), 31, Olmsted Twp. OH, at 0:19; 13. **Kevin Lutzke (PDQ), 35, Canton OH, at 0:24;** 14. Jim Gilmore (SFW), 31, Cuyahoga Falls OH, at 0:29; 15. David Young (Orrville CC), 31, Norwalk OH; 16. Jarl Skogsholm (Cycleworks/ACA), 34, Pittsburgh PA; 17. Derek Wilford (Lake Effect), 42, Euclid OH (27 starters).

Category 1-3 Men: 1. Paul Martin (Gomart Cycling Team), 28, North Royalton OH, 28.4 miles in 1:32:04 (23.7 mph); 2. Jeff Braumberger (Gomart), 39, Mansfield OH, at 0:17; 3. Brian Batke (Cuyahoga Valley Velo), 41, Novelty OH, at 0:21; 4. Robbie Dolby (7UP-Colorado Cyclist), 29, Cascade CO, at 2:17; 5. James Baldesare (Gomart), 31, Kent OH, at 2:20; 6. Mark Nicoll (Flyers BiKyle/MCC), 27, Indiana PA, at 2:36; 7. David Chernosky (Saturn of Columbus/Team Columbus), 36, Westlake OH, 2:38; 8. John Bruce (Savage Hill Cycling Club), 31, Pickerington OH, at 2:40; 9. James Doyle (unatt.), 31, Cleveland OH, at 2:46; 10. Brett Bailor (Team Harrisburg), 23, Erie PA; 11. Kevin Delaney (Buffalo Bike Club), 33, Orchard Park NY; 12. Brent Evans (Color Me Safe Racing Team), 35, South Euclid OH; 13. Charles Chulack (TRBC), 29, Pittsburgh PA; 14. John Evanko (Pittsburgh Cycling Club/UPMC), 32, Aliquippa PA; 15. Tom Frueh (CVV), 35, Sagamore Hills OH; 16. Mike House (Gomart), 17, Helena OH, all s.t.; 17. Chris Mayhew (ESSM/ACA), 25, Pittsburgh PA; 18. Ernesto Marenchin (Speedgoat), 29, Stow OH, at 3:03; 19. Martin Whitehouse (Color Me Safe), 32, Cleveland Hts. OH, s.t.; 20. Tris Hopkins (CVV), 36, Stow OH, at 3:14 (26 starters).

KOM: Dolby, 13 pts.; Martin, 12; Batke, 8; Braumberger, 4; House, 3; Papp, 2.

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ERIE RACING ASSOCIATION



DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Tues. Eves.	Westlake Training CT Series	Westlake, OH	Chris Riccardi – 440/843-8026 10915 Windham Dr. Parma, OH 44130-1576 chris16@stratos.net
Sun. 6/3	USCF Ohio RR Championships	Peninsula, OH	Brian Batke – 440/338-1032 15149 Hook Hollow Rd. Novelty, OH 44072 bab@cle.ab.com, or lek.net/~tris/cvv
Sun. 6/10	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
Sat. - Sat. 6/16-23	Tour of Southeast Ohio SR	Southeast OH	Tym Tyler – 740/321-1446 P. O. Box 438 Granville, OH 43023 teamcolumbus@truesport.com, truesport.com/teamcolumbus
Sun. 6/24	Tour of West Deer CR #2	Bakerstown, PA	Oscar Swan as above
6/29 – 8/12	Criterium America Series	OH, IN, WV	Tym Tyler as above
Sun. 7/1	Tour of West Deer CR #3	Bakerstown, PA	Oscar Swan as above
Wed. 7/4	Twin Sizzler RR	Medina, OH	Judy Heller – 330/722-2020 4046 Medina Rd. Medina, OH 44256 ywcamed@ohio.net
Sun. 7/15	Tour of West Deer CR #4	Russelton, PA	Oscar Swan as above
Sun. 7/15	Three Rivers Festival RR	Fort Wayne, IN	Jim Schroeder – 219/471-7142 2108 Kenwood Ave. Fort Wayne, IN 46805 indiana-jim@juno.com
Sat. 7/21	F. H. Buhl Classic RR	Sharon, PA	Bill Tobin – 724/981-3700 28 N. Pine Ave. Sharon, PA 16146
Sun. 7/22	Murrysville Classic CR	Murrysville, PA	Fred Baldassare – 724/325-2093 1229 Twelve Oaks Ct. Murrysville, PA 15668-2783 Race170@aol.com, or www.splen.com/mcc

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

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

Summer Reading Suggestion:

Book on Bicycle Messengers a Wonderful Discovery

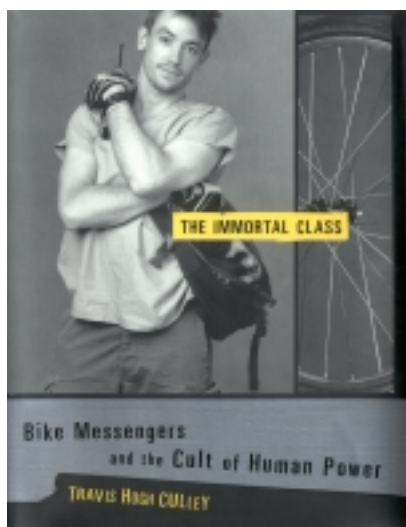
Once in a very great while you will come across a “bicycling” book that you cannot put down. In fact, these occasions are so rare, I cannot recall the last book featuring cycling that I read all of the way through. Travis Hugh Culley’s stunning effort, *The Immortal Class: Bike Messengers and the Cult of Human Power*, is a powerful and beautiful expression of the pain and the freedom of living on life’s edge in a great American city at the end of the 20th century. It is the story of toughing it out in the very mean streets of Chicago amongst angry drivers, stabbing cold winters, and a people who are blind to what motor vehicles take from their lives. The book also speaks of the struggle to take back the streets for the people. Culley took a year off from his messenger job to write this book and now that it has been launched into the literary ocean, he has launched himself back into the streets of the Windy City, again as a messenger. For as much as the job takes from those who ply this trade, there are souls who would be lost without it. This book is one not to miss this summer!

— James Guilford, Editor, *CrankMail*

Review from *Booklist* — Like Joe Quirk’s novel *The Ultimate Rush* (1998), a thriller featuring a bike messenger as its hero, this memoir (written by a veteran bike messenger) is fast-paced, danger-filled, and thoroughly spellbinding. The author, a playwright and theater director, has more than once made ends meet by climbing on a bicycle and careening through the busy big-city streets, and his chronicle of the rather eccentric life of the bike messenger is so rich, so unusual, and so aggressively written that readers will leave the book gasping for breath. This is a truly stunning book, completely original, a mixture of autobiography and philosophical treatise: Culley is a genuinely gifted writer, able to turn a seemingly ordinary bike ride into poetry in motion. He takes us deep into the bike messenger’s world, teaches us its unique language, and shows us the streets and back alleys and office buildings of Chicago in a way that makes them seem almost alien. We see the world through the eyes of a man hurtling through it at breakneck speed, and nothing we see, nothing we hear, is the way we expect it to be. One of the very best nonfiction books of recent years, and a treat for anyone gutsy enough to climb aboard.

— David Pitt, Copyright © American Library Association, all rights reserved.

Travis Hugh Culley was featured on National Public Radio’s All Things Considered, April 12, talking about his book, bicycle messaging, and urban transportation. Buy this book through the CrankMail.com bookstore!





Cleveland Touring Club

Cleveland Touring Club

P.O. Box 0667

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Welcome to New Members

Brenda Powell Cleveland Heights, **Kelly Mikolajczyk** Willoughby, **Patti Ashton Perry**, **David Crumb**, **Hank Frisch** and **Gordon Pfeiffer** Cleveland, **Robert Fitz Chagrin Falls**, **Dan Pollak** University Hts., **Carol Kimmey** and **Bard & John Heinbaugh** Aurora, **David Levereaux & Family** Wickliffe, **Peter Wise** Mentor, **Bob Sara & Family** North Olmsted, **Jerome Gatins** Walton Hills, **Alicia Hanlon** Richmond Heights. Welcome! We hope to see you this spring!

Club Tidbits

Looks like the CTC group is keeping the economy going with new bikes and bike carriers (motor vehicles). Sporting new bikes are **Kate Porter** (Waterford), **Marilyn Taylor** (Trek), **Tom Driscoll** (Cannondale), **Gene James** (recumbent) and **Joe Chupek** (bright yellow 4 wheel drive bike carrier).

We have been selling lots of **jerseys and jackets** and will be placing a order for more after Sunday In June on June 10th. If you want something please get your order in so we will have it in stock.

The Lake County Bike Expo

Thanks to all members who helped volunteer at our booth. The club earned \$320 for helping out at the Bike Swap. You'll all appreciate this at our club picnic.

Mountain Bike Races

Three CTC members competed in the 10K race. **Ed Enyedy** and **Scott Erdman** took 2nd & 4th places respectively in the 19-34 age category, and **Tom Taylor** took 5th place in the Veteran category. Congratulations to you all. There are free guided mountain bike rides that Lake County Metroparks holds. The next few are: May 15 & Jun 12 - Farmpark, May 29 & Jun 2 - Girdled Road Reservation, Jun 26 - Atchinson Property. Contact Bill Plessinger at: bplessinger@lakemetroparks.com.

The Lake County B&O Bike Ride

Sunday, May 13 is renown for being Mother's Day and the start of the two-day TOSRV ride from Columbus to Portsmouth and back. For those who forsook the former, it was also the day of the B&O bike ride. And a lovely, bright, sunny but chilly morning it was. Jackets, headbands, leg warmers gloves and, that most crucial but overlooked piece of cycling gear – handkerchiefs, were proudly on display. Gayle and I left early, as did a number of CTCers with club jerseys and jackets in evidence.

With a brilliant sun low on the horizon we were glad the trip started out heading east. After a flat ride passing near Fairport Harbor, we came across a group of birders standing in the middle of the deserted road near Mentor Marsh, eyes fixed on the branches high above, oblivious to the handful of cyclists bearing down on them. 'Umm...excuse me...' and I got their attention just in the nick of time. (I have a bumper sticker on my bike that reads 'I DON'T brake for birders!') and yelled 'Damn Birders' as I passed by. They responded with 'Damn Cyclists' and we all cheerily waved at each other. I mentioned there might be lots more cyclists coming soon.

Dipping down into the back areas of the Marsh again we were accosted by 2 large drakes – male Canada Geese – who hissed at us and flapped their wings aggressively. At perhaps 25 lbs. these fellows looked imposing enough to swerve and avoid. They certainly weren't getting out of our way. I'm not sure how many brave cyclists were pummeled into unconsciousness by these beasts and carried off into the Marsh to an unspeakable fate, their empty bikes offering mute testimony to their passing.

Early to ride means maybe no snacks at the rest stop and no snacks there were. Lake Metroparks gave us ample warning of this at the start but we were still gratified to see their pickup trucks show up after a few minutes at the Mentor Park with cold Gatorade, cold cookies, cold rolls and cold snack bars. Where was that hot, steaming bowl of clam chowder?

The pretty part of the ride took place in Kirtland and Concord as we climbed above the Lake Erie plain. Morley and Fay roads in particular were outstanding, the latter winding along a branch of the Grand River.

Our second stop at Helen Hazen Wyman Park was scenic and a little warmer. We could live without the soup. A long climb out of the valley, a jaunt through Painesville and back to the start, some 35 miles later was capped by a very nice lunch, despite it being 11:30 in the morning.

— Marty Cooperman

Ride Schedule

June 10	7 AM	SUNDAY IN JUNE (10, 25, 50, 62, 100) CTC's Annual arrowed route event, maps, snacks, lunch. Preregister and save \$\$\$.
		Burton Century Village, Burton on the Square flat to hilly
17	8:30	Perry Park to Madison(25) Geneva(45) Ashtabula(65) flat to rolling
24		Chardon to Footville (up to 65) rolling
30	(Sat)	Chardon Pick-up ride from Western Reserve Cycle Sport
July 1		Mentor Headlands (25, 35, 45) flat to rolling
4		North Chagrin pick-up ride
8		Bessie Metzenbaum Park (Geauga Co Park) to Girdled Road (50) hilly
15	7:30	North Chagrin thru downtown Emerald Necklace (up to 95 miles). Alternate route to Bedford(50) meet at 8:30 . flat to hilly

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

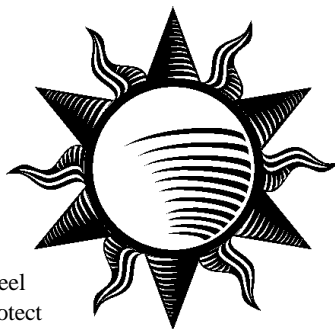
Relaxed rides at a moderate pace with a social emphasis.

June 12 Meet at Polo Field on Chagrin River Rd, ride the south Chagrin Parkway.

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

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

Sunscreen Is Cool!



CORVALLIS, ORE — Many of us hate the icky-sticky feel of sunscreen products that we have been told will help protect our skins from premature aging and from cancer. Add to that the widely-held notion that sunscreen products keep us from cooling properly while exercising and you've got two strikes against the stuff. Well, take one objection away.

An Oregon State University study suggests that sunscreen decreases your body and skin temperatures, thus helping you stay cooler during exercise. "There's been a perception among athletes that sunscreen may inhibit the ability to evaporate sweat," says study author Declan Connolly, Ph.D. "But we found that sunscreen lowers skin temperature significantly and body temperature to a lesser degree." Connolly's study showed that sunscreen reduced skin temperature by 15 to 20 percent among subjects riding stationary bikes for 45 minutes in a room heated to 90 degrees with 54 percent relative humidity. The men were wearing SPF 15. He believes one mechanism behind the cooling may be that sunscreen adds moisture to the skin, and more evaporating moisture means more cooling.

"In addition, results show a significant difference in the core to skin temperature gradient ... with a greater gradient existing in the {sunscreen} condition." Connolly writes in his abstract. "There does not appear to be any effect of sunscreen on ventilation, rectal temperature, oxygen consumption, lactate levels, sweat loss, percent plasma volume change, rating of perceived exertion or respiratory exchange ratio."

So slather on that gooey SPF mess! You'll not only help keep that cool youthful look longer, maybe you'll actually *be* cooler!

Information for this article was drawn from several sources including news reports and Dr. Connolly's abstract as published in the Abstract On Medicine & Science In Sports & Exercise, Vol. 27, (5), June 1995 (Supplement).



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www.geocities.com/~bikelew

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440-779-8392

Vice President
Russ Marx
440-582-3454

Secretary
John Whitaker
216-485-9184

Treasurer
Bob Ugan
216-476-0353

LEW Club Weekend & Holiday Ride Schedule

June 3	9:00	Valley City to Lodi & Wooster - 36 / 80 flat miles.
June 10	8:00	Sunday in June by CTC club, Geauga County Fair Grounds.
June 17	9:00	Elyria (2nd St. pkg lot at bike path) to New London - 60 flat mi.
June 24	9:00	Bradley Woods Metropark to Vermillion - 30 / 60 flat miles.
July 1	9:00	First Annual LEW "Scoop-a-Loop" © Ride - Start to be announced
July 4	10:00	Holiday Hawaiian Shirt Ride - Scenic Park to the Flats for lunch - 30 flat miles
July 8	9:00	Bonnie Park to Medina & Lodi - 30 / 60 miles
July 15	9:00	Paw Paw to Hinckley & Doylestown - 30 / 60 hilly miles
July 22	9:00	Mastic Woods to Peninsula - 40 / 60 miles
July 29	9:00	Brunswick to Rittman - 55 miles

Ride Start Locations:

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.

Mastic Woods Picnic area and parking lot in Rocky River Reservation, off of Valley Parkway ¼ mile south of Puritas Avenue & Mastick Road.

Olmsted Falls Olmsted Falls County Library, Columbia Rd, just north of tracks, by the covered bridge.

Paw Paw Lot Picnic area and parking lot, off of the Valley Parkway, just east of West 130th Street, in North Royalton.

Scenic Park Parking lot at marina in North Rocky River Reservation, off of Valley Parkway ½ mile south of Detroit Road, in Lakewood.

Valley City Liverpool Elementary School, at West River Road and School Street.

Weekday Rides:

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

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

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

LEW WEB keeps club informed of late breaking news

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

The May, 2001 Club Meeting...

...was cancelled due to circumstances beyond our control. Regular club meetings will resume in September, and will most likely be held at the Brook Park Branch of the Cuyahoga Library, on the first Tuesday of the month. In the event of changes, members will be contacted. Members with web access may check the club website for the latest news; they are also encouraged to express their concerns (or offer ideas) to club officers at club rides, by email, or phone. In the meantime, there is a full season of pleasant riding, waiting for us to pursue and indulge in. Enjoy yourselves!

Touring Division News

On April 13 & 14 we rode the 100-mile round trip ride from Wellington to the Malabar Farms hostel. The weather was unseasonably warm and sunny for mid-April. Joining LEW members Ron Corey, Bonnie Vargo, John Koch & Bob Parry were John Wasko & Marty Cooperman. Lunch was in Hayesville at a great little restaurant on route 30A. South of Mifflin we encountered the five long hills, which Marty enjoyed riding up and back down to do them each twice. The sun was still shining brightly as we walked the mile hike to the Malabar Inn for a well-deserved dinner before retiring to the very nice hostel. In the morning the temperature was below 30 degrees. Even though we all had on our tights, gloves, extra clothes, and jackets we hung around the hostel, and had a cup of coffee until the sun quickly moved the temperature up to the forty’s. Then we could enjoy the short ride to Butler for breakfast, before heading up to Mansfield along the 18-mile rail-trail.

On May 5 & 6, pancake desperadoes Tam Ripley, Jerry Storer, Krista McNamee, Bonnie Vargo, Tom Meara, Bob Parry and Ken Drazdik rode from Berea for the overnight Pancake Ride to the Stanford House Hostel in Peninsula. The route to Peninsula is a long route heading towards Medina, and then going west on Hamilton, Wilbur, Bath and Ira Roads

before going north to Peninsula. Again, the weather was near perfect for riding. The only extra gear needed was some sunscreen and plenty of water, as it was warm and dry. Along the route we met Eric Schultz, who rode with us a ways, and then at the Winking Lizard we met Pam Burda and Phil Hrush, who live just around the corner. In the morning we were the first in line for the Hostel Pancake breakfast. After a few helpings of pancakes we headed up the Boston Mills Road hill, which is tough on any day but lots tougher with full panniers and a belly full of pancakes. Once we got to the top of the valley it was a sweet ride back west, with a nice tailwind, reaching Berea by 11 am. The entire trip was approximately 72 miles in length.

For June 16-17, there is a planned overnight ride to Findlay State Park campgrounds. Contact Bob Parry or Tom Meara if you are interested in this tour. If you have not done an extended overnight tour, this trip would be a good entry into self-contained touring, as it is moderate in distance, and a flat route.

Further events have been planned for this year's riding season. These tours are open to all riders, and everyone is encouraged to participate. Each tour will have a designated ride captain to make the determination that an individual has the ability and equipment to complete the ride.

Tours are of two types: fully loaded tours, which are self-supporting, and have "camping" listed in the description; and lightly loaded tours that do not require carrying shelter or food (instead, riders stay at motels, B&Bs, or hostels). Tours are unsupported except where listed. Randonneur brevets are endurance events, not typical tours. The riding is more or less continual for the distances listed.

<u>Date</u>	<u>Route</u>	<u>Ride Captain</u>
June 8 - 10	Ohio Randonneur Brevet at Springfield, OH. 400 Km. Drive Friday, ride Saturday to Sunday.	Tom Nezovich
June 15 - 21	Great Ohio Bicycle Adventure, 300 miles, camping	www.goba.com
June 16 - 17	N. Olmsted to Findley Lake State Park. 80 miles, camping.	Tom Meara
July 7 - 8	Ohio Randonneur Brevet at Springfield, OH. 600 Km. Drive Friday, ride Saturday through Sunday	Tom Nezovich
July 7 - 15	Cleveland to Shippensburg, PA. 500-600 miles, motels	Tom Nezovich
July 14 - 15	Berea to Clinton, Ohio, 110 miles, camping.	Tom Meara
Sept 1 - 3	Allegheny Tour, NY and PA. 200 hilly miles, camping.	Tom Meara
Oct 26 - 28	Youghiogheny Trail, Ohio pyle. 130 flat miles, camping	Doug Barr

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

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

Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained). Tom is also 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 tom_meara@hp.com.

Racing Division News

Racing Division Chairman Tom Thomson sends his greetings to all LEW members interested in competitive cycling. *Team LEW* supports bicycle racing in all its forms: Road/ Cyclocross, Mountain Biking, and Multisport. Eligibility for Team LEW depends on the following:

1. Membership in good standing with the Lake Erie Wheelers.
2. Sign and date the Release of Liability form.
3. Racers must commit to completing at lease two races during the season.
4. Represent the Team and Lake Erie Wheelers honorably and in a positive light at all times.
5. Members should occasionally volunteer at team activities, as necessary.

For further information contact Tom at 440/933-4093 or at LEWRaceDiv@gateway.net (alternate email: Colnagonut@gateway.net).

Help Us Attract New Members!

Members with athletic and social interests other than bicycling are encouraged to contact club officers, and share with us any information regarding these activities. Of particular interest are the places and groups associated with these activities, the potential of participant's interest in recreational bicycling, as well as the likelihood of their ability to participate. All information offered will be kept in confidence amongst club officers, and will be utilized without divulging the source. If they so decide, members may be provided with materials in order to make such contacts on their own.

DON'T CHICKEN OUT.

EXCUSES DON'T SAVE LIVES.
BLOOD DOES.

 **American Red Cross**

Medina County Bicycling Club

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

Contact the following for information:

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

Weeknight Ride Schedule

Tuesday - 6:30 p.m.

Courthouse parking lot – Jefferson & E.Liberty St. (10 -15 MPH)

Wednesday- 6:30p.m.

Courthouse parking lot – Jefferson and E.liberty St. (FAST 18+MPH)

Thursday – OFF_ROADERS...

Check the Web site or contact Linda Miranda

Weekend Ride Schedule

Saturday – Check the Web-or call

Sunday – Courthouse Parking Lot - Jefferson at E.Liberty St.

– 8:30 a.m. Touring Group at (10 - 15 MPH)

– 9:00 a.m. Racing Group at (18 + MPH)

Or check your email or our new Web site:

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

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

Anyone interested in riding with this group or being a ride leader, please

contact Ian Halliwell at 330-725-3074 or email at:

IHalliwell@nobleknights.com

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

6/24 CLEAR FORK VALLEY CENTURY. Lexington

7/04 TWIN SIZZLER - MEDINA - 25 MILE RACE

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

7/21 – 2001 ICE CREAM ODYSSEY – MEDINA 62/25 MILES:

- ALL NEW ROUTE: ROLLING WITH A COUPLE OF HILLS
- FREE T-SHIRT TO THE FIRST 200 RIDERS!
- PREREGISTER, SAVE \$5.00 ON DAY-OF REGISTRATION
- LIMIT 250

7/29 – SWEET CORN RIDE – Richfield – several routes ,lots-of-hills

THE PREZ SAYS

First, I would like to extend a very warm welcome to our newest members, David Ling, and Charles Sanford.

While it is still early in the year our turn out on Tuesday night rides is way up. Sunday rides have been at a very moderate pace to accommodate many of our new riders and guest. While this makes for a very social ride it tends to lack the intense anaerobic workout some of you require. Consequently as the attendance increases we will split these rides into two groups. To this end I will be depending on our more experienced riders to lead the occasional ride.

Congratulations to Medina members Eric Schultz, Doug Fitz, Tim & Jeannie Mishler, Donna Graham, Tom Waterson, Lou Vetter, Bruce Ward, John Washko, Bill Brannon, and Bob Iden on completing another TOSRV. And a special congrats to Eric Hayden and Tom Byerly on completing there first TOSRV. They both tell me there planning on doing it again. It was great to see all those familiar faces and Medina Jerseys on the route. And was even better to have someone you trust at the front of the pace line.

We always appreciate all the help we get on our Ice Cream Ride. So please don't be surprised when you volunteer. We know you wanted to.

There has been talk of changing the starting point of our rides to different locations for several reasons. First, to avoid the traffic congestion around the Square especially on weeknights. Second, it would allow us to incorporate additional or revised routes with some new scenery, and allow us to add destinations that may have been to distant from the center of town. On the down side this would make things slightly more difficult to organize. By always starting at the Square there was never any confusion. Everyone knows how to get to the starting point and how to get back. If we were to change we would most likely have to plan our routes a month in advance like many of the other clubs do. And this would eliminate that spontaneity of following the wind we are so fond off. I would appreciate your opinions on this and would like to put it up to a vote.

We will be forced to order more club jerseys soon. Many rides have told me that they cannot find jerseys to fit. I would like to know how many members or nonmembers would be interested in XXXL or XXL or SMALL sizes if we can get them.

Glen Hinegardner is organizing training rides for the MS150. Send him email to get the schedule.

A Letter From Vetter...

LATEST DESIGNER DISEASE: Well; now we have it all. First there was road rage to contend with while doing what we like doing best, (ok, second-best). Then if your traveling farther and faster we have the airplane rage where you might be endangered by a fellow traveler. Now we have the new and improved "desk rage." This is supposedly caused by overcrowded offices and increased stress due to unrealistic deadlines and excessive workloads. Where's that darn backspace delete key.

OOPS WE DID IT AGAIN: Did what you ask. We broke in another new rider with our famous Medina Road Charm.



The Sunday ride was to be thirty miles with a breakfast stop and LaGrange seemed the perfect place. On the way we detoured just a little because some weenie didn't want to ride on Route 303. So we get into LaGrange and the restaurant was packed. We did manage to get two adjoining booths. And on the return trip our new rider, a former triathlete, was pooping out. She managed to finish and said she enjoyed the ride. Then we told her she had just gone 47 miles. She said she'd be back. By the time I get to ride with her again she'll be leaving me in the dust.

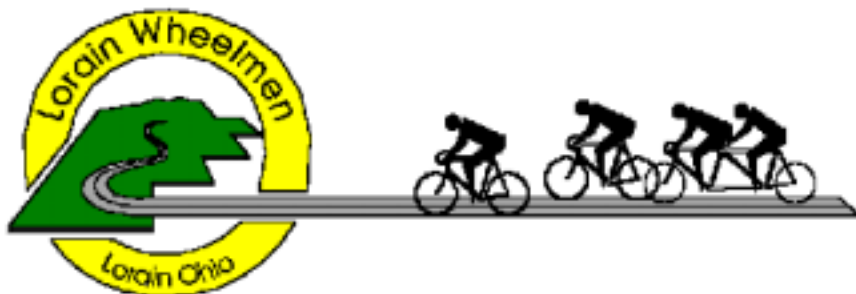
TOSRV and Road-Rage: If you can't say something nice then get the heck off the road and go home. Jeez! Then there's the Yahoo.com TOSRV Club and all the whiners there. Some guy actually said the route was bad because of the Semi's and he said that was a no-brainer. Hmmm, I wonder where his brains were. Oops that wasn't nice was it? Oh well.

The ride this year was fantastic. My computer indicated that I did 19.1 miles-per-hour on Saturday. That was due to a tail wind all the way to Portsmouth. The real story is in getting prepared to ride the tour. I took my new bike back to the shop found that my brakes were bad (I didn't break them), they were just made that way. So hey, I have another bike, a real road racer too, so I take that one in to get a new freewheel. The shop found that I had broken the axle so now I am in trouble... but then I was able to get my new bike back with a new front brake and I was off to the tour.

Friday Tom and I stayed at Best Western next to Hoster's Brewery and the brewery was closed for remodeling. So we went to Tony's Restaurant and were told that they were booked all night for prom dinners. OK, Joe Dolman spoke up and asked if we could eat at the bar and lo, and behold we could. The owner was even thankful that Joe had thought about that. Now he could sell more dinners. The menu was upscale with tiny portions and large prices. The food was excellent but I wanted more, lots more. OK so it ain't gonna kill me to go to bed hungry once in awhile.

This year's ride had some nice improvements. The lunch stop was at a beautiful park in Chillicothe just north of Downtown and this is the first year I noticed that the bologna is gone. You used to have to pry the bologna apart if you rode fast and got there before it thawed out. The ham and turkey were great. The juice this year seemed to be off-taste. I heard many complain that it was unsweetened or artificially sweetened. I was too thirsty to notice. The route entered Portsmouth by the "New Second Street Bridge." This is your standard boring Highway Bridge. The old bridge had character. It had steel girders for its top and was fun to ride under even with its tyre-killer expansion joint. Next the route went along Front Street to tour the murals painted on the floodwalls. At Tracy Park the party was in full swing and I knew the band. Great! Now I'm a Clyde and Hilda Fenton groupie. Next I mingled with the Hancock Handlebars and was awarded a free Moosehead. The one you drink, not the one you mount over the mantle. Team Polka Dot was there too and I visited them as well. I'll be a dot next year. I think those dotted shorts will look great under my girls head jersey. I never did get over to KY to ride up that big hill and this year I had a bike with a triple crankset too.

Sunday Tom and I started out in the thickest darn fog you ever wanted to see. Yes, we did decide to leave in the thick of it and it didn't clear up until we were 35 miles into the ride and up on top of the ridge. The tailwind from Saturday was now in our faces and slowing our progress. Earlier on, at about the 25-mile mark, some rider passed our double pace-line and shouted that we were too slow and should move over. He then flipped us the bird and rode out front about 50 meters. Three of us chased him down to discuss this issue further and remind him that this is a tour not a race and we were passing slower riders at the time he passed us. I don't know who experienced more rage, him or us. The rest of the trip was draft and drop off the back, draft and drop off the back. I was happy to finish Sunday with a 15.3 mile-per-hour average.



June 2001 Calendar

Day	Date	Starting Point	Destination	Distance
Sunday	June 3	Oberlin Inn parking lot	Fitchville	50 miles 'n some
Sunday	June 10	Oberlin Inn parking lot	Valley City	about 50 miles
Thursday	June 14	Nordson Depot	Prolog @ 6:00 Meeting @ 7:30	20 mi Warm-up
Sunday	June 17	Amherst Powers School	Milan	50+ Miles
Sunday	June 24	Oberlin Inn parking lot	New London	about 55 miles

All rides start at 8:00 Eastern Daylight Time!

Evening rides have started and are scheduled as follows: Tuesday at 6:00 from Oberlin and Thursday at 6:00 from Amherst. The first slow-paced (12 mph) ride will be on June 20th (WED) from the Caboose in Oberlin. We won't designate the TUE & THU rides with a pace. You can come out and the group will dictate the pace. They always stay together. The distances will be about 25 (more or less) miles dictated by rider pace and available light.

I'm writing this before the JJJ, but you'll get this issue after the ride. I hope the weather holds for the holiday weekend, as there's always a LOT of riding to be had on any three-day weekend.

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

Yo, Wheelers...



Nature seems to be conspiring against the Western Reserve Wheelers. While it has generally been warm enough for us to ride, the winds keep shifting so that we seem to have headwinds both coming and going!

Our leader, **Al Wapnick**, is the unofficial pinup boy for hip replacements. His last ride with the club was May of 2000 but, happy to say, he is back again and riding as well as he ever did.

I only have one club shirt (size large) remaining. If you want it, please call me. Over the years we have had four different shirts but this is easily the best. So don't miss this final opportunity. Several members have asked for a club shirt. We can reorder more shirts at \$50.00 per shirt if we have a minimum of twelve (12) orders paid in advance. If interested, call me.

So far we have had better turnouts this year than last year for our rides, attributable to several new members and guest riders from CTC.

Our loyal friend and tireless worker for WRW, **Ellie Einhorn**, will be out this summer after having had knee surgery. She said, however, that she hopes to be back in the fall and in the mean time is thinking of us.

See you on the road!

— Ed Reichek

WESTERN RESERVE WHEELERS



COMMITTEE:

Ellie Einhorn	Howard Mayers	
Bernard Greenberg	Harold Pasternak	
Mitch Kursh	Edward Reichel	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				
3	8:30	JCC	Walden	38-58
10	8:30	Chagrin Falls Parking Lot		
	7:45	JCC	Circle Chagrin	30-48
17	8:30	JCC	Solon/Sea World (alternate GOBA)	29
24	8:30	JCC	Willoughby	30
July				
1	8:30	JCC	Downtown via Parks & Towpath "Irv's Urban Oasis"	40-50
8	8:30	JCC	Oscar's Tanglewood	35
15	8:30	JCC	Route 306 and Mayfield	30
22	8:30	JCC	Chagrin Falls/Cat's Den "Pancake Ride"	28
29	8:30	JCC	Cleveland Bratenahl Urban Desert	35
August				
5	8:30	JCC	Solon/Sea World	29
12	8:30	JCC	Hudson Reverse	50
19	8:30	JCC	Chagrin Falls via Gates Mills/Berkshire	26

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.

CrankMail

Unclassified

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PANNIERS WITH ALUMINUM RACK: matching bears, size large, Madden's of Colorado, purple, like-new. \$150. Call Ron: (440) 237-3916. Email: Arcticsilk@aol.com

IBIS TITANIUM ROAD FRAME: 57 cm, Ancotech tubing, Kestrel EMS Pro fork w/1-inch steer tube, American Classic headset, 27 cm Ti seatpost, Avocet 02 air Ti saddle, Shimano Ultegra Triple STI 2000 9-speed groupo, Sedis/Sachs PC89R chain, ITM Pro 42 cm bar, Elite Inox SS bottle cages (42 gm.), Icon (Trek) stem, Vetta RT 77 computer w/cadence, SpeedPlay stainless steel pedals, Sun ME14A yellow wheels, Mavic 571 hubs, Salsa Flip-Off yellow skewers, Continental Grand prix 3000 tires. Bike has only about 400 miles on it. \$2,350 plus shipping. Call: (216) 481-9538. Email: bill806@stratos.net

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.

WANTED: CHILD TRAILER. Call Armenia: (216) 577-0817.

KESTREL 200 SCI 54 cm, red, EMS fork, Ultegra 9-speed triple, Mavic Cosmic wheels, ITM 42 cm handlebar, Thompson seatpost, pedals and saddle not included. Excellent condition, bike assembled but never ridden. \$2,400 or best offer. Call Paul: (440) 779-8594. Email: rubus2@yahoo.com

TREK MULTI-TRACK 700: 18 in. frame, hardly ever ridden. Practically in brand-new shape. \$200. Call Carl: (330) 336-5190 (Wadsworth area).

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

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

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