



CRANKMAIL

SEPTEMBER 2005

\$1.50



THE VOICE OF CYCLISTS IN NORTHEAST OHIO

THERE'S STILL TIME TO RIDE!



END OF SEASON BARGAINS FROM ALL 4 STORES HAVE MOVED TO
OUR SOLON CLEARANCE CENTER!
33351 AURORA ROAD IN SOLON SQUARE PLAZA



Century Cycles

PENINSULA MEDINA ROCKY RIVER SOLON
800-201-7433 330-722-7119 440-356-5705 440-519-0013

WWW.CENTURYCYCLES.COM



The Voice of Cyclists in Northeast Ohio

PO Box 5446 , Cleveland, Ohio 44101-0446

On The Web @ www.crankmail.com

Editor & Publisher

Martin Cooperman and Tom Meara
editor@crankmail.com

Club Editors

Cleveland Touring Club	Freya Turner	216-795-0407
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

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

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

ISSUES are published 10 times a year dated: Jan./Feb., March, April, May, June, July, Aug., Sept., Oct., Nov./Dec.

DEADLINE for copy: the 15th of each month before publication. Copy or ad materials including advertising insertion orders must be received on or before the deadline in order to assure inclusion in the intended issue. Email ad copy to crankmail@wowway.com. **Next Deadline: September 15th.**

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

From the Editors

It was just a slip of paper with a name on it. Someone handed it to me unexpectedly but as soon as I saw it I knew what it was and accepted it reluctantly, gently, and with respect.

My wife and I attended the candlelight vigil at Lincoln Park in Tremont Tuesday night. We thought it important that we let our government know that we do not feel we have been sincerely considered nor honestly informed about the war in Iraq. We wanted nothing more than to have our President and representatives notice that we are still owed an explanation as to why we are there, and if not a timetable, then some measurable metrics on when we can expect our troops to come home. The explanation: 'we'll stand down when the Iraqi's stand up', is inadequate. Contrary to what many say is a lack of patriotism, demanding accountability from our government when they send our children off to fight is the best way to support the troops.

The name of one of those soldiers who died was on that slip of paper.

We apologize for injecting politics into this cycling publication but the war has become an increasingly urgent topic and is crowding out other thoughts and ideas. We had difficulty thinking of what else we could fill this page with.

What is more, there was a cycling connection to the experience. The event in Tremont was organized, in large part, by Lois Moss of Century Cycles. We also noticed several members of ClevelandBikes in attendance. It seems that activism is part of a person's character and not limited to a specific cause. We hope it is contagious.

We encourage everyone to become more active in creating positive change, however you define it. Whether it is political, social, environmental or recreational, related to cycling or not, find something you think needs improving and start taking steps to make it happen.

This month's cover is of Bill Marut from Team Lake Effect at their cyclocross race in Broadview Heights. He placed 8th in the 'A' race.

Martin Cooperman and Tom Meara, Editor & Publisher
August 2005

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).

Name: _____

Address: _____

IN THE ZONE

Cycling News and Events

New store offers a look back at simpler times, **Flashbacks** - in downtown Lorain, is big on nostalgia. "At this point I'm really not sure whether I'm opening a business or a museum," says owner **Steve Keppler**, referring to his growing inventory of more than 100 bicycles, pedal cars, and toys that he sells out of the renovated storefront at 832 Broadway. Keppler will also sell parts and do restoration work on antique bikes at the shop. Keppler said for him, there's something special about the days of Hopalong Cassidy, vintage cars, and leaving the front door unlocked. He'll even have a working, old style phone booth that will allow people to make a phone call for a dime. "They're simpler days gone by forever and it's a shame," he said. While those days may be gone, Keppler will attempt to recreate that same aura in his store.

On Saturday, June 17, 2005, hundreds of bicyclists in Madrid and London staged a nude protest against oil dependency and the overuse of cars. Pedaling in the **World Naked Bike Ride 2005**, dozens of Madrid cyclists streaked down main avenues. Pumping an additional agenda item, they appealed for more bike lanes in the Spanish capital a move they said would reduce traffic accidents.

In London about a hundred activists rode past Big Ben, Piccadilly Circus, and Covent Garden. "Oil is not a bare necessity but a crude obsession," one banner read, according to press reports. Wearing little more than his opinions, one rider had had his back painted to read "NO FUMES" just above an arrow pointed cheekily downward.

ClevelandBikes is considering applying for a grant to fund the construction of a **Bike Station** downtown that could serve as a central point (a hub, if you pardon the bike analogy) for bike commuting activity in Cleveland. The station could offer secured parking, shower/locker facilities, parts/supplies, information or rentals for exploring the city. **RTA** has also discussed this concept as part of a bus depot, possibly as an element in the RTA facility for East 18th and Prospect Avenue which is planned as part of the Euclid Avenue project.

The signing of the \$286.5 billion **SAFETEA** (Safe, Accountable, Flexible, Efficient Transportation Equity Act) transportation bill begs the question, 'what does it mean for cyclists?' Well, the bill is so large (stuffed with so much pork), we don't have a complete answer yet. However, you can get a quick view of some of the good and bad details from the **League of American Cyclists** website. One item we picked out after a cursory review is the establishment of a new program providing \$612 million over 5 years for **Safe Routes to Schools**. Details can be found at: www.bikeleague.org/mediacenter/SAFETEA_LU.pdf.

Upcoming Cycling Events

Saturday, 9/10. 25th POPCORN 100 BIKE TOUR. Marion. Rides of 25 or 62 flat to rolling miles. Marion General Hospital. Kim Wenig; 1000 McKinley Park Dr.; Marion, OH 43302. (740) 383-8980. www.mariongeneral.com

Sunday, 9/11. HANCOCK HORIZONTAL HUNDRED. Findlay. One of the flat-test rides in Ohio on routes of 31/62/100 miles. A great ride for your first "century" attempt. Entry Deadline: Sept. 1. www.hancockhandlebars.org

Tenth Annual
URBAN *ENDURO* *Cleveland*
TOUR O'

Through the 'Hoods and Into the Woods



Sunday - September 11, 2005 - 9:00 a.m.

Starts/Ends on the East Bank of the Cleveland Flats.

Approx. 25 miles of On Road bicycling with Optional Off Road Areas.

Support your Local Independent Bicycle Dealer:

GARFIELD
BIKE SHOP

For more info call: Mike or Jeff (216) 441-6430

Sunday, 9/11. DRY RUN TOUR & FAMILY FUN RIDE. Westerville. 30/50/65/100 rolling miles all fully marked and sag-supported. Family Fun Ride is 10 to 12 miles, mostly on bike trails. "Fully-catered" lunch. Westerville Bicycle Club. Alan Martin; PO Box 356; Westerville, OH 43086. (614) 844-4874. www.westervillebicycleclub.org

Sunday, 9/11. 10th URBAN ENDURO TOURO' CLEVELAND. Downtown Cleveland. Approximately 25 miles through some interesting, beautiful, and diverse areas in the city with some optional off-road areas. Garfield Bike Shop. Jeff Tretera; 4521 Warner Rd.; Cleveland, OH 44105. (216) 441-6430. Email: garfieldbikeshop@peoplepc.com

Friday, 9/16. NIGHT RIDES ON THE TOWPATH. Peninsula. Free ride for cyclists of all skill levels starting at 8 p.m. Covers 15 to 20 miles of flat terrain on the Cuyahoga Valley National Park's Towpath Trail. Helmet and bike lights required. Century Cycles Bicycle Shop. Attn: Derrick; PO Box 268; Peninsula, OH 44264. (800) 201-7433. www.centurycycles.com

Saturday, 9/17. TOUCHSTONE ENERGY BIKE TOUR. Lagrange. Offering 32- and 62-mile flat to hilly routes. Rider Limit: 300. Same day registration available. Karen Farago; PO Box 158; Wellington, OH 44090-0158. (800) 222-5673. kfarago@fesco-oh.org

Saturday, 9/17. 15th TOUR OF THE HOCKING HILLS. Circleville. Budget tour with rides of 75 to 100 hilly miles. Columbus Outdoor Pursuits. PO Box 14384; Columbus, OH 43214. Jon Schaer. (614) 477-2200. Email: jschaer@columbus.rr.com

Saturday & Sunday, 9/17 & 9/18. 5th COVERED BRIDGES TANDEM WEEKEND. Austinburg. Saturday route

choices of 44/66/80/90 rolling miles. Sunday, 54 miles only. Tandem-only event! Entry Deadline: Sept. 4. Doug Crush; 3840 Smith-Stewart Rd.; Niles, OH 44446. (330) 509-8098. www.TheTandemLink.com

Sunday, 9/18. BREAKING AWAY FOR UNITED WAY. Mentor. "Family-friendly" leisurely ride of 13/20 flat miles visiting Mentor Lagoons, Headlands State Park Beach, and the cities of Mentor, Painesville, and Fairport Harbor. United Way of Lake County. Jessica Raymond; 9285 Progress Pkwy.; Mentor, OH 44060. (440) 352-3166. Email: jraymond@uwlc.org

Sunday, 9/18. 32nd NEOC: NORTH-EAST OHIO CENTURY. Cortland. 35/62/100 flat to hilly miles. Entry Deadline: Sept. 10. Out-Spokin' Wheelmen. Eugenia Pierce; 231 Upland Ave.; Youngstown, OH 44504. (330) 746-4157. Email: capierce@cc.ysu.edu

Sunday, 10/23, Garrett Wonders Birthday Bike Ride, Warren. Routes of 6.2/31/62 flat miles. In memory of Garrett Wonders who was killed in 2004, while on a training ride for the Olympic Trials. The Garrett Wonders Memorial Fund supports cycling safety, and gives scholarships to OSU cyclists, and Warren G. Harding Band students. T-Shirts and goody bags to the first 300 riders, and many door prizes. A raffle will include a Trek bike and George Hincapie autographed merchandise. John Wonders, 1349 Beechcrest, Warren, OH 44485. 330-398-2818 jwonders@neo.rr.com

Sunday, 9/25. 14th NORTON KIWANIS CIDER FESTIVAL BIKE RIDE. Norton. Rides of 10/25/62 flat to hilly miles Tee shirts and giveaways to first 125 riders. Norton Kiwanis. Mike Barky; 3080 Loyal Oak Dr.; Norton, OH 44203-6320. (330) 825-8624.



Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

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

Hello Fellow CTCr's – Please welcome the following new CTC members:
Matthew Weeks of Mentor, **Dan Chirayath** of Novelty and **Simone Lisac** of Euclid.

RIDE SCHEDULE

Date	Time	Ride/Terrain
Sep 4	8:30	NORTHFIELD CENTER to Hinkley Lake, Medina (25, 40, 60) Rolling/Hilly
Sep 5	8:30	NORTH CHAGRIN – Labor Day Pickup Ride Varied terrain
Sep 11	8:30	NORTH CHAGRIN to Shaker Heights, PICTURE DAY! (Wear yer jerseys, Brush yer teeth) Flat/Rolling
Sep 18	9:00	NORTHFIELD CENTER to Hinkley Lake, Medina (25, 40, 60) Rolling/Hilly
Sep 25	9:00	FERRANTE WINERY – Covered Bridge / Mad Dog Ride (20, 40, 60) Rolling/Hilly
Oct 2	9:00	CONCORD WOODS to Thompson (40+) Rolling/Hilly
Oct 9	9:00	NORTH CHAGRIN – Eddy's Fruit Farm Ride (30, 45) Hilly
Oct 16	9:00	CHARDON to Burton (30) Middlefield (45) Rolling

RIDE START LOCATIONS

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. ADDRESS: 11211 Spear Rd, Painesville
FERRANTE WINERY	Rt. 307 between Rt. 528 and Rt. 534 in Harpersfield
GURNEY SCHOOL	Bell Street, .5 mile west of Rt 306 in South Russell (small sign at entrance with wide driveway)
NORTH CHAGRIN	N. Chagrin Reservation – Sanctuary Marsh Nature Ctr. lot; enter park from Rt. 91 south of Rt. 6
NORTHFIELD CTR	CVS Pharmacy parking lot – south side of Rt. 82 near intersection of Old Route 8 in Northfield

Discovery in Mesopotamia

It was Sunday in June at the OCBC ranch and Mike Powers and I were minding the store. Herds of bikes had come through our rest stop that morning, but now it was 1:00 in the afternoon and quiet.

We had filled the water barrels at the pump, mixed a fresh batch of Lemon-Lime Gatorade, consolidated the watermelon bins, and covered the sliced fruit, all to make the Mesopotamia rest stop a better place to be. A rider pulled in. We welcomed him to Mesopotamia and played the OCBC chimes (recycled chain rings suspended in the frame of a recycled wheel rim). We asked him what he'd like to drink and he made the excellent choice of Gatorade. Mike held the cup. I opened the spout. We offered him cookies, opened the fruit bin, showed off the luscious slices of red watermelon, warm but nevertheless inviting to a thirsty rider. We suggested bananas for the road, one for every pocket in his jersey (3 less for us to carry home).

Then quiet again and we were hanging out, staring at the open fruit bin among other things. The slices of oranges looked good, mixed with fine green grapes, but the apples had been considerably more appetizing before they turned brown. Suddenly, out of the wide end-of-spring sky came inspiration, a bolt of 'Eureka-type' mental lightening. We asked the question: Could we prevent the apples from turning brown by rinsing them in Lemon-Lime Gatorade?

We trimmed sections of apple to expose the white fruit and put 2 sets of slices in the sun, 1 group rinsed with Gatorade, 1 group rinsed with water. In about a half an hour we had our answer, the water-rinsed group was turning brown; the Gatorade group was still white! Taste test results: apple with very faint citrus overtones. These results are extremely exciting because now all bicycle rest stops with sliced apples and Lemon-Lime Gatorade can become yet better places to be.

These data are consistent with previous findings demonstrating that cut apples are resistant to oxidation following application of lemon juice. Of course, you can always use lemon juice, but the Gatorade is more likely to be handy at a rest stop. Further experiments would be needed to determine whether other flavors of Gatorade are just as effective.

Joni Lewanski

OCBC = Ohio City Bicycle Co-op



September 2005 Wheelmen Calendar

Date	Starting Point	Destination	How Far	The etc's
09/04	Oberlin Inn	Norwalk	56	it rained the last time
		Wakeman	32	
09/05	Amherst	U-Show	25ish	Labor Day ride
09/08	Ralph's House	Prolog	5:30 PM	A quick 20 or so
		Hot Dog's	7:30 PM	A picnic meeting
09/11	Amherst	LaGrange	54	To the same place
			45	with a cutoff route
09/17	Spenser Lake	Wooster	57	A map is included!
09/18	Oberlin Inn	Lodi	57	No shopping at the mall!
		Litchfield	42	To the new Hungry Bear
09/25	Wakeman	Savannah	63	For BIG pancakes!
		New London	30	a little shortcut

Wakeman: We'll start from park in the center of town (the Red Flannel snack stop).

Spenser Lake: From route 18 (Wellington), go east to Foster Road (about 6-7 miles). Turn south (right). The parking lot will be on your left! Turn into the access road and proceed to the parking lot a bit farther in. If you get to 162 & Foster Road, turn around, you missed the turnoff!

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

Ride start times: Saturday Morning rides will start from Prospect School at 9:00.
 Tuesday & Thursday evening rides starts will start at 5:30.
 All Sunday rides for the summer will start at 8:00

All rides times are Eastern Daylight Time.



P.O. Box 844 Medina, OH 44258

Contact the following for information

www.medinabikeclub.org

President:	Dave Polcyn	330-723-3831	davepolcyn@zoominternet.net
Vice President:	Dave Ling	330-416-9421	ldbl3000@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary:	Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday 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.

Starting Points:

September – Buckeye Woods County Park on Rte. 162 just two miles West of Rte.3.

Sunday Morning Rides

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

Sunday Starting Point:

The Courthouse Parking Lot at Jefferson and E. Liberty St. just East of Medina's Historic Square. 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: The Ice Cream Odyssey was successful this year. There were 221 riders who seemed to enjoy the experience and most liked the new routes. This represents more than a 100% growth over last year's attendance.

At the review session we discussed areas that could be improved. Better coordination among rest stops seemed to be the biggest concern as there was uneaten food at one stop while another suffered shortages. While it is currently planned to return to the traditional starting point at Buckeye Woods County Park on route 162 a search committee will review other possible locations.

Special thanks to Dave Ling for all his hard work in creating route maps for our Tuesday evening club rides. He has even E-mailed the map to those members on our E-mail mailing list. Saving the maps allows one to ride the routes at other times.

Three weeks ago the last ride from Hubbard Valley Park got rained out. Many members opted to drive to a restaurant and talk about riding. About seven or eight of us decided to risk it and rode anyway. Oops, even the speedster Jimmy MacDonald couldn't finish before the downpour began. Laurie stopped under a tree until I passed her then she came after me and provided some common sense. We tried to ride around the storm then giving up on that turned around and headed back to the parking lot. But, before we could climb back up Kennard Road the storm broke with harsh winds and a downpour. The owners of the house located at the Northeast corner of Ryan Rd. and Kennard Rd. invited us into their garage to wait out the storm. They were cooking on the grill in the garage due to the heavy rains. Finally it stopped and we pulled into the parking lot just minutes ahead of Jimmy who completed most of the route. Well it was good training for TOSRV, which will be held next in May, 2006.

LETTER FROM VETTER:

Club ride for MUD LVR: We left the square with threat of rain last Sunday and intended to ride to Orrville to see the "Milk Race". On the way down Carl disclosed he had limited time and would only ride part way before turning back. We decided to ride on Ryan Road having forgotten that it was closed for construction on a new intersection to accommodate another development. It's getting harder, no make that

Cycle Canalway

A to Z

Saturday, September 17



- 9:00 am - Gather at Lower Harvard Trailhead and bike 6 miles to Rockside Station
- 10:15 am - Board the Cuyahoga Valley Scenic Railroad to Peninsula
- 11:15 am - Depart Peninsula and cycle to Zeleznik's Tavern (20 miles)
- 1:00 pm - 4:00 pm - BBQ at Zeleznik's Tavern

\$20 per person includes:

- souvenir t-shirt
- snack and beverage aid station
- ride on the Cuyahoga Valley Scenic Railroad
- BBQ meal at Zeleznik's Tavern

This event is limited to the first 150 people,
so reserve your space early!

Call 216-520-1825 or visit www.ohiocanal.org

longer to reach those paved country roads we have all come to like riding on. Well we were reminded of the route closing by construction sign on the side of the Ryan Road. The faster riders led us up to the place where the road no longer exists before deciding that the cyclist's rule of thumb "we don't backtrack" would be invoked. Since it had rained much the night before the missing road was now a sea of mud. We walked through the local residents front yards and still got mud clogging up our cleated shoes. Well Carl didn't because he walked his bike around the back of the houses. There were three of them and that meant three muddy driveways to cross for the rest of us.

Well after trying to wipe the mud off our shoes in the wet grass we remounted and rode on. This experience having sucked some of the enthusiasm out of us we decided to ride to Creston form breakfast and then decide who would ride on to Orrville to see the race. Jimmy MacDonald was scheduled to be in the race and that was why we were interested in seeing it. Carl was pleased with this turn of events because now he has enough time to eat breakfast with the group, a hearty meal

was had by all. Then one by one we all had work to do or some other reason that we just couldn't ride on to Orrville and we just had to get back to Medina. On the way back the rain started lightly at first then stronger as we approached Mud Lake Road. Well, we just had to ride on Mud Lake it was ordained by the rain gods. Here Tom split off to continue going north on Rte. 3. As we neared the turn for Mud Lake Carl and I signaled to the car following us that we were turning left. The driver was courteous and stayed well back not trying to pass us on the hill we were climbing. Then the evil driver of a pickup truck laid on his horn for what must have been 30 seconds or more. He had come up on the car letting us make our left turn and had to slow down while Carl and I turned left.

Our next turn was right onto Hulbert Road and then another right onto Greenwich Road and back to Ryan Road again. As Carl and I passed by the intersection of High Street I saw Tom off in the distance heading our way. Then as we were riding north on Ryan Carl noticed Tom chasing us down and asked if we should slow down and wait for him. I responded that there was no need for that and that we should just keep riding after all it was Tom who taught me to "make them work to catch up". Tom will remember how he actually rode faster after Dick DeLombard turned around to catch us a few years back.

So here we are riding north on Ryan Road, the same one with all the mud; Carl and myself with Tom in hot pursuit. The faster riders Laurie MacDonald, Bob Gipson, Mark Shupe, and Bill Brannon were way ahead of us by this time. Then Tom caught up just as we were riding out of the rain onto dry pavement. Next we got to the route 162 crossing and Carl was planning on walking behind the houses again but we decided to turn right instead and go over to Route 3, which was not muddy, just heavy with cars. We finished the ride in plenty of time for Carl to get back to Wadsworth.

TOSRV Fans:

If you didn't order a TOSRV t-shirt or jersey when you signed up for TOSRV this year, or if you weren't able to ride TOSRV but wanted to get this year's t-shirt or jersey with their great designs, you can STILL order a TOSRV 2005 t-shirt or jersey.

Just go to the TOSRV website at <http://www.tosrv.org/06/shirts.htm> and pick out your t-shirt or jersey size and follow the instructions for ordering.

Don't wait. Supplies are limited!!!

Bike Authority

Holding a Huge 2005
Bike and Clothing
Clearance Sale Through
September!

High Performance Bicycle Specialists™



Ph: 440.546.9966
7979 Broadview Road
Broadview Heights, Ohio



Cleveland Bikes

UPCOMING EVENTS

The Mayor's Office supports the Bike to Work Program & Shaker Cycles is giving away a Breezer bicycle at the August 26th Bike to Work Day!

ClevelandBikes continues its Bike to Work Program with the support of the Mayor's Office! On Friday, August 26th ClevelandBikes continues its successful Bike to Work Program. Members of the Mayor's office will attend the event to support safe bicycling in the greater Cleveland area. Those attending and will be available for comment include Martin Cader - the city's Bikeway Coordinator, Conner Coakley - Assistant to Chris Ronayne, the Mayor's Chief of Staff, Andrew Watterson - the city's new Sustainability Manager and Matt Carrol - Director of Cleveland's Department of Public Health. This program supports not only safe cycling within the community but healthier lifestyles.

In addition to the support ClevelandBikes is receiving from the Mayor's Office, Shaker Cycle in Tremont is donating a new Breezer bicycle, equipped for the commuter, to be raffled off at the August 26th event. Only those that participate in the Bike to Work event will qualify to win the *Breezer* bicycle. Car-Free Cleveland will continue its support providing breakfast to the riders.

The Bike to Work routes begin at different points East, West and South of Cleveland and end at Mall A behind the Key Bank building at about 8:15am where they meet for a light breakfast before heading off to work. On August 26th they will have an opportunity to speak and listen to those attending from the Mayor's office. For more information on the routes and meeting locations please go to www.clevelandbikes.org.

This program has been successful in providing bicyclists an opportunity to meet others who are choosing the healthier route and using their bikes as transportation. It also offers those cyclists with less road experience a chance to learn from experienced commuters as they ride into the city together.

Go to this link to see a picture of a Breezer Freedom:

www.breezerbikes.com/

bike_details.cfm?bikeType=town&frame=d&bike=freedom

For more information on the Bike to Work or Bicycle Mentor Program go to www.ClevelandBikes.org, and click on the link for each program, or contact Brendan McNamara at ClevelandBikes@hotmail.com.

Renew Your ClevelandBikes Membership for 2005

Renewing or setting up a new membership is very simple. Go to www.clevelandbikes.org and click on the donations link, you can pay through Pay Pal, most of the major credit cards and e-check is accepted! In addition, your dues are tax-deductible.

STUDENT \$15 – for persons enrolled in school fulltime

BASIC \$30 – members @ this level are entitled to participate in all ClevelandBikes Programs without voting privileges

ADVOCATE \$50 – members are entitled to participate in all ClevelandBikes Programs and have voting privileges

CHROM-MOLY \$100 – donor level with voting privileges

CARBON FIBER \$250 – significant donor with voting privileges

TITANIUM \$500 – outstanding donor with voting privileges

Founding Membership \$1000 - Lifetime membership

Each membership includes one year subscription to CrankMail: The Voice of Cyclist in Northeast Ohio

Contact ClevelandBikes at www.clevelandbikes.org, or write/email: Rob Schwab, rshwab@hotmail.com or write: ClevelandBikes, 16781 Chagrin Blvd., #167, Shaker Heights, OH 44120, for more information on membership.

**NORTHEAST OHIO COUNCIL OF A.Y.H. AND
STANFORD HOUSE IS PROUD TO SPONSOR THE**

7th ANNUAL R.R.R. RADICAL RECUMBENT RALLY

**SEPTEMBER 4, 2005 FROM 10:00 TO 5:00 AT
6093 STANFORD RD. PENISULA, OHIO**

**10:00 - 12:00 SOCIAL TIME.
LOOK AT OTHER RADICAL HOME MADE
RECUMBENTS AND SHARE IDEAS.**

**IF YOU DO NOT HAVE A RECUMBENT, BRING YOUR
WEDGIE (UPRIGHT BICYCLE) AND ENJOY A DAY AT THE BEAUTIFUL
PARK AND GET A TOUR OF THE RESTORED FARM HOUSE, BUILT
IN THE 1860's.**



GEAR UP!

***Madone
CAAD 8
Roubaix
Pilot***

Expanded Clothing Selection

EDDY'S BIKE SHOP

Since 1940

North Olmsted
440.779.1096

Willoughby Hills
440.943.2453

www.eddys.com

TOLEDO, Ohio (Aug. 2) - A northwest Ohio man's fall off his bicycle left him with a bruised leg, a big hospital bill and a ticket from police. Police fined Melvin Surprise III, of Toledo, because he was riding his bike on a sidewalk when he was struck by a pickup truck pulling out of a parking lot.

City law says anyone 15 and older can't ride a bike on the sidewalk. Violators face a \$93 fine.

Surprise, 22, pleaded innocent to the charge in Toledo Municipal Court on Monday. He plans to fight the citation, saying the law discriminates against adult cyclists.

He was riding his bicycle on a sidewalk along a heavily traveled street on July 22 when he was hit.

The driver, Michael Garvin, 17, was not cited. Police said a trailer park and large vehicle parked nearby created a blind spot. "I never even saw him," Garvin said. "The bike literally appeared out of nowhere."

Lt. Kevin Keel, who heads the police traffic bureau, said a citation should be filed when one person's negligent action causes an accident. "If the officer can determine fault, we strongly suggest they file charges," he said.



CLUB-TEAM CLOTHING
SUBLIMATION

decent, prompt
reasonable

PYROAPPAREL made in
Cleveland

www.pyroapparel.com

pyrostuff@aol.com

216-252-5191

Hey Cranky.....

I was riding with a friend down Lorain Road on a Sunday morning and a local cop pulled us over telling us to get off the road. When we protested saying we had the right, he then told us to ride single file and if he caught us riding two abreast, he'd give us a ticket. What gives? How can I find out what the rules are for my town? – Uneasy Rider

Dear Uneasy, you are not alone. In fact, most cyclists (yes, I'm talking to all of you) don't know how to ride a bike safely in traffic let alone how to obey the laws in a particular community, as they are all a hodgepodge and vary from city to city.

First we'll discuss where you can find out what are the particular laws are in your community, then talk about how you might change them, and then talk about how you can learn to ride more safely regardless of what jurisdiction you happen to be passing through.

Most city ordinances are available in your local public library and many are available on the internet. Google 'your town' ordinances as in 'Shaker Heights Ordinances' or 'Fairview Park Ordinances' and start reading. Some have sections dedicated to the laws governing bicycles while others require that you read through all of the traffic ordinances. It really is pretty easy to determine the requirements of your city or town. More difficult is to determine and follow the requirements of each community you pass through on your Sunday club ride.

A few years ago, ClevelandBikes board member Fred Oswald reviewed all of the ordinances that governed cycling, city by city, in northeast Ohio and graded each of them for how well they actually promoted safe cycling. You can see how well your community fared by following the link to [Advocacy: Bicycle Traffic Laws, Education, Resources from www.crankmail.com](http://www.crankmail.com).

Needless to say, most of the communities fared poorly. However, there was one notable success: Brookpark. Originally rated as an 'F' someone in the community noticed the ranking and took on the task of improving it. They brought the issue before city council and the mayor's office and convinced the city to adopt a Model Municipal Bicycle Code. Brookpark is now the highest rated community in north east Ohio with an 'A' ranking.

Fred's listing is now somewhat out of date and Fred, through ClevelandBikes, is looking for volunteers in each community to review the local laws to see if certain unsafe or discriminatory ordinances are still on the books. If they are, you are encouraged to work with your mayor's office and city council to bring about positive change. We know it can be done and there is plenty of help available from the numerous links under Advocacy on the CrankMail website. ClevelandBikes will also assist you and make presentations at your

council meetings, however, it is much more effective if one or more members of the local community is involved.

The objectives of this effort are simple: to promote safety and uniformity.

Promoting safety is obvious but many well meaning local ordinances actually mandate unsafe practices. It is in your best interest to know if your community has ordinances that make cycling more dangerous and work to change them. Uniformity is more difficult and cannot be adopted overnight. However, if municipal ordinances are based on the Ohio Revised Code and the many exceptions in the various communities are gradually eliminated, a more consistent set of laws across the region will result. An outline of how to proceed was described under the ClevelandBikes section in last month's issue of CrankMail.

Perhaps the most important component of safe cycling is knowing how to ride safely yourself. Driver's education and the passing of a test is required to obtain a driver's license but no education is required before you get on a bike and head out into traffic. How do you know how to act? Most of us know to ride with traffic, but beyond that, what do we really know about riding a bike properly?

The League of American Bicyclists (LAB) has developed specific training to promote bicycle 'literacy'. The basic Road I course is perfect as a primer for those cyclists who wish to gain a full understanding of how to safely operate a bicycle in a variety of situations. The 9 hour class includes learning how to perform a bicycle safety check, fixing a flat, interactive discussion, on-bike skills practice and student manual. Students will gain confidence knowing that they are riding legally and safely. Crash avoidance techniques and crash types will be discussed. For more advanced students with an understanding of vehicular cycling principles, this 12 hour Road II course includes fitness and physiology, training for longer rides, advanced mechanics, paceline skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals are included with each class.

The Road I class is held (rain or shine) at the Ohio City Bicycle Co-op in monthly series of three, three-hour classes. The course uses slides, video, discussion, and, of course, plenty of riding (bring your own bike, or use a co-op loaner); with a written and on-road test at the end, to earn a certificate from the League of American Bicyclists.

The full course of three classes is \$45 which includes materials and snacks.

This might be a good winter activity sponsored by the various bike clubs in the area. If your club is interested, contact OCBC and see if a customized class can be arranged.

Each of us are responsible for making cycling in Cleveland safer and more enjoyable. There are plenty of opportunities to do so.

Yo, Wheelers!

Again, another delightful pool side picnic was held at the home of Art and Jackie Kaplansky in August. Dave Bortz, as always, served as our caterer, with his homemade quiche. We are thinking of hiring him out to other Clubs for their special events.



I remember reading somewhere, that if an automobile is along the side of you and you are uncertain as to its route of travel, i.e., Is it going to turn in front of you? Watch its front wheels as there is always a few second lead, to give you an idea of the driver's intentions. Try it yourself, you will see that it works.

May the wind be always at your back.

Ed Reichel

WESTERN RESERVE WHEELERS SUNDAY RIDE SCHEDULE

Sept 04	Ashtabula Covered Bridge	8:30	Ferrante Winery	
11	Oscar's Tanglewood	8:30	JCC	40/32
18	WWWaite Hill	8:30	Sunset Pond	43/32
25	Ravenna	9:00 *	Solon Bicycles*	59/51/37
Oct 02	Hudson Reverse	9:00	JCC	53/41
09	Cider Ride	9:00 *	Elem Sch Caves Rd.*	49/36/24
16	Tinker's Creek Fall Colors	9:00	JCC	43/34/29
23	Geauga/Portage Tour	9:00 *	Chagrin Falls*	57/30
30	Geauga Lake via Chagrin Falls	9:00	JCC	48/40/32

* A Riders start 30 minutes earlier at JCC

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

The Wester Reserve Wheelers are an organization of recreational bicyclists riding primarily on the eastern side of Cleveland.

For information on rides, or on joining our group, please see website.



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

Weekend & Holiday Ride Schedule

- Sep. 3 9:00 Women's Ride: Brecksville to Peninsula (Hike & Bike Trail) - 30 miles.
Sep. 4 9:00 Scenic Park to Vermillion - 60 flat miles.
Sep. 5 10:00 Holiday Hawaiian Shirt ride start from Scenic Park to Cleveland Flats
for lunch - 30 flat miles
Sep. 11 9:00 Pick-up Ride from Olmsted Falls.
Sep. 11 10:00 Bike Path Ride: Canal Visitor Center to Peninsula via Towpath - 25mi.
Sep. 18 9:00 Hinckley Reservation to Wooster - 70 miles.
Sep. 25 9:00 Valley City to Wooster - 80 flat miles
Oct. 1 9:00 Women's Ride: Lakewood Park to Euclid - 38 miles
Oct. 2 9:00 Malabar Weekend – Saturday/Sunday starting from Malabar Farms
Youth Hostel
Oct. 9 9:00 Brecksville (Station Road) to Kent - 45 to 55 miles
Oct. 9 10:00 Bike Path Ride: Alexander Road ABC Trail to Kent - 25 miles
Oct. 16 9:00 Brecksville to Chagrin and Burton - 45 to 65 miles
Oct. 23 9:00 Olmsted Falls to Wellington - 60 miles
Oct. 30 9:00 Halloween Ride

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).
Canal Visitor Center Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga
Valley National Recreation Center.
Hinckley Reservation Parking lot on Bellus Rd., across from Hinckley Lake, just east
of Hinckley Hills Rd. (Ohio 606) in Hinckley, Ohio.
Lakewood Park Picnic area and parking lot, in Lakewood, north of Lake and Belle
Avenues.
Olmsted Falls Olmsted Falls East River Park, on Lewis Rd., 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 ½ mile south of Detroit Road, in Lakewood
Valley City Liverpool Elementary School, at West River Rd. and School St.

Weekday 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, 6:30 p.m., weather
permitting. Usually 10 to 18 miles in length, these are recommended for beginning and
slower riders. For details call Greg James at 440-331-9419.

Wednesday Evenings – The “Mod” (Moderate Pace) Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, weather permitting, of course. These qualify as B rides, with distances from 20 to 40 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).

Regular Club Wednesday Evenings – Moderate to fast pace, 20-30 mile rides starting at 6:15pm (meet at 6:00pm) from the parking lot of the Spin Bike Shop in Lakewood at 14515 Madison Ave. (two blocks east of Madison & Warren), weather permitting. For details, contact Doug Barr at 440-734-1715 (ospdoug@aol.com).

Weekend Club Rides

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

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

The Ride Leaders for the current and following months are:

September (Volunteer Requested)

October (Volunteer Requested)

As of this writing, we are anxiously awaiting volunteers for Ride Leaders for September and October. If no one has stepped forward, leaders will be selected from amongst members attending the rides, and maps may not be provided for riders.

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

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

2005 “Women Only” Ride Series

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

The 2005 Ohio Bike Path Series

This year we are proud to continue the popular Ohio Bike Path Series, conducted entirely on bicycle paths or all-purpose trails, supplementing the regular Sunday rides. These will usually be held the second Sunday of each month, from May to October. Last year we drew many members, their families, and some guests. We hope to attract new riders unused to riding in groups, folk uncomfortable riding on roads and competing with motor vehicles, and seasoned riders out for the pure joy of riding with friends.

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

The Ohio Bike Path rides, distances, & Ride Leaders, for the early 2005 Season:

Sept. 11	Canal Visitor Center to Peninsula via Towpath	25 miles	Dan Izuka
Oct. 9	Alexander Road ABC Trail to Kent	25 miles	TBA

The 2005 Club Picnic

Heartfelt thanks are extended to all who showed up at the LEW Club Picnic on August 7th, and especially to the volunteers who helped make it a reality. Thanks also, to our own “Iron Chef – Wheelers”, Mr. Greg James, whose Salsas, Fajitas (chicken, beef, or shrimp), Cuban Rice, and grilled veggies were enjoyed (and completely consumed) by all in attendance. Club members who did not attend missed some great food, as well as the company of fellow members. The hand-squeezed lemonade remains a favorite with club members.

Touring Division News

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

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

Tom is also interested in attracting LEW members who are enthusiastic about touring, overnight and otherwise. Anyone interested can contact him at 440-777-2563, or email him at tdmeara@wowway.com. Volunteers are needed for Ride Captains. Planned overnight tours for the late 2005 Touring Season:

Tour Destination	Date	Ride Captains
Popcorn/Hancock Horizontal Hundred	Sept. 9-11	TBA

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

Club Meetings Return in October

The next regular club meeting will be held on Tuesday, October 11th, at 7:00 PM (at a location yet to be determined), and on the second Tuesday of each month thereafter. In the event of changes, members will be contacted.

“I’ll never ride a hundred miles with a 65-mile butt again.”

Joe, Vallejo, Ca.

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, noncommercial, bicycle-related purposes only. Ad copy should be type-written to help assure accuracy. Ads are accepted by mail, also by email if no payment is due. 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, the publisher's only obligation shall be to publish a corrected version of the ad in which said error appeared. The publisher makes no warranty of the integrity of the advertiser or quality of goods offered.

SANTANA Cilantro mountain tandem, in hot raspberry. Tuned and ready to go; but 80 year old bikers are not, sadly. 21 speed Deorelx system with extra (disk) brake. 19" front standover and 18", rear. 26XI.5, forty spoke wheels. Some paint chipped. See this custom beauty in Mentor. Originally \$3000 in 1991, now \$995 obo. bgwebster@hotmail.com

Thudbuster, 27.2mm diameter post, 400 miles of use, full set of elastomers. \$75. 440-235-0117.

2000 Trek 7500 Hybrid. 25" red aluminum frame, 24-speed, with front suspension. Great commuter bike! Like new - less than 200 miles. \$350 OBO. Call Bill at 440-942-7658.

2000 Trek 5200 carbon fibre, size 56 All Ultegra, triple, 12 - 27 cassette, Easton carbon fibre handlebars and fork, spinergy spox wheels with fibre spokes, new Specialized pro tires, Terry fly saddle, spd pedals. Many new parts. 216-587-1904 or 216-701-2666.

Lighting Phantom recumbent. Comes with a faring that has been used once. \$1800 440-273-3196.

Cannondale R400, 51cm, black, 7 speed. Extras include Velocity Deep V Rims, STI shifters. Great condition, \$425. 216-544-0184.

Expires September 2005

Trek 5900, (oclv110) US Postal, Dura Ace, \$2400, will sell frame separate, make offer. **Trek 5500** (oclv150) naked black frame with Dura Ace head set, and Power Pro sealed BB. \$500. Two Dura Ace octalink crank sets, one is 175mm one is 180mm. \$100. One Dura Ace crankset square drive 175mm with Italian sealed BB. \$50. Call Tony before 9:00 pm 440 212 3961.

Giant NRS 3 Mountain Bike Full Suspension. Beautiful dust collector. Mint Condition, Low miles, Frame size small. Don't ride anymore, someone put it to good use. Spare titec bar and stem and Specialized cyclometer and all original manuals. Paid \$999 in 2003, will sell for \$600. anon-89213227@craigslist.org.

Yakima tandem carrier. Mounting clips are for square load bars. Powder coated 1 month ago! Great condition! anon-88778965@craigslist.org

2004 Trek Madone 5.9 in mint condition, with top of the line components. Only 1500 miles, meticulously maintained, never raced or crashed. Stvcorbett22@aol.com.

Expires October 2005

Check out Ireland at Last
Explorations in Two Countries
From Belcoo to Belfast
<http://www.crazyguyonabike.com/journal/?handle=denise2003ireland>

ride like a winner

get a really light bike from B&K Bike

bike reviews online at
www.BandKBike.com



\$10 off on any purchase over \$50

Valid for non-discount items only, through 9/01/05.

Coupon must be presented at purchase.

www.BandKBike.com

B&K Bicycle Co. 

4298 Mayfield Road South Euclid 216-382-9966

CRANKMAIL

A Subsidiary of ClevelandBikes
P.O. Box 5446
Cleveland, Ohio 44101-0446

PRSRT STD
U.S. Postage
PAID
Cleveland, Ohio
Permit No. 2890