



CrankMail

May 2000

\$1.50



Inside This Issue:

- ◆ Above: Willie & Joe On the Road (*Published Authors?*)
- ◆ The Theory of Relativity Explained, by Einstein Himself!
- ◆ Grand Unified Theory: The Hokey-Pokey is What It's All About



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Cycling in Northeastern Ohio

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“When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a stove for a minute – and it’s longer than any hour. That’s relativity.” — Albert Einstein

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Gossip

This year's was the 50th running of the **Little 500** bike race at Indiana University, Bloomington. Film buff bikies recognize **the race from that classic, *Breaking Away***. There was a huge feature article in *USA Today* on April 7, and a nice radio feature in National Public Radio's *All Things Considered* April 13 all, of course, because of the cinematic tie-in. The radio piece was **an interview with Dave Blase**, the model for *Breaking Away*'s **fictional Dave Stohler** — a young man infatuated with racing and Being Italian. **Blase wasn't pretending to be Italian**, but when the film's writer-to-be and fellow racer, Steve Tesich, first encountered him on a training ride, **Blase was singing an aria from *Rigoletto*** while tackling one of the many hills in the Bloomington area. Another inspiration for the film's story was Blase's **performance at the 1962 Little 500 race**. The real-life Dave rode **139 laps of the 200** in the race — something that had never been done before — spurring his frat's team (No, the Real Dave wasn't a "Cutter.") to victory and becoming the **"most influential rider"** in Little 500 history. Tesich, by the way, was one of Blase's teammates.

This year's Lake Metroparks Bike Expo was a nice experience. **More than 600 attended** the annual celebration of the coming of Bike Season, this year at **Lake Farmpark**. Now there's an interesting facility! The Farmpark is a place where city folk can come and enjoy learning about agriculture — bib overalls optional. We'd love to see the expo one day encompass a whole weekend — with bike tours and races! **Atta-Boy to Bill Plessinger and Lake Metroparks!**

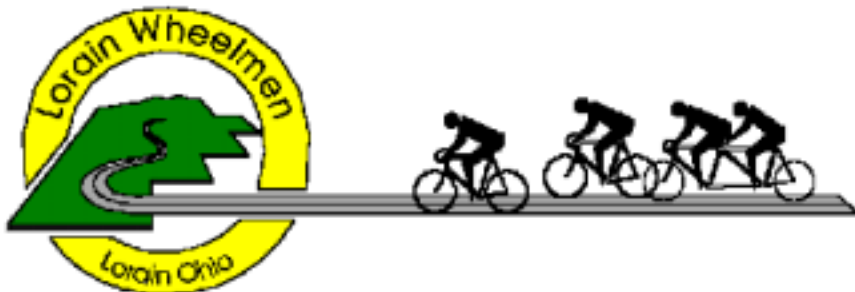
Change is afoot at Western Reserve Cycle Sport! Owner **Doug Anderson** has

sold off part of the business to a new partner-manager. Doug, a longtime fixture in the Northeast Ohio cycling scene, is now realizing a longtime dream (that of many a small boy) and has **taken a job as an engineer on the Norfolk Southern Railroad**. He says he'll miss the bike life, but not the burdens of business. **Good luck, Doug, and "whistle" once for us!** Not long after Doug's announcement, his longtime associate, **Mark Bir, announced his resignation from the shop**. He tells us he'll be out of the bike business for a while, **continuing his part-time work with Lake Metroparks and as a sciences tutor at Lakeland Community College**. Mark sez he'll continue Ridin' with the Boyz and CTC, still loves bikes and his many bike friends and customers, but that it's time for some career moves. **Best wishes to you, Mark, and hope to hear from you soon!**

Sitting in traffic the other day we noticed something; call it a moment of realization. We looked across an intersection at vehicles stopped for a light. **Must've been eight of 'em — seven SUVs and one car**. We wanted to get some **feel for the appeal** of the SUV. So we went down to our car dealer and handed him **an extra \$10 grand**. More pain than thrill. Then **we bolted a dumpster** on to the back of our **Honda Civic** to get some of the **shape and road feel**. Nope, didn't get it yet. We thought we'd **simulate fuel economy** by filling up, then **dumping an extra 10 gallons on the ground** — naw, that's the pollution — so we drove down the freeway and **tossed dollar bills out the window** instead. No, not the same...can't see the fuel gage moving toward "E." We guess **we just don't get what's so great** about the SUV as a practical vehicle.

Perhaps someone does understand the SUV's particular evolutionary niche, however. We watched, with some interest, a TV ad put on by one of the sponsors of the Discovery Channel & BBC *Walking With Dinosaurs* program. Lincoln Mercury was proudly comparing their Navigator with those mighty, extinct beasts, the dinosaurs. **Maybe we get it and they don't.**

— THE DRANK



May 2000 Calendar

Day	Date	Starting Point	Destination	Distance
Sunday	May 7	Oberlin Inn	Nova	50
Thursday	May 11	Nordson Depot Ole Towne Pizza House	6:00 – Ride of about 20 miles 7:30 – Pizza meeting (see note)	
Sunday	May 14	Amherst, Powers school	Grafton	30-40
Sunday	May 21	Oberlin Inn	Valley City	50
Saturday	May 27	Oberlin, Prospect school	Jeromesville	96
Sunday	May 28	Amherst, Powers school	Milan	50
Monday	May 29	Oberlin Inn	Memorial Day	U-show

All rides start at 8:00 Eastern Daylight time

Note: The Pizza meeting is Dutch treat, of course

EVENING RIDES:

Tuesday evening @ 6:00 pm from the Oberlin Inn parking lot

Wednesday evening @ 6:30 pm from the parking lot across from McDonalds in Oberlin

Thursday evening @ 6:00 from Amherst Powers School

Look for a Friday evening ride on the bike path. They may appear on the schedule in the future.

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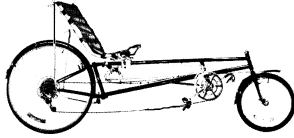
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Welcome to New Members

Jim Stevenson, Mentor On The Lake, **Jim Otlowski**, Mentor On The Lake, **Anna Raske**, Cleveland, **Susan Clady**, Westlake, **Beth Kiebler**, Chardon, **Lori Box**, North Royalton, **Ed/Monica Wagner**, Moreland Hills, **Sue LaPuma**, Willowick, **Sandra Velick**, Novelty, **Timothy Layne**, Chardon, **Jamies Callender**, Willowick, **Michael Lang**, Chagrin Falls, **Cinday Mog**, Lakewood, **Ron Zackowski**, Cleveland, **Michael/Mike Jr. Valentino**, Mentor.

Welcome! We hope to see you come spring!

Ride Reports

The Prize God's first winner was a happy but cold **Rick Porter!**

Rick won a **\$25 gift certificate** to Western Reserve Cycle Shop. Congrats to Rick! The PG showed up to the Sunday, April 9th ride in Burton. Only 3 riders showed up to brave the sunny yet cold and windy weather, but hey, it wasn't raining! "Atta-boys" and/or "Insanity loves company" goes to **Todd Brewer**, **Rick Porter**, and **Scott Erdman**. The tightly coupled winter-weather clothed group rode a whopping 10 miles then called it a day.

Hinkley Buzzard Ride

On a bleak Sunday in March fewer than 10 riders showed up for the annual (1st annual) Hinkley Buzzard's day ride and breakfast. The entourage included 2 tandems and 3 mountain bikes. Most unusual.

After crossing the dreaded Cuyahoga Valley the group plowed on towards the Hinkley elementary school where a distressingly large line awaited their pancakes. Eventually we were all served and gluttoned and ventured to a room where a History Museum naturalist gave a fine talk about Buzzard habits. Particularly relevant, in view of the overly-full stomachs and impending hills, was a discussion on how defenseless baby buzzards protect themselves via projectile vomiting.

The group split up shortly thereafter, one faction heading for home and another for the Buzzard's Roost where the birds could be seen circling over woozy cyclists cresting increasingly difficult hills.

A little rain added to the merriment as the group split up again.

The last joyful episode was the monstrous climb up Hines Hill Rd during which one cyclist's cleat came out of his pedal and one tandem failed to execute a shift to the granny gear necessitating a return trip down the hill for a second (and more successful) attempt. All were gasping for breath at the finish. And a fine day it was... to be home.

We Need a Volunteer

We're looking for someone to take over coordinating the **Adopt An Interchange** clean up project. It takes place twice a year, in spring and fall. Requires about 1-1/2 hours of time. Please contact **Lois Nicholson (330) 668-3686**. Thanks.

Tuesday Morning Rides Again!

May 2 — 9:15 Meet at Squires Castle, North Chagrin Metropark, on River Road. Ride to Chagrin Falls for muffins, 30 miles, rolling.

June 6 — Meet at Erie Shores Golf Course, 7298 Lake Rd, Madison. Ride to Jefferson, visit a train museum, 25 - 30 miles, rolling.

New this year! —> “The Prize God Cometh!”

Scott “PG” Erdman will be **giving away “generous” prizes** on a random basis right before club rides held on Sundays, Tuesdays, Wednesdays, and Thursdays. Tickets will be handed out to Club Members only. When will the Prize God strike? No one knows! So be sure to come to the rides on time and ready to win!

We Have Lots of CTC Club Jerseys In Stock

They're real nice, so if you want one call **Nan Horvath** at (440) 257-7562.

Ride Schedule

May	6	SAT 8:30	Chardon – Ride with the Boyz from Western Reserve Cycle.
	7	9AM	Northfield to Peninsula(30), Bath(42). AYH Pancake breakfast. Rolling/hilly.
	14	9AM	Helen Hazan Wyman Park Hell'n'Thereafter (25,35,50). Rolling/hilly.
	20	SAT 8:30	Girdled Rd Metropark Mountain Biking.
	21	8:30	Chardon to Punderson(25), Hiram(50). Rolling.
	28		Gurney School to Burton(26), Middlefield(40), Garrettsville(65). Rolling to queasy.
	29		North Chagrin. Memorial Day pick up ride.
June	3	SAT 8AM	Chardon Ride with the Boyz from Western Reserve Cycle.
	4		North Chagrin to Fowler's Mill(40), Burton(55). Hilly.
	11		SUNDAY IN JUNE 7AM Burton Century Village Rt 87 & ??????? Come join us for this wonderful annual event. 10,25,50,62, 100 miles, take your pick!
	17	SAT 8AM	Girdled Rd Metropark Mountain Biking.
	18		Perry Park to Madison(25), Geneva(45), Ashtabula(65). Flat/rolling.

World Cycling News

BRUSSELS (April 6) - German rider Erik Zabel will not seek retribution against Tin-Tin, the pony who unseated him during a Ghent-Wevelgem race.

Zabel, among a leading pack in the 208-kilometer event, was knocked off his bike when two ponies — Tin-Tin and Deesse — broke loose from their paddock and charged into the riders about 75 kilometers from the finish.

After jumping a wooden gate the ponies, whose owner said were normally docile beasts, felled three riders and dumped Zabel into a ditch.

They then sprinted along with the leading pack for about 2-1/2 kilometers before being diverted by race organizers. Zabel, who won last month's Milan-San Remo World Cup classic and was one of the pre-race favorites for Ghent-Wevelgem, saw the funny side of the incident.

"Out of respect for the ponies I shan't be lodging any formal complaint. Luckily, I haven't got any cuts and bruises," he said.

This was not the first time animals have featured in the event. Last year, Belgium's Ludo Dierckxsens crashed into an unfortunate rabbit.

Wednesday's race was won by the unfancied Farm Frites rider Geert Van Bondt of Belgium in just over five hours.

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440-572-1122

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Bob Parry
440-779-8392

Treasurer
Bob Ugan
216-476-0353

LEW Club Ride Schedule

May 6 & 7	12 noon	Rocky River to Peninsula – Stanford Hostel – 80 miles round trip overnight tour by LEW Touring Div.
May 7	9:00 am	Bonnie Park to Peninsula – Stanford House Pancake breakfast – 50 miles
May 13 & 14	7:30 am	TOSRV Columbus to Portsmouth 210 flat miles
May 14	9:00 am	Olmsted Falls to Lagrange & Spencer – 45 / 70 flat miles
May 21	9:00 am	Brecksville to Chagrin Falls & Squires Castle 45/65 m
May 28	9:00 am	Paw Paw pkg. Lot to Stan Hewitt Hall – 50 miles
May 26 – 29	---	Four days' Blue Ridge Parkway Tour Cumberland Knob, NC to Little Switzerland, NC. 120 very hilly miles by LEW Touring Division – contact Bob Parry
June 4	9:00 am	Brecksville to Aurora / Garrettsville 35 / 60 miles
June 11	8:00 am	Sunday in June by CTC, \$, Century Village in Burton 25, 50, 62 or 100 miles (you can register at 7 am)
June 18	9:00 am	Valley City to Lodi & Wooster 36 / 80 flat scenic miles
June 25	9:00 am	Bradley Woods to Vermillion 30 / 60 flat miles

Ride Start Locations:

Scenic Park off of Metropark Valley Parkway just south of Detroit Road (at the East End of Detroit Bridge) Lakewood

Bonnie Park off of Metropark Valley Parkway just east of Pearl Road in Strongsville

Olmsted Falls – meets at the Olmsted Falls Library Parking Lot on Main St. just north of Columbia SR252 and Bagley Rd.

Brecksville from the Station Road Pkg. Lot at the Station Rd towpath trailhead off Riverview Rd and Metroparkway

Paw Paw Pkg. Lot on the Metroparkway just east of W. 130th

Valley City at Liverpool Elem. School pkg. Lot West River Rd one block north of SR 303

Bradley Woods pkg lot off Bradley Road between Barton and Center Ridge in Westlake

For late minute updates to the ride schedule and maps showing the starting points check the LEW Club Web page at: www.geocities.com/~bikelew/

Weekday Rides:

Tuesday Evenings – Short slower rides starting in April from Fairview Park Shopping Center on Lorain Rd. near Tops Grocery, 6:30pm. Call Bob Ugan at 216/476-0353.

Wednesday Evenings – Moderate to fast pace 20-30 mile rides starting from Kamm's Corner parking lot at Lorain Rd & Rocky River Dr (rt237) in Cleveland behind Pizza Hut), 6:30pm. Call Ed Wheeler at 440/572-1122 or e-mail at wheels@ameritech.net

Wednesday Evenings – The new Wednesday Evening "Ice Cream" rides from the Olmsted Falls Public Library. These slower rides are of 15-25 miles in length and the ride speed is between 10 - 14 mph. The rides will leave at 6:30 pm. contact Marc Snitzer at 444/236-3017 or e-mail at msnit@juno.com

NEW – Thursday Morning bike rides will start up again this year. These are slower rides organized by John Glasgow contact by email at: jglasgow2@msn.com or call at 440/777-7392. John plans to have rides scheduled for Thursdays through November. Rides will be scheduled by email or mail by request.

Touring Division

The Annual Blue Ridge Parkway Tour will held over Memorial Day Weekend May 26 to May 29, 2000.

The International Touring Group is returning to Europe with a 3-week bike tour of Bavarian Germany, Switzerland, Northern Italy and Western Austria in August.

Racing Team

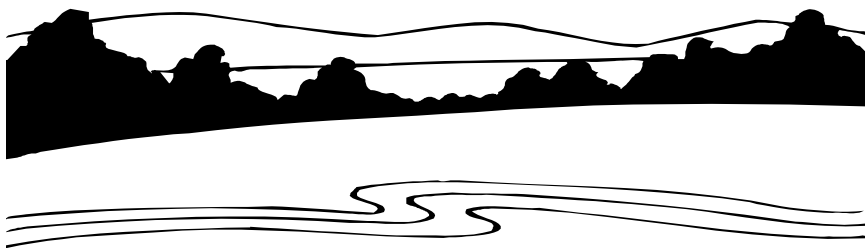
For more info, go to the Team section of the club web page, or email Mike Woods at RaceLEW@aol.com.

Club Meetings

There are no club meetings scheduled for the summer months. Club members are too busy biking.

Four County Metric Invitational Ride

The challenging Four County Metric Century ride returns August 13 starting again at BW recreation Center in Berea, Ohio with two scenic routes of 40 miles and 62 miles. Contact Mike Woods at 440/871-1317 or email at: racelew@aol.com



Top U.S. Cyclists Invited to Olympic Trials

COLORADO SPRINGS, Colo. — Here is the final list of eligible cyclists for U.S. Olympic Trials — Men's Road Race. The race will take place May 20 in Jackson, Miss. The winner of that race earns an automatic spot on the U.S. Olympic Team. Ohioans' names **bolded**.

Top 50 U.S. riders in the final 1999 UCI World Rankings, listed by rank:

7. Lance Armstrong, Austin, Texas
50. George Hincapie, Greenville, S.C.
101. Tyler Hamilton, Marblehead, Mass.
108. Chann McRae, Austin, Texas
115. Jonathan Vaughters, Boulder, Colo.
192. Fred Rodriguez, Piedmont, Calif.
213. Christian Vande Velde, Boulder, Colo.
217. Levi Leipheimer, Santa Rosa, Calif.
261. Kevin Livingston, Austin, Texas
285. Marty Jemison, Park City, Utah
298. Dylan Casey, Mountain View, Calif.
332. Bobby Julich, Haverford, Pa.
345. Guido Trenti, Italy
361. Frankie Andreu, Dearborn, Mich.
387. Eddy Gragus, Fort Collins, Colo.
408. David Clinger, Woodland Hills, Calif.
418. Chris Wherry, Boulder, Colo.
447. Frank McCormack, Leicester, Mass.
457. Bart Bowen, Albuquerque
469. Jonas Carney, Manitou Springs, Colo.
483. Todd Littlehales, Portland, Ore.
492. Floyd Landis, San Diego
506. Chris Horner, Lemon Grove, Calif.
521. Scott Moninger, Boulder, Colo.
539. Mark McCormack, N. Easton, Mass.
630. Antonio Cruz, Long Beach, Calif.
723. John Peters, Santa Rosa, Calif.
749. Robbie Ventura, Gurnee, Ill.
805. Adham Sbeih, Granite Bay, Ore.
835. Steve Hegg, Del Mar, Calif.
835. Anton Villatoro, Longmont, Colo.
874. Kirk O'Bee, Ada, Mich.
898. Derek Bouchard-Hall, Menlo Park, Ca.

956. Chris Harkey, Mt. Pleasant, N.C.
996. Michael Sayers, Santa Rosa, Calif.
1061. Kent Bostick, Oak Ridge, Tenn.
1061. Trent Klasna, Pine Valley, Calif.
1117. Scott Mercer, Carrboro, N.C.
1117. Wilson Vasquez
1202. Cameron Williams, Tucson, Ariz.
1234. Chris Pic, Buford, Ga.
1286. Paul Martin, N. Royalton, Ohio
1413. Joshua Frick, Germantown, Md.
1413. David McCook, Santa Clara, Calif.
1470. Tom Davis, Boulder, Colo.
1470. Dirk Friel, Boulder, Colo.
1572. Jose Guzman
1572. Donovan Lynch, Hill City, S.D.
1600. Al Senft, Cincinnati, Ohio
1704. Kirk Albers, Columbus, Ohio

The following Ohio cyclists are ranked among the top 150 in the final 1999 USCF National Racing Calendar standings after non-U.S. citizens, non-category I riders, and the top 50 U.S. riders in the final 1999 UCI rankings were deleted. In case of a tie in points, additional eligible cyclists were included in the field.

Greg Walker, Columbus, Ohio
Marco Aledia, Worthington, Ohio
Jim Baldesare, Kent, Ohio
Jeff Braumberger, Columbus, Ohio
David Wenger, N. Lima, Ohio

*These lists courtesy of USA Cycling.
Revised, as of April 20, 2000*



The Willie & Joe Show Rolls Through Town

Bicycling Magazine's Joe Kurmaskie and Adventure Cycling Association's Willie Weir, Everyman travelers everyone will relate to, teamed up for a 30+ city national tour. They visited the Borders store in Beachwood April 15. The audience enjoyed an entertaining hour and 15 minutes not of readings from their books, but of the writers' stories and performance antics.

Their show has been called "a captivating hour of storytelling, theater and back-and-forth banter in the style of National Public Radio's 'Car Talk' brothers Click and Clack."

The national tour comes on the heels of the hardcover releases of their books *Spokesongs*, and *Metal Cowboy* by Breakaway Books.

Weir's tales from journeys throughout India, South Africa and the Balkans are spun in *Spokesongs: Bicycle Adventures on Three Continents*. Rick Steves, internationally renowned travel guide and writer says, "Reading Willie Weir is like bouncing along on the back of his bike, hanging tight to this poet/guide who knows just which potholes offer the most travel thrills and hits them expertly."

From the moment an old blind rancher in Pocatello, Idaho, tapped his cane over Joe and the loaded touring bike, stood back, and said, "Ah, metal cowboy," the quest had a name. *Metal Cowboy: Tales From the Road Less Pedaled*, Kurmaskie's critically praised collection of stories, captures adventures, trials and triumphs far off the prescribed roadways of life. It's been called "a delightful excursion" by *Booklist*, and compared to the writings of Bill Bryson.

Sponsored by *Bicycling* magazine, Ortlieb, and the Adventure Cycling Association, their six-week book tour, began on April 3, in Minneapolis, will span the country (in a van, not via bicycle) with more than 30 stops, from San Diego to Boston.

Kurmaskie and Weir first met at Seattle's Bicycle Expo last year and soon discovered they had everything in common except birth parents. Long, lonely book tours can take their toll on authors, so the two decided to team up for a west coast tour in the fall of '99. They packed book stores from Washington to California, traveling with the motto, "Are we still having fun?"

After hearing this funny, wise and completely original duo perform (and we do mean perform) stories from their books *Metal Cowboy* & *Spokesongs*, audiences realize that adventure and off-the-beaten path experiences are not that far out of reach for anyone.

Yes. They are most definitely still having fun.

Find or order these books at your favorite bookstore or through the CrankMail/Amazon.com online book connection.



Joe is the tall guy.

Medina County Bicycling Club

P.O.Box 844 • Medina ,OH 44258 • L.A.W. Affiliated

Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
Vice President:	Lou Vetter	330-725-0441	
Treasurer:	Glen Hinegardner	330-725-8430	
Ride Coord.:	Dave Schultz	330-725-0293	
Secretary:	David Miller	330-725-7928	mlrmedina@aol.com

Weeknight Touring Schedule

Tuesday - 6:30 p.m. Courthouse Parking Lot - Jefferson and E. Liberty St.
(10 -15 MPH)

Weekend Touring Schedule

Sun.- 8:00 a.m. Courthouse Parking Lot - Jefferson and E. Liberty St.
(10-15+ MPH)

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

We would like to add a new rider or more moderate level of rider ability to our Tuesday and Sunday rides along with other club events. So if you have ever considered riding with a club but your worried that you'll get left in the middle of nowhere, fear not. Anyone interested in riding with this group or being a ride leader, please contact Ian Halliwell 725-3074

INVITATIONAL RIDES

If anyone is interested in riding any of these events please contact Tom 725- 058

5/14	B&O RIDE ,Painesville Twp. 62/35/10
5/21	BICYCLE POKER RUN, Peninsula 15 miles
6/2-6/4	"NO FRILLS TANDEM WEEKEND" Seville 60,40
6/3	"Care Free, Car Free" Cleveland Metroparks Rocky River Resv.
6/11	SUNDAY IN JUNE, Burton, 62/25/10
6/17-6/24	GOBA, Fremont

Got A Mountin Bike?

Tired of riding by yourself? Tired of riding around the block? Well now there are no more excuses for not riding with us. That's right, it finally happened. We will be starting a mountain bike chapter of our club thanks to Linda and Patrick Miranda.

Linda writes...

I am excited about being a part of the Medina Bicycling Club and contributing to the future success of the mountain bike chapter. Some ideas I have include towpath rides, exploring various rail-trails, following the Buckeye Trail to Findley State Park, offering clinics to develop off-road riding techniques.

A little history about myself — I have enjoyed cycling with my husband, Patrick, for the past 14 years and now, with two girls ages 6 and 3, we enjoy grooming them to share the same appreciation we have for the sport.

We started off riding the various local tours, TASSLE, Circle Akron, Sunday In June, Medina Ice Cream Ride, etc., and found ourselves enjoying annual vacations riding the Chesapeake/Ohio Canal from Cumberland, MD to Bethesda, Washington, DC.

Currently our ambition is mountain bike racing which we have done for the past eight years. We have done many local races as well as many of the 24 Hours of Canaan team relay races including several trips to Moab, UT for the 24 Hours of Moab. I am the assistant race director for our local 24 Hours of Killbuck at Vulture's Knob in Wooster. As it is not always easy to head off on the trail, we do enjoy road riding and have even participated in the Medina Twin Sizzler.

The goal of the Mountain Bike Chapter of the Medina Bicycling Club is to provide cyclists with the opportunity to ride off road. Rides will fall under one of two categories:

- 1) Rail-Trail/Towpath Rides: These trails consist of a crushed limestone surface over relatively flat terrain. Rides will offer optional hill climbs for the more ambitious rider.
- 2) Ride at Local Mountain Bike Courses: This will provide the experienced rider a group to ride with and the beginner rider will develop off-road riding skills.

Anyone interested in participating in organized mountain bike rides contact Linda Miranda, MTB Coordinator, p/330-483-4512, email: lmiranda@mircosolutions.com

The following ride schedule will be in place to shape up those winter legs and until member feedback is received to design a schedule around riders specific interests and ambitions.

Thursday Evening 7:00 P.M Towpath Rides – May 4, 11, 18 and 25 meet at the Station Road Bridge Trailhead off Riverview Road in Brecksville.

Medina Bicycling Club Membership is \$10 for individual or family. Membership provides access to all club events, monthly subscription to *CrankMail* and \$10 off the purchase of the very cool Medina Bicycling Club Jersey.

The Prez Says...

A very warm welcome to our newest members for this month: Patrick and Linda Miranda, Cristine Butler, and the Laney Family.

Any member who is not receiving their email please notify Tom Waterson at tlw@ohio.net

For some reason we are off to a very slow start this season. Seems like the weather has

been especially lousy on the weekends. Anyway we are hoping to get some great rides in this month so don't miss Sunday mornings. There should be lots of May flowers out there.

Look for entry forms for the "ICE CREAM RIDE" in your local bicycle shop or send a self addressed stamped envelope to MCBC; P.O. Box 844; Medina, OH. 44258-0844 or go to Tom Waterson's web site: <http://www.ohio.net/~tlw>

We are hoping to have a meeting towards the end of May. Watch your email or call for location and time.

A Letter From Vetter...

THE MAIDEN VOYAGE: A.F.R.O.S.T. & S.O.B.: This title doesn't mean what you think. Today I rode my new bicycle on the Lorain Wheelmen's Ride—AFROST. I have a new bike, a new seat, but the Same Old Butt (SOB).

Last year you may or may not remember my struggle to complete the Columbus Fall Challenge. I felt I needed a triple crank to ride that one again. For Christmas I got my triple crank attached to a new Bianchi Eros. It's a sweet riding light touring bike and today I rode it for the first time. Tom and I drove up to meet Scott, Tim, and Jeannie for the ride. The ride offered four distances to choose from and started in Amherst, Ohio. The temperature was a nippy forty-something with chilling Northerly winds coming in off Lake Erie. Tom and I started out early on the sixty-two mile route and my seat was painful from the first pedal stroke (SOB). I've been using a leather saddle for 22 years and it has conformed to my anatomy. I can ride on that seat all day and most of the night with comfort. Despite our head start Tom and I were soon caught from behind by Tim and Jeannie on the tandem followed by Scott and a new friend who has been racing in that State up North. Tom and I jumped on the back of the pace line and drafted to Wellington where we all stopped at McDonald's for breakfast and a chance to sit on something other than a bike seat (SOB). During our little break I realized that my legs were sore too.

The route down to Wellington was what I might call snakelike. That is, we rode east then west, back and forth, as we progressed Southward. We crossed over Quarry Road three times. After breakfast in Wellington the route was pretty much straightforward back to Amherst with that Northerly wind in our faces. There were three of us who dropped off the pace-line, actually I never made it back on the pace-line and Tom and one other fellow dropped off to keep me company (Nice Guys). As we grouped together we decided that the sixty-two route was a little too long for us. I like the way these guys think and we took the fifty-mile option. You see, the 50- and 62-mile routes were the same up where we cross over Rt. 303 and besides my seat was killing me (SOB). All in all it was a great day for a bike ride with the exception of having a new seat to ride on (SOB).

This not a commercial for Brookes or Ideale saddles but I do prefer them to the lightweight racing saddles that come with most bikes today. Over breakfast we observed that some of the expensive bikes come without pedals to allow the purchaser to select a pedal that they prefer to use. It seems funny to say that my bike was not expensive enough to come without pedals. It came with Look pedals and I bought Shimano pedals to use with it. Next will be a new leather saddle (SOB).



WESTERN RESERVE WHEELERS



COMMITTEE:

Ellie Einhorn	Howard Mayers	
Bernard Greenberg	Harold Pasternak	
Mitch Kursh	Edward Reichel	241-6930
Alvin Magid	Allen Wapnick	781-4300

1422 Euclid Avenue #1104 • Cleveland, Ohio 44115

Ride Schedule

NOTE: All Saturday rides commence at JCC with same start time as following day.

DATE	TIME	START	DESTINATION	MILES
May				
7	8:30	JCC	Solon via Bedford	30-40
14	8:30	JCC	Tinker's Creek	30-43
21	8:30	JCC	Hudson	50
28	8:30	JCC	Downtown via Parks & Towpath "Irv's Urban Oasis"	40-50
29	8:30	JCC	Memorial Day Pick-Up	??
June				
4	8:30	JCC	Walden	38-58
11	8:30	Chagrin Falls Parking Lot or JCC at 7:45 a.m.		
			Circle Chagrin; alternative: <i>Sunday in June</i>	30-40
18	8:30	JCC	Solon/Sea World; alternative: <i>GOBA</i>	29
July				
2	8:30	JCC	Downtown via East Blvd., Memorial Gardens	35
4	8:30	JCC	Independence Day Pick-Up Ride	??
9	8:30	JCC	Oscar's Tanglewood	35
16	8:30	JCC	Pancake Ride: '306 and Mayfield	30-50

NOTICE: Any nonmember guest who has not signed a release will not be considered, for insurance purposes, as a part of the club, nor will they be entitled to any protection afforded by the club insurance policy. In addition, all minors must be accompanied by an adult and must have a release signed by parent or guardian.

Yo, Wheelers...

Well, Everybody, they're in!

You know, those chic, classy new WRWheeler club shirts we've been waiting for all these months. And are they ever great! No one's going to miss seeing us riding by when we're decked out in these breathtaking new additions to the Club shirt collection. And *you* probably thought all those great fashion statements came from those European boutiques! Call Ed Reichek at (216) 371-5618 to get your grubby gloves on these babies in time for our first official club ride of the season. After all, those who arrive dressed *first* will receive all the compliments!



Getting a Jump on the Weather

Already spotted on the streets of the North Coast during one of the earliest spring break-throughs in Club history, in those waning days of February and the first days of March, were **Ed Feil, Richard Feldman, Ellen Rothchild, Howard Mayers, and Ed Reichek**. I'm sure there were more of you out there, but I may be having hallucinations that come from the **LOSS (Lack Of Sun Shine)** that plagues so many of us living in this neck of the woods. I am, however, foolishly hoping that these visions won't stop and that I can add your name to this growing list of early-starters every day.

Don't Go "Bonkers" On Us

Just a friendly reminder to all to familiarize yourself with the three (3) kinds of "**biking bonks**" that can occur to any rider if the proper precautions are not taken to prevent these occurrences: 1) All the water in the world won't help if your **glycogen** fuel is depleted. Remember: FRUIT and/or ENERGY BARS. 2) The **electrolyte bonk** can be prevented with sports-type drinks and energy foods containing **nutrients and minerals**. 3) If you've done all the other stuff and you feel too pooped to push on, you've hit a **fatigue bonk**, and the only solution/cure is several days of rest — up to three days may be necessary 'til you're back to feeling like yourself again. (These comments were prompted by the Dec. '99 issue of *Bicycling Magazine's* article on bonk-prevention.) As your mother always said, "An ounce of prevention....!"

Conflict of Interest(s)

Did you see the article in the **P.D.** by **Armond Budish** concerning certain of Ohio's state laws about **bicycle requirements**, including: a brake, a bell, a headlight and colorless reflector in front, and a red rear reflector and rear taillight, and either reflective sidewalls or front and rear reflectors in specified colors for your front and rear wheel spokes? Did you catch the part about the **no helmet requirement** in the Ohio legal system? And, as **The Crank** pointed out in last month's **CrankMail** issue, you can ride through various municipalities within Ohio and find major conflicts in the bicycle laws — one case in point regarding riding on the sidewalk vs. riding in the street! Does this mean that we have to study all the laws in every 'burb we ride through in order to avoid the potential of prosecution because there is little uniformity throughout the state? It's scary out there when you consider the stupidity of those who knowingly create these conflicts and seemingly ask to entrap the average law-abiding cyclist!!!

See you on the road

—Ellie Einhorn

WESTERN RESERVE WHEELERS



COMMITTEE:

Ellie Einhorn

Howard Mayers

Bernard Greenberg

Harold Pasternak

Mitch Kursh

Edward Reichek: 241-6930

Alvin Magid

Allen Wapnick: 781-4300

Membership Application

(Please print legibly.)

Name:

Address:

Home Phone: _____

Business Phone: _____

List All Adult Participants
(Age 18 or Over)

List All Minor Participants
(Under Age 18)

Dues (Individual/Family) — \$20.00

\$ _____

WRW Patch(es) — No. @\$1.00

\$ _____

TOTAL REMITTANCE:

\$ _____

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 of this form.

MAIL TO: 1422 Euclid Ave. #1104; Cleveland, OH 44115

**LEAGUE OF AMERICAN WHEELMEN
dba 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 with the Western Reserve Wheelers ("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 traveling 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 conditions in which the Activity takes place, of 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 incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, the Club, the LAW, and their respective administrations, directors, agents, officers, 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 "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 NEGLIGENCE 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 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.

PRINT NAME OF EACH PARTICIPANT:

ADDRESS:

PHONE:

PARTICIPANTS' SIGNATURES (only if age 18 or over):

DATE:

MINOR RELEASE

AND I, 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 TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND HOLD HARMLESS EACH OF THE "RELEASEES" FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINORS ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENCE 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:

PHONE:

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18):

DATE:



**This company began with a woman,
her passion and her vision.**

Claudia Ried was working in New York City as a fashion designer when she made plans with a friend to do an 800 mile bicycle tour of the Silk Road in Asia. She realized in her preparation and experience of that trip what a huge need there was for a woman's line of cycling clothing. Upon her return, she made her signature piece... the Leopard jersey.

Since her infamous ride and epiphany, Claudia has continued to design a very unique line of women's cycling apparel. Technical fabrics like Dristyle, the incredible fit of the Chinols jersey, the SSS Short and her Dragons and Coins print are just a few of the reasons that women love Shebeest and continue to come back for more.

Claudia has designed in the past for Guess active-wear, Liz Claiborne and Generra Jeans, but having her own company and designing clothing for a sport she loves gives Claudia a wonderful forum for her passion. She understands what women need when they are on their bicycles every day riding hard.

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10% OFF SHEBEEST™

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**★★★★★ RATED 5 STARS FOR COMFORT &
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Secretary/Treasurer

440/235-4458

newkid2@rocketmail.com

The madness starts up once again . . .

Through April 13, 10 riders had taken part in 8 races (all events took place in Ohio unless noted):

Road (CR - circuit race; CT - criterium; RR - road race; SR - stage race; TT - time trial)

Team Columbus Spring Classics CR Series:

Tour of Sugar Grove, Sugar Grove, March 4 - Gamm.

Ashville Grand Prix, Ashville, March 18 - Gamm, Hayden.

Allegheny Cycling Association Spring CR Series, Nottingham Twp. PA

March 26 - Stern.

Alley Cat Bike Messenger Race, Columbus, April 2 - Ziccardi.

Tuesday Night Training Series, Westlake:

April 4 - Beller, Cunningham, Stern.

April 11 - Riccardi, Stern.

Mahoning Valley Cycling Club Canfield Fair CT, Canfield, April 8 - Beller.

Off-Road (XC - cross-country)

Vulture's Knob Sun Valley Sports Ohio XC Series, Wooster:

March 26 - Eldred (1st, Sport Men 35+), Evans (4th, Sport Men), Hayden (Purple Heart Award!), McFadden (1st, Sport Men 18-).

News:

- **Check out** the race flyer insert in this issue for the Circuit de Westlake on Monday, May 29, also the Regional Road Race Calendar, given here through mid-June, as well as on-line for the whole year at www.pdqcleveland.org/calendar.html. Special thanks to **Brian Baddour** for his assistance in keeping the latter current!
- **Welcome** to new members **Mike Riddle**, **Vern Rubick**, and **Ben Anderson**, the latter of Boulder, Colorado.

*Results or events, I can't print what
you don't send, so keep in touch!*

ERIE RACING ASSOCIATION



DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Tuesday Evenings	Westlake Training CT Series	Westlake, OH	Chris Riccardi - 440/333-7269 19140 Old Detroit Rd. #6 Rocky River, OH 44116-1757 chris16@stratos.net, or www.pdqccleveland.org/pdqraces.html
Alternate Weekends 4/29-30 - 5/27-28	Women's Spring Training Series (CT, CR, & track events)	Columbus, OH area	Jay Baumeister - 614/529-4268 3602 Braidwood Dr. Hilliard, OH 43026-2406 jjbaum@megsinet.net, or www.tenspeeds.com
Sat. 5/6	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 home.neo.rr.com/msmith/sfw
Sun. 5/14	Chippewa Creek CR	Brecksville, OH	Charles Howe - 440/235-4458 7652 Inland Dr. Olmsted Falls, OH 44138-1443 newkid2@rocketmail.com, or www.pdqccleveland.org/pdqraces.html
Sun. 5/21	Rocky River ITT	Rocky River, OH	Charles Howe as above
Sat.-Sun. 5/27-28	Crooked River SR	Cuyahoga Falls, OH	Brad Hansen - 330/920-9133 1721 Deepwood Dr. Akron, OH 44313 USCFBSH@aol.com, or www.truesport.com
Mon. 5/29	Circuit de Westlake	Westlake, OH	Charles Howe as above
Sat. 6/3	Communication CT	Canfield, OH	Ted Schmidt - 330/792-9142 3435 Maple Springs Dr. Canfield, OH 44406-9252 ted@teamglenwood.com, or www.truesport.com
Sat. 6/10	Team Burn ITT	North Royalton, OH	Rudy Sroka - 440/546-9966 7979 Broadview Rd., Unit #1 Broadview Hts., OH 44147 rudu@teamburn.com, or www.truesport.com
Sat. 6/11	Tour of West Deer CR #1	Bakerstown, PA	Oscar Swan - 412/521-2207 6649 Woodwell St. Pittsburgh, PA 15217-1320 swan + @pitt.edu, or www.acaracing.com

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

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

CrankMail

Unclassified

Unclassified ads are free to *CrankMail*-served club members and subscribers for two appearances and appear both here and on *CrankMail's* World Wide Web site. Nonmembers/nonsubscribers pay \$5.00 for this service. Ads are intended for personal, non-commercial, bicycle-related purposes only. Ad copy should be typewritten to help assure accuracy. Ads are also accepted by fax or email if no payment is due. Ads are not accepted by telephone. 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, *CrankMail's* only obligation shall be to publish a corrected version of the ad in which said error appeared.

BRIDGESTONE RB-1: 56 cm, ridden six years, updated with Mavic Open-4 wheels and STI 14-speed, RSX shifters, otherwise Ultegra with DiaCompe brakes. Very good condition. \$300. Call Steve: (216) 252-2457.

CAMPAGNOLO CHORUS dual pivot calipers, used sparingly, unblemished. \$35. Call Steve: (216) 252-2457.

WANTED PANNIERS: Bicycle commuter needs to replace worn-out rear panniers. The only spec. is that they should be large enough that a laptop computer can be carried in one. Got some gathering dust? Call Walt: (330) 283-7867. Email: wruthenburg@usa.net

expire May

WANTED: YAKIMA SPACECASE. Call Peter: (440) 333-6698. Email: ptoomey@compuserve.com

BLACKBURN REPAIR STAND great for DIY projects or just cleaning. Works on almost any bike. Bike can be rotated 360°, folds for easy storage. \$50 or best offer. Call Bill: (216) 228-8325. Email: b1trentel@aol.com

CENTURION IRONMAN 19 in. (49 cm), chro-moly frame, Shimano 105 components, LOOK pedals, Campy wheels, Cateye computer, fuchsia & yellow paint. Call Patty: (440) 944-7409.

SOFTTRIDE POWERWING 58 cm, 1997 model with adjustable length and height. Full '600/Ultegra. Purchased new in 1999 – 56 original miles. Extra features. List: \$2,800; asking \$2,000. Call Doug: (440) 331-9733.

expire June

WANTED: Blind male tandem cyclist seeks west Cleveland area male or female cyclist for local Metropark rides and bike tours. No tandem experience necessary; tandem supplied. Time and day flexible. Call: (216) 228-6529

expire July

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TANDEM DEMO DAY

Sunday, May 21, 2000 *Rain or Shine!*

Century Cycles, Peninsula 1621 Main St. (Rt. 303)

Join Century Cycles knowledgeable staff for a free Tandem and Recumbent Fun Ride & Demo Day. It promises to be one of the most fun-filled tandem events in the state.

Meet other experienced tandem riders, try out the latest tandems, compare your findings, enjoy a snack and an optional fun ride.

See and ride bikes from Burley, Santana, Raleigh, Bike E, and Vision

IT'S FREE.

If you forget to R.S.V.P., come anyway!
B.Y.O.H. – Helmets are required for the fun ride.



Century Cycles

**For Additional
Information &
R.S.V.P. Call:**

Mike: **Medina**
800-201-3628

Scott: **Rocky River**
440-356-5705

Derrick: **Peninsula**
800-201-7433

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