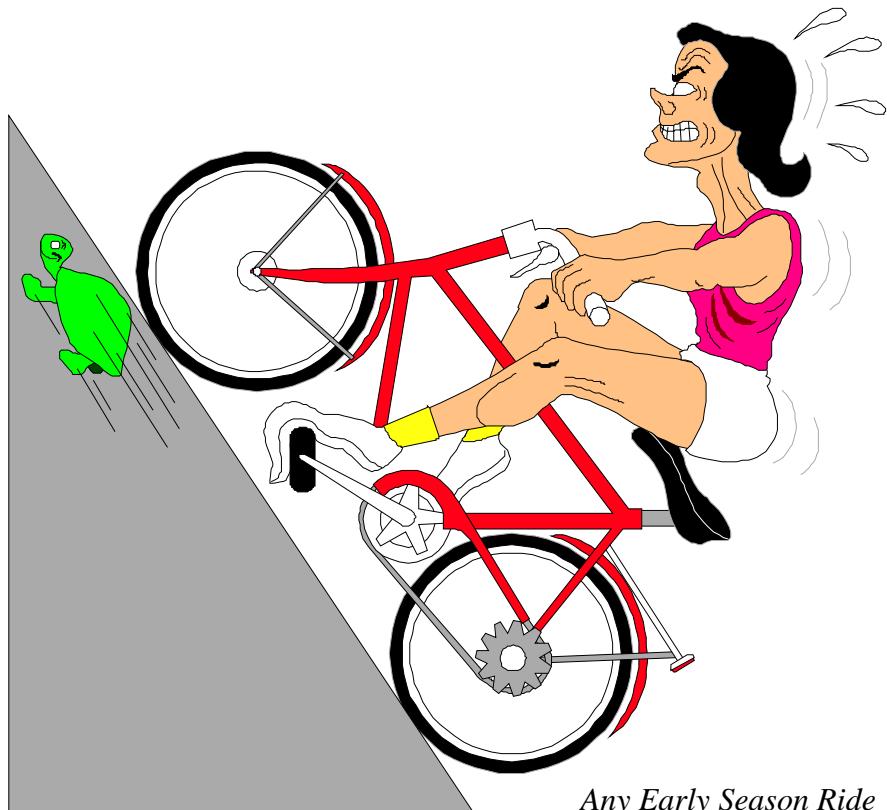




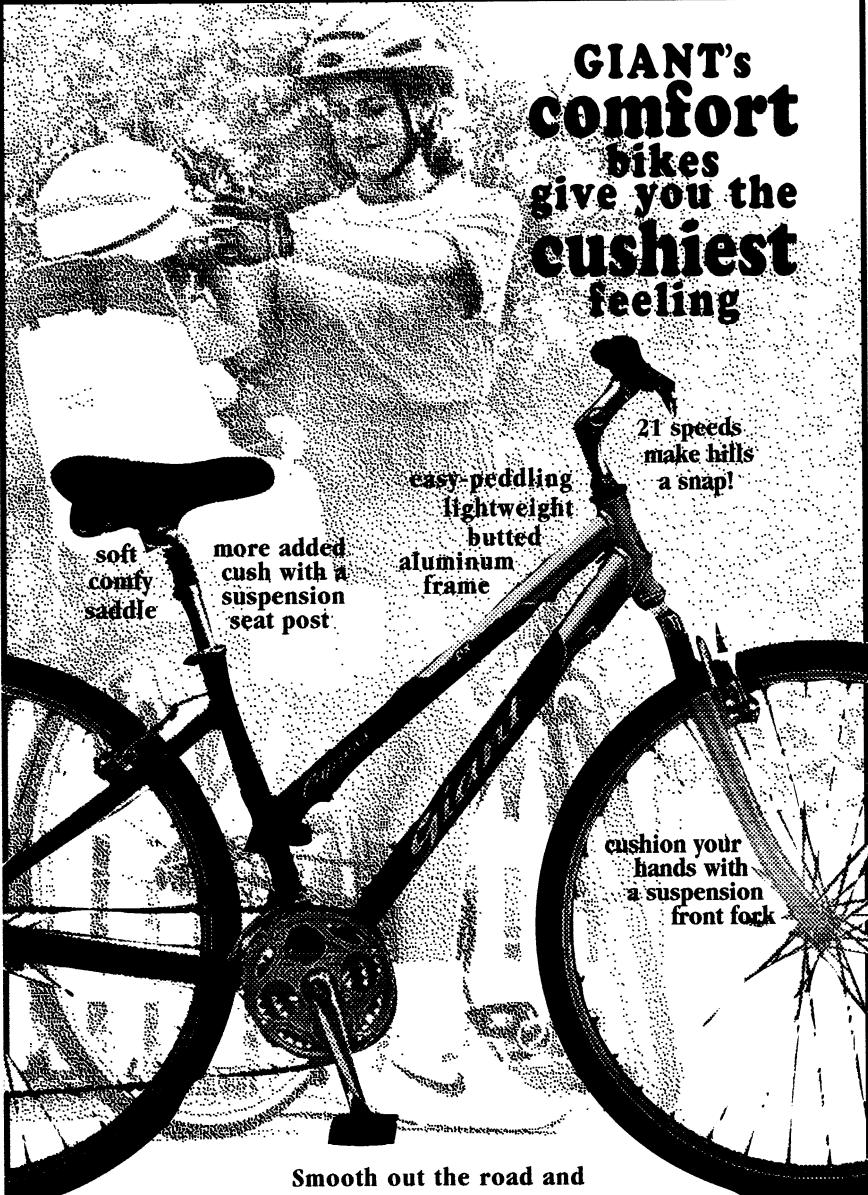
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Dead Birds Don't Cry

by Dina Wolff

Are you OK?" the cyclist slows to ask as I sit on the red dirt next to my bike. When I assure her that I am, startled at first by the question, she nods and continues north up County Road 250.

"Thank you!" I shout after her, realizing how unexpected her concern came in the midst of a narrow-minded moment of self-absorption.

I had needed to stop. What I had just witnessed had struck my heart so fast and so deep that the tears drained from my eyes like blood from a puncture wound. Over the past few weeks I'd been making a point to stop along my rides, ignoring the desire to see how fast I can make the 17-mile loop, how fast I can get back home where work and chores always await. There was no thought to this break, though, for I was afraid if I did not get off the road, something bad might happen.

Breathing hard up a shaded incline, I see in the distance a small animal picking at road kill. Daily contact with road kill is a new experience for me in Colorado. I've developed a system that helps me calm, for it's not uncommon to ride past half a dozen bloody, crow-eaten skunks, cats, birds, and whatever-elses on a single ride. The protocol goes something like this: 1) I see the road kill coming. 2) I take a deep breath. 3) I clench up. 4) Then, just as I am about to reach its side, I recite a Buddhist mantra of compassion — *Om Mani Peme Hum*. When its ripped up carcass is out of sight, I imagine its soul peacefully playing in Heaven. And I am able to relax again into the rhythm of the ride.

But this time it's different. This time, I only get through Step 3. For as I reach the mess, I see, not crusty old blood that is the obvious remnant of a welcome lunch, but bright red blood and the bluest of tiny wings.

And what gets me so deep I erupt into a gurgling bubble of breath and the snot of sudden tears is that the animal at its side is not there for nourishment; it is one of its kind, a tiny, blue-winged bird attempting to drag its buddy off the road.

I try for about a half mile to let my crying move its way through. But it doesn't stop. So I wait for a sunny patch of wide-enough shoulder, get off my bike, lay it down, and let myself sob it out. I reach for the tissues inside my vest pocket. I dab my eyes, blow my nose, and regret having only shoved two tissues in before leaving. And the traffic on this late Friday afternoon is thick. And I am not evolved enough to not worry what others will think if they see a skinny girl next to her bike sobbing her brains out on the side of an insanely beautiful mountain road. Then, when the young woman startles me with her question of concern, I realize the responsible thing to do is either go some place more remote to cry, or cowgirl up and appreciate the moment.

The sun is out after too many cold and gloomy days. Yellows and rusts, even pinks of a kind and reds compliment the evergreen of this early fall season. Snow caps the peaks in the distance, and the hour blesses



the land with a glow that the clear blue sky must soon surrender. This is October in Durango. Last year at this time, I did not notice such fleeting treasures. I had recently moved from Southern California into my then boyfriend's hillside home that he had just bought. We were newly coupled, and seemingly in love with each other. It's been six months now since he asked me to leave the home he had once convinced me was "our home." And I am beginning to accept that loss is inevitable, but that just as seasons come and go, so does the pain of death.

As I sit there reflecting on the mysteries of love and death, I realize that the intensity I still feel for him, what most would call love, could simply be energy. And if I am the one generating this energy, then I have the power to control it. Thus, I do not have to "do" anything with it. I do not have to put it on him; I do not have to shove it back inside of me. I can take it with me on my bicycle. I can breathe it into the wind, shower it over the river, scream it across the mountain. Or, I can recognize the nature of this energy in the careful way a blue-winged bird tries to help his dead pal from out the middle of the road. And with this realization, I take the energy I'd assumed was catalyzed by thoughts of my once-lover's touch, and I let myself experience it to the core.

This experiencing to the core usually starts like a kick to the gut. I double over and

clutch myself. I look up and gasp for air. And as I sit on the side of road feeling the pain that shoots through every cell of my whole being, I make myself stop crying. This is a good thing. Because the beauty of the day is just too amazing to miss. And when a shiny gold Explorer stops just feet beyond where I am resting, and the second woman of the day takes the time to offer help, this one by hollering, "Do you need anything?" I give her the thumbs up and a smile, rub the dirt off my ass, put my helmet back on and continue along my journey.

There is good in this world, I think as I pedal up the road. So much good it makes me want to cry.

Dina Wolff writes and rides from her home in Durango, Colo. She is a freelance book editor and writing coach.

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Welcome to New Members

Doug Kutsko Rocky River, **Nelson Mullins**, **Peter Wise** Mentor, **Anita Holt** Parma, **Ed Komacka** Painesville, **Sandy Greig** South Euclid, **Stephen Freireich** Solon, **Brian Hetman & Family** Macedonia, **Robert Fitz** Chagrin Falls and **Barb & John Heinbaugh** Aurora. Welcome! We hope to see you this spring!

The Lake County Bike Expo Ride

It was a pretty good morning, as mornings in early April go in North East Ohio. Dry, a bit chilly, but not bitter. Almost a dozen riders showed up at the Lake County Farm Park for the ride and the Bike-n-Blade Expo afterwards. Including one recumbent. With us all wearing gloves, gripping and reading the map was a bit of a chore so **Rick Porter**, who knows the local roads, led us by memory. We had a choice of a short and long route and, bravely, most opted for the long one.

For one of the first rides of the season it proved to be pretty hilly as we climbed and descended the terrain around the Holden Arboretum. Heavy panting on the steep parts. I think all of us inwardly groaned about not having trained enough during the winter. Some groaned outwardly, but despite this breach of discipline shall remain nameless.

Recumbents are not known to climb hills well, but its owner is, and he outclimbed us all. Until he disappeared. Topping out on a climb we looked back and asked 'Where's on the recumbent?' but he was nowhere to be seen. Gradually, others dropped out too. For all we know their bodies may still litter the ground of Lake County's steepest roads. Maybe they got cold and went home. Maybe they just froze to death on the spot and are still standing, erect on their steeds until spring thaw causes them to topple over.

Jeremy Brustein, who shall remain nameless, experienced several minor misfortunes. He developed a slow leak in his rear tire, solved with the application of air from two of those small pressurized cannisters, and a non-shifting front derailleur solved when Rick offered to let us stop by his house and use his lube. Rick lives on one of the highest points in Lake County and told us about suffering the worst of lake effect snows. Now we just suffered the effect of having to climb to his house. He's a prolific gardener, complete with fenced off plot and compost heap. Too bad it was so early in the season that there was nothing to pilfer.

On the return, after yet more hills, the consensus changed. Everyone was taking the short route. Back at the Farm Park we ogled fancy new bikes and classic old

ones, pondered the items for sale at the gear swap and congratulated ourselves on such a rough ride. Soon after, one of the presumed dead arrived. **John Gallovic** had kept going straight at some point when we turned, and completed the entire long route. I was about to head out for that extra loop and offered to ride it with him but the look on his face convinced me that he had had enough.

— Marty Cooperman

Ride Schedule

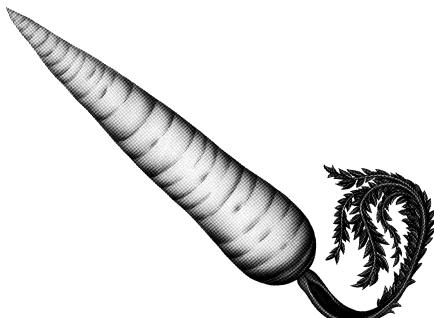
May 13	9 AM	Girdled Rd Metropark (25,45,60)	rolling/hilly
20	8:30	Chardon to Punderson (25) Hiram (50)	rolling
27		Gurney school Burton (26) Middlefield (40)	
		Garrettsville (65)	rolling
28		North Chagrin — MEMORIAL DAY Pick Up Ride	
June 2		Chardon Pick Up ride from WRCS — SAT. RIDE	
3		North Chagrin to Fowler's Mill (40) Burton (55) hilly	
10	7 AM	SUNDAY IN JUNE (10, 25, 50, 62, 100) CTC's Annual arrowed route event, maps, snacks, lunch. Preregister and save \$\$\$\$.	
		Burton Century Village, Burton on the Square. flat to hilly	

Second Tuesday of the month - Tour de Tuesday 9:15 AM

May 8 — Meet at Parkman Community Center off of 422, a preview of Sunday in June. We should see Amish farming their land, buggies, and spring things.

June 12 — Meet at Polo Field on Chagrin River Rd, ride the south Chagrin Parkway. Hilly.

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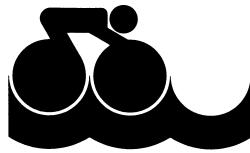
A Freebie Century

Saturday, May 28, 2001

This has been a traditional Club Century for about 20 years and all who ride it find it offers a varying challenge depending on the wind. The northern half is mostly flat while still in Lorain County. The terrain starts to give way to some rollers as you get deeper into Ashland County. There's a real good one just outside Hayesville. The ride home gets easier (if that's possible in a century) as you get further north. The route loses altitude as you make your way toward Oberlin and if there's a tailwind, it's a real "breeze."

This is a freebie century through southern Lorain and northern Ashland Ashland Counties. The route takes us south from Oberlin through some rolling Amish countryside to Jeromesville. Then it's west on part of the Cardinal Trail to Ashland. From here, we'll head back home via route 511. Plan for stops in Hayesville, Olivesburg (for BIG ice cream cones), and Nova to refuel. It wouldn't hurt to take a PowerBar or two along, just in case. For those who think 50 miles or so is enough, there's a cutoff at Ashland County Road 500 to accommodate you.

The ride will start in Oberlin, OH at the Oberlin Community Center at 8:00 AM on Saturday, May 28, 2001. The Community Center is just off South Main Street, a few blocks south of Tappen Square ... the center of town and the intersection of State Routes 58 & 511. From Tappen Square, drive south on Main Street until you see the caboose on your right ... you're there! If you're unfamiliar with the area a map of the Oberlin area is available on our web site www.eriecoast.com/~lorainwheelmen/ in *Adobe Acrobat* format.



LAKE ERIE WHEELERS

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Bob Parry

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Vice President

Russ Marx

440-582-3454

Secretary

John Whitaker

216-485-9184

Treasurer

Bob Ugan

216-476-0353

LEW Club Weekend & Holiday Ride Schedule

May 6	9:00 am	Bonnie Park to Peninsula - Stanford House Pancakes - 50 miles.
May 13	9:00 am	Olmsted Falls to LaGrange & Spencer - 45/70 flat miles.
May 20	9:00 am	Brecksville (Station Rd. parking lot) to Chagrin Falls & Squires Castle - 45/65 miles.
May 27	9:00 am	Paw Paw lot to Stan Hewitt via Sand Run - 50 miles.
May 28	10:00 am	Holiday Hawaiian Shirt ride start from Scenic Park to Cleveland Flats for lunch.
June 3	9:00 am	Valley City to Lodi & Wooster - 36 / 80 flat miles.
June 10	8:00 am	Sunday in June by CTC club, Geauga County Fair Grounds.
June 17	9:00 am	Elyria (2nd St. pkg lot at bike path) to New London - 60 flat mi.
June 24	9:00 am	Bradley Woods Metropark to Vermillion - 30 / 60 flat miles.

Ride Start Locations:

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

Bradley Woods in Westlake, in the Bradley Woods Reservation, at Bradley Rd and White Oak Lane, south of Center Ridge Rd.

Brecksville in Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).

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

Paw Paw Lot Picnic area and parking lot, off of the Valley Parkway, just east of West 130th Street, in North Royalton.

Scenic Park Parking lot at marina in North Rocky River Reservation, off of Valley Parkway ½ mile south of Detroit Rd., in Lakewood.

Valley City Liverpool Elementary School, at West River Road and School St.

Weekday Rides:

Tuesday Evenings – Short, slower rides starting from Fairview Park Post Office (on West 220th, just south of Lorain Rd.), 6:30 pm, weather permitting. Call Bob Ugan at 216/476-0353. Recommended for beginning and slower riders, plus new club members. Also a good way to make our acquaintance (invite someone you know).

Wednesday Evenings – The “Ice Cream” slow and short rides start from the Olmsted Falls Public Library. The rides will leave at 6:30 pm, weather permitting. Speeds are in the low teens; distances vary from 20 to 30 miles. The routes are for those who prefer quiet country roads, and like to stop for ice cream during the ride. Contact Marc Snitzer at 440/236-3017 or email at msnit@juno.com.

Regular Club Wednesday Evenings – Moderate to fast pace 20-30 mile rides starting at 6:30 pm from Kamm’s Corner parking lot at Lorain Rd & Rocky River Dr (Rt. 237) in Cleveland (behind Pizza Hut), Call Ed Wheeler at 440/572-1122 or email at wheels@ameritech.net (weather depending).

LEW WEB keeps club informed of late breaking news

To keep informed of late breaking news and location of rides during the year check the LEW club site out at: <http://www.geocities.com/lakeeriewheelers/>. The LEW club email list is at Bikelew@juno.com. If you aren’t receiving weekly ride updates and have email, let us know and we’ll put you in the address book.

The April, 2001 Club Meeting

The April meeting opened with the statement by Club President Bob Parry that the Brook Park Library will not be available for the May meeting. An alternate site is being sought as of this printing, and Mr. Parry will inform club members by email or telephone, as circumstances permit. It is likely that the meeting will be held at the Starbuck’s coffee shop in Rocky River, near Detroit and Rockland, just one block east of Century Cycles (this is not a plug). This will be the last of the official club meetings until near the end of the season, when they will resume in September. These will most likely be held at the Brook Park Branch of the Cuyahoga Library, on the first Tuesday of the month, as before; if there any changes, members will be contacted. Members with web access may check the club web site for the latest news. Members may continue to express their concerns (or offer ideas) to club officers at club rides, by email, or phone.

Following this news, the meeting continued with its intended theme: a discussion of week-long bicycle tours, by various club members, beginning with Russ Marx, Jerry Storer, Tom Meara, Bob Parry, and finishing with Bob Ugan. Their experiences during the previous years covered the gamut of possibilities for extended touring. There are a variety of large and small-scale events (in terms of number of riders) are available, with varying degrees of support from sponsoring organizations. For the more daring riders, there is also the adventure of solo, impromptu touring.

Russ Marx started with a discussion of his high-altitude ride with Bike Colorado last summer, during which he rode 450 miles and climbed 15,340 feet (do vertical miles count towards the total distance?). Not a ride for “chubbies” or children, Russ highly recommended the use of a heart monitor during the ride, so as not to overtax oneself at such altitudes. Bear in mind also, that it does get *cold* that high up, even in July. Bike Colorado is

a fully supported tour, with meals, shelters, and sag service. Excellent food, with an interested variety of cuisines. Think of GOBA, only twice as long.

Jerry Storer shared his and Tama Ripley's experiences riding in Montana (Glacier National Park) and Wisconsin (North Woods To Capital Tour). Both rides fully supported, with a choice of tents or sleeping bag shelters. Comfortably small in ridership, lacking the long waiting lines of a typical "monster" tour that draws thousands of riders. Good food, great scenery, with optional side trips for sight-seeing. Contact CycleAmerica for information about the Glacier National Park ride; www.bikenorthwoods.com for information about the North Woods tour.

Tom Meara's solo adventure from Seneca Falls, New York to Cleveland was made possible made possible by Adventure Cycling, who provided maps of suitable routes for bicycle touring through New York, Pennsylvania, and Ohio. Riding completely unplanned, Tom found accommodations at hotels, bed & breakfasts (B&Bs), and various restaurants along the way. Tom also related his tour of Ireland, also unplanned, in the less tourist-busy areas. Again, stayed in B&B's, most of which required cash (don't forget your ATM card). Good weather throughout, a little cool sometimes.

Bob Parry related his experiences with the West Shore Line Tour in Michigan, and with the Bon Ton Roulet Tour. Both were small, cozy tours, 350 people at most, which gave a good chance of meeting people that you could expect to see again (and not lose them in a sea of strangers). Casual sight-seeing is encouraged, these are not rides to rush through, nor set speed records. There is much to see: museums, parks, small towns.

Bob Ugan finished up with his tale of a monster ride: RAGBRAI, in which 8,500 riders traveling across Iowa have the whole road to themselves. Beware, Iowa is not flat: there are hills, not steep, but very long climbs and descents. Considered to be one long party of a ride, RAGBRAI passes several small towns, where food, drink, and entertainment are available in abundance. Expect to spend \$50-60 per day. Just as entertaining are the riders themselves: one was seen towing a canoe, another participant roller-bladed the whole distance (occasionally towed by riders), and one hardy soul rode a single-speed. A very challenging ride, average distance is 70-100 miles per day. The high point for Mr. Ugan: a chance to ride with the cadets of Team Air Force.

During the discussion that accompanied these narratives, several ideas and issues emerged. One was the need for preparation, in terms of equipment, condition of the bicycle, and condition of the rider. When your drop-off ride is pulling away, that is not the time to wonder if you remembered everything. And, as Russ Marx explained, some rides are not for the out-of-shape rider. Aside from these, and signing up in time for the ride, the most critical issues are getting yourself to the ride, and getting your bike to the ride. As there may be unexpected delays, it wouldn't hurt to leave yourself some extra time for travel.

Discussed were many ways to ship the bike itself, in which the means and expense may vary according to circumstances. Airlines, buses, and trains will carry the bicycle, provided it is packed in a suitable container, but they may charge extra for doing so. Discounts are available from the League of American Bicycling, riders should look into this in advance. Especially since, given the quirks of air travel, your intended flight may not be available, possibly bumping you to an airline that might not honor the discount. As for packaging the

bicycle, call ahead: if you can find a place to store the bike box, then you might consider using one of the sturdier, nondisposable models. Otherwise, consider getting a disposable box. Again, check to make sure that replacements are available; better still, reserve one if you can. United Parcel Service (UPS) is another option, they will ship it for approximately \$35, and insure it too.

Tours were announced for upcoming weekends in April: Wellington to Malabar on the 13th and 14th, and the Randonneur Brevet on the 20th and 21st. The Pancake ride follows on May 5 & 6. See below for further information.

Tom Meara announced further progress on designs for the club tee-shirts: the vendors approached so far have presented two options: silk screened, which could provide multicolored logos, or embroidered, which would likely be all one color, and would mean a larger-sized logo (to properly show the wheels in the logo). Tom will investigate further, to find something closer to our preferences.

The theme of the next meeting, in May, will most likely be safe and defensive riding habits. Enjoy the spring weather!

Racing Division News

Racing Division Chairman Tom Thomson sends his greetings to all LEW members interested in competitive cycling. *Team LEW* supports bicycle racing in all its forms: Road/ Cyclocross, Mountain Biking, and Multisport. Eligibility for Team LEW depends on the following:

1. Membership in good standing with the Lake Erie Wheelers.
2. Sign and date the Release of Liability form.
3. Racers must commit to completing at least two races during the season.
4. Represent the Team and Lake Erie Wheelers honorably and in a positive light at all times.
5. Members should occasionally volunteer at team activities, as necessary.

For further information contact Tom at 440/933-4093 or at LEWRaceDiv@gateway.net (alternate email: Colnagonut@gateway.net).

Touring Division News

A schedule of Touring Division events has been planned for this year's riding season, assembled by chairman Tom Meara and other interested members. Tours are open to all riders, and everyone is encouraged to participate. Each tour will have a designated ride captain to make the determination that an individual has the ability and equipment to complete the ride.

Tours are of two types, fully loaded and lightly loaded or "credit card". Fully loaded tours are self-supporting, and have "camping" listed in the description. Lightly loaded tours do not require you to carry shelter or food; instead, riders stay at motels, B&Bs, or hostels instead of campgrounds. Tours are unsupported except where listed. Randonneur brevets are endurance events, not typical tours. The riding is more or less continual for the distances listed.

<u>Date</u>	<u>Route</u>	<u>Ride Captain</u>
May 5 - 6	4th Annual Pancake Tour - Rocky River to Peninsula. Stanford House AYH, 100 hilly miles.	Tama Ripley
May 12 - 13	TOSRV, Columbus to Portsmouth – 210 miles (terrain varies from flat to rolling to hilly).	www.outdoor-pursuits.org
May 18 - 20	Niagara on the Lake – 25/40/80 Mi, camping/B&B Drive Friday, ride Saturday & Sunday, return, supported.	Doug Barr
May 24 - 28	Blue Ridge Parkway, Cumberland Knob to Cherokee, NC. 140 very hilly miles, motel, supported.	Bob Parry
May 25 - 27	Ohio Randonneur Brevet at Springfield, OH. 300 Km. Drive Friday, ride Saturday to Sunday.	Tom Nezovich
June 8 - 10	Ohio Randonneur Brevet at Springfield, OH. 400 Km. Drive Friday, ride Saturday to Sunday.	Tom Nezovich
June 15 – 21	Great Ohio Bicycle Adventure, 300 miles, camping	www.goba.com
June 16 - 17	N. Olmsted to Findley Lake State Park. 80 miles, camping.	Tom Meara
July 7 – 8	Ohio Randonneur Brevet at Springfield, OH. 600 Km. Drive Friday, ride Saturday through Sunday	Tom Nezovich
July 7 – 15	Cleveland to Shippensburg, PA. 500-600 miles, motels	Tom Nezovich
July 14 – 15	Berea to Clinton, Ohio, 110 miles, camping.	Tom Meara
Sept 1 - 3	Allegheny Tour, NY and PA. 200 hilly miles, camping.	Tom Meara
Oct 26 - 28	Youghiogheny Trail, Ohiopyle. 130 flat miles, camping	Doug Barr

If you are interested in participating, Ride Captains must be contacted prior to the ride:

Bob Parry	(440) 779-8392	bob.parry@juno.com
Tom Meara	(440) 777-2563	tom_meara@hp.com
Tom Nezovich	(216) 749-0029	knezovich@msn.com
Tama Ripley	(440) 331-0281	RIPLEYT@ccf.org
Doug Barr	(440) 734-1715	doug barr@nshore.org

Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained). Tom is also interested in attracting LEW members who have are enthusiastic about touring, overnight and otherwise. Anyone interested can contact him at 440/777-2563, or email him at tom_meara@hp.com.

Help Us Attract New Members!

Members with athletic and social interests other than bicycling are encouraged to contact club officers, and share with us any information regarding these activities. Of particular interest are the places and groups associated with these activities, the potential of participant's interest in recreational bicycling, as well as the likelihood of their ability to participate. All information offered will be kept in confidence amongst club officers, and will be utilized without divulging the source. If they so decide, members may be provided with materials in order to make such contacts on their own.

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	bikevetter@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol
Ride Coord.:	Dave Schultz	330-725-0293	dsbikes97@aol
Secretary:	David Miller	330-725-7928	mlrmedina@aol.com
Mtb Coord.	Linda Miranda	330-483-4512	lmiranda@mircosolutions.com

Weeknight Ride Schedule

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

Wednesday - 6:30 p.m. Courthouse parking lot- Jefferson and E. Liberty St.
(*FAST* 18+MPH)

Thursday - OFF-ROADERS...Check the web or contact Linda Miranda

Weekend Ride Schedule

Saturday - Check the web or call!

Sunday - Courthouse Parking Lot - Jefferson at E. Liberty St.
8:30 a.m. **Touring Group** at (10 - 15 MPH)
9:00 a.m. **Racing Group** at (18 + MPH)

Or check your email or our new web site: <http://www.medinabikeclub.org> and go to the message board

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

We are still attempting 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 at 330-725-3074 or email: IHalliwell@nobleknights.com

If anyone is interested in riding any of these events please contact Tom: 725 - 1058

5/20 BICYCLE POKER RUN. Massillon 25/18

5/26 JJJ: JERRYS JEROMESVILLE JOURNEY. Oberlin 100/50

6/02 17th HOT TAMALE. Waldo 64/32/16/8

6/10 20th SUNDAY IN JUNE. Burton 100/62/50/25/10

6/24 CLEAR FORK VALLEY CENTURY. Lexington

THE PREZ SAYS...

A very warm welcome to our newest members. Paula Kasmin, Sara Kibler, Shawn Conway , and Kelly Heidman. And a thanks to all of you who decided to give it another try.

I have had several inquiries about Saturday rides in the last month. We can post a Saturday ride if there is enough interest and a few members willing to lead a ride. Would those of you wanting to ride on Saturday please let me know. Any member who is not receiving their email please send me a message stating so and I will add you to our mail list. tjmd@aol.com

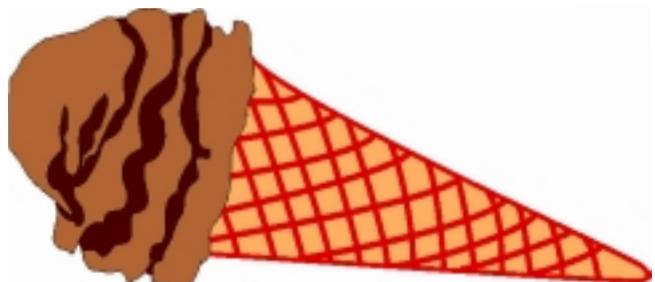
For those of you still coming out of hibernation the riding season has started, rather slowly as usual. Our first official Sunday ride of 35 miles started with one loose crank arm, one broken spoke, and a 20 MPH headwind. But the ride back was smooth sailing. If your a little off the pace, welcome to the club. Come out and get up to speed with the rest of us. NOW is the time to get started.

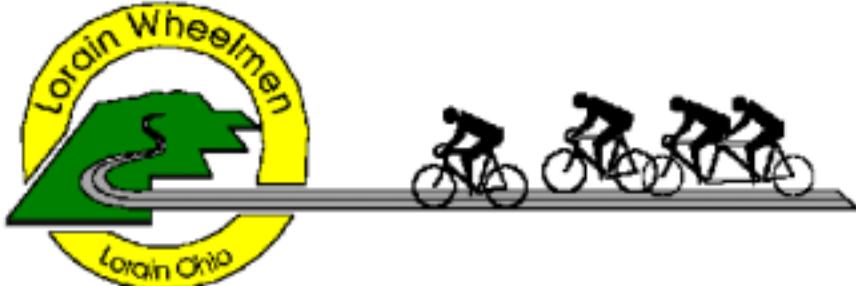
We do not believe this club should consist of just a few members who decide how things are. You can make this club what you want it to be, if your willing to get involved. How's that for a pep talk? Good because there are allot of things to accomplish this year if we are to continue to grow and remain responsive to our membership. I would especially like to thank Pat and Linda Miranda for the excellent effort they have put in to the Mountain Bike Chapter and for all the work on our new web site.

We have just renewed our affiliation with the League of American Bicyclists (LAB). Not only because they promote our rides, but because they promote bicycling. Yea that's it. And this will also allow us to offer some new perks to our members.

It looks like the route for the MCBC Ice Cream Ride will include allot of new scenery. Our route planning committee has almost completely revamped the route from last year. Hoping to give you one of the most enjoyable yet challenging rides of the year. We are going to just keep making it better!

Why ride with our club? Don't you ever get tired of talking to yourself? Did you ever consider that by riding with someone who is a little faster you might become a little faster? Do you ever get bored riding your same old routes? Wouldn't it be nice if there was an extra tire patch or tube around? Ever wish that dog was chasing someone else? Do you ever feel uneasy being on the road by yourself? If you answered yes to any of these question's you might want to come out for a complimentary, no obligation test ride. Give us a try.





May 2001 Calendar

Day	Date	Starting Point	Destination	Distance
Sunday	May 6	Oberlin Inn parking lot	Spencer	40 - 50 miles
Thursday	May 10	Nordson Depot	Prolog @ 6:00 Meeting @ 7:30	20 mi Warm-up
Sunday	May 13	Amherst Powers School	Wakeman	about 40 miles
Sunday	May 20	Oberlin Inn parking lot	Surprise!	40 - 50 miles
Saturday	May 26	Oberlin Community Cntr	Invitational/JJJ	50/100 freebie
Sunday	May 27	Amherst Powers School	Wellington	50Miles
Monday	May 28	Amherst Powers School	Memorial Day	U-Show - 25

All rides start at 9:00 Eastern Daylight Time!

This month evening rides will start and be scheduled as follows: Tuesday at 6:00 from Oberlin and Thursday at 6:00 from Amherst. We'll talk about a slow paced (12 mph) from the Caboose in Oberlin sometime later (after it warms up a little). We won't designate the TUE & THU rides with a pace. You can come out and the group will dictate the pace. They always stay together. The distances will be from 25 to 30 miles dictated by rider pace and available light.

If someone has ideas for routes on Sunday, drop me an email and describe the route. I'll drive it and map it out, etc. Don't tell me on Sunday morning! Remember to send in those mileage logs (please don't call), it's the only way I can be sure to remember to record mileage. The new log has been posted on the Web site. I'll also have some with me on Sunday rides.

Yo, Wheelers...



Winter is over! (just kidding) On Sunday, April 8, seven of us went for the first ride of the season. It was, as you will recall, warm and sunny; a beautiful day to be out. Unfortunately, we had wind in our faces both coming and going. Broadway Bagel was glad to see us back. Hopefully the weather will continue to improve and WRW riders will be out in force. It seemed like such a long winter that it was enjoyable to be in shirts and shorts again, although the reality of the situation is we will have some cool days before summer really returns.

If you have not paid your dues for this year, please do so. Our treasurer said “no dues – no *CrankMail*. As always, new members are welcome. Renewing and new members, please use the application and release on the next pages.

Please remember all rides start at 9:00 a.m. until Saturday, May 5 when we will start at 8:30 a.m. to beat the heat and to be home earlier.

All but two of the clubs shirts were sold. We only have two (2) large left. If you want one, please call me.

May the wind always be at your back.

— Ed Reichek

WESTERN RESERVE WHEELERS



COMMITTEE:

Ellie Einhorn	Howard Mayers
Bernard Greenberg	Harold Pasternak
Mitch Kursh	Edward Reichek 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				
6	8:30	JCC	Solon via Bedford	31-35
13	8:30	JCC	Tinker's Creek	31
20	8:30	JCC	Hudson	42
27	8:30	JCC	Downtown via Parks & Towpath "Irv's Urban Oasis"	40-50
28	8:30	JCC	Memorial Day Pick-Up	??
June				
3	8:30	JCC	Walden	38-58
10	8:30	JCC	Chagrin Falls Parking Lot	
	7:45	JCC	Circle Chagrin	30-48
17	8:30	JCC	Solon/Sea World (alternate GOBA)	29
24	8:30	JCC	Willoughby	30
July				
1	8:30	JCC	Downtown via Parks & Towpath "Irv's Urban Oasis"	40-50
8	8:30	JCC	Oscar's Tanglewood	35

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.

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 "RELEASEEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation 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 "RELEASEEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEEES" OR OTHERWISE, INCLUDING NEGIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

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

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 "RELEASEEES" FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR PART BY THE NEGLIGENCE OF THE RELEASEEES OR OTHERWISE, INCLUDING NEGIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN:

ADDRESS:

PHONE:

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

DATE: _____

PDQ

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chris16@stratos.net

ALAN MARCOSSON

Vice President

216/252-5191

pyrostuff@aol.com

CHARLES HOWE

Secretary/Treasurer

440/235-4458

pdq_cleveland@yahoo.com

News:

- Oops! Missing from the club and team supporters listed in this space last month was **Sound Sites and Solutions**, our web page sponsor. Whether your need is web-based and client-server applications, web site design and topography, graphic design, technical writing . . . even computer music arrangement and sequencing, Sound Sites and Solutions offers inexpensive application, training, and strategy for businesses, organizations, and families. *Get an idea. Get excited. Get a solution.™*
- **Welcome** to new members **Felicia Greer**, of St. Clairsville, and **Mike Lanigan**, from Cleveland.
- **Volunteers are needed** for the Chippewa Creek Road Race next **May 13** – contact Charles Howe if interested.

Results:

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

Ohio Valley Spring Series:

Queen City Wheels CR, Morrow, March 4 – Ziccardi

Redlands Bicycle Classic CT, Redlands CA, March 18 – Lu.

Eldorado Park CT Series, Long Beach CA, March 20 – Lu.

Lightning Velo LA Circuit Race, Westchester CA, March 25 – Lu.

Team Columbus Spring Classics CR Series:

Tour of Richland County, Mansfield, March 31 – Gallagher (2nd, Men 45+), Lutzke (9th, Cat. 3/4 Men)

Tour of Hocking Hills, Logan, April 7 – Gallagher, Lutzke, Ziccardi

Team Akron Spring CR Series, Bath:

April 1 – Billman, Cunningham Jr., Cunningham Sr., Eldred, Estlack, Hayden, Lu, Riccardi

April 8 – Billman, Cunningham Jr., Eldred, Lu, Madison, Riccardi, Stern.

Tuesday Night Training Series, Westlake:

April 3 – Cunningham Jr., Eldred, Lu (4th "A" race), Miller, Riccardi, Stern, Wilkinson

April 10 – Barr, Billman, Cunningham Jr., Eldred, Lu (1st, "A" race), Marcosson (3rd, "B" race), Miller, Riccardi, Simpson, Stern, Wilkinson.

Summit Freewheelers Race-at-the-Lake CT Series, Munroe Falls:

April 14 – Cunningham Jr., Cunningham Sr., Eldred, Estlack (2nd, Cat. 5/Cit. Men), Hiller (4th, Cat. 5/Cit. Men), Gallagher, Lutzke, Lu, Miller, Riccardi, Simpson, Stern, Wilkinson, Ziccardi.

Off-Road (XC – cross-country, HC – hillclimb)

Health & Fitness Promotions Mansfield Mountain Bike Championship XC Series, Mansfield:

March 11 – Hayden (2nd, Expert Men 35+).

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

March 25 – Bennett (2nd, Novice Men 36+).

Lake Metroparks Lake Farm Park XC, Kirtland, April 1 – G. Bennett (1st, Women Overall), R. Bennett (3rd, Expert Men 35+), Enyedy (1st, Beginner Men), B. Gardner (4th, Expert Men 35+), K. Gardner (5th, Sport Men 19 & under).

Fifth Annual

Chippewa Creek Road Race

SUNDAY, MAY 13, 2001

Le Circuit de Grimpeurs



BRECKSVILLE, OHIO

Citizen Racers Welcome!

Join us for Northeast Ohio's most challenging and scenic circuit race!

- 20 miles, 400+ feet of climbing per 4 mile lap, with a 45 mph descent and a hilltop finish. Awards to top 3 Cat. 5/Citizens overall, plus 12-18 (3 places), 35-44 (4), & 45+ (4).
- Registration at Oak Grove Picnic Area, Brecksville Metropark, 6:10 - 6:50 a.m. Entry fee is \$15 if received by May 8, \$18 on race day (rider limit = 50). CPSC-certified helmet **MUST** be worn at all times. "Time trial" or "triathlon" bars are not allowed (the Scott "Rake" model is OK).
- Race starts at 7 a.m. Awards, refreshments, and snacks included afterwards.
- Other races too: Cat. 1-3 Men, 36 miles, \$400/8 places (limit 60); Men 35-44 and 45+ (Cat. 2-4), 28 miles, \$175/4 each; Women, 20 miles, \$175/4 (limit 20); Cat. 4 Men, 28 miles, \$175/4 (limit 30). \$17 if received by May 8, \$20 on race day; Cat. 1-3, \$22/\$25.
- For more information, e-mail pdq_cleveland@yahoo.com; visit www.pdqcleveland.org; send SASE to 7652 Inland Dr., Olmsted Falls, OH 44138; or call 440/235-4458.

**ERIE
RACING
ASSOCIATION**



DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Tues. Eves.	Westlake Training CT Series	Westlake, OH	Chris Riccardi – 440/843-8026 10915 Windham Dr. Parma, OH 44130-1576 chris16@stratos.net
Sat. 5/5	Race-at-the-Lake CT Series	Munroe Falls, OH	Rick Schwarz – 330/922-3299 352 Hillbrook Dr. Cuyahoga Falls, OH 44223-3508 R1Biker@aol.com, or summitfreewheelers.com
Sun. 5/6	TACO Ohio RR Championships	Wilkesville, OH	Tym Tyler – 740/321-1446 P. O. Box 438 Granville, OH 43023 teamcolumbus@truesport.com, www.truesport.com/teamcolumbus
Sun. 5/13	Chippewa Creek CR	Brecksville, OH	Charles Howe – 440/235-4458 7652 Inland Dr. Olmsted Falls, OH 44138-1443 newkid2@rocketmail.com, or pdqcleveland.org/pdqracers.html
Sat. 5/26	Canfield Fair CT, ITT	Canfield, OH	Alan Wenger – 330/549-5601 263 E. Pine Lake Rd. North Lima, OH 44452 awenger@zoominternet.net
Sat. 6/2	Five Points Classic RR	Indiana, PA	Bruce Overdorff – 724/349-7688 85 Byron's Pl. Indiana, PA 15701-3130 bajdorff@surfshop.net
Sat. 6/3	Downtown Indiana CT	Indiana, PA	Bruce Overdorff 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	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
Sat. 6/16-23	Tour of Southeast Ohio SR	Southeast OH	Tym Tyler as above
Sun. 6/24	Tour of West Deer CR #2	Bakerstown, PA	Oscar Swan as above

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

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

CrankMail

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WANTED: FEMALE ATHLETE interested in adventure racing on coed 2- or 4-person team. Must be willing to participate in 2-person kayaking, trail running, and mountain biking. Contact Scott Erdman: (440) 639-0048. Email: sjerdman@hotmail.com

expire May

PANNIERS WITH ALUMINUM RACK: matching bears, size large, Madden's of Colorado, purple, like-new. \$150. Call Ron: (440) 237-3916. Email: Arcticsilk@aol.com

IBIS TITANIUM ROAD FRAME: 57 cm, Ancotech tubing, Kestrel EMS Pro fork w/1-inch steer tube, American Classic headset, 27 cm Ti seatpost, Avocet 02 air Ti saddle, Shimano Ultegra Triple STI 2000 9-speed groupo, Sedis/Sachs PC89R chain, ITM Pro 42 cm bar, Elite Inox SS bottle cages (42 gm.), Icon (Trek) stem, Vetta RT 77 computer w/ cadence, SpeedPlay stainless steel pedals, Sun ME14A yellow wheels, Mavic 571 hubs, Salsa Flip-Off yellow skewers, Continental Grand prix 3000 tires. Bike has only about 400 miles on it. \$2,350 plus shipping. Call: (216) 481-9538. Email: bill806@stratos.net

OUTFIT FOR LITTLE STOKER: extra-small crochet bike gloves, \$2; child's blue helmet w/extra pads, \$3; child's small, black Lycra, padded bike shorts, \$10. Call John: (440) 356-3479 (days). Email: koch-44116@juno.com

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.

KESTREL 200 SCI 54 cm, red, EMS fork, Ultegra 9-speed triple, Mavic Cosmic wheels, ITM 42 cm handlebar, Thompson seatpost, pedals and saddle not included. Excellent condition, bike assembled but never ridden. \$2,400 or best offer. Call Paul: (440) 779-8594. Email: rubus2@yahoo.com

TREK MULTI-TRACK 700: 18 in. frame, hardly ever ridden. Practically in brand-new shape. \$200. Call Carl: (330) 336-5190 (Wadsworth area).

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