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OCTOBER 2006

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The Voice of Cyclists in Northeast Ohio

PO Box 5446 , Cleveland, Ohio 44101-0446

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Editor & Publisher

Martin Cooperman and Tom Meara

editor@crankmail.com

216-556-BIKE(2453)

Club Editors

Cleveland Touring Club	Barbara Cicigoi	440-477-8696
Lake Erie Wheelers	John Whitaker	216-485-9184
Lorain Wheelmen	David Krebs	440-988-9326
Medina County Bicycle Club	David Polcyn	330-723-3831
Western Reserve Wheelers	Ed Reichek	216-371-5618
ClevelandBikes	Brendan McNamara	216-631-3027
Ohio City Bicycle Co-op	Jim Sheehan	216-830-2667

Business Matters

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From the Editors

Cycling and food are a natural combination. For me, it is pancakes and ice cream. Not at the same time mind you, though perhaps that might be worth trying, but a pancake breakfast when you have to wear tights and a double-scoop of chocolate almond on a sugar cone when you wish all you were wearing was sunscreen. There is something sublime in getting to eat a no fault ice cream cone by having burned off an equivalent number of calories just getting to the stand and doing so in an enjoyable manner.

Touring Nova Scotia a few years back we stumbled upon Ice Cream Nirvana. A local dairy had an excellent idea to increase sales in this tourist-laden province by providing small outbuildings, like the ones you see for sale in the parking lots of home improvement stores, all painted up with their advertising complete with a small window and counter. They were sold or given to homeowners who would set them up with a small freezer and sell ice cream out of their front yard. They were strewn pell-mell across the countryside, so frequent in fact, that we began to get disappointed if we hadn't passed one for an hour or so. Imagine rural, well-paved and lightly traveled roads in wonderfully scenic country dotted with small ice cream stands every few miles and none of them had lines!

Pancakes are another of our favorite road foods. With ice cream, the only decision is what flavor since you always, always have to order a double scoop; one for each leg, otherwise your cadence will be lopsided. With pancakes though, you have to be careful. If you get there too late in the morning and the cook has to fire up the griddle, you have to make sure and not be served the first one. Everyone knows the first pancake never comes out right, usually yellow on one side and dark brown and hard on the other. Even Emeril admits to it, "Hey, the first one never works out, the pan seems to temper with that first pancake, I eat it anyway but I don't serve it." So the first decision is go or no go and the second is short stack or regular. Most restaurants serve a traditional 8 inch cake but some, especially one we found in Deerfield, serve them the size of manhole covers and you cannot eat more than one.

Let us know your favorite 'secret' restaurant, your favorite food served there, and we'll publish a list in an upcoming issue.

Martin Cooperman and Tom Meara, Editor & Publisher
September 2006

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IN THE ZONE

Cycling News and Events

ClevelandBikes is teaming up with the **Cleveland Orchestra** to organize a **Ride of Silence** in memory of **Richard Barr** the Orchestra member who was struck by a car and killed this past summer while riding his bike. Details are not firm at this time but it is targeted for mid-October in the University Circle area. Watch for updated details on the ClevelandBikes website: www.clevelandbikes.org.

Ron Hollis sent us a short article from the September 10th **Plain Dealer** which I'll summarize here in case anyone else missed it like I did. **Cleveland Police** are looking for several boys who assaulted two men riding bicycles near **West 50th and Bridge Avenue** on the near West Side. One cyclist was stopped and punched in the mouth. In another incident near the 4000 block of **Woodbine Avenue**, five youths knocked a man off of his bicycle then punched and kicked him, taking his bike and backpack. It is not known if the two incidents are related. Be careful out there.

For the past year, **Adventure Cycling** has been working with state and federal transportation officials and nonprofit leaders to create a designated **U.S. Bikeway System** that will rival the great cycling networks of Europe. Building from the nation's existing bicycle routes and trails a draft national corridor system of potential bike routes has been mapped. They envision a spider's web of cycling routes that will crisscross the nation and connect every major metropolitan area in the country. For more info on the Bikeway System, visit www.adventurecycling.org/routes/nbrn/usbikewayssystem.cfm

How far can you ride in a day? **Greg Kolodziejzyk**, a retired entrepreneur, is on a mission to break the existing 24 hour human powered distance record of 1021.36 km set in 1995. Greg designed and built a custom carbon fiber bicycle called "Critical Power", a two wheeled recumbent encapsulated by a bullet-like streamlined fairing. The bike is capable of achieving speeds in excess of 100 km per hour and was built to maintain a cruising speed of 50 kph on a flat road. The actual record attempt will be held on a closed track in Eureka, California some time within the next few months. The record attempt is sanctioned and recognized by the International Human Powered Vehicle Association (<http://www.ihpva.org>) who set the rules and monitor the event.

Premiering on the **Fox Sports Network** in January 2007: **Bicycle World TV**, a show focusing on the fun, freedom, and beauty of cycling. According to a communique by the Thunderhead Alliance, a national coalition of state and local bicycle advocacy organizations, "The show needs your help in proving to the networks and potential sponsors that cycling has a strong and passionate national following, [making the activity] worthy of more coverage." Toward that end, the show's promoters are asking avid cyclists to register and answer a few questions on their website. Go to : <http://bicycleworld.tv>, click on the yellow "Support Cycling" graphic at the bottom, and take it from there.

This month's cover shows **Medina County Bicycle Club Secretary, Lou Vetter**, on one of the local invitationals. I don't remember which one he said it was, but it sure looks like the Fall-N-Leaf to me. Crankmail is running low on good local cycling photos to use on the cover, so send us some of those great pictures you took this summer.

Upcoming Cycling Events

Sunday, 10/1. NORTON KIWANIS CIDER FESTIVAL. Explore Summit and surrounding counties with sag support, rest stops and food at end. 10/25/62 flat to hilly miles. Norton Kiwanis. Mike Barkey; 3080 Loyal Oak Dr.; Norton, OH 44203. 330-825-8624.

Sunday, 10/1. OMBC XC SERIES #9 AT WEST BRANCH STATE PARK. Fast, flowing singletrack/double-track at Cleveland area's premier race course. Novice - Pro/Expert. CAMBA. Ryan O'Dell; PO Box 97; Butler, OH 44822. (419) 989-0239. www.ombc.net

Saturday, 10/7. NIGHT RIDES ON THE TOWPATH. Free ride starting at 8 PM. 15-20 miles of flat terrain on the Towpath. Helmet and lights required. 800-201-7433. www.centurycycles.com

Saturday & Sunday, 10/7 & 10/8. PONTE-VINO-GIRO (PVG) WINE AND COVERED BRIDGE TOUR. Two-day tour through Ashtabula and Lake Counties. About 62 flat to hilly miles per day. One-day options available. Call or check Web for deadlines and details. HubHub Custom Bicycles. 8005 Mayfield Rd.; Chesterland, OH 44026. (800) 888-2027. www.hubhub.com

Sunday, 10/15. FALL-N-LEAF. A challenging event with routes of 34/62 hilly to very hilly miles. Sag service and snack stops. Travel the scenic southern and eastern Richland County back roads and the Richland B&O rail-trail. Mid-Ohio Bikers. (MidOhioBikers.org) Doris Noe; 129 Sherbrook Rd.; Mansfield, OH 44907. 419-756-2252. doranoe@earthlink.net.

Sunday, 10/15. OMBC XC SERIES #10 AT FOX CREEK OUTDOOR FESTIVAL. Canal Fulton. Additional to the XC race along a short, fast, looping course, there will be a kids' (under 12) race and ob-

served trials competition. Fun for the entire family. Kids - Pro/Expert. OMBC. Ryan O'Dell; PO Box 97; Butler, OH 44822. (419) 989-0239. www.ombc.net

Sunday, 10/22. GARRETT WONDERS BIRTHDAY BIKE RIDE. Warren. In memory of Garrett Wonders. The ride travels over the Trumbull County Greenway Bike Trail and adjoining roads. Routes of 6.2/31/62 flat miles. Proceeds benefit scholarships at Ohio State and Harding, also bicycle advocacy. Jesse Wonders; 2614 Brandywine Road SE; Warren, OH 44484. (330) 647-4343. www.garrettsride.com. info@garrettsride.com.

Saturday, 10/28. GHOST RIDE! A free, 10-mile, costumed night ride visiting "haunted" places in Cleveland's Flats district; rolling terrain. Lights required. Costume party, live music, food and fun follow. Ohio City Bicycle Co-Op. Jim Sheehan; 1823 Columbus Rd.; Cleveland, OH 44113. (216) 830-2667. www.OhioCityCycles.org

Saturday, 10/28. FRIENDSVILLE FREEBIE FIFTY FALL FOLIAGE & FROST-BITE FROLIC. Free fall event with map and cider stop only. Covers 25/50 rolling miles. Medina County Bicycle Club. Richard DeLombard. 805 Seneca Ave.; Huron, OH 44839. (419) 433-8353. www.lrbcg.com/pogo/BIKE.html

Sunday, 10/29. OMBC CHAMPIONSHIP RACE AT CLEARFORK SKI RESORT. Novice - Pro/Expert, OMBC. Ryan O'Dell; PO Box 97; Butler, OH 44822. (419) 989-0239. www.ombc.net

Sunday, 11/5. RED FLANNEL METRIC. The premier end of touring season event. 64 and 32-mile routes through scenic areas of rural Lorain County. Don't miss this ride! Lorain Wheelmen Bicycle Club. PO Box 102; Amherst, OH 44001-0102. www.lorainwheelmen.org



Cleveland Touring Club

Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

www.clevelandtouringclub.org
clevelandtouringclub@hotmail.com

Welcome new members!

Gabriele Arsic, Highland Hts; **Mark Liderbach**, Russell; **Ray Kirchner**, Mentor; **Vaughn & Valerie Stokes**, Cleveland Hts.

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.

Sunday Ride Schedule

Date	Location
Oct 1, 9AM	CONCORD WOODS to Thompson (40+) Rolling/Hilly
Oct 8, 9AM	NORTH CHAGRIN – Eddy's Fruit Farm (30,45) Hilly
Oct 15, 9AM	CHARDON to Burton (30) Middlefield (45) Rolling
Oct 22, 9AM	CHESTERLAND – HUBBUB to Chardon (30) Burton (45) Rolling/Hilly
Oct 29, 9AM	GURNEY SCHOOL to Geauga Lake and Chagrin Falls Rolling/Hilly
Nov-Feb 10:00	NORTH CHAGRIN Pickup Ride – Group decides destination Varied terrain

Ride Start Directions

CHARDON Rt. 6, Chardon Plaza, parking lot across from McDonalds

CONCORD WOODS Take I-90 to Rt. 44 and go south to Auburn Road. Turn left, continue under the bridge and up the hill to Spear Road (flashing light). Turn right. Concord Woods is at the end of the street at 11211 Spear Rd., Painesville

CHESTERLAND HUBBUB Custom Bicycles, 8005 Mayfield Road, east of Caves Road, in Chesterland

GURNEY SCHOOL Bell Street, .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 Chagrin River Road (Rt 174) to Ox Lane.

CTC remembers Joe Pedone

We are saddened by the news of the passing of Joe Pedone on September 4th. Joe was an avid cyclist who welcomed many new people to the club. He was a CTC member for more than 20 years and former Wednesday night ride leader. Due to physical problems, Joe was unable to ride with the group in the last 5 years. His wife Harriet, also an avid cyclist and CTC member, continues to cycle with the club. Memorial donations may be made to LakeMetroparks, 11211 Spear Road, Concord Twp., OH 44077.

Chagrin Valley Grand Prix

Congratulations to CTC members, **Ed Enyedy, Steve O'Bryan and Mike Schmidt** who placed in the Chagrin Valley Grand Prix that was held at Chagrin Falls on August 27th. These Thursday night regular riders competed in the Citizens class of the annual race. There were 8 racers in the division. Ed Enyedy came in first in class, second overall. Mike Schmidt finished third in class, despite a crash in the last turn on the last lap, and Steve O'Bryan came in fourth.

Keep in Touch

Want to find riders for a November pickup ride? You can do this by signing up with the clubs Yahoo list serve, which 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.

Many thanks to the weekly ride leaders

The CTC would like to thank the weekly ride leaders for their unfailing commitment this season. Tuesday night rides out of Concord Woods were alternately led by **Craig Connors, Bruce Oppenheim, and Rick Porter**. These 3 amigos provided our riders with the most scenic routes of the beautiful east side. Wednesday night 7 p.m. rides out of North Chagrin Reservation were led by **Frank Zoretich, Jr.** Wednesday night rides do not include a map, so Frank maintains careful watch that his group of 20+ riders is on the right path. Frank keeps the party going every second Wednesday each month with the group's hot dog roasts. After ride socializing is big with this group. It's been rumored that Frank picks great bars for going out after the ride...and treats for the first round!

Thursday night 6:30 p.m. rides out of North Chagrin Reservation were led by **Mike Schmidt**. Mike has done an outstanding job of providing interesting routes with detailed maps that have turn by turn directions. He even emails the maps to club members two nights before the ride, so make sure you're signed up with CTC Yahoo groups for next year. Mike likes to accommodate all cyclists and hopes for even more riders next season. His 3 riding groups consist of an "A" group, which averages 18~20 mph, sustained pacelines of 23+ mph. A "B" group - averages 16~18 mph; and a "C" group - under 17 mph. Riders are treated to tandem friendly rides as well as food rides - pizza and ice cream in the mix!

Participating in the weekly rides is a great way to get the most out of your membership and meet club members. We hope to see more of you out there. It was requested for a slower Tuesday night Concord Woods ride group. If you like to ride at a slower pace and are a regular at the Tuesday ride, please let us know if you would be willing to lead a group of under 15mph riders. Contact us at clevelandtouringclub@hotmail.com

An Apple Saves the Day!!!! The 14 Hill Climb Challenge

By Eric Schultz

After 13 hill climbs out of the Cuyahoga valley, my pacer, Mike Hritz and I regrouped at Woodbridge High School parking lot high atop Quick road, which must have gotten its name by someone going the other direction. I was hurting. An hour rest stop, maybe a nap seemed in order. But there was Steve, an Akron Bike club fellow, who was Michelle's personal SAG, in his car with water, Gatorade and fruit.

We had seen him earlier in the day, at the top of Oak Hill, the Grand Daddy of climbs out of the valley. It's the hill where you need to lean forward to keep your front wheel on the ground. Steve had peanut butter sandwiches for not only Michelle, but for all of us. Carrots and the drinks too.

So, here he was again. He offered me an apple which I gladly accepted. The effect was immediate and back to the road we went. I finished it while riding back down to the valley and expertly tossed the core, as any experienced bike rider will do, into the wooded lot to my right. It ended up in the next adjacent lot, on the grass. I didn't go back to amend my errant throw. Apparently apple cores have excellent aerodynamic properties, much better than banana peels. The last climb out of the valley was Northampton and as usual for the day, Mike led the way up. But the apple was working! I stayed right on his wheel all the way up. Might have even passed him, but why get cocky now when in another ten minutes I could be toast again. The apple did its work and I finished strong. But it was Mike's company for the 7 1/2 hour day that was the real key.

There were about 28 people on the ride this year, and maybe 10 finished the entire ride. Michelle, Galovick, Ray, Russ, Jim B, Dan of Lorain, and Brannon were the other finishers I know of.

Silent Ride Memorial

Join ClevelandBikes, area cyclists and Members of the Cleveland Orchestra in a silent ride in memorial of Orchestra member Charles Barr and other cyclists killed in traffic accidents

All are welcome to join in this inclusive, slow-paced community ride in honor of those who have been injured or killed while cycling on public roadways

Sunday October 15, 2:00 pm

Commencing in Cleveland Heights and riding through to University Circle

The ride is intended:

To HONOR those lost

To RAISE AWARENESS for cyclists presence in the road

To ask that motorists, cyclists and pedestrians all SHARE THE ROAD

For more information, call ClevelandBikes: 216-556-BIKE
When ClevelandBikes, Cleveland Benefits!



ED RUSIN MEMORIAL

Sponsored by the Lorain Wheelmen
A Ohio Bike Calendar Supporting Ride

November 5, 2006

The thirty-first (31st) annual Red Flannel Metric Century (62 mi.) and half metric (31 mi.) will depart from the Oberlin Community Center, Oberlin, OH at 9:00 AM, eastern standard time on Sunday, November 5, 2006.

START-FINISH ... The start-finish and registration is at the Oberlin Community Center, Oberlin OH. If you are driving via the Ohio Turnpike, exit at Exit 140 (route 58) and take route 58 south to Oberlin. The Community Center is just off S. Main Street about three blocks from Tappen Square (across from McDonald's). There's limited parking at the Center and on the street, but ample parking is available across 58 in the grocery store lot and city parking. Look for parking signs and police to guide you!

REGISTRATION ... Advanced registration (\$15.00) will be accepted until October 27, 2006. Late registration (after October 27th and the day of the ride) will be \$20.00. Registration fee includes map, a raffle, SAG and snack stops. Please make checks payable to the LORAIN WHEELMEN. Please include a SASE for confirmation if you would like one.

OVERNIGHT ACCOMMODATIONS ... are available at the Oberlin Inn, downtown Oberlin. For reservations, call (440) 775-1111. Other options are the Country Hearth Inn and Motel 6, located in Amherst, (approx 8 miles north of Oberlin on SR 58 at SR 2). Call (440) 985-1428 or (440) 988-3266 for reservations.

ROUTE ... The route will be somewhat familiar to regular riders. Mill Hollow will be at the 18 km mark with the first snack stop. The second stop will be in Edison Park in Milan at about 50 km. The last snack stop (and the only one for the 50 km riders) will be in Wakeman. From here all the riders will head for home via the west end of the North Coast Bike Trail. The route will be marked at each turn except on the Bike Trail.

SAG WAGON ... Riders with physical injuries or unrepairable mechanical breakdowns will be given first priority for sag wagon service. If necessary, other riders will be picked up as time and circumstances permit. The last sweep will begin about 4 PM. All riders should be off the road by 5 PM.

WEATHER ... during the history of the Red Flannel, riders have seen a variety of weather ranging from a bone chilling blizzard, to temps of 70° plus, to pounding rain. We had a BIG storm last year, but a string of good weather before that. Be prepared for summer, fall or winter, so let's hope for a summer or early fall in the weather department! Come prepared according to the forecast.

With support from:



For more information:

Write: Lorain Wheelmen, PO Box 102, Amherst OH 44001-0102
Email: redflannel@lorainwheelmen.org
Web: http://www.lorainwheelmen.org/lor_rf.htm

Bed and Breakfast

By Joni Lewanski

In late June 2006, Tom Nezovich and I rode the first part of the Montour bike trail, starting from its source in the town of Coraopolis, Pennsylvania, just north of Pittsburgh. That week-end a rain system pushed up from the south, brushing western Pennsylvania with the edge of its grasp. We were not concerned about getting wet but we were troubled by the fact that the trail is made of crushed limestone, which turns to slime when it gets quite wet, coating rider and steed in yuck. Fear not, for we rode 45 miles and emerged slime-free, a little sweaty after our ride but sufficiently presentable overall to meet with my aunt, who happens to live in Coraopolis. Tom drove back to Cleveland. I stayed to visit with auntie, setting out solo the next day to return home by bicycle via the Cleveland/Pittsburgh Connector, a bicycle route worked out between the start point of the Montour bike trail in Coraopolis and the corner of Shaker Boulevard & Brainard at the Cleveland end. You can get a copy of this map (\$12.95) from the author, Anthony F. Ratajczak, by writing to him c/o Ratajczak and Associates, 4430 Mettleton Road, Medina, OH 44256.

The Cleveland/Pittsburgh Connector route is approximately 130 miles in length so I decided to make it a 2-day trip. I didn't know exactly where I would overnight en route because of several influential variables. For example, a weather system encroached from the west that created scattered thunderstorms across Ohio and don't forget the afore-mentioned rain system converging on Pennsylvania from the south. Rain is OK; thunder and lightning not so good. Then there were the hills of unknown grade to be traversed with full panniers. However, no matter where I would be at the end of Day 1, I felt confident that I could easily find a place to stay for the night because the Connector listed motels and Bed & Breakfasts for the communities it traversed.

At about 10:30 AM a light drizzle was falling on Coraopolis. I took this to be a good send-off, considering that the forecasts suggested actual rain, and started my journey. I thought that this drizzle might be the best weather I would see during my trip. Much to my amazement, the morning trickle was some of the worst weather that I saw. I was further encouraged when the climb out of the Ohio River valley was not as dreadful as I thought it might be. Mind you, I opted for an alternative route within Pennsylvania that stayed on route 51, partially because it minimized the elevation change. In short, I was rolling...for awhile. The challenge of summer road construction made it difficult to follow some of the cues between Austintown, Ohio, and Newton Falls. For example, after circumnavigating a road project, I would emerge at a section of the target road that I expected to be named Lipke or High Street, only to find it labeled with a different name, due to the multiple road name phenomenon that is so popular in our countryside. OK, these things happen; I recovered. However, I still thought I could make it to Garrettsville before nightfall, courtesy to the long days of late June. Two B&Bs were listed in Garrettsville.

I easily found the Blueberry Hill B&B on route 88, with its Blueberry Hill shingle dangling at the end of the driveway. The building is as blue as a 2-toned berry, has

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440.943.2453

five cats in the yard, and a charming cocker spaniel that smiles warmly at you from the other side of the glass as you ring the doorbell over and over again.

I do not yet have a cell phone but Garrettsville is a small place so I decided to search for Foxwood Farm, the competitor B&B, by bike rather than by phone. Garfield Drive is not labeled on the Cleveland/Pittsburgh Connector map, yet I had no trouble finding it with local assistance. I arrived just as the last photons of sunlight were leaving the sky. Although, to my chagrin, the house at the address given for Foxwood Farm was apparently for sale, a warm light glowed through the windows. Under the circumstances, I hoped that the sight of a tired cyclist on their doorstep would inspire the people within to resume their B&B trade for the evening. I rang the doorbell and tried to look pitiful. The fellow who answered the door told me that his residence was not a B&B, nor had it ever been a B&B, to his knowledge. He invited me in to use the phone and to eat macaroni and cheese. I declined the mac and cheese and called the phone numbers listed in the pages of the Cleveland/Pittsburgh Connector for the Blueberry Hill and Foxwood Farm B&Bs. Neither number was working.

There were no motels or B&Bs whatsoever in the Garrettsville phone book. However, the nearby community of Hiram listed the Hiram Inn as a B&B. Before riding over there I decided to call, if only to assure myself that the inn existed. The desk clerk told me that they did have rooms but that the desk closed at 10:00 PM. It was 9:35 PM and I was 4 unfamiliar dark miles away from the desk. Fortunately, the clerk offered to wait for me, particularly fortuitous because I passed the place right up on my first shot. I took a room for \$30.00 a night at Mahan House (optional breakfast at the inn, \$6.00 extra). However, Mahan House, the clerk explained, is on the other side of the Hiram College campus. OK, I thought, how long could the ride across campus be? It was not very long, 2 blocks! At 10:30 PM this weary traveler arrived at Mahan House. Built in 1851, Mahan House is a restored 5-bedroom guesthouse with walls painted white and decorated with stencils rather than wallpaper. Two Montessori faculty who were also staying at Mahan House greeted me at the door and shared their rice and beans with me. They said that the soy milk I was carrying was not enough of a supper for a long-distance rider. They said they'd seen the Tour de France riders on TV and those riders ate quite a lot. I'm thinking, yeah, I've got to eat because I'm like one of those Tour de France riders.

As welcoming as Mahan house was, my favorite Bed and Breakfast was the convent back in Coraopolis. There I played Bingo (including string-bean, good neighbor, and big diamond/little diamond) and pushed my 81-year-old wheelchair-bound aunt, Sister Ernestine, through the garden. Any form of bicycling with Sister Ernestine was definitely out of the question but I created an arm exercise program for her and gave her some soothing backrubs. When I wasn't with Sister Ernestine, I was guided everywhere by Sister Dorothy. If I didn't see Sister Dorothy when I needed her I simply spoke her name and she appeared from in back of a pillar or from behind a flower. Most of the time Sister Dorothy was absolutely angelic but she was secularly firm on one thing: the bike could not come upstairs. It stayed in an art supply room behind locked doors and did not participate in convent activities.

Sister Louise Marie, an otherwise healthy vibrant 50-year-old nun is recovering from ovarian cancer, I hope. According to her story, her experience was something like mine at the Blueberry Hill B&B. She said she knocked on St. Peter's gate and he said 'Go away, this is not your time.'

The story of team Spokin' at the 2006 Pedal to the Point, MS-150 ride August 19 - 20

Team Spokin'Volunteers and Cheerleaders

Stephanie - Team Captain

Oliver - 4-year-old nephew

Keegan - 6-year-old nephew*

Dominic - brother

Marcy - Sister-in-law

Vince - Brother

Pat - Mom

Peggy - Friend**

Pat C. - Friend**

* - Keegan turned 7 on the Wednesday after the ride (August 23)

** - first time Pedal to the Point riders

Team Spokin' blew past the \$5,000 mark, almost reaching \$6,000, and become a Silver Team again. This is quite an accomplishment for six members. I am very proud of everyone!!! And thank all donors for their generosity. And now for the story....

For once the family members decided to arrive by early evening. This did not, of course, come without some drama. About an hour and a half into his drive north and then east, Dominic called me to tell me that he left the front wheel of his bike in his garage back in Carmel. Yikes!!! Knowing that both of my road bike wheels would be in use and my hybrid bike wheel would not work, I racked my brain for a solution that didn't involve a three hour detour for Dominic. I figured I could track down someone in Lake Erie Wheelers (the bike club to which Pat C., Peggy and I belong) that could spare a wheel for the weekend. Sure enough, the club's Vice President could help me out!! Luckily for Dominic I have a few connections and friends. First problem solved.

The early arrival of the family allowed us all to go out for a nice dinner before turning in for a good night's sleep. If only it would happen that way. I was a bit nervous about the weather since rain was predicted for Saturday and sleep is always hard to come by the night before a big ride. Vince and Marcy had a particularly interesting challenge as Keegan and Oliver shared a piece of the floor in their bedroom.

Saturday dawned early for the volunteers (Pat and Vince) who were beginning their shifts in Berea at 5 am EDT!!! And, I decided to join them to partake in the Top Fundraisers' breakfast (fruit, oatmeal bars, donuts and coffee) and picture for the final time. It was already sprinkling and the forecast had not improved. The rest of the riders arrived around 6:30 along with a light rain. Once bikes were ready and luggage stowed, we were on our way. We hit the route between 7:45 and 8:00 and were picking up road spray along with the precipitation coming out of the sky. Soon we were all pretty wet. But that was just the beginning. Shortly the clouds opened up and we got drenched in a torrential downpour. Marcy told Keegan to just pretend he was under the sprinklers at the water park. If only we would have been in bathing suits rather than padded shorts and biking shoes. Not exactly comfortable when they're wet!!! It seemed like each time we were starting to dry out, the

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clouds opened up again. Luckily we were kind of dry by the time we got to the lunch stop, which was Keegan's exit point. He was a trooper on his 30 miles of the route!! It was fun to have him along and he kept our spirits up when the rain was pouring down. Vince was there to document Keegan's final revolutions on the bike on video and Pat and Oliver helped cheer as each cyclist arrived. We enjoyed our lunch and short rest but soon had to straddle the bikes for the rest of the journey.

We were ready to continue in sporadic rain to log another 40 miles (or so we thought). Along the route there was some road construction and an extra 7 miles was added to make our total for the day 77 by the time we arrived in Sandusky a bit soggy and a lot tired but enjoying the loud cheers. Somehow we managed not to get too dirty. We also held our own climbing a couple ugly hills (thanks for the encouragement team Spokin'!). After a filling pasta dinner we headed to our hotel (Marcy, Dominic and I) and boat (Peggy and Pat) to freshen up. It was a trip to Cedar Point to check out the roller coasters and other rides for everyone but me, including the cheerleaders and volunteers. I opted to rest as I was totally beat but I hear all had fun and some even had a little hops and barley (as in beer)!!! The volunteers and kids headed back to my house and the bikers crashed (figuratively only) for the night.

Sunday dawned very early as we rose well before dawn in an attempt to catch the first bus taking riders to the starting point at Sandusky High School. An hour later and several phone calls between the boat people and the hotel dwellers, we were on our way. Marcy, Dominic and I were on a very crowded bus and Peggy and Pat were in a Police car. What? Did I hear that right on the cell phone? You got arrested???? Not quite, but a nice security guard at Cedar Point brought them to the high school when the bus didn't show up as anticipated. Thanks officer!! Now we were getting a much later start than we wanted but we still had time for a couple pictures with friends and the "flying pancake" breakfast. The bikes were wet with dew but we were ready to go by 7:30. The ride was smooth and fairly fast as we were averaging 15-16 MPH with tailwinds for part of the way...at first.

Dominic was keeping track of the miles and rest stops. Soon he informed us that another detour on today's route, which was already set to take us 80 miles, was actually adding about 7 miles to the trip. This news, along with headwinds whenever we traveled north and sometimes east, was a bit discouraging but our team spirit and interesting/entertaining fellow riders kept us going. Lunch wasn't until about the 50-mile mark and we were famished as all rest stops only had fruit, Gatorade, water and the occasional Hostess ho-ho. After some grumbling, it was time to finish the last leg of the ride.

The team only experienced one mishap as Peggy couldn't unclip from her pedals quick enough at a stop sign. She toppled over and impaled her lower leg on the big gear. Being the trooper that she is, with the help of some good Samaritans, she righted herself and continued to the next rest stop to seek medical assistance. Not even a grimace as the guy cleaned and bandaged her wound!!! More headwinds and too many miles lay ahead.

By this time the sun was out and the temperature was creeping up. Vince brought Keegan to the last rest stop so he could join us on the last leg of the ride. We were pretty worn out by then as we had already logged 157 miles and still had 8 miles to go. Our pace was steadily decreasing as the mileage and wind were taking their toll. However, we were determined to finish our final Pedal to the Point as a team. While Peggy and Pat shot ahead of us, they waited in Berea for the Mosters to join them. We then soldiered on as "Team Spokin'." When we rounded the corner to turn into the fairgrounds, two loud cheerleaders welcomed us in. I was a bit disappointed by the small group cheering at the entrance. However, as we approached the finish line, Vince was there, camera in hand. And, even better - Oliver was jumping up and down cheering his little heart out!! Of course, it's hard to see the crowd through the tears in your eyes. Every cheerleader was cheering for us and thanking us for riding. ALL riders appreciate the attention....that ride is hard work!!

Peggy and Pat successfully completed their first, of what I hope is many Pedal to the Point rides, while Marcy, Dominic, Keegan and I finished our last one. Over the years this has been a wonderful and extremely rewarding weekend in August. Riders and volunteers enjoy every minute of it despite often inclement weather (heat and rain), early mornings, long hours, headwinds and changing plans. The sincere thanks from the many cheerleaders and MS victims is worth every second of pain and discomfort we go through on the ride. Thanks so much for your support.

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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

8:00 am May through September. 9:00 am (April & October).

NEW STARTING LOCATION is Buckeye Woods County Park located on route 162 between routes 3 and 42. Sunday rides are generally 40 to 60 miles in length with breakfast at the halfway point.

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

CLUB NOTES: Last month the deadline for the newsletter came before our meeting was held however, the August meeting went well. The pizza was good. And we talked about the success of the Ice Cream Odyssey Then President Dave laid out some of his plans for 2007 edition of the Ice Cream Ride.

Then we talked about rides we had been on and rides we planned on doing this fall. The cheap century is over and a good time was had by all, I think. I was planning on riding the century but, oh darn, I had to go to Alaska on a cruise instead (see following story).

LETTER FROM VETTER:

Bike for Beer: Sounds like a charity ride, don't it? Well it was just about as expensive. The ride involved getting picked up at the pier in Juneau, Alaska, then being transported to the staging area where the tour guides had a trailer full of mountain bikes. The staging area was a gravel parking lot part way up a gentle slope so we could practice before going

out on the road. Since it was Juneau and it was raining they provided jackets and rain-pants as well as the bikes. The bikes were Bianchi Ocelots and it was basically one size fits all. Lucky for me, mine fit fine without any adjustments.

One oriental lady traveling with her husband and his parents was not so lucky. The whole family was from Hawaii and appeared to be oriental. The wife was petite and therefore could not touch the ground with her feet when she stopped. So after falling down three times in the parking lot she decided not to ride. Mom decided not to ride either. In the van on the drive over from the pier they introduced themselves as Jason and Amy. I didn't think anything about it but a lady from Virginia asked if those were real names or if they gave names that we could pronounce. Yep, they gave fake names so we could pronounce their names.

After a few laps around the smallish parking lot it was time for the safety talk. They also asked about our cycling experience and I was happy to tell them I had over thirty years of riding experience and over three thousand miles so far this year. One piece of safety information puzzled me. They told us not to use the front brakes. The bike had front shocks but that didn't bother me. After all, I had all this experience. Marla, the lady from Virginia seemed impressed, or so I thought. Next came the call to ride, and down the hill and off we went, in the rain. Did I mention it rains a lot in Juneau, Alaska? It does and then I was told we were in the north end of the "rain forest". I thought a rain forest meant tropical; well I guess I had to think again.

After we rode about a mile we stopped and regrouped. Then there were adjustments to the bikes as many of the riders were having difficulty with the grip shifters. I was having trouble with my back brake, it kept locking up and the cable came loose and kept popping out of the brake lever assembly. Well that was not a problem because I could use the front brake even though we were told not to. And besides, I have all this experience, you know.

Another mile and we arrived at the college and we stopped for a potty break. Did I mention it was raining? We went into the campus chapel and made use of their facilities while another tour group on Treks, was just heading out. After everyone had a turn we got back on the bikes and rode down to a bike trail. Here we regrouped again because we had gone another mile and were spread out somewhat. Then we entered the trail and headed down to Auk Lake. We only rode about half a mile then stopped for glacier viewing. I took a few pictures of the glacier and some of the riders standing around. Oh yeah, it was raining and I was thankful for the rain gear.

After everyone had a chance to see the glacier we rode back up the path to the road and regrouped again before heading to the National Park at the terminus of Mendenhall Glacier. Once we arrived at the park the bicycling part of our tour was over and we had to put our bikes on the trailers that had been driven over and were waiting for us to finish riding. Then we were given a half an hour to walk to the viewing stand and take pictures of the glacier. I arrived just in time to hear a visitor arguing with one of the rangers about the retreating glacier and the fact that since the glacier has been in retreat for thousands of years there is no "global warming". The ranger calmly retorted that while the glacier has retreated up to fifty feet in a single year during that time it has retreated six hundred feet over the last two years.

After getting pictures it was time to get back in the van for a ride to the Alaskan Brewing Company and tour the brewery. We were treated to a tour by a less than gentleman, but hey, this is Alaska and home of many a grizzled old character. The man told about how hard it was to brew beer and sell at competitive prices when the only local ingredient was water. All the other ingredients have to be shipped in and then brewed into a beer fit for consumption then ship it back to the lower forty-eight for sale. As part of the tour we were offered six sample of beer at six ounces each. As I was getting served my final sample two of the riders came in and said I had to get out quick and take some pictures. So I chugged my last beer, a smoky stout that was very good, and headed out to the street to see what was so gosh darn important, and it had better be good. People interrupting a man trying to taste beer, what's up with that? As I exited the building and entered the street I was treated to a beautiful sight. Down at the end of the street high up in a tree was a bare



spot and on one of the limbs in that bare spot sat a pair of bald eagles. I focused, I zoomed, and I got the shot. After having six half beers I think I got the shot. Next we got back in the van and our "designated driver" drove us back to the pier. Since I was using my daughter's digital camera I was able to look at the pictures I had just taken. I got the shot and the eagles look good, wanna see?

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October 2006 Wheelmen Calendar

Date	Starting Point	Destination	How Far	The etc's
Sunday ride times thru 10/22 are 8:30 AM Eastern Daylight Time!				
10/01	N. Olmsted	Downtown & Zoo	53	a nice ride in the City
10/08	Amherst	Litchfield	58	a mostly flat one
		LaGrange	43	short 'n flat
10/09	Amherst	Columbus Day	25ish	A holiday U-Show
10/12	Nordson Depot	Prolog	5:30 PM	a quick ride
		Meeting	7:30 PM	the Meeting
10/15	Oberlin	Lodi	58	the long route
		Litchfield *	40	a shorter one
10/22	Amherst	Wellington	52	one ride fits all!
This Sunday ride time for 10/29 is 8:30 AM Eastern Standard Time!				
10/29	Oberlin	Red Flannel	62/32	the CLUB Metric
This Sunday ride time for 11/05 is 9:00 AM Eastern Standard Time!				
11/05	Oberlin	Red Flannel	62/32	Invitational, 9 AM!
* Actually, we'll probably stop to eat in Wellington!				
Note the meeting on the SECOND Thursday of the month!				
All Wheelmen rides require an approved helmet!				

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

North Olmsted: Water Tower Square on the corner of Lorain and Dover Center Roads.

Ride starting times: Saturday rides will start from **Prospect School** at 9:00 AM.

Evening rides: Check the Web site BEFORE coming out! We've moved the times to 5:00 for the rest of SEP! To start OCT, the times will be:

- Tuesday from **Prospect School in Oberlin** at 3:30 PM
- Thursday ride will leave the **Amherst Parking lot** at 3:30 PM
- The meeting night ride starts at the **Depot** at 3:30 PM ??

Yo, Wheelers!

We are happy to report the Club is sound and doing well. Club rides are available on Wednesday evenings, Saturday mornings and Sunday mornings. I heard that the Wednesday evening rides are fairly fast paced with dinner at a suitable establishment afterwards.



Our special thanks to member Cal Kirchick who helped write the new Ohio Code pertaining to bicyclists. While not perfect, Ohio Law has advanced significantly in clarifying rights and obligations of bicyclists. There was a good article in last month's Crankmail discussing the new law.

For those of you who haven't ridden the Lorain County Bike Path I urge you to do so. It starts on the west side of Elyria and goes around Oberlin to Kidron, Out and back is 28 miles. I have ridden it several times with Al Wapnick and both of us can attest to the safety and beauty of the countryside. Perhaps next year some of you will join us.

May the wind always be at your back.

Ed Reichek

2006 RIDE SCHEDULE

DATE LOCATION	TIME	START	DISTANCE
10/01 Hudson Reverse	9:00	JCC	52/41
10/08 Cider Ride	9:00	Elem Sch Caves Rd*	50/36/24
10/15 Tinker's Creek Fall Colors	9:00	JCC	43/35/30
10/22 Oscar's Tanglewood	9:00	JCC	40/32
10/29 Geauga Lake via Chagrin Falls	9:00	JCC	48/40/32

**** Note**** A Riders will start earlier at JCC - check website for details.

For further information, schedule changes, directions to starting points and an archive of ride maps please see www.westernservewheelers.com

Saturday rides begin at the JCC at the same time as the following Sunday ride.



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LEW Club Weekend & Holiday Ride Schedule

Oct. 1 9:00 Brecksville to Aurora and Garrettsville - 34/62 miles
Oct. 8 9:00 Brecksville (Station Road) to Kent - 45 to 55 miles
Oct. 8 10:00 Bike Path Ride: Alexander Road ABC Trail to Kent - 35 miles
Oct. 15 9:00 Brecksville to Chagrin and Burton - 45/65 miles
Oct. 21 9:00 Women's Ride: Olmsted Falls to Oberlin - 45 miles
Oct. 22 9:00 Olmsted Falls to Wellington - 50+ miles
Oct. 29 10:00 Halloween Pickup Ride at Olmsted Falls

Nov. 5 9:00 Red Flannel Metric Century - 32 or 63 miles - Contact the Lorain Wheelmen for directions and details at (440) 988-9326
Nov. 12 10:00 Olmsted Falls East River Park - winter ride - weather depending.
Nov. 19 10:00 Olmsted Falls East River Park - winter ride - weather depending.
Nov. 26 10:00 Olmsted Falls East River Park - winter ride - weather depending.

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

Alexander Road Parking lot on Alexander Road, at north end of ABC Trail, west of Dunham Road (additional parking at Alexander & Dunham).
Brecksville in Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
Olmsted Falls Olmsted Falls East River Park, on Lewis Rd., between Bagley and Water Street, across from Chestnut Grove Cemetery.

Weekday Rides

The weekday rides are about over for 2006, so check the LEW website for any last minute news or pickup rides.

Tuesday Evenings – Short, slower (C-pace) rides starting from the parking lot behind the Fairview Park Post Office at West 220th Street & Lorain Road, 6:00pm, weather permitting; *please note earlier start time*. Usually 10 to 18 miles in length, these are recommended for beginning and slower riders. For details contact Greg James at 440-331-9419. These rides will continue until the end of October, then resume in the spring. This late in the season, lights and reflectors are strongly recommended during evening rides (see below).

Wednesday Evenings – The “Mod” (Moderate Pace) Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:00pm Wednesday nights, weather permitting, of course. These qualify as B rides, with distances from 20 to 30 miles, and will be led by Marc Snitzer and Greg James. For more information, contact Marc Snitzer at 440-236-3017 (msnit@juno.com), or Greg James at 440-331-9419 (clockwerke@aol.com). These rides will continue until the end of October, then resume in the spring.

Regular Club Wednesday Evenings – Moderate to fast pace, 20-30 mile rides starting at 6:15pm (meet at 6:00pm) from the parking lot by the Library behind Berea Commons (near Rocky River and E. Bridge Street in Berea), weather permitting. For details, contact Jim Boland at 440-686-0108 (jboland@apk.net).

As the Regular Riding Season Comes to a Close...

The Ride Leader for the weekend/holiday riders for October will be chosen by those members attending. For the off-season rides starting in November, the Ride Leader (and pace) will also be chosen by those members attending. If the scheduled ride for any given date is an invitational, or starts outside the tri-county area (Cuyahoga, Lorain, Medina), a pick-up ride will start from the Olmsted Falls East River Park at the normal start time for the month.

As the riding season winds down, with earlier sunsets each day, the use of reflectors and lights (front *and* rear), accordance with the recently passed state ordinances, is strongly recommended during evening rides, in order to reduce the risk of accidents and collisions. It helps to see the road, the traffic on it, and also to be seen by other users of the road.

The 2006 Ohio Bike Path Series

Another season of Bike Path Rides comes to a close, and we wish to thank all who participated; we had some excellent turnouts this year, and hope to see everyone again in the spring. The October ride will be the last one for the season, but we expect it to be an enjoyable one.

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

Upcoming Ohio Bike Path rides for autumn:

Oct. 8 Kent (Alexander Road ABC Trail to Kent) 35 miles John Whitaker

2006 “Women Only” Ride Series

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. This month brings that fifth season of *regularly scheduled* Women Only Rides to a close, with one more ride (see the Weekend & Holiday Ride Schedule). We enthusiastically and gratefully thank Bonnie Vargo for her efforts to organize these rides. Anyone in need of details about the ride, or have ideas for next year’s rides, may contact or e-mail her (vargobb@hotmail.com). Thanks very much, and we hope to see you all again in the spring.

Club Meetings Return in October

The next regular club meeting will be held on Tuesday, October 10th, at 7:00 PM 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); the following meeting will be held on November 14th, at the same Panera Bread café, and on the second Tuesday of each month thereafter. In the event of changes, members will be contacted.

Upcoming elections for club officers

At the November club meeting, we will be nominating candidates for club officers, with elections to be held at the Club Christmas Party in December. Prominent members not attending may find themselves unexpectedly nominated by supposedly sympathetic acquaintances. Members attending also face the same risk.



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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 derailleur**. 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 October weekends just around the corner.

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