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June 2002

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Cycling in Northeastern Ohio

P.O. Box 33249 • Cleveland, Ohio 44133-0249
On The Web @ <http://www.crankmail.com>

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unless we give them the keys.”*
— Doug Horton

DON'T CHICKEN OUT.

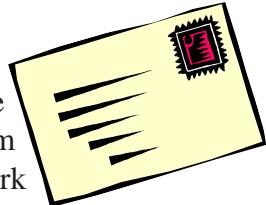
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American Red Cross

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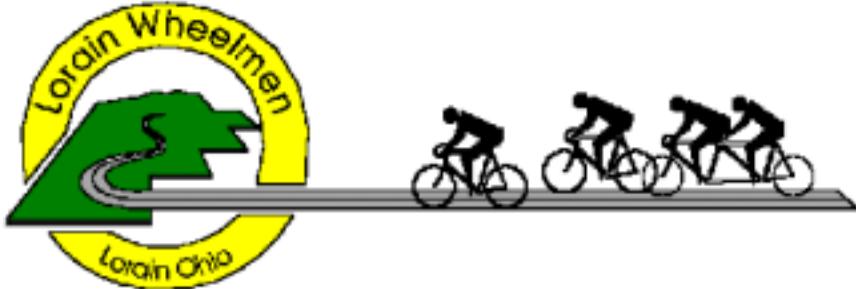


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The Clockwork Press • PO Box 33249 • Cleveland, OH 44133-0249



June 2002 Calendar

Day	Date	Start	Dist.	Destination, etc.
Sat	6/1	Duncan's Falls	75	River Rendezvous.
Sun	6/2	Marietta	75	Duncan's Falls
Sun	6/2	Amherst/Shupe	50	LaGrange
Sun	6/9	Oberlin Inn	50	Fitchville and Jake's
		Burton	100/62/50/25	Sunday in June!
Sun	6/16	Amherst /Shupe	50	Milan
Sun	6/23	Oberlin Inn	50	New London
			75	Savannah
Sun	6/30	Amherst	50	Wakeman
Sun	6/30	Wooster	62/100	A new century in nice terrain.

Things are settling in for the weeknights:

- ◆ *Tuesday is 5:30 at Prospect School in Oberlin*
- ◆ *Thursday is 6:00 at Shupe School in Amherst (Some of us start at Prospect at 5:30 and ride up to Shupe for the 6:00 start, so you can have it both ways)*

We made the threatened (Saturday) ride to Berlin Heights, and found a good 43-mile route returning via Wakeman. I think we'll try it again, although the coffee was thin. We need to get in a Spencer/Wooster Saturday and June looks good. That's a pleasant metric, and the coffee and bagels are top drawer at Woogle's. Let me know if you're interested.



LAKE ERIE WHEELERS

P.O. Box 770744; Lakewood, OH 44107 • bikelew@juno.com

www.geocities.com/lakeeriewheelers

Affiliated with the Bike Authority.

President: Tom Meara – (440) 777-2563 • Vice President: Jerry Storer – (440) 886-0558

Secretary: John Whitaker – (216) 485-9184 • Treasurer: Bob Ugan – (216) 226-9921

Membership Chair: Dan Izuka – (440) 734-5777

LEW Club Weekend & Holiday Ride Schedule

June 2 9:00 Valley City to Lodi & Wooster – 36 or 80 flat miles.

June 9 8:00 Sunday in June, Geauga County Fair Grounds. Various distances available, contact Cleveland Touring Club for details.

June 9 10:00 Bike Path Series: Elyria to Kipton via North Coast Inland Trail– 28 mi

June 16 9:00 Creston to Destinations Unknown – 50 to 80 miles, or thereabouts.

June 22 9:00 Malabar Weekend – Saturday/Sunday starting from Malabar Farms Youth Hostel.

June 30 9:00 Bradley Woods Metropark to Vermilion – 30 or 60 flat miles.

July 4 10:00 Holiday Hawaiian Shirt Ride – Scenic Park to Cleveland Flats for lunch

July 7 9:00 Brunswick to Rittman – 55 miles.

July 14 9:00 Paw Paw to Hinckley & Doylestown – 30 or 60 hilly miles.

July 14 10:00 Bike Path Series: Rockside to Peninsula via Canal Towpath – 24 miles.

July 21 9:00 Scoop-a-Loop, Columbia Station – Four 15-mile loops with Ice Cream.

July 28 9:00 Lakewood Park to Euclid and Grand River – 40 or 65 miles.

Ride Start Locations

Bradley Woods In Westlake, in the Bradley Woods Reservation, at Bradley Rd and White Oak Lane, south of Center Ridge Road.

Brunswick Laurel Square Shopping Center parking lot, off of Pearl Road (Rt. 42), 1 mile South of Rt. 303.

Lakewood Park Picnic area and parking lot, in Lakewood, north of Lake and Belle Avenues.

<u>Olmsted Falls</u>	Olmsted Falls County Library, Columbia Rd, just north of tracks, by the covered bridge.
<u>Paw Paw Lot</u>	Picnic area and parking lot, off of the Valley Parkway, just east of West 130th Street, in North Royalton.
<u>Scenic Park</u>	Parking lot at marina in North Rocky River Reservation, off Valley Parkway, located ½-mile south of Detroit Road, in Lakewood.
<u>Valley City</u>	Liverpool Elementary School, at West River Road and School St.

Weekday Rides

Tuesday Evenings – Short, slower (C-pace) rides starting on April 16, from parking lot behind Fairview Park Post Office at West 220th Street & Lorain Road, 6:30 p.m., weather permitting. Call Bob Ugan at (216) 226-9921. This early in the season, lights and reflectors are recommended, in order to be seen, and to see the road.

Wednesday Evenings – The “Ice Cream” slow and short rides start from the Olmsted Falls Public Library, as of April 10. Slow to moderate (C to B), the rides will leave at 6:30 p.m., weather permitting. Contact Marc Snitzer at (440) 236-3017, email at msnit@juno.com, or John Wasko at (440) 891-8364.

Regular Club Wednesday Evenings – Moderate to fast pace (B to A) 20-30 mile rides, weather depending, starting at 6:30 p.m. from Kamm’s Corner parking lot at Lorain Rd & Rocky River Dr. (Rt. 237) in Cleveland (behind Pizza Hut), Call Ed Wheeler at (440) 572-1122 or email at wheels@ameritech.net.

Thursday Mornings –Begins at 9:30-10:00 a.m. and finishes around 2:00 p.m. Starting April 11, rides will be at a moderate pace (C) and will include lunch at a restaurant along the way. For starting location & other information, contact John Glasgow at (440) 777-7392 or email at jglasgow2@msn.com.

Thursday Evenings – Fast rides, B to A pace, suitable for training for races, starting from Bonnie Park. Mileage, route & pace will be determined by those who show up. Contact either of the following: Tom Meara, Russ Marx, or Greg James.

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/>

LEW club email list is at BikeLEW@adelphia.net. If you aren’t receiving weekly ride updates and have email, let us know and we’ll put you in the address book.

Weekend Club Rides

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

A –Brisk pace with paceline likely, regrouping every 30 to 60 minutes with a 10-minute wait, maximum. Usual speed is 18 – 20+ mph.

B –Touring pace with pacelines possible, regrouping every 30 to 45 minutes and waiting for all riders to assemble. Usual speeds are 15 – 18 mph.

C –Relaxed pace with no pacelines and frequent regroups for all riders. Usual speeds are 12 – 15 mph.

The Ride Leaders for this month, and the next, are:

June – Jim Kinser, John Clay; July – Jake Elliot.

If the scheduled ride for any given date is an invitational, or starts outside the tri-county area (Cuyahoga, Lorain, Medina), a pick-up ride will start from the Olmsted Falls Library at the normal start time for the month.

The 2002 Ohio Bike Path Series

This year we introduce a new ride series, conducted entirely on bicycle paths or all-purpose trails, supplementing the regular Sunday rides, and held on the second Sunday of each month, from May to October. We hope to attract new riders unused to riding in groups, folks who are uncomfortable riding on roads and competing with motor vehicles, and seasoned riders out for the pure joy of riding with friends.

These are "C" level rides, beginning at 10:00 AM, with a stop for lunch. All riders must wear a helmet and be club members, unless a signed signature card is obtained in advance. All children under 16 must be accompanied by an adult.

Upcoming Ohio Bike Path rides for this spring:

June 9	Elyria to Kipton on the North Coast Inland Trail	28 miles	Bob Parry
July 14	Rockside to Peninsula on the Erie Canal Towpath	24 miles	Dan Izuka
August 11	Lexington to Butler to Mansfield (car pooling)	22/36 miles	Tom Meara

Women Only Rides

In an effort to expand the types of riding that the club organizes, we've decided to offer a *Women's Only* ride on the third Saturday of each month. Bonnie Vargo will lead a 30-mile (B-C pace) ride from the Olmsted Falls East River Park (just north of Bagley on Lewis Road) to Strongsville. Contact Bonnie at (216) 226-5918 for details. *Touring Division News* (by Tom Meara)

If you ever thought of strapping your shelter and sustenance to the back of your bicycle and rolling out your driveway for destinations and adventures unknown, this is the year. Several rides of varying difficulty are planned to accommodate every level of rider.

Each ride is self-contained, meaning you bring what you need. If you don't know what to bring, we can advise. Some nights will be spent in a tent, others in a motel or hostel. We expect you to be able to ride at a pace that will cover 50 to 75 miles in a day, with some days are longer than others, if it is hilly, or windy, or hot. Some rides are sagged (meaning we have a vehicle following the route to help if needed) and some are not. Each ride has a designated captain to organize the route, make reservations, provide maps, and lead the ride.

Touring by bicycle is not about speed; it is slow and even. It is not a short ride in the morning so you can do something else; it is an all-daylong ride where the pleasure is in the journey and the destination. There is both contentment and exhilaration in being miles from nowhere with nothing but your bike, your gear, and your own abilities, to get you home.

Following is the Lake Erie Wheelers Touring Schedule for 2002. If you are interested, please contact the ride captain.

Date	Route	Ride Captain
June 14 – 20	Great Ohio Bicycle Adventure, 300 miles, camping	www.goba.com
June 15 – 16	Findley Lake State Park. No sag, camping, restaurant meals.	Bob Parry
July 3 – 7	Roanoke to Winchester, Virginia, 500-600 miles. No sag, restaurant meals, motel/camping.	Tom Meara
July 20 – 21	Olmsted Falls to Kelly's Island. No sag, camping, cook your own meals.	Greg James
Sept 14 – 15	Olmsted Falls to Malabar Farms. No sag, stay in hostel, restaurant meals.	John Wasko
Oct 11 – 14	Shaker Heights to Chautauqua, New York. No sag, camping, cook your own meals.	Marty Cooperman
Oct 19 – 21	Youghiogheny Trail, Ohiopyle, 130 flat miles. No sag, camping, restaurant meals.	Doug Barr

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

Doug Barr	(440) 734-1715	dougbar@nshore.org
Marty Cooperman	(216) 932-6159	m.cooperman@csuohio.edu
Tom Meara	(440) 777-2563	tdmeara@adelphia.net
Greg James	(440) 331-9419	clockwerke@aol.com
Bob Parry	(440) 779-8392	bob.parry@juno.com
John Wasko	(440) 891-8364	gumbycycling@juno.com

Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question, and adequately maintained.

Other Matters...

The annual club picnic was a traditional event, previously held in July or August, and included a full-contact, grudge-match volleyball game. Dan Izuka has volunteered to examine various sites for their suitability for such an event, and the steps needed to place reservations. Other volunteers may be needed, including a Designated Squatter, to secure the site. The proposed date is August 11, following the Four County Metric Freebie Ride. Anyone wishing to volunteer, please contact Tom Meara or Dan Izuka.

The club has decided to join the Adopt-A-Highway program. Ideas are needed for a good State highway to adopt. Some suggestions are Columbia Road (Rt. 252) from Olmsted Falls south, or State Road (Rt. 94) from the Valley Parkway south. Members who are out riding in the area, and see any lonely highways that need adopting, are advised to let us know. Also, stay tuned for requests for help to clean up the one we do choose. One of the upcoming fall meetings may be used for Adopt-A-Highway training and orientation.

Bikes can Ride the Rails and Other RTA News

by Ryan McKenzie

Thanks to lobbying from EcoCity Cleveland and our good relationships with elected officials, the RTA station at Tower City Center is now accessible for bicycles. Though “no-bikes” signs were still up at the time of this writing, the Tower City director of security has issued a memo to employees allowing cyclists. RTA wanted to give bike access all along, but Tower City management had refused.

Access Rules

Bikes MUST enter from Prospect Avenue (NOT Public Square), and proceed directly to the elevator (between the two entrance/exit doors), then go to the lower level RTA station. Bikes are not allowed in any other part of the mall. As always, bikes are allowed on trains at all times EXCEPT weekdays between 6:30 - 8:30 a.m. and 4-6 p.m.

Rack & Roll News

RTA has committed to expanding its bike racks on buses program by another 120 buses this summer, but is still waffling on outfitting the rest of its fleet. Equipping 100% of its buses would cost RTA about \$96,000 in local funds, including a well-funded public outreach program. If you’re willing to write a letter to your elected officials on this, it could very much make the difference between action and continued delays. Email or call for more information.

Ryan McKenzie is with EcoCity Cleveland: 2841 Scarborough Road; Cleveland Heights OH 44118. (216) 932-3007. <http://www.ecocitycleveland.org>





Cleveland Metroparks

*Ride your bike on the Parkway,
let the kids lace up their skates
or bring out the scooters
to Bedford Reservation!*

*Pack a picnic and plan
to spend the day
enjoying the parkway Car Free!*



For more information, call (216) 351-6300.

"Carefree, Car Free" is also coming to the following reservations:

Rocky River

Saturday, July 27

Valley Parkway, between
Mastick/Puritas Roads
and Cedar Point Road

Euclid Creek

Saturday, August 24

Euclid Creek Parkway,
between Highland Picnic Area
& Welsh Woods Picnic Area

Mill Stream Run

Saturday, September 21

Valley Parkway, between
North Quarry Lane
and Whitney Road

Saturday, June 1st
Bedford Reservation
8 a.m. - 2 p.m.

*Take advantage of an opportunity
to enjoy the park without traffic.*

*Gorge Parkway will be
closed to motorized vehicles
between Egbert Road and
Overlook Lane.*



Yo, Wheelers...



Our first official ride was held on April 12 to Willoughby. Because of severe adverse weather conditions (rain) we never made it to Willoughby. Even though it looked like rain, the ride was well attended. Jim Gerstetter showed us his new bicycle with radical spoking. I was told that even with a bicycle like that I would still be at the back of the pack!

We have several new members this year. They are Bernard Grossman, Marketta Immonen, Marianne Lax, and Leonard Scharf. Please make it a point to meet them and make them feel welcome. As you know, we have a great club and new members are the key to keep it going.

We need a volunteer to maintain our Web site (www.westernreservewheelers.com). It is not a big job but requires someone with knowhow to keep our schedule and special announcements current. If you can do this, please call Al Wapnick at 781-4300. Your efforts will be greatly appreciated by the Club. I hope to see all of you soon.

May the Wind Always be at Your Back

— Ed Reichek

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				
9	8:30	JCC	Circle Chagrin. or ride "Sunday in June"	38
16	8:30	JCC	Solon/Six Flags or ride GOBA	29
23	8:30	JCC	Walden	38-58
30	8:30	JCC	Willoughby	30
July				
4	8:30	JCC	Fourth of July Pick-Up Ride	??
7	8:30	JCC	Downtown via Parks & Towpath "Irv's Urban Oasis"	40-50
14	8:30	JCC	Oscar's Tanglewood	35
21	8:30	JCC	Route 306 and Mayfield	30
28	8:30	JCC	"Pancake Ride"	
Aug.				
4	8:30	JCC	Cleveland Bratenahl Urban Desert	35
11	8:30	JCC	Solon/Six Flags or ride "Emerald Necklace"	29
18	8:30	JCC	Hudson Reverse	50
25	8:30	JCC	Chagrin Falls via Gates Mills/Berkshire "Club Party Ride"	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.

Second Try for “Senior” on a Marathon Mission

A senior fighting severe arthritis has already proved that he is an athlete with great heart. He shows what you can do with a positive attitude. Bob Hart has equipped himself with the latest cycling technology for his second try at riding up to 170 miles in one day. He has also added some “technology” of his own invention.

Bob will be riding the same model Trek bike that Lance Armstrong used In his Tour de France win last year and his riding power will be enhanced with his special formula for energy: two cans of SlimFast and two bottles of Starbucks’ Frappuccino — not the usual energy choices for cyclists, but it works for him!

He has been training for months to be ready to reach his goal, and is interested in having some seniors join him in his attempt.

The following is Hart’s story in his own words...



A Day Ride to Chautauqua

Perhaps you’ll find interest in this true story!

I decided to bike to Chautauqua last year in one day. It’s about 140 -170 miles one way. It could take as long as 17 hours. I started out by myself one sunny Sunday morning in June 2001 on my garden-variety bike. I got as far as Painesville where I crashed. I was pulled out of the ditch by the very friendly “locals” and spent the next two and one-half days in the Painesville hospital with two broken ribs and a punctured lung.

Now, this year I’ve resolved to try again. I’ve been asking everyone for advice on the best route, how to eat, rest stops, how to train, etc. My new bike is the best

I’m now doing lots of training: 150-200 miles per week with a sharp eye on the heart monitor just like the “pros.” I plan to leave June 9th at 5:15 A.M. from B&K Bicycle Co. in South Euclid. I’m especially looking for serious “senior” companions to accompany me. A “senior” is anyone with a willing spirit.

Oh yes, I’m 66 years young. I take chemotherapy for my arthritis, but that should be no problem. Obviously, you’ll think I’m no Lance Armstrong but you’ll never convince me.

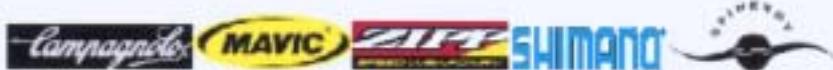
Thanks to Neil Kaufman of B&K Bicycle Company for forwarding this item. You can contact Bob Hart by phone at (216) 228-3010 or via email: RHart70390@aol.com.

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Tour de France Teams Listed

The organizers of the Tour de France have announced the teams qualified for this summer's Tour (July 6 - July 28, 2002) with the addition of these five wild card teams invited in May:

1. Saeco Macchine per caffè - Longoni Sport (ITA)
2. Bonjour (FRA)
3. Crédit Agricole (FRA)
4. Française des jeux (FRA)
5. AG2R Prévoyance (FRA)

Here is the full 21-team list :

Italy

1. FASSA BORTOLO
2. LAMPRE - DAIKIN
3. MAPEI - QUICK STEP
4. TACCONI SPORT
5. ALESSIO
6. SAECO - LONGONI SPORT

France

7. AG2R PREVOYANCE
8. BONJOUR
9. COFIDIS LE CREDIT PAR TELEPHONE
10. CREDIT AGRICOLE
11. FRANÇAISE DES JEUX

Spain

12. IBANESTO.COM
13. KELME - COSTA BLANCA
14. O.N.C.E.-EROSKI
15. EUSKALTEL-EUSKADI

Belgium

16. DOMO-FARM FRITES
17. LOTTO-ADECCO

Germany

18. TEAM TELEKOM

USA

19. US POSTAL SERVICE

Denmark

20. TEAM CSC-TISCALI

Netherlands

21. RABOBANK



Outdoor

Life

Network

will again be
the U.S.



television home of the Tour de France. Expert commentary will be provided by Phil Liggett, Paul Sherwen, and Bob Roll. Check local listings for program times and with your satellite or cable provider for OLN availability.

2002 Tour Features

- ✓ - around 3,300 km
- ✓ - 3 stages of more than 200 km
- ✓ - return towards the West of France
- ✓ - 7 mountain stages
- ✓ - 5 high altitude finishes



Cleveland Touring Club

Cleveland Touring Club
P.O. Box 0667
Grand River, OH 44045-0667
440-954-4201
email: clevetourclub@hotmail.com
www.clevetourclub.org

Welcome to New Members

Tom Clark of Brooklyn, The Robert Soss Family of Chardon, Bill Commock, Gene Canton & the Robyn Diamond Family of Cleveland, Diana Morris of Hudson, Daniel Grovemiller of Mentor, Margaret Lucrezi, Daniel Bishop and Michael Wrobel of Painesville, The Michael Cervelli Family of Parma, and Bob Shroy of Willoughby. Welcome to the club!

**Sunday In June – June 9 – 7 AM
Century Village in Burton**

A recent email from an out-of-town cyclist asking for directions

This is an email from a fellow in Cincinnati who wants to ride to Chautauqua, N.Y. from Cleveland in one day, 170 miles. He's 66 years old and understandably a bit nervous. This is a description of his attempt last year. It's pretty funny...after the fact....

Hi,

I have your email of the 22nd and will start there: The last time, I went by way of Holden Arboretum. It was murder. I crashed at the corner of Girdled Rd. and Morley Rd. As I reflect there were about 9 things that went wrong, all at the same time:

- 1) going too fast around a corner,
- 2) the surface became uneven,
- 3) I was unfamiliar with this particular road,
- 4) I looked down to check my wrist compass,
- 5) I took one hand off the handlebar to activate the compass,
- 6) I was looking down at the compass as I started around the corner,
- 7) A car approached the corner and stopped. I didn't see the car until the last minute.
- 8) The corner slopes downward and so I was gaining speed up as I rounded the corner.
- 9) I was riding a bike with an indented frame which, I think, makes the bike slightly unstable. I had 2 broken ribs and a punctured lung.

What route do you propose getting out of Cuyahoga County?

Thanks for the advice. It sounds good.

(Name withheld to protect the unsteady).

Ride Schedule

June 9 7 AM **SUNDAY IN JUNE** Century Village Burton (10-100 miles) Our annual wonderful ride thru Amish Country.

16 8:30 **Perry Park** to Madison (25) Geneva (45) Ashtabula (65) Flat to rolling.

23 **Chardon** to Footville (30/55). Rolling.

30 **Girdled Rd. Park** (25/454/60). Rolling/hilly.

July 4 **North Chagrin** Holiday pickup ride

7 **Northfield Center** Hudson (25), Kent (35), Hartville(60) Rolling/hilly.

14 7:30 **North Chagrin** thru downtown Emerald Necklace. All day route (95), or shorter route to Bedford (50) start at 8:30

Tuesday Morning Rides

June 11 9:15 AM — Concord Woods (Lake Metroparks) off Auburn Rd. north of Quail Hollow exit 1-90 at 44S, left at BP station. Ride the new Greenway Corridor, check out Mentor Headlands and/or Fairport Harbor for lunch.

Weekday Rides

Tues.	6:30 PM	Concord Woods Med/fast 15-30 miles
Wed.	7 PM	North Chagrin Casual/medium 10-20 miles
Thurs.	6:30 PM	North Chagrin Med/fast 15-30 miles
Sat.	9 AM	North Chagrin pick up rides





Your source for race information . . .

www.pdqcleveland.org



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News:

- As the following results will show, the members of PDQ Cleveland are showing great depth of field with many riders placing this Spring!
- Of particular note was the team's performance at the Shoreman Spring Stampede ITT at Avon Lake on April 14. **Dave Garrett** put in a smashing ride to win the overall. In the age group categories, we had 3 firsts, a second, 2 thirds and 2 fourths. Wow!
- All race participants should pat themselves on the back for persevering through **so many rainy races**. Perhaps warm, sunny weather will be upon us quickly. For now, it sure feels like Belgium.

Results:

Off-Road (XC – cross-country, HC – hillclimb)

Lake Metroparks Lake Farm Park XC, Kirtland, April 7 – Enyedy Sun Valley Sports Ohio Vultures Knob XC Series, Wooster:

R. Bennett (3 rd, Sport Men 31-40)

Multi-sport:

Northcoast Nautilus Buzzard Duathlon, Hinckley, April 21 –
Miller (1 st, Men 50-54)

Road: (CR – Circuit Race; CT – criterium; RR – Road Race;
SR – Stage Race; TT - Time Trial)

Team Columbus Spring Classic CR series:

Tour de Richland County, Mansfield, April 6 – Cunningham Jr.,
Domonkos

Tour de Hocking Hills Region , April 20 - Gallagher

Team Akron Spring Training Series, Covered Bridge CR, Bath:

April 7 – Cunningham Sr.

April 14 – R. Bennett, Cunningham Jr., Cunningham Sr.

April 21 – Cunningham Sr. (1 st "B"), Hofer, Lutzke

April 28 – Cunningham Jr., Cunningham Sr., Hofer

Tuesday Night Training Series, Westlake:

April 9 – R. Bennett, Cunningham Jr. (3 rd, "A"),
Cunningham Sr., Rees (3 rd, "B")

April 16 – R. Bennett, Cunningham Jr., Cunningham Sr.,
Griffith (2 nd "B"), Miller

April 23 – R. Bennett, Cunningham Jr., Cunningham Sr.,
Hofstetter (3 rd "B"), Miller, Rapp (2 nd "B"), Rees,
Strouhal

April 30 – R. Bennett, Collander, Cunningham Jr.,
Cunningham Sr., Madison

Summit Freewhewlers Race-at-the-Lake CT series, Munroe Falls:

April 13 – Hofstetter, Lutzke, Rapp, Rees

April 20 – Collander, Estlack, Plas, Rees

April 27 – Collander, Gallagher, Griffith, Howe, Plas, Rees

Shoreman Spring Stampede 10 mile TT, Avon Lake, April 14 –

Beeson (3 rd, 35-39), Bosl (1 st, 11-14), Burkey (4 th, 30-34),
Domonkos (2 nd, 30-34), Enyedy (3 rd, 30-34), Garrett (1 st
Overall), Lutzke (1 st, 35-39, 2 nd overall), Miller (1 st, 50-54)

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.:	Shawn Conway	330-764-3019	snsqconway@aol.com
Ride Coord.:	Tom Byerly	330-723-4782	teberly@lxdesign.com
Ride Coord.:	Carl Bidinger	330-336-5190	crbidering@westfieldgrp.com
Ride Coord.:	Larry Porter	216-225-0619	hollywood9@adelphia.com
Secretary:	Ian Halliwell	330-725-3974	ihalliwell@nobleknights.com
Mtb Coord.	Linda Miranda	330-483-4512	lmiranda@mircosolutions.com

Weeknight Ride Schedule

Tuesday Evening Starting at 6:30p.m. (Pace: Moderate 12 - 15+ mph)

Starting Points:

April - Medina County Career Center
May - Hubbard Valley County Park
June - Buckeye Woods County Park
July - Medina County Career Center
August - Buckeye Woods County Park
September - Greenleaf County Park

Weekend Ride Schedule

Saturday- Check the web-or call

Sunday - Courthouse Parking Lot - Jefferson and E Liberty St.,
meet on the Square.

Starting at 9:00 a.m. (April & October) and 8:00 a.m.

(May through September)

Touring Group at (12 - 15 MPH) check your Email, *our new web* site, or call.

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

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

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

7/04 TWIN SIZZLER - MEDINA - 25 MILE RACE

7/14 AKRON BICYCLE CLUB RIDE- Medina 100/63/25

7/20 2001 ICE CREAM ODYSSEY - MEDINA 62/25

- ALL NEW ROUTE- ROLLING WITH A COUPLE HILLS TO
MAKE IT INTERESTING - *FREE T-SHIRT TO THE FIRST 200
RIDERS, Pre-register save \$5.00, DAY OF REGISTRATION -
LIMIT 250.*

7/28 SWEET CORN RIDE- Richfield- several routes, lots-of-hills

8/03 ROGUES'S HOLLOW RALLY-Doylestown 64/20

8/04 ROAST YOUR BUNS-Oberlin 70/40/25

The Prez Sez...

Unfortunately we are losing a long time member this month. Martha Zamiska and Family will be moving out of state to Indiana. I hear there aren't to many hills out there. You will be missed; good luck and stop out if you get back in town.

While there are a couple of other rides now offering ice cream please don't be confused and miss the *one and only, the original, and better than ever Ice Cream Metric Century.*

Congratulations to Lou Vetter, Tom Waterson, Glen and Jill Hinegardner, Sara Kibler, Paula Kasmin, Tom Byerly, Donna Graham, Bruce Ward and Bob Iden on completing another TOSRV. And a special congrats to Shawn Conway, and Rob Massie, for finishing there first. Oh, and thanks to John Wasko for letting me draft off the tandem for a while.

For those of you that couldn't make it this year, Saturday started of cold but turned into a beautiful sunny day with winds out of the East. Which wasn't the same as the headwinds that many of us are accustomed too. Sunday started of calm, warm, muggy and overcast. Then as a weather front approached, the skies turned dark, and a 20 to 30+ mph southwest tailwind picked up. What can I say, except Wahoo! Many of us managed to stay ahead of the rain for the first 85 miles. By the time I got to my jacket it was to late to bother with, so I turned on the flasher and kept going. At first it was a cold, hard, stinging rain that kept you looking over your shoulder for any strange cloud formations, and memorizing the location of last culvert you passed. The worst of it only lasted about a half hour or so and then tapered off to a drizzle. In all the rain was a small price to pay for cruising at 20+ mph.

To all members we can still use volunteers to help out on the morning of the Ice Cream ride. Please help to support your club.

Glen Hinegardner is organizing training rides for the MS150. Send him an email to get the schedule. This is a fun, very well supported, relatively flat, overnight ride for a worthy cause and Glen does a great job as Captain of the top fundraising Team. Providing not only moral support and training rides, but also a team sag and baggage transport. Dinner, breakfast, entertainment, and a ticket to Cedar Point are provided free of charge by the ride coordinators. You can even get a massage on Saturday for a small donation. And if that's not enough the top fundraising team gets an embroidered jacket with the team name and MS150 logo on it. Check it out.

A Letter from Vetter...

by Lou Vetter

KLMNOPQRSTUVWXYZ OR “Dick’s Practice Ride for TOSRV”: Tom and I almost missed the start of this annual event at the Firelands Campus of Bowling Green State University. Neither of us remembered to bring directions to the starting point. But, what the heck, we knew generally where it was. We did manage to spiral in on the campus only ten minutes late and found that twelve riders were waiting for us. Thanks guys. The ride started out easy enough as we rode east with the wind at our backs for a dozen miles. Then it happened. We turned south onto Vermilion Road and into stiff headwinds for the next thirty miles. Tom and I were dropped quickly but then the other riders waited for us to catch up because the road was closed and we had to modify the route. We followed the rail trail and after turning South, Tom and I got dropped a second time. We made a valiant effort to keep the group in sight but eventually we lost them in the distance. And then another thing happened. We went straight on Gore-Orphanage Road. Did you know parts of that road are gravel? When we found out we turned around and backtracked to smooth pavement. Well, almost smooth. OK, it was busted up asphalt but it was better than gravel. We met the group at lunch in New London.

After lunch I did better at keeping in the pack because we still had a headwind going west and I stayed in the draft of the pack. Tom can be very independent when he wants to and that afternoon he was. He dropped off the pack and created his own route back to Firelands. As we continued West on route 162 I dropped back but was trying to catch the pack. Dick dropped back to keep me company but then I closed the gap on the pack leaving Dick to buck the headwinds alone. Joe and I teamed up at the final turn north and waited for Dick while the pack continued on. Joe and Dick wanted to wait for Tom but I was pretty sure he would take a shortcut. So it was like old times Dick, Joe and I finishing the ride alone. We stopped at a beverage store in Monroeville for soft drinks and a short break. The Quail’s were still there resting beside their tandem. After a short rest we headed out again, only now we had the Quails on their tandem to lead our little pace line. We were moving along at 24 mph and I was hanging onto the pack for all I was worth. My worth would have frightened the daylights out of any Wall Street trader at that point. I got dropped then caught back on and we finished as a group. Just after I agreed to hoist a couple with Phil Hrusch who should appear but Tom. He rode up on his bicycle smiling and asked how long we had been in. Tom was amazing as we had only beat him back by 3 or 4 minutes. Tom’s short cut turned out to be a repeat of our morning attempt to find the college. He also spiraled in finding the college with nearly the same mileage as the rest of us. We felt good and were now ready for TOSRV.

T O S R V : I didn’t embarrass Joe or Tom at dinner on Friday this year. Well, not as much as two years ago but that’s Joe’s story. After dinner we slept like logs and got up to eat breakfast at 5:00 am. We went to an establishment with out, shall we say ambiance. During the meal we decided meet and leave the Capitol Building at 7:00 am sharp. We teased Dick about his always being late and I made a point of saying I wouldn’t wait more than thirty seconds. Can you guess who was late to the start, again? Tom and I started chasing after Dick and Joe and met Shawn and Tom Dease along with other club members. Dease and company stopped for bagels at the one mile mark while

Tom and I rode on. We did manage to get on a pace line enabling us to do a comfortable 20+ mph but still could not catch up to Joe and Dick until lunch. I felt pretty good and our little group broke up into separate one-man pacelines. The party in Tracey Park was excellent. I was talking with one young couple with a Great Dane named Caesar. Since I am from Portsmouth I asked them if they were natives etc. When I told them I graduated from Notre Dame her husband asked if I knew Ed Miller. He was my football coach and the woman was his daughter. That's one of the charms of being from a small town. Everybody knows everybody else or is that the condensed version of six degrees of separation.

The next morning we got up with the roosters and prepared to ride back to Columbus. Tom left first to get the jump on Dick, Joe and I. I had a scheme in mind that Tom would go regular route and I could slip in ahead of him by taking a "shortcut" across the twelfth street bridge. It worked. I was at the head of the group and I got into another pace line doing 20+ mph. The line quit at Lake White and I just kept going. I wanted to ride the second section, the hills, by myself at my own pace. As slow as that might be. I had just finished lunch and was departing when Joe and Dick arrived. Dick and I had the same average speed and my lead was made up of my early start and the break time they had taken. Dick said his riding time was 3:03:01. I just had to look and my riding time was 3:03:38. Duh! No wonder our average riding speed was the same. I was amazed that, while I was 25 minutes ahead by time of day, I was 37 seconds behind in riding time. Darn, they're catching up.

I left the lunch stop and from that point on, there were no more pace lines. At least not one that I could keep up with. When I arrived at the afternoon rest stop one of the female riders was listening to a weather radio. The alarm came in that there was a strong thunderstorm warning for Columbus and vicinity with wind gusts up to 80 mph. Thank goodness that we were blessed with tailwinds. The alarm went through the small band of cyclists at rest stop and all of us experienced some level of anxiety. We got our gear and got back on the road in hopes of beating the storm. I pedaled as hard as I could but I fell short by only two miles from the finish. As the rain started I pulled into the BP station on the corner of Greenlawn and High Street in order to put on my rain jacket. Next I headed off again into the pouring rain. Up to this point it just didn't count as a TOSRV. We had mostly tailwinds and very mild temperatures but then the rain came and it was now an official TOSRV. Thus the expression "right as rain". The rain slowed quickly and I finished in light drizzle. I checked in and knowing Tom was more than thirty minutes behind me I went get our baggage and take it to the car. I couldn't find Tom's bag so I took mine and as I approached our parking space Tom's car was missing. Someone must have stolen it I thought. I rode up and down the isles looking for his car but it just wasn't there. Then it dawned on me. There was no short cut but Tom has been known to ride in motorized vehicles to finish rides when adversity makes cycling unpleasant. Joe and Dick arrived and I loaded my gear in Joe's truck. We walked up to the registration point together and met Tom on the way. He had ridden back in Glenn's car and since he was sure I was miles away taking shelter from the storm he decided to drive up and get the bags in the car for us. Oh no, this getting to be a sick version of O'Henry's Christmas short story, "The Gift of the Magi?" Anyway we had finished the ride, Tom got a gold seal and we all headed home with one short stop for food at Wendy's.



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KLEIN PERFORMANCE 63 cm touring geometry. Rack mount eyelets. Fuselage: 5.4 lbs. Shimano Ultegra STI group. Technomic stem. Black. Fully-equipped. Excellent shape. \$1,400. Call Sid Arthur: (330) 995-4656. Email: sarthur@stratos.net

ADAMS TRAIL-A-BIKE. Chrome moly, three-speed; alloy wheel, cranks, hub, and bar. Has toe clips and straps. Only 15.5 lbs, in excellent condition. Single-wheel design allows you to take your 4- to 10-year-old with you on bicycle rides. The bike has its own pedals and you can really feel your stoker push you up the hills. \$210. Call Marc Snitzer: (440) 236-3017. Email: msnit@juno.com

GITANE TANDEM Frame is 23.5 / 21 in., but has long seat posts and stems to fit most riders. Classic 10-speed bike is stiffer than original with modified downtube installed by a frame builder. This bike would be a good introduction to tandeming for the economy-minded. Alloy rims with trouble-free 12-gauge spoked rear wheel. SR bars and stem, SunTour bar ends and derailleurs, toe clips

and straps. Still has cottered cranks and center pull brakes. Selling cheap because it really needs a paint job. \$350. Call Marc Snitzer: (440) 236-3017. Email: msnit@juno.com

HELP WANTED: BICYCLE MECHANIC/ BICYCLE SALES. Positions for part-time or full-time spring and summer. A love of biking, mechanical ability, strong communication skills, and a positive attitude needed. A customer service orientation is essential. Salary plus bonuses. Call: (216) 382-9966.

BIKE FRIDAY folding bicycle, full Shimano Ultegra group with STI, Flite saddle, SPD pedals. Folds into a Samsonite suitcase and costs nothing on plane. Perfect condition. Built to fit like a 54 cm Trek and rides great. \$1,000. Call Tom: (216) 397-9650. Email: twp521@aol.com

expire June

BIKE FRIDAY folding bicycle: full Shimano Ultegra group with STI, Flite saddle and SPD pedals, folds into a Samsonite suitcase and costs nothing on a plane. Perfect condition. This one built to fit like a 54 cm Trek; rides great. \$1,000. Call Tom: (216) 397-9650. Email: twp521@aol.com

GT XIANG Ti MTB: 18 in. full Shimano XT group, Selle San Marco saddle, Kore stem, Cane Creek headset, Judy fork, SPD pedals, Continental tires, mint condition, \$750. Call Tom: (216) 397-9650. Email: twp521@aol.com

MONGOOSE Ti FRAME: never been built and still in box; no stickers and a brushed finish. \$700. Call Tom: (216) 397-9650. Email: twp521@aol.com

WANTED: Blind male tandem cyclist seems West Cleveland Area male or female cyclist for local Metroparks rides and bike tours. No tandem experience required; tandem supplied. Time and day flexible. Call: (216) 227-1951.

BIANCHI-EROS 57 cm frame, 2000, Chromolite, Cateye Astrale w/cadence, Blackburn tire pump, no pedals, excellent condition, \$700 (negotiable). Call Barb: (440) 933-9632. Email: tobaimes@aol.com

TREK 2120: 56 cm, 1998, aluminum frame, carbon fiber fork, Shimano 105 components, Syntace aerobars, new tires and tubes, excellent condition, \$450. Call: (440) 266-0721.

QUINTANA ROO KILO TT BIKE: 56 cm, Shimano Ultegra, Hugi hubs w/Mavic CXP12 rims, Continental tires, spare set of wheels, GripShift, many extras, excellent condition, \$800. Call: (440) 376-4700.

RALEIGH R-300, 17 in. road bike. Aluminum frame, rack, gel seat. Ridden less than 200 miles. Mint. Paid \$650; asking \$450. Call: (440) 543-5704.

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RTA Bike -N- Rail Regulations

1. An adult must accompany persons under the age of 18 with bicycles.
2. Bicycles are prohibited on RTA trains and in station areas from 6:30 AM to 8:30 AM and 4:00 PM to 6:00 PM on weekdays, during special events, and whenever bicycles cannot be reasonably accommodated. No tandems, recumbents or tricycles are permitted.
3. Bicycles are prohibited from the Avenue at Tower City Center, including stairs, escalators, elevators, and retail areas. At Cleveland Hopkins International Airport, bicycles may be locked outside in designated areas. Due to safety reasons, bicycles are not permitted inside terminal buildings.
4. At Tower City, cyclists may transfer between Blue, Green, Waterfront, & Red Line Trains at Tower City using the faregates designated for wheelchairs.
5. Cyclists must never use escalators at any station; they must use stairs and elevators only.
6. No more than two bicycles per car; first come, first served.
7. Like other passengers, cyclists shall yield to wheelchair passengers
8. Cyclists must board trains after other passengers, and must stay with their bicycles.
9. On RTA trains, bicycles shall not block aisles or doorways and must be securely held by cyclists.
10. On RTA train platforms, bicycles shall be held away from platform edges.

Cyclists will obey all posted signs and instructions from all authorized personnel, including RTA Transit Police, Service Quality Management and Rail District operating and supervisory personnel, and municipal police.

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Jamis' Quest



4 out of 5 chainrings in Bicycling Magazine!

"Cool Chromed Steel, Smartly Spec'd, and Outstanding Value"
are just a few of the accolades for this bike.

See the review at www.BandKbike.com

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