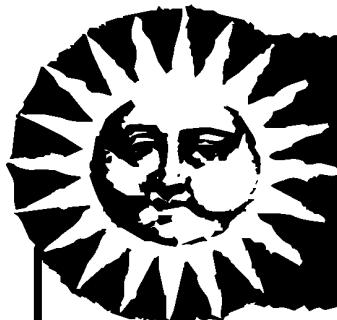

CRANK MAIL

September 1999

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Cycling in Northeastern Ohio

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

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— Benjamin Franklin

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Gossip

Where has the season gone? Here we are in September already with the big fall invitationals coming up. It just seemed to go by so fast! **Mebbe it was the days** we decided it was "just too hot." Or was it the ones where it was "too wet?" Well, look out autumn, here we come!

While we enjoy the cool graphics created for the Urban Enduro Tour o' Cleveland, this year's has a subtle little faux pas. Can you die-hard, nit-picky bikies spot the mistake? It's not the misplacement of a lift bridge in the stylized Cleveland skyline. No prizes for this one, only **that feeling** of contentment in knowing **someone else isn't perfect!**

In the **Tour de France** follow-up department, the usual fun stuff was a part of the scene in the final stage of the Great Race — especially true when the race leader is a shoo-in (as long as he stays upright). As a part of the celebration we noted the rims of Lance Armstrong's were **painted yellow** to match his leader's jersey, and his teammates' handlebars were **wrapped in yellow tape**, their hands in **yellow gloves**, while **yellow socks** covered their feet. This is one game where **being yellow is a good thing**. Every year a fellow from Germany, **Didi Senft**, treks along the Tour route **dressed in a devil costume** — you've seen him in the *PD*, and *USA Today* — accompanied by his collection of very, very large and very, very small bicycles — biggest and smallest in the world, in fact! Apparently this oddball's a **favorite in the Tour's Big Show**. Everyone stops to take his picture, even hard-core (non-racing) riders on their zigzag way up mountain stage routes. **Part of his schtick** is to run along behind the racers brandishing his pitchfork while making menacing

faces. On the final stage, we hear, **the devil got his due!** He was sitting atop his giant (10-ft.) bicycle waiting to snap a picture of the peolton when **he was pelted with water bottles**. We were dismayed at the whining of the French press over Armstrong's magnificent performance — as if a **World Champion cyclist can't possibly win the Tour if not doped**. And **ESPN let us down** by dropping scheduled coverage of the **final weekend of the Tour!!!** What was it they had on instead? **Thank goodness ABC Sports carried the final stages!** And **thank you, Channel 5**, for broadcasting the coverage! **XOXOX!** Winners and losers are found in every pursuit.

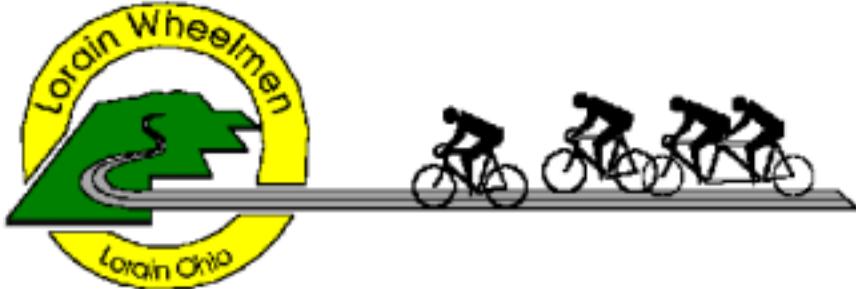
Speaking of winners, Crooked River Cyclists member **Ken Hammer**, riding for Team Austintown Glennwood, won the men's cp3-4 omnium at the **1999 EDS National Track Cycling Championships** in Trexlertown, Penn., August 13! He's had some tough luck in past major competitions, but Friday the 13th was Ken's lucky day and reward for a lot of hard work. **Congratulations!**

To try and build flexibility, speed, and strength we felt we needed to add something to our exercise regimen (besides 100 fork-lifts per day). We heard about this thing called **"Bo-Tae"** and decided to try it. We worked and worked at it but just couldn't get it. Admittedly, working with **that thin strip of fabric** did build flexibility in our fingers. We got pretty speedy doing up that little bo. And we "felt the burn" in our forearms. The many repetitions did help with endurance, er, more **patience** really. But there wasn't much of anything there for strength — it

seemed the harder we tied the knot to make that final bo, the more the tae made us choke. **Feeling faint**, we had to sit down. We guess exercise fads aren't for us. We put away our Bo-Tae and had some pie. **Got milk?**



— The Crank



September Calendar

Day	Date	Start From
Sunday	09/05	Amherst Powers
Thursday	09/09	Meeting ... Ole Towne Pizza
Sunday	09/12	Oberlin Inn
Sunday	09/19	Oberlin Inn
Sunday	09/26	Amherst Powers

Tuesday evening rides will start at 6:00 PM from the Oberlin Inn

Thursday evening rides will start at 6:00 PM from Amherst Powers EXCEPT for meeting night, 9/9. That ride will start from the Nordson Depot. We'll go from there to Ole Towne Pizza for a short meeting. It's a **Dutch** treat!

The evenings are getting shorter and the evening rides will be shortened to be in by dusk! Make sure your blinkers are in good working order this month!

Please join us for some of these great invitationals:

19 th Popcorn Ride	9/11
Hancock Horizontal Hundred	9/12
TASSLE	9/18-19
NEOC	9/19
Heritage Festival 9/19	
Irish Hills	9/19



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Sunday: 1:00pm - 5:00pm

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Ride Schedule

September 12	9:00am	Bonnie Park to Peninsula/Hudson	45/65 miles
September 18-19		MALABAR FARMS TOUR by LEW touring division	
September 18-19		TASSLE – organized ride from Lakewood to Sandusky	
September 26	9:00am	Valley City to Lodi/Wooster	40/70 miles
October 3	9:00am	Brecksville to Chagrin/Burton	40/65 miles
October 9-11		YOUGHIOGEHENY TRAIL TOUR by LEW touring division	
October 10	9:00am	Oakwood to Peninsula	40/60 miles
October 17	9:30am	Fall Color Ride – CTC & LEW ride – start in Richfield – Call Eric & Diane Schultz at 330/659-3274 for start locations.	
October 24	10:00am	Mike Woods Surprise Birthday Ride – start at Huntington Park in Bay Village.	
October 30		FFF(fff)Friendsville Freebie Fifty – organized ride – starts in Medina	
October 31	10:00am	Olmsted Falls to Grafton/Wellington	30/60 miles
November 7		Red Flannel Metric – organized by Lorain Wheelmen – starts in Oberlin	

Ride Start Locations:

Bonnie Park – meet in parking lot located in Metroparks Valley Pkwy south of Pearl Rd.

Valley City – Meet at Liverpool Elementary School parking lot located just north of Rt. 303 off of West River Rd.

Brecksville – Station Rd. parking lot located south of Rt. 82 off of Riverview Rd. in CVNRA

Olmsted Falls – meets at the Olmsted Falls Library Parking Lot on Main St. just north of Columbia SR252 and north of Bagley Rd.

more....

Weekday Rides:

Tuesday Evenings – Short slower rides starting from Fairview Park Shopping Center on Lorain Rd. near post office, 6:30pm. Call Bob Ugan at 216/476-0353.

Wednesday Evenings – Moderate to fast pace 20-30 mile rides starting from Kamm's Corner parking lot in Westpark, 6:30pm. Call Ed Wheeler at 440/572-1122.

Wednesday Evenings – Moderate pace rides starting from Olmsted Falls Library parking lot. Call Mark Snitzer at 440/236-3017.

Wednesday Mornings – Moderate pace 25-35 miles with a lunch stop starting at various locations. Call John Glasgow at 440/777-7392.

Thursday Evenings – Race Training Ride - Call Mike Woods or Ed Wheeler for more info.

Tandem Rides

Mike Woods has designated the following rides as “tandem friendly” and encourages those with tandems to come out on these routes:

September 26 Valley City to Lodi & Wooster (a repeat ride)
October 31 Olmsted Falls to Grafton & Wellington 30/60 miles

Touring Division

September 18-19th – MALABAR FARM TOUR.

This is a challenging and great ride of 80-90 miles each way and an overnight at the youth hostel. Each rider must have a good touring bike with trunk bag or panniers to carry clothes. Cost will be about \$15.00 plus meals. Contact bikelew@juno.com and make a reservation. Limit 15 riders.

October 9-11th – YOUGHIOGEHENY TRAIL TOUR - Pennsylvania

See the fall colors along the pristine Laurel mountains and Yough Valley. The rail trail is similar in surface to the towpath but the scenery is spectacular and the trail is more remote. Contact bikelew@juno.com or call Bob at (440) 779-8392.

Racing Division

The following LEW team members competed in the bike events listed below.

Race Results:

- 7/10 OHIO DISTRICT CRITERIUM CHAMPIONSHIPS – Hoffman (1st), Woods (3rd), Schneider
- 7/13 WESTLAKE CRITERIUM - Diffenbacher (4th), Malec, Schneider, Marx, Wheeler
- 7/20 WESTLAKE CRITERIUM – Diffenbacher (6th), Schneider, Marx, Wheeler
- 7/22 TOPS RR – Diffenbacher, Woods
- 7/24 BUHL RR – Diffenbacher, Woods
- 7/24 EDINBORO TT – Woods
- 7/27 WESTLAKE CRITERIUM – Diffenbacher, Schneider, Wheeler
- 8/1 ALPINE VALLEY MTB RACE – Woods
- 8/3 WESTLAKE CRITERIUM – Diffenbacher (3rd), Schneider, Wheeler, Woods

Team LEW congratulates the new Ohio District Cat. V Criterium Champ – Scott Hoffman!
Great Job, Scott!

Also, congratulations to club member Roger Miller and his ongoing Triathlon season:

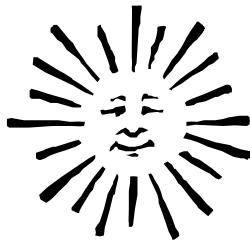
- 5/29 BUCYRUS YMCA TRIATHLON – 3rd place (40+)
- 6/6 DEER CREEK TRIATHLON – 7th (45-49)
- 6/13 OHIO DUATHLON – 5th (45-49)
- 6/20 MAUMEE BAY TRIATHLON – 15th (45-49)
- 6/27 WENDY'S TRIATHLON – 5th (45-49)
- 7/11 NORTHCOAST NAUTILUS DUATHLON

Club Jerseys

Just a reminder that LEW club jerseys are still available. The cost is \$50.00. Please call Tama to purchase one.

Club Meeting

The next official club meeting will be held October 5. There are no meetings during the summer.



The Racer's Loop Time Trial

September 11

The Course: a flat, four-corner, 6K loop that is ridden twice (12K total).

Race Categories: Elite Men, Citizen Men, Elite Women, Citizen Women

Three awards will be made in each class.

Registration is on race day at the Old Trail School on Ira Road from 7:00 a.m. to 8:00 a.m. Entry fee is \$10 and is non-refundable. Helmets required.

Proceeds are to benefit ECM International, a nonprofit organization which provides aid to disadvantaged people across the European continent.

Cannondale Closeout



There were a handful of Cannondales left over when I closed the shop. Doug and Mark at Western Reserve have been kind enough to house and show these bikes. Thanks ,Doug & Mark

Check out www.samsbikeshop.com for other specials and clearance items.

<i>Year & Model</i>	<i>MSRP</i>	<i>SALE PRICE</i>
1999 F400 - Large	\$ 791.99	\$ 629.99
1999 H500 - 20"	\$ 759.99	\$ 599.99
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1999 T500 - 23"	\$ 791.99	\$ 629.99
1998 M300 - 18"	\$ 419.99	\$ 299.99
1998 M500 - 20"	\$ 599.99	\$ 419.99
1998 SP700 - 20"	\$ 999.99	\$ 699.99

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

Membership Keeps Growing

CTC welcomes these new members. **Mike & Patrish Staffileno** of Chardon, **Sue Bartholomew** of University Heights, **Anna Johnson** of Painesville, **Gordon Shears** of Ashtabula, **Wilbur Jackson** of Cleveland, **John Ludway** of Dayton, **Earl Penicka** of Euclid, **William Blake** of Aurora. We look forward to riding with you.

Sunday In June Wrapup

Thanks to all the wonderful members, friends and family who helped to make Sunday in June a big success. Here are a few statistics you may be interested in: Total # of riders were 433, # of CTC members who rode were 82. Thanks for your support There were more than 46 volunteers Thanks for your hard work. The youngest rider was 7 years old and the oldest rider was 75 years young. The actual age breakdown is: 7 to 19 = 29 riders, 30 to 39 = 93 riders, 40 to 49 = 124 riders, 50 to 59 = 78 riders, 60 to 69 = 17 riders and 70 + = 5 riders. Sunday in June was enjoyed by all ages and skills. 8 people did the 10-mile route, 115 did the 25-mile route, 104 did 50 miles, 163 did the 62-mile route and 53 took the 100-mile challenge. We had riders from Ohio, New York and Pennsylvania. There were 153 female riders and 280 male riders

Volunteers Needed

We are looking for someone(s) to take over the **mail collecting, membership and membership mailing responsibilities**. If you have access to a computer and knowledge of databases it would be helpful. If you want to get involved with the club's mail and membership please **give Nan a call at 440-257-7562**. And a hearty thanks to **Lois Nicholson** and **Nan Horvath** who have handled these tasks for the past several years.

Weekday Evening Rides

The weeknight rides are in full swing. Join us on the following days:

Tues 6:30 PM Concord Woods Med-Brisk (15-30).

Wed 7:00 PM North Chagrin Casual-Med (10-20).

Thur 6:30 PM North Chagrin Med-Brisk (15-30).

Tues/Thur maps distributed. **Wed** ride with leader at a relaxing pace.

Last weeknight ride is Wed, Sept 29.

1st Tue each month **9:30AM** Relaxed ride. Call (440) 951-9492. Last ride Oct 5.

more...

Ride Schedule

Sept 5 8:30 **Northfield** to Hinkley lake, Medina(25,40,68). Rolling-hilly.
6 **North Chagrin Labor Day** pickup ride. **Monday**.
12 **Gurney School** to Newbury(20), Burton(35), Chardon(50).
Rolling-hilly.
19 **9:00** **Chardon*** to Thompson(27), Harpersfield(50). Rolling-hilly.
26 **Wildwood Park** to Painesville(25), Perry(45). Flat-Rolling.

Oct 3 **North Chagrin** Eddy's Fruit Farm Ride. Rolling.
10 **North Chagrin** to Polo Field(22), Fowler's Mill(40). Rolling.
17 **9:30** **Fall Color Ride** – Richfield call Eric @ (330) 659-3274.
Rolling to Hilly.
24 **Chardon*** to Burton(30), Middlefield(45). Rolling.

October 16 at the Stanford House Youth Hostel.

Mark your calendar now so you can join us for this annual CTC event. Activities will include a welcome by the CTC music group, a potluck dinner, a night hike, a night bike ride, and games. New this year will be a pumpkin-carving contest. Pumpkins will be provided by CTC. We will light them after dark before judging. There are overnight accommodations (no charge) for the first 30 people to reserve a spot.

Call Diane Schultz at 330-659-3274. Accommodations are dorm style with a few semiprivate rooms. Bath/shower facilities are shared. October 17th you can choose to do Eric's Fall Color Ride or hike with the Cuyahoga Valley Hiking Association. Don't miss this fun weekend for CTC members.

For the Love of Money

It was a pleasant Wednesday evening in July and I had momentarily freed myself from the heavy overtime of a software project sufficiently to try and make it to the Wednesday night club ride at the North Chagrin Metropark. Unlike our other rides, the sleek, fancy racing bikes were nowhere to be seen. Instead, hybrids and old road bikes sporting components long-since obsolete dominated the parking lot. I was right at home with my commuter bike. Also in evidence was one of the club's strongest riders, **Tom Taylor**. But Tom was not to be off and leading the pack as he does on other days, for tonight, attached to Tom's bike was a Trail-A-Bike and attached to the Trail-A-Bike was Tom's 8-year old son **Michael**. That wasn't all. Right next to Tom was his 13-year old daughter **Kim** on her hybrid.

The ride traversed the park and then headed down the Chagrin Valley along Eagle Road. Eagle Road is very steep and fortunately we were headed downhill. After a few rolling hills we stopped at the turnaround, an old, beautiful church in Kirtland. Tom & Michael were doing pretty well with the Trail-A-Bike and so was his daughter, as Tom kept encouraging her to shift on the hills and keep her momentum up. But it looked like something was bothering her. I've got two teenaged girls and have seen that look before. 'Dad, do we have to go UP that?' she finally blurted out, referring to the dreaded Eagle Road hill we had so recently descended.

'No,' he replied, 'we get to do a gentle climb up Pleasant Valley instead.' Kim's trepidation didn't seem to diminish much. In fact it probably increased. I know the

feeling. It's like those time when you were a kid and the nurse approached your freshly alcohol-ed, bare arm with what looked like a foot long needle and said 'Oh, don't worry, it won't hurt.' Right. Kim didn't really seem to believe any climb out of the valley could be gentle. And she was right. So as we rode back along Eagle and turned onto Dodd Road in anticipation of the 'gentle' climb, I got an idea. Fishing out a shiny, spare quarter from my handlebar bag I passed alongside Kim, cast aspersions on her riding style, cast doubt on her ability to climb the hill and then waved the quarter at her. 'It's yours if you can make it to the top without walking' I taunted.

Now this is a silly trick. You wouldn't think anyone would fall for it. But, like I said, I have two teenaged daughters, and before they started out-earning me by babysitting, a quarter was a big deal to them. So was a taunt. Seemingly diffident, showing no notice of my challenge, Kim quietly, but determinedly shifted her gears and ground her way to the top. Without walking. I was waiting there. With the quarter in hand. Without a word she grabbed it, pocketed it and pedaled on. Any of you have recalcitrant teenagers? And a shiny spare quarter? Give it a try.

— Marty Cooperman

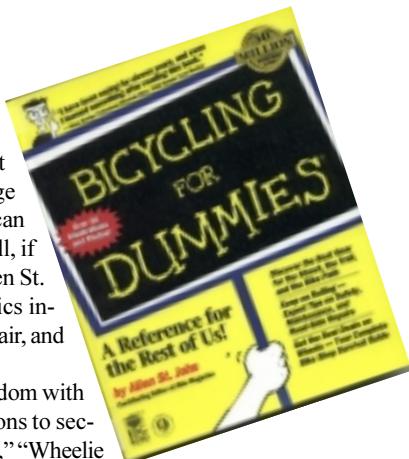
You'd be Dumb to Not Read This...

The deceptive thing about the "For Dummies" books is that they aren't really for, er, well, the *stupid*. The Dummies books don't talk down to the reader. What they do, with great success, is impart solid knowledge of their subjects in terms that, well, the *uninformed* can grasp. You'd be smart to read one, and be smarter, still, if you did! So it is with *Bicycling for Dummies*, by Allen St. John. This new release from IDG Books covers topics including buying a bike, safety and riding technique, repair, and how to have fun.

This book, like other dummies, dispenses its wisdom with lighthearted touches woven throughout. From cartoons to section titles ("A tacoed wheel," "The route of the problem," "Wheelie important") the book is written to make learning enjoyable.

On clubs, the author expresses sound advice about why one should join, and what to avoid once "in." He suggests, "Be *in* the club but not *of* it. Do your fair share, check your ego at the door, and leave the politics to the senators. The object, after all, is to get out and ride." Sounds like he's been there, done that.

So, know someone just getting into cycling? Steer 'em in the direction of this book and they'll emerge well-informed and ready to begin a lifetime of rich riding experiences.



Bicycling for Dummies; IDG Books Worldwide, Inc.; Foster City, Calif. \$19.99. ISBN: 0-7645-5149-3. Find it at your library, favorite bookstore, or the bookstore of crankmail.com.

Westlake Crit Results for July

Results courtesy of race coordinator Chris Riccardi: (440) 333-7269.

WEEK 1 (7-6-99) RAIN OUT

WEEK 2 (7-13-99)

		'A' RACE		'B' RACE	
1st	10 pts	Kevin Delaney	Unattached	10 pts	Dave Kovach
2nd	8 pts	Brad Hansen	M & M's	8 pts	Mike Busa
3rd	6 pts	Dick Brink	Team GT	6 pts	Ted Ingraham
4th	4 pts	Rudy Sroka	Team Burn		
5th	2 pts	NO PLACING			
PRIMES	\$5	Rick Maier	Color Me Safe	3 pts	Ted Ingraham
	3 pts	Dick Brink	Guiness	\$5	Tyler Dugar
	1 pt	Rick Maier	Color Me Safe		

WEEK 3 (7-20-99)

		'A' RACE		'B' RACE	
1st	10 pts	Brad Hansen	M & M's	10 pts	Mike Busa
2nd	8 pts	Tris Hopkins	Cuyahoga Valley Velo	8 pts	Tyler Dugar
3rd	6 pts	Rick Maier	Color Me Safe	6 pts	Ed Hurting
4th	4 pts	Craig Reese	M & M's		
5th	2 pts	Brian Batke	Cuyahoga Valley Velo		
PRIMES	3 pts	Don Lu	PDQ	3 pts	Ted Ingraham
	\$5	Rick Maier	Color Me Safe	shorts	Ted Ingraham
	shorts	Abel Donka	C.W.R.U. Cyling	1 pt	Tyler Dugar
	1 pt	Rick Maier	Color Me Safe	\$5	Tim Assor
				1 pt	Tim Assor
					Unattached

WEEK 4 (7-27-99)

		'A' RACE		'B' RACE	
1st	10 pts	Brad Hansen	M & M's	10 pts	Dave Kovach
2nd	8 pts	Tris Hopkins	Cuyahoga Valley Velo	8 pts	Ted Ingraham
3rd	6 pts	Dick Brink	Guiness	6 pts	Ryan Pormajevich
4th	4 pts	Brad Watkins	Wright Bros. / QCW		
5th	2 pts	Jim Baldesare	Wright Bros. / QCW		
PRIMES	\$5	Andy Hague	PDQ	shorts	Mike Busa
	3 pts	Brad Watkins	Wright Bros. / QCW	shorts	Mike Busa
	3 pts	Brad Hansen	M & M's	1 pt	Ted Ingraham
	shorts	John Giese	Team Burn	3 pts	Ted Ingraham
	1 pt	Craig Reese	M & M's		
	1 pt	Rick Maier	Color Me Safe		
	1 pt	Doug Reese	M & M's		
	1 pt	Rick Maier	Color Me Safe		
	1 pt	Doug Reese	M & M's		
	1 pt	Kevin Delaney	Unattached		

Medina County Bicycling Club

P.O. Box 844 • Medina, OH 44258 • L.A.W. Affiliated

Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
Treasurer:	Bryan Craft	330-723-3006	
Sr. Member:	Lou Vetter	330-725-0441	
Secretary:	David Miller	330-725-7928	mlrmedina@aol.com

Weeknight Touring Schedule

Tuesday – 6:30 p.m. Call Tom or Bryan for starting point. (10 -15 MPH)

John Wasko also has a number of rides departing up North. Write to
gumbycycling@juno.com for a complete ride schedule.

Weekend Touring Schedule

Saturday – 8:00a.m. call Lou Vetter or Email Tom Waterson (TLW@ohio.net) for ride start and destination (12 - 15 MPH)

Sunday – 8:00 a.m. Sheriff's Parking Lot -call Tom Dease or Dave Shultz for ride destination (12-15 MPH)

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

UPCOMING INVITATIONAL RIDES

9/12 HANCOCK HORIZONTAL HUNDRED, Findlay: 100/64/32

9/19 28th WRIGHT WRIDE, Xenia: 100/6250/25

9/25 9th KNOX COUNTY BIKE CHALLENGE, Gambier: 100 to 25

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

The Prez Says...

Welcome back **Ray Chester**. Ray was a member and treasurer for many years and is back to help us pick up the pace on our Tuesday night rides, and hopefully help us with our paceline techniques. Also please welcome **Dave Drogell** who has joined us for several of our Tuesday night rides.

We're hoping to have more club jerseys by the second week of September !!!

Congratulations to **Doug Fitz**, **Cindy Steeb** and **Martha Zamiska** on completing their first-ever 75-mile ride from Medina to Rocky River and back on one of the hottest days of the summer with an average of 15 mph. Congratulations also to **Sarah** (NEVER GIVE UP) **Bates** for completing her first metric century.

Carl Hamerick, and **George Houghteling** are planning a mountain bike ride on the North Bend Rail Trail, in Clarksburg, West Virginia. They will be leaving on Friday, September 17. On Saturday they will ride approximately 60 miles and five tunnels (bring a light) one-way with a stay overnight and back the next day. Let them know if you want to go.

There will also be a family ride on the Mansfield B&O rail trail on September 26. This will be a very leisurely pace ride of 10 to 20 miles. So even if you haven't ridden this year you should be able to enjoy this one. Bring the kids, pack a picnic basket, or just join us at the Der Dutchman restaurant. Take I-71 south to SR 97, go left (east) for about 1/2-mile and look for the trail access parking lot.

For the latest info see **Tom Waterson**'s Web page at <http://www.ohio.net/~tlw/>. Give us your email address and we will update you. Or just call **Tom Dease** at 330-725-1058

Dennis Carter of Medina, who is heading up a mountain bike chapter of this club, has several rides and races planned. If you would like to check it out, contact Dennis at dcarter@ezgo.textron.com

Our 12th ICE CREAM METRIC ride wasn't as well attended as in past years with 80 riders, but there was a lot of competition that weekend with other rides and some possible confusion about the starting point. Special thanks to **Dave Schultz** for putting it all together. The weather was excellent and from the feedback I got everyone enjoyed the new route. Except for that one arrow that disappeared, *#%^!!, but this wasn't much of a problem since **Carl Bidinger** did such a great job on the color maps. A special thanks to **Carl Able** who helped us with the ice cream and the cooler again this year. By the way, if you're looking for some great ice cream, check out a new place, Elm Farm at the corner of Lake and SR42 .

F.Y.I...

The Richfield Sweet Corn Ride was well-planned, advertised, organized, supported and attended by all types of cyclist. Hilly enough to be a challenge, with a meal and a chance to socialize at the end. Those of us who went will do it again next year.

The Emerald Necklace Tour started off a little wet but the temperature was great for climbing those hills in Brecksville. Many well-stocked rest stops, with cool Cliff stuff, cookies, and lots of pizza. The route also gives you the chance to see many of the other riders. And one of the best T-shirts.

P D Q

C L E V E L A N D

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Peaks of the seasons

The height of both summer and the racing year coincided as team members took part in no less than 31 events for the month. Highlights included the Smith Brothers' performance at the Junior Track Nationals ("Brian just missed a national championship in the kilo sprint," said proud papa Tony), wins by Don Lu and Chris Riccardi in the Tour of Ohio, and strong team performances at the region's top road races, the Murrysville Classic and the Tour de 'Toona. Through August 12, 37 riders had taken part in 74 races (all events took place in Ohio unless noted):

Road (CR - circuit race; CT - criterium; RR - road race; SR - stage race; ITT - individual time trial.)

Team Columbus Tour of Ohio CT Series:

Fostoria, July 8 – Hague, House, Pooley, Root (2nd, Cat. 5), Stefancin.

Galion, July 10 – Gallagher (2nd, 50+), Kovach (2nd, Cat. 5), Lu (1st, Cat. 3/4), Pooley, Riccardi, Stern, Ziccardi (4th, Cat. 3/4).

New Bremen, July 11 – Hague (8th, Cat. 1-2), Koury, Pooley.

Delaware, July 13 – Hague (14th, Cat. 1-2), Koury, Lu (5th, Cat. 3/4), Pooley, Riccardi, Stern.

Marion, July 15 – Hague (6th, Cat. 1-2), Koury, Pooley.

Granville, July 16 – Hague (15th, Cat. 1-2), Koury, Pooley, Stefancin.

Bowling Green, July 17 – Hague, Pooley, Stefancin.

Findlay, July 18 – Hague, Koury, Pooley, Riccardi, Stern, Stefancin.

Tuesday Night CT Series, Westlake:

July 13 – Ashby, Gamm, Jewitt, Kovach (1st, "B" race), Marcosson, Miller, Pajka, Simpson, B. Wilkinson, J. Wilkinson, Ziccardi.

July 20 – Ashby, Beller, Hosmer, Jewitt, Kovach, Lu, Riccardi, Simpson, Stefancin, Stern, B. Wilkinson, J. Wilkinson, J. Wilkinson, Ziccardi.

July 27 – Beller, Hague, House, Jewitt, Kovach (1st, "B" race), Koury, Lu, Pooley, Root, Stefancin.

August 3 – Beller, Hague, Hosmer, House (2nd, "B" race), Hritz, Jewitt, Kovach, Lu, Marcosson, Miller, Riccardi, Root, Simpson, Ziccardi.

August 10 – Beller, Hague, Hosmer, House, Jewitt, Kovach (1st, "B" race), Koury, Lu, Marcosson, Riccardi, Root, Simpson, Ziccardi.

Ann Arbor Velo Club/Quick Release Promotions Festina Kensington CR, Kensington MI, July 10 – Koury (6th, Cat. 1-2).

Allegheny Cycling Association Tour of West Deer CR #4, Murrysville PA, July 18 – Hosmer, Ziccardi.

F. H. Buhl Club Bike Club Classic RR, Sharon PA, July 24 – Behrens (5th, Men 50+), Gallagher.

Edinboro YMCA Quad Games ITT, Edinboro PA, July 24 – Gallagher.

Allegheny Cycling Association Murrysville Classic CR, Murrysville PA, July 25 – Hague, Hosmer (5th, Cat. 3/4), House (1st & course record, Cat. 4/5/Cit.), Marcosson, Riccardi (12th, Cat. 3/4), Stern, Ziccardi (3rd, Cat. 3/4); 1st place, Cat. 3/4 team.

Altoona Bicycle Club Tour de 'Toona SR, Altoona PA, July 30 - August 1 – Gallagher, Hosmer, Stern, Riccardi, Ziccardi.

Tenspeeds Promotions Wendy's International Cycling Classic CT, Dublin, August 6 – Gallagher.

Track

USCF Junior National Track Championships, Indianapolis IN, June 30 - July 3 – B. Smith (Boys 10-12: 2 km sprint; 500 m sprint; chariot race; 8th, 1 km sprint; 10th, omnium), J. Smith (Boys 10-12: 2 km sprint; 500 m sprint; chariot race; 6th, 1 km sprint).

EDS Track Cup, Blaine MN, July 16-18 – Rayray (9th, 500 m ITT; 9th, 200 m ITT; 10th, matched sprints).

Alpenrose Velodrome Challenge, July 23-25 – Rayray (1st, 500 m ITT; 2nd, keirin; 1st, 200 m ITT; 4th, matched sprints; 7th, miss & out).

Welcome to new team/club members Mike House and Jonas Root.

Remaining races in the region:

DAY(S) & DATE(S)	EVENT	LOCATION	SPONSOR/CONTACT
Tues. Evenings	Westlake Training CT Series	Westlake, OH	Chris Riccardi - 440/333-7269
Sat. 9/4	Ohio ITT Championship	Delaware, OH	Tym Tyler - 614/890-4145 6124 Freeman Rd. Westerville, OH 43082 teamcolumbus@compuserve.com, www.truesport.com/teamcolumbus
Sat. 9/4	Tour de Tamarack CR	Meadville, PA	Meadville YWCA - 814/337-4279 378 Chestnut St. Meadville, PA 16335
Sun. 9/5	St. Mary's Classic RR	St. Mary's, PA	Josh Shaffer - 814/328-2987 Munderf Star Rte., Box 147½ Brookville, PA 15825 home.penn.com/~ahr
Sat. 9/11	Potato Festival RR	Mantua, OH	Glenn Talmon - 330/274-4626 10939 Peck Rd. Mantua, OH 44255-9211
Sun. 9/12	Tour de Strongland RR	Allegheny Twp., PA	Strongland C.C. - 724/845-5426 1 Parks Bend, Box 10, Suite 108 Vandergrift, PA 15690-9646 www.truesport.com
Sat. 9/18	Richardsville-Ridgway ITT	Richardsville, PA	Josh Shaffer as above
Sun. 9/19	Willoughby-Eastlake ITT	Willoughby, OH	Mike Looker - 440/946-1160 37100 Euclid Ave. Willoughby, OH 44094
Sat. 9/25	Team Burn/Bike Line ITT	North Royalton, OH	Rudy Sroka - 440/546-9966 7979 Broadview Rd., Unit #1 Broadview Hts., OH 44147 buckshot@apk.net
Sun. 10/3 9/23 entry deadline	Presque Isle ITT	Erie, PA	Linda Bartlett - 814/898-0637 840 Priestley Ave. Erie, PA 16511-2901



A Thousand Words

A tip of the helmet goes out to the AAA-Ohio Motorists Association and their membership newspaper *The Ohio Motorist*. The August/September issue carried the cartoon seen above. There was no caption and no accompanying editorial. None needed. In the best tradition of editorial cartooning, this one says it all in one picture.

Our Mistake

In the end notes to the Smart Growth article published in last month's issue the wrong URL appeared for the EcoCity Cleveland Web site. The correct address is: www.ecocleveland.org. The link appearing on the crankmail.com web site is correct. We regret the error and urge "wired" readers to pay this fine site a visit soon.

That "Bo-Tae"

That lovely tie featured in Gossip in this issue can be had from an Austrian firm. The "tie" actually appears to be plastic with little golden bicycles affixed to it and/or imbedded. It is available in black or clear material. Hold your handlebars, though...best we can figure, the price is \$87 plus shipping. Find out more from:

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WESTERN RESERVE WHEELERS



COMMITTEE:

Ellie Einhorn	Howard Mayers
Bernard Greenberg	Harold Pasternak
Mitch Kursh	Edward Reichek 241-6930
Alvin Magid	Allen Wapnick 781-4300

1422 Euclid Avenue #1104 • Cleveland, Ohio 44115

Ride Schedule

NOTE: All Saturday rides commence at JCC with same start time as following day.

DATE	TIME	START	DESTINATION	MILES
September				
5	8:30 a.m.	JCC	County Line/Chagrin Falls	35
6	8:30 a.m.	JCC	Labor Day Pick-Up Ride	
12	8:30 a.m.	JCC	Twinsburg	35
19	8:30 a.m.	Gurney School	Burton/Middlefield	40
26	8:30 a.m.	JCC	Willoughby	30
October				
3	8:30 a.m.	JCC	Punderson	40
10	8:30 a.m.	Burton Square	Nelson's Ledges	40
17	8:30 a.m.	JCC	Pick-Up Ride	??
24	9:00 a.m.*	JCC	Cider Ride • Patterson Farms	30
31	9:00 a.m.	JCC	Cleveland/Astorhurst	50
November				
7	9:00 a.m.	JCC	Pick-Up Ride	??
14	9:00 a.m.	JCC	Pick-Up Ride	??
21	9:00 a.m.	JCC	Pick-Up Ride	??

***NOTE: Time Changes**

NOTICE: Any nonmember guest who has not signed a release will not be considered, for insurance purposes, as a part of the club, nor will they be entitled to any protection afforded by the club insurance policy. In addition, all minors must be accompanied by an adult and must have a release signed by parent or guardian.



Yo, Wheelers...

The recent hot weekends have not stopped the Wheelers ... only slowed them up a bit! Riders are urged to ingest water regularly while riding to avoid dehydration, cramping, and other bad stuff.

Because of the lack of interest, the pancake ride was cancelled. It seems that riding on a hot, humid day with a load of pancakes and trying to negotiate the hills in the valley is not a favorite activity of the Wheelers. We will either reschedule for the fall or late next spring.

Next year the club governing committee plans, with some exceptions, to schedule all rides from the "J." Wheelers are no longer interested in driving a half-hour or more to a starting point. Those who are interested in trying the Oberlin bike path should contact Wapnick or Reichek. Also, plans are being made for another ride from Huron to Norwalk and Milan. If you are interested, again, call Wapnick and Reichek.

Howard Mayers recently returned from a bike ride in France with no complaints. Everyone had a great time. Anyone interested in riding in France should call Howie for advice.

See you all at the next ride!

— Ed Reichek

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Crooked River Cyclists

President, James Guilford: (440) 877-0372
Sec./Tres., Carol Guilford: (440) 877-0372

Vice-Pres., Ken Hammer: (440) 572-3512
Ride Chair, Pat Artl: (216) 228-8030

RIDE SCHEDULE

(All rides start at 8:30 a.m.)

You will notice that this schedule is "Cleveland Browns Friendly" . . . the rides will get you back in time to see the games.

- 9/5 **Valley City to Rittman** - a 50 mile rolling ride with one good hill, starting at the Valley City Depot on Rt. 303 just west of Rt. 252.
- 9/12 **Berea to Litchfield** - 55 flat miles starting at the Berea Park Shops, just off of Front Street in Berea.
- 9/17- **TASSLE** - see the *Ohio Bicycle Events Calendar* for contact information.
- 9/18
- 9/26 **Olmsted Falls to LaGrange** - 40 mile flat ride starting at the Mill River Plaza at the corner of Columbia and Bagley Roads.
- 10/3 **Valley City to Oberlin** - a 45 mile flat ride starting at the Valley City Depot, on Rt. 303 just west of Columbia Road.
- 10/10 **Lakewood Park to Euclid** - 40 mile flat ride starting at Lakewood Park on Lake Road at Belle.
- 10/17 **Olmsted Falls to Medina** - 40 mile rolling ride starting at the Mill River Plaza at the corner of Columbia and Bagley.
- 10/24 **The Kent Ride** - Our signature 35 mile rolling to hilly ride to Kent, starting at the Virginia Kendall lake Park in the Cuyahoga Valley. Fall colors should be excellent in the valley and along the route.
- 10/31 **The Third Annual Tour Macabre Ride** - a 50-mile flat to rolling ride which passes 13 cemeteries, starting at the Mill River Plaza at the corner of Columbia and Bagley Roads in Olmsted Falls.
- 11/7 **The Red Flannel** - look for details in the next *CrankMail* or at crankmail.com (on the Lorain Wheelmen page).

The Crooked River Cyclists would like to remind you that the best way to gain the respect of others on the road is to earn it. Knowing and obeying the law is a good place to start. The following is an excerpt from the *Digest of Ohio Motor Vehicle Laws* as they apply to cyclists, published by the Ohio Department of Public Safety..

THE TRAFFIC LAWS

- **Bicyclists must ride with, not against, other vehicular traffic.** Only when walking a bicycle is a cyclist permitted to travel facing traffic.
- **Bicyclists are required to obey all traffic signs, signals and pavement markings.**
- Bicyclists must use appropriate hand signals before turning or stopping.
- Bicyclists must keep to the right edge of the roadway, allowing faster traffic to safely pass. Cyclists can travel in the middle of the lane if they are proceeding at the same speed as the rest of the traffic, or the lane is too narrow to share safely with a motor vehicle.
- Bicyclists should not pass other traffic on a hill or at an intersection.
- **Bicyclists must stop at the curb to allow emergency vehicles to pass.**
- Bicyclists must observe speed restrictions in school zones and speed limits in general.
- State law also permits local governments to regulate bicycle operation, such as requiring bicycle licensing and registration. Bicyclists must familiarize themselves with local ordinances to be properly educated about all of the laws affecting them.

THE BICYCLE LAWS

- Bicyclists must never ride on the freeway, or attach themselves to other vehicles using the roadway.
- Bicyclists should ride only on the permanent attached seat of the bicycle. Passengers should not be carried unless the bike is equipped for it, and at least one hand should be kept on the handlebars at all times.
- **Bicyclists should not ride more than two abreast in a single lane, except on paths set aside for the exclusive use of bicycles.**
- Every bicycle ridden after dark must be equipped with a white headlight, a red taillight and a red, rear reflector.
- No bicycle shall be operated unless equipped with a bell or horn audible at least 100 feet away.
- Every bicycle must have an adequate brake.

SHARING THE ROAD WITH BICYCLISTS

A Motorist must:

- **Share the road with bicycles.** The bicyclist has the same right to use the public road as any other driver, except freeways.
- **Maintain a “safety zone”** of approximately three feet between the car and the bicyclist.
- Pass a cyclist only when it can be done safely.
- Leave ample room when turning right after passing a bicyclist so the bicyclist is not cut off when the motorist slows for the turn.

CrankMail

Unclassified

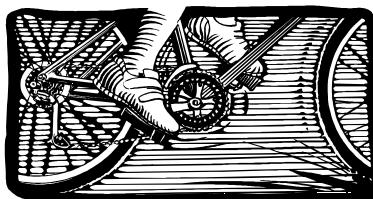
Unclassified ads are free to *CrankMail*-served club members and subscribers for two appearances and appear both here and on *CrankMail*'s World Wide Web site. Nonmembers/nonsubscribers pay \$5.00 for this service. Ads are intended for personal, non-commercial, bicycle-related purposes only. Ad copy should be typewritten to help assure accuracy. Ads are also accepted by fax or email if no payment is due. Ads are not accepted by telephone. Limit to about 30 words; no more than three ads from the same individual in an issue. Please include your area code with your telephone number. *CrankMail* reserves the right to edit ads to fit space and format requirements. In the event of typographical or other error, *CrankMail*'s only obligation shall be to publish a corrected version of the ad in which said error appeared.

LOOK CARBON PRO pedals, red, complete with new black cleats, red ARC cleats, and associated hardware. \$30. Call Scott: (440) 639-0048; email: scott.erdman@cle.ab.com.

BLACKBURN FP-IS PUMP frame-fit, \$10. ZEFAL MINIPUMP, telescoping, \$10. Call Scott: (440) 639-0048; email: scott.erdman@cle.ab.com.

WANTED: SPORT TOURING BIKE 49 to 52 cm, in good condition. Call Martha: (216) 321-9639.

WANTED: RIDE PATCHES from rides and cycling events. Not sure what to do with the patches you have collected? Send them all to me and I'll give them a good home. Especially interested in TASSLE '78. Greg May; PO Box 495; Union, KY 41091-0495.



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