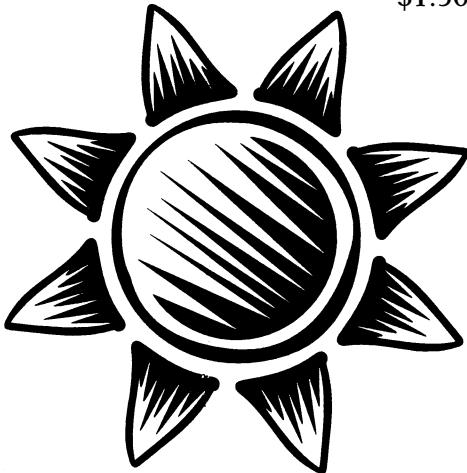




CrankMail

May 2002

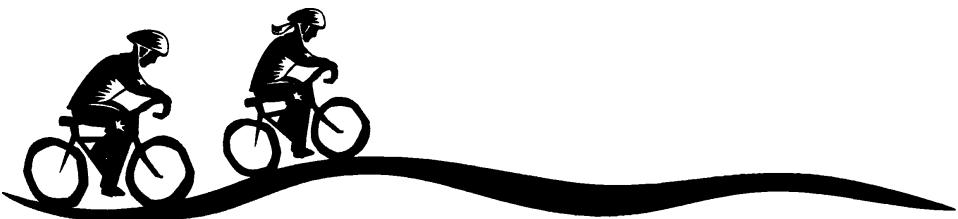
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June 9, 2002

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Cycling in Northeastern Ohio

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On The Web @ <http://www.crankmail.com>

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Business Matters

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

ELECTRONIC ACCESS: Via email: editor@crankmail.com. To subscribe to the forum email list (free), from the email account where you want to receive messages, send a blank email message to: crankmail-bike-subscribe@topica.com

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DEADLINE for copy: the SECOND Friday of each month before publication. Copy or ad materials must be received on or before the deadline in order to assure inclusion in the intended issue. **Next Deadline: May 10.**

CRANKMAIL (ISSN 1060-085X) is made possible, in part, by a portion of club dues allocated to its publication and distribution by the bicycle clubs listed above. The support of commercial advertisers who appear in these pages is also vital to the continued publication of *Crank-Mail*. Shop and buy locally first!

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of the water, or watching the clouds float across the sky, is hardly a waste of time.”

—John Lubbock

“On April 8, 2002, the Governors of the Postal Service acted on the recommendations of the Postal Rate Commission and approved the changes in domestic rates, fees, and classifications proposed in the rate case settlement agreement. The Board of Governors has directed these changes become effective on June 30, 2002.” — United States Postal Service

It's official, postage rates are going up. It will cost you 37¢ to mail a First Class one-ounce letter June 30 and thereafter. The rate changes don't stop there and they promise to hit *CrankMail* pretty hard. Our annual mailing fee for our “bulk mail” permit will be \$150. There are complex changes in the way rates are to be applied based upon new sortation rules. And a possible surcharge of 4¢ per piece may be levied unless we make *CrankMail* “machinable,” that is, able to be handled by the USPS automatic sorting machines — and doing that would raise our production costs. We're going to have to sit down and do some hard figuring before we can tell participating clubs how much we will have to raise our rates to cover these increases. As always we will make an effort to keep the costs down but since someone else won the \$75 million Ohio Lottery drawing, we have to pass along increases like these to our subscribers and advertisers. Thank you for your support and have a safe and enjoyable 2002 cycling season!

— James Guilford, Editor & Publisher

Please, Send Me CrankMail!

Send me one year of *CrankMail* (10 issues) for the low, low price of \$10 (new subscribers only). I'm sending along a check made out to “The Clockwork Press,” and clearly writing name and mailing address below. Renewals are \$11 per year (prices include sales tax).

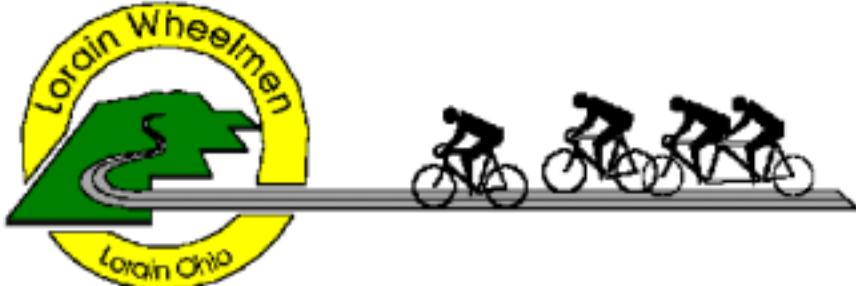


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The Clockwork Press • PO Box 33249 • Cleveland, OH 44133-0249



May 2002

Day	Date	Start From	Distance	Remarks
Sun	5/5	Amherst	40	Wakeman <u>1st 8:00 Start</u> so we'll only do Sterk's
Thurs	5/9	Depot	6:00 ride, 7:30 meeting	
Sat/Sun	5/11-5/12	TOSRV	For those fond of riding in the rain.	
Sun.	5/12	Oberlin Inn	about 50	Fitchville
Sun	5/19	Amherst	50 again	Milan
Sat	5/25	Oberlin	50/100	JJJ ...A freebie invitational
Sun	5/26	Oberlin	50 +	Nova

Notes:

The JJJ is a freebie invitational century. The group stays mostly together. There are few places to buy food, so a PowerBar or two are a good idea as is a good supply of water. It'll start in Oberlin at the Community Center. See more info else ware in this issue of *CrankMail*.

After a discussion at the meeting, here's how the weekday rides will play out ... for now!

Tuesday	start at Prospect School (Oberlin)	5:30 PM
Thursday	start at Shupe School (Amherst)	6:00 PM
Saturday	start at Prospect School (Oberlin)	9:00 AM

We'll skip the coffee stop (on Saturday) if the weather promises to permit a good long ride on Sunday. One of these Saturdays I want to ride to Berlin Heights, because that beanery isn't open on Sunday. That's about 35-40 miles from Oberlin.

All May Sunday rides will start at **8:00 AM EDT**. This schedule will continue until the Red

G'won, Fix it Yourself!

Twenty-five years ago mountain bikes were just bursting on the scene; these days they are the most popular form of bicycle in the *world*. While you may find a mountain bike in almost every household now, is someone in every household doing a good job of mechanical maintenance?

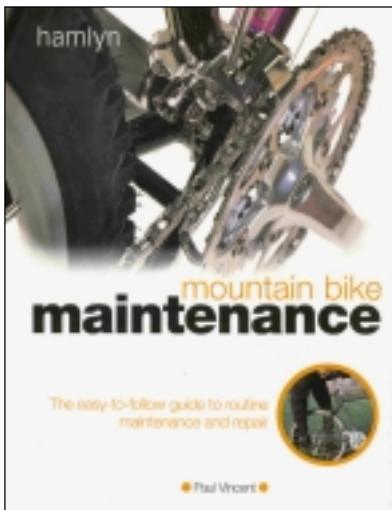
Wouldn't *you* like to know the difference between a chain whip (not a potent coffee beverage) and chain lube, or the right way to regrease the pivot points on a full-suspension bike? All this information and more is in *MOUNTAIN BIKE MAINTENANCE: The Easy-to-Follow Guide to Routine Maintenance and Repair* (Hamlyn, distributed by Sterling, paperback, \$16.95) by Paul Vincent.

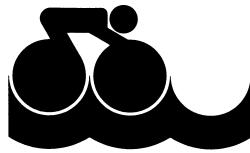
Mountain Bike Maintenance takes the mystery out of maintenance and bike repair, helping you save time and money. Invaluable technical advice on looking after the frame, freewheels, chains, brackets, pedals, shocks, brakes, and more will insure the longevity of your bicycle and takes it performance to the next level. Get rid of that annoying squeak, or that mysterious clank and get out there and enjoy your ride to the fullest extent. Keep every inch of your mountain bike in perfect working order with this easy to use guide; each part is broken down, explained, and reassembled with easy-to-follow picture instructions.

Illustrations appear on nearly every page and most are colorful, sharp, and clear photographs. Line drawings help to show how various assemblies fit together. The book's 112 pages are wire bound allowing it to lay completely flat while turned to any page for easy reading while on the wind trainer or (as we're sure was intended) on your workbench or table for ready reference. The heavy paper cover has a folding tab to give it extra protection and to act as a built-in book mark.

Order this book through your favorite bookseller or through the bookstore on CrankMail.com.

List price: \$16.95
CrankMail/Amazon: \$11.87
ISBN: 0-600-60063-7





LAKE ERIE WHEELERS

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

www.geocities.com/lakeeriewheelers

Affiliated with the Bike Authority.

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

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

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

LEW Club Weekend & Holiday Ride Schedule

May 5 9:00 Bonnie Park to Peninsula – Stanford House Pancakes
– 50 miles.

May 12 9:00 Olmsted Falls Library to LaGrange & Spencer
– 45 or 70 flat miles.

May 12 10:00 Bike Path Series: Berea Falls to Emerald Necklace Marina
– 25 miles.

May 19 9:00 Canal Visitor Center to Mayfield Heights – 50 miles.

May 26 9:00 Scenic Park to Strongsville.

May 27 10:00 Holiday Hawaiian Shirt ride, from Scenic Park to
Cleveland Flats.

June 2 9:00 Valley City to Lodi & Wooster – 36 or 80 flat miles.

June 9 8:00 Sunday in June, Geauga County Fair Grounds. Various
distances available, contact Cleveland Touring Club for details.

June 9 10:00 Bike Path Series: Elyria to Kipton via North Coast Inland Trail
– 28 mi

June 16 9:00 Creston to Destinations Unknown – 50 to 80 miles,
or thereabouts.

June 22 9:00 Malabar Weekend – Saturday/Sunday starting from Malabar
Farms Youth Hostel.

June 30 9:00 Bradley Woods Metro Park to Vermilion – 30 or 60 flat miles.

Ride Start Locations

Berea Falls In S. Rocky River Reservation, on Valley Parkway, ¼ mile north of Barrett Road (¾ mile north of Bagley Road; near viewing platform).

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 Road.

Canal Visitor Ctr. Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga Valley National Recreation Center.

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

Scenic Park Parking lot at marina in North Rocky River Reservation, off Valley

Valley City Parkway, located ½ mile south of Detroit Road, in Lakewood.
Liverpool Elementary School, at West River Road and School St.

Weekday Rides

Tuesday Evenings – Short, slower (C-pace) rides starting on April 16, from parking lot behind Fairview Park Post Office at West 220th Street & Lorain Road, 6:30 p.m., weather permitting. Call Bob Ugan at (216) 226-9921. This early in the season, lights and reflectors are recommended, in order to be seen, and to see the road.

Wednesday Evenings – The “Ice Cream” slow and short rides start from the Olmsted Falls Public Library, as of April 10. Slow to moderate (C to B), the rides will leave at 6:30 p.m., weather permitting. Contact Marc Snitzer at 440/236-3017, email at msnit@juno.com, or John Wasko at (440) 891-8364.

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

Thursday Mornings –Begins at 9:30-10:00 a.m. and finishes around 2:00 p.m. Starting April 11, rides will be at a moderate pace (C) and will include lunch at a restaurant along the way. For starting location & other information, contact John Glasgow at (440) 777-7392 or email at jglasgow2@msn.com.

Thursday Evenings – Fast rides, B to A pace, suitable for training for races, starting from Bonnie Park. Mileage, route & pace will be determined by those who show up. Contact either of the following: Tom Meara, Russ Marx, or Greg James.

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/>

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

Weekend Club Rides

In the interest of looking out for the well being of club members and guests, each ride will have a Ride Leader, who volunteers for the month, and a defined pace. Their responsibility is to keep the main group at that pace, and ensure that no riders are left behind. All riders must wear an approved helmet. The ride pace levels are as follows:

- A – Brisk pace with paceline likely, regrouping every 30 to 60 minutes with a 10-minute wait, maximum. Usual speed is 18 – 20+ mph.
- B – Touring pace with pacelines possible, regrouping every 30 to 45 minutes and waiting for all riders to assemble. Usual speeds are 15 – 18 mph.
- C – Relaxed pace with no pacelines and frequent regroups for all riders. Usual speeds are 12 – 15 mph.

The Ride Leaders for this month, and the next, are:

May – Tom Meara; June – Jim Kinser, John Clay

If the scheduled ride for any given date is an invitational, or starts outside the tri-county area (Cuyahoga, Lorain, Medina), a pick-up ride will start from the Olmsted Falls Library at the normal start time for the month.

The 2002 Ohio Bike Path Series

This year we introduce a new ride series, conducted entirely on bicycle paths or all-purpose trails, supplementing the regular Sunday rides, and held on the second Sunday of each month, from May to October. We hope to attract new riders unused to riding in groups, folks who are uncomfortable riding on roads and competing with motor vehicles, and seasoned riders out for the pure joy of riding with friends.

These are "C" level rides, beginning at 10:00 AM, with a stop for lunch. All riders must wear a helmet and be club members, unless a signed signature card is obtained in advance. All children under 16 must be accompanied by an adult.

Upcoming Ohio Bike Path rides for this spring:

May 12	Berea Falls to the Emerald Necklace Marina	25 miles	John Whitaker
June 9	Elyria to Kipton on the North Coast Inland Trail	28 miles	Bob Parry

The April, 2002 Club Meeting

Was held at the Bike Authority store in Broadview Heights, at the invitation of its owner, Sherman McKee, who welcomed us with refreshments. Old business was quickly taken care of, and some new business discussed. One item under consideration is the resumption of an old LEW tradition, the club picnic, previously held in July or August. Dan Izuka has volunteered to examine various sites for their suitability, and the steps needed to place reservations. Other volunteers may be needed, including a Designated Squatter, to secure the site. The proposed date is August 11, following the Four County Metric Freebie Ride.

While an effort is underway to design and produce new club jerseys and tee-shirts, a trove of older jerseys has been found, from various years (and designs, both racing and touring), available to club members at \$20 for the mediums and \$15 for the smalls (pictures will be posted on the Web site for those who are interested). Any leftovers will be auctioned off on EBay.

Following this, the club has decided to join the Adopt-A-Highway program. Ideas are needed for a good State highway to adopt. Some suggestions are Columbia Road (Rt. 252) from Olmsted Falls south, or State Road (Rt. 94) from the Valley Parkway south. Members who are out riding in the area, and see any lonely highways that need adopting, are advised to let us know. Also, stay tuned for requests for help to clean up the one we do choose.

The meeting concluded with a demonstration and discussion of new bicycle products and frames, followed by a debate between Sherman and Doug Barr, on the merits of shopping at a local bike shop, vs. ordering on-line or from catalogs.

Touring Division News (by Tom Meara)

If you ever thought of strapping your shelter and sustenance to the back of your bicycle and rolling out your driveway for destinations and adventures unknown, this is the year. Several rides of varying difficulty are planned to accommodate every level of rider.

Each ride is self-contained, meaning you bring what you need. If you don't know what to bring, we can advise. Some nights will be spent in a tent, others in a motel or hostel. We expect you to be able to ride at a pace that will cover 50 to 75 miles in a day, with some days are longer than others, if it is hilly, or windy, or hot. Some rides are sagged (meaning we have a vehicle following the route to help if needed) and some are not. Each ride has a designated captain to organize the route, make reservations, provide maps, and lead the ride.

Touring by bicycle is not about speed; it is slow and even. It is not a short ride in the morning so you can do something else; it is an all-day-long ride where the pleasure is in the journey and the destination. There is both contentment and exhilaration in being miles from nowhere with nothing but your bike, your gear, and your own abilities, to get you home.

Here is the Lake Erie Wheelers Touring Schedule for 2002. If you are interested, please contact the ride captain.

Date	Route	Ride Captain
May 4 – 5	5th Annual Pancake Tour – Olmsted Falls to Stanford House AYH. No sag, stay in hostel, restaurant meals.	Tom Meara
May 11 – 12	TOSRV, Columbus to Portsmouth – 210 miles, terrain varies from flat to rolling to hilly. Contact Columbus Outdoor Pursuits at www.outdoor-pursuits.org	
May 17 – 19	Niagara on the Lake – 25/40/80 Miles. Sagged, camping, restaurant meals.	Doug Barr
May 24 – 27	New York Finger Lakes Tour. Sagged, motels with restaurant meals.	Bob Parry
June 14 – 20	Great Ohio Bicycle Adventure, 300 miles, camping	www.goba.com
June 15 – 16	Findley Lake State Park. No sag, camping, restaurant meals.	Bob Parry
July 3 – 7	Roanoke to Winchester, Virginia, 500-600 miles. No sag, restaurant meals, motel/camping.	Tom Meara
July 19 – 31	Southwest Colorado. Sagged, motel/camping, restaurant meals.	Tom Meara, Bob Parry
July 20 – 21	Olmsted Falls to Kelly's Island. No sag, camping, cook your own meals.	Greg James
Sept 14 – 15	Olmsted Falls to Malabar Farms. No sag, stay in hostel, restaurant meals.	John Wasko
Oct 11 – 14	Shaker Heights to Chautauqua, New York. No sag, camping, cook your own meals.	Marty Cooperman
Oct 19 – 21	Youghiogheny Trail, Ohiopyle, 130 flat miles. No sag, camping, restaurant meals.	Doug Barr

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

Doug Barr	(440) 734-1715	doug barr@nshore.org
Marty Cooperman	(216) 932-6159	m.cooperman@csuohio.edu
Tom Meara	(440) 777-2563	tdmeara@adelphia.net
Greg James	(440) 331-9419	clockwerke@aol.com
Bob Parry	(440) 779-8392	bob.parry@juno.com
John Wasko	(440) 891-8364	gumbycycling@juno.com

Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question, and adequately maintained.



A FREEBIE CENTURY

SATURDAY, MAY 25, 2002

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 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. Nova will be the only place to buy food on the 50 mile loop!

The ride will start in Oberlin OH at the Oberlin Community Center at 8:00 AM on Saturday, May 25, 2002. 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 <http://www.eriecoast.com/~lorainwheelmen/> in *Adobe Acrobat* format.

Radical Recumbent Rally Returns May 19

PENINSULA — The fourth annual Radical Recumbent Rally (RRR) is set to take place at the Stanford House Youth Hostel, 6093 Stanford Rd., Peninsula, Sunday May 19. Hours are from 9 a.m. to 4 p.m. The event is designed to provide a free forum for current and future recumbent riders to share their views and experiences with this increasingly popular bicycle design.

Those who own recumbents are invited to bring their bike to the rally for a ride and to show it off. Non-owners are invited to see the many forms recumbents take, test ride new Burley and BikeE models from Century Cycles, and Vision models from R&D Cycles in Barberton.

Demonstrations and test rides begin at 9:00 a.m. with an organized ride at Noon. Organizers plan fun, food, and drinks plus tours of the historic Stanford House, Northeast Ohio's only youth hostel.

For more information contact Thomas McFeely; 33929 Roberts Rd.; Eastlake, OH 44095. (440) 953-3929. tmcfeely@core.com

Seat Flaw Results in BikeE Recall

CORVALIS, OR — In Cooperation with the U.S. Consumer Product Safety Commission the following BikeE models are subject to a voluntary recall: 1999, 2000 and 2001 CT; 1999, 2000 and 2001 AT; 2000 FX; 1999 and 2000 NX; 2001 RX; 2000 and 2001 E2; Sweet Seat Upgrades.

BikeE has encountered two situations in which the seat slider attached to the Sweet Seat fractured. One injury was incurred. If the seat slider were to fracture while riding the user could lose control of their BikeE which could cause serious injury or death.

Owners are asked to immediately stop riding and bring their BikeE with Sweet Seat to their authorized BikeE retailer or contact directly for a no-charge recall service.

Resolving this problem is easy. Those who have a BikeE with a Sweet Seat, should contact their local BikeE dealer or contact BikeE directly to receive a Seat Slider Upgrade kit.

Those who take their bike to an authorized dealer will have the parts installed at no charge.

Owners should visit an authorized BikeE retailer/service center or call (800) 231-3136 with any questions. Information and illustrations are available on the Web at: www.bikee.com.

Diabetes Fundraiser Tour Starts July 26

AKRON — The Ohio Monumental 250 (July 26-28) is a three-day two-night fundraising event of the ADA that starts and finishes at Oberlin College. The route passes through Findlay and Mansfield and back to Oberlin. There is a \$35 registration fee and a minimum requirement of \$400 in pledges in order to participate. There will be pit stops and indoor sleeping accommodations. Breakfast and dinner provided daily. For more information contact the ADA Northeast Ohio office at: 1815 W. Market Street Suite 108; Akron, OH 44313. (330) 835-3149. <http://diabetes.org>

Yo, Wheelers...

Our members have started riding again, some with some unexpected results.

Speedy recovery to Al Weatherhead who fell off his bike when chased by a dog, and Si Press who was sideswiped by a car, both in Florida. Maybe Florida's not a safe place to ride! This column will keep you posted on their respective recoveries.

In case you haven't noticed, the Western Reserve Wheelers will be celebrating its 30th year this summer. We started as an adjunct of the University Heights summer recreational program and later expanded on our own, first as the Heights Pedalers, and then as the Western Reserve Wheelers. I think we are probably the oldest continually-active bicycle club in the area.

We need a volunteer to maintain our Web site (www.westernreservewheelers.com). It is not a big job but requires someone with know-how to keep our schedule and special announcements current. If you can do this, please call Al Wapnick at 781-4300. Your efforts will be greatly appreciated by the club. I hope to see all of you soon.

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				
5	8:30	JCC	Chagrin Falls via Gates Mills/Berkshire	26
12	8:30	JCC	Solon via Bedford	30
19	8:30	JCC	Tinker's Creek	31
26	8:30	JCC	Hudson	41
27	8:30	JCC	Memorial Day Pick-Up	??
June				
2	8:30	JCC	Downtown via Parks & Towpath	40-50
9	8:30	JCC	Circle Chagrin. or ride "Sunday in June"	38
16	8:30	JCC	Solon/Six Flags or ride GOBA	29
23	8:30	JCC	Walden	38-58
30	8:30	JCC	Willoughby	30

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.



COMMITTEE

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

WESTERN RESERVE WHEELERS

Since 1972

2002 MEMBERSHIP APPLICATION

(please print legibly)

Name: _____

Address: _____

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

E-Mail Address: _____ Fax Phone: _____

List All Adult participants:
(18 and over)

List All Minor Participants:
(Under 18)

2001 Dues (Individual/Family) \$ 20.00

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

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

TOTAL PAID \$ _____

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

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

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

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

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

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

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

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

PRINTED NAME OF PARTICIPANT: _____

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

PHONE: _____

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

DATE: _____

MINOR RELEASE

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

PRINTED NAME OF PARENT/GUARDIAN: _____

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

PHONE: _____

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

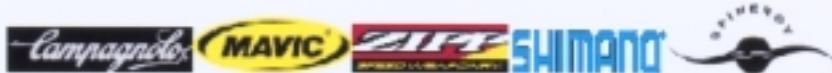
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Cleveland Touring Club

Cleveland Touring Club
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440-954-4201
email: clevetourclub@hotmail.com
www.clevetourclub.org

Welcome to New Members

Patty Pritts, Anna Vedouras, Annette Arquillo of Cleveland Hts., **Lou Genovese** of Mentor, **Robert Ault** of Shaker Hts., **Scott Pfeifer** of Euclid.
Welcome to the club!

Sunday In June

Hey members! Have fun on Sunday, June 9 by VOLUNTEERING for "Sunday in June," CTC's annual sponsored bike ride that starts at beautiful Century Village in Burton, Ohio. We need 9 volunteers to work 4-hour shifts at our rest stops, 5 volunteers to work on-site morning registration, and 3 SAG drivers. This is a great way to meet CTC members, cyclists from all over, and maybe make a new cycling buddy! Contact **Barbara Cicigoi** at barbaracici@hotmail.com or by phone 440/735-0037 for details.

The Bread Run

I grieved the loss of the Great Harvest Bread store at Warrensville and Van Aken that went out of business a few years ago. But I was cheered when I learned of the existence of another Great Harvest store in Mentor. Now Mentor is a fair distance from my home in Highland Heights and anyone would be nuts to drive all that distance (15 miles each way) just to buy a loaf of bread.

The ride takes you down into the Chagrin River valley on Eagle Road and then up again on Smith Road, past some opulent real estate. A turn onto Hobart, then Markell Road takes you down into the valley of the East Branch. Turn left at the new intersection where the Mormon historic site is being constructed. This takes you out Chillicothe Road with yet another climb up to Little Mountain Road. Little Mountain takes you north into Mentor, the only flat stretch of the ride. Here, at the intersection with Mentor Boulevard, one finds the Great Harvest Bakery and a convenient lamp post to lock your bike to.

By this time you need a little fuel and fortunately it is available as a free sample of bread from the generous, good people of Great Harvest. I always try to pick a sample that appears to be loaded with calories - cheese, butter, whatever works. Load up with as many loaves as you think you can pedal up the hill and start the ride back. At route 306, I depart from my outbound route and turn left to climb the hill up toward the Kirtland Temple. Before doing that, one can add even more calories to the fuel tank by making a visit to the ice cream store at the foot of the hill.

Once at the top of the hill, turn right before the temple and go past an old and interesting cemetery. From here, you can find Joseph Street which turns into Metcalf as you head west. Then it's a fast descent of 100 feet followed immediately by a stiff climb out of the ravine of a tributary of the Chagrin. Again, you are in Waite Hill, the high rent district, but it is a public road, the traffic is almost nonexistent and the scenery is magnificent. All too soon you are on Eagle Road headed west and finally into the Chagrin Valley.

From here, I like to head out Dodd Road and cross the old bridge on Pleasant Valley Drive. This entails lifting your bike, loaded with bread, over a couple of barriers but it's worth it. A climb up Route 6 gets you to the entrance of North Chagrin Reservation and from there home. Once at home, make yourself a sandwich.

— Tom Jenkins

Club Rides

Sun May 12	9AM	Gurney School to Mantua(35) Lake Rockwell(55) Rolling/hilly
19	8:30	Chardon to Punderson(25) Hiram(50) Rolling
26		Gurney School to Burton(26) Middlefield(40) Garrettsville(65) Rolling
27		Memorial Day pickup ride
June 2		North Chagrin to Fowler's Mill(40) Burton(55) Hilly
9	7 AM	SUNDAY IN JUNE Century Village Burton (10-100 miles) Our annual wonderful ride through Amish country. Fee.
16		Perry Park to Madison(25) Geneva(45) Ashtabula(65) Flat/rolling

Tuesday Morning Rides

May 14	9:15	Lakeshore Reservation in Perry. Rt 20 to Antioch Rd. north to Lockwood. Ride to Geneva for famous doughnut stop.
June 11		Concord Woods (Lake Metropark) off Auburn Rd. north of Quail Hollow exit 1-90 at 44 S, left at BP station. Ride the new Greenway Corridor, check out Mentor Headlands and/or Fairport Harbor for lunch.

Weekday Rides

Tue. 6:30 PM	Concord Woods Med/fast 15-30 miles
Wed. 7 PM	North Chagrin Casual/medium 10-20 miles
Thu. 6:30 PM	North Chagrin Med/fast 15-30 miles
Sat. 9 AM	North Chagrin pick up rides



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KEVIN LUTZKE

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330/453-3890
glavin@neo.rr.com

News:

- **Welcome** to new members **Jason Rapp** of Cleveland, **Brian Limkemann** of Lakewood, **Tim Hofer** of Chagrin Falls and **Alex Strouhal** of Strongsville – hey, wasn't he a *founding* member?
- **Volunteers are needed** for the Chippewa Creek Road Race next **May 12** – contact Charles Howe if interested.
- For those who have paid attention to the homemade 'Gatorade' recipes that have been offered here the past few months, approximately 300 mg of the **missing ingredient**, potassium, can be gained by eating just *half* a medium-sized (150 g) banana, which also provides about the same amount of carbohydrate (17 g) as a pack of Gu – without the non-biodegradable packaging.
- **Changing of the guard** – I've been glad to serve as the editor of this page for the past five years. I've tried to present useful and interesting material in a fun and entertaining way, often wondering if anyone out there was paying attention, occasionally surprised by a comment or thank-you. With this issue, however, I am both glad and relieved to hand the reigns over to Kevin Lutzke. Please give him your support by forwarding your race results, stories, and any other related items to Kevin at glavin@neo.rr.com.

-- Charles Howe

Results:

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

Sun Valley Sports Ohio Vulture's Knob XC Series, Wooster:
March 24 – R. Bennett (12 th, Sport Men 31-40)

Lake Metroparks Lake Farm Park XC, Kirtland, April 7 – G. Bennett (1 st Women Overall), R. Bennett (2 nd Overall, Expert Men 35+)

Sixth Annual

Chippewa Creek Road Race

SUNDAY, MAY 12, 2002

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 6, \$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. 2-5), 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 chris16@stratos.net
Sat. 5/4	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. 5/5	Rocky River ITT RESCHEDULED for 9/15	Rocky River, OH	Charles Howe
Sun. 5/5	USCF Mid-Atlantic RR	Wilkesville, OH	Tym Tyler – 740/321-1446 P. O. Box 438 Granville, OH 43023 teamcolumbus@truesport.com, www.truesport.com/teamcolumbus
Sun. 5/12	Chippewa Creek CR	Brecksville, OH	Charles Howe – 440/235-4458 7652 Inland Dr. Olmsted Falls, OH 44138-1443 pdq_cleveland@yahoo.com, or pdqcleveland.org/pdqraces.html
Sun. 5/18	Lake Effect ITT	North Royaltion, OH	Rudy Sroka – 440/546-9966 7979 Broadview Rd., Unit #1 Broadview Hts., OH 44147 tymtyler@teamcolumbus.org, www.teamcolumbus.org
Sun. 5/25	USCF State CT Championships	Akron, OH	Ted Ingraham – 44330/869-9658 1191 Sunsetview Rd. Akron, OH 44313 egi@neo.rr.com, www.summitfreewheelers.com
Mon. 5/26	USCF State RR Championships	Cuyahoga Falls, OH	Brian Batke – 440/338-1032 15149 Hook Hollow Rd. Novelty, OH 44072 bab@cle.ab.com, or lek.net/~tris/cv
Sat. 6/2	Communication CT	Canfield, OH	Ted Schmidt – 330/792-9142 3435 Maple Springs Dr. Canfield, OH 44406-9252 ted@teamglenwood.com, or www.truesport.com
Sun. 6/16	Tour of West Deer CR #1	Bakerstown, PA	Oscar Swan – 412/521-2207 swan+@pitt.edu, or www.acaracing.com/sched.html

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

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.:	Shawn Conway	330-764-3019	snsqconway@aol.com
Ride Coord.:	Tom Byerly	330-723-4782	teverly@lxdesign.com
Ride Coord.:	Carl Bidinger	330-336-5190	crbidinger@westfieldgrp.com
Ride Coord.:	Larry Porter	216-225-0619	hollywood9@adelphia.com
Secretary:	Ian Halliwell	330-725-3974	ihalliwell@nobleknights.com
Mtb Coord.	Linda Miranda	330-483-4512	lmiranda@mircosolutions.com

Weeknight Ride Schedule

Tuesday Evening Starting at 6:30 p.m. (Pace: Moderate 12 - 15+ mph)

Starting Points:

April - Medina County Career Center
May - Hubbard Valley County Park
June - Buckeye Woods County Park
July - Medina County Career Center
August - Buckeye Woods County Park
September - Greenleaf County Park

Weekend Ride Schedule

Saturday- Check the Web – or call

Sunday - Courthouse Parking Lot – Jefferson at E.Liberty St. meet
on the Square.

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

Touring Group at (12 - 15 MPH) check your Email, *our new Web site: <http://www.medinabikeclub.org>* and go to the message board, or call!

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

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

5/11-12 TOSRV — 12 MCBC signed up already.

THE PREZ SAYS

Please extend a warm welcome to our newest members Jim Frishgesell, John Harrington both from Medina.

The jerseys will remain the same color with a few changes to the logos. We are hoping to get four sleeveless styles jerseys, two in the small size range, and two in medium.

The Ohio Department of Public Safety, in conjunction with the Ohio Department of Transportation has published a booklet of 50 pages called *Ohio Bicycling Street Smarts, Riding Confidently, Legally, and Safely*. It contains the Ohio Revised Code including bicycle laws. This is an excellent publication and has a lot of good info for the novice as well as the seasoned pro. I hope to have a copy with me the next time I meet a uniformed police officer. I have acquired enough copies for all club members and recommend that you give it a read. If you do not receive your copy in the mail please call me, and I will get one out to you ASAP.

Please be advised that there is a big, mean, rottweiler on the east side of Guilford Rd. just South of Hamilton Rd. I had my second run in with this dog and his owner tonight, and

consider the dog to be dangerous. If you have to stop for this animal be sure to keep your bike between him and you. The owner seems well intentioned, but unable to comprehend how serious this could be.



For those of you still coming out of hibernation the riding season has started, rather slowly as usual due to the weather. If you're 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. For those non-members reading this come on out and join us for a no obligation test ride.

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A Letter from Vetter

by Lou Vetter

Carter Caves Crawlathon Part 2: Since the Crawlathon was shortly after the tragedy of September 11 the park system printed “United We Craw” in red, white and blue letters on the back of the shirt. Tom and I are proud of this year’s free T-shirt and we wear it whenever we can. I was out buying some hardware items for the house when I heard “Hey! You! Take that shirt off!” Turning I said, “excuse me.” to the biggest steroid junky I ever saw. Professional wrestler, Hulk Hogan, would have been afraid of this guy. He said that my shirt was offensive and that if I didn’t take it off he would do it for me. I asked “what’s wrong with my shirt?” He replied by pointing to his tattoo of the American flag and said these colors don’t run and they ain’t gonna craw either.” Here is where I started stuttering that the slogan on the back was intended to be a show of patriotism and was part of the caving “Craw-a-thon” and that it was printed by the Kentucky State Park System and the park district is a very patriotic organization. Well, he finally got it and I escaped with my shirt intact. After this experience I have figured out that my idea of riding bicycles to the bar known as the “Crippled Pelican” just west of Medina, parking our bikes in the spaces reserved for “bikes” and going inside for a beer is a bad idea ... very bad idea.

Sunday in April: It had just started sprinkling at 8:30 when Tom arrived at my house so we decided to bag the riding and go hiking instead. Tom headed for home to change and I went inside the to do likewise. I picked Tom up in the ca and drove to the starting point. We were about twenty minutes late and the rain was falling harder at this time. We decided to bag the hike too and just go eat breakfast. The start was at Brandywine Falls, which was beautiful after the heavy rains. We drove south on Riverview Road and at Wheatly Road we were stopped for a bicycle race. “Are those guys nuts?” I asked. Tom said, “looks like they aren’t having such a great time of it, are they?” We drove behind the group and witnessed the stragglers dropping off the rear until they turned right at Ira Road. We found a nice breakfast restaurant (name unknown). The owner has her mother do all the cooking while she waits on tables. The restaurant is small but the food is good and they have three outside tables to sit four each. Some Sunday we’ll have a club ride for breakfast. That might be a nice change of pace ... I mean direction ... I mean change of scenery ... oh you know what I mean.

Club Management Tip of the Day: I just learned of a change in Bob’s rules. That’s “Roberts Rules of Order” for you yuppies out there. This is the bible for running any public or private meeting. Most bicycle clubs run their meetings according to “Roberts Rules of Order.” The change is subtle but important. If you want to stay current and avant-garde you must stop referring to old business as “Old Business”. From now on old business must be referred to as “Unfinished Business.” Well la-dee-da, looks to me as though the baby boomers are the ones forcing this change as they are growing “unfinischeder” and don’t want to be reminded how “unfinischeder” they are getting. Heck, growing old is one of the few things you absolutely have to do. Two others are: you have to die and you have to pay taxes, Oh, Crap, I gotta go to the post office, byeeee.

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TREK 1000T 54 cm, 2001, red-white-blue paint, mint condition, \$400. Call: (440) 840-0953. Email: mschnall@prodigy.net

RALEIGH R300, 43.2 cm, aluminum frame, Shimano components, Cateye Astrale computer, great condition. \$435. Call Claire: (330) 722-3512. Email: Sun268dance@aol.com

DIAMONDBACK MASTER TG 50 cm, Shimano RSX STI components, chrome moly OS tubing, Cateye computer w/cadence, excel. cond., \$550 or best offer. Call Don: (330) 278-4304. Email: barnettdonapril@aol.com

KLEIN PERFORMANCE PRO 53 cm frame & fork, \$275 or best offer. Call Don: (330) 278-4304. Email: barnettdonapril@aol.com

MTB WHEELS, TWO SETS: one with CODA hubs and rims, one with CODA hubs and Mavic rims. Both come with rotors; rotors alone valued at \$100 a set. Selling for \$75 and \$100 a set. Shimano LX MTB crankset, 172.5 mm, \$25. Call Alex: (440) 572-2016. Email: alexburnunit@aol.com

KLEIN PERFORMANCE 63 cm touring geometry. Rack mount eyelets. Fuselage: 5.4 lbs. Shimano Ultegra STI group. Technomic stem. Black. Fully-equipped. Excellent shape. \$1,400. Call Sid Arthur: (330) 995-4656. Email: sarthur@stratos.net

ADAMS TRAIL-A-BIKE. Chrome moly, three-speed; alloy wheel, cranks, hub, and bar. Has toe clips and straps. Only 15.5 lbs, in excellent condition. Single-wheel design allows you to take your 4- to 10-year-old with you on bicycle rides. The bike has its own pedals and you can really feel your stoker push you up the hills. \$210. Call Marc Snitzer: (440) 236-3017. Email: msnit@juno.com

GITANE TANDEM Frame is 23.5 / 21 in., but has long seat posts and stems to fit most riders. Classic 10-speed bike is stiffer than original with modified downtube installed by a frame builder. This bike would be a good introduction to tandeming for the economy-minded. Alloy rims with trouble-free 12-gauge spoked rear wheel. SR bars and stem, SunTour bar ends and derailleurs, toe clips and straps. Still has cottered cranks and center pull brakes. Selling cheap because it really needs a paint job. \$350. Call Marc Snitzer: (440) 236-3017. Email: msnit@juno.com

HELP WANTED: BICYCLE MECHANIC/ BICYCLE SALES. Positions for part-time or full-time spring and summer. A love of biking, mechanical ability, strong communication skills, and a positive attitude needed. A customer service orientation is essential. Salary plus bonuses. Call: (216) 382-9966 to arrange for a personal interview. Two references required.

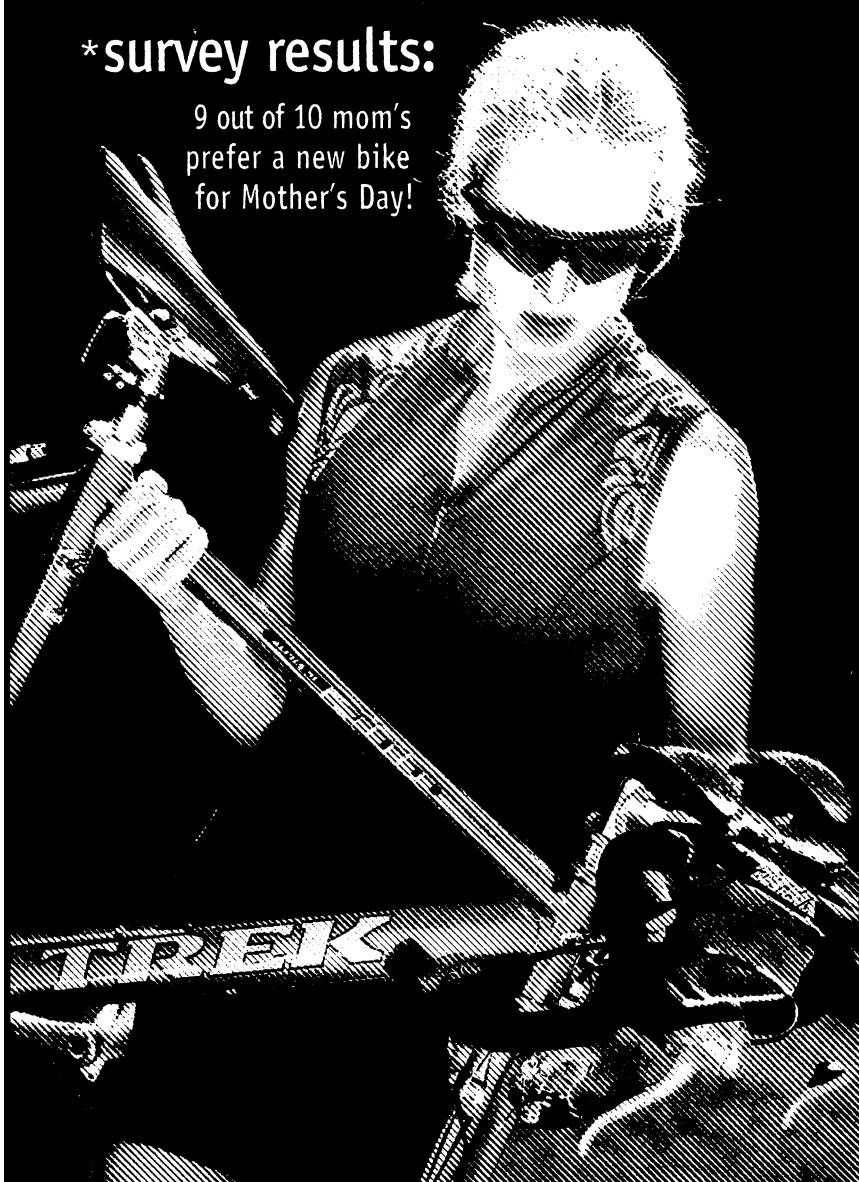
BIKE FRIDAY folding bicycle, full Shimano Ultegra group with STI, Flite saddle, SPD pedals. Folds into a Samsonite suitcase and costs nothing on plane. Perfect condition. Built to fit like a 54 cm Trek and rides great. \$1,000. Call Tom: (216) 397-9650. Email: twp521@aol.com

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*Survey results:

9 out of 10 mom's
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