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The Voice of Cyclists in Northeast Ohio

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On The Web @ www.crankmail.com

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

ELECTRONIC ACCESS: Via email: crankmail@wowway.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. Web access is available at www.crankmail.com.

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From the Editors

It was with sadness that we read the news of the death of Bob Bachtel of the Stark County Bike Club while riding in Greene County on May 1st.

As a tribute to Bob, the Bachtel family has established the Robert Carl Bachtel Memorial Fund to help sponsor the Stark Velo Zoar Road Race on August 8th. If you would like to contribute, please send your donation, payable to Evelyn Williams, to 247 Grand Avenue, Akron, Ohio 44302.

Cyclists are being encourage to write the Greene County Prosecuting Attorney and demand that the motorist be held accountable. A sample letter is available from the SCBC website at: www.bikescbc.com.

It was a coincidence that the Hey Cranky column in this month's issue concerns bicycle safety. We considered not running it so as not to appear indiscreet but in the end decided it needed to be published.

This month's cover is of Doris Kopsky, the first woman National Champion. Women cyclists were not included in any national cycling championship until the ABL (Amateur Bicycling League of America) nationals in 1937. Photo courtesy of Jeff Groman www.kingstonclassiccycle.com.

The bicycle had been a liberatiing force among women since the 1890s and provided a positive influence on the women's sufferage movement. The desire to ride the bicycle comfortably gave reason to abandon the corset and adopt the wearing of bloomers. This empowerment and increased freedom angered many men who considered it a threat to the social order and the family by allowing women to travel beyond the survelliance of their husbands.

An interesting perspective on the history of the bicycle in America, The Possibility of Mobility by David Hendrick, can be found at the University of Virginia's American Studies website at asgrp@virginia.edu.

Martin Cooperman and Tom Meara, Editor & Publisher
May 2004

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If you're not a club member you can get *CrankMail* by subscription! One year (10 issues) costs only \$11.88 (new subscribers only). Send along a check made out to "CrankMail" and clearly write your name and mailing address below. Renewals are \$12.96 per year (prices include sales tax).

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Gossip

Will the wonders never cease.

Rivendell Bicycle founder **Grant Petersen** was featured in the April issue of **Forbes** magazine. The short but flattering article gives a brief bio of Grant and a short history of Rivendell.

Adventure Cycling is looking for a trail angel. Have you encountered a Good Samaritan while touring on the National Bicycle Route Network? If so, say thanks by nominating them for the 2004 June Curry Trail Angel Award. It'll be hard to beat the original Trail Angel, June "Cookie Lady" Curry, but we know there are many worthy candidates out there. Online nominations can be made at awards@adventurecycling.org.

Last month we celebrated the renewal of **Solon Bicycle** while this month we mourn the closing of **Westgate Cycle**. **Jim Metzger** has decided to retire after 45 years in the cycling business. Westgate has been selling bikes from their location on Center Ridge Road in Rocky River for 20 years.

And more shop news. Following his passion, Mike Bednarz, formerly of Century Cycles and B & K Bicycle, is taking over the reins at Garfield Bike Shop, 4521 Warner Road, Cleveland, Ohio 44105. "Mike is the most diversified manager we could ever imagine ... he's a superb mechanic and is great with customers, not to mention he's an avid road biker, mountain biker, BMXer and skateboarder. We are really fortunate to have him at Garfield Bike Shop", says owner Jeff Tretera.

The **Cleveland Area Mountain Bike Association (CAMBA)** has gained a non-profit 501(c)(3) tax-exempt status, allowing the organization to begin actively pursuing tax-deductible contributions for trail development and educational projects.

CAMBA's trail steward programs with West Branch State Park, Quail Hollow State Park, and Lake Metroparks are now in their third year. Non-profit status allows CAMBA to secure new sources of funding. Since 2001, CAMBA has been working to spread the word that bicycling on trails is a legitimate outdoor adventure experience that belongs in Cleveland. Membership is made up of approximately 150 individuals from the Cleveland, Akron, and Canton area. Information can be found on the CAMBA website: <http://www.camba.us>.

Think this has been a wet spring? Well the **National Weather Service** at Hopkins recorded 3.74 inches of rain in April, 11% above normal. The first 20 days of May have seen 3.17 inches of rain, which projected out for a full month would yield 4.65 inches, about 33% above normal.

The **Lake Erie Wheelers** will again host **Eric's 14 Hill Challenge** on August 22 from the Deep Lock Quarry parking lot on Riverview road, 1/2 mile south of route 303 in Peninsula. This ride features the hills in the Cuyahoga Valley in a route that leaves you no more than 5 miles from your car. If you do all 14, you will have ridden around 80 miles and climbed over 5300 ft. The good news is you also will have coasted downhill for over a mile too! All local riders are invited, box lunches will be available.



Cleveland Touring Club
P.O. Box 32456
Euclid, OH 44132-0456

email: clevelandtourclub@hotmail.com
www.clevelandtourclub.org

Hello Fellow CTCr's. Please welcome the following new members to our club :
William & Julie Maurey, Greg & Jean Priddy, and Mike Fekete of Mentor, **Kent & Penny Scott** of Madison, **Joanne Belovich** of Hinckley, **William Nichols** of Chardon, **Friedrich Leutz** of Concord Township, **Thomas Campbell, Steve Trier** and **Paul Angart** of University Hts. and **Jerry Aizen** of Solon.

We can tell that it's getting warmer; when the temperature goes up, the membership goes up! Welcome to all!

RIDE SCHEDULE

Date	Time	Ride/Terrain
May 31	8:30	NORTH CHAGRIN - Memorial Day Pickup Ride Varied terrain
June 6	8:30	PERRY PARK to Madison (25) Geneva (45) Ashtabula (65) - Flat/rolling
June 13	8:30	SUNDAY in JUNE - CTC's Annual Event in Middlefield (10,25,50,62,100) See website and Crank Mail insert for details: Snacks, lunch, pre- register by mail or online! - Rolling/ Hilly
June 20	8:30	CHARDON to Footville (30, 55) - Rolling
June 27	8:30	GIRDLED ROAD PARK to Chesterland (25,45,60) Rolling/ Hilly
July 4	8:30	NORTH CHAGRIN - Independence Day Pickup Ride Varied terrain
July 11	8:30	NORTHFIELD CENTER to Hudson (25) Kent (35) Hartville (60) - Rolling /Hilly
July 18	7:00	NORTH CHAGRIN thru Downtown EMERALD NECKLACE (up to 95 miles) - Flat / Hilly

RIDE START LOCATIONS

CHARDON - Rt. 6, Chardon Plaza, parking across from McDonald's

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



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MIDDLEFIELD - Cardinal High School. Take Rt. 87 to Middlefield. Watch for Rt. 608. Go just east of this intersection to N. Thompson Ave. and turn left (north). School is at 14785 N. Thompson Ave. - on the right just past Pierce Lane.

NORTH CHAGRIN - N. Chagrin Reservation - Sanctuary Marsh Nature Ctr. lot, enter park from Rt. 91 south of Rt. 6

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

PERRY PARK - Perry Park Rd 1.5 miles North of Rt. 20 in Perry / 2815 Perry Park Rd., Perry OH / Park in the area near the ballfields/road, away from the lakefront and pavilion.

New Zealand by Bicycle - the proper way.

February is summer, almost, down there, the time to explore the South Island on a bicycle. To get the logistics down early in my report, this trip was organized by the Bicycle Adventure Club, a volunteer-run club that organizes trips worldwide. In New Zealand, Australia and Vietnam, BAC works through PedalTours, a NZ bicycle tour operator. Ours was planned to see the South Island from north to south, and allow time to do some hiking, in many of the National Parks. This meant that some days, we all bussed part of the time, and that support was always available when anyone wanted it. We had 22 riders, and two Kiwis who were wonders in their support. PedalTours deserves the excellent reputation it has.

The South Island is a microcosm of our country, farms in the east and south, fruit orchards in the north and the Southern Alps along the west coast, all in a space of several hundred miles. Most of our route was along the west coast, on the only road there, through places with Maori names, like Hokitiki, Panakaki, Makarora, Wanaka, TeAnau. and others like Westport, Franz Josef, Queenstown, St Arnaud that reflect the European settlers.

Each day, we got a map, key distances along the route in kilometers, and a contour graph that showed me where I wanted a sag up a mountain, and where lunch would be. The total possible biking distance was 1200 km, in 12 days, which one person did, and several others were close. My total was 600 km. I liked those km.'s, they add up faster than miles.

My favorite rides were on cloudy, almost stormy days. Along the Buller Gorge from St Arnaud one morning, with the clouds almost at valley level, rising to reveal the river, the mountains. The road along the west coast into Panakaki, with surf pounding in our ears, my riding buddy called "stop" —to listen only to the surf. Another was up the Haast river with waterfalls along both sides of the valley, yet the river was wide and level with braided gravel bars.

On non-riding days, we hiked, on the Abel Tasman track, the Routeburn, went to Doubtful Sound, which is a remote wilderness in the Fjordland National Park, and accessible only by a boat trip on Lake Manapouri followed

by a bus ride over Wilmot pass on an old construction road, to another boat on the Sound. A power station was constructed on Lake Manapouri, instead of raising the lake level with a dam, the station was built underground. The intake tunnels take the water down 176 meters to the power station, then exit to the Sound. This unique design reflects the New Zealand dedication to the environmental protection of natural areas. Workers arrive daily by boat across the lake since there is no town or habitation close by.

Weather was everything. We arrived at the end of a warm dry summer. The drought ended when we arrived having more rain and wind than other NZ BAC trips. The head winds come from fronts that move rapidly across the Tasman sea, and when the rain is past, the wind turns from the south, our direction That affected the riding done by most, but four intrepid riders did the longest day, 175 km (108 miles), in head winds that were impressive!

Tech Talk: I had a rental bike, a new Trek 520, almost the same as my road bike. The tires were 35 mm with tread that gave us good traction on the often wet chip and seal roads. One difference is that the rear brake lever was, by NZ law, on the left side, so that one could brake while signaling for a right turn, which was made from the center lane. Yes, we rode on the left side, which was an easy adaptation.

Both BAC and PedalTours offer shorter trips to the general public BAC trips are world wide, and are planned by a volunteer coordinator, approved by the BAC board, and are in a range of difficulty and support levels.

Mary Hoffman

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Adventure Cycling Association

Fourth of July

The 4th of July 2003, morning light beckoned to my bike and me. We followed the charm into the valley, down Wilson Mills Road to Chagrin River Road and right through Gates Mills, when I thought I heard a bagpipe. I did, that was a bagpipe!

I cycled further down and saw five half-pint-size folding chairs, all in a row, all empty. A woman was setting up a lemonade stand in front of an art gallery. Something was about to happen. That something turned out to be the best small town 4th of July parade that I have ever seen.

The folding chairs filled with 5 Asian children, all adopted Americans dressed in red, white, and blue, all laughing. Parade icons like fire department, police dept, and Hillcrest rescue squad threw candy to the crowd. If you were a child watching that parade, you counted your riches in the tootsie rolls you caught.

We saw celebrities riding in convertibles, all very approachable. For example, I walked right up and asked Christina Corbett what she wrote about to win the SAR essay contest. (She wrote about how Ohio has changed in 200 years. She did not know what SAR stands for.) The now retired trio, The Songbirds, rolled by. How I would have loved to hear their music fill the air but...no tape. I put the tape suggestion in their minds so maybe their music will ride with them this year. Of course there were cheerleaders, bands, and the mayor of Gates Mills. A giant multi-tiered layer cake with candles to celebrate Ohio's 200th birthday was accompanied by a crew of senior women who delivered candled cupcakes to the onlookers. Tennis players threw balls to the crowd. Ten or so hounds swarmed through with the Hunt Club.

If you are one of the many cyclists who will ride down Chagrin River Road that day, think about your timing. Fourth of July is on Sunday so the parade forms at 1:00 PM this year and will start at 2:00 PM. Be there if you want to see the ultimate in charming small town 4th of July parades. Organizer Moe Novello tells me that the Cleveland Kilties will be back with their pipes. There will be marching teen marines, at least 15 classic cars, and kids riding their decorated bicycles, as many kids as they can find that want to participate. Are you a kid at heart? Maybe they'll take a last-minute entry if you're festive.

Joni Lewanski

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June 2004 Calendar

Date	Starting Point	Destination	Miles	the etc's
06/06	Amherst	LaGrange	50	breakfast at Michelle's
06/10	Nordson Depot	Prolog	6:00	A quick 20+ before the meeting
		Meeting	7:30	Be there!
06/13	Wakeman	Willard	58	new (but tested) destination!
06/19 – 26		GOBA	300	gobagobagobagobagobagoba
06/20	Oberlin	New London	51	for the non-GOBAers!
06/27	Amherst	Wakeman	42/56	an optional extension

Time Changes!

Some time changes were made at the May meeting. All the ride times are listed below. Only Sunday (to 8:30) and Tuesday (to 5:00) were changed. The complete time schedule is below for reference.

Sunday rides will start at 8:30 Eastern DAYLIGHT Savings time from now 'till the end of October!

Saturday rides from Prospect School at 9:00 will continue. They'll be in the 22-35 mile range

Tuesday evening rides will start at 5:00 from Prospect School (Oberlin) for the rest of the summer riding season

Thursday evening rides will start at 6:00 from the City parking lot (Amherst). The meeting night prolog ride will start from the Depot in Amherst.

The mileages are starting to climb, but where did Spring go? Did it come n go and I didn't see it? The unusual spurt of miles in March was from our quartet that spent the month on Maui. The rest of us braved the cold in NE Ohio.

The 50 mile Sundays were in full swing in May and will continue for the remainder of the season. We hope to come up with some new starting points that will allow us access to places further south and west. We have a ride planned to both Willard and Bellevue in the near future.

A note from Road Captain Dave: If you want your mileage totals to be added to the Cateye Totals, you'll have to send em in! Just e-mail (or snail-mail) em to Dave by meeting night and they'll get into the previous month's totals. DON'T wait until the summer riding season is over then turn em all in. Keep em coming every month.

We don't have any invitationals this (or next) month. The next one will be ROAST Your Buns ... on August 1st. We'll put a flier in the July issue of Crank or you can check out the details on the Web at: http://www.eriecoast.com/~lorainwheelmen/lor_rb.htm

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	blah blah blah blah. um, blah blah blah blah oh, blah oh, road blah. oh, blah. um, blah um, blah blah blah. ah blah blah blah blah, blah blah oh, blah blah. oh, blah, ah blah um, blah ah, mountain blah. blah blah um, blah blah um, blah blah. ah, blah blah blah um, tri. blah blah um, blah. oh, blah blah ah, blah blah. blah um, touring blah blah. um, blah blah blah ah blah blah, blah blah blah. oh, blah. um, downhill blah blah. ah blah blah blah blah, um blah blah blah blah. oh, blah, ah, cyclocross blah blah blah. blah blah um, blah blah um, blah blah. ah, bmX blah blah blah. blah blah um, blah. oh, blah blah blah blah. oh, fixed blah blah blah.
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Contact the following for information

www.medinabikeclub.org

President: Shawn Conway	330-764-3019	the5conways@earthlink.net
Vice President: Dave Ling	330-416-9421	ldbl3000@aol.com
Treasurer: Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary: Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Evening Rides

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

Starting Points:

June - Buckeye Woods County Park
July - Hubbard Valley County Park
Aug - Plaza 71 Route 18 & 71
Sept - Plum Creek County Park

Sunday Morning Rides

Starting at 8 AM (May through September) and 9 AM (October)

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 Tuesday evening rides have been well attended and there have been enough riders to form two groups. One group of riders goes fast but there is another group that is more sociable and rides at a pace conducive to conversation.

Club members are looking forward to this year's Great Ohio Bicycle Adventure (GOBA). The start of the weeklong bike ride is in the fairgrounds here in Medina, Ohio. The first leg of the adventure is a fifty-mile ride to Orrville which most of our members know is only twenty-five miles away. Needless to say we won't be taking the direct route to get there.

Club member Laurie MacDonald recently acquired a new road bike to replace her cross-bike for a trip to Arizona. The new bike is lighter and more responsive allowing Laurie to; "ride with the big dogs".

LETTER FROM VETTER:

Rants-n-Raves: Why do we have clips mounted to the bottoms of our cycling shoes if the pedals are indeed “clip-less”? Why is it, that we must “clip-in”, or “clip-out” of; “clip-less” pedals? Inquiring minds want to know these things.

TOSRV: The weather was fabulous both days but Saturday was the slower day because of a substantial headwind all the way to Portsmouth. Even though it was very chilly Saturday morning, like most riders, I opted to ride in shorts and jersey only because I knew it would warm-up quickly. This year there were just over three thousand riders. I think that is a good size for this ride. The TOSRV organizers made some modifications to the ride this year. They eliminated the police guards at intersections along High Street inside the city of Columbus. Before the ride there was some concern about the reduced police coverage but I didn't think it made much difference. I felt just as safe obeying the traffic signals.

Upon arrival in Portsmouth, I immediately went to my assigned overnight accommodation at McKinley Junior High School. Almost all the gym floor had been claimed already so I camped out in the hallway trying to find an out of the way spot. Since I snore loudly I try to be considerate of my fellow TOSRV'ers and sleep where it affects the fewest riders. Sunday morning I was told it didn't work.

Dick DeLombard, Joe Dolman, and I rode to the donut shop to get fuelled for the ride back. Joe was leading the pace line as we caught up with and passed Tom Waterson. Tom hopped on the back of the pace-line and hung on. Joe was really doing a fine job of pulling the pace-line at 20 and 21 mile per hour. About the 12-mile mark he pulled off and let me take the lead. I lead for about one quarter mile until we were stopped at a red light. As we slowed to a stop all the riders in the group started to thank me for the fine job of leading the pace-line up to this point. Well, I tried to tell them Joe had done all the pulling but some jokers saw the irony and just kept giving me praise just to tease Joe. Well, guess what, Joe got to feeling like not pulling anymore and sat-in on the rear of the pace line while Bruce Ward was leading it from the light. What happened to me? Oh, I decided to ride off into the sunset and was out in front by about a hundred yards and pulling away. Bruce decided it wasn't worth chasing me down but Joe wasn't going to let that stand. He jumped off the back went to the front and pulled the pace line to bridge the gap and swallow up the breakaway.

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The breakaway was yours truly, me. It was fun to trying to outrun the pace line with visions of Tour De France dancing in my head. Later Dick was complained that I had broken up the pace line by sprinting off the front and riding too fast. There may be some confusion about that because Tom claims Dick wasn't on the pace-line when I took a turn pulling.

Later I took a turn pulling for about five miles and when I grew tired and slowed to less than twenty Mph a tandem took over for the five miles left to Lake white. By this time Tom, Dick, Joe, and Bruce were all left behind, as was Donna Graham. I was in new territory now I was in the front. After the rest stop at Lake White it on to the hilly section. This is where I learned that Joe and Dick skipped the rest stop and were once again in front of me. I caught up them again and later Joe and I took off to get to the lunch stop before Dick and Tom. At lunch I met some lady racers from the Orrville Cycling Team and another good friend Bob Iden of the Akron Bicycle Club. After lunch Joe, Bob, and I caught up to the Orrville ladies and rode in their pace-line. Soon Joe dropped back to ride with Dick who had stayed at the lunch for a bit longer than Bob, Joe, and I. This year Dick had chosen to ride his antique touring bicycle, a Gitane Hosteller with full fenders, light system and heavy packs while Joe and I were riding our lightest racing machines. This gave us a decided advantage over Dick and we were able to ride faster.

Riding with the Orrville ladies was fun. They talked up a storm and the miles went by quickly at 21 mph until they just dropped out of the pace-line and encouraged me to keep going with Bob and the rest of the group. About



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four miles later they caught up again and we rode into the third rest stop as a group. I like the new location for the third rest stop. It is just 18 miles from the finish but it's 25 miles from lunch. On Saturday most people skip the first rest stop anyway but this is a good spot to have a rest stop on Sunday. The ladies took off without me but Bob and I took off without Joe or Dick to chase the ladies down. Bob got caught at the traffic light and I kept chasing after them. Just as I was about to catch up the ladies stopped on the side of the road. As I passed by, one of the girls said "bug in your bra, waddya gonna do?" Now that's just too much information, don't you think?

Soon after this Bob came by in the middle of another pace-line. He slowed enough to encourage me to get going again so we both hopped on the pace-line and rode with it for a while. I was feeling pretty good and this is way into the ride too. During the last two miles I was chasing after Bob Iden on High Street and I was riding at 25 mph. This is way better than I ever did before. Normally I'm riding almost sidesaddle and at only six to eight miles per hour. If you are wondering what happened to Tom, he was doing the half TOSRV and was finished at the lunch stop. He drove his car to Columbus, changed his clothes, and was quite rested by the time I pulled into the final stop. Tom had claimed my baggage and loaded up the car and was ready to go home. All I had to do was check in at the registration, get my certificate of completion, and get in Tom's car. It's nice to have friends like that.

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Cleveland Bikes

Our Mission: ClevelandBikes advances and promotes all forms of bicycling as economical and healthful recreation, sport and transportation; and advances and defends the rights of Northeastern Ohio cyclists to use the roads and to fair trail access.

ClevelandBikes is actively seeking out new members and donors. All donations are tax exempt and since we're all volunteers, your contribution goes directly towards helping us make Northeast Ohio better for cyclists. If you'd like to donate, send check or money to ClevelandBikes PO Box 5446, Cleveland, OH, 44101-0446. You can also donate or become a member online by visiting our website www.clevelandbikes.org and going to the donations page.

For those of you who like a more hands on approach to advocacy, contact us and we'll let you know about volunteer activities. May 3rd was the City of Cleveland's Bicycle/Pedestrian advisory committee meeting. Four board members from ClevelandBikes were present to speak with the city's planners. The bike lanes on the Euclid Corridor will happen. In order to expedite future planning projects, the city is looking into adopting Chicago's Bike Lane Design Guide. The ClevelandBikes board will be reviewing the guide at our next meeting. RTA's bike racks on buses program is supposed to be complete by the end of the year. This is the third meeting in a row that the completion date has been pushed back. ClevelandBikes will be formally asking RTA to begin allowing bicycles on the trains during the currently blacked out rush hour times at the discretion of the conductor.

On May 11th, we met with NOACA (a regional planning organization). Since the deadline for this article is prior to the 11th, check our website or get on the ClevelandBikes email list to see what's going on around the region.

ClevelandBikes board members Kevin Cronin and Lois Moss of Century Cycles were busy organizing the "White Bikes" and kiosk displays for Bike safety month. The bikes and kiosks carried bike safety and share the road messages. Great work guys!

Bike to Work Day is the last Friday of every month! For those of you who would like to rub elbows and maybe ride along with some other commuters, take a look at the following meeting places and times:

Caribou Coffee at Coventry and Euclid Heights Blvd.
Starbucks Coffee at Cedar and Fairmount.
Arabica Coffee at West 116th and Detroit.

ClevelandBikes ride leaders leave these locations at 7:15am to downtown Cleveland. We'll arrive downtown at approximately 7:45am. The Starbucks in the BP building on Public Square is the official meeting place for those of you who ride in early but have some time to kill before work. All of these meeting places are graciously offering our riders a free small coffee. These rides are open to everyone and we encourage you to ride to work no matter where you're heading. For those of you who don't head downtown for work, check the ClevelandBikes Commuter Routes/Times forum to post your route and see who's heading your way. Next ride June 25th!

Enjoy the weather and ride often,

Brendan McNamara
President of ClevelandBikes

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Yo, Wheelers!



Have you noticed we are back to Wednesday evening rides? Wednesday night riders conclude by eating dinner out, with appropriate liquid refreshments. Those who attend speak highly of these rides. For more details check the club website at www.westernreservewheelers.com, also check John Stork's website at www.johnstork.com to download maps for weekly club rides.

The ride committee's policy of doing an "away" ride once a month has been meeting with success. The turnouts have been respectable and warrant further "away" ride starts. However, as in the past, there will always be a local start at the "J" for those who do not want to ride long distances or drive out to another starting place.

Ed Feil, of the "Over the Hill" division of the Western Reserve Wheelers reports that he recently celebrated his 80th birthday. Although he gave up on TOSROV a few years ago, he is still riding strong. Say hello to him the next time you see Ed on a club ride.

May the Wind Always Be at Your Back

Ed Reichel

2004 Western Reserve Wheelers Ride Schedule

Date	Time	Start	Destination	Approx. Miles		
				A	R	C
6/6	8:00AM	JCC	Silverlake/Kent	70		
6/6	9:00AM	Northfield Elem.	Silverlake/Kent		38	30
6/13	8:30AM	Sunset Pond	North Shore Ltd.	35	30	27
6/20	8:30AM	JCC	Irv's Urban Oasis - Downtown via parks/towpath/steel mills	50	45	
6/27	7:45AM	Chagrin Falls	Hiram/Mantua	55		
6/27	8:30AM	JCC	Hiram/Mantua		39	30
7/4	8:30AM	JCC	Cal's Five County	49	41	30
7/5	8:30AM	JCC	Pick up ride		TBD	
7/11	8:30AM	Great Lakes Mall	Headland's Express	44	29	25
7/18	7:45AM	JCC	Big SQ - Fowler's Mill Chardon	55		
7/18	8:30AM	Chagrin Falls	Big SQ - Fowler's Mill Chardon		40	30
7/25	7:45AM	JCC	Burton/Middlefield	60		
7/25	8:30AM	Guerney School	Burton/Middlefield		40	30



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TEAM AND CLUB NEWS

Need extra uniforms? If you need extra clothing please contact Marty Marsic (MMarsic@aol.com). A limited number of garments are available.

With additional daylight and warmer temperatures, the **Thursday night training rides** are underway. Weather permitting, we leave from the Westlake Recreation Center (28955 Hilliard Blvd.) at 6 PM for Grafton and back. There is usually a 5 to 10 minute stop to catch a breather. It is a 30-mile ride with average speeds over 20 MPH. For more details, please contact **Mehul Gala** at (330) 558-3196 or at mehul_gala@yahoo.com.

The weekly **Westlake Training Series** has been active since April 6th with only one race cancelled due to poor weather. Regulars include Bob Turba, Jason Rapp, Jeff Plas, John Hayden, Conrad Griffith, Mehul Gala, Jim Cunningham Sr., Jeff Comer, Eric Collander, and Dave Billman, and Bill Rees. Jeff Plas is tied for 4th place in the B Race overall standings as a result of his win on April 3rd.

Ed Enyedy, Roger Miller, Mike Madison, Tim Hofer, Suzanne Enyedy, Joe Mallon and former member (but still friend) **Kevin Lutzke** all could be found competing at the Presque Isle Time Trial on April 25th. The flat 12.5 mile course was wet with gusting and erratic winds that had most riders grateful to simply stay upright and put them well off their best times.

The recently completed Race-at-the-Lake Series in Munroe Falls saw PDQ members **Al Dottore, Mark Mullen, Dave Kovach, Jason Rapp, Mehul Gala, Bill Rees, and Ed Enyedy** participate, highlighted by Bob's 3rd place in the Cat. 4 race in the series finale on May 8.

LAKE ERIE RACING ASSOCIATION

DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Tuesday Evenings	Westlake Training CT Series	Westlake, OH	Chris Riccardi - 440/843-8026 10915 Windham Dr. Parma, OH 44130-1576 chris16@stratos.net cvalleyvelo.com/westlake
Saturday 6/5	13th Five Points Classic RR	Indiana, PA	Bruce Overdorff - 724/349-7688 85 Byron's Pl. Indiana, PA 15701-3130 bajdorff@surfshop.net
Sunday 6/6	5th Downtown Indiana CT	Indiana, PA	Bruce Overdorff as above
Sunday 6/13	Tour of West Deer CR #1	Bakerstown, PA	Oscar Swan - 412/521-2207 6649 Woodwell St. Pittsburgh, PA 15217-1320 swan+@pitt.edu acaracing.com/sched.html
Saturday 6/19	3rd Mighty Mighty Bison Classic CR	Erie, PA	Greg Troyer - 814/796-3116 608 High St. Waterford, PA 16441 gregtroyergt@netscape.net http://www.loloboloco.net/mmbc.html
Sunday 6/20	Tour of West Deer CR #2	Bakerstown, PA	Oscar Swan as above
Saturday 6/26 <i>Entry deadline June 12</i>	5th Rick Gorzynski Memorial ITT	Erie, PA (Presque Isle State Park)	Jim Bowen - 814/899-8544 4104 E. Lake Rd. Erie, PA 16511-1355 jab4104@msn.com picycling.org
Sunday 6/27	Chagrin Falls Grand Prix CT	Chagrin Falls, OH	Andrew Frey - 614/563-3434 P. O. Box 438 Granville, OH 43023 tymtyler@teamcolumbus.org
Sunday 7/4	Tour of West Deer CR #3	Bakerstown, PA	Oscar Swan as above
Sunday 7/4	Medina Twin Sizzler RR	Medina, OH	Judy Heller - 330/722-2020 4046 Medina Rd. Medina, OH 44256 ywcamed@ohio.net www.ywcamedina.org/
Sunday 7/11	Tour of West Deer CR #4	Russellton, PA	Oscar Swan as above

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

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

PRESQUE ISLE ADVENTURE

I've been racing with PDQ for the past 6 years. Throughout this time, I've advanced to a seasoned "citizen" rider, if there is such a thing. Time trials are my speciality. I am built for time trialing, with big lungs and legs for steady power output. I try to ride as many time trials in the region as possible.

Daydreams are spent thinking about a beautiful P2K Cervelo from Bike Authority. I had planned to purchase a new bike three years ago, but marriage with a ready made family redirected my finances and time. No more do I ride every Sunday, Tuesday, Thursday and Saturday or attempt silly number games like riding a 1000 miles in a month (which the best I could do was 920). Now it is commuting on the bike to work as much as possible, riding Thursdays with CTC and sneaking in a morning weekend ride while the kids sleep. The daydreams include thoughts about getting a used tandem.

I am particular about preparation for a race. My regimen includes making adjustments to the bike a week in advance, selecting clothes for the race the night before, and eating a traditional breakfast of oatmeal, cereal (like Count Chocula or Cookie Crisp) and a banana. I keep training as structured as possible, working on peaking for a few select races.



Joe, my 10 year old son, has never heard of the word "preparation". After school on the Friday before **the Spring Presque Isle Time Trial on Sunday, April 25, 2004**, Joe decided to dismantle his bike, with the intention of making it race ready. This meant I spent Friday evening putting the bike back together. Assembling the brakes was like doing a jigsaw puzzles where you don't know if you have all the pieces and the cover of the

box is missing. Joe simply slid a bunch of parts across the garage floor and with all the faith of a child said, "Here". Several attempts later, the brake assembly was back together but another problem struck - the brake cable was jammed. So off we went to WalMart to get a set of brake cables, but since they didn't sell Gyro brake cables, Joe logically chose to get a new tire cause it looked cool.

Saturday was jammed packed with activities. I went to work in the morning, Joe had a baseball game in the afternoon, and my wife, Suz, and I went to a dinner at our parish in the evening. Before the baseball game we did manage to stop over at Eddy's hoping to get Gyro brake cables, but alas, they only had an incomplete set. Joe was bummed that the bike wouldn't be ready for the race and, faced with the prospect of waking up at 5:00 am, decided to skip the race.

So late Saturday night, when I'm already in bed and trying my best to get a decent night sleep, Joe quietly knocks on the door to tell me he will ride his brother's bike instead, and to please wake him up in the morning. Suz tried her best to get Joe ready for the race, asking him to get all of his clothes ready for the morning. Joe dutifully dug out his PDQ racing jersey from the depths of his closet and set it at the end of his bed.

Sunday morning we "awake". Things go amazingly smooth, Joe is in a good mood and the only damper is the drizzly weather (Suz says it was raining cats and dogs). Even registration goes well, where Suz substituted for my son David because he had a track meet. She was a real trooper. It was her first time of riding a bike all year, and medical reasons had kept her from going to the gym for the past two months. This was her very first bike race.

The weather proved to be horrible. Although the rain stopped as the first rider went off, the wind gusted every which way in its attempt to blow the racers off the course.

I rode the first mile at my target pace of 25 mph, and then continued until the wall of wind at mile 3 dropped my speed to 20 mph. Each pedal stroke was a struggle, exerted in hope that when I rounded the peninsula there would be a stiff tail wind. And there was, for one short mile, and then the wind struck again. I never could get a decent rhythm going and the legs just didn't warm up. Once I finished, I dashed back to the van to get a jacket and the camera and then set out again to find Suz and Joe.



I found Suz pedaling steadily along - but without Joe! She and Joe had decided after mile 2 to ride individually. Off I went again and found Joe at the 10 mile mark. He was cheerful and immediately began to jabber away at me, telling me how he took a five minute break when he hit the wall of wind and he thought of giving up (like many of us did.) Together we rode to the finish line at a steady pace.

With much pride, we all finished intact and in high (and shivering) spirits. Fortunately, we had brought along dry clothes, so we all changed before turning in our tags, getting our t-shirts and checking the posted results. The reward for a job well done was brunch at Perkins. Then we headed home - an exhausted but satisfied family.

Ed Enyedy - PDQ

Earn A Bike programs
Used bikes for sale
Bike education
Membership
Fun tours



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Tuesdays & Fridays 1 - 6
Saturdays Noon - 4
(Open group ride Saturdays
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216-830-CO-OP (2667) www.OhioCityCycles.org

The OCBC is a non-profit, member-run bike education center that fosters Earn A Bike programs where kids earn donated used bikes, with helmets and locks, while learning bike safety skills. Members can use the shop, and earn parts and bikes by refurbishing the used bikes we sell.

News: At the Food Not Bombs event in April we met lots of good folks from all over — most of whom had funny hair — who were all real nice and brought good food then cleaned up afterwards too. Though the Critical mass that Jocelyn fixed bikes for them to ride in got rained on, the bikes were put to use for an impromptu ride to the Temple of Lost Love after the rain. Later, while the Quoegues from Hiram played the White Stripes' *We're Going to be Friends* on the **new riverside deck** (thanks, Pat!), WE SAW A BEAVER SWIMMING ACROSS THE CUYAHOGA! (Presumably one whose handiwork [or toothiwork?!] we visited on the Marmots' Meander). Though not a *fundraiser*, it was a fine night, and worth it, if only for that. We work on a living river!

The Pedal Pittsburgh ride, which OCBC art director Jennifer Stuart-Lesch and husband Walt rode to scout best-practices for the SCRABBLE, was instructional in that most participants **did not ride legally**. We'll try to make sure SCRABBLE riders get better guidance and incentive, as that's largely the point!

We anticipate having had a great time at the Hessler Street Fair, thanks to members Chris Solt for organizing, and John Ranally for the Big Fish Bike pedicab. Both of them, and the League of American Bicyclists' Cycling Instructors who will be certified in our LCI seminar in June, will soon be "partners" or subcontractors with the OCBC as we expand our reach beyond established programs to further our mission of getting more people in greater Cleveland riding bikes safely, practically, and often.

Thanks, Mom! At the Art Tarts/Parade the Circle work-meeting (see below) the Wednesday after Mother's Day, my mom, Sue Kaesgen, faced with an agenda of fish-tail-mechanism engineering, instead cleaned the skanky office floor of flying-ant carcasses, and didn't even flinch at the little mouse in the trash can... What a mom!

Upcoming events: The SCRABBLE (Summer Century Ride and Beach-to-Beach Lakefront Experience), on July 18th, starting at Edgewater Beach, is going to be a real "civic event", and we invite all local club members to volunteer and/or ride. Registration and details are available on the website; and flyer in the July Crankmail.

Parade the Circle is June 12th, and fish are being prepared — kids and adults are still welcome to join a fun and energetic artistic and engineering experience — we meet Wednesdays 5 – 7PM to prepare, and will ride there, come low or high water!

Members' special: The new shop, where we moved in September, is a very cool space; but not very *cool* now that hot weather is here, we've learned. Painting the roof with "silvercoat" is landlord Pat's advice, so anyone willing to climb on the roof with a roller for an hour in June will get a Basic Shop class in return: reciprocity!

We're still looking for: videos, clip-in pedals and shoes, handlebars and stems, un-ripped saddles, panniers or trailers, and reel (push-type) lawn mowers, to round out our members' libraries. Equal value in service or donated parts for any of these!

Tour de France Contest Win a Trek Commemorative Jersey!



Think you know who is going to win this year's tour? Lance, Beloki, Hamilton? Maybe, but do you know which stage will be the decisive one? Will it be the time trial on L'Alpe d'Huez or the day after on the Col de la Madeleine? Will the race be decided on the next to last day with the time trial at Besacon or earlier with the leader fighting to hold it to the end?

This year, the tour should be as dramatic, exciting and historic as last year. We hope to make it just a bit more exciting by offering this contest. Pick the overall points winner and the deciding stage. All correct entries will be placed in a random drawing.

CrankMail Official TDF Entry Form

Name: _____ Phone: _____

Address: _____

Tour Winner: _____ Winning Stage # _____

The decisive stage will be determined when the Yellow Jersey changes riders for the final time. The winner will be selected in a random drawing from the correct entries. If there are no correct entries, all entries with the correct tour winner will be placed in a drawing. You must be a CrankMail subscriber to enter. Send your entries to CrankMail, PO Box 5441, Cleveland, Ohio 44101-0446.

One entry per person please. Winner will be announced in the August issue.

The jersey was donated by:





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LEW Club Weekend & Holiday Ride Schedule

June 6	8:00	Valley City to Wooster – 80 flat miles.
June 13	8:00	Sunday in June (contact CTC for details) – 10/25/50/62/100 miles.
June 13	9:00	Bike Path Series: Elyria to Kipton via North Coast Inland Trail – 28 miles
June 19	9:00	Women's Only Ride: Scenic Park to Euclid – 45 flat miles.
June 20	9:00	Seville to Wooster.
June 27	9:00	Brecksville to Burke Airport & Parts Unknown – 60 to 80 miles.
July 4	10:00	Olmsted Falls to Vermillion
July 5	9:00	Holiday Hawaiian Shirt Ride - Scenic Park to the Cleveland Flats for lunch – 30 flat miles
July 11	8:00	Scenic Park to Euclid - 45 flat miles
July 11	10:00	Bike Path Series: Edgewater Park to Euclid - 30 flat miles
July 17	9:00	Women's Only Ride: Bonnie Park to Medina - 45 miles
July 18	9:00	Bonnie Park to Doylestown
July 25	9:00	Olmsted Falls to Berlin Heights

Ride Start Locations

Bonnie Park	In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.
Brecksville	in Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
Edgewater Park	Lower parking lot, reachable from West Shoreway (Edgewater Park Exit) or upper parking lot east of West Boulevard & Cliff Drive.
Elyria	Parking lot at end of 2nd & 3rd Streets, ¼ mile west of South Gateway Blvd. in Elyria, Ohio.
Olmsted Falls	Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.
Scenic Park	Parking lot at marina in North Rocky River Reservation, off of Valley Parkway, located ½ mile south of Detroit Road, in Lakewood.
Seville	Post Office parking lot at East Market & Liberty Streets in Seville, Ohio, 1.5 mile south of I-76.
Valley City	Liverpool Elementary School, at West River Road and School Street.

Weekday Rides

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

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

Regular Club Wednesday – Moderate to fast pace 20-30 mile rides starting at 6:30 pm from the parking lot behind the Fairview Park Post Office (at West 220th Street & Lorain Road), weather permitting. For details, contact (or e-mail) Ed Wheeler at 440-572-1122 (wheels@ameritech.net).

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 e-mail list is at lakeeriewheelers@yahoo.com. If you aren't receiving weekly ride updates and have e-mail, 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 the current and following months are:

June	Mike Robinson
July	Dave Snyder / John Clay

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 Olmsted Falls East River Park at the normal start time for the month.

The 2004 Women's Rides Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, the Women's Rides will be held on the third Saturday of each month, through October. Bonnie Vargo will lead these rides, at a C or B pace, from various starting points. For details, please contact Bonnie at 216-226-5918.

The 2004 Ohio Bike Path Series

This year we are proud to continue the popular Ohio Bike Path Series, conducted entirely on bicycle paths or all-purpose trails. These will be held on the second Sunday of each month (in conjunction with a regular club ride), 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, starting an hour after the regular Sunday ride, 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 season:

June 13	Elyria to Kipton via North Coast Inland Trail	28 miles	Dan Izuka
July 11	Edgewater Park to Euclid via Lakeshore	30 miles	Richard Edmister

Although the May Bike Path Ride was sparsely attended, it was immensely enjoyed by all members attending. To those who could have gone, we greatly missed your company! We hope to see you on the June Bike Path Ride in Elyria.

The 8th Annual Anthem Clean Air Challenge

The Lake Erie Wheelers has decided to support the Anthem Clean Air Challenge, sponsored by the American Lung Association and Bike Authority, by redirecting the June 27 club ride. Instead of riding from the Brecksville starting point to Chagrin & Burton, club members may ride from Brecksville to Burke Lakefront Airport via the Cuyahoga Valley, and back to Brecksville by a roundabout path. LEW will have a table at the event, which will include four bike tours (5, 12.5, 25, or 30 miles) and a Community Health Fair, among other offerings. For further information contact the American Lung Association at 216-524-5864, or online at www.cleanairchallenge.com.

LEW Touring Division News

Tom Meara will continue as Chairman of the Touring Division. The goals of the LEW Touring Special Interest Group (TOURSIG) include the following:

- Developing overnight tour destinations and dates
- Sharing of commercial tour information and brochures
- Making plans for identifying tour groups with other local clubs

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 tdmeara@wowway.com. Volunteers are needed for Ride Captains.

Planned overnight tours through the month of August include:

Tour Destination	Date	Ride Captains
Malabar Weekend	June 19, 20	Robert Parry
Punderson State Park	July 17, 18	Marty Cooperman
Kelleys Island State Park	August 14, 15	TBD

Starting locations and times TBA. Rides are RSVP; please notify Tom Meara promptly to be included. Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained). For additional tours during the season, please consult the club ride schedule for 2004.

The 2004 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 have successfully revived this tradition for the last two years, and plan to continue it this year for the benefit and enjoyment of current members. The LEW Club Picnic will be held on August 8th at North Mastick Picnic Area in the North Rocky River Reservation, the start point for both the regular club ride (to Brecksville) as well as a Bike Path Series ride (to Everett Road), 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 Russ Marx or Dan Izuka.

CRANKMAIL

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Unclassified ads are free to *CrankMail*-served club members and subscribers for two appearances and appear both here and on *CrankMail's* World Wide Web site. Nonmembers/nonsubscribers pay \$5.00 for this service. Ads are intended for personal, noncommercial, bicycle-related purposes only. Ad copy should be type-written to help assure accuracy. Ads are accepted by mail, also by email if no payment is due. Limit to about 30 words; no more than three ads from the same individual in an issue. Please include your Area Code with your telephone number. *CrankMail* reserves the right to edit ads to fit space and format requirements. In the event of typographical or other error, the publisher's only obligation shall be to publish a corrected version of the ad in which said error appeared. The publisher makes no warranty of the integrity of the advertiser or quality of goods offered.

Wanted to buy: **Burley Trailer** with screen cover, other covers will be appreciated, leave message 440-610-4884.

Speedplay pedals and cleats, 1 yr old \$60.440 748-9404 lk@nccw.net

Topolino Clincher Wheelset. Half pound lighter than Ksyriums, carbon kevlar composites. Hottest wheels of the year. Retail for \$850, yours for \$550 with tires. Ridden four times, I have way too many wheels to keep them all. Alex 440-572-2916, Alexburnunit@adelphia.net

expires July 2004

Schwinn Le Tour 22" (56 cm), Mag indoor trainer and Cateye monitor, \$125 total, 330-336-8487 or 330-666-9594.

58 CM trek 5500 OCLV, naked carbon,dura ace, asking \$1200 OBO.

58 CM Eddy Merckx TITANIUM AX, Dura ace, asking \$1700.00 OBO. Call Tony 440 888 2042, cell 440 212 3961.

Mid 80s Fuji Sagres 21 in (31.5 standover) triple, rack, frame pump. Completely rebuilt and cleaned. BEST REASONABLE OFFER. 440-891-8364 evenings.GUMBYCYCLING@JUNO.COM

Bike Rack, holds up to 4 bikes, 2" hitch receiver required X-Port model,NIB \$75. (216) 310-2704

Blind Stoker seeking captain for tandem rides. I'm a 56 year old psychologist, live near Shaker Sq., call Andrew at 216 464-0383.

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