



# CRANKMAIL

MARCH 2005

\$1.50



THE VOICE OF CYCLISTS IN NORTHEAST OHIO



## ***The Voice of Cyclists in Northeast Ohio***

PO Box 5446 , Cleveland, Ohio 44101-0446

On The Web @ [www.crankmail.com](http://www.crankmail.com)

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## From the Editors

Have you ever considered that the bicycle could be our country's best weapon for national defense?

The president has asked for another \$82 billion for the war in Iraq. It brings the total to over \$300 billion and that's is on top of the \$300 billion for the Defense Department's annual budget. Could investments in other non-military areas actually make us safer?

We have a major presence in the Middle East because this country runs on oil and that is where most of it is. Estimates of proven oil reserves show the Middle East having from 57% to 65% of the remaining world reserves. It can be argued that we don't actually import that much oil from the region but that is irrelevant. The oil economy is global and the Gulf States produce 30% of the world's supply. Disrupt that supply and the world demand would sky-rocket as would the price. Since we consume 25% of the world supply, our economy would crash as it did in the 70s.

It appears to some observers that our billion dollar defense budget and extreme interest in the Middle East, backed up by 150,000 troops, is not to stop evil dictators, prevent weapons of mass destruction, fight the terrorists 'over there', or spread freedom and democracy. It is to protect our supply lines to the commodity that fuels our economy. We haven't invaded North Korea over the issue of weapons of mass destruction, invaded Syria for supporting terrorists, or occupied any number of African nations in order to spread freedom and democracy. What is different about Iraq is that Iraq possesses oil, lots of oil.

Given that 58% of our oil is imported, that 45% of the oil used in this country is converted to gasoline, and that 40% of trips in the car are within 2 miles of home, promoting the use of bicycles seems a very patriotic thing to do. Perhaps a gasoline tax that funds the cost of maintaining a presence in the Middle East would highlight the true cost. If we don't start to divert some of the billions spent on "defense" to constructing communities and roads that encourage cycling and an overall less consumptive lifestyle, then history may well point to us as a nation of fools living beyond our means.

This month's cover is Sue Reece entering the city on Western Reserve Wheeler's Post Industrial Ride.

Martin Cooperman and Tom Meara, Editor & Publisher  
February 2005

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# IN THE ZONE

## Cycling News and Events

**The Akron Bicycle Club (ABC)** is sponsoring its annual "Think Spring" Ride on Saturday, April 9<sup>th</sup>. Riders will leave the Ledges Shelter off Truxell Road in the Cuyahoga Valley National Park near Hudson at 11:00 a.m. This year's ride features three different routes: An 18-mile, mostly flat route; and two longer routes (20- and 30-miles) will run into the valley, past the Blue Heron Rookery, Hale Farm, Everett Road Bridge, and Peninsula. The 20-mile route has a few hills, and the 30-mile several more. Pot luck refreshments will be available after the ride. ABC requires helmets be worn while riding in all club-sponsored events. The ride is free and open to the public. For more information visit the ABC web site at [www.akronbike.org](http://www.akronbike.org).

The British value bicycles more than vaccinations, computers or electricity, according to a November "**London Times**" poll. Voters favored the **Rover Safety Bicycle** (its rear-wheel drive and other modifications turned bikes into a practical mode of transport after John Kemp Starley introduced it in 1885) as the greatest British invention of the past 250 years. According to Lindsay Sharp, director of the Science Museum in London and one of the competition judges, a "cabal" of cyclists bombarded the website. The worst invention: atomic bomb.

OK, this issue of Crankmail is too late for you to attend the February **Cleveland Mayor's Bicycle and Pedestrian Advisory Committee** meeting, but please contact project manager **Martin Cader** at the City Planning Commission at 216-664-2952 or [cader@city.cleveland.oh.us](mailto:cader@city.cleveland.oh.us) to learn how to get involved.

Can't wait for fair weather riding? Take a look at some pictures located at [www.teampromotions.com/letsride/](http://www.teampromotions.com/letsride/) The picture of a bridge accented by summer wildflowers should be entered into a county fair contest. Thanks to **Hank Frish**.

It is rumored by a well-known local shop owner that **Bicycling** magazine's "**BikeTown**" project selected **Cleveland** as a featured community to promote biking and bike trails. Visit [www.bicycling.com](http://www.bicycling.com) in the coming months to discover more information, including details on how to submit your plea for participation. Fifty participants receive a free bike and other gear. Later in the year, the magazine will feature participants in stories and focus on their bicycling success stories.

The Ohio Bureau of Motor Vehicles (BMV) told us that the eagerly anticipated "**Share the Road**" **auto license plate** will not be available until Wednesday, March 23. This will be the effective date of the law, 90 days after Governor Taft's December 22 signature.

If you are looking for your 2005 copy of the **Ohio Bicycle Events Calender** you will have to wait another month. CrankMail will combine the April issue with the OBF calendar in a special mailing that will include several flyers from both bike shops and clubs. We can provide this service and absorb the additional cost of mailing through the generous donations of shops such as **Century Cycles, the Triathlete Store**, and (hopefully) others.

Last year, **Ken Robinson** turned a personal cross-state bike ride into a **bike helmet fundraiser** for neighborhood kids who wouldn't otherwise have them. He's doing it again this year and requests your

support. You can see a few details at **[www.kennethrobinson.com/bikehelmet](http://www.kennethrobinson.com/bikehelmet)**. This year, Ken was able to purchase three helmets for the price of every helmet we bought last year. Every cent goes to the cost of helmets as program sponsors bear all administrative costs. Contact him at 216-688-3737 if you have questions.

Bradley Johnson, the motorist who struck and killed Akron bicyclist **Bob Bachtel** during Calvin's Challenge on May 1, 2004, was sentenced to 6 months in jail with 4 months suspended. After Johnson's release, community service will be determined; (1000 hours recommended). His driver's license is to be suspended for 5 years with no driving privileges. A fine of \$1000 will reimburse the State Highway Patrol for the cost of their investigation. Johnson was also ordered to make restitution to Bachtel's family for funeral expenses, lost wages, and property damage (Bachtel's Merlin bicycle) totaling approximately \$16,000. Hmmm. Justice?

**GOBAGOBAGOB (Great Ohio Bicycle Adventure)** will be held Saturday June 18th thru Saturday June 25th. Featuring five days of 45- to 55-mile cycling with two days of optional loops, this ride will begin in Findlay and travel to Tiffin, Port Clinton, Elmore, Upper Sandusky and back to Findlay. For more information: [www.goba.com](http://www.goba.com) or 614-273-0811.

New Bike Shop in Town! In October, **Jacob English** purchased Spoke-n-Wheel in Chagrin Falls and started **Mountain Road Cycles**. English expanded the showroom, brought in numerous lines and added more than 30 years of experience to the service department. In March, CTC members receive \$10 off Drive Train Clean-Ups

(regularly \$35.00), \$10 off Full Tune Ups (regularly \$50) and 10 percent off any regular-priced parts or accessories. Mountain Road Cycles is located one mile east of Chagrin Falls off East Washington St., behind "Hunan By the Falls."

**The Greater Cleveland Triathlon**, August 13 & 14 at Headlands Beach State Park in Mentor, will include a youth triathlon this year. Also new is the Aquabike event (Swim 1.1 Mile/ Bike 56 Mile), a pilot program for the USA Triathlon 2005 race season. Participants can attend training sessions on May 28, June 25, and July 23 at 9:15 in Lot 17 at Headlands Beach State Park. The training session on July 23 will also focus on youths from 7 to 14 years of age. For information or registration, call 330-686-0993, visit [www.active.com](http://www.active.com) or [www.trifind.net/cleveland/](http://www.trifind.net/cleveland/) or email [triathlon@aol.com](mailto:triathlon@aol.com).

## Upcomming Cycling Events

Saturday March 12, RUSA Populaire, Carroll, OH, [www.ohiorandoneurs.com](http://www.ohiorandoneurs.com)

Saturday April 9, Think Spring - Akron Bike Club, [www.akronbike.org](http://www.akronbike.org).

Saturday April 9, Berea Randonee 1, Middleburg Hts, 200km, 440- 552-6856

Sunday April 17, AFROST - Amherst, [lorainwheelmen@ericrost.com](mailto:lorainwheelmen@ericrost.com)

Sunday April 18, EarthFest, Cleveland MetroParks Zoo, 216-281-6468.

Friday April 22, Night Rides on the Towpath, Lock 29, 800-201-7433.

Saturday April 23, Berea Randonee 2, Middleburg Hts, 300km, 440- 552-6856

Sunday April 24, OMBC Cross Country Series, Mohican, 419-989-0239



**Cleveland Touring Club**  
**PO Box 1157**  
**Mentor, OH 44061**

**email: [clevetourclub@hotmail.com](mailto:clevetourclub@hotmail.com)**  
**[www.clevetourclub.org](http://www.clevetourclub.org)**

## **MARCH CRANKMAIL**

Hello Fellow CTCr's. Please welcome the following new members to our club: **John Norris** of Uniontown, **Brian Grover** and **William and June Bretz** of Mentor, **Connie Marks** of South Euclid, and **Lloyd Ackerman** of Shaker Heights.

This is a notice to all our old and faithful members, if you haven't already renewed for 2005, see below for a copy of the membership form and your last chance to reinstate your membership. If you do not renew soon, this will be your last Crank Mail. So **PLEASE RENEW NOW** ! Please see the form in this issue.

Thanks to **Bill and Julie Maurey** for all their hard work in planning and coordinating the Sunday in June ride for this June 12. If you still want to volunteer your help, give Bill a call at : **440-975-9744**.

Note that the Sunday pick-up rides have been starting from **Hubbub** in Chesterland. Turnout has been surprisingly good – when the weather was favorable.

A new weekly **WEDNESDAY evening ride** will be starting April 6<sup>th</sup> : 6:30 PM from North Chagrin – it's advertised as "fast and flat" – good for tandems. Call Bill for details : **440-975-9744**.

### **RIDE SCHEDULE**

Once the snow stops and the slush disappears, get out and enjoy the scenery and ride with us! Or if you are a hard-core all-weather kind of guy/girl, then all the more reason to show up on the scheduled rides. Someone will be there with maps - even if they don't ride along with you!



### **Southern Crossing Tour**

**June 25 - July 2, 2005**

*450 miles across the  
southern portion of  
Pennsylvania*

see [www.Pedalpa.com](http://www.Pedalpa.com)  
for all the info.

Pedal PA  
P.O. Box 385  
Harleysville, PA 19438  
215-513-9577  
[info@Pedalpa.com](mailto:info@Pedalpa.com)

## SUNDAY RIDES

Date	Time	Ride
Mar 6	10:00	<b>NORTH CHAGRIN</b> Pickup Ride – Group decides destination. Varied terrain
Mar 13	10:00	<b>NORTH CHAGRIN</b> Pickup Ride – Group decides destination. Varied terrain
Mar 20	10:00	<b>NORTH CHAGRIN</b> Pickup Ride – Group decides destination. Varied terrain
Mar 27	10:00	<b>NORTH CHAGRIN</b> Pickup Ride – <b>Easter Sunday</b> Varied terrain
Apr 2	9:00	<b>NORTH CHAGRIN</b> to Chardon Maple Festival (40) – <b>Saturday Ride</b> . Hilly
Apr 3	9:00	<b>BURTON</b> – to Windsor (28) Parkman (45) Rolling/Hilly
Apr 10	9:00	<b>CHESTERLAND</b> – HUBBUB to Russell (30) Kirtland (45). Hilly
Apr 17	10:00	<b>LAKE FARM PARK</b> to Kirtland & Kirtland Hills(25,45) <b>LAKE COUNTY SPORTS EXPO@ NOON</b> after ride Rolling/Hilly
Apr 24	9:00	<b>NORTH CHAGRIN</b> to Fowler's Mill (40) Burton (55) Hilly

## WEEKLY RIDES

Day	Time Contact #	Dates	Start Location Type of Ride
TUESDAYS	6:30 PM 440-269-1199	Apr 5—Sep 27	Concord Woods Large Group ride w/maps
WEDNESDAYS	7:00 PM 440-347-9541	Apr 6—Sep 28	North Chagrin Smaller Group, casual w/ride leader
WEDNESDAYS	6:30 PM 440-975-9744	Apr 6—Sep 28	North Chagrin Alt ride, flat 'n fast, tandem, training
THURSDAYS	6:30 PM 440-953-0904	Apr 7—Sep 29	North Chagrin Large Group ride w/maps



## CLEVELAND TOURING CLUB MEMBERSHIP FORM - 2005

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 1157 Mentor, OH 44061







## A Freebie Ride & Ohio Spring Tour

Sponsored by the Lorain Wheelmen

[http://eriecoast.com/~lorainwheelmen/lor\\_af.htm](http://eriecoast.com/~lorainwheelmen/lor_af.htm)

[lorainwheelmen@eriecoast.com](mailto:lorainwheelmen@eriecoast.com)

**Sunday, April 17, 2005 @ 9:00 AM EDT**  
**Nordson Depot, Franklin Ave., Amherst OH**

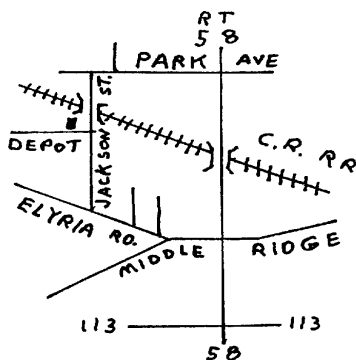
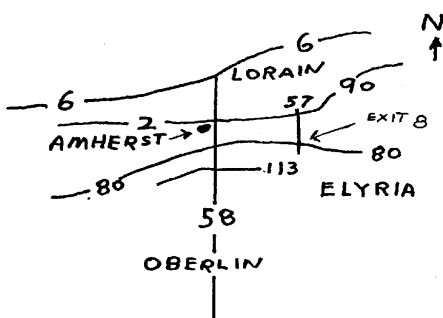
This is a ride for everyone to enjoy and an opportunity to put in some early season miles. The route will be over mostly secondary roads and the terrain is generally flat. Tour the historic towns and villages of Lorain County on (nearly) the same day as the Paris-Roubaix but without the cobbles. There will be one route with three cutoffs to provide routes of 25, 50, 64 and 100 miles.

Although this is a FREEBIE ride, there will be a map and the routes are marked with arrows on the road. All riders will be **required to wear an approved helmet** to participate in AFROST. **There will be no SAG wagon, ride patches, or food stops.** There are many places to buy food along the routes.

Donations of no more than \$.50 will be accepted on the day of the ride to cover the cost of printing of the maps.

Registration will be from 8:00 AM to 9:30 AM and leave at your leisure. Registration, start-finish and parking will be at the Nordson Depot on Franklin Ave. (just off Jackson St.) in Amherst.

Preregistration is not necessary but you can mail your inquiries to: Lorain Wheelmen, PO Box 102, Amherst OH 44001-0102 or e-mail us at [lorainwheelmen@eriecoast.com](mailto:lorainwheelmen@eriecoast.com).





## March 2005 Wheelmen Calendar

SUN	03/06	Amherst	9:00 AM	March is finally here!
SUN	03/13	Oberlin Inn	9:00 AM	Hope the snow is GONE!
THU	02/17	Nordson Depot	6:30 PM	Prolog ride, Roller Night
			7:30 PM	Meeting, maybe pizza!
SUN	03/20	Amherst	9:00 AM	Hope there's no late snow!
SUN	03/27	Oberlin Inn	9:00 AM	Will it finally warm up?
SUN	04/03	Amherst	9:00 AM	Wait 'n see for where!

We're still in the U-Show mode this month. Next month, we'll start with actual destinations and distances. I'm sure we'll get in a couple of 40 milers this month and the weather WILL warm up!

Saturday rides from Prospect School at 9:00 will continue. Look for weeknights to start with daylight savings time.

All rides will start at **9:00 Eastern Standard Time**. This'll last 'till spring. (and warmer mornings).

### Armstrong to Ride in the 2005 Tour de France

All of the events Armstrong will participate in will be aired on the Outdoor Life Network (OLN). Lance Armstrong Initial 2005 Schedule:

Mar 6-13 — Paris-Nice (France)  
 Apr 3 — Tour of Flanders (Belgium)  
 Apr 19-24 — Tour de Georgia (USA)  
 Jul 2-24 — Tour de France



**P.O. Box 844 Medina, OH 44258**

**Contact the following for information**

**[www.medinabikeclub.org](http://www.medinabikeclub.org)**

President:	Dave Polcyn	330-723-3831	davepolcyn@zoominternet.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

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### **Tuesday Evening Rides**

Starting at 6:30 pm (Pace: Moderate 12 - 15+ mph) with some exceptions.

Such as September when we will start at 6:00 pm

Get your equipment ready we'll be starting sooner then you think.

### **Starting Points:**

April –	Medina County Caren Center	Two miles West of Medina
May –	Medina County Caren Center	Two miles West of Medina
June –	Buckeye Woods County Park	On Rte. 162 just two miles West of Rte.3.
July –	Hubbard Valley County Par	South of Medina on Hubbard Valley Parkway
Aug –	Plaza 71 Shopping Center	East of I-71 at the top of the rise.
Sept	Buckeye Woods County Park	On Rte. 162 just two miles West of Rte.3.

### **Sunday Morning Rides**

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

April is to be determined.

### **Starting Point:**

Drive your car or ride up and join the group. We meet in the Courthouse Parking Lot at Jefferson and E. Liberty St. just off the Historic Medina Square.

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**BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES**

**CLUB NOTES:** The annual organization meeting was held at Donato's on February 1, 2005. Club officers were elected and our new president is Dave Polcyn. All other officers were re-elected for another term. In other business we established our intent for a new starting place for the Ice Cream Ride at Hubbard Valley Park. Members voted to support the local YWCA and participate as sponsor of the "Twin Sizzler". Charlie and Dave volunteered to act as liaison to the YWCA for our club's participation in helping to provide manpower to this major event. Pat Miranda is involved with the Snakebite Race to be held in Valley City this summer. It is scheduled for August 27-28, 2005.

Outgoing President Shawn Conway shared the following letter from Medina County Job and Family Services received in response to our use of proceeds from the Ice Cream Ride.

Dear Shawn & Members of the MCBC:

Thank you for donating nine bicycles to children in Medina County who are receiving services from Medina County Job & Family Services. Please extend our gratitude to everyone who donated time and/or money for the bicycles. The children absolutely loved them.

I can assure you the donated bicycles made a huge difference in the summer vacation of nine local children. Although we must protect the confidentiality of our clients, I only wish you and the members of your organization could have seen the children's faces when they saw their new bikes.

Again, thank you for your generosity and for caring about the children in our community.

Respectfully,  
Mead Wilkins  
Director

#### **LETTER FROM VETTER:**

**Continuing from where I got cut off last month:** As I was explaining there was a dead spot in the pedal revolution of my three-speed Raleigh RSW. The story actually ends with this sentence. "My right foot stopped at the top of the pedal stroke and I had to sit back down to push my foot over the top. When I got home I repositioned the cotter pin and nut on the left crank arm and the dead spot disappeared." Aren't you glad I took four sentences to bring you the two you missed in the last issue of Crank Mail? (Yes, we are - editor)

**MONDAY! MONDAY! MONDAY! :** No! We are not going to have bicycle races at Drag Way 42 in West Salem. However, members of the Medina County Bicycle Club have been given a special discount on Spinning Classes at the Medina Athletic Club. The first class will be Monday, March 14, 2005, and the classes will be at 6:30 pm each Monday. Here's the deal. For twenty dollars (\$20.00) you can purchase a block of four classes. This is a huge discount for members of our club and we only have to buy classes in blocks of four. To get started you make a telephone call to M.A.C. at 330-721-1800 and make a reservation for any of the Monday evening bike-club club classes. Your reservation holds your spot in the class and you can pay when you get there. Come early and get your bike set-up. This is an excellent way to get ready for those big rides you'll want to do this summer. The minimum class size is 5 members so let's get on board and have some fun.

**Nobody is Riding Yet:** With the big snows of January I didn't even think about riding the roads. I did however break down and join a spinning class. Laurie talked me into it and that is how I discovered she wants me dead. Actually the classes are very stimulating. Spinning is an exercise workout and does not really mimic the riding of a bicycle on or off the road. For one thing there is no coasting for the whole class usually about an hour in length. If you are able to follow the instructor's directions you will spin fast and push hard for various intervals. So far I have been huffing and puffing for the whole class. One thing is familiar though. I ride the bike in the back of the class so it's just like last summer when I chased after the faster riders on all the rides. I did get outside on February 6th for a 28-mile jaunt then I heard that Donna Graham did thirty miles the same day. OK, the season is getting close so let's get out there.

**Carter Caves Crawl-a-thon:** Yep, I did it again. I went caving and I hit a low spot and got stuck again. But thanks to the observation and advice of Curt Harler from the Cleveland Grotto I backed up and moved one foot to the right where I was able to crawl right through. This year I got to see the endangered Indiana Brown Bat for the first time. Normally we are prohibited from going into sections of caves where they hibernate because it would disturb them. If they wake up they expend a huge amount of their stored energy and are more likely to perish before spring. We were in a cave that normally does not have the "Indiana's" and were allowed to roam freely. As I walked down a large hallway I noticed clumps of bats hanging from the ceiling like grapes. They were in a ball about the size of a soft ball. I learned later that each clump represented more than a hundred bats. Since these were endangered I exited the area quickly and notified the tour guide so she could keep people away. I was surprised when she announced "here we have examples of the 'Indiana Brown Bat'" and invited everyone to come take a look. This event attracts about six hundred cavers from all over the mid-west and as far away as California. For an exciting winter activity you might try caving.

CLUB-TEAM CLOTHING  
SUBLIMATION

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**Earn A Bike programs**  
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**Membership**  
**Fun tours**



**Mondays & Thursdays 4 - 9**  
**Tuesdays & Fridays 1 - 6**  
**Saturdays Noon - 4**  
**(Open group ride Saturdays**  
**10 - noon, any weather**

**1823 Columbus Road, Cleveland Ohio 44113**  
**216-830-CO-OP (2667) [www.OhioCityCycles.org](http://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:**

Starting in March, our **Shop Classes** will be offered on Tuesday evenings from 6 to 8, as well as Saturday afternoons from 4 to 6. The cost is \$20 per class for non-members, and \$10 for members, who can pay with credits from hours they spend volunteering in the shop. This is a series of four classes, best taken in order, to explain basic bike repair and maintenance for beginners; and to teach the easiest ways to explain basic bike repair, for members who would like to help pass on some knowledge. Classes are required for members who want to use the shop.

Starting in April, we will also offer **League of American Bicyclists Road 1 BikeEd** classes on Saturday mornings, and, later in the season, on Tuesday evenings as well.

Now that we have an official Board of Trustees to attend to co-op governance, our regular members' meetings will be relatively free of boring business, as the trustees will have that all taken care of ahead of time. **Members' meetings are on the second Wednesday of every month, at 6 PM.** Potluck food is served, and an entertaining program will now take the place of all that tedious discussion. All are welcome, members or not!

## **Upcoming events:**

The new **Walk or Bike for the Earth**, before EarthFest at the Cleveland Zoo, will be on **Sunday, April 17<sup>th</sup>**, and follow the new, improved format debuted last year: we will begin and end at the Zoo, with 10, 20 and 30 mile routes. Look for a form in the April Crankmail, or on the website.

## **Members' special:**

The rental-bike library now includes a couple of full suspension bikes, if you are interested in that sort of thing, and a range of nice road bikes, as we found last year a fair number of folks from out of town looking for quality bikes to see the city on, do a tour, or to race. All rental bikes are available for free loan to members.

We are planning a Spring Tune Up event to help get your bike ready for the season: look to the website for details.

# Tandeming with Dad

by Ann Fohl, Mentor on the Lake, OH

What do you say when your 60-year-old father asks if you want to get a tandem for next season? You (being his 22-year-old daughter who's not really paying attention to him) say, "Hey, you buy it, I'll ride it." At least that's what I said sometime last winter, figuring this to be one of my dad's cockamamie schemes that would never pan out. Right. So now it's October, and we've logged 1,200+ miles on our still-sparkling, brand new Co-Motion. How did that happen?

Well, dear old Dad was more serious than I'd given him credit for, and in April we found ourselves in the parking lot of Hubbub Custom Bicycles in Chesterland, Ohio, trying not to wreck our new baby on our first test ride. Mind you, we bought the tandem without ever having ridden one, so this was a true test of our coordination. Thankfully, we managed to avoid serious injury that first night, and began to understand the nuances of riding a tandem successfully and happily.

We decided to take the tandem to the Great Ohio Bicycle Adventure (GOBA) in late June. This week-long trip of 3,000 riders biking 50 miles a day and camping along the way was advertised as slightly hillier than 2003's route; this didn't concern us, seeing as last year included about five hills throughout the entire week, so it would have been difficult to find a course with less hills. GOBA 2004 began in Medina and visited cities such as New Philadelphia and Wooster, providing us with beautiful farmland scenery and (surprise!) the most challenging hills I've ever been asked to climb. Here Dad and I were, all excited to be on the tandem for this year's GOBA, meaning we'd actually be riding fast enough to pass others (we don't exactly fly on our singles), and they have to go and throw giant hills at us.

I tried to be valiant in the beginning, pushing my hardest to power us up these monsters, almost arguing with my dad when he wanted to bail out and walk the rest of the way up. Then about midweek, I remember asking Dad if he wanted to give this one a shot, referring to what was towering before us, and his simple reply was, "I'm not proud." So we got pretty used to walking the hills while the singles flew by us at five miles per hour, but man, did we show them on the downhill! Hills and all, GOBA on the tandem was fantastic, and on that ride (with a good number of other tandems in attendance) I started to understand that tandem riders are a different breed of bicyclists.

Then over Labor Day weekend, we went to Columbus, Indiana, for the Midwest Tandem Rally, and I realized that my dad and I had become part of this strange and wonderful group of people that is passionate not only about biking, but biking together. It's somehow like being in a fraternity or sorority – I may have gone to college in Ohio and graduated in 2003, and you may have gone to school in California and graduated in 1973, but that fact that we're both Chi Omegas creates an instant bond and sense of community between us. It's the same thing with tandem riders – put 575 teams together from all around the country and with varied levels of experience, and you've got 1,150 of the warmest, most welcoming (not to mention talkative!) people I've ever seen gathered in one place. It's truly awesome.

Quite a change from my, "you buy it, I'll ride it" mentality, huh? I'll admit it, I'm hooked. Granted, we still have some kinks to work out, like Dad's habit of calling out, "Bump!" a moment too late for me to be able to brace myself for impact, but that'll come. Plus, I'd really like to get a jersey printed that reads "I'm his daughter, people, not his much younger wife or girlfriend," but until then, I'll just continue to explain to those who shoot us curious looks. I haven't encountered any other father and adult daughter tandem teams on the road, and let me tell you, those girls don't know what they're missing. I wouldn't trade the experiences I've shared with my dad on our tandem this summer for anything. Thanks, Dad, love you.

Get ready to ride!

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# Cleveland Bikes

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## LEGISLATION

### **New Share the Road Plate Available March 23rd**

**By Chuck Smith**

A new and unique license plate will be available for Ohio motorists beginning March 23rd. The auto license plate will feature a bicyclist on the left side, and the words "Share the Road" at the bottom.

Proceeds from the plate will go toward the continued publication of "Ohio Bicycling Street Smarts: Riding Confidently, Legally, and Safely" by John S. Allen. The booklet presents the Ohio Revised Code as it relates to cycling and gives detailed instruction in proper cycling in traffic.

The plates will be available for order at Ohio Deputy Registrar offices and on the [oplates.com](http://oplates.com) Bureau of Motor Vehicles web site. On the site, click on "special plates," then scroll to and click on the "Share the Road" entry.

### **CAMBA goes to Washington!**

CAMBA Leaders Bill Braum, Frank Dessoffy, and Mike Farley along with IMBA Northern Ohio Representative (and CAMBA member) Mindy Kuth, will be traveling to Washington, D.C. for the International Mountain Bicycling Association's "24 Hours of D.C." on April 6-7, 2005. Bill, Frank, Mike and Mindy will be visiting with each member of congress from the state of Ohio during this event. Their mission will be to raise awareness of mountain biking to our congressional representatives. Read more about the 24 Hours of D.C. by visiting the IMBA website: [http://www.imba.com/news/news\\_releases/01\\_05/01\\_06\\_dc.html](http://www.imba.com/news/news_releases/01_05/01_06_dc.html)

## UPCOMING EVENTS

### **Lake Metroparks Earth Day Summer Sports Expo**

April 17th - join us at the Lake Metroparks Earth Day Summer Sports Expo and Mountain Bike Race at Lake Farm parks. For further details visit the CAMBA website. [www.camba.us](http://www.camba.us)

### **CAMBA Trailbuilding & Closing Dates**

Saturday March 12th at 9am. West Branch State Park.

Saturday April 9th at 9am. West Branch State Park.

Saturday April 23rd at 9am. Earth Day Clean-up and trailbuilding at West Branch State Park.

Saturday April 30th at 9am. Half day, Atchinson property in the Lake Metroparks. Just an FYI reminder that seasonal trail closure starts February 15th at West Branch State Park in Ravenna. Unless global warming takes over this spring and dries everything out (not), the mtb trails will officially reopen on May 15th.

### **Speedgoat Raffle**

In their continuing effort to be one of the classiest retailers out there Speedgoat bicycles steps up with a one of a kind Surly singlespeed bicycle all done up in pink to support breast cancer research. Check out the really cool ride for a really good cause. **For Complete Information: <http://www.speedgoat.com/raffle1.asp>**

### **MEMBERSHIP**

#### **Renew your ClevelandBikes Membership for 2005**

Renewing or setting up a new membership is simple. Go to [www.clevelandbikes.org](http://www.clevelandbikes.org) and click on the donations link, you can pay through Pay Pal, most of the major credit cards and e-check is accepted! In addition, your dues are tax-deductible and includes one year subscription to CrankMail: The Voice of Cyclist in Northeast Ohio

STUDENT \$15 – for persons enrolled in school fulltime

BASIC \$30 – members @ this level are entitled to participate in all ClevelandBikes Programs without voting privileges

ADVOCATE \$50 – members are entitled to participate in all ClevelandBikes Programs and have voting privileges

CHROM-MOLY \$100 – donor level with voting privileges

CARBON FIBER \$250 – significant donor with voting privileges

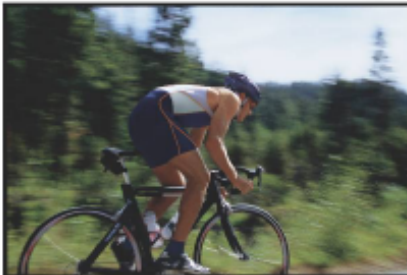
TITANIUM \$500 – outstanding donor with voting privileges

Founding Membership \$1000 - Lifetime membership

Contact ClevelandBikes at [www.clevelandbikes.org](http://www.clevelandbikes.org), or write/email: Rob Schwab, [rshwab@hotmail.com](mailto:rshwab@hotmail.com), ClevelandBikes 2992 Monmouth Rd. Cleveland Heights, Ohio 44106 for more information on membership.



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# Hey Cranky.....

**I heard of a ride called a randonnee and would like to know more about it and how it is different from a club ride or century? - Ben Trim**

Ben, I'm glad I can respond in writing rather than in person, as I can spell the terms associated with randonneering a lot better than I can pronounce them. I'll include a pronunciation guide for some of the terms.

A randonnee (rahn-doe-nay) is defined as a long ramble in the country on foot or on a bicycle, we'll just concentrate on bicycles. Basically, it is a long touring ride and in the US, the 'century' could be considered a randonnee. There are official organizations that sanction randonneur events and these are more controlled and often more strenuous. As with the familiar century, the randonnee is not competitive, however, unlike the century there are no food stops. A male cyclist participating in an randonnee, is called a randonneur while a female participant is a randonneuse (rahn doe nuhz) and both take great pride in being self-supported. A randonneur can often be found straddling a randonneuse (it's not what you're thinking) as the French word for bicycle must have a feminine article, so a bicycle designed specifically for randonneuring is a randonneuse. A veteran randonneur who finishes a 1200 kilometer event is called an ancien (ancienne for a female) which must refer to how one looks and feels after having done so.

The most famous randonnee, the Paris-Brest-Paris, was first held in 1891 as a professional race where the 1200 kilometer distance was completed 'all in one go'. Held every ten years since it was considered such a strain on the body, there were always a few 'tourists' who joined the professional racers to see if they could complete the distance. In 1931 the amateur touristes-routiers (too reeste roo tee eh) were banned from the professional race and the Audax Club Parisien stepped in to organize an amateur event and has done so every four years since. To have your name recorded in the Le Grand Livre (the Great Book), you have to cover the 1200 kilometers from the depart (day-pahr) in Paris to Brest on the Atlantic coast and back to the arrivee (ah ree vay) in Paris in 90 hours. If you do the math, it is an average of 8.2 mph. No sweat you say? 1200 km is just a tad over 745 miles and 90 hours is 3 days, 18 hours, so if you did manage to complete three double centuries (200 miles) on consecutive days, you'd only have to ride 145 miles in the last 18 hours. Entrants can ride PBP non-stop (except for having one's route book signed and stamped at controles) in 44 hours, snatching food in mussette bags from support crews. Or, like most randonneurs, one can catch a little sleep at night and eat a few sit-down meals along the way and still complete it on-time.

Paris-Brest is not just a ramble in the country but a highly organized event and in recent years has seen 3000 participants, though they don't let just anyone in. To qualify, you need to complete a series of four brevets (bruh vays) which are strictly controlled randonnees of increasing distance from 200 to 600 km, in

the year of the PBP. Brevets are held by sponsoring organization sanctioned by the Audax Club Parisien. Brevet literally means certificate or diploma and the term applies to both the event and the award for having completed it. If you complete the entire series, you not only qualify but are awarded the Super Randonneur medal. To be successful in the PBP, you should have logged about 5,000 miles in the spring and summer before the August event. If you are considering participating in the next PBP, you've got some time to train since the next one will be held in August 2007.

You don't have to wait till then to experience the excitement. Paris-Brest-Paris is not the only event of note; another of similar distance but considered more difficult is held every year on this continent, the Boston-Montreal-Boston. What makes BMB more challenging than PBP is that the Green Mountains are between Boston and Montreal and you have to go over them twice. There are over 30,000 feet of climbing over the entire route including a short grade of 15% just before Middlebury, Vermont. But heck, that's early in the ride when you are still strong, at about the 220 mile mark. There are other events in the US, such as the Cascade 1200, California Gold Rush Randonnée, the Last Chance 1200K Randonnée, and the Rocky Mountain 1200 in British Columbia.

Randonneuring can be a team sport with a style of riding called audax (oh docks) where a steady pace (around 14 mph) is maintained for the entire group by the road captain with the route, rest stops, and sleeping arrangements planned in advance. Audax groups usually ride 16 to 20 hours a day travelling as a group and arriving at the destination as a unit. Their 'all for one and one for all' motto is quite different from the allure libre cycling of the self-sufficient randonneur.

Another form of team riding is the flèche vélocio (flesh veh low chi o) where a team of 3 to 5 machines (a tandem is one machine) compete in a 24-hour ride. Each team must choose it's own route and not ride with other participants. The distance must be at least 360 kilometers with no stretch of road used more than once. In French, flèche means arrow and the route is usually from point to point in a large circuit, like an arrow flying to the bullseye. Those silly French.

The sponsoring body for randonneurs in the US affiliated with Randonneurs Mondiaux is Randonneurs USA, or RUSA. Much information on the sport can be found on their website at: [www.rusa.org](http://www.rusa.org). RUSA is closely aligned with the Ultra Marathon Cycling Association which organizes many double-centuries, 12 and 24 hour challenges, and RAAM, the Race Across America. Locally, the Ohio Randonneurs and the Great Lakes Randonneurs sponsor events. Links to their sites can be found on the RUSA website.

A final term I'll discuss is the populaire. A shorter randonneuring event run under the rules of a brevet but of a shorter distance, often under 200 km. They are organized by experienced randonneurs as an introduction to the sport.

Locally, the Ohio Randonneurs ([www.ohiorandonneurs.com](http://www.ohiorandonneurs.com)) will hold several events including the randonneur series from Ashland, while two non-sanctioned brevets will be held in Cleveland in April. For info, contact Eric Overton 216-555-1212.

Au Revoir!

# Yo, Wheelers!



Planning for our 33rd season is well under way. As always, we could use more volunteers. Our needs are for ride leaders, designers to work on a new club jersey and those willing to assist in any other way. Don't be shy, step up and help run the Club.

Our annual meeting was held in February at the "J". As usual we had a good and enthusiastic turn out for those wanting to get started riding again.

The Club ride schedule was not available as of this writing, however, you will find it and other information, on the Internet, at [WWW.WesternReserveWheelers.Com](http://WWW.WesternReserveWheelers.Com). No excuses for not being at the right starting point. Speaking of annual dues they are due again. I urge you to fill out the application, sign it and return it with an appropriate check. You will be dropped from the Crankmail mailing list shortly if you have not renewed. Hope to see everyone again soon.

May the wind always be at your back.

Ed Reichek



## A Response to Ed Reichek's, Consolidating Cleveland's Bike Clubs

Ed need not look any farther than his/our home state of Ohio for an example of consolidated bike clubs. As the example, I refer to Columbus Outdoor Pursuits. COP lists rides with several starting points in and around the Columbus area. Each of these starting points could possibly be individual clubs as we now have several bike clubs in the Cleveland area. Perhaps, we in the Cleveland area could use what COP has done as a model/guide for changes in the Cleveland area?

Columbus Outdoor Pursuits also hosts sports other than cycling, such as hiking, caving, kayaking, backpacking etc. For these other activities, I suggest looking at the local publication of NorthCoast Sports. Assuming a consolidation of the Cleveland area bike clubs, perhaps the NorthCoast Sports publication could be used for publication of local cycling information instead of CrankMail?

I am a regular member of both a East side and West side bike club and enjoy both. Consolidation of Cleveland's bike clubs would reduce my annual bike club membership fees and provide me with opportunities to ride in new areas in the Cleveland area.

Leo Fohl



COMMITTEE

JIM GERNSETTER - 216-371-8219  
HOWARD GILMORE - 216-831-6248  
BERNARD KOTTON - 216-292-3998  
HOWARD LEVY - 216-831-7372  
ROBERT SHWAB - 216-397-0150

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(Please Print Legibly)

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Email Address \_\_\_\_\_ Fax Phone \_\_\_\_-\_\_\_\_-\_\_\_\_

Biking Experience (Circle One) BEGINNER EXPERIENCE ADVANCED

List All Adult Participants  
(18 and Over)

List All Minor Participants  
(Under 18)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

2005 Dues (Individual/Family)  
WRW Patch(es) No. \_\_\_\_@ \$1.00

\$ 20.00  
\_\_\_\_\_

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: Jim GERNSETTER  
Western Reserve Wheelers  
19200 Cranwood Parkway

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 able 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 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 conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" 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 have 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, advisers, and if applicable, and owners and lessors of the premises on which the Activity takes place, (each considered one of the "RELEASEES" 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 "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT 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 RELEASEES from any litigation expenses, attorney fees, loss, liability, damage or cost which any may occur as the result of such a 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 INDUCEMENTS OR ASSIJSRANCE 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: \_\_\_\_\_

PARTICIPANTS SIGNATURE (only if age 18 or over):

DATE: \_\_\_\_\_

\_\_\_\_\_  
I HAVE READ THIS RELEASE

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 RELEASEE'S 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 "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT 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 RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES 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 parocplant is under the age of 18):

DATE: \_\_\_\_\_



**The Akron Bicycle Club**

[www.akronbike.org](http://www.akronbike.org)

**Bicycling for Fun and Fitness  
Riding the Roads and Trails  
around Akron, Ohio, USA!**

## ***Get Rollin' with the ABC Think Spring Ride***

Got Spring Fever?

Been sitting around all winter?

Well, pump up your bike tires and dust off your helmet, because...

***The Akron Bicycle Club (ABC) is sponsoring its annual  
Think Spring Ride on Saturday, April 9<sup>th</sup>, 2005!***

Riders will leave the Ledges Shelter off Truxell Road in the Cuyahoga Valley National  
Park near Hudson at 11:00 a.m.

**This year's ride features three different routes:**

- An 18-mile, mostly flat route will travel toward Hudson down to Brandywine falls and back on the paved Summit County Hike and Bike trail;
- Two longer routes (20- and 30-miles) will run into the valley, past the Blue Heron Rookery, Hale Farm, Everett Road Bridge, and Peninsula. The 20 mile route has a few hills, and the 30 several more.

Pot luck refreshments will be available after the ride. ABC requires helmets be worn while riding in all club-sponsored events. The ride is free and open to the public. Contact Pat Smith at [biketwin@alltel.net](mailto:biketwin@alltel.net) for more information or visit the ABC web site at [www.akronbike.org](http://www.akronbike.org).

The ABC is a Not for Profit Corporation in the State of Ohio, and is affiliated with the League of American Bicyclists ([LAB](#)), the Ohio Bicycle Federation ([OBF](#)), and the [Adventure Cycling Association](#), which specializes in self-contained bicycle touring.



## RAIL n' TRAIL RIDE 2004

No rails to trail. But a proper *rail and trail* ride was *hosted* by the Lake Erie Wheelers last fall. The 54 mile tour designed for casual, and perhaps, first time event riders began by loading the bikes on board the Cuyahoga Valley train. Riding the train for the first 27 miles up hill to Akron was a breeze, and lots of fun. A narrator explained the history of the Cuyahoga Valley and pointed out notable landmarks as the train rolled along through the Valley. Our impressive Cuyahoga Valley was featured in the January/February 2005 issue of National Geographic Traveler as one of four unique National Parks. Their article recommended it as a great destination. Imagine, a nationally recommended National Park right here in Cuyahoga County, where we can enjoy it anytime. And we did enjoy it!

One of the participants, a National Park Ranger taking the tour on his day off, entertained fellow riders sitting nearby with additional stories of the Valley. On board the train, riders had time to socialize and to read information packets given to them upon departure from Rockside Road Station. A detailed information sheet and maps showing the route, restrooms (would you believe seven) and drinking fountains along the trail were keyed to mile markers. Potential points of confusion were pointed out in the information packet and even marked on the trail. No one got lost!

At Akron North Station, riders picked up their bikes and rode a short distance to the newly restored Mustill Store Museum, for a snack. Wheeler's volunteers located on the Porch of the Store served healthy fruits, bottled water and some other stuff for the less health conscious.

After snacking and taking in the view of the Cascade Locks, the riders pedaled northward on the Towpath towards the lunch stop. It was a "long" 16 miles down the canal Towpath to Stanford Farm Hostel. Lake Erie Wheelers provided sweep riders and SAG support and supplemented the National Park's Blazers, who routinely patrol the Towpath. This was a unique event for Wheelers' sweep riders who are more used to faster paced rides. One lady read most of the historical placards and signs along the trail. If you know the Towpath, you may be able to visualize her pace. Nevertheless, A patient sweep rider stayed discreetly back letting her safely enjoy the day.

Stanford Hostel served a lunch of Pasta with meat or Marinara sauce, salad, garlic bread and white or chocolate cake for dessert or fruit. Tables were set up on the lawn and inside a large garage. After lunch and a quiet rest, the riders set out again to complete the final 11 miles of their tour.

Afterwards, Several riders wrote thank you notes to the Wheelers. Some were on their first cycle tour and wanted to express their gratitude for the tour. A typical comment was; "Thank you for organizing a wonderful excursion". Silver Wheels wrote:

"On behalf of the Silver Wheels Bicycling club of Lorain County we'd like to give YOU a big THANK YOU for the great job you did with the Rail'n Trail Bike Tour. The organization was awesome. All those bikes and all those riders and absolutely no confusion or bottlenecks. What a wonderful ride you provided us with. We had a great time. Thank you again."

Encouraged by the spontaneous responses, Lake Erie Wheelers has committed to repeat the ride this year. The date was moved up to July 3, 2005, a statistically better date for optimal weather conditions. This year's ride promises to be even bigger and more lively. Also new this year... Lake Erie Wheelers is adding a companion road only event to the venue. It will be a metric century ride for more seasoned riders. Road riders should not expect to be quite so pampered on this rolling to hilly road route, but It *does* offer good food, entertainment and a great workout.



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**P.O. BOX 26146, FAIRVIEW PARK, OHIO 44126-0146**  
**lakeeriewheelers@yahoo.com www.lakeeriewheelers.org**

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### **LEW Club Weekend & Holiday Ride Schedule**

Mar. 6	10:00	Frostville Museum Pancake Ride - 20+ miles.
Mar. 13	10:00	Berea Loop start at Bonnie Park - 20+ miles.
Mar. 20	10:00	Annual Buzzard Day Ride - Bonnie Park to Hinckley - 30 hilly miles.
Mar. 27	10:00	Easter – Olmsted Falls (Library) Pickup Ride.
Apr. 2	10:00	Women's Ride: Lakewood Park to Shaker Square - 30 miles.
Apr. 3	10:00	Scenic Park to Euclid - 45 flat miles.
Apr. 9	7:30	Long Distance Training Ride - 100/200km - start point TBD.
Apr. 10	9:00	Olmsted Falls to Medina - 46 miles.
Apr. 17	9:00	Bonnie Park to Richfield - 40 hilly miles.
Apr. 23	6:30	Long Distance Training Ride - 300km - start point TBD.
Apr. 24	9:00	Olmsted Falls to Oberlin and Kipton - 50/60 miles.

**Please consult club website for maps and details to ride start locations.**

#### **Weekday Rides:**

Regular Club Wednesday Evenings – Moderate to fast pace, 20-30 mile rides starting at 6:15pm (meet at 6:00pm) from the parking lot of the Spin Bike Shop at 14515 Madison Ave. (two blocks east of Madison & Warren), weather permitting. For details, contact Doug Barr at 440-734-1715 (ospdoug@aol.com).

#### **Weekend Club Rides:**

The club ride schedule for 2005 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.

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

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 Tuesday Night Rides will start on April 19 at 6:30pm at the Fairview Park Post Office, weather permitting (start at 6:00pm in Fall). Greg James will lead the rides this year, with some assistance from other individuals. As Class C rides, 10 to 18 miles in length, these are recommended for beginning and slower riders, plus new members. Also a good way to make our acquaintance (invite someone you know). For more information, contact Greg James at 440-331-9419 (clockwerke@aol.com).

The Wednesday Night "Mod" Ride (moderate pace) leaves from the Olmsted Falls Public Library lower parking lot at 6:30pm Wednesday nights, starting April 20. Our routes are for those who prefer quiet country roads. By necessity, we may find ourselves on busy roads, but we try to limit those times to short stretches. Most days we get back before dark, but it's a good idea to have lights and reflectors, especially early and late in the season. The pace and speed of our rides varies depending on who shows up; we usually ride at a Class B pace. In the beginning and end of the season we usually start out small, less than 20 miles, but can expand to nearly 40 as the season progresses. For more information please call (or email) your fearless leaders Marc Snitzer at 440-236-3017 (msnit@juno.com), or Greg James at 440-331-9419 (clockwerke@aol.com).

### **The February, 2005 Club Meeting**

Was held at Ray's MTB Park, located near Walford Avenue and West Boulevard. Following the club officers' reports, Richard Edmister read us his report on the upcoming Rail'n'Trail Ride, scheduled for July 3, 2005; in summary, the train has been chartered for our exclusive use, and nearly all important tasks have been assigned to the volunteers (more will be needed, please). Club President Dave Schneider announced that the critical task related to the Rail'n'Trail will be publicity: it is important to inform as many people as possible of this year's event.

Mr. Schneider also announced that volunteers were needed for Ride Leaders for the 2005 season; these individuals will be responsible for leading the rides, furnishing maps and directions, and assisting trailing or stopped riders, during their respective months. If anyone is interested, please contact Dave Schneider. The club Ride Schedule for 2005 is now available, and will be included in member packets, to be mailed early this season.

As part of new business, Doug Barr announced an overnight tour, to ride from Niagara Falls to Toronto, to be held May 28-29. Anyone interested should contact Doug or Jake Elliot. The Ohio City Bicycle Co-op will hold their SCRABBLE ride on July 24, 2005. Tom Meara is looking for local riders' photographs for CrankMail cover illustrations. He is also seeking input for the Ten Best Rides list for this area.

After the meeting adjourned, club members toured the MTB Park to appreciate its facilities, which included routes for different levels of rider challenge.

### **The March, 2005 Club Meeting**

Will be held on March 8, 2005, the second Tuesday of the month, at the Bike Authority store, located at 7979 Broadview Road near Wallings Road. Proprietor Sherman McKee will discuss new products and early season training. Club members attending will have an opportunity to discuss the Ohio Bicycle Events Calendar, and the various invitational rides listed therein. The opportunity to make advance group travel arrangements should not be overlooked.

## The 2005 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, supplementing the regular Sunday rides. These will usually be held the second Sunday of each month, from May to October. Last year we drew many members, their families, and some guests. 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 10:00am, 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 Ohio Bike Path rides, distances, & Ride Leaders, for the early 2005 Season:

May 8 Berea Falls to Scenic Park 28 miles John Whitaker

June 12 Elyria to Kipton via North Coast Inland Trail 28 miles Dan Izuka

Please consult the 2005 Club Ride Schedule (included in member packet) for more Ohio Bike Path Rides.

## The 2005 Women's Rides Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, we are pleased to announce the return of the *Women's Rides*, which will be held on the *first* Saturday of each month, from April 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.

## 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](mailto:tdmeara@wowway.com). Volunteers are needed for Ride Captains. Planned overnight tours for the early 2005 Touring Season:

Tour Destination	Date	Ride Captains
Stanford House (Pancake ride)	April 30, May 1	TBA
Findlay Lake State Park	May 14, 15	TBA
Niagara Falls to Toronto	May 28, 29	Doug Barr, Jake Elliot

Please consult the 2005 Club Ride Schedule for more Touring Rides. 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).

## 2005 Dues Are Due

As of February 10, seventy-five 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 [lakeeriewheelers@yahoo.com](mailto:lakeeriewheelers@yahoo.com) to be included in the email news. For members wishing to renew, a sample form is available on the website.

## 2005 LAKE ERIE WHEELERS MEMBERSHIP APPLICATION FORM

\_\_\_ SINGLE MEMBERSHIP \$23.00 \_\_\_ FAMILY MEMBERSHIP \$28.00

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ e-mail: \_\_\_\_\_  
Please provide for club updates & news

Make check payable to and send to:

**Lake Erie Wheelers P.O. Box 26146 Fairview Park, Ohio 44126-0146**

Interests: ☐ New member    ☐ Renewal  
☐ Fitness    ☐ Touring    ☐ Mtn/Cyclocross  
☐ Road Racing    ☐ Tri/Biathlons    ☐ Recreation

### 2005 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

**The Lake Erie Wheelers are members of the Ohio Bicycle Federation, League of American Bicyclists, and Adventure Cycling.**

# Long Distance Training Rides

## **200 km (124 miles) Hub Ride (rolling to hilly)**

Optional 100km (62 mile, flat to rolling) route

Sat. April 9 at 7:30 am. Registration: 6-7am

Middleburg Hts. - Metroparks - Cuyahoga Valley National Park

## **300 km (186 miles) Hub Ride (rolling to hilly)**

Sat. April 23 at 6:30 am. Registration: 5-6am

Middleburg Hts. – Metroparks - Cuyahoga Valley National Park - Cleveland (Tentative)

Start location: **Motel 6 Middleburg Heights**

7219 Engle Rd.,

Middleburg Heights, OH 44130

(440) 234-0990

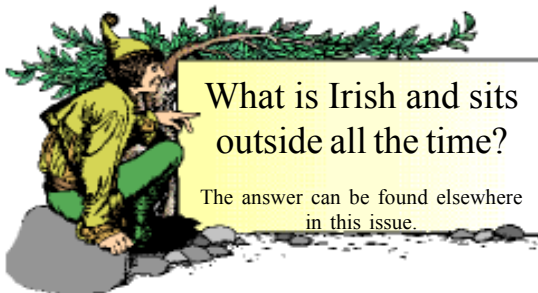
[www.motel6.com/reservations/motel\\_search.asp?City=middleburg+heights&state=OH&motelnumber=1111](http://www.motel6.com/reservations/motel_search.asp?City=middleburg+heights&state=OH&motelnumber=1111). From I-80 take exit 10/I-71, go north on I-71. Take exit 235/ Bagley Rd. west 2 blocks, left on Engle Rd.

These rides are informal group rides open to all who are interested in the challenge of long distance cycling (Randonneuring). For some, these events are like touring with miles and miles of scenic riding, often at a leisurely pace. Some use these rides to prepare for brevets and ultra-marathon events such as Calvin's 12 Hour Challenge and the National 24 Hour Challenge. For others, it's a quest for higher speeds and faster times. Many riders set their sights on personal bests, often working together in pacelines with other similar-minded riders.

The prescribed routes may be marked and maps and cue sheets will be provided. Riders must have headlights and taillights and should have reflective vests. This is not a supported tour, however, if needed; your food and clothing will be transported to the designated control (checkpoint). There may be a support vehicle on the route for minimal support but each rider must be prepared for mechanical mishaps, changes in weather, and so on.

Is randonneuring for you? To help answer this question try the kinder, gentler terrain and shorter distance of 100 km which allow riders to sample randonneuring over shorter distances.

If you are interested in this ride or interested in volunteering for this event please contact: lakeeriewheelers@yahoo.com or Eric Overton, (440) 552-6856



# CRANKMAIL

## UNCLASSIFIED

Unclassified ads are free to *CrankMail*-served club members and subscribers for two appearances and appear both here and on *CrankMails* 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.

**Bianchi Axis** cyclocross bicycle/55cm carbon fork, ultralite tub shapes. Under 200 miles, mint condition, new \$1300 (plus over \$300 upgrades), this bike is a steal for only \$995. Call Lynne 216-401-3907 also available assorted bike panniers and other good stuff.

**2004 GIANT CYPRESS SX** 19 inch "Flat handlebar road bike" with narrow road racing tires and lightweight components. Includes chromoly fork, Shimano 105 rear derailleur, SRAM attack shifters, Shimano clipless pedals. Exceptional condition! Retail is \$650 asking \$400. 216-577-8719.

**1998 Litespeed Ultimate**, 57cm, Dura Ace 9 speed STI, titanium stem and seatpost, Mavic Classic wheelset with Vittoria tires, Look 296 pedals.

**2004 Trek 5900 Superlight**, 56cm, Dura Ace 10 speed STI, both in excellent condition. Call 330-722-5662

**Bell Metro Helmet**, new in box, hard shell in a beautiful blue, size small (51-55cm) Great helmet but my head is too fat. \$40. 440-777-2563.

**Tour de France Videos**, all like new. 1999 and 2000, 4 hrs - \$10 each. 2001, 8 hrs - \$15. **Sean Kelly Story**, 4 hrs - \$10. New **Sachs** 8 spd touring hub, \$25. Call 330-725-4454.

**Cannondale RT1000 Tandem**, Large/Small size, 27 speed Shimano 105/Deore, rear suspension seat, gray metallic color, approximately 6 years old, very good condition asking \$1,500.

**Bianchi Brava**, 49cm. Entry Level Road Bike. Shimano Sora 24 spd, blue, approx. 3 years old, good condition \$300, Call Dave 216-741-4384.

**Bianchi 21" road bike**. 1988 model. Good condition. Low mileage. Only ridden by little old lady to church on Sunday. Asking \$130. For specs and photos call 440 442 1475 or tlj@cwru.edu

**Columbia 5 speed Tandem**, \$200. Call Ron Kast at 440-582-2131.

**BIANCHI EROS**: Women's 650c x 49cm, Forest Green, Campagnolo Mirage triple crankset: 50/39/28, Campagnolo Mirage 8-spd. cluster: 12-25, like-new, low mileage. Includes Cateye cyclocomputer, Blackburn rear rack. \$500. (440) 877-0372.

**RALEIGH C500 Cross Bike**, 15/xs silver, Rock Shox Metro XC, aluminum suspension seatpost, Shimano Deore derailleurs, Shimano 9-speed: 11-32, Shimano Deore triple crankset: 48/38/28, like-new, low mileage, includes Avenir Rear Rack. \$350. Call: (440) 877-0372.

**Looking for** a used but not abused bike repair stand. Call Joel at 216-221-3387 or email Joel@JAGorski.com. Oh, the answer to the question posed by the little leprechaun is Paddy O'Furniture.

*Expires March 2005*



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