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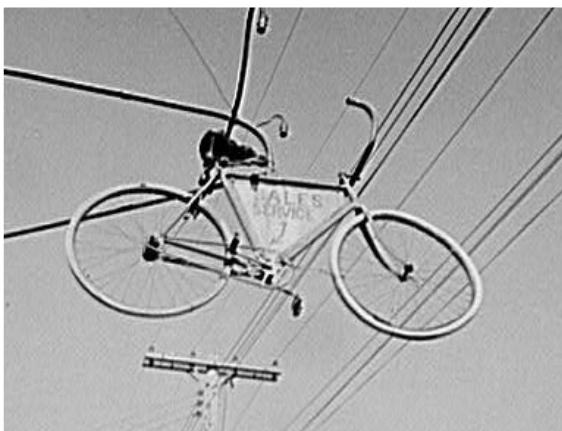
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The Voice of Cyclists in Northeast Ohio

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On The Web @ www.crankmail.com

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From the Editors

We stumbled upon the idea of using old cycling photographs by accident when looking for cover art for our first issue and we are enthusiastic about the photographs we are finding for future issues. It remind us that the bicycle is not new but essentially unchanged since the turn of the previous century. If you have old photos you would like us to consider, let us know.

This month's cover features Eugene Sandow, the most famous bodybuilder in the early days of the sport, indeed perhaps the first modern bodybuilder. Born Friederich Wilhelm Mueller on April 2, 1867 in Prussia, he began his career as a sideshow "strongman". Early in life, and with the help of showman Florenz Ziegfeld, Sandow decided it wasn't enough to simply demonstrate his strength, but to actually display his muscular physique as though it were a work of art.

He was highly educated, articulate, a fine businessman, a gentleman, and quite generous to causes he believed in. He provided the funds to house visiting athletes at the London Olympics of 1908.

He became the personal fitness instructor to His Majesty King George V. With the King as his friend, Sandow spoke out as one of the first to advocate a government Ministry of Health, sanitary inspections in food establishments, family allowances, free meals for underprivileged children, compulsory physical education in schools, and pre-natal examinations for pregnant women... extraordinary concepts for the time.

The photograph, showing his prowess and agility balancing on a bicycle, is courtesy of the Sandow Museum (www.sandowmuseum.com).

Martin Cooperman and Tom Meara, Editor & Publisher
April 2004

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Gossip

If you are looking to change jobs and have a hankering to live in Missoula, Montana, you may be interested in the following.

The Adventure Cycling

Association (a nonprofit, 501(c)(3) association), the largest recreational bicycling organization in North America, seeks a self-motivated, visionary, strategically focused Executive Director to lead it into the future. This organization, based in Missoula, MT, has over 40,000 members, a staff of 25, a \$2.2 million budget.

Interested candidates should send a resume, a list of five professional references, and a salary history by June 15 to: Jim Carpenter, 715 Capistrano Dr, Kalispell, MT 59901 or jim.carpenter@centurytel.net. More information is available at: <http://www.adventurecycling.org/>.

A Long Ride for a Good Cause

You may be familiar with **Bob Hart**, a cyclist who has battled severe arthritis and who has held a 150 mile marathon ride for the last 2 years to help raise money for Arthritis Research and just because he can.

The ride is on Sunday, June 6th, from Cleveland, OH to Chautauqua, NY. Anyone interested in information can contact Bob at 216-228-3010 or log onto his website from www.bandkbike.com.

This may not be news to many but the **U.S. Postal Service** is close to dropping its high-profile sponsorship of the championship bicycling team led by **Lance Armstrong**.

A year ago, the Postal Service's inspector general concluded that while the goal of the cycling sponsorship was to "increase revenue and sales of Postal Service products on a global basis and to increase sales in key international markets," international revenues actually declined by \$12.8 million between 1999 and 2003.

Responding to the reports, an official with the sports marketing agency that owns and manages the team said the two sides are still negotiating to extend the sponsorship deal, which expires at the end of the year.

An old shop has a new owner. **Dan Sirkin** bought **Solon Bicycle and Fitness Center** at 6291 Som Center Rd., with his first day of business on Valentine's Day. Dan learned the bicycle business as a rep for System Cycle Supply and at several local shops. He offers the full range, from family bikes to professional racers featuring Trek, Specialized, and Gary Fisher. His is the only shop in the area offering Independant Fabrication frames.

Fox TV is interested in doing an I-Team report on **Road Rage**. They put a camera on a cyclist and followed her around the West Side including the Metro-Parks and were able to get on film the types of incidents that many of us have experienced — a motorist screaming at the cyclist to get out of the road and, surprisingly, a MetroParks Ranger buzzing past at an unsafe distance and then complaining that she should be riding on the All-Purpose trail.

If they can get enough footage they will air this on the I-Team report. But they need our help. If anyone has ever been injured or had their bike damaged by the deliberate actions of a motorist, they want to hear the story. Please send you stories or pictures to mdema@foxtv.com



Cleveland Touring Club
P.O. Box 32456
Euclid, OH 44132-0456

email: clevetourclub@hotmail.com
www.clevetourclub.org

Hello Fellow CTC's. Please welcome the following new members to our club : **Ron Tomallo** of Kirtland, **Felipe Martin** of Shaker Hts., **Lisa Cohen** of Twinsburg, **Sue Bartholomew** of University Hts., and **Paula Miroewski** of Aurora.

Hey Cleveland Area Cyclists - and especially CTCers....

YOU ARE NEEDED - to volunteer for one of Northeast Ohio's longest running and highly attended bicycle tours. [**SUNDAY IN JUNE, JUNE 13th**] Volunteerism is the lifeblood of any successful volunteer organization, and we need your help.

Do you enjoy meeting and greeting? Then there are several spots open during morning registration and at both of the Mesopotamia and Parkman Rest Stops. Do you like to play in traffic (other than urban cycling)? There could be a spot for you on the Parking Patrol!

If you've a passion for cycling, then I ask, as the humble SIJ Ride Coordinator, that you consider giving back to the sport you love in a small way, and volunteering just a couple hours of your time on Sunday, June 13th. This leaves plenty of time to get in a 25, 50 or 60 mile ride through the truly beautiful Amish Countryside, where buggy traffic is more prevalent than car traffic, and manure more aromatic than car exhaust!

If you have decided that you wish to volunteer just a wee bit of your time, then **e-mail** me at: **abirosh@voyager.net** , or call me at **216-297-9172**.

Anastasia, SIJ Ride Coordinator

Ride Schedule

Date	Time	Ride
May 2	9:00	NORTHFIELD CENTER to Peninsula (30) Bath (42) Pancake Breakfast @ AYH Stanford House near Boston Mill Ski Area - Hilly
May 9	9:00	Alternate North Chagrin Pickup Ride GURNEY SCHOOL to Mantua (35) Lake Rockwell (55) Rolling
May 16	8:30	CHARDON to Punderson (25) Hiram (50) - Rolling

May 23	8:30	GURNEY SCHOOL to Burton (26) Middlefield (40) Garrettsville (55) - Rolling
May 30	8:30	NORTH CHAGRIN to Fowler's Mill (40) Burton (55) Hilly
May 31	8:30	NORTH CHAGRIN - Memorial Day Pickup Ride Varied Terrain
June 6	8:30	PERRY PARK to Madison (25) Geneva (45) Ashtabula (65) - Flat/Rolling
June 13	8:30	SUNDAY IN JUNE - CTC's Annual Event in Middlefield (10,25,50,62,100) See website & Crank Mail for details: Snacks, Lunch, Pre-registration by mail or online! - Varied Terrain

CTC RIDE START LOCATIONS

CHARDON - Rt. 6, Chardon Plaza, parking across from McDonald's

GURNEY SCHOOL - Bell St., .5 mile west of Rt. 306 in South Russell (small sign at entrance)

NORTH CHAGRIN - N. Chagrin Reservation - Sanctuary Marsh Nature Ctr. lot, enter park from Rt. 91 south of Rt. 6

NORTHFIELD CTR - CVS Pharmacy parking lot - south side of Rt. 82 near intersection of Old Route 8 in Northfield

PERRY PARK - Perry Park Rd. 1.5 miles North of Rt. 20 in Perry / 2815 Perry Park Rd. / Park in the area near the ballfields/road, away from the lakefront and pavilion.

THE SNOW ANGEL

I have heard the annual CTC Hinckley Buzzard Ride described as a kind of 'warm-up' for the cycling year. It takes place on the same day as the Hinckley Buzzard Festival, a celebration of the migratory return of the buzzards (aka turkey vultures) to Hinckley in mid-March. The ride involves a series of scathingly difficult hills combined with miserable winter/spring weather. In other words, a **Classic Cooperman Challenge**. For years, **Marty Cooperman** has been leading riders over 45 hilly miles, starting from Northfield Center near Sagamore Hills. They cross the Cuyahoga Valley, continue into Hinckley Metropark and up to the Buzzard's Roost to watch these birds flying above Whipp's Ledges. The cyclists stop briefly at the Hinckley Elementary School for a pancake breakfast, before they climb back up the east side of the valley by way of the ferocious Hines Hill Rd.

I headed out on the first day of spring in 2004 with a birdsong in my heart, ready for a somewhat less hilly version of the Buzzard ride. On Marty's suggestion, I had plans to meet up with the Buzzard riders at the intersection of Snowville and Route 21, that is to say, after the riders had already crossed the Cuyahoga Valley. What I didn't know was that Marty visualized me getting there by car with bike attached to a bike rack, thus having been spared the suffering of riding a bike in transitional weather. What a kindly fellow! However, I saw myself as a hearty buzzard rider. Maybe I was going to route

myself around a couple of steep hills, but I was nevertheless determined to ride my bike from Mayfield Village. If only I had headed west first, but no, I went for simple, SOM straight down. And SOM straight down is what I got.

The weather predicted lake-effect snow. The lake being north, me riding south, I thought that riding would get progressively better. Well, the lake-effect snow seemed to be coming from the south this time. What started out as a powder sugar dusting over dry streets in Mayfield Village turned into an accumulation of about 3/4 of an inch by the time I got to Moreland Hills.

This, in itself, was not terribly serious, as long as it fell from sky to land without tamping in between. I mean, I did not need a snow plow; I just flattened the flakes and rolled on. However, tamp it did, collecting on my rear brake pads like wax off a candle, like frost in a freezer, like dung under a bird nest, until the calipers would grip no more and I decided this was not a good thing. I stopped carefully with my functional front brakes, cleared the rear pads and made them work. A half mile later they were frozen again.

I am going to have to ride with care, I thought optimistically. When I meet up with the gang, something will happen. The morning sun will shine upon my rims, melting the ice clog, or someone will have bike brake anti-freeze or, or something. Because this is my destiny, for I am a buzzard rider!

As I crested a Moreland hill, I wanted to brake for the descent and forgetting my plan, I hit both sets of brakes. Big mistake. I was on the ground faster than a flip of a flapjack.

The service vehicles had not yet spread salt and/or sand on the road. In addition, it had rained the day before, intermittent downpours that had probably washed away all residual salt and left behind patches of glassy magic under the snow. I hadn't noticed this at first. But when I remounted I promptly fell again. It was painfully obvious that this was not going to work. I resigned to turn-about and wing it for home.

At the corner of Hiram Road, it was not more than 500 ft. when another downhill made me want to brake again, this time very carefully pressing front brakes, only to be horrified by the realization that my front brakes were now also frozen. As I slid through the feathery skin of snow. I realized that I could not ride the bike back to Mayfield Village. A policeman pulled up. Not having seen me fall, he did not notice my snow angel on the road. He just saw me and my bike standing there on the snow-covered road. "You're not serious." Were the first words out of his mouth.

I could not be more serious. I explained the situation, appealing to his trained instinct to assist a person in need. I hoped he could give me a lift north, at least as far as the end of his jurisdiction. True to form, he was willing to provide assistance but

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my bike didn't fit in his trunk. So he called his supervisor, a guy with an Explorer. The supervisor agreed to drive me as far as Cedar, where the hills stop, and I would walk from there. When we got to Cedar, the supervisor saw no sidewalks for me to walk on so he decided to take me as far as Eastgate. When we got to Eastgate, he asked how much farther was my home and he decided that he could go 1 more mile to bring me and my bike safely to our domicile.

I have written a thank you note to the Moreland Hills Police department. My bike is a little the worse for wear. The mount for the front light broke, for example, but duct tape is holding things together until the new light mount arrives in the mail. The rear-view mirror attached to the handlebar is broken. Fortunately, this is not a problem because I had just upgraded to a Chuck Harris helmet mirror. Me, I have assorted bruises and swellings and a little bike whiplash, but doing pretty well, I think, for somebody who took 3 falls (No cars ran over me.). It hurts when I cradle the telephone receiver on my shoulder and I think that I will avoid kneeling for a while. I'm still riding, though. I look like an angel but I'm a buzzard at heart.

Joni Lewanski

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Bike Touring Tips

It's getting to be that time of year when the more adventurous amongst us are pondering the opportunities for bicycle touring. I've done a few trips and learned a few things on each of those trips. See if any of these tickles your fancy.

1. One time I was out in an all-day rain and got soaked. When the temperature dropped it was downright awful. Faced with spending a cold night out in soggy bedwear I did what any self-respecting bike tourer would do: I found a heated bathroom at the state campground and spent the early part of the evening there, warming up and drying out my clothes. I even ate there. Sounds grubby, but it was sure nice to go to sleep with warm, dry (well damp) gear.
2. You know all those fine 24, er 27, er 30 speed bikes out there?. Well let me tell you that for touring, loaded touring you don't need 'em. I found this out on a hilly 2 week trip when one gear after another failed due to poor maintenance on my part. Did I miss those gears? Nope. I concluded after those 2 weeks that I could have dispensed with a large chainring entirely. Really! I used the middle chainring and a few of the rear cogs for level riding, and then used the granny for the uphills. Sounds silly? Give it a try on a touring-style trip.
3. Caught out in a lightning storm? Feels kinda' uncomfortable being exposed like that. I was caught out like that on a trip but fortunately there were a few houses nearby. And I was with a wise trip partner who knew enough not to try and outrun a thunderstorm. A nearby house had an open garage and the owner was mowing his lawn with one eye on the sky. As the raindrops started we yelled above the roar of the motor to ask permission to take shelter. I don't know if he heard us, but he got the gist of it. He waved us in.
4. Making gear do several jobs at once. You gotta' bring rain gear on a trip in the Northeast. It might as well serve several purposes. Rain pants are a good thing. They work in the rain of course. But they also work as wind pants on a cool ride, and as a little extra warmth hanging around camp. They can even be used to ward off a mosquito attack. No sense bringing extra gear for each of those purposes when one garment will do the work of several.
5. A wool hat? You can't cycle in a wool hat, not if you're wearing a helmet. But a wool hat is a great blessing around camp on a cool night, and in an emergency when the temperature drops below what your sleeping bag is rated for. Or when you're chilled from a long day's wet riding and your body temperature needs a boost. When you're cold the blood retreats from your extremities to conserve heat in your brain and vital organs. So keeping that most vital organ covered conserves vast amounts of heat. When you're cold, wear that wool hat.

Marty Cooperman

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May 2004 Calendar

Date	Starting Point	Destination	Miles	the etc's
05/02	Oberlin Inn	New London	51	first time for '04
05/09	Amherst	Milan	55	to the Invention
05/13	Nordson Depot	Prolog	6:00	A quick 20+ before the meeting Be there!
		Meeting	7:30	
05/16	Oberlin Inn	Huron	53	Let's beat the church crowd!
05/22	Oberlin Com Cntr	The JJJ	50/100	A freebie invitational
05/23	Amherst	Wellington	52	A round about way!
05/30	Oberlin Inn	Spenser	51	To the Hungry Bear
05/31	Amherst	Holiday U-Show	25ish	before the parade(s)

Time Change!

Sunday rides will start at 8:00 Eastern DAYLIGHT Savings time from now 'till the end of October!

Note: We scheduled a new starting point in Amherst. All Amherst rides will start from the City parking lot just east of Church Street. It runs from Tenney Ave thru to Park Ave (by the bowling alley). Park on the Tenney Ave end near the flag pole and picnic benches (Angelo's Pizza is across the street).

We hope we can finally go to the destinations listed this month. Last month it was kinda hard as it almost snowed on some of the weekends and we cut the rides distances to meet weather conditions.

Saturday rides from Prospect School at 9:00 will continue. They'll be in the 22-35 mile range

Weeknight rides should continue without a hitch. We'll start 'em at 6:00 for the rest of the summer riding season. TUE will be from Prospect School (Oberlin) and THU will be from the City parking lot (Amherst). The meeting night prolog ride will start from the Depot in Amherst.

This month's invitational is the Jerry's Jeromesville Journey. This ride was laid out many years ago by Jerry Warnke. It's a simple loop to Ashland County with a cut-off at Co Road 500 for a shorter 50 miler. Details can be found elsewhere in this issue of CrankMail or on the Web at: <http://www.eriecoast.com/~lorainwheelmen/jjj.htm> .



Jerry's Jeromesville Journey

A Freebie Century

Saturday, May 22, 2004

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 22, 2004. 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.



**P.O. Box 844
Medina, OH 44258
www.medinabikeclub.org**

Contact the following for information

www.medinabikeclub.org

President:	Shawn Conway	330-764-3019	the5conways@earthlink.net
Vice President:	Dave Ling	330-416-9421	ldbl3000@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary:	Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Night Rides

Starting at 6:30pm (Pace: Moderate 12 - 15+ mph)

Starting Points:

May - Medina County Career Center
June - Buckeye Woods County Park
July - Hubbard Valley County Park
Aug - Plaza 71 Route 18 & 71
Sept - Plum Creek County Park

Sunday Morning Rides

Starting at 8 AM (May through September) and 9 AM (October)

Starting Point: Historic Medina Square. Please park in the Courthouse Parking Lot At Jefferson and E. Liberty St. off the Square.

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

CLUB NOTES: Club members are vigorously embracing the warm weather we have been blessed with so far. The first Tuesday night ride, from the Career Center, was almost rained out but Shawn had an appointment with the outdoor sports reporter for the cable network so six of us stayed to see how Shawn did for the TV camera. Yeah! He did well. Tom Dease even had a walk on role as club historian regarding the upcoming GOBA event. We have some potential movie stars here... After the interview it was a fast 17 mph ride for 24 miles finishing under a dark clouded sky.

Lee has been leading some gentlemen's paced rides on Saturdays. The first was from Plum Creek to Medina for breakfast. The club test-rode the 25-mile

route for the Ice Cream Ride this Saturday. There were nine riders and all stopped at Pike Station for breakfast. Mmmm, mmm, good.

Next meeting to discuss the Ice Cream Ride is April 21, at Donato's. Report to follow. Last meeting it was reported that the PM rest stop must be relocated due to the closing of the West Salem Elementary School. The club discussed purchasing hard plastic bike carriers but there did not seem to be enough interest to make that investment. Only one member present had plans for traveling so it was decided to drop the idea and not to purchase travelling cases. There are some rumors that some members may be going to the Tour de France this year.

LETTER FROM VETTER:

Rants-n-Raves: TOSRV has a deadline to register of April 14th! What the heck is up with that! In years past the ride filled up in eleven days and you knew you had better apply early or you would not get in. Oh sure, there were those who, saying the roads were free public access, rode anyway and most were honest enough to buy their own food and not eat at the rest stops. But think about who would take care of them in case of an accident and how this use resource reduces the safety of paying customers.

Years ago Tom Waterson, Jim Ruppe, and I rode around Ohio for one full week and I chastised Tom for being color coordinated with his black bike and yellow accessories bags, rain coat, and socks all matched. Gimme a break! Now he's gone a step further. In fact, I think he may even qualify as handicapped now under the Americans With Disabilities Act (ADA).

Tom and I have been working out at the Medina Rec. Center since January 2nd. Last week the Rec. Center offered free body fat measurements. Both of us decided to get measured. Tom went first then I went under the calipers. At 27.4 percent I am considered to be "obese" while Tom fell into the "fit" category. The lady taking the measurements blurted out "perfect" to which Tom responded, immediately, "Great! I'm perfect". Now, Tom's head is so big, he can't get through a normal door opening. Under the current ADA guidelines it be necessary for public entities to make alterations to their

Bike to Work
--> B2W <--
Friday, May 28th
For assembling locations visit:
www.clevelandbikes.org

building entranceways to accommodate Tom's large head. Local area banks have responded by installing double doors at those entrances used by Tom.

Benefits of Club Riding: During today's ride one member complained of a problem with "chain suck" on a brand new bike while road riding. In this version the chain wrapped itself around the small chain wheel in front. The chain stayed glued to the chain wheel it wrapped completely around until it overlapped itself. At this point the chain jams and the pedals stop in place. Since this happened only while climbing steep hills, the rider was fearful of falling and rightly so. Over breakfast we discussed the problem. The benefit was that a couple of our members with riding experience in excess of twenty-five years each had some constructive ideas as to the cause and a solution to the problem. The consensus was that this new bike needed to be broken in more by riding on the small chain ring while on flat roads.

Many new bikes have a heavy lubricant on the chain making it stiff and clingy. Some new bikes have chain rings with sharp edges and may have burrs that need to be worn off. Lastly some bikes have rear derailleurs with weaker springs that may not be able to pull the chain off the bottom of the chain wheel thus allowing the chain to be sucked back up into the chain trying to come over the top.

Seek Your Adventure

CYCLE UTAH

June 5-11 & September 4-10

CYCLE THE DIVIDE MONTANA

July 10-16

CYCLE MONTANA

July 24-30

CYCLE THE COLUMBIA GORGE

August 7-13

CYCLE THE DIVIDE COLORADO

August 21-27

AMERICAN EXPLORER

September 18-24

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Adventure Cycling Association



Cleveland Bikes

Hi Everybody,

ClevelandBikes is starting to gain momentum with several activities in the works. One notable item is the appointment of a Communications Director, Ann Whalen. Ann will be taking over this column starting in June.

ClevelandBikes and the Ohio Bicycle Federation brought mountain biking legend Joe Breeze and his "Bicycling to Healthy Transportation Choices Now" national speaking tour to Cleveland on April 21. The talk, held at the Cleveland Environmental Center, was attended by local enthusiasts, activists, and shop owners.

Joe is very enthusiastic about the Safe Routes to Schools program where local organizers work with both the schools and government to develop safe routes so kids can ride bikes or walk to school rather than be bussed or car pooled. Parents on average are spending at least an hour per day chauffeuring their children to various activities. By creating an environment where a bicycle is a viable alternative, it makes that time productive for both the parents and the children.

During the question and answer period, an audience member challenged Joe stating that cycling year round in California where he makes his home is a no-brainer, but in Cleveland we have the weather to contend with. However, Joe stated that most "health transportation" initiatives involving bicycles are in northern climates not warm weather ones, citing Holland and Denmark as two notable examples where cycling is integrated with other transportation options. The three cities in the US most noted as bicycle friendly are Seattle, Portland, and Minneapolis.

Biking in Cleveland: At the recent board meeting, member Lois Cowan reported on efforts to promote cycling and healthy life-styles. The Slavic Village Development Corporation, working in the southeast part of Cleveland, received grants to develop neighborhood strategies to promote bicycling and health. A national magazine is also considering Cleveland as one among several cities to focus on for upcoming stories.

May is Bike Safety Month: Kevin Cronin presented the latest on two combined projects to publicize bike safety:

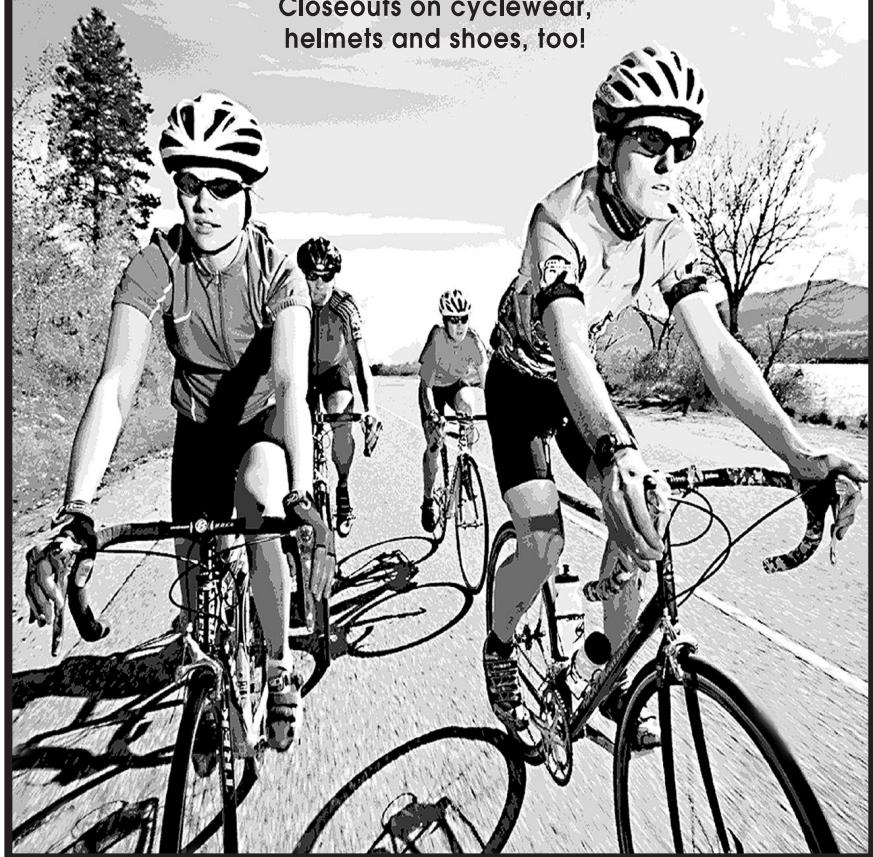
- 1. White Bikes on Streets:** locking 20 bikes, painted white, on public sidewalks around the city. The bikes would be safety "billboards," displaying "Share the Road" signs. Painting begins on 4/24, with OCBC donating surplus bikes. To discourage theft, pedals

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check out the Special of the Month at
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B&K Bicycle Co.

4298 Mayfield Rd. So. Euclid 216-382-9966

are removed. Century Cycles' insurer will write a short-term policy that will meet the city's insurance requirement. The bikes would be placed on the street on the following Saturday, April 31.

2. Display on Neighborhood Kiosks: Each ward in the City of Cleveland has at least three public kiosks, a total of 149 kiosks in 36 districts. While the city plays a role and controls a portion of the display surfaces for public events, the kiosks are actually owned by Omnimedia Company. The Design Review Committee of the Cleveland Planning Commission approved the ClevelandBikes display for the public kiosks ("Same Roads, Same Rights, Same Rules" with the bike sign "Share the Road, It's the Law"). Because ClevelandBikes is competing with other nonprofit organizations for the public space controlled by the City, it's not clear how many and where the signs will be displayed.

Bike to Work Day: Bike to Work Day is scheduled for Friday, May 28th and will continue on the last Friday of every month. Ride leaders will depart from several locations at 7:00-7:15 AM heading to downtown. Brendan McNamara has secured the commitment for free coffee for commuters indicating they are with ClevelandBikes at the following departure points:

1. Starbucks Coffee: Cedar and Fairmount blvd. (Martin Cooperman)
2. Caribou Coffee: Coventry blvd. and Euclid Hts Ave. (Kevin Cronin)
3. Arabica Coffee: West 116th and Detroit. (Brendan McNamara)

Other areas are being considered, if interested in a particular location, email us at ClevelandBikes@hotmail.com

Why Should I Join ClevelandBikes?

1. Are the roadways in your area friendly towards bicyclists?
2. Are there trails in your area to enjoy mountain biking?
3. Do local trails connect with recreational or commercial areas?
4. Do the laws in your community work for or against bicyclists?
5. Do the planners in your area consult with bicyclists regarding where to put new roads and how they could be made safer?
6. Are the motorists in your area friendly toward bicyclists?
7. If you see a potentially dangerous traffic area or road condition, to whom do you report it?
8. When you want to help your local, state and federal elected officials understand the needs and problems of bicyclists, whom do you contact for information?
9. When you want to know what's going on in the Northeast Ohio bicycle world where do you go for information?
10. If you want to know how to get from our area to another area by bike, whom do you ask?

Join us, get involved, make a difference. Membership levels start at \$30/\$15 for students. Applications and online payment at www.clevelandbikes.org

Hey Cranky.....

I'd like to get a bike for my 12 year old, why should I spend hundreds at a bike shop when I could get one at X-mart for much less; it's just going to get stolen or beat it up anyway? - Mr. Ed.

Dear Ed,

I'm going to assume that the bike will be used primarily for tooling around the neighborhood with an occasional family outing on a trail or bikepath.

The answer is simple, what kind of values do you want to teach your kids?

Assuming that your child will trash the bike in short order and purchasing one that will assist in that effort will teach them to be careless with their possessions and that the bicycle is just another unreliable throwaway item. However, if you spend a bit more on a machine that over time will perform well if properly cared for, you have the opportunity to teach them some valuable lessons. They will learn that the bicycle is a fun, useful and reliable companion. When you purchase a bike that has sufficient quality to last, components that are repairable, and features that allow it to adjust as your child grows, you have something to work with. Teach them how to ride it safely, the proper way to care for it, and how to do basic repairs and you've imparted skills that frankly, I see lacking in some adults I ride with everyday.

It has been a while since I had a twelve year old so I went shopping.

The bikes at the local X-Mart were located next to the Toy Section which told me a lot right there. They had an impressive selection but the section was a disaster with bikes and various accessories scattered all over the floor. There was not a salesperson in sight. I didn't spend a lot of time shopping and comparing but there seemed to be two price-points, basic and bare-bones.

A bicycle is comprised of many parts and each one presents an opportunity to cut costs. How else could you build a bike, ship it half way around the world and still sell it for \$53.68? When evaluating the quality of the bike I did not 'count the spokes' as one shop owner advised but I did bring a magnet. There was not a metal part on the bare-bones bike that was not stamped steel. The rims were finished to look like alloy but were steel, as were the brake calipers, levers, etc. This means that the 'discount' bike would be very heavy, not very strong, extremely difficult or impossible to adjust, and would start rusting as soon as you roll it out the door. Would you really want your children riding a bicycle with brakes that are made as cheaply as possible?

The X-Mart basic model priced at \$158.68 was a bit better with alloy rims, aluminum frame, and some Shimano components. They were even a brand-

name we'd all recognize. I only took a cursory look, but on the surface, it seemed to be capable for occasional riding. However, there are still a lot of ways to cut costs and I'd look closely at how well they were assembled whether they were easily adjustable, and suspect the quality of less glamourous parts such as axles, bottom brackets, bearing, and headsets.

With the \$160 price point in my head, I then visited a couple of bike shops to see what basic-bikes they offered.

The first observation was an order and neatness that was so lacking at X-mart. These were local business owners who cared about their shops and their customers. The second observation was that there was someone there to talk to you. If you had questions about size or fit, quality of components, or advice on what model was most appropriate, there was a knowledgeable person to ask. If you needed service, an adjustment, or were dissatisfied, you could probably talk to the very same person who sold you the bike.

I inquired about a basic bike for a typical 12 year old and was directed to a few different ones, all very similar to the \$160 basic X-Mart model. I did not do a component by component comparison but let's assume that the shop and X-mart bikes were equivalent (a very big assumption). What you did get from the shop was professional advice and assembly, a return policy, a discount on accessories, and a 30-day tune-up. One owner offers a trade-in policy on certain models if they are well cared for. I also asked if I could substitute different tires if I didn't want the knobbies that came with the bike. Try that at X-mart. Service is the largest advantage to purchasing from a shop, both before and after the sale. The cost for this service in the long run is negligible. The entry-level bike shop models start around \$249 with a suspension fork and \$199 to \$240 without.

One of the most important services a shop provides is proper fitting. Too often a young rider is given a bike that is too large or too small, resulting in an unpleasant experience. They learn that a bike is uncomfortable and difficult to ride or control rather than a joy to ride. This results in lack of interest and the bike sits and rusts while the child is indoors on the video game. I did notice that on one shop model the crank had two positions for pedals and an adjustable stem to allow the bike to adjust as the child grew.

So Ed, I'll return to my original answer, what values do you want to teach your children? I suspect most of the readers of this publication have a high regard for their bicycles, treat them with respect, and take care to keep them running well. Instilling that attitude in our children is the least we can do.

Fairview Cycle, Bike Authority, Century Cycles, and X-Mart assisted with this article.

If you have a question about bicycles, the cycling industry, local bicycle lore, where or how to ride, or cycling personalities, we'd love to hear from you. Submit your questions to crankmail@wowway.com.

Yo, Wheelers!

In all the years I have been riding, I never rode as early as February. On Sunday, February 29th, 2004 there were at least eight of us riding when the weather turned moderate for a day or two. I am glad my bike was serviced professionally and ready to go.



Please watch the club website at www.westernreservewheelers.com for changes and corrections to the ride schedule. Last month, our schedule was inadvertently omitted from CrankMail. Speaking of CrankMail, we are pleased to note how quickly Marty Cooperman and Tom Meara have adapted to their new lives as co-editors of CrankMail. We wish them much success in this endeavor as CrankMail not only has become the voice of bicycling in Cleveland but has united the various clubs.

We look forward to another great season of riding. For those of you who have never ridden with us, please do so as we have groups for a wide range of riding abilities.

May the Wind Always Be At Your Back,

Ed Reichek

THE OFFICIAL TOSRV SONG?

THE ITSY BITSY RIDER RODE DOWN THE TOSRV ROUTE,
DOWN CAME THE RAIN AND WASHED THE RIDER OUT.
OUT CAME THE SUN AND DRIED UP ALL THE RAIN,
AND THE ITSY, BITSY RIDER FINISHED THE RIDE AGAIN!

2004 Western Reserve Wheelers Ride Schedule

Date	Time	Start	Destination	Approx. Miles
				A R C
5/2	8:30AM	JCC	Cleveland/Bratenahl/Lakewood	43 34 23
5/9	8:30AM	JCC	Hudson	50 38 28
5/16	8:00AM	JCC	Hale Farm	58
5/16	9:00AM	Northfield Elem.	Hale Farm	36 21
5/23	8:30AM	JCC	Sam's Tinker Creek	43 36 30
5/30	8:30AM	JCC	Oscar's Tanglewood	50 35 27
5/31	8:30AM	JCC	Pick up ride	TBD
6/6	8:00AM	JCC	Silverlake/Kent	70
6/6	9:00AM	Northfield Elem.	Silverlake/Kent	38 30
6/13	8:30AM	Sunset Pond	North Shore Ltd.	35 30 27
6/20	8:30AM	JCC	Irv's Urban Oasis - Downtown via parks/towpath/steel mills	50 45
6/27	7:45AM	Chagrin Falls	Hiram/Mantua	55
6/27	8:30AM	JCC	Hiram/Mantua	39 30
7/4	8:30AM	JCC	Cal's Five County	49 41 30
7/5	8:30AM	JCC	Pick up ride	TBD
7/11	8:30AM	Great Lakes Mall	Headland's Express	44 29 25
7/18	7:45AM	JCC	Big SQ - Fowler's Mill Chardon	55
7/18	8:30AM	Chagrin Falls	Big SQ - Fowler's Mill Chardon	40 30
7/25	7:45AM	JCC	Burton/Middlefield	60
7/25	8:30AM	Guerney School	Burton/Middlefield	40 30



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Sunday, June 27, 2004
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Other events include: 5K Competitive Timed Run
4 Mile Walk (Walk at your own pace)

For more information call: The American Lung Association® of Ohio
(216) 524-5864 or 1-800-LUNG USA
www.cleanairchallenge.com

Registration forms are also available at Bike Authority



COMMITTEE

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

WESTERN RESERVE WHEELERS

Since 1972

2004 Membership Application

(Please Print Legibly)

Name _____ M _____ F _____

Address _____ Birth Date _____

Home Phone _____ Work Phone _____

Email Address _____ Fax Phone _____

Bikng Experience (Circle One) BEGINNER EXPERIENCE ADVANCED

List All Adult Participants
(18 and Over)

List All Minor Participants
(Under 18)

2004 Dues (Individual/Family) \$ 20.00
WRW Patch(es) No. _____ @ \$1.00

Total Paid \$ _____

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

Please return to: Jim GERNSETTER
Western Reserve Wheelers
19200 Cranwood Parkway

LEAGUE OF AMERICAN WHEELMAN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT
("AGREEMENT")

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

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

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

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

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENTS OR 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: -----

PARTICIPANTS SIGNATURE (only if age 18 or over): -----

DATE: -----

I HAVE READ THIS RELEASE

MINOR RELEASE

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

Tour de France Contest

Win a Trek Commemorative Jersey!



Think you know who is going to win this year's tour? Lance, Beloki, Hamilton? Maybe, but do you know which stage will be the decisive one? Will it be the time trial on L'Alpe d'Huez or the day after on the Col de la Madeleine? Will the race be decided on the next to last day with the time trial at Besacon or earlier with the leader fighting to hold it to the end?

This year, the tour may be every bit as dramatic, exciting and historic as last year. We hope to make it just a bit more exciting by offering this contest.

CrankMail Official TDF Entry Form

Name: _____ Phone: _____

Address: _____

Tour Winner: _____ Winning Stage # _____

The decisive stage will be determined when the Yellow Jersey changes riders for the final time. The winner will be selected in a random drawing from the correct entries. If there are no correct entries, all entries with the correct tour winner will be placed in a drawing. You must be a CrankMail subscriber to enter. Send your entries to CrankMail, PO Box 5441, Cleveland, Ohio 44101-0446. One entry per person please. Winner will be announced in the August issue.

The jersey was donated by:





Your source for race information . . .

www.pdqcleveland.org



CHARLES HOWE

President

440/235-4458

pdq_cleveland@yahoo.com

DEE BOSL

Secretary/Treasurer

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Vice President

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CrankMail Editor

216/381-4591

mmarsic@aol.com

[VACANT]

Team Manager

CLUB/TEAM NEWS

Volunteers are needed and appreciated for the Chippewa Creek Road Race in Brecksville on **Sunday, May 23** – contact Charles Howe if interested.

2004 uniforms are in. If you have not picked yours up please contact Marty Marsic (MMarsic@aol.com). A limited number of extra garments is available.

Get ready for Thursday night training rides. With additional daylight and warmer temperatures, the Thursday night training rides are underway. Weather permitting, we leave from the Westlake Recreation Center (28955 Hilliard Blvd.) at 6 PM for Grafton and back. There is usually a 5 to 10 minute stop to catch a breather. It is a 30-mile ride with average speeds over 20 MPH. For more details, please contact **Mehul Gala** at (330) 558-3196 or at mehul_gala@yahoo.com.

Six members of **PDQ** competed in the first of four races in the **Covered Bridge Circuit Race Series** presented by **Team Akron**. The March 28th race saw **John Hayden**, **Mehul Gala** and **Bob Turba** compete in the **A Race**, while **Dave Billman**, **Jeff Comer** and **Jim Cunningham, Sr.** took part in the **B Race**. The weather conditions were favorable, but the course conditions were not. Good job guys!! (*Thanks to Tom Keller of Pyro for his race report*)

Roger Miller finished second in the Masters Division of Race 3 of the **EnduraDawgs Indoor Time Trial Series**. This last of the three indoor time trials simulated the shorter Central Park 10K loop course. Each events were held at the fantastic EMH Center for Health & Fitness. Hats off to **EnduraDawgs** for putting on this very nice series!

The weekly **Westlake Training Series** kicked off on Tuesday April 6. The forecast wasn't favorable, but the rain held off. Five team members raced in the windy conditions: **Dave Billman** and **Bob Turba** finished in the field of the 30-mile A race, while **Jeff Plas** won took the win in the B race., with **Mehul Gala** 4th and **Brian Limkemann** in the field.

ERIE RACING ASSOCIATION



DAY(S) & DATE(S)	RACE NAME & TYPE*	LOCATION	CONTACT
Tuesday Evenings	Westlake Training CT Series	Westlake, OH	Chris Riccardi – 440/843-8026 10915 Windham Dr. Parma, OH 44130-1576 chris16@stratos.net, or cvalleyvelo.com/westlake/results.php
Saturdays 5/1, 5/8	Race-at-the-Lake CT Series	Munroe Falls, OH	Ted Ingraham – 330/922-3299 1191 Sunset View Dr. Akron, OH 44313-7836 egi@neo.rr.com, or summitfreewheelers.com
Sundays 5/2, 16, 23	PICC Spring Training Series	Fairview and Lake Erie Speedway, PA	Kevin McCracken – 814/725-1338 21 E. Main St. North East, PA 16508 lakecountrybike@velocity.net, or picycling.org/sts2004.htm
Saturday 5/15	Chris Carano Memorial CT	Warren, Ohio	Tony Potts – 330/652-6552
Sunday 5/23	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
Sunday 5/30	Stinger's Cycling Classic CT	Beaver, PA	Marlin Erin – 724/349-7688 399 Third St. Beaver, PA 15009 info@smitgersbikes.net, or smitgersbikes.net
Saturday 6/5	Five Points Classic RR	Indiana, PA	Bruce Overdorff – 724/349-7688 85 Bryon's Pl. Indiana, PA 15701-3130 bajdorff@surfshop.net
Sunday 6/6	Downtown Indiana CT	Indiana, PA	Bruce Overdorff as above
Sunday 6/13	Tour of West Deer CR #1	Bakerstown, PA	Oscar Swan – 412/521-2207 6649 Woodwell St. Pittsburgh, PA 15217-1320 swan+@pitt.edu acaracing.com/sched.html

*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.

Earn A Bike programs
Used bikes for sale
Bike education
Membership
Fun tours



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

1823 Columbus Road, Cleveland Ohio 44113
216-830-CO-OP (2667) www.OhioCityCycles.org

The OCBC is a non-profit, member-run bike education center that fosters Earn A Bike programs where kids earn donated used bikes as they learn bike repair and safe cycling. Members can use the shop, and earn purchase credits by volunteering to refurbish the used bikes we sell.

News: Chuck Harris's visit in March was all we hoped for, and more: 56 folks learned how to make (among other things) fenders out of PET plastic bottles, and bike cargo-trailers from used rims (we'll be doing both in our spare time now). We're stocking his helmet and glasses mirrors, emblazoned with OCBC logos and slogans, and will have him back in August for a design-challenge/ride/concert fundraiser. Bikes are being donated in droves, so we've given some to the Oberlin bike co-op, and ClevelandBikes will use some in May for a bike-safety month project. EarthFest was a great success – special thanks to new member Mike Blotzer for consciously attending to the first serious crash victim in 12 years (she's OK), and to old member Doug Gillespie for riding, flipping, and righting the Big Fish!

Planning meetings for the **July 18th SCRABBLE** (Summer Century Ride and Beach-to-Beach Lakefront Experience) are still being held on alternate Sundays after **9AM route-scouting rides** – all volunteers (members or not!) are welcome, and needed: see “SCRABBLE planning” on the forum page of the website for details.

Upcoming events: To scout best practices for the SCRABBLE, we will be doing **Pedal Pittsburgh**, on May 16th. Sign-up for the van-pool is on the website calendar.

The Art Group is again making a School of Cycle-fish for Parade the Circle (June 12) on most Wednesdays from 5 – 7PM. Artists and engineers are needed to help create fanciful, *working* tails, mouths, and fins on bikes for the EAB kids to ride. Before Parade, John Ranally's Big Fish bike will swim again (but not flip!) on Saturday, May 22 at an event at **Dike 14** in the AM, and then (and on the 23rd) at **Hessler Street Fair**, giving rides while we do tire-change demos and staff a booth. Volunteers are needed for all these events: again, sign-up on the website!

Members' special: Shift levers on older road bikes are either on the down-tube (efficient, but hard to reach) or the stem (just stupid, for many reasons). Newer (STI or Ergo) integrated shift/brake levers are very cool, but expensive, and usually not worth putting on an older bike. Bar-end shifters are a simple, versatile alternative, but \$60 for new ones is still a lot on a \$150 bike, so we worked out a way to adapt the many stem shifters we have for bar-end use. We'll convert any bike we sell with the basic, friction version of these (including cables) for \$15, or any other bike for \$25, (and apply member discount and shop hours). This offer lasts until we come to our senses and realize how much work this really is to do — so stop in soon, and at least take a loaner bike and test out our “open source” engineering.

Also, while they last: a **free girl's Huffy 10-speed with every inner-tube purchase!**



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

LEW Club Weekend & Holiday Ride Schedule

May 2 9:00 Bonnie Park to Peninsula, Stanford House Pancakes – 50 miles.
May 9 9:00 Bonnie Park to Scenic Park – 40 miles.
May 9 10:00 Bike Path Series: Berea Falls to Scenic Park – 24 miles.
May 15 9:00 Women's Ride: Scenic Park to Big Creek – 36 miles.
May 16 9:00 Tour de Cleveland – 30 or 65 miles.
May 23 9:00 Brecksville to Chagrin – 45 miles.
May 30 9:00 Bonnie Park to Medina – 45 miles.
May 31 9:00 Holiday Hawaiian Shirt ride: Scenic Park to Cleveland Flats for lunch.

June 6 8:00 Valley City to Wooster – 80 flat miles.
June 13 8:00 Sunday in June (contact CTC for details) – 10/25/50/62/100 miles.
June 13 9:00 Bike Path Series: Elyria to Kipton via North Coast Inland Trail – 28 miles.
June 19 9:00 Women's Only Ride: Scenic Park to Euclid – 45 flat miles.
June 20 9:00 Seville to Wooster.
June 27 9:00 Brecksville to Burke Airport & Parts Unknown – 60 to 80 miles.

Ride Start Locations

Berea Falls In S. Rocky River Reservation, on Valley Parkway, $\frac{1}{4}$ mile north of Barrett Road ($\frac{3}{4}$ mile north of Bagley Road; near viewing platform).
Bonnie Park In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.
Brecksville in Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
Elyria Parking lot at end of 2nd & 3rd Streets, $\frac{1}{4}$ mile west of South Gateway Blvd. in Elyria, Ohio.
Scenic Park Parking lot at marina in North Rocky River Reservation, off of Valley Parkway, located $\frac{1}{2}$ mile south of Detroit Road, in Lakewood.
Seville Post Office parking lot at East Market & Liberty Streets in Seville, Ohio, 1.5 mile south of I-76.
Valley City Liverpool Elementary School, at West River Road and School Street.

Weekday Evening Rides

Tuesday – Short, slower (C-pace) rides starting at 6:30 p.m., weather permitting, from the parking lot behind the Fairview Park Post Office, at West 220th Street & Lorain Road,. Usually 10 to 18 miles in length, these are recommended for beginning and slower riders. For details contact Greg James at 440-331-9419.

Wednesday "Mod" – The "Mod" (Moderate Pace) Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, weather permitting, of course. These qualify as B rides, with distances varying from 20 to 40 miles, and will be led by Marc Snitzer and Greg James. For more information, contact (or e-mail) Marc Snitzer at 440-236-3017, (msnit@juno.com), or Greg James at 440-331-9419 (clockwerke@aol.com).

Regular Club Wednesday – Moderate to fast pace 20-30 mile rides starting at 6:30 pm from the parking lot behind the Fairview Park Post Office (at West 220th Street & Lorain Road), weather permitting. For details, contact (or e-mail) Ed Wheeler at 440-572-1122 (wheels@ameritech.net).

LEW website (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.lakeeriewheelers.org>. The LEW club e-mail list is at lakeeriewheelers@yahoo.com. If you aren't receiving weekly ride updates and have e-mail, 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 the current and following months are:

May	Tom Meara
June	Mike Robinson

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 Olmsted Falls East River Park at the normal start time for the month.

The 2004 Women's Rides Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, the Women's Rides will be held on the third Saturday of each month, through October. Bonnie Vargo will lead these rides, at a C or B pace, from various starting points. For details, please contact Bonnie at 216-226-5918.

Bike to Work Day (B2W)
Friday, May 28th
www.clevelandbikes.org

The 2004 Ohio Bike Path Series

This year we are proud to continue the popular Ohio Bike Path Series, conducted entirely on bicycle paths or all-purpose trails. These will be held on the second Sunday of each month (in conjunction with a regular club ride), 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, starting an hour after the regular Sunday ride, 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 9	Berea Falls to Scenic Park	24 miles	John Whitaker
June 13	Elyria to Kipton via North Coast Inland Trail	28 miles	Dan Izuka

The 8th Annual Anthem Clean Air Challenge

The Lake Erie Wheelers has decided to support the Anthem Clean Air Challenge, sponsored by the American Lung Association and Bike Authority, by redirecting the June 27 club ride. Instead of riding from the Brecksville starting point to Chagrin & Burton, club members may ride from Brecksville to Burke Lakefront Airport via the Cuyahoga Valley, and back to Brecksville by a roundabout path. LEW will have a table at the event, which will include four bike tours (5, 12.5, 25, or 30 miles) and a Community Health Fair, among other offerings. For further information contact the American Lung Association at 216-524-5864, or online at www.cleanairchallenge.com.

The April, 2004 Club Meeting

Was originally scheduled to precede the Tuesday Night ride out of Fairview Park; due to inclement weather, attendees repaired to the nearby Stamper's Pub & Grill. The meeting started with the department heads giving their reports: the Membership Chairman reported that we have 95 members as of April, the Treasurer reported a club account balance sufficient to meet anticipated expenses, and the Secretary read the previous meeting's minutes.

Following this, upcoming, scheduled rides were announced, with details to be posted on the club website. There was good news from Columbus: the Ohio Bike Federation's proposed "Share The Road" license plate has made it out of committee, and awaits a decision from Ohio House Speaker Larry Householder to schedule a vote (contact him and let him know we care). An officer's meeting was tentatively scheduled for later in April to discuss the proposed Rail & Trail Ride to Akron, with a meal stop at Peninsula. Volunteers are requested to assist with this event, once it is scheduled in the fall.

After the members attending introduced themselves, discussed their bikes and their safety gear, the meeting adjourned.

LEW Touring Division News

Tom Meara will continue as Chairman of the Touring Division. The goals of the LEW Touring Special Interest Group (TOURSIG) include the following:

- Developing overnight tour destinations and dates
- Sharing of commercial tour information and brochures
- Making plans for identifying tour groups with other local clubs

Tom is also interested in attracting LEW members who have are enthusiastic about touring, overnight and otherwise. Anyone interested can contact him at 440-777-2563,

or email him at tdmeara@wowway.com. Volunteers are needed for Ride Captains. Planned overnight tours through the month of July include:

Tour Destination	Date	Ride Captains
Stanford House (Pancake ride)	May 1, 2	Tom Meara
Findlay Lake State Park	May 15, 16	Greg James
Malabar Weekend	June 19, 20	Robert Parry
Punderson State Park	July 17,18	Marty Cooperman

Starting locations and times TBA. Rides are RSVP; please notify Tom Meara promptly to be included. Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained). For additional tours during the season, please consult the club ride schedule for 2004.

The Findlay Lake State Park Tour

The Findley State Park Overnight Touring Ride will be held on May 15-16. The start location will be in Valley City, at the intersection of Ohio Rt. 252 & 303. The distance will be approx. 35 miles each way, and the pace will be "B" to "C". Please note that this ride is self-contained, and you will be responsible for carrying all of your gear including tent, sleeping bag, food and clothing. Limited sag will be provided; we will have a van meet us at the park, primarily to deliver wood for the evening campfire. Since we will need a head count to make reservations for campsites, please plan on committing to the ride no later than Friday May 7th. If you would like to make a reservation to guarantee your campsite, the \$19.00 fee must be paid (by cash or check payable to Lake Erie Wheelers) no later than Friday May 7th. You may also choose not to purchase a reservation and take your chances on finding (and paying for) your spot when we arrive. For more information, please contact Greg James, 440-331-9419 or email at clockwerke@aol.com. If you would like some information about the park, go to: <http://findleystatepark.org/>.



Spring Sale

Spin

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lakewood ohio 44107
216.521.spin [7746]
spinbikeshop.com**

**friday, may 7th, 12pm – 8pm
saturday, may 8th, 10am – 6pm
sunday, may 9th, 12pm – 5pm**

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pedros lubes	20% off
park tools	20% off
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helmets	15% off
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Schwinn Le Tour 22" (56 cm), Mag indoor trainer and Cateye monitor, \$125 total, 330-336-8487 or 330-666-9594.

58 CM trek 5500 OCLV, naked carbon,dura ace, asking \$1200 OBO. **58 CM Eddy Merckx TITANIUM AX**, Dura ace, asking \$1700.00 OBO. Call Tony 440 888 2042, cell 440 212 3961.

Mid 80s Fuji Sagres 21 in (31.5 standover) triple, rack, frame pump. Completely rebuilt and cleaned. BEST REASONABLE OFFER. 440-891-8364 evenings.GUMBYCYCLING@JUNO.COM

Bike Rack, holds up to 4 bikes, 2" hitch receiver required X-Port model,NIB \$75. (216) 310-2704

Blind Stoker seeking captain for tandem rides. I'm a 56 year old psychologist, live near Shaker Sq., call Andrew at 216 464-0383.

expires June 2004

Cateye CS-1000 Wind Trainer, from Colorado Cyclist, new condition. Selling 1/2 price: \$225. **Paramount Road**, 51 cm, Columbus steel, Corvette white, Shimano Durace, Campy Record hubs, Mavic rims, new Vittoria tires, mint condition \$950. (216) 831-6248

Canondale 700 Silk Adventure; Shimano Deore XT; 1000 miles asking \$725 serviced at BikeAuthority. Ron 330-475-5939 or 330-656-9079. zenone2ron@hotmail.com

BIANCHI VIGORELLI-ROAD BIKE Brand new, 2003, less than 200 miles, fire engine red, granny, 60 cm. Perfect condition. \$1,200. Call John. Leave message on 440-877-0510 or e-mail cwestmont@aol.com

Cleveland-Pittsburgh Connector: A detailed guide of a bicycle route connecting the Adventure Cycling Association route in Cleveland to the off-road Pittsburgh to Washington, D.C. trail system. \$12.95 Call 330-722-7260, aratajczak@ohio.net

BIANCHI EROS: Women's 650c x 49cm, Forest Green, Campy Mirage triple: 50/39/28, 8-spd. like-new, low mileage. Cateye computer, Blackburn rack. \$600. 440-877-0372.

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

TREK 1000T 54 cm under 150 miles, USPS team red/white/blue paint, all Shimano, clipless pedals, saddle bag, size 42 shoes, helmet, \$349 firm. Call 440-669-4041. *expires May 2004*

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