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June 2003

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Cycling in Northeastern Ohio

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

ELECTRONIC ACCESS: Via email: editor@crankmail.com. 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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“You have a cough? Go home tonight, eat a whole box of Ex-Lax.
Tomorrow you’ll be afraid to cough.” — *Pearl Williams*

A Letter from Vetter

by Lou Vetter

TUESDAY NIGHT RIDES: Last week Tom and I decided to make the Tuesday evening ride a challenge and prepare for TOSRV. We brought our three speed Raleigh Small Wheeled bicycles. Tom has the Raleigh RSW and mine is the Raleigh Twenty Folder. We were able to stay with the pack for the first few miles and then as the ride proceeded south on Lake Road we fell way behind. We finished late but saved one guest rider's butt. He had fallen behind the lead group on Chippewa Road but he remembered there was a slower group behind him. That slower group went off course and made their own route so lost riders were truly lost. Tom and I came upon him riding the course backwards looking for "slower group." At this point Tom and I realized that we were the "slowest group." Our guest relaxed and rode back to the parking lot with us. He was very thankful because he had lost his map and didn't have a clue as to which way to go to get back to the start.

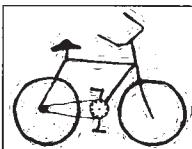
TOSRV 2003: This year the Great TOSRV accepted 3,100 riders including club members Donna Graham, Myself, Tom Water son, Bruce Ward, and club founder Dick DeLombard. My apologies to those I may have missed. The event begins Friday night before "Mother's Day" with registration at the Hyatt Hotel just South of the State Capital Building. Several vendors' setup displays and sell a variety of items that become urgently needed the night before a big ride. In my case I forgot to bring water bottles. Those vendors are life savors.

No TOSRV can be complete without a visit to Chuck Harris' booth. Chuck is quite probably the inventor of the helmet-mounted rear view mirror for bicycles. He has been making them for years and selling them at major bicycle events such as TOSRV. Chuck's mirrors have evolved from tiny half-inch squares attached to helmets by discarded stainless steel spokes to large octagon shaped mirrors. The mirrors of today are still hand made and hand fitted to each customers needs. Chuck used to decorate his mirrors with cuttings from discarded pop cans. Lately he has made the decorative backs with event logos and even in one case a custom design with artwork provided by the customer. Such mirrors have now reached collectable status. If you haven't bought yours, you better hurry. I've known Chuck since my first "Columbus Fall Challenge" in 1980. Chuck shared his cycling philosophy of life on that ride saying everyone has only so many pedal revolutions in a lifetime. To that end he manufactured his own extra-large chain ring stating he had gears ranging from 19 to 147 inches. He rides his biggest gear at a very low cadence and will undoubtedly live forever.

The riders start from the State Capital Building in Columbus on Saturday and are waved through intersections by Columbus police officers. It feels great to be pampered like that, even in the rain. You can start any time you wish but keep in mind; late starts mean the possibility of shortages at the rest stops. I have never heard of this happening on a TOSRV ride. Tom Waterson chose to ride the half-TOSRV this year and missed out on meeting the celebrity I met. Heck no, it wasn't the governor! It was the national winner of last year's "Every Day Champion" sponsored by Wheaties. I met Marie Bartoletti a teacher and marathon runner from PA. I caught up to her from behind between rainfalls. I had already dropped off the back of the tandem driven by Dick and Joe. Marie was very personable and easy to talk to. As I was trying to impress her by

talking about the National 24 Hours Challenge it began to rain again. She mentioned that the light jacket she wore was all she had and she hated to be cold. After stressing how she ran better in hot weather she suggested that I didn't have to wait for her. I thanked her and rode off down the highway. I never saw her again and wonder if she might have turned back. Once home I tried to buy the Wheaties box with her picture on it but they have changed the picture. That would have been a nice addition to my memorabilia of TOSRV.

I was complaining to Tom about running out of things to write about and he assured me not to worry because things just seem to happen when we ride our bikes. Meeting the Wheaties winner was one of the better adventures. Later on Saturday my sister was supposed to pick us up and drive us to a restaurant. Tom made the initial contact with my niece and then his cell phone died and that was the last communication we had. My sister didn't get Tom's complete message. She knew we were in town but my niece neglected to make note of our location. We finally gave up waiting for her and went to church for Lasagna dinner.



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Cleveland Touring Club

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www.clevetourclub.org

Welcome To New Members

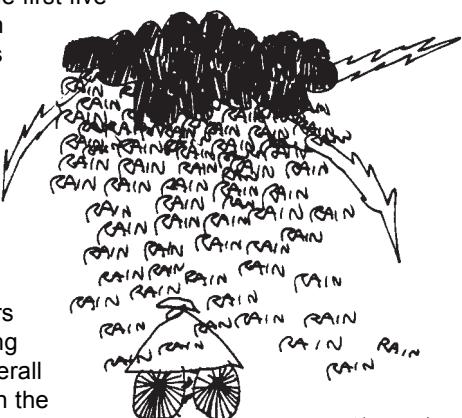
Matt Collister of Painesville Twp, **Dennis Ryan** of Cleveland, **Ronald Nuske** of Aurora, **Tom Pellegrin** has been a member, now we'd like to welcome his family, **Sue & Ely**, **Nancy Leonello** of Willoughby, **Janice Johnson** of Euclid and **Brian** "the guy from Chicago" **Kirn** of Cleveland. Welcome to the club!

My TOSRV Tale

Well, after 25+ years of cycling, I have finally participated in my first TOSRV (Tour of the Scioto River Valley). This is the "granddaddy" of all rides. It started 42 years ago (wow!) as a father and son outing and it quickly grew into the nation's largest bicycle touring weekend. In fact TOSRV singlehandedly raised the profile of the bicycle in American life and was the inspiration for many of the mass-participation cycling events so popular today across the country. Today the ride draws over 3,000 riders, but in its hey-day, there were well over 6,000 riders and if you didn't send your application in the day you got it in the mail, you would be closed out! In fact, this happened to me about 12 years ago and I decided it wasn't worth a second attempt – until now of course.

So along with myself (**FREYA TURNER**) the other first-time CTC participants (that I know of) were: **ANASTASIA BIROSH** and **KEVIN SCHOCH**. We all finished the complete tour (200 miles) and received our certificates on Sunday in Columbus, but I'm jumping ahead. Saturday morning (May 10) was overcast and rain was definitely predicted – I'm told that there's a 90 percent chance of rain on TOSRV. So within the first five

miles, the rain started. I put on my rain gear and within 10 more miles I was as wet as you can be (with rain gear on). Luckily the winds were non-existent on Saturday. Our problem on Saturday was the rain, tornado warnings and of course mud. The first rest stop (in Circleville) was a new stop this year – a dairy farm. Well the mud at this farm was not a good thing for all the personal sags, fancy bikes, cleat covers (that got sucked up by the mud), dealing with port-a-potties, and just general overall yuckiness! Still the food and snacks on the



— Adventure Cycling

whole trip were abundant and good – no complaints from me - although it would have been nice to have Gatorade or Power-Aid instead of Kool-Aid.

After the lunch stop in Chillicothe, I rode with **TOM BLACK** who was very fun to ride with (actually I was setting the pace and he was trying to keep up with me! - I think he was bonking from eating too much at lunch – plus he had a mud problem with his right cleat.) It rained on and off for most of the ride on Saturday and we were SO GLAD to get to Portsmouth. My big story about Portsmouth is that I had a hotel room at the Ramada Inn!!! Many thanks to **MIKE BEERMAN** (a name from the past) who called me on the Tuesday before the ride to ask me if I knew of anyone doing TOSRV who wanted to share a hotel room. And I know that a room is practically impossible to get unless someone “wills” it to you. In fact, this room had been in the name of **KEN ROEHL** (another name from the past) and Mike kept it registered to Ken out of tradition.

I slept great Saturday night and we awoke to watch the Weather Channel which was looking pretty bad. It looked like another full day of rain. So we took our time hoping that maybe the rain would blow by. We had some traditional donuts and hot chocolate that Mike told us about. (The shop owner has been giving out these donuts and hot chocolate for all 42 years of TOSRV's existence.) We got on the road around 7:45 AM and would you believe... it didn't rain! In fact, the sun came out and we had the most incredible tail-winds for almost all the way into Chillicothe! (By the way, the “hills” on TOSRV are really just “rises;”; there's a rest stop at the top of Schoolhouse Hill but really the hill is nothing compared to any hills that we are used to around here.) So the tailwind blew us into Chillicothe and lunch was great with some entertainment from an all-girl band. Well, the remainder of the ride was the hardest and scariest part. What happened is the winds changed direction and they became fierce crosswinds (west to east). I had to lean to the left so as not to be blown off my bike. A few times a large truck would pass me and I almost got sucked up into his draft! I saw the skyline of Columbus at around the 85-mile mark and I got a second wind and renewed strength. I finished the ride with a small peloton of about 20 riders who all happened to be finishing at the same time.

So I'm proud of what I did and I'm glad that the weather cooperated for the most part since temperatures were comfortable both days. I could have done without the all-day rain, but that's all part of TOSRV. I'm not sure I'll do this ride again, but we'll see!

— Freya Turner

The Virginia Creeper

Down south, that is the south-west point of Virginia, there is a bike trail, a Rails-To-Trails that actually goes down hill. It is the Virginia Creeper Trail, named for the slow train that worked its way up and down the valley. It is only 34 miles long, but half of that is all down!

In April, when the spring wildflowers were out, and after a stormy day that made Whitetop Mountain actually white with new snow, we started at the Whitetop Station. We got there by a shuttle from the bike shop where we had rented mountain bikes. Those knobby tires and the shock absorbing seat and

handlebars were great on the upper trail,. We were also glad we did not have to clean the bikes after the ride.

This 17-mile section is maintained by the Forest Service, and goes along a rushing stream, with many bridges and one long trestle. Part way along, we came to welcome signs for the Taylor Valley café, a neat, clean place with the best chili-dog we have ever had. On down, a wider trail now, to Damascus, which is at the mid point of the trail. It was here that we rented the bikes, stayed in the Creeper Cottages, right along the trail, and found the Side Track Café. But before eating, we had to continue on the trail toward the other end, at Abingdon. The river was larger, the trail flat, mostly wide but with a few places that were barely a dirt trail. We pedaled by private homes, farm fields, and woods, then turned back to Damascus.

A shuttle start at Whitetop and a round trip on the rest of the trail will give you a respectable 50 miles of trail riding. The nearby Mt Rogers recreation area offers many hiking trails.

Damascus is also on the Appalachian Trail, and we met several thru-hikers at the Side Track Café. They stop in there to use the Internet, read mail, re-supply, and eat a very large 12-inch pizza. We did the same. Damascus is a day's drive from NE Ohio, worth a detour, and all of the needed details can be found on the Internet. **Mary Hoffman** and **Betty Green** cycled this trail after a week's hiking in the Smoky Mountains.

— **Mary Hoffman**

Ride Schedule

Weekdays

6:30PM: Tuesday eve large group ride - Concord Woods

7:00PM: Wednesday eve casual small group ride - North Chagrin

6:30PM: Thursday eve large group ride - North Chagrin

9:15AM: 2nd Tuesday every month casual fun rides:

May 13 — Lakeshore Reservation in Perry Located off Rt.2 in Perry, Left on Antioch. Ride to Geneva on the Lake for doughnuts.

June 10 — Meet at Squires Castle, River Road. Ride to Chagrin Falls, linger by the falls for Dave's famous Sub sandwiches.

Saturdays

9:00AM: Pickup ride – North Chagrin

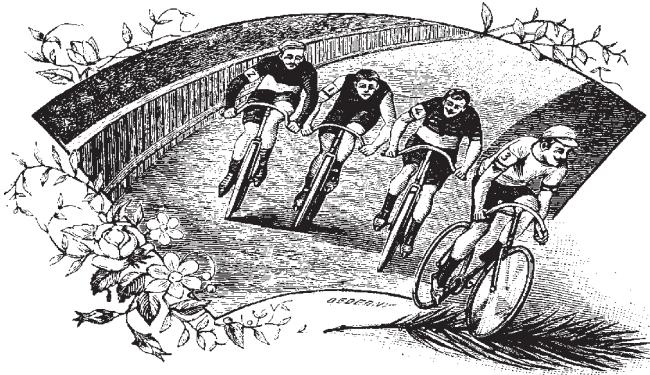
Sundays

May 18 8:30 Chardon to Punderson(25), Hiram(50) Rolling.

25 8:30 **Gurney School** to Burton(26), Middlefield(40),
Garrettsville(65) Rolling.
 26 8:30 **North Chagrin Memorial Day** pickup ride Hilly.

June 1 8:30 **North Chagrin** to Fowler's Mill(40), Burton(55) Hilly.
 8 **7:00 Sunday In June** Burton A beautiful ride in Amish country.
 10-, 25-, 50-, 62-, 100-mile options. Pre-register (see Web site) or that day.
 15 8:30 **Perry Park** to Madison(25), Geneva(45), Ashtabula(65) Flat/rolling.
 22 8:30 Chardon to Footville(30/55) Rolling.
 29 8:30 Girdled Rd park (25/45/60) Rolling/hilly.

July 4 8:30 **North Chagrin** Holiday pickup ride Hilly.
 6 8:30 Northfield Center to Hudson(25), Kent(35), Hartville(60)
Rolling/hilly.
 13 **7:00 North Chagrin** thru downtown & Emerald Necklace (100) all
day ride stopping for quick lunch --or--
 8:30 Northfield Center to Akron's Tuba Summer (50) Flat/hilly.

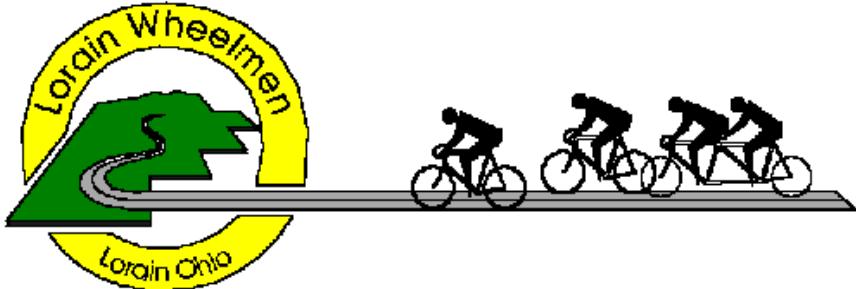


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June '03 Calendar

Day	Date	Starting Point	Destination	the etc's
Sun	6/1	Oberlin	New London	A rolling 50+ miles
Sat-Sun	6/7-8	River Rendezvous		
Sat	6/7	Spencer Lake	Wooster	A nice scenic 60 miles
Sun	6/8	Amherst	Milan	50 miles along the "ridge"
Thurs	6/12	Depot	Meeting, ride at 6:00, Meeting at 7:30	
Sat-Sat	6/14-21	GOBA		
Sun	6/15	Oberlin	Spencer	A different 50 miles
Sun	6/22	Amherst	Wakeman	A stretch at 50 miles
Sat Co.	6/29	Wakeman	Savannah	60 miles into Huron

Evening rides .. about 25 miles:

Tuesday rides will start at Prospect School at 6:00 PM

Thursday rides will start at Shupe School at 6:00 PM

Saturday rides will continue and start at 9:00 AM

For the Spencer start on 6/7 we'll start at 8:00 AM from the west parking lot off Foster Rd., at the Spencer Lakes Wildlife Refuge (muddy old catfish lake, if truth be told, but it's a good parking lot).

The Wakeman start will be in the park in the center of town on US 20 (same place as the Red Flannel food stop).

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2003 Westlake Race Series

— Season standings* as of May 19 —

“A” Race

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1	34	Chernosky	Dave	Team Columbus	Westlake
2	33	Frueh	Tom	Team Columbus	Sagamore Hills
3	32	Grimm	Jeremy	Team Akron	Orrville
4	30	Kadar	Stefan	Team Akron	Brookpark
5	20	Batke	Brian	Team Columbus	Novelty
6	16	Sroka	Rudy	Lake Effect Racing	North Royalton
7	8	Baldesare	Jim	Team West Virginia	Kent
tie	8	Dieringer	Zak	Lake Effect Racing	Lakewood
9	4	Fernandez	Robert	Team Akron	Broadview Heights
tie	4	Hopkins	Tris	Team Columbus	Kent
11	2	Brink	Dick	Guinness	Cleveland Heights
tie	2	Cunningham Jr.	Jim	PDQ Cleveland	Fairview Park
tie	2	Hansen	Brad	Team Akron	Akron
tie	2	Martin	Paul	Team West Virginia	North Royalton
tie	2	Riccardi	Chris	Guinness	Parma
16	1	Perera	Nick	Great Lakes Racing	Cleveland Heights

“B” Race

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1	26	Hlavaty	Mike	Summit Freewheelers	Jeromesville
2	24	Bonomo	Michael	unattached	Hudson
3	21	Keller	Tom	Pyro Racing	South Euclid
4	18	Rapp	Jason	Pyro Racing	Cleveland
5	14	Guggenheim	Dan	Cleveland Chaos	Cleveland Heights
tie	14	Miranda	Pat	Snakebite Racing	Valley City
7	12	Collander	Eric	PDQ Cleveland	Oberlin
8	10	Tuskan	Matthew	Pyro Racing	Cleveland
9	8	Marcosson	Alan	PDQ Cleveland	Cleveland
10	6	Eldred	John	PDQ Cleveland	Lakewood

* Provided by Race Promoter Chris Riccardi: chris16@stratos.net



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Mtb Coord.	Dave Towne	330-321-8758	djtowne@earthlink.net

Tuesday Night Rides

Starting at 6:30 pm (Pace: Moderate 12 - 15+ mph)

Starting Points:

May - Medina County Career Center
June - Buckeye Woods County Park
July - Hubbard Valley Park
Aug. - Plaza 71 Route 18 & 71
Sept. - Buckeye Woods County Park

Sunday Morning Rides

Starting at 9:00 am (April & October) and
8:00 am (May through September)

Starting Point:

Historic Medina Square. Please park in the Courthouse Parking Lot at Jefferson and E. Liberty St. off the Square.

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

Club Notes

The Medina County Bike Club got off to a slow start this year but the weather has finally broke and we were able to get out for our first Tuesday Night Ride of the year on April 15. We had 11 riders including our newest member Jim Campbell who braved the 20 mph winds. Please note the start points have changed for Tuesday Nights, my apologies for any confusion this may have caused. In June we will be starting from Buckeye Woods, from Medina take Rt. 3 south to '162 west for about two miles; the park is on your right. All rides leave at 6:30 sharp.

Speaking of slow starts our annual club meeting was not held until April 17. Some changes were made in the officers and are as follows: Shawn Conway – President, Tom Dease – Vice President, Glenn Hinegardner – Treasurer, Dave Ling – Secretary, Carl Bidinger – Ride Coord. We will have had two more meetings by the time this goes to print to plan the Ice Cream ride. The minutes will be emailed to you.

Be sure to mark your calendar for this year's Ice Cream Ride. It will be held on Saturday July 19. Registration forms are available on our Web site at www.medinabikeclub.org. Anyone who wants to volunteer please give Tom D. or myself a call. This is a big event and any help would be greatly appreciated or just come out and enjoy a great ride with great food.

Cleveland Rocks, Cleveland Rolls!

The City of Cleveland and HubBub Custom Bicycles are proud to announce "Cleveland Rolls," a new bicycle event to celebrate Cleveland and her neighborhoods.



The inaugural ride will take place Sunday, Sept. 21, 2003. There will be two routes: a 5-mile, and a 30-mile, highlighting everything from our Lakefront to Shaker Square, The West Side Market, and Edgewater Park.

The start and finish will begin at the newly redesigned "Mall C" on Lakeside Avenue.

Entry forms and more information are available at: www.clevelandrolls.com May 1, 2003. You may also call (216) 371-6888 or email: info@hubbub.com for other information.

Yo, Wheelers!



The new WRW water bottles are in! All paid-up members are entitled to a free water bottle. For members needing more than one water bottle, or non-members, the cost is \$2.00 per bottle.

Last month I wrote that Cal Kirchick had a hip replacement and hoped to be back this summer. On Sunday, April 27, 2003, Cal showed up for a club ride hardly two months after his operation. The best part is that he is riding as well as ever and when you read this he will have probably resumed his daily rides downtown and back to work!

Watch the club Web site (www.westernreservewheelers.com) for schedule revisions and photos of our annual dinner. The Web site is interactive. You can start discussions or post comments. Try it, you'll like it.

Ed Feil is our "rider of the month." Ed, the senior rider of the club, has been a member and an active rider since 1972 when we started. At 78 he is not the fastest rider but seems to have unlimited energy. He is a dedicated cyclist having ridden TOSRV 22 times and only once had to get sagged out on the second day when the weather turned really bad. Ed is a former infantryman from World War II and is a semi-retired cinematographer. If you haven't already met him, do so at the next ride. He is always the rider who shows up at the last minute! Once he came 29 minutes early when we changed from an 8:30 a.m. to 9:00 a.m. start and he forgot the change.

May the Wind be Always at Your Back

— Ed Reichek

Western Reserve Wheelers Ride Schedule

DATE	TIME	START	DESTINATION	MILES		
				A	B	C
06/01	8:30	JCC	Silverlake/Kent	70	--	--
			Northfield Elementary School	--	38	--
06/08	8:30	SSP**	North Shore	35	30	27
06/15	8:30	JCC	Dntwn. via Parks/Towpath/Steel Mills "Irv's Urban Oasis"	50	45	--
06/22	8:30	JCC	Hiram/Mantua	55	--	--
	8:30		Chagrin Falls Parking Lot	--	39	30
06/29	8:30	JCC	Five-County Tour	49	41/39	30/23
07/04	8:30	JCC	July 4th Pick-Up Ride	??	??	??
07/06	8:30	GLM***	Headlands Express	44/35	29	25
07/13	7:30	JCC	"Top of Astorhurst" (Metroparks/Solon)	--	35	--
07/20	7:30	JCC	Burton/Middlefield	60	--	--
	8:30	GS+		--	40	30
07/27	8:30	JCC	"Pancake Ride"/Walden	58	42	35
08/03	7:30	JCC	Kent	69	--	--
	8:30		Northfield Elementary School	--	37	30
08/10	8:30	--	Emerald Necklace	--	--	--
08/17	8:30	SSP	Holden Arboretum	50	35	--
08/24	8:30	JCC	Chagrin Falls via Catsden "Club Party Ride"	--	26	--
08/31	7:30	JCC	Ravenna	65	--	--

*Northfield Elementary School is located at the intersection of Olde Rt. 8 and State Route 82.

**SSP = Sunset Pond

***GLM = Great Lakes Mall

+GS = Guerney School on Bell West of Rt. 306

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.



LAKE ERIE WHEELERS

P.O. Box 770744; Lakewood, Ohio 44107

lakeeriewheelers@yahoo.com • www.lakeeriewheelers.org

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Secretary: John Whitaker – (216) 485-9184 • Treasurer: Bob Ugan – (216) 695-0038

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

LEW Club Weekend & Holiday Ride Schedule

June 1	9:00	Valley City to Lodi & Wooster – 36 or 80 flat miles.
June 8	9:00	Olmsted Falls to Oberlin and Kipton – 50 to 60 miles.
June 8	10:00	Bike Path Series: Elyria to Kipton via North Coast Inland Trail – 28 miles.
June 15	9:00	Creston to Destinations Unknown – 50 to 80 miles or thereabouts.
June 21	9:00	Women's Only Ride: Bonnie Park to Richfield – 40 hilly miles.
June 22	9:00	Brecksville to Chagrin and Burton – 45 to 65 miles.
June 29	9:00	Bradley Woods Metro Park to Vermilion – 30 to 60 flat miles.
July 4	10:00	Holiday Hawaiian Shirt Ride - Scenic Park to the Flats for lunch - 30 flat miles
July 6	9:00	Paw Paw to Hinckley & Doylestown – 30 or 60 hilly miles
July 13	8:00	Lakewood Park to Euclid and Grand River 40 to 65 miles
July 13	10:00	Bike Path Series: Lakeshore (Rock Hall to Euclid) – 24 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.
Brecksville	in Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
Canal Visitor	Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga Valley National Recreation Center.
Creston	Parking lot of Creston Middle School, on west side of South Main Street (Ohio Rt. 3) and East Baum Street, in Creston, Ohio
Elyria	Parking lot at end of 2 nd & 3 rd Streets, 1/4 mile west of South Gateway Blvd. in Elyria, Ohio.
Lakewood Park	Picnic area and parking lot, in Lakewood, north of Lake and Belle Avenues.
Olmsted Falls	Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.

Paw Paw Lot	Picnic area and parking lot, off of the Valley Parkway, just east of West 130 th 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 (C-pace) rides starting from the 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.

Wednesday Evenings – The Ice Cream Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, weather permitting, of course. These qualify as B or C rides, with distances varying from 20 to 30 miles, and will be led by Marc Snitzer and Greg James. For more information, contact Marc Snitzer at (440) 236-3017, email at msnitz@juno.com, or Greg James at (440) 331-9419 (email at clockwerke@aol.com).

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 (email at wheels@ameritech.net) or Doug Barr at (440) 734-1715 (email at ospdoug@aol.com).

Thursday Mornings – No longer a club ride, but members are welcome to attend. Begins at 9:30-10:00 a.m. and finishes around 2:00 p.m. 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 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.lakeeriewheelers.org>. The LEW club email list is at lakeeriewheelers@yahoo.com (please note new email address). 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.

As of this writing, we are anxiously awaiting volunteers for Ride Leaders for July, August, September, and October. If no one has stepped forward, leaders will be selected from amongst members attending the rides, and maps may not be provided.

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 May, 2003 Club Meeting

Has been postponed, as everyone wants to ride now that the weather has warmed up. Regular club meetings will resume in September 2003, time and date to be determined. Officer meetings may be held as necessary to deal with various issues.

The 2003 Ohio Bike Path Series

Last year we introduced a new ride series in order to supplement the regular Sunday rides. As hoped and promised, we are proud to announce the return of the Ohio Bike Path Series, which will be held the second Sunday of each month, from May to October. Last year we drew many members and their families, and hope to do so this year. We also hope to attract new riders unused to riding in groups, folks uncomfortable riding on roads and competing with motor vehicles, and seasoned riders out for the pure joy of riding with friends.

The first Bike Path Ride this year (on May 11) was a mild success. A handful of members attended, and were treated to some remarkable scenes of post-flood wreckage, including a 10-foot-tall logjam at one of the Rocky River fords in the Metroparks. We cannot promise such sights on every ride, but we invite you to come along anyway.

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 8	Elyria to Kipton on the North Coast Inland Trail	28 miles	Dan Izuka
July 13	Lakeshore (Rock Hall to Euclid)	24 miles	Tom Meara
Aug. 10	North Olmsted Bike Path (Stearns to G.N.B.)	11 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. Contact Bonnie Vargo at (216) 226-5918 for details.

Charlie Martin's Progress

April 15th: Charlie is in Erwin, TN about 60 miles north of Asheville, NC. It has been cold recently with snow and ice above 4,000 feet. He has been sleeping in his tent most nights unless the weather is really bad. He is hanging with a bunch of younger hikers and doing 15- and 20-mile days. They are threatening to choose a trail name for Charlie unless he comes up with one himself. He is losing weight on a diet of Pop Tarts and instant coffee for breakfast; supper is usually Lipton dried noodles plus whatever he can find; and in middle of the day Snickers bars, dried fruit, potato sticks, crackers with cheese and peanut butter.

On April 18th, Charlie arrived at Elk Park, North Carolina. The rain had flooded the only motel in town. He picked up his package from the post office, and then a few of the hikers were driven to a motel about 6 miles down the road, then back to the

trailhead in the morning. The weather has had its ups and downs: one day it was so windy that the hikers felt like they would be blown off the mountain. On April 22nd, Charlie entered Virginia at Damascus after a 26-mile day because he didn't want to stay in the last shelter. He plans on eating, doing laundry, more eating, and buying a lighter pack so he can carry more food. Then filling up on more food: he is getting hungrier and hungrier. He sought a barber in the last town, as his head was starting to itch. Unable to find one, he went to a beauty salon and told the girl to give him a crew cut. She didn't know what he was talking about, so he said to cut it all off. Asked if he was ready to come home yet and he just laughed and said he is just getting warmed up. He has just begun...

May 3rd: Charlie is in Pearisburg, VA. An inspection of the map shows it to be on VA/WV border, east of Bluefield toward Roanoke, VA. He walked down a huge mountain to get to the town and is taking a day off. Charlie and his current hiking buddy stayed overnight in Bland, VA, but just to get a bed and a meal. When they hit a town, they eat a lot. They seem to be in constant calorie deficit. He is still doing well and having a good time. He is hiking longer days more frequently because he is able and the terrain is kinder. Charlie's companion keeps a journal on a hand-held device; when he gets to a library he emails it back home and to others.

Charlie is carrying a very small cell phone and the bike club has signed him up for a calling card. He is using both successfully, and is having a great time. He has replaced his tent and his pack already, bought more warm clothes, which have since been sent home, and is on his third pair of New Balance hiking shoes. He takes a day off about every 7-10 days, sleeping in a bed and eating extra. His weight has dropped: he weighed 169 lbs. when last measured. He is trying to eat more during the day on the move, so he is not so hungry in the evening.

As of May 7th, Charlie is in Daleville, VA, staying in a motel for the night and taking a rest day on the 8th. He hiked an area called Dragons Tooth, by Cove Mountain, a bizarre area. Some part of the trail (about a mile of it) was along a ridge that went straight down. You need to keep your concentration there. At one point, Charlie looked at the trail and wondered how he was going to get through there, and then he saw the metal bar and railing to hold on to. The weather has been pretty good for hiking, except for a storm during one of the nights. There is a blue trail that goes around the area. He hasn't seen any bears, only owls, snakes and turtles. At one little crossroads he passed there was a place cooking hot dogs. He had four chili dogs (he felt he should have had eight: he's a hungry man these days). He was talking to a guy about his age, who is section hiking the Virginia area this year. The guy said his wife would never let him be away for six months to do the whole trail. He is sending home another camera to be developed. He also found a barber and told him to give him a flat top and trim the beard. Charlie likes to think of it as a "movie star" trim.

LEW Wear

We've arranged to have the LEW Logo embroidered on a cotton two-button sport shirt or an alternate garment (shirt or jacket) of your choice. So far the response has been tepid and is not sufficient to cover the cost of setup. If you are interested in a LEW Logo shirt, please send an email to lakeeriewheelers@yahoo.com.

Bob Parry reports that new jerseys are being considered, and that the cost is expected to be about \$55.00 per jersey. If any members are interested in buying one, they should call Mr. Parry at (440) 779-8392 (or email at bob.parry@june.com) to put in a

reservation for a jersey. We are hoping to have at least a dozen people interested in buying jerseys.

Touring Division News (by Tom Meara)

Tom Meara, as Chairman of the Touring Division, is interested in attracting LEW members who are enthusiastic about touring, overnight and otherwise. Anyone interested can call him at (440) 777-2563, or email him at tom_meara@hp.com. Volunteers for Ride Captains are needed. Proposed overnight tours include:

Date	Route	Ride Captain
May 31-June 1	Olmsted Falls to Wooster	Tom Meara
July	Details to be provided	Bob Parry
August 23-24	Olmsted Falls to Findlay State Park	Tom Nezovich
September 13-14	Westlake to Put-in-Bay	Marty Cooperman
September 27-28	Olmsted Falls to Malabar	Tom Meara, Bob Parry

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

The 2003 LEW Club Picnic

The annual club picnic was a traditional event, previously held in July or August, and included a full-contact, grudge-match volleyball game. We hope to revive this tradition for the benefit and enjoyment of current members. Last year's picnic was very well received and well attended, and we feel encouraged to try again this year. The club picnic will be held on August 10 at Bradley Woods Metropark, the start point for both the regular club ride (to Huntington Park and Vermilion) as well as a Bike Path Series ride, and will begin after the rides. Volunteers may be needed to help, including a Designated Squatter to secure the site. Anyone wishing to volunteer, please contact Tom Meara or Dan Izuka.

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RALEIGH R700, 59 cm with Deep V rims, clipless pedals, cyclometer. Bike is red, year 2000. Never ridden. Asking \$600. Call Dan: (330) 666-5507.

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PARAMOUNT 51 cm road racing. Columbus steel, white, DurAce 7-spd., Campy Record hubs, Mavic rims, Vittoria tires, Avocet computer. Mint cond. \$950. Call: (440) 831-6248

LEMOND REVMASTER spinning bike. Yellow. New in carton. \$900. Call: (440) 831-6248.

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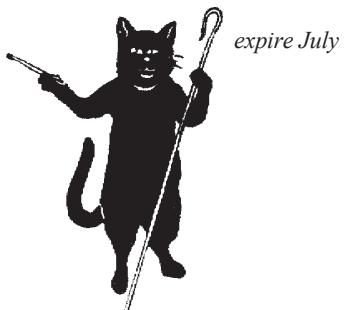
TREK 2120, 50 cm., carbon fiber frame with aluminum alloy fork, 21-speed, Shimano 105/RX 100 components, Cateye Cordless 2 computer, rear rack. 23 lbs. \$350. Call: (440) 974-6430. Email: MEFJr@aol.com

SCHWINN PARAMOUNT 23 in., yellow, 1973 model P-15. Chrome lugs and stays, no dings, some scratches. Campy Record HF hubs, pedals, cranks, SunTour bar-end shifters. Accessories include spare CW. Original owner, ridden weekends only, stored indoors. \$750+shipping. Call: Edward Reichek, (216) 241-6930 (days).

FUJI MTN BIKE 22-in. frame, Mavic rims, new crankset and BB. Would make good second bike or commuter. \$125 or best offer. Call John: (216) 226-0871.

MAVIC COSMOS racing wheels. \$150 for set. Call John: (216) 226-0871.

CANNONDALE F2000SL racing mtn. bike. CAAD 5 frame, size: XL. Features HeadShok Fatty Ultra DL fork with "on the fly" lockout, CODA EX2 crankset (29/44), and CODA Expert disc brakes. \$1,100 or best offer. Call John: (216) 226-0871.



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