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March 2002

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Cycling in Northeastern Ohio

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“I’m not working out. My philosophy: No pain, no pain!”

— *Carol Leifer*

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Gossip

It's ironic, really. So many people consider road cycling to be dangerous. Yet among serious cyclists — those who have the most miles on the road — the number of serious injuries and fatalities due to bicycling are comparatively low. Accidental deaths are so rare that we are surprised when they occur. Yet the beginning of this year saw the loss of two longtime, dedicated cyclists to incidents on the road.

On Sunday, Jan. 20 while on a vacation trip in Florida, **Ed Burda, 80, was struck and killed by a car.** He was just finishing a 10-mile ride at about 2:00 p.m. with other members of the Akron Bicycle Club in Lake Wales when the accident occurred. His riding companion, Janis Mosteller of Stow, was not hit and Ed's wife, Jean, had already finished a longer ride and was waiting for him at their hotel. ABC members remembered Ed as pleasant and humorous, "a wonderful guy." He and Jean regularly drove the baggage truck for ABC's annual Roscoe Ramble. **Pam Burda**, Ed's daughter, wrote, "Honor Dad's passing by remembering that he was doing one of the things he loved most in the world, in a place he loved, and with people he enjoyed and truly wanted to be with."

Not quite a month later and closer to home, ABC, friends and family had to deal with another loss: **Mike Herbst, 43, an accomplished endurance cyclist, received mortal injuries in an accident in the Cuyahoga Valley National Park.** On Sunday morning, Feb. 10 Mike was riding east bound on Major road, just past Oak Hill, where he was involved in some kind of accident at 9:30 am. He was wearing a helmet but suffered multiple skull and facial fractures, two bruised lungs, and a dislocated shoulder. He died of

the injuries in hospital the evening of Wednesday, Feb. 13. Mike was a Randonneur having ridden the requisite qualifying events in the U.S. and then the 1999 Paris-Brest-Paris ultramarathon classic. **He was nicknamed "The Diesel."** Mike's employer and friend Glenn Sullinger explained the name was earned in the way he worked a pace line, "He was so strong, he just kept pulling like a diesel truck." So how did it happen? **The police reported they believe the cyclist hit a clump of road salt during a high-speed descent, lost control, and crashed.** There were no known witnesses to what actually happened and a motorist called police. Some fellow cyclists and Mike's long-term partner Cheryl Engel, expressed doubts in the police explanation and expressed their suspicion that a motor vehicle was actually involved. How could such a skilled rider be lost to a mere road hazard? We don't know if we'll ever know.

We do know, we've lost two good friends and that we are all mortal. As Jim W. Gragel wrote to us, "you never know when your number is up — you just have to make the best of the time you have." **It's good news that these events are so rare. But it's horrible that they happen at all.**

Yet life goes on. We lose friends and family, and precious new spirits come into our world. **We were pleased to learn of the birth on Dec. 21 of Lauren Brys Heba to Penny and Bob of Lakewood.** It was a difficult delivery requiring a lengthy recovery. It was after Christmas that Lauren was able to come home and join **big brother Jared.** All are happy and well now so, **our congratulations to the Hebas on their truly blessed event!**

Century Cycles makes the news again. They're **moving their Medina store to new digs across the street.** On March 20, Century will open at 1079 North Court St. — that's in the K-Mart strip mall between Sears Optical and the Cingular phone store. The brightly-lit former shoe store offers about twice the floor space that they had plus a nice big area out back for test rides. Congratulations and best of luck in your new home!

— The Crank



Cleveland Touring Club

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

Welcome to New Members

James Ball, Larry Stewart of Mentor, **The David Winkler Family** of Lyndhurst, **Don Leventhal** of Chesterland, **Helen Stauffer** of Madison, **Cathy Henderson** of Sagamore, Hills, **Robert Hart** of Shaker Heights. Welcome to the club.

Bike Expo in April

CTC will again run the swap shop at Lake Farm Parks Bike & Blade Expo on April 7th. The event is from 11:00AM to 4:00PM. If you have items to sell you can drop them off the day before or prior to 11AM the day of the Expo. We'll have a table with this year's schedules, fliers for SIJ and lots of other club stuff. CTC will also have a club ride and the Expo will have a mountain bike race.

New This Season: Check the Web for CTC Members on Vacation

When you are on vacation this year how about sending a postcard of your trip to our CTC mailbox. We will post the card on our Web site so you can share your adventures with the club. Make us all sorry we didn't get to go with you. Include your full name please and thanks ahead of time. (Send your postcards to:

Cleveland Touring Club • P.O. Box 0667 • Grand River, Ohio 44045-0667).

Geneva Travelogue, Part I

Here's an article submitted by a fairly new CTC member, **Carol Oppenheim**. She and husband **Bruce** often ride their Burley Tandem on club rides and have shown up at quite a few of those November and December pick up rides that start at North Chagrin Reservation. Reading about spring and summer rides brings back warm memories - pardon the pun. Enjoy!

It is a Sunday early in May, a cool, perfect spring morning in northeast Ohio. Having set the kids up with instructions for how much TV was allowed, phone numbers to reach us and neighbors, and lunchables to consume later, we set off at the crack of 10:30 with the tandem loaded into the back of the mini van. Bruce is resplendent in his black Lycra bib shorts, leg warmers, and vivid royal blue long-sleeved jersey. Carol is even lovelier in black Lycra leggings with lavender/black jersey. Despite the lingering effects of one too many glasses of Gewürztraminer the night before, Carol is feeling pretty good. Bruce always feels great.

A 25-minute drive brings us to the little town of Geneva where we park on Depot Street (yes, near the old train station), mount our Burley steed, and take off. A train rumbles past as we leave town and head south. Within a few miles we are pedaling effortlessly past farms and vineyards. The blooms of the apple, crab apple, dogwood, and magnolias are breathtaking against that shade of green known only

to newly leafed out trees in May. Like the earth around us we are finally roused from winter's dormancy and bursting with life's energy. However, Carol's 7:00 am Advil is beginning to wear off, and she calls a momentary halt to remediate. When a thorough search of the bike bag fails to produce the desired little brown pills, she shrugs, says "I'll be OK" and they proceed apace. But what's this? Less than 0.5 miles down the road, across from the Harpersfield Covered Bridge (built 1868) is a tavern. They might have something for a headache. Will they be open at 11:30 on a Sunday morning? Bruce tries the first door -- no luck. But there is another door; it opens and upon entering Bruce finds, right by the door, a machine that dispenses Alka Seltzer, Bayer, Tylenol, and, yes, Advil. He motions Carol in to choose her poison. They banter with the redneck gentlemen ensconced at the bar. One man comments that the machine has whatever you could want... aspirin, Percodan, Valium, even Viagra. To which Carol replies "God forbid!" (Combined with her intonation and body language, the implication being that is the last thing we need at our house.) The bartender (a woman the patrons call "Hey Blondie") makes change, the Advil is purchased and consumed, and the journey continues.

We continue to marvel at the spring colors, the feel of the breeze on our skin, the smell of the earth. We are blissed-out on sunshine and endorphins. More covered bridges, vineyards, small towns, dogs barking, a few cows, chickens and horses. As we continue on our circuit route and begin to head north, we note the cooler breeze and crisper smell that tells us we are nearing Lake Erie. Soon we see Erie's waves rolling in and we enter the town of Geneva-on-the-Lake, Ohio's first summer resort where the Firestones, Fords, and Rockefellers used to camp in the early 1900s. Now most of the little cottages, arcades, ice cream shops, and other elements of the middle-class lakeside vacation are still closed for the season although the owners can be seen sweeping, cleaning, and generally making ready for summer's population boom.

We are hungry and begin looking for the Old Firehouse Winery, which our guidebook says has a full-service restaurant. As we head out of town we realize we must have passed it, turn around, and find it a few minutes later. It is open, and we seat ourselves upstairs at a red-clothed table amidst firehouse memorabilia. We consult the tri-fold paper menu, and at first see only the usual burgers, ribs, chicken breast sandwiches. Which would have been fine, but then we see Mexican offerings on the back of the menu, including -- we love these --- chimichangas! Chimichangas are deep fried burritos covered with melted cheese and ranchero sauce, with guacamole and sour cream. Bruce used to eat these in Tucson; Carol too when she visited him there in 1979/1980, their first year together. It turns out that here at the Old Firehouse winery in Geneva-on-the-Lake,

Ohio, they have a genuine Mexican cook named Tony. The chimichangas are huge, fantastic, crispy, mildly spicy, served with homemade frijoles and Mexican Rice. This is not the sort of high-carb, low-fat meal the bike magazines recommend for a fueling oneself for a long ride. We quickly polish off every morsel. As we pay the bill we help another customer choose a stuffed Dalmatian toy for her 9-year-old granddaughter. We all agree the one with the left ear drooped over and front paws crossed is the cutest.

Feeling like chorizos stuffed into our Lycra casings we again mount our bike and lumber off. Fortunately we are more than 2/3 of the way through this 30-mile ride, and the land is fairly flat. We come to a State Park and wander in for little break. For some reason when we emerge we are slightly disoriented and get a bit lost for the first time. Some friendly locals doing spring yard work soon have us

pointed in the right direction. We head down a long, straight, flat side street, and despite full stomachs Carol says "Hey, let's see how fast we can go!" Legs pumping like pistons in a well oiled machine (albeit a machine fueled with chimichangas and topped with chorizos stuffed into Lycra casings -- I love that line and had to use it again) we hit 30 mph. We slow down, burp, and proceed at a more leisurely pace back to Depot Street where the mini van awaits to take us back to hearth and home.

To paraphrase the immortal Scot Allyn, this may have been one of the most beautiful days of our lives!

Club Rides

Sun	Mar 3	10AM	North Chagrin to Chagrin Falls(25), Newbury(40) Rolling
	10		North Chagrin to Polo Fields(29), Solon(40) Flat/rolling
	17		Gurney Schl to Geauga Lake(22), Newbury(34) Rolling/hilly
	24		Painesville Twp Park to Concord(25), LeRoy(35) Flat
	31		Easter Sunday pick up ride from North Chagrin Rolling/hilly
Sat	Apr 6	9AM	North Chagrin to Chardon MapleFest(40) for pancakes Hilly
Sun	7		Lake Farm Park to Kirtland, Kirtland Hills 25/45. Rolling/hilly
			Lake Metroparks Bike&Blade Expo & Swap 11AM-4PM
	14		Burton to Windsor(28), Parkman(45) Rolling
	21		Gurney School to Punderson(25), Bainbridge(45) Rolling

CLEVELAND TOURING CLUB MEMBERSHIP FORM - 2002

Name: _____ M _____ F _____
Please Print or Apply Address Label

Address _____ Birth date _____

City/State/Zip: _____ Phone: _____

E-Mail: Please print clearly: _____

What kind of bike do you ride? Road _____ Mountain _____ Other _____ Tandem _____ What make of bike? _____

Emergency Contact: _____ Phone: _____

Membership Level (circle one): **Individual \$15.00 Family \$20.00 New Renewal**

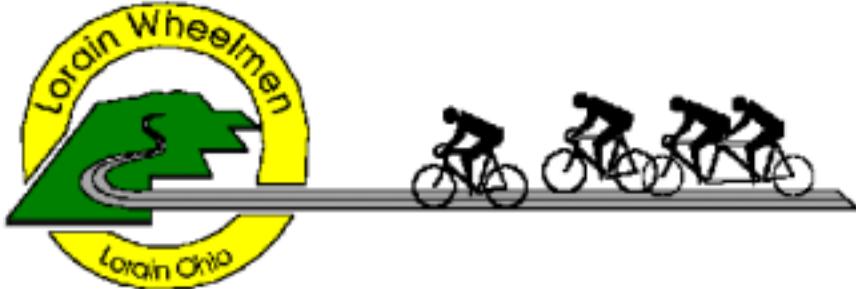
Note: Please copy and submit a signed form for each family member. Please staple and submit together with family fee.

In signing this release for myself or for a named member, if member is under the age of 18, I acknowledge that I understand the intent hereof and hereby agree to and absolve and hold harmless the CLEVELAND TOURING CLUB officers, members, sponsors, affiliates, singly and collectively, for any injury, misadventure, harm, loss, inconvenience, or damage suffered or sustained as a result of participation in any CLEVELAND TOURING CLUB activities. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and shall practice courtesy and safety in cycling.

SIGNATURE: _____ Date: _____

Parent/guardian signature if member is under the age of 18

Return this form with your check made payable to The Cleveland Touring Club
Mail to: The Cleveland Touring Club, P.O. Box 0667, Grand River, OH 44045-0667



MARCH 2002

Date	Start From	Distance	Remarks
03/03	Amherst	??	Is it still Winter?
03/10	Oberlin	??	I hope not!
03/14	Nordson Depot	6:30 (note 1) 7:30	Last Roller night of 2002 Meeting ... be there!
3/17	Amherst	??	It oughta be nice by now!
3/24	Oberlin	??	Spring has sprung!
3/31	Amherst	??	April showers are almost upon us.

Notes:

- 1) The March meeting will be preceded by (probably the last of the new season) prolog roller/trainer ride at 6:30 at the Depot. Note that 15 bonus miles will be awarded for participation in these rides!

Rides still start at 9:00 Sunday morning. **Distance and destination will be determined by democratic process, with the attending victims participating.** We should be able to have above freezing weather this month, and can look forward to 30 to 40 mile outings. Saturdays have been starting at 9:30 from Prospect School. We've been going to Sterk's, mostly, so we can get warm, and ride a bit longer. Call Ralph or me for details if you intend to come out.



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

www.geocities.com/lakeeriewheelers

Currently affiliated with the Bike Authority store.

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

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

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

LEW Club Weekend & Holiday Ride Schedule

- | | | |
|---------|-------|--|
| Mar. 3 | 10:00 | Frostville Museum Pancake Ride – 20+ miles. |
| Mar. 10 | 10:00 | Berea Loop start at Wallace Lake – 20+ miles. |
| Mar. 17 | 10:00 | Annual Buzzard Day Ride – Bonnie Park to Hinckley – 30 hilly miles. |
| Mar. 24 | 10:00 | Olmsted Falls Library to Medina. |
| Mar. 31 | | Easter – no ride planned. |
| Apr. 7 | 9:00 | Olmsted Falls Library to Oberlin/Kipton – 30 or 50 flat miles. |
| Apr. 14 | 9:00 | Bonnie Park to Richfield – 40 hilly miles. |
| Apr. 21 | 8:00 | AFROST A Freebie Ride & Ohio Spring Tour – Amherst. Choice of 25, 50, or 62 miles. |
| Apr. 28 | 9:00 | Tour de Cleveland – Lakewood Park – 30 or 65 miles. |

Ride Start Locations:

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

Bonnie Park in Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.

Wallace Lake in Berea, in South Rocky River Reservation, just west of North Quarry Lane & Valley Parkway.

Weekday Rides:

Tuesday Evenings – Short, slower rides starting on April 16 (weather permitting) from Fairview Park Post Office, 6:30 p.m. Call Bob Ugan at 216/226-9921.

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

Regular Club Wednesday Evenings – Moderate to fast pace 20-30 mile rides, weather depending, starting at 6:30 p.m. from Kamm’s Corner parking lot at Lorain Rd & Rocky

River Dr (Rt. 237) in Cleveland (behind Pizza Hut), Call Ed Wheeler at (440) 572-1122 or email at wheels@ameritech.net.

Thursday Evenings – Fast rides, suitable for training for races. Mileage and route will be determined by those who show up. Contact John Glasgow at 440/572-4470 or email at jglagow2@msn.com.

LEW WEB keeps club informed of late breaking news

To keep informed of late breaking news and location of rides during the year check the LEW club site out at: <http://www.geocities.com/lakeerewheelers/>

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

Weekend Club Rides

The club ride schedule for 2002 has been determined from March through October. 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 that particular month), plus a defined pace. It will be the Ride Leader's responsibility to keep the main group at that pace, and ensure that no riders are left behind. All riders must wear an approved helmet. The pace levels are established 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 month are as follows:

March	Doug Barr
April	Bob Parry
May	Tom Meara
June	John Kinser/John Clay
July	Jake Elliot
August	Jerry Storer
September	Eric Overton
October	Russ Marx

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.

Weekday Rides Returning in April

The Ice Cream Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, beginning April 10th, weather permitting, of course. These qualify as B or C rides, with distances varying from 20 to 30 miles. For more information call Marc Snitzer (see above).

Also, Tuesday night rides will start (weather permitting) on April 16 at 6:30 p.m. at the Fairview Park Post Office. Bob Ugan will lead the rides again this year as usual. As Class

C rides, these are recommended for beginning and slower riders, plus new club members. Also a good way to make our acquaintance (invite someone you know).

The 2002 Ohio Bike Path Series

This year we will introduce a new ride series, which will be conducted entirely on bicycle paths or all-purpose trails, supplementing the regular Sunday rides, and will be held the second Sunday of each month, from May to October. We 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.

These will be "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.

The schedule of Ohio Bike Path rides, distances, and their Ride Leaders:

May 12	Berea Falls to the Emerald Necklace Marina	25 miles	John Whitaker
June 9	Elyria to Kipton on the North Coast Inland Trail	25 miles	Bob Parry
July 15	Rockside to Peninsula on the Erie Canal Towpath	24 miles	Dan Izuka
Aug. 11	Lexington to Butler to Mansfield (car pooling)	22/36 miles	Tom Meara
Sept. 8	Sagamore Road to Kent on the ABC Trail	22 miles	Bob Parry
Oct. 13	Kokosing Gap Trail, Mt. Vernon (car pooling)	28 miles	Dan Izuka

The January, 2002 Club Meeting

New club president Tom Meara introduced himself and his fellow officers, and then got down to business. Due to a lack of activity on the part of the Racing Division, and a substantial amount of funds remaining in its account, it was decided to fold the account into the regular club account, and disband the Racing Division. No racing affiliation will be sought for the club, but affiliations will be maintained with Ohio Bicycle Federation and with League of American Bicycling.

The club decided to donate \$100.00 to Adventure Cycling for the Lewis & Clark trail currently under construction. Following this, a vote was held to amend the club bylaws, so that club officer elections could be held at the club Christmas Party, in December. As per the bylaws, a confirming vote must be held the following month's meeting.

Tom Meara proposed issuing cards, as a way of adding value to membership (bar codes to provide discounts from bicycle stores), and as reminders of the rules of the road (concerns about courtesy to motorists). After this proposal members had a lively discussion about ways to run club rides so as to ensure that riders are not abandoned or forgotten. Among the ideas adopted were ride speed class designations, plus seeking volunteers as Ride Leader of-the-month. Also, a bike path ride series will be introduced this year. The Scoop-a-Loop will be retained as an invitational ride this year.

Tom Meara requested ideas for rides, routes, and any other proposals to increase enjoyment of riding, with the caveat that anyone with an idea be ready to act on it themselves, with some assistance from club officers.

The February, 2002 Club Meeting

Old business was quickly taken care of: the regular club account now holds the balance remaining from the erstwhile Racing Division. The previous month's vote concerning a

bylaws change, to hold officers' elections during the club Christmas party, was voted on again, and confirmed.

The new A, B, C designations (for ride pace) were introduced, along with their application to various club rides, both weekday and weekend. Tom Meara also introduced the Sunday ride schedule for this year, along with the new Ohio Bike Path series, meant for slower and newer riders. Volunteers have been accepted as Ride Leaders on both groups of rides. A list of proposed overnight tours was mentioned, along with a need for riders and Ride Captains.

After some discussion, it was agreed that club meetings would be held January thru April, break for the summer, and resume for September through December. The meeting concluded on a discussion of bicycle trivia, plus tips and tricks for riders.

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 tom_meara@hp.com. Volunteers for Ride Captains needed. Proposed overnight tours include:

April	Pancake ride to Stanford House; Wellington to Malabar & back.
May	Niagara-on-the-Lake, camping or B&B; Finger Lakes, Memorial Day.
June	Olmsted Falls to Findlay State Park.
July	Blue Ridge Parkway/Skyline; Portage Lakes State Park; Colorado.

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).

2002 Dues Are Due

As of February 1, fifty members have renewed their memberships and dues for the year. This will be the last issue of *CrankMail* sent to last year's members that do not renew before the next issue. Members also receive regular bike news via email for those members that provide an email address. Members not on the list should contact BikeLEW@adelphia.net to be included in the email news.

TASSLE Patches Available

If you rode TASSLE between 1980 and 1992 and are missing any of the tour's patches, limited supplies of some year's patches are available. Please send an email to Jerry_Storer@hotmail.com. The email should be received by March 15. If the patches you need are available you will be contacted. Please – only former riders should request old patches.

2002 LAKE ERIE WHEELERS MEMBERSHIP APPLICATION FORM

____ SINGLE MEMBERSHIP \$20.00 ____ FAMILY MEMBERSHIP \$25.00

Name: _____ **Age:** _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Phone: (____) _____ **email:** _____
Please provide for club updates & news

Make check payable to and send to:

Lake Erie Wheelers; P.O. Box 770744; Lakewood, Ohio 44107

New member Renewal

Interests:

Fitness Touring Mtn/Cyclocross
 Road Racing Tri/Biathlons Recreation

2001 LAKE ERIE WHEELERS MEMBERSHIP AGREEMENT AND RELEASE

I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns agree to absolve and hold harmless the Lake Erie Wheelers (henceforth, "said club"), its members, officers, chairmen, sponsors and affiliates, singly and collectively, for any injury, harm, misadventure, loss or inconvenience occurring to either myself or the named applicant (if applicant is under the age of 18 years) during participation in, or travel to the club's functions, rides and activities. Further, I agree to release and hold harmless the said club, its members, officers, chairmen, sponsors and affiliates, for any claims made by third persons arising from any injury, harm, misadventure, loss or inconvenience I may suffer during any of said club's functions, rides and activities. I understand that such dangers include, but are not limited to property damage, serious injury, disability, and death. I also hereby request and consent to permit emergency treatment in case of injury or illness.

Signature of applicant

Date

Parent or Guardian's signature (if applicant is < 18 years)

Date



8th Annual

BLAST-INTO SPRING-SALE!!!

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440.546.9966

Yo, Wheelers...



When winter is here, can spring be far behind? During the winter, it's hard to do any serious riding. However, there is nothing to prevent us from preparing for the beginning of the season. To me this means cleaning my bicycle and, if necessary, having it professionally turned up by one of Cleveland's finer bicycle shops. I replace tires and tubes every two years. Those with considerable mileage should do so more frequently. I have found through bitter experience that old tires are prone to flats or blowouts.

We hope you were in attendance for our Annual Meeting held Feb. 19 at the Jewish Community Center on South Woodland!

Please send your annual dues in the sum of \$20 to our treasurer: Al Wapnick; 1422 Euclid Ave. Ste. 104; Cleveland, OH 44115-2001, together with your signed release (see the membership form in this issue of CrankMail).

Your ride committee has already prepared the 2002 ride schedule which was distributed at the annual meeting where suggestions were being accepted for new and different rides.

Again, if you are willing to serve on the club Steering Committee, please call Al Wapnick or me. We hope to hear from you.

May the Wind Always Be at Your Back

— Ed Reichek



COMMITTEE

Ellie Einhorn - 216-464-0495
Bernard Greenberg - 216-751-4673
Louis Klein - 216-752-4123
Bernard Kotton - 216-292-3998
Mitch Kursh - 330-405-6155
Alvin Magid - 440-498-2228
Howard Mayers - 216-765-8832
Harold Pasternak - 216-921-6306
Edward Reichek - 216-371-5618
Allen Wapnick - 216-291-3960

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2002 MEMBERSHIP APPLICATION

(please print legibly)

Name: _____

Address: _____

Home Phone: (_____) - _____ Work Phone: (_____) - _____

E-Mail Address: _____ Fax Phone: _____

List All Adult participants:
(18 and over)

List All Minor Participants:
(Under 18)

2001 Dues (Individual/Family) \$ 20.00

WRW Patch (es) No. _____ @ \$1.00 _____

WRW Water Bottle(s) No. _____ @ \$2.00 _____

TOTAL PAID \$ _____

ALL ADULT RIDING FAMILY MEMBERS MUST SIGN AND DATE THE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT ON THE REVERSE SIDE.

Please return to: Allen M. Wapnick
Western Reserve Wheelers
1422 Euclid Avenue Suite 1104
Cleveland, OH 44115-2001

LEAGUE OF AMERICAN WHEELMAN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT
("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in _____ (Name of LAB Club) ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

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

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

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

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

PRINTED NAME OF PARTICIPANT: _____

ADDRESS: _____ (Street) _____ (City) _____ (State) _____ (ZIP)

PHONE: _____

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ I HAVE READ THIS RELEASE _____

DATE: _____

MINOR RELEASE

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

PRINTED NAME OF PARENT/GUARDIAN: _____

ADDRESS: _____ (Street) _____ (City) _____ (State) _____ (ZIP)

PHONE: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____ I HAVE READ THIS RELEASE _____

DATE: _____

A Letter From Vetter

by Lou Vetter

21st Annual Carter Caves Crawlathon: Tom and I teamed up for our fourth excursion to Kentucky where we got to crawl through holes in the ground. This event draws amateur and expert spelunkers from all over America as well as curious first-timers wanting to see what caving is like. This year there were 600 participants and 78 separate activities from bat crafts to rope climbing and walking tours to extreme crawls. Each event (field trip) is rated from one to four with four being the most strenuous. Level four trips often involve getting wet, special skills or changing clothes. Events rated one are usually less strenuous and are often attended by families and supervised children. When you request a registration packet it will contain a list of the "field trips" and a guide as to what you should to bring for each level of "field trip." Carter Caves can be reached by car from Cleveland in less than seven hours. Tom and I drove through Columbus and Portsmouth but many area participants drive I-77 south to I-64 then west to the appropriate exit.

Each field trip is limited to a specific number of people and is available only to those who have confirmed reservations. In the evening the lodge provides the "cavers feast," another name for all-you-can-eat. Special programs are offered on Friday and Saturday nights. This year Friday night was an update on what is happening at Mammoth Cave, 60 years of the National Speleological Society and an overview of a trip taken to Golandrinas Pit in Mexico. We missed the Saturday program due to our exhausted state.

This year I did my first level three field trip called "The Compassionate Burchett." For two years I have been told that I might not be able to crawl in this cave because of my size and the tightness of the passageways. Well I did do it and I surprised myself among others as to what I could fit through. There was one extremely tight S-curve and I thought I was stuck with my right arm trapped under my body. I backed up about a foot freed my arm and pushed on through. I was sure glad of it too. First because I got to see a beautiful dome with great rock formations and second because the seven cavers behind me didn't have to follow through on their threat to carve off body parts until I fit through the passage. On the trip back home we came upon a large shepherd lying in the middle of route seven in Load, KY. Tom honked his horn and the dog looked in our direction but did not move. Tom honked again and the dog just laid there looking as us as if to say, "what's your problem?" So we slowed and drove around the dog. Some people have suggested that a car may have already hit the dog and it couldn't move. I think that dog was just plain stubborn.

Spring Training: The weather has been pretty mild allowing those with a strong desire to get out and put some miles on their favorite bike. Tom Dease led a 30-mile ride last Saturday. The notice went out over the Internet via email. If you don't have email you can get updated over the phone by calling one of the club officers. Sometimes changes in the weather are so sudden that the invitation to ride gets posted at midnight for a ride the very next day. Under these circumstances the club officers may not know about the ride when you ask.

Night Riders or Night Hikers: Don May and Lois Nickolson have been hosting after dark bike rides or hikes on the towpath from Lock 29 in Peninsula during October and continuing through spring. The rides or hikes begin at 6:30 p.m. every Thursday and last about an hour and a half. After the hike or bike ride we stop at a restaurant to eat. Don't be shy come on out and join the fun.

MEDINA COUNTY BICYCLING CLUB

PO BOX 844 • MEDINA, OH 44258-0844

Membership Dues \$15.00, Individual or Family, which entitles you to:

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

Member's Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

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

_____ Renewal: Y N

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

Date: _____

PREFERENCE FOR RIDE DAYS:

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

TYPE OF RIDING: ROAD MTN HYBRID

ADDITIONAL CONTACT INFORMATION/MEMBERSHIP CLUB CARD

EMERGENCY CONTACT: _____

PHONE: _____

PRIMARY CARE DOCTOR: _____

PHONE: _____

INSURANCE CARRIER: _____

PHONE: _____

ALLERGIES/PRESCRIPTIONS: _____

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Vice President
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litespeedjim@yahoo.com

CHARLES HOWE
Secretary/Treasurer
440/235-4458
pdq_cleveland@yahoo.com

NEWS, etc. (mostly etc., little news):

- Welcome to new member Bill Rees, of Parma.
- Whoops! Last month I gave a recipe for a home-made sports drink that "contain[ed] the *same* active ingredients (except for potassium) in the *same* proportions" as Gatorade®. Well, Gatorade *does* have two carbohydrate sources, so here's an amended ingredient list . . .

INGREDIENT	COST
56 oz. water	0.0¢
8 oz. lemon flavoring	57.2¢
8½ tbsp. cane sugar	9.0¢
2 tbsp. fructose	25.3¢
¾ tsp. iodized table salt	0.1¢
Total (64 oz.)	91.6¢

. . . and it's still cheaper than both the powdered form (\$5 for 2 gal.), and the liquid (\$2.49 for 64 oz.)

Interview with Kevin Lutzke

Reprinted from the December 2001 issue of *The Spokin' Word*, monthly publication of the Stark County Bicycle Club:

How did you get into racing?

"I owe my entire cycling/racing lifestyle to SCBC. About 4-5 years ago I was an intermittent recreational cyclist with no knowledge or understanding of amateur racing. Many kind and motivational words by members such as Scott McBride, Scott Hoffman, Brant Hornberger, and Mark Sclater as well as numerous other club riders pushed me towards racing. Without their impetus, I would not have had the self-esteem to try racing. A conversation with Greg LeMond at that time was an excellent stimulus as well."

Do you race criteriums or road races, and which do you prefer?

"I am fortunate to have the physiology that allows me to do well in road races, criteriums, time trials and stage races.

Each has its own appeal for me. I like the adrenaline rush of crits (fast speeds, tight packs, more spectators) but the added risk of crashing makes me edgy. Success cannot be achieved without risk, though. I enjoy road races because of the longer mileage for tactics & other riders' weakness/fatigue to come to the fore. Time trialing suits me well because I have a strong will to push myself to the limit, through the pain. I also like it because there are no extra variables. If you win, you were the strongest rider that day. Stage races may end up suiting me the best, because all of the skills come together."

What bike do you use for racing?

"Until now, I have done all of my racing on a stock Trek 1400 with 7-speed Shimano RSX components. I added Mavic Ksyrium wheels last season. Without replacing the entire bike, it was the most logical upgrade. The Trek served me well for racing in cat 5 and then 4, but because it does not fit me perfectly (I have 'non-stock' body measurements) and because I could use better technology for Category 3, I am ordering a custom frameset. I am going with a "Strong" brand frame, hand built in Bozeman, Montana. I will spec scandium with carbon seatstays. Light, strong, compliant."

Have you done all your training on the 1400 as well?

"Yes, it probably has 25,000 to 30,000 miles on it. It's time to retire it."

What can you tell us about your training regimen?

"I follow a periodized program that focuses on foundation. I won't peak the entire season, but with patience, I will reap larger benefits over the next few years. Besides, I would rather have several key wins in a season for the team, than to finish 5th through 10th many times."

"My training is very structured. Heart rate, cadence, wattage, terrain & duration are carefully chosen for each day's workout. For example, I am developing an "arsenal of cadences" ranging from 50-150 rpm that will train me for specific race types. I also choose specific roads for each workout."

Is it hard to maintain focus when you train so much alone?

"Quite the contrary. Because my training variables are so specific, I am able to stick with the plan & follow it precisely for maximum benefit. Put me in a group and my competitive nature takes over. The day's plan is 'out the window'. There are days that I program group riding, to hone my skills."

Is diet part of your training plan?

"Proper nutrition has to be incorporated for optimal performance. I am still gaining knowledge and refining my intake, but I am much better fueled and healthier than 3 years ago. I recommend consulting with a nutritionist."

Do you race unattached or as part of a team?

"As a Cat. 5, I raced unattached. This past season, after upgrading to Cat. 4, I am racing with PDQ Cleveland. It was the single best improvement that I made for my racing 'career'."

Do you receive any sponsorships?

"PDQ provides help with several generous sponsors. Pyro Apparel & Koenig Brothers Construction are our key sponsors, as well as several other contributors. It takes off much of the financial burden that can occur in this sport."

What do you do in the off-season to stay fit?

"My off-season is only 2 weeks long, in late October. I run, hike and do various activities that are hard to do during season. I do not even look at the bike during that period. In November, I begin training foundation and resistance training at the fitness center."

What is the scariest thing that has happened to you during a race?

"During the Murrysville (PA) Classic Road Race 2 years ago, I was in a tight pack descending at 40+ mph when I came upon an unexpected hairpin turn. I managed to stay upright, but it was a very close call."

Any crashes?

"I have been very lucky. Only one crash two years ago & none this past season. I had 12 near misses last year, some by millimeters. Most of them occurred at the Tour de 'Toona (PA) stage race. 125 nervous riders x 3 days = crashes."

What do you consider the best conditions for racing, and the worst?

"I prefer hot conditions, because I know the importance of hydration, whereas some of the other racers do not. They become fatigued & I stay strong. Races with strong wind suits me because I can be powerful in that situation but smaller-bodied climbing specialists fall off the back."

"Without a doubt, a criterium with heavy rain and several surface transitions is the worst. Fun for the spectators though!"

How do you plan your strategy for a race?

"On our team, the strategy is shaped by factors such as: who is on form that day and are they suited for that style race. We then work for that rider. We do not have a designated team leader for the season. Of course, opportunities can arise during a race..."

Tell us about some of your success this year.

"It was a great year for PDQ as well as for me; I hit all my major goals:

- ◊ Won the TACO Cat. 4 State Road Race Championship in Wilkesville;
- ◊ Won the Cat. 4 Erie Racing Association (ERA) Regional Road Race Championship in Murrysville, PA;
- ◊ Won the Cat. 4 time trial at the Lake Road Time Trial in Bay Village;
- ◊ 3rd in Cat. 4/5 at the Mill Creek Park Criterium, Youngstown;
- ◊ 3rd in Cat. 3/4 at the TACO State Time Trial Championship in Delaware;
- ◊ Won age group (35-44) at the ERA Regional Time Trial Championship in Erie, PA, and finished 3rd overall, as I averaged 27.65 mph with minimal aero equipment."

**ERIE
RACING
ASSOCIATION**



DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Sundays 4/7 - 4/28	Cuyahoga Valley Spring CR Series	Cuyahoga Falls, OH	Brad Hansen - 330/920-9133 1721 Deepwood Dr. Akron, OH 44313 bshansen1@yahoo.com
+Tues. Eves. 4/9	Westlake Training CR Series	Westlake, OH	Chris Riccardi - 440/843-8026 10915 Windham Dr. Parma, OH 44130-1576 chris16@stratos.net
Saturdays 4/13 - 5/11 (no race 4/27)	Race-at-the-Lake CT Series	Munroe Falls, OH	Rick Schwarz - 330/922-3299 352 Hillbrook Dr. Cuyahoga Falls, OH 44223-3508 R1Biker@aol.com, or summitfreewheelers.com

*CR – circuit race, CT – criterium. + - not confirmed.

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.

- Time to renew . . . not just your mind, body, and spirit, but something really important – your membership!

PDQ Cleveland Membership Application

(Please PRINT or TYPE clearly):

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ e-mail: _____

I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, and assigns agree to forever release and hold harmless PDQ Cleveland Bicycle Club (henceforth, "said club"), its members, officers, sponsors, and affiliates, singly and collectively, for any injury, harm, misadventure or inconvenience occurring to either myself or the named applicant (if applicant is under the age of 18 years) during participation in, or travel to the said club's functions and activities. Further, I agree to release and hold harmless the said club, its members, officers, sponsors, and affiliates, for any claims made by third persons arising from any injury, harm, misadventure or inconvenience I may suffer during any of the said club's functions and activities. I understand that bicycling on open streets and roads, as practiced by said club, will expose me or the named applicant to dangers beyond control of the said club, its ride leaders, and my fellow riders, and that such dangers include, but are not limited to, property damage, serious injury, disability, and death. I will obey all applicable traffic laws, any additional regulations as required, and will ride safely and courteously during all of the said club's functions. I also hereby request and consent to permit emergency treatment in case of injury or illness.

Signature of applicant

Date

Signature of parent (if applicant is under 18)

Date

<input type="checkbox"/> Individual -- \$20 <input type="checkbox"/> Family -- \$20 <input type="checkbox"/> Juniors -- \$10 \$10 off if no CrankMail	Make check payable & mail to: PDQ Cleveland 7652 Inland Dr. Olmsted Falls, OH 44138-1443
--	---

<input type="checkbox"/> New Member <input type="checkbox"/> USCF Member	<input type="checkbox"/> Renewal <input type="checkbox"/> ABR Member	<input type="checkbox"/> Address Change <input type="checkbox"/> NORBA Member
---	---	--

Interests:	<input type="checkbox"/> Road Races <input type="checkbox"/> Stage Races	<input type="checkbox"/> Criteriums <input type="checkbox"/> Cyclocross	<input type="checkbox"/> Time Trials <input type="checkbox"/> Mt. Biking	<input type="checkbox"/> Track
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PARAMOUNT OS CUSTOM 66 cm, all Dura Ace with STI. Only 4,000 careful miles. A classic lugged racing bike built by Waterford. \$1,500. Call: (330) 725-7328. Email: timdogger@hotmail.com

COLNAGO MASTER EXTRA ELITE 55 cm, 2000, steel frame with flash fork (color: AD4 Black). \$1,100 or best offer. Call Jay: (440) 461-5869 and leave message.

KLEIN QUANTUM RACE 54 cm 2001 frameset (color: Night Storm), \$900. Call Jay: (440) 461-5869 and leave message.

MOSER LASER SCANDIUM 54 cm, 2001, comes with carbon seat post and matching black & white seat. \$900. Call Jay: (440) 461-5869 and leave message.

expire March

GIANT TCR 2001 compact aluminum frame w/full Dura Ace group and Mavic Ksyrium wheels. Size small, 16 lbs., mint condition. \$2,100. Call Jeff: (216) 371-5752. Email: jlslug@webtv.net

BIKE E - AT RECUMBENT purchased 9/01. Mint condition. Ridden less than 50 miles. Adjustable air shock suspension, five-way adjustable Sweet Seat, upright handlebars, twist shifters, 21 speeds: 108 X 23, Bike E bag, weighs 31 lbs. Cost \$1,150 new; price negotiable. Call Cheryl or Bob: (440) 458-5428.

MISC. FOR SALE: TIME shoes, size 43, \$20. TIME Criterium pedals \$25. Lake Shoes, size 43/9.5, LOOK-compatible, \$10. Leather-soled Vittoria cleated shoes, size 41, \$5. Brancale shoes, LOOK-cleated, size 43, \$5. Brooks B-72 saddle with Breeze adapter, LN, \$50. Campy Chorus sew-up wheel set, 36 Alpina spokes, 330 gm., Victory Strada rims, extra new rim, five tires, two mounted, new Wolber Neo-Pro, \$100. Call John: (440) 871-5211.

expire April



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Special Thanks...

Our special thanks go to B&K Bicycle Company for underwriting the cost of mailing the *Ohio Bicycle Events Calendar* to all *CrankMail* Subscribers.

Other Local Supporters...

We would also like to note local organizations that provided support toward the production of the Calendar. Their generosity helped make the events calendar possible for all of us: PyroApparel and the Cleveland Touring Club. And the Lorain Wheelmen have made their Red Flannel Metric a Supporting Ride for the Calendar.



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