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Expires February 2007

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Avocet Carbon 12 Road Tires, 700x25 with carbon bead. Low mileage but one tire has a small puncture, it holds air up to 110 psi just fine but causes a slight bulge to form creating a thump...thump...thump on smooth roads (no problem around here!). \$20 for the good tire and the other one, which would make a good spare, is free. **Jim Blackburn Rear Rack**, plain aluminum for 700C wheels. Old style, good shape, don't need it. \$15. 440-777-2563.

50th Anniversary Schwinn Paramount, 52 cm, green, mix of Dura Ace and Shimano 600. Conti tires, \$800, 216-685-2453.

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Expires March 2007



The Voice of Cyclists in Northeast Ohio

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From the Editors

Best wishes for an exciting and healthy new year! With this issue, ClevelandBikes announces new plans for Crankmail. In the three years since the creation of ClevelandBikes, Tom Meara, Marty Cooperman and other dedicated volunteers have worked to continue the publication's important mission, allowing riding groups to share information about the goals of expanding cycling opportunities, safety and promoting health in Northeast Ohio. In short, being the voice of cyclists in Northern Ohio. As much as we all love Crankmail, new ideas and new technologies can create new opportunities for the historic publication. If change let's us meet our mission in a new way or expand our capabilities, we're all for it.

While Tom has been devoted in continuing the publication, ClevelandBikes wants to respect his desire to step down as Editor to allow more time for activities that can't be reconciled with Crankmail's publication schedule. We value Tom's contribution beyond measure, but we have to plan and move on.

ClevelandBikes is pleased to announce that Doug Morrison, Cory Smith and Marc Smith, part of Northeast Ohio's riding community from Medina, have agreed to step in and continue publication of Crankmail for at least 2007. Doug, Cory and Marc are committed to both cycling and the mission of CrankMail and will bring new ideas, professionalism, and enthusiasm to the publication.

ClevelandBikes and the new editors want to assure you that Crankmail isn't going to change in the near-term as it is the intention of the new editors to keep everything as much the same as possible while they learn the ropes. However, we want to hear from you about your goals and desires for Crankmail. Let's talk about new services, new features and new ways of distributing news and information about cycling in Northeast Ohio.

How can we serve you, the Northeast Ohio riding community, better? What would you like to see more or less of in CrankMail? How can we make this publication better? We want to hear from you.

Kevin Cronin
President, ClevelandBikes

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60-70 degrees. This was an ambitious undertaking but we were all up for it. The ride was shortened due to the long rest stops and the very long breakfast stop at Beuller's Restaurant in Wooster. Afterwards we decided that 186 miles would not be in the plans that day. On the return route, several riders decided to depart from the course at a point that would give them 130 miles and I continued on to the Cuyahoga Valley National Park where Diane Goodwin and Dr. Les me at the farmers market at Riverview and Bolanz. They were kind enough to give me some water and Accelerade. After a welcomed rest and good conversation, I rode homeward to complete a distance of 169 miles.

The fourth ride of the series went from Berea to Oberlin to Wooster. On April 29, the temperature ranged from 48-68 degrees with full sun and 11 mph winds. Fourteen people participated in this ride. We also had a SAG (Supplies and Gear) vehicle that was driven by Rita Dvorak. In Oberlin we were joined by Todd Jackson who'd left his shoes at home and had to go back to get them. We were also joined by Ron (can't think of his last name) who rides with the Lorain Wheelman. A few miles outside of Oberlin, we saw a rider coming in our direction who looked like Lou Vetter. Several of us shouted his name and the rider returned the greeting but when he kept going, we thought that it was a case of mistaken identity. Another 5 miles down the road we had an accident that sent John Clay tumbling into the ditch. Luckily, he never touched pavement. After realizing that he wasn't seriously hurt nor had head injuries, several people asked him how many fingers they were holding up and what day of the week it was. After passing the multiple-choice quiz with flying colors and then shouting something like "Calvin's 12 Hour Challenge baby!" (one of his goals) we realized that he was fine. After checking out his body and bike, we continued. In Lodi, where the SAG vehicle met us, we dropped off extra clothing and picked up fluids. As we left Lodi, the rider that we'd seen outside of Oberlin was now approaching us. After closer observation and some conversation, we agreed that this person was indeed Lou! Lou concurred. He told us his story of arriving at the start to find no one and determined not to cheat himself out of the mileage, went on to Oberlin instead of making a u-turn when he saw us. We continued on to Wooster, ate breakfast at, you guessed it, Buellers Restaurant. Dan Newcomer who lives in Perrysville met us at the restaurant. After leaving Wooster, we ran into another rider who'd set out to join us. It turned out to be Christa Myers who hosted us at the start location. We were all reunited and voted not try to complete 186 miles due to the long stops we'd made. The 186-mile goal tempted Russ Marx and I but we decided that it would be more fun to stay with the group. We returned with 131 miles.

These rides gave everyone a great sense of accomplishment and there were plenty of smiles in the peloton to counter the aches and pains of pre-season legs. It was a great pleasure to see riders who'd reached their personal best distances. Each time a rider would reach their personal best distance, they would broadcast it to the peloton. I hope that we will have as much fun in the upcoming season. There are 10 rides planned for the 2007 Pre-Season Preparation Ride Series so there should plenty of opportunities for fun and accomplishment. March is right around the corner. Welcome to Ultra-Marathon Cycling.

Eric Overton

A Review of the 2006 Pre-Season Training Ride Series

In cycling, January to March is known as the Pre-Season Preparation Period. As I plan for the 2007 pre-season preparation ride series, I can't resist thinking of and writing about last year's pre-season ride series. Besides, it makes for good cross training. The series was successful as we had good participation for each event. It was nice to see so many riders giving ultra-marathon cycling a try for the first time as well as a pleasure to have had several experienced ultra-marathon cyclists there to share their war stories.

Our first ride, a dry run, held on March 12 went from North Olmsted to Wooster. Thirteen riders participated and among those were Tim and Mike Reese who came from Pittsburgh and Greg Priddy who came from Mentor. For most of us, it was the first, second, or third ride for the season. Several had ridden throughout the winter but for all it was the first century of the year. We were so happy to be on the road, enjoying 55-65 degree temperatures and the light showers that would hit us near Valley City. The pace was moderate but the ride reminded us of what it was like to struggle against the wind and it forced us realize that our pre-season legs needed more training. Some of us were surprised to find that the pancake flat part of the course did not seem as flat as it did in the in-season. We wondered where those hills (false flats) came from and we laughed at ourselves for suffering on false flats that we'd previously ignored. This was great because it was a litmus test of sorts. It told us that we had more training to do. We returned home with a total of 104 miles.

The second ride on April 6 was scheduled to cover a distance of 200 kilometers (124 miles in "American") which would have taken us from Berea to Akron to Chagrin Falls. The first of our troubles on this day was the weather. It was 35 degrees at the start and peaked at 39 degrees. The winds ranged from 5-15 mph. Twelve people participated with one DNS. Tom Meara had a damaged wheel resulting from his bike falling from the roof rack of his car, I believe. Marty Cooperman and Tim Carroll both rode from Cleveland Heights and must have had about 100 miles (exaggeration) of riding in when they arrived. Realizing that they both lived Cleveland Heights, they decided that they would ride back together. Our first delay occurred before the start when Tim Reese lost a shoe cover. After giving up the search he remove the remaining shoe cover to discover that he'd put both covers on the same foot! The second delay occurred in North Akron where Mike Reese suffered a flat. Several riders performed a temporary fix while several others rode ahead to Century Cycles in Peninsula to pick up tubes and a CO2 pump to finish the repair. Because of the cold and wind, several riders decided to keep moving towards Chagrin Falls. After the flat was repaired the rest of us decided to ride as far as we could towards Chagrin Falls until we met the others returning. Marty and Tim proceeded eastward to return to Cleveland Heights. The rest of us, after reunited in the Chagrin Parkway, rode back to complete a distance of 108 miles which felt like much more.

The third ride, held on April 22 was to be a 300 km (186 miles in "American") dry run. Five riders participated in the ride that was scheduled to go from Berea to Oberlin to Wooster to Akron and back. The temperature ranged from

IN THE ZONE

Cycling News and Events

We at **CrankMail** would like to thank all of the members of the **Cleveland Touring Club** for their recent generous contribution the club made to the publication. It will help us start off the new year on a positive note!

Don't miss the "**Buckeye Biking**" article on pages 6A-8A of the current(January-February) **AAA magazine "Home and Away."** It is good to see cycling featured in a magazine generally devoted to motoring.

Anyone who has ridden the **Blue Ridge Parkway** knows what a delight and challenge the road presents. **Ed Pavelka** as a preparation ride for Paris-Brest-Paris, is planning to ride all 470 miles in two days. Day one takes him from Rockfish Gap near Waynesboro, Virginia to Doughton Park at Milepost 241. Day two is shorter at 228 miles but just a bit hillier going from Doughton Park to the end of the Parkway at Cherokee, North Carolina. Ed's Great Adventure will be supported by Blackbear Adventures and they are accepting other riders if you are interested. Info can be found at: <http://www.blackbearadventures.com/Ed'sGreatAdventure.html>

David Kroodsma and **Bill Bradlee** will begin a bicycle tour, the **Ride for Climate Change**, following the perimeter of the United States on April 21 to raise awareness of global climate change. They will be giving presentations along the way to discuss global warming and the many solutions that are available now. **ClevelandBikes** will be hosting an event with the two when they pass through Cleveland sometime in May. Their

mission is to raise awareness of global warming, encourage action and promote solutions. They believe that many solutions are available to develop clean & safe energy, become more energy efficient, and to create good jobs and a healthy environment. They (and we) believe that the U.S. should act now.

The first urban trail in the city of Cleveland is a new multi-purpose path for walking, running/jogging, biking, skateboarding and roller blading that follows an abandoned rail bed through the historic heart of **Slavic Village**, in the old Newburgh section of southeast Cleveland. The long-term strategy is to connect **Mill Creek Falls, the Washington Park Reservation, and the First Tee Golf Course**. An early grassroots response to the Trail is the recently formed **cycling club in Slavic Village**, which is currently looking for a formal name. Biking enthusiasts would like the name to reflect the club's local roots but stress that it will welcome riders from the entire Greater Cleveland area. You can get information and submit your club name suggestion with an e-mail to nextbroadway@yahoo.com.

Upcoming Cycling Events

Lake Erie Wheeler Winter Rides every Sunday in February starting at 10:00 am from Olmsted Falls East River Park.

LEW Wednesday Evening Winter Rides - Moderately paced, 17-22 mile rides starting at 6:30pm from the parking lot of the Berea Library (in the Berea Commons area off of East Bridge Street and South Rocky River Road), weather permitting. In the off-season, these rides follow the traditional "3/20 Rule": the ride proceeds if 3 or more riders show up, and the temperature is 20°F or better (no rain or blizzard conditions, either).



Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

www.clevelandtouringclub.org
clevelandtouringclub@hotmail.com

Gang!

We hope you are enjoying the winter.

January & February Bike Rides – by Michael Schmidt Mapped rides for Saturday mornings at North Chagrin have already started. The pace is brisk (17~20mph) and distances will ramp up to 90 miles in preparation for the annual Sunday In June tour. After SIJ, ride distance will fall back to about 50 miles until sometime in September. If you are an aspiring racer or want to finish CTC's premier event in record time, this is the ride for you! Brief rest stops will be planned once the ride length gets over 40~50 miles. Start times will vary based upon weather and available daylight (see Yahoo Groups for details). Terrain will be rolling to hilly. Rides will be held only if there is no precipitation and the road surfaces are dry or damp.

Plans are underway

Planning for the Sunday ride schedule and Sunday in June bike event is going on now. If you would like to be a part of these activities, please let us know; we welcome fresh ideas. Send an email to clevelandtouringclub@hotmail.com with your contact information and area of interest. There are both behind the scene and day of event volunteer opportunities to help out with Sunday in June. It's a great way to meet CTC members and have fun!

Ten tips and some links for gearing up to cycling season:

1. Plan a bike trip to a favorite destination. There are many great websites for finding bike one day and multi-day rides. Try these: National Bicycle Tour Directors Association (www.nbtta.com), (www.bicycletour.com), and Ohio Bicycle Events calendar (www.ohiocycling.info/OBEC.html)
2. Recruit a cycling buddy to join you on your bike ride. Sign up for the CTC's Yahoo listserve to find interested cyclists through email. To join, send an email to: ClevelandTouringClub@Hotmail.com. Please type *Subscribe to Yahoo Groups* in the subject line.
3. Tune up your bicycle. To find a bike shop near you, connect to the CTC website links page and look for "local and surrounding area bike shops." (<http://www.clevelandtouringclub.org/links.htm#localbike>)
4. Learn how to change a tire and basic bicycle maintenance at Ohio City Bicycle Co-op. (4 classes for \$80) (<http://www.ohiocitycycles.org/calendar.php>)

Century Cycles' announces the 2007 schedule of Night Rides on the Towpath Trail

Peninsula OH – The Towpath Trail in the Cuyahoga Valley National Park is a favorite riding route for northern Ohio bicyclists, but did you know some of the path's best riding is at night? For 12 years, Century Cycles has been organizing Night Rides on the Towpath Trail – a free nighttime ride open to all skill levels – that helps area's cyclists experience a new way to enjoy an old, familiar ride.

In 2007, Century Cycles' Night Rides on the Towpath Trail are scheduled for:

Saturday, April 28
Friday, May 18
Friday, June 8
Saturday, June 30
Friday, July 13
Saturday, July 28
Saturday, August 11
Friday, August 31
Saturday, September 22
Saturday, October 13

All rides are at 8:00 p.m. The group gathers at Century Cycles' Peninsula store (1621 Main Street, on Route 303 between Route 8 and I-271, next to the Winking Lizard Tavern). Parking is available at the Lock 29 Trailhead, just north of the store.

Rides are usually one-and-a-half to two hours long, depending on how far the group decides to ride, and are staffed and supported by Century Cycles' employees. Helmets and bike lights are required. Children 15 years old and younger must be accompanied by an adult.

For more information about Night Rides on the Towpath Trail, or to confirm if a ride is still on if the weather is questionable, call Century Cycles in Peninsula at 800-201-7433.

Whether you join Century Cycles' Night Rides on the Towpath or just decide to ride around your neighborhood one evening, the following tips for riding a bicycle at night will make for a safe, fun ride:

- * *Use flashing front and rear lights.* While a good handlebar-mounted light will help you see what's around you, flashing lights will help you be seen by others.
- * *Charge batteries fully.* Most lights have run times of more than an hour, but make sure your batteries are topped off before heading out.
- * *Try a familiar ride.* For your first night ride, go to a road or a trail you ride regularly. Better yet, ride along with a group, such as with Century Cycles' Night Rides on the Towpath. It will make the ride less daunting and you'll be amazed how different the experience is. Even ho-hum rides become exciting and new.
- * *Stop and listen.* Forests are alive at night with nocturnal creatures you'll never see on most rides. Stop, shut off your lights and look around for signs of forest nightlife.

Century Cycles is an award-winning chain of independent bicycle stores with locations in Rocky River, Medina, and Peninsula.

Old business began with Rail-n-Trail. Dave Schneider first mentioned an forthcoming meeting with the park association to discuss the upcoming 2007 event, and then opened a discussion about the Road Routes. It was proposed that the current five routes be reduced to three, and the routes themselves be reconsidered, as some riders found them too challenging. Doug Barr suggested that the road routes start from Stanford House.

The Wednesday Night Rides are still running (see above), with 17 riders showing up on Jan. 3rd. The Saturday Morning Urban Assault Rides are happening regularly as well. There are some 8 to 10 jerseys remaining, in sizes up to Men's Medium.

New business began with Doug Barr announcing some proposed tours in Oklahoma and Canada (Toronto to Ottawa). Tom Meara is retiring as editor of CrankMail; to take his place, and assist Marty Cooperman, some editing staff recruits (to be named later) are currently under consideration. The 2007 Ride Schedule Meeting will be held at Russ Marx's house on Superbowl Sunday, February 4th. Eric Overton announced the series of long-distance rides, ten in all, for this spring (see below), to which John Clay and others expressed much appreciation. After this, the meeting adjourned, followed by a presentation by the staff of Spin Bike Shop.

The February, 2007 Club Meeting

Will be held on Tuesday, February 13th, at 7:00pm, at the Middleburg Heights Public Library, entrance located on Big Creek Parkway, just north of Bagley Road.

The March, 2007 Club Meeting

Will be held on Tuesday, March 13th, at 7:00pm, at the Westlake Porter Library, located at Center Ridge Road and Dover Center Road, with entrances on both roads.

Long Distance Pre-Season Preparation Rides

Eric Overton is organizing a series of rides, to be held every weekend in March, April and May, with distances over 100mi, open to all who are interested in the challenge of long distance cycling (Randonneuring). These marathon events have different meanings to every rider. For some it's like touring with miles and miles of scenic riding, often at a leisurely pace. For others, its preparation for brevets and ultra-marathon events such as Calvin's 12-Hour Challenge and the National 24-Hour Challenge. Or it may be a quest for higher speeds and faster times. Many riders set their sights on personal bests, often working together in pacelines with other similar-minded riders. If you are interested in participating in these rides, or in volunteering to assist these events, please contact Eric Overton at 440-552-6856 or at Eric.Overton@grc.nasa.gov.

The Long-Distance Pre-Season Preparation Rides for March are as follows (note: distances are approximate):

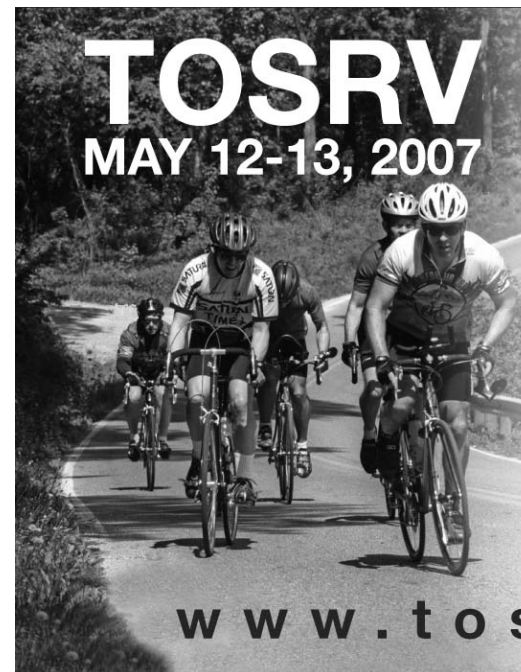
March 3	Berea – Lodi – Oberlin	100 miles
March 10	Berea – Lodi – Wooster	105 miles
March 17	Berea – Chagrin Falls – Burton	110 miles
March 24	Berea – Overton – Wadsworth	130 miles
March 31	Berea – Kent – Salem	150 miles

Time to renew membership and join LEW

Renewal application forms were sent to all members who had not renewed at the Holiday Party, and should be returned by March to be included in the Club Roster. New members can join at any time but after the publication of the Roster members are listed only in an addendum that can be e-mailed out to members with e-mail addresses listed with the Club.

5. Try on your cycling shorts. If they are threadbare, check out the internet for some new cycling duds. See CTC's links page for resources.
6. Strengthen your legs and lungs. Join an exercise class, purchase a resistance trainer (\$150 - \$300) for indoor cycling, or join up with **Michael Schmidt** for outdoor cycling (see above article).
7. Eat healthful meals and take supplements. Find out how proper nutrition impacts your cycling at *Cycling Performance Tips* website (<http://www.cptips.com/nutrtn.htm#per>).
8. Get the skinny on mastering hills. Check out *Cycling Performance Tips* website (<http://www.cptips.com/climb.htm>) for hill mastery.
9. **Join or renew your CTC membership for 2007.** You get to be a part of ~200 cyclists who enjoy weekly organized rides. Rides include maps and ride leaders and feature varying distances and levels. Plus you get great savings on Sunday in June, the club sponsored premier ride through Northeastern Ohio's Amish countryside. And that's not all...a free 2007 issue to the Ohio Bike Calendar and a one year subscription to Crankmail, a bicycling mini-magazine that has been serving bicyclists in Greater Cleveland since 1975. Membership forms can be found on the CTC website.

Become published in Crankmail; share your favorite cycling story, trip or tip. Send your story to barbaracici@hotmail.com.



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Mike's Bike Tour: Munich

Kate McCausland

Beer and cycling, a perfect match? CTC member Sarah VanGilder and I just returned from a glorious 11-day trip to Central Europe, along with two of our friends from Chicago. One of the highlights experienced was Mike's Bike tour, a 4 hour, 15 km peddle through the sights and sounds of Munich. We highly recommend the experience to anyone heading that way, and thought we'd share a bit of our 'adventure', though we acknowledge up front, this was not a 'cycling' tour!

It was a gloriously warm and sunny day at the end of October as we strolled down Marienplatz, towards the Old Clock Tower to meet our guide for the tour. We found a lively group of about 10 people, mostly from the States. Kelly, a charming gent from Phoenix, volunteered to be sweep and was promptly dubbed "Assman" by our guide, Justin.



Justin gave us a brief and entertaining background to the city, and led us to the start, where we were issued cushy cruisers with handle bars so wide you had to peddle cautiously past the BMW's and Mercedes lining the narrow cobbled streets. The bikes were touted to have 6 gears, but if they did, they weren't used. The few slight inclines we experienced were almost impossible to peddle up due to our slow speed, constant pedestrian traffic, and heavy weight of the bikes themselves. It was only then, for a moment, that I experienced a bit of yearning for my Jamis, and an open stretch of Chagrin River Road! We rode past churches, palaces, and big name boutiques, as well as statues and monuments, pausing briefly for histories and photo ops.

Much of the ride was on bike paths, and bikes are everywhere in Munich! We peddled into the English Garden—dodging the crowds, which was quite a feat on a busy



Sunday—occasionally having to cease peddling and push along on one foot until an opening materialized. We were warned of kamikaze poodles, which would launch themselves toward our wheels, but luckily none appeared. No doubt our cycling concentration was affected by the nudist meadow, where many naked (but scary and eccentric, our guide warned us) men were enjoying the

crossing at Granger Road. The adventurous LEW stalwarts were Doug Barr, John Clay, Russ Marx, and Dick Wagner. Old business concluded with an announcement that there are some club jerseys remaining, along with some Rail-n-Trail t-shirts, intended to be sold off at the club Holiday Party.

The new business began with a notice that Yahoo will no longer host the club's web page, over a variety of concerns; a new e-mail address with the new service has been obtained. Notices will be sent out over both addresses until the old one is discontinued. This was followed by a discussion of the Rail-n-Trail 2007 event, the anticipated date for which set for August 12th. The CVSR prices for 2006 for train rental were extended to 2007: \$3000 for four passenger cars, three baggage cars, plus one snack car and engine. Some members expressed their opinion that this may be excessive. Due to anticipated increases in costs, it may be necessary to raise admission to \$35.00; this may not necessarily be a hindrance, as it has been determined that most Train Riders were affluent park system patrons. It was felt that there was a need to discuss further the features for the event, as well as separate marketing for the Rail and Pavement versions. Volunteers will be welcome to assist with marketing, money and data management.

After an announcement that the Club Holiday Party and December meeting will be held at Jim Boland's house, new business concluded with the Club Officer nominations: all of the incumbents have chosen to run again. As there were no challengers, nominations have closed with the current slate. Nominated were:

President:	Dave Schneider
Vice President:	Greg James
Treasurer:	Ruth Finley
Secretary:	John Whitaker

Elections will be held at the Club Holiday Party and December Meeting, which will be held at Jim Boland's house. John Clay then introduced several new members attending for the first time.

Holiday Party & December 2006 Meeting

The Club Holiday Party/Meeting was brief. After the officers' reports, there was a discussion and vote on the subject of the Sunday pick-up & off-season rides: whether to start at 9:00am (leaves more time afterwards) or 10:00am (warmer riding temperature). There was a motion for 10:00am, which was seconded, followed by a vote for 10:00am, which carried nearly unanimously. There was also an announcement that the regular Wednesday night rides start at 6:30pm, and not at 6:15pm.

The meeting continued with the elections of club officers. The slate of incumbents was reelected to office. The Lake Erie Club Officers for 2007 are:

President:	Dave Schneider
Vice President:	Greg James
Treasurer:	Ruth Finley
Secretary:	John Whitaker

Following this, the holiday festivities resumed, with a Christmas drawing for prizes.

The January, 2007 Club Meeting

Was held at the Spin Bicycle Shop in Lakewood. The meeting proceeded from there with the Secretary reading the minutes from the previous meeting, and was followed by the Treasurer's report, which indicated that the club was on secure financial footing. The membership report was given, stating that 38 members had renewed (or joined) prior to the meeting; to assist with renewals, notices will be mailed.



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

LEW Club Weekend & Holiday Ride Schedule

Feb. 4, 11, 18, 25 10:00 Olmsted Falls East River Park - winter ride - weather depending.

Mar. 4 10:00 Frostville Museum Pancake Ride - 20+ miles.

Weekly Rides

The first scheduled club ride is anticipated to be on Sunday March 4, 2007, starting at 10:00 am from Bonnie Park. The schedule of Club Rides, along with the Ride Leaders' name(s), will be published in the March issue of CrankMail, and on the Club Web site.

The "winter" rides will continue in February starting at 10:00 am from Olmsted Falls East River Park. If there is an overabundance of snow, some Club members may head over to Chapin Woods in Lake County, for Sunday morning Cross-Country skiing on the groomed trails between 10:00 am and noon.

Jake Elliot has offered to continue hosting the Saturday Morning Urban Assaults on an impromptu basis, weather permitting. These rides travel throughout the West Side neighborhoods, through the city center and over to the East Side for lunch at some of our favorite restaurants. The pace is moderate, from 12-15mph, to 16-18mph at most, but riders had best be prepared for cold weather and typical city street conditions. Members wishing to participate are urged to contact Jake in advance by e-mail (see below), and can expect notification by e-mail prior to the intended ride.

Weekday Rides:

Regular Club Wednesday Evenings - Moderately paced, 17-22 mile rides starting at 6:30pm from the parking lot of the Berea Library (in the Berea Commons area off of East Bridge Street and South Rocky River Road), weather permitting. For details, contact Jim Boland at 440-686-0108 (jboland@apk.net). For the off-season rides thru February, the Ride Leader (and pace) will be chosen by those members attending the ride. Fat-tire bikes recommended; B & C riders are welcome. In the off-season, these rides follow the traditional "3/20 Rule": the ride proceeds if 3 or more riders show up, and the temperature is 20°F or better (no rain or blizzard conditions, either).

The November, 2006 Club Meeting

The meeting started with the officers' reports, beginning with the Secretary's reading of the minutes; followed by the Treasurer, who reported a balance sufficient to see club needs for the foreseeable future; and the Membership Chairman, who reported a membership of 107 riders.

With these matters disposed of, Club President Dave Schneider proceeded with old business. Four members attended the Canal Towpath Bridge Dedication being the first bicyclists to ride onto the bridge, intended as an alternative to the admittedly unsafe

unseasonable warmth. There was nothing quite so memorable as Mr. Tan, who stood in the middle of the group, slowly applying lotion to his muscled form... (would share the pic, but just not fit for print).

In the heart of the garden, we pulled up to the Chinese Tower, around which we enjoyed the wares of the world's second largest beer garden. We shared an enormous pretzel, some of the group ate sausages or roasted pork, and of course everyone had beer. I opted for the smaller size, but some with whom I traveled braved the liter! It was definitely a spot for great conversations, bonding with new friends, and fabulous people watching! Justin jokingly (or perhaps not) stated he wouldn't allow anyone who wanted a Radler (which is half beer and half lemonade) to stick with the tour, as it is considered a 'sissy' beer- so we tried some, quite refreshing, later that day.

The rest of the ride was a bit more of a blur, gorgeous peddling along the Isar River, with the only acknowledgement of fall in the changing colors of the leaves. We paused at a bridge where underneath, a man-made wave had been constructed and sleek guys in wetsuits were practicing their surfing moves.

Our heads humming with the warmth of the sun, the fun, and maybe the alcohol, we pulled back up to the shop 'Discover Bavaria' where we bought bike tour T-shirts and paid up for the ride. Wouldn't you know that we ended just around the corner from the Hofbrauhaus, and though the official tour was over, our own version wasn't. We set off with new friends for more beer, and a dinner well earned from the strenuous 4-mile cycle! All in all, the tour was just as Mike promised on the website, one of the most memorable and fun-filled days of the entire trip. Prost!

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CLEVELAND TOURING CLUB (CTC) MEMBERSHIP FORM* – 2007

(Please print clearly)

Name: _____ Date of Birth: ____/____/____ Sex ☐ M ☐ F

Street Address: _____ City/State/Zip: _____

Phone: _____ E-Mail: _____

Emergency Contact: Name _____ Phone _____

Membership Level <input type="checkbox"/> Individual \$20.00 <input type="checkbox"/> Family \$25.00 (requires signed waiver for each family member)		Make check payable & mail to: Cleveland Touring Club P.O. Box 1157 Mentor, OH 44061
<input type="checkbox"/> New member <input type="checkbox"/> Renewal	What type of bike do you ride? <input type="checkbox"/> Road <input type="checkbox"/> Mountain <input type="checkbox"/> Tandem	
Can your name and contact information be published in a CTC member directory? <input type="checkbox"/> Yes <input type="checkbox"/> No Would you be willing to volunteer to assist with club activities? ? <input type="checkbox"/> Yes <input type="checkbox"/> No		

PRINTED NAME OF PARTICIPANT: _____

ADDRESS: _____ (Street) _____ (City) _____ (State) _____ (ZIP)

PHONE: _____

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ DATE: _____

I HAVE READ THIS RELEASE

MINOR RELEASE

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

ADDRESS: _____

PHONE: _____ (Street) _____ (City) _____ (State) _____ (ZIP)

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____

LEAGUE OF AMERICAN WHEELMAN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT
("AGREEMENT")

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

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

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

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

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENTS OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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

IN CONSIDERATION of being permitted to participate in any way in CLEVELAND TOURING CLUB sponsored Bicycle Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death("risks"); (b) these risks and dangers maybe caused by my own actions, or in actions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE CLEVELAND TOURING CLUB, their administrators, directors, agents, officers, members, volunteers, ride leaders, employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the activity takes place, (each considered one of the "releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant: _____ Phone: _____

Participant's signature _____ Date: _____
(only if age 18 or over): (I have read this release)

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasees's from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed name of PARENT/GUARDIAN: _____ Phone: _____

Parent/Guardian's signature _____ Date: _____
(only if participant is under the age of 18): (I have read this release)



February 2007 Wheelmen Calendar

Date	Starting Point	Destination	How Far	The etc's
Sunday ride times for JAN/FEB is 9:00 AM Eastern Standard Time!				
02/04	Oberlin	U-Show	25ish	It's FEB already!
02/08	Nordson Depot	Prolog	6:30 PM	warm up roller ride
	Ole Towne	meeting	7:30 PM	mostly pizza!
02/11	Amherst	U-Show	25ish	Maybe snow n stuff!
02/18	Oberlin	U-Show	25ish	Might be REALLY cold!
02/19	Amherst	U-Show	25ish	Presidents day ride
02/25	Amherst	U-Show	25ish	It's almost March!
03/01	Oberlin	U-show	25-30	It finally came.

Starting Times and Locations

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 starting times:

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

Evening rides:

Are kaput 'till daylight savings time. The TUE & THU ride (if they go) will depart from Oberlin. If the weather looks good and you want to ride, give Ron (967-8580) or Clyde (775-1501) a call! You can also check the Web site for current info!

Note: Daylight Savings Time returns on Sunday March 11, 2007.

<http://www.lorainwheelmen.org>
info@lorainwheelmen.org



COMMITTEE

JIM GERNSTETTER - 216-371-8219
 HOWARD GILMORE - 216-831-6248
 BERNARD KOTTON - 216-292-3998
 HOWARD LEVY - 216-831-6607
 LINDA MYERS - 216 - 831-7372
 ROBERT SHWAB 216 - 397 - 0150

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E-Mail Address: _____ Fax Phone: _____

BIKING EXPERIENCE: (CIRCLE ONE) BEGINNER EXPERIENCED ADVANCED

List All Adult participants:
(18 and over)

List All Minor Participants:
(Under 18)

2003 Dues (Individual/Family)

\$ 20.00

WRW Patch (es) No. _____ @ \$1.00

TOTAL PAID

\$ _____

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

Please return to:

JIM GERNSTETTER
 Western Reserve Wheelers
 19200 CRANWOOD PKY
 Cleveland, OH 44128

FAX: 216-587-1907

E-MAIL: JIM@ACMEEVENTS.COM

2007 Long Distance Pre-Season Preparation Rides

Because of the popularity of the 2006 series of long distance rides, there will be a ride on each Saturday in March and April and on two Saturdays in May.

These rides are informal group rides open to all who are interested in the challenge of long distance cycling (Randonneuring). For some, these events are like touring with miles and miles of scenic riding, often at a leisurely pace. Some use these rides to prepare for brevets and ultra-marathon events such as Calvin's 12 Hour Challenge and the National 24 Hour Challenge. For others, it's a quest for higher speeds and faster times. Many riders set their sights on personal bests, often working together in pacelines with other similar-minded riders.

The routes will not be marked but maps (cue sheets) will be provided. Riders should have headlights and taillights for the longer rides. This is not a supported tour but there may be a support vehicle (SAG) on the route for support, however, each rider must be prepared for mechanical mishaps, changes in weather, and so on.

If you are interested in participation or volunteering for these events, please contact: Eric.Overton@grc.nasa.gov or (440) 552-6856.

Long Distance Pre-Season Preparation Rides tentative schedule 2007

March (8 am)

- 3rd Berea – Lodi - Oberlin (~122 mi., flat)
- 10th Berea – Lodi - Wooster (~105 mi., flat to rolling)
- 17th Berea – Apple Creek – Doylestown (134 mi., flat to rolling)
- 24th Berea – Overton - Wadsworth (124 mi., flat to rolling)
- 31st Berea – Chagrin Falls - Burton (~130 mi., rolling)

April (8 am)

- 7th Berea – Marshallville - Orville (~125 mi., flat to rolling)
- 14th Berea – Salem - Kent (150 mi., flat to rolling)
- 21st Diane Goodwin's Akron 200k. Akron - Mesopotamia (124 mi.)
- 28th Berea – Oberlin – Wooster (~130 mi., flat)

May (8 am)

- 19th Diane Goodwin's Akron 300k. Akron - Garrettsville (186 mi.)
- 26th Berea – Columbiana - (150 mi., flat to rolling)



Cycling Village at the July Ingenuity festival at Playhouse Square

Many of you may be familiar with Ingenuity Festival, a three year old festival of arts, technology and creativity created by theater entrepreneur James Levin and Thomas Mulready. For the first time, ClevelandBikes will host a Cycling Arts and Culture Village, right at Playhouse Square. Ride your bike to the festival, park safely and securely (you can even get a bike checkup), and enjoy the festival.

In addition to the cycling arts, cycling safety classes for kids, music and movies that will be available, most of the leading arts and culture organizations are participating, partnering with innovative technology applications to create new arts options (where else will you see Morrison Dance and NASA combine on a moon walk?). We'll share more information as we proceed.

Local Laws Review

ClevelandBikes and Ohio Bicycle Federation board member Fred Oswald heads up the ClevelandBikes Safety Subcommittee. He has completed a review of the local laws of Northeast Ohio communities by sending letters to the elected leaders in various cities of the Northeast Ohio community to describe places where local laws conflict with Ohio law.

Do you want to get involved in updating the transportation laws as they apply in your neighborhood? Please contact us. We welcome your assistance in reaching out to your community leaders.

ClevelandBikes Bike Station

Last year, ClevelandBikes announced that it received \$10,000 for the station from Bikes Belong, a Colorado nonprofit organization. The exciting news for this year is that we understand the City of Cleveland is adding the ClevelandBikes Bike Station at gateway arena neighborhood to its capital budget and proceeding with development plans. We're excited by this big win, which can create new cycling opportunities downtown, from throughout the Northeast Ohio region, as well as beyond. The ClevelandBikes Bicycle Station is an important commitment to cycling, transportation and good health.

Transportation Planning

ClevelandBikes has been working with the Ohio Department of Transportation, the City of Cleveland and other leading organizations to review and develop options that will

improve safety and cycling in Northeast Ohio. ODOT has discussed creating a “designer” bridge for the city, but has resisted efforts to provide a safe cycling and pedestrian option, like many cities elsewhere around the country. Let ODOT know you think safe pedestrian and cycling accommodation makes sense. If ODOT wants a beautiful bridge for Cleveland, it should be one that pedestrians and riders, not just motorists zipping out of town, can enjoy. If cycling belongs on either end of the bridge, then it belongs on the bridge as well (at least that’s what ODOT’s own regulations say). ODOT is also proposing ways of reducing speed on the west shoreway downtown and creating more options for people to enjoy the park. These plans can also increase the opportunity for safe cycling for everyone.

We’ll continue to work hard to promote cycling opportunities in Northeast Ohio and share more information as these issues develop!

As the New Year kicks in gear remember to renew your ClevelandBikes membership!

Renewing or setting up a new membership is simple. Go to www.clevelandbikes.org and pay online. You can also mail a check made out to ClevelandBikes to 16781 Chagrin Blvd. #167, Shaker Heights, Oh, 44120.

Membership Levels:

Student: \$15 – For persons enrolled in school full time.

Basic: \$30 – Members are entitled to participate in all ClevelandBikes activities without voting privileges

Advocate: \$50- For those who wish to be more active in cycling advocacy. Voting privileges included

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 for someone serious about cycling advocacy

Each membership includes a one year subscription to our magazine Crankmail: The Voice of Cyclist in Northeast Ohio.

For more information about membership, go to www.clevelandbikes.org or write info@clevelandbikes.org.

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PYROAPPAREL

The Ten Best Rides in Northern Ohio

Where are you going to ride this spring? Why not take in the best with CrankMail’s Guide to the Ten Best Rides in Northern Ohio?

Discover how Reminderville got it’s name, explore the Witch’s Ball in Medina County, explore the early history of the Western Reserve, or visit where Babe Ruth hit a home run to win a World Series in Cleveland.

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

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

Available at **B&K Bicycles** in South Euclid and **Bike Authority** in North Royalton. You can also send \$10 (that’s only a buck a ride!) to:

CrankMail
Ten Best Rides
PO Box 5446
Cleveland, Ohio 44101

North Chagrin Burton

Start and Finish: North Chagrin Nature Center
 Distance: 58 miles Difficulty: 4

This route takes you from the eastern suburbs of Cleveland into the rolling farmlands of Lake and Geauga Counties passing through the villages of Burton and Chagrin Falls. Starting from the Cleveland Metroparks North Chagrin Reservation, you will also pass by many other parks and natural areas including Penitentiary Glens, Holden Arboretum, the Geauga County Fairgrounds, Burton Wetlands, Punderson State Park, and South Chagrin Reservation.

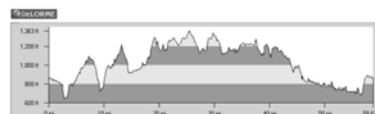
The start is at the North Chagrin Reservation just off Interstate I-271 in Mayfield Village. Entrance to the park can be gained from Sunset Lane (across from White Rd.) off Route 91 (SOM Center Rd.), from Strawberry Lane off SOM Center Rd., or on Butternut Falls Lane off US 6 (Chardon Rd.). Water, restrooms, and parking are available in the nature center located on Butternut Falls Lane approximately 2 miles south of US 6 and 1/2 mile south of Sunset Lane.

This route is hilly with most of the big climbs in the first half as you roll back into the Chagrin River Valley after the lunch stop in Burton. There is one short section of unpaved road. However, it is a delightful section along a small creek and well worth doing. The road is maintained, hard pack dirt and very double on a road bike with 23mm tires if you go slow. The cue sheet has directions for a 4 mile detour if you want to avoid this section.

There are ample opportunities to stop and enjoy the scenery and attractions of Northeast Ohio. Less than three miles into the route is Squires Castle, built at the turn of the century by F.B. Squire, it was to serve as the gazebo of his country estate, but plans for the remainder of the estate never materialized. Another place worth stopping at is Penitentiary Glens Nature Center, where nearly 400 acres of field, forest, wetlands, and gorge protect beautiful and fragile plants and animals.

Originally part of the Western Reserve, Geauga County was established on December 31, 1805 and is home to a large population of Amish. Plan your ride to coincide with the Geauga County Fair, the oldest county fair in Ohio, held Labor Day weekend. Plans are already underway for celebrating the Geauga County Bicentennial in 2006. The name Geauga is said to have been derived from “sheauga,” the Native American word meaning raccoon. You may hear the occasional reference to Geauga as “Raccoon County”.

Whenever you plan to ride this route, be sure to take time to enjoy what the area has to offer.



The Killbuck

Mile	Instruction
0.0	Depart 6786 School St, Valley City, OH
0.2	Turn LEFT (South) onto TWP-214 [Dallas St], then immediately turn RIGHT (West) onto SR-303 [Center Rd]
0.3	Turn LEFT (South) onto CR-56 [Lester Rd]
4.3	Turn RIGHT (South) onto CR-56 [Lester Rd], then immediately turn RIGHT (West) onto SR-57 [Spieth Rd]
4.5	Keep STRAIGHT onto TWP-65 [Spieth Rd]
6.3	Turn LEFT (South) onto Erhart Rd
6.6	Turn RIGHT (West) onto TWP-65 [Spieth Rd]
8.1	Turn LEFT (South) onto CR-31 [Vandemark Rd]
8.7	Turn LEFT (East) onto SR-18 [Norwalk Rd], then immediately turn RIGHT (South) onto CR-31 [Vandemark Rd]
10.1	Road name changes to Vandemark Rd
11.0	Turn LEFT (East) onto W Smith Rd [Smith Rd]
11.1	Turn RIGHT (South) onto CR-31 [Vandemark Rd]
11.7	Keep STRAIGHT onto CR-31 [N Redfield St]
17.8	Bear RIGHT (South-West) onto SR-421 [Medina St]

Lodi, there is a CVS drugstore on south west corner of square with a restroom. There also are several restaurants if you want to eat early or stop for a piece of pie.

18.3	Stay on SR-421 [Bank St] (West)
18.4	Turn LEFT (South) onto S Broadway St
18.5	Bear RIGHT (South) onto Swamp Rd
19.0	Road name changes to TWP-73 [Garden Isle Rd]
20.8	Turn RIGHT (West) onto CR-90 [Willow Rd]
21.7	Turn LEFT (South) onto CR-34 [Franchester Rd]
22.4	Road name changes to CR-21 [Franchester Rd]
22.7	Turn LEFT (East) onto CR-70 [W Salem Rd]
22.9	Turn RIGHT (South) onto CR-21 [Franchester Rd]
25.3	Turn RIGHT (West) onto Ruff Rd
25.8	Keep STRAIGHT onto TWP-186 [Overton Rd]
28.0	Turn RIGHT (West) onto Overton Rd
36.3	Turn RIGHT (West) onto Overton Rd, then immediately turn LEFT (South) onto SR-302 [Lattasburg Rd]
36.8	Turn LEFT (East) onto TWP-4 Rd [Silver Rd]
37.4	Bear RIGHT (South-East) onto TWP-192 [McAfee Rd]
38.1	Bear LEFT (East) onto TWP-46 [Old Mansfield Rd]
38.8	Bear RIGHT (East) onto W Liberty St
39.4	Turn LEFT (East) onto W Larwill St

Lunch Stop in Wooster
 There are several places to eat on both Market St. and Liberty St.