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The Voice of Cyclists in Northeast Ohio

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From the Editors

CrankMail is an important publication. We don't mean to imply by that statement that we are important or what we print is important only that the existence of a regularly published, narrowly focused periodical that is satisfied to serve its readers, has become very important. In an age where consolidation of media from radio, to newspapers, to television networks where else could you find content as 'narrowcasted' as CrankMail?

You may find it in North Coast Sports but you would not find an article about a bike ride where only 30 people showed up to participate. You may find an article in the PD or a rare article about cycling in the Sun Times but you would not find articles about most local rides, news from most local clubs, and find advertisements from the best local bike shops in anything but CrankMail.

We are often asked by readers, why we don't just publish electronically and post our issues on a website. Why bother printing and mailing hard copy, it is so 'old school'. Well, we like paper and ink thank you very much. We think there is something tangible and real seeing our words, your words, repeated 1000 times sitting in EMM trays ready to be mailed all over Ohio.

Those who favor the internet seem to think it is a forgone conclusion that it will exist in its current form forever. After all, it's been around for almost 20 years Netscape (remember them) was the top browser just 10 years ago and where are they now? Google is only a few years old. The current controversy is with net neutrality, the claim that the control of the content on the internet should be separate from the companies who provide the internet. Those who favor net neutrality argue that large telecommunications providers are attempting to unfairly profit from their investment in residential networks, while opponents claim that the providers of the 'network' have the right to profit from their investments. Your ability to read CrankMail on the web in the near future may be dependant on how much bandwidth Time Warner or Verizon chooses to give it.

Communicating via paper has a 5000 year history, so it must be doing something right. Some claim the internet will take over, as well it might, but we won't know for a few hundred years or so. In the meantime, we'll keep printing.

Martin Cooperman and Tom Meara, Editor & Publisher
October 2006

You Can Subscribe!

If you're not a participating club member you can get *CrankMail* by subscription! One year (10 issues) costs only \$13.00 (new subscribers only). Send a check made out to "CrankMail" with your name and mailing address on the form below. Renewals are \$15.00 per year (prices include sales tax).

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IN THE ZONE

Cycling News and Events

The **Cleveland Area Mountain Bike Association** has announced a brand new mountain bike trail in Cleveland Metroparks at the **Ohio & Erie Canal Reservation**. The trail, approximately 4 miles in length, will be open to mountain biking, hiking, and trail running. Construction will begin on Sunday, November 5th, 2006. After 5 1/2 years of dedicated advocacy work, this will be the first trail open to mountain biking in Cuyahoga County. The trail is in the heart of the city and is only about 5 miles from the center of downtown Cleveland. You are invited to participate in the building effort, just come to the Ohio and Erie Canal Reservation on November 5 at 9 AM. Details are at www.camba.us.

Three area bikes shops were named as one of the **Top 100 Best Bicycle Retailers** in the nation in a survey done by Bicycle Retailer & Industry News, the industry's leading trade magazine. We are very fortunate to have retailes such as **Bike Authority**, **Century Cycles**, and **Eddy's**, all in the Cleveland area.

Casagrande Press is seeking submissions for a forthcoming book entitled **"Cycling's Greatest Misadventures."** The publishing house is looking for quality nonfiction stories about "cycling mishaps, disasters, comical pranks, crashes, bad judgment calls, misfortune, contest meltdowns, strange injuries, loss of wit, critical conditions, bike trips gone wrong, or the 'non-riding episodes'". The editor says he'd like to see well-written stories that tell a tale, reflect the biking culture, and delve into the personalities of the characters involved. The deadline for submission is December 1; you can find out more at www.casagrandepress.com.

By studying the interactions of drivers and bicyclists on Texas roads, transportation engineers at The **University of Texas at Austin** have discovered that having painted bike lanes on streets and roads helps both commuters stay in safer, more central positions in their respective lanes. The complete results are on the University of Texas website: www.utexas.edu/research/ctr/pdf_reports/0_5157_1.pdf.

Many who know of and admire **Sheldon Brown** (www.sheldonbrown.com) may already know of his deteriorating health condition. Diagnosed as polyradiculoneuropathy, it has resulted in a gradual nerve deterioration (motor neuropathy) in his legs, accompanied by muscular atrophy. This has led to a dramatic change in his cyclo-centric lifestyle. We wish him well.

CrankMail would like to welcome two new volunteers, **Frank McGuirk** and his sister **Mary**, who will be managing the distribution of CrankMail.

This month's cover is an unidentified rider on a tour of the NY Finger Lakes sponsored by the **Lake Erie Wheelers**.

Upcoming Cycling Events

Monday, 1/1/2007. ABCDEFGHIJ!. Medina. Free ride with map but no other services. Rolling terrain with routes of 3/12/24 miles. Medina County Bicycle Club. Richard DeLombard; 805 Seneca; Huron, OH 44839. (419) 433-8353. www.LRBCG.com/pogo/BIKE.html#ABC

Sunday, 1/28/07. MARMOTS' MEANDER. Cleveland. Free 10-mile snow-bike ride will visit local sledding hills (with ski-bikes!) and test your winter cycling skills. Famous chili at the finish of this rolling ride. Ohio City Bicycle Co-Op. Jim Sheehan; 1823 Columbus Rd.; Cleveland, OH 44113. (216) 830-2667. www.OhioCityCycles.org



Cleveland Touring Club

Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

www.clevelandtouringclub.org
clevelandtouringclub@hotmail.com

Weekly Rides

Scheduled weekly rides with maps have ended. However, a Thursday group at North Chagrin continues to meet at 6:30pm for a nighttime ride of approximately 30 miles (no maps provided) and usually continues until the snow flies in early-late November. Since it is a bit informal, departure time could be as early as 6:20. Bike lights are required.

Weekly Ride Notes

We wish a speedy recovery for Jim Vargo, who was injured while riding in a paceline on the Thursday night ride this past month.

Steve Divincenzo reports that for four weeks straight, the 6:30pm Wednesday night riders were challenging each other for fastest time to complete the route and the fastest time up Gates Mills Boulevard hill. And the winner is....Todd Palmer, who took not only the race, but also the hill to end the year as the 4-time grand champ!. Watch out Todd, Steve says "we will get him in the spring!!"

Sunday Ride Schedule

Dec 21 - WINTER SOLSTICE RIDE watch website for further information (FRI)

Nov-Feb 10:00 - NORTH CHAGRIN Pickup Ride – Group decides destination Varied terrain. Meet at Sanctuary Marsh Nature Ctr. lot; enter park from Chagrin River Road (Rt 174) to Ox Lane.

Join the CTC Yahoo list serve

The CTC Yahoo list serve lets you post and receive messages to club members. Simply send a blank email to: Clevetourclub-subscribe@yahoogroups.com. When you get the confirmation message from Yahoo, simply follow the instructions in that e-mail to join.

January CrankMail

January is a good time to start marking the calendar for the 2007 riding season. Members—We'd like to hear where you will be going this year! Send us your riding suggestions, stories, news for submission into the January issue of Crankmail. Send to barbaracici@hotmail.com

Sunday Morning Hiking Option

Keep in shape this winter season and explore Northeast Ohio parks with the Why Not Adventurers. The Why Not's is a local group of outdoor enthusiasts whose members consist of people who enjoy hiking, cycling, skiing, etc. If you've met up with any Akron Bike Club rides, you'll likely see some familiar faces. The group hikes at 9AM Sunday mornings during the fall and winter season. Check out their schedule at www.whynotadventure.org.

Happy Holidays....

Best wishes to everyone for a happy & safe holiday season. Let's hope for a few warm days for some off-season cycling.

Ride of Silence in Memory of Charles Barr

By Freya Turner

I took part in the memorial ride for Charles Barr, the Cleveland Orchestra bassist who was killed in a biking accident this past September. The ride took place on Sunday, October 22 at 2:00 pm from St. Anne's Church in Cleveland Heights. The organizers were ClevelandBikes (Brendan McNamara) and Ohio City Bicycle Coop (Jim Sheehan).

The weather was overcast and blustery so turn-out was spare, but 23 hardy cyclists showed up for the ride. We proceeded in silence past Severance Hall (home of the Cleveland Orchestra) and down to Wade Park Oval where we stopped for a moment of remembrance. Then back up Edgehill to the church. Three of the cyclists in attendance are members of the Cleveland Orchestra – which surprised me, but it turns out that the orchestra has several members who are somewhat serious cyclists.

This was a solemn ride but it was a moving and spiritual experience. I hope that we don't have very many of these rides for Cleveland cyclists because I'd rather have cyclists ride safely and have drivers drive respectfully.

Chautauqua

The trip to Chautauqua: 6 of us (Tom Nez, Charlie Martin, Joni Lewanski, Edie and me with my 22-year old daughter Laura on the tandem) cycled from Cleveland to Conneaut, Ohio at the north east corner of the state having crossed a number of steep river valleys and doing quite well. We gave Tom some of the rice dish Edie made which is heavy, and Joni's tent which is also heavy, to even out the riding speeds. Too chilly and late for a shower for everyone but me. The next night we'd be at Tom's sister's cottage on Chautauqua, so no need to be concerned with cleanliness just yet. Daughter Laura was in a good mood. Something amiss here.

We took not the Lake plain route (easy, but boring with more traffic and lots of ripe grapes) but the overland route (very hilly, gorgeous, no traffic, slower) and went through some of the finest countryside around. You couldn't ask for better cycling terrain. Farms, woods, streams and lots and lots of hills. So many that with nightfall coming we realized we would not make it to Chautauqua and Tom's sister's cottage. We revised plans to head for near-er-by Findley Lake just across the NY State border and in Chautauqua County.

We could still say we made it to Chautauqua without having to admit we didn't make it to the actual town. It's like saying we made it to NY without saying whether it's the state or the city. Tom still carrying that heavy rice dinner and tent.

At Findley Lake the campground was already closed for the season the weekend before, water turned off, no bathrooms or showers but the owner lived there and gave us our choice of sites. It being dark, there was no other alternative. Concern with cleanliness is rising. Laura in middling mood. Brooding.

Tom and Charlie with extra time off, head for his sister's cottage while the 4 of us head back across hilly Pennsylvania, small towns, villages, pancakes, but no one will touch the rice dinner. I am now carrying it along with Joni's tent. Laura consents to share tent with Joni tonight, albeit reluctantly.

Laura does a spectacular job of navigating us past Meadville, Pa. and onto the special route Pa. has worked out for cross state cyclists. She gets us to Linesville (near where the ducks walk on the backs of the fish and kids feed them stale bread) near dark and arrive at Pymatuning State Park just at dark. The Tuttle campground is closed. I am accused of coming here deliberately knowing it is closed. Of course. Who wants to pay campground fees? We slip past the barricade and camp right on the beach, listening to ducks, geese and like minded fowl squawk while we make dinner. No one touches the rice. No water. No showers. Laura in a foul mood matching migrating fowl.

Edie, never that comfortable with guerilla camping, awakes several times during the night when ducks chatter thinking the police are moving in for the kill. It's a

lovely dusk that falls over the lake, we watching from the eastern shore. Stars, moon, then fog. Just beautiful.

In the morning Laura refuses to deflate her air mattress because I have inflated it the night before and she doesn't want to have to 'breath your stale breath while rolling it up'. So I do it. Sigh. Why didn't I bring that garish anti-teenage attitude bike jersey I got in Amsterdam. Damn!

We now have a race on our hands as Laura must be at her Chinese class at 7PM and thus home by 6. Edie and I have foolishly signed up for a bicycle club meeting to give a talk on inclement weather riding and are due in Rocky River at 7:30. But our muscles have strengthened on the trip and we dash for the Ohio border and then a big breakfast at Orwell (one of 2 good places for a winter ride and pancake breakfast, the other being a Windsor, a few miles closer to us). No more stops until home. We lighten our load by throwing out the wretched rice dinner. Laura is a trooper and pedals hard or perhaps she's pedaling for the first time in the trip. I can't tell.

We arrive home at 5PM, Laura well in time for her class, Edie and I in time for a quick shower before swapping bikes and heading to Rocky River from which we will not return until 10:30PM.

We got lucky with the weather. It could have been a blizzard instead. Snow started falling briefly just a few days later.

Martin Cooperman

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Towpath at 10

The Ohio & Erie Canalway adds to the quality of regional life and carries the promise of an even larger contribution

In the 10 years since Congress created the Ohio & Erie Canal National Heritage Canalway, progress has been breathtaking. Of the 101 miles included in the corridor, 73 miles of the towpath are complete. There is a national scenic byway along the length of the canal between Cleveland and New Philadelphia.

Perhaps most breathtaking is the pace of economic development this new canal era has ushered in. Since 1998, \$8.5 million in federal money has flowed to this region. That federal support has in turn spurred \$274 million in other public and private spending, an enviable multiplier effect by almost any measure. The heritage canalway has been cited across the country for its accomplishments.

There is much physical work to be done, mostly at the northern and southern ends of the canalway. Most of Tuscarawas County has yet to see substantial trail work, delays due as much to bureaucratic slumber as to the rural, privately owned nature of the towpath. But that area now stands poised for rapid towpath development, key components such as a bridge over Interstate 77 between Bolivar and Zoar now under construction.

As for Cleveland, the obstacles are formidable. Industrial land does not lend itself to recreational trails, and much of the six miles -- from Cleveland Metroparks' towpath to Whiskey Island on Lake Erie -- traverses heavy industry. Reviving that final six miles is now estimated to cost \$23.5 million and may be years from reality. Still, there is momentum north and south. The race will be to see which end is finished first. For that to happen, Congress must renew the act creating the federal heritage area.

But it is not too early to begin asking another, larger question: What happens after the towpath is finished? Certainly, the millions of people who have made the Cuyahoga Valley National Park so popular will expand their route. But the towpath and all it encompasses is more than just a trail. How will that larger story be told?

For example, there have been thorny environmental issues to overcome to bring the trail this far, particularly into cities. As trail builders learn the lessons and develop new technologies to address old pollution problems, there is an opportunity to market those solutions to other areas struggling with the same or similar problems. How will those proprietors offering the amenities that make the towpath so attractive -- restaurants, bed and breakfasts, historical sites and others -- tell their story as something more than individual attractions?

As the very old saying goes, success has a thousand fathers; failure is an orphan. As the success of the towpath builds, the lesson of the early years must not be forgotten: The towpath has succeeded because many people have had a stake in its creation. It remains successful because of the broad involvement of volunteer groups, local governments and state and federal entities. The trail is a regional phenomenon, a clear example of people seeing beyond political parties and job titles to the importance of a larger project. That alone is a legacy worth preserving.

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Back from Europe

by Bob Parry

We had a pretty wonderful time and Laura did well on her first bike trip. We had a lot of trouble trying to leave the US as the plane was held up and we (along with thousands others) missed our international flight in Newark which meant a wasteful 24 hours in a motel and airport in Newark NJ (not a wonderful vacation spot) and we had to deal with some of the rudest, unfriendly, unhelpful people I have ever met. It was a delight to finally get on a plane and leave that city.

Once in Switzerland and Germany everything was wonderful, everyone was friendly and helpful. Fortunately I had inserted an extra day before our scheduled bike trip as we have had delay problems like this before when leaving the US. We arrived in Zurich a day late, but fortunately I got to cancel the first night of what was to be a two day stay in Zurich, so we ended up with only an afternoon which gave us time to get train tickets, take a bus tour and do a little walking around. The next day we took a train to Kontanz, Germany (on the shores of Lake Constance or as called in German Der Bodensee) to pick up the bikes.

The German bike/luggage transport service "Radweg-Bodensee" that I located on the Internet and prepaid our reservations, performed everything perfectly. Each hotel was awaiting us and all the bike, hotel and luggage transport was all in order. It was really nice to have that done and all we had to do was show up and our key was waiting for us along with our luggage. The day we got the bikes in downtown Konstanz we did an 18 Km ride to Island Mainau which is renowned for its gardens and floral displays. It took Laura a day to get used to the bike traffic on the paths and trails.

In all we biked 152 Kms or about 2/3 of the entire route around the lake which took us seven days. staying in a different town each night. We opted for ferry boats on parts of four days which in themselves were very enjoyable on the perfectly restored 1935 boats with great restaurant lounges, where we got some of the best inexpensive meals, as we sailed between coastal towns. It did rain for parts of two days and we gladly wore our bright yellow poncho/capes that Laura laughed at when she first saw the "gift" I got her before the trip. But they came in handy a couple of times. Fortunately the sun came back out the last three days of the trip. We were kept so busy sight-seeing, following route signs, looking for places to stop for food/drink and checking the maps that the trip seemed to last longer than it did. My ankle didn't bother me on the bike but did walking and especially lifting luggage. I was really glad that Laura enjoyed the trip, too.

The CrankMail Guide to the Ten Best Rides in Cleveland

At long last it is finally ready (well almost), the comprehensive guide to the Ten Best one day rides in NorthEast Ohio. The Killbuck, the Tour de Villes, Berea Vermillion and seven more are all included.

Each ride is printed on a two-sided 8.5x11 page which can easily be copied and taken on the ride. It includes a description of each route with directions to the start, degree of difficulty, and elevation profile; a turn by turn cue sheet, highlighting food stops, restrooms, points of interest and local history; also included are detailed maps of selected areas on each route. Discover why the town was named Reminderville, explore the Witch's Ball in Medina County, learn of the early history of the Western Reserve, or where Babe Ruth hit a home run to win a World Series in Cleveland.

Careful consideration was given to each route to highlight the diversity of riding in NorthEast Ohio. The rides include roads in eight different counties from Cuyahoga to Wayne to Portage. There are predominately urban routes as well as very rural ones, some are long and difficult while others are shorter or more easily ridden, some are very hilly while others are relatively flat. Each was designed to be 'a good day's ride' if ridden moderately.

Included with each ride booklet is a CD with the cue sheets and full route maps for each ride sized suitably for printing.

We should be ready to begin mailing by December, so reserve your copies today! Send only \$10 (that's only \$1 per ride!) to:

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This would make a great Christmas Present.



P.O. Box 844 Medina, OH 44258
Contact the following for information

www.medinabikeclub.org

Pres.: Dave Polcyn	330-723-3831	davepolcyn@zoominternet.net
V. P.: Dave Ling	330-416-9421	lbl3000@aol.com
Treas.: Glen Hinegardner	330-725-8430	biker10260@aol.com
Sec.: Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Evening Rides

Start at 6:30 pm (Pace: Moderate 12 - 15+ mph) with some exceptions,
such as September when we start at 6:00 pm instead.

Tuesday Evening Starting Location:
SEE YOU IN THE SPRING

Sunday Morning Breakfast Rides
Hiking Anyone?

NEW STARTING LOCATION will be discussed over the off-season and we'll let you know before the start of the 07 season. This past season divided the Sunday riders into two groups, those who left from the old place behind the courthouse and those who followed club policy and rode from the park. Interestingly a third group started riding from the shopping plaza at route 71.

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

CLUB NOTES: You will have very little time to take advantage of this fantastic offer. We have decided to offer club memberships for the '07 season at the discounted rate of \$15.00 for the 2007 year as long as you pay up at or before the January meeting. Your challenge is to find an application form and submit it with your check payable to MEDINA COUNTY BICYCLE CLUB before the deadline. Failure to meet the deadline results in the reversion of the current membership rate of \$20.00 per year. One single dues amount covers the entire family, you still receive only one subscription to the CRANKMAIL and we like having the whole family ride with us.

The FFF-ffff will be history by the time you are reading this however the ABCDEFGHIJ ride will be on our doorstep. So mark your calendar for NOON, January 1, 2007 for our annual New Year's Day 26-mile event with several short cuts available. This is the premier ride for New Year's Day in Ohio and can draw over 100 riders in good weather. Bad weather still has its charm but fewer riders appreciate it. After the ride you can purchase a handcrafted certificate of completion that you can show all your friends. This will prove to them once and for all that you are nuts.

At the club meeting for October Paula Vetter shared some information about glycol-nutrients and some news about the two-man team that won the RAAM race this past summer and set a new record. They also beat all but one of the four man teams and even beat out one of the eight man teams. They credited their victory with use of glycol-nutrients and a good diet. I have been using a product called Impact myself and I think it has had positive effects on allowing me to perform above my normal ability. Also Baylor University recently studied the effects of sports performance products and the results favored "Impact" saying that it out performed all other performance-enhancing product by a large margin. They cited working at the cellular level as the reason Impact works better than other products that merely provide a sugar rush.

LETTER FROM VETTER:

Season's End: Shoot! The season has come to an end and I didn't even crack 100 miles during September. I'll be hosting the FFF-ffff ride this weekend along with Tom Waterson. Between the two of us everyone should have a wonderful time. Tom and I have ridden a couple of morning rides with Sheila and since then not so much. Sheila leads a couple of spinning classes at the Medina Athletic Club here in Medina. She works out every morning so when Tom and I ride with her it's a light workout for Sheila but I have to work hard just to stay in the group. Tom seems to ride along effortlessly and likes to let me know it.

Off Season: Tom has taken up backpacking and I am getting into it as well. This past weekend Tom even led the hike at Minister Creek. One of the best features was the electrical outlet at the campsite though we think it was just a joke. After all, who would string cable that far into the wilderness? Next time we'll take a lamp to plug into it. For those who know the story about Mrs. J taking a bite out my toast and placing it back on my plate Tom has his very own jaw-dropping episode. It happened when he asked a waitress wearing a name badge reading "Tina" about her name. The resulting answer left us both speechless and you'll have to ask Tom about it.

How To Raise A Cyclist

Like most cyclists, you probably remember the exhilaration and freedom of hopping on a two-wheeler and speeding off down the block as one of the most powerful and enduring memories of your childhood. Pass that glorious feeling on to your children with age-appropriate tips and techniques from a series of articles found on the Bicycling Magazine website (www.bicycling.com).

How to Raise a Cyclist describes how to pass that "glorious first time on a bike" feeling down to your kids with age-appropriate (toddler to teen) tips and techniques. Teach Anyone to Ride on six simple steps to get someone started on a bike. Pedalling Primer concentrates on teaching basic bike skills like stopping, starting, and riding in traffic. Helmet How To provides basic advice on how to buy the right helmet, how to adjust it properly, and how to encourage your kids to wear it.

These articles are no substitute for a bicycle road course from a certified instructor but it is good to see it in Bicycling none the less.



November/December 2006 Wheelmen Calendar

Date	Starting Point	Destination	How Far	The etc's
This Sunday ride time for 11/05 is 9:00 AM Eastern Standard Time!				
11/05	Oberlin	Red Flannel	62/32	Invitational, 9 AM!
11/09	Nordson Depot	Meeting	7:30 PM	
11/11	Oberlin	Veterans Day	25-30	For the holiday
11/12	Amherst	U-Show	25-30	Post Red Flannel
11/19	Oberlin	U-Show	25-30	It'll be a nice day!
11/23	Amherst	U-Show	25ish	Thanksgiving Day
11/24	Oberlin	U-Show	25ish	Post-Game Ride
11/26	Oberlin	U-Show	25-30	Hope for a mild day
12/03	Amherst	U-Show	25-30	Will there be snow?
12/10	Oberlin	U-Show	25-30	It's NOT winter yet
12/14	Nordson Depot	Prolog	6:30 PM	warm-up roller ride
	Ole Towne	Meeting	7:30 PM	Pizza meeting
12/17	Amherst	U-Show	25-30	It's still not winter!
12/24	Oberlin	U-Show	25-30	Christmas Eve
12/31	Amherst	U-Show	25-30	Last chance for 2006
01/01	Medina	ABCDEFGHJ	25	At noon!

Note the meeting on the SECOND Thursday of the month!

All Wheelmen rides require an approved helmet!

Starting Times and Locations

Amherst: start in the City parking area 3 located between Tenney & Park Avenues just east of Church Street. From SR-58, go west on Park Avenue. When you get to the bowling alley, look to the left ... that's the lot! We meet on the south end near Tenney.

Oberlin: start in the **Oberlin Inn** parking lot located in the rear of the Inn.

Saturday Morning rides will start from **Prospect School** at 9:00 AM.

Evening rides: Are moved to 3:30 PM. The TUE ride is from Oberlin and the THU ride is from Amherst. Check with one of the retired guys if the weather looks like the ride will really happen! This time may not hold out for all of November or December, so make a call or check the Web site for current info!

Yo, Wheelers!

Thank all of you for making this a great season. Special thanks to our leaders Jim Gernstetter and John Stork for their significant contributions in time and effort.

If you didn't attend the annual dinner, you missed out on an exceptional evening.

We will continue riding until blocked by the weather. Starts will be at the "J" on both Saturday and Sunday mornings at 9:00 a.m. Perhaps we will be able to extend the season.

Watch our website (www.westernreservewheelers.com) for notice of our annual meeting.

May the wind always be at your back.

Ed Reichek



MEDINA – PENINSULA – ROCKY RIVER

330-722-7119 330-657-2209 440-356-5705

Century Cycles' Top 10 Bicycling Gifts for the Holidays

1. Retro Wool Jerseys (\$89.99 to \$149.99)
2. Front and Rear Light Combo (\$29.99 to \$34.99)
3. Bicycle Maintenance Gift Basket (\$19.95 to \$219.95)
4. Cycle Computer/Speedometer (\$29.99 to \$49.99)
5. The Gift Card (starting at \$5.00)
6. Chamois Butt'r (\$7.99 to \$14.99)
7. Floor Pump (\$29.99 to \$49.99)
8. Gloves and Socks (\$3.99 to \$64.99)
9. Indoor Bicycle Trainer (\$159.99 to \$299.99)
10. The No-Brainer: A Bicycle (starting at \$99.99)





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LEW Club Weekend & Holiday Ride Schedule

Nov. 5	9:00	Red Flannel Metric Century, Oberlin - 32 or 63 miles. Contact the Lorain Wheelmen for directions and details at (440) 775-1501.
Nov. 12, 19, 26	10:00	Olmsted Falls East River Park - winter ride - if roads are dry.
Dec. 3, 10, 17, 24	10:00	Olmsted Falls East River Park - winter ride - if roads are dry.
Jan. 1	10:00	Annual New Year's Day Ride starting from Scenic Park: rain, sun or snow. If the weather is truly terrible we meet and go to Einstein Bagels for bagels and coffee.
Jan. 7, 14, 21, 28	10:00	Olmsted Falls East River Park - winter ride - if roads are dry.

Ride Start Locations (Please consult club website for maps & details):

Olmsted Falls	Olmsted Falls East River Park on Lewis Road between Bagley and Water Street, across from Chestnut Grove Cemetery.
Scenic Park	Parking lot at marina in North Rocky River Reservation, off of Valley Parkway 1/2 mile south of Detroit Road, in Lakewood.

Weekly Rides

The weekday rides are over for 2006, and will return in the spring. Please check the LEW website for any last minute news or pickup rides. The Regular Wednesday night rides will continue at 6:15pm (meet at 6:00pm), if roads are dry, from the parking lot of the Berea Library (in the Berea Commons area off of East Bridge Street & South Rocky River Road). For details, contact Jim Boland at 440-686-0108 (jboland@apk.net). For the off-season rides from November thru February, the Ride Leader (and pace) will be chosen by those members attending the ride.

The Saturday Morning Urban Assaults will resume under Jake Elliot, on an impromptu basis, starting possibly in November, if roads are dry. These rides travel throughout the West Side neighborhoods, through the city center and over to the East Side for lunch at some of our favorite restaurants. The pace is moderate, from 12-15mph to 16-18mph at most, but riders had best be prepared for cold weather and typical city street conditions. Members wishing to participate are urged to contact Jake Elliot in advance by e-mail (eudoxus@cox.net), and can expect notification by e-mail prior to the intended ride.

Cross Country Skiing at Chapin Woods

When it's snowing, or the streets are snow covered, members often drive east to Lake County for some great cross-country groomed ski trails at Chapin Woods between 10:00am and noon on Sundays.

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The October Club Meeting

The meeting started off with the Secretary reading the minutes from the previous meeting (April 2006); these were voted on and accepted. Ruth Finley, as Interim Treasurer, gave the report on the club finances, which included a comfortable balance sufficient to cover foreseeable needs. The Membership Chairman reported 101 paid members as of October 2006.

Old business started with an announcement that the Tuesday "C" and Wednesday "B" rides will continue until Daylight Savings Time, which begins October 29th. The Wednesday "A" rides will continue, as long as roads are dry and the temperature above 20°F (see above for time & start location). The Thursday evening "D" series will continue at the Cornerstone Brewery in Berea (on most occasions).

The 2006 Rail-n-Trail was a success, bigger than last year's event, with paid attendance of 265 Train and 67 Road riders. We got attention from all over the country, and Canada as well; the on-line registration helped a great deal. In addition to kudos from the train riders, the road riders were enthusiastically grateful, having found the routes to be satisfyingly challenging. Many thanks also to the volunteers from all organizations, who helped make it a success. A member suggested employing amateur radio riders to help handle difficulties and emergencies.

There are still some Rail-n-Trail T-shirts available for purchase. A number of club jerseys are also available; thanks were given to club members whose businesses helped to sponsor the jerseys.

New business included a series of announcements: the November meeting and officer nominations (see below), Jake Elliot is taking over the Saturday Urban Assault Rides from Doug Barr (see above). Tom Meara requested "proof riders" to review routes for CrankMail's "Ten Best Rides in Cleveland". Eric Overton mentioned the results of the Long Distance Training Rides from last April: 15-16 riders for the two rides, who enjoyed it immensely, in spite of encountering the worst weather in years.

Tom Meara then spoke about the adventures on the Blue Ridge Parkway Tour: fifteen riders, 300 miles in one week, and one bear. The lowest elevation along the trail: 600ft. The highest point was 3600ft., just 12 miles away from the 600ft. point.

After the meeting was adjourned, there were a pair of presentations on cold-weather and wet-weather riding apparel by Marty & Edie Cooperman, and by Russ Marx also.

The 2006 Ohio Bike Path Series

Another season of Bike Path Rides comes to a close, and we wish to thank everyone who participated, either as riders or as ride leaders; we had some excellent turnouts this year, and hope to see everyone again in the spring. The October ride was the last one for the season, and was attended by a dozen people who rode along the ABC Trail from Alexander Road to Kent, under clear and warm autumn weather.

The 2006 Women Only Rides

We are proud to have sponsored, for the fifth season in a row, a series of *Women Only* rides, in order to enhance the opportunities for the club's female members to ride in companionship with one another, as well as encourage other Cleveland-area women bicyclists to join. We enthusiastically & gratefully thank Bonnie Vargo for her efforts to organize these rides. Thanks very much, and we hope to see you all again in the spring.

Touring Division News

Tom Meara would like to extend his thanks and gratitude to all participants in this year's touring activities, as well as towards all who volunteered their efforts on behalf of the Touring Division.

The November Meeting, Officer Nominations

The next meeting will be held on November 14, at the Panera Bread café in Rocky River (at the Rockport Plaza shopping center, 1/2 mile west of Center Ridge Road and Wooster Road), at 7:00 PM. In addition, nominations for club officers will be held. Prominent members not in attendance may find themselves unexpectedly nominated by sympathetic acquaintances. Members in attendance also run the same risk.

Club Holiday Party

Although a date and location have yet to be determined by press time, the Lake Erie Wheelers Holiday Party will definitely be held this year. The party will start at 7:00 PM.; diehard riders are encouraged to bring their bikes for the traditional pre-party ride, starting at 6 p.m. This event will also serve as the December meeting, during which club officers will be elected. Bring your favorite snack or food to share. An old-fashioned paper mailing with details and directions will be sent to all club members. Check the LEW club website for more info, or call: Dave Schneider at 440-895-0528.

Time to Consider Renewing Membership

Please remember, club memberships will expire at the end of the year. Renewals will be graciously accepted at the Holiday Party. For those members who do not renew by the day of the party, renewal application forms will be mailed out; these should be returned by March (preferably sooner) to be included in the Club Roster. Please remember, we greatly value your continued participation in the club as members.



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GUERCIOTTI aluminum red 58 cm C-T, aluminum fork. Matrix Iso c wheels w/Ultegra hubs. 105 group, 7 speed. Cinelli bars and stem. Dura Ace Seat post. New Conti Ultra 2000 tires. Cateye w/cadence. \$400. Photos available. towner96@hotmail.com 330-723-8759.

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Santana Arriva tandem, 24 spd., 22.5" front, 21" rear, with racks and Wheelsmith 48 spoke wheels. Forest green. Excellent shape. \$1300. **Schwinn Traveler**, 12 spd., 23.5" frame, 700c x 25 tires, cyclometer, bell, excel. condition, blue. \$200. **Specialized Hard Rock**, 21 spd., 15" frame, black. \$150. **Bridgestone Model 55** 25" frame with fork and BB. Blue. \$150. **Campy high flange hub and Record rear derailleuer**. Best offer. John @ 216-291-8459.

Expires November 2006

Proof Riders Needed! *CrankMail* has been plugging away at choosing, mapping and describing the **Ten Best Rides in Cleveland** and we now need your help. We are looking for subscribers willing to take one of the Ten Best routes and ride it to verify the accuracy, clarity and completeness of the cue sheet then turn any corrections and your comments back to us. The rides cover all parts of the Cleveland area from Lorain County in the west, to Wayne County in the south and Geauga in the east as well as several rides right in Cuyahoga County. Each is 60 to 80 miles in length and vary in difficulty from rolling to very hilly. Time is short so we'd like to hear only from people committed to following through. Send an email to **crankmail@wowway.com** or call 440-777-2563 if you are interested. This could be a great club activity for one of those wonderful November weekends just around the corner.

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