

CRANKMAIL

THE DEFINITIVE VOICE OF CYCLISTS IN NORTHEAST OHIO

A PALTRY \$2.49

THE ROAD TO RAGBRAI

3 FIRST
TIMERS
TACKLE LANCE
ARMSTRONG,
THE STATE OF
IOWA AND ALL
THE CRAZIES!

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**SHOP GLOBALLY
BUY LOCALLY**

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CORY SMITH

I was a fat kid in high school, never knew how to eat well, and never knew how to exercise. A poster boy for our country's obesity problem. That changed in 1987 when I fell in love with road biking. It was my first year at Miami University and I pieced together a road bike (a used 1986 Guerchiotti frame, Campagnolo Breve components, even friction shifters), perfect for long rides on beautiful, deserted, southern Ohio roads. When I moved out to Boulder, Colorado after college, I bought myself a perfectly good Mountain bike (a '92 GT Karakorum with Deore XT) and fell in love with riding all over again. That seems like a long time ago. Today, the Guerchiotti is bolted to my trainer, the GT is hanging on the garage wall and a 2006 Trek Madone 5.9 is my weapon of choice. I use cycling as therapy. I strive to ride faster, longer and more effortlessly. I want to find lonely roads and hidden bike trails. I don't know where I would be without cycling, but I would hate to be there. My name is Cory Smith and I am excited to be the new co-editor of CrankMail.

MARC SMITH

As a child, I grew attached to athletics and participated in most every sport I could find time for, but most preferred football. Numerous unfortunate knee injuries later, I realized that football was not the sport for me. After rehabilitating a reconstructed right knee at Wittenberg University, I discovered mountain biking. A couple of my housemates were avid mountain bikers and were continually looking for more partners to ride with. I finally broke down and bought a Trek 7000 and began exploring the bike trails of Springfield. I was hooked the first time out. I spent the remainder of my academic life building a love for the outdoors while thrashing thru streams and rock hopping the riverbeds of the Reservoir. Now with adult responsibilities to attend to, I find it difficult to find the time to load up my bike and conquer the trails. Fortunate for me, my best friends and co-editors, Cory and Doug, talked me into road cycling this past year. Again, the first time out...I was hooked. I now kick the garage door open and head off alone or meet up with one of the guys on any of the numerous back country roads with butt kicking climbs! As much as I miss the excitement of rock hopping and stream crossing, I have rediscovered my competitive fortitude within the sport of road cycling!

DOUG MORRISON

It is late September, 6:30 am and still about 40 degrees, cold by Summer and Fall standards. The frost has not yet taken hold of the morning and there is hope that the sun will soon warm the air that bites at my lungs as I walk toward the end of my drive with Sidi's in one hand and my Madone in the other. The usual banter begins; how far we goin', where we goin', damn it's cold. Round the corner and, up a slight rise, the monitor is reading 147 bpm. I look to my left as we head south and the sky is painted hues of dark blue and purple radiating out to the faintest of yellow, orange and pink. The sun is almost upon me. To my right are 2 of my most faithful of friends. As the slight rise kicks up just a bit more the banter comes to a halt, the only sounds are rubber meeting asphalt and lungs being burnt by deep breaths of the frigid morning air. Is there any other place I would rather be? As winter has me in its grips I wistfully long for these mornings again.

Cycling News and Events

This just in: Mahmoud Ahmadinejad has converted to Scientology, **Paris Hilton** has acknowledged that she's actually a waste of space, and there's a trial date for **Floyd Landis'** USADA hearing. Which of these statements is actually true?

While Paris Hilton IS a waste of space it's actually C: Landis has a hearing date. May 14, to be exact.

With the **Amgen Tour of California** behind us we can look forward to kicking off the cycling season with another great year of racing. That's right, the Spring Classics are upon us. We are not just talking about the UCI pro's but also the **Torelli Ohio Spring Classics**. The season opener is long gone but we can look forward to some great racing throughout the spring. These races are a great way to get excited about the weather getting warmer and the sun on our faces; get back in the saddle! These races make great "**1 Tank Trips**". You can check out the complete spring schedule at www.teamcolumbus.org.

CrankMail would like to extend a truly heart felt congratulations to **Century Cycles** for being listed in Bicycle Retailers **Top 100** for 2007 (this is a national ranking (and not Centuries first time being there). To be considered one of the best 100 shops in the entire country is truly something to be proud of. Having great locally owned shops in Cleveland is a benefit to all cyclists and something we should be proud of. I guess **Cleveland truly Rocks**.

Daylight Saving Time has changed. If you wait till April to change your clocks you will miss

all of your clubs **spring rides**. March 11th is the day. More light for our evening rides!

As you may have already noticed, **CrankMail** has gotten a face lift. As we go through these changes there are bound to be some challenges. We are committed to continuing **advocacy** for cycling while representing our local riders, clubs and shops. We ask for your patience, understanding and feedback. These changes will be noticed mostly in the layout and paper. Our club contributors will be the most effected as the new layout and printing method will no longer accommodate the "center insert". We have a great solution that will actually make it easier on our **Club Contributors**. Please contact us with questions and concerns.

There are some things you can always count on. The sun will rise in the east, taxes will always go up, and the **world-famous buzzards** will return to their **Roost** on March 18th. Like the buzzards, visitors have been returning to witness their arrival since the first Buzzard Sunday in 1957. This year makes this **50th** anniversary, so don't miss out! The search begins at 7 am, so strap some binoculars, a camera and a sense of humor to your Topeak. The **roost** is located at the corner of State Road and West Drive in Hinckley Reservation in Hinckley Township. For more information on Buzzard events for the whole family, call 216-635-3200.

bikes

in

the



news

Man accused of targeting cyclists

A 62-year-old man is suspected of stringing wires at neck level across a popular bike path, as well as scattering nails, broken glass and rocks across the trail in a series of traps set because he wanted to protect the environment, police said.

"This could kill someone," said Dewayne Wallace, an avid cyclist who said his friend was cut across the neck by one of the wires and was thrown from his bike.

A grand jury was scheduled to review the case this week, to see whether the man will face two third-degree felony charges of attempted aggravated assault with a weapon.

Detective Rene Martinez said he questioned the man about the traps, and the man told him he just wanted to protect wildlife.

"He just loves nature," Martinez said.

-Austin American-Statesman. An Austin TX, newspaper.

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hey



HEY CRANKY, I HAVE AN ADDICTION OF BUYING TOO MUCH STUFF FOR MY BIKE (PER MY WIFE), WHAT SHOULD I DO? I NEED HELP! — *Bob Neuman, Westlake*

You could always ask her how many pairs of shoes she owns. Your only problem then would be tempering your uncontrollable buying habits with your settlement costs. Probably not a favorable outcome. However if you were married to your bike think of all of the gifts you could buy it. Never again the problem of what to get for birthdays, as a matter of fact think of the possibilities..... Valentines day helmet, sweetest day shoes, that set of Zipp wheels you have been eyeing for Christmas. Of course you would never forget that ever important bike trip through Bordeaux for your anniversary. And the piste de resistance would be adopting that cyclocross bike you two have always wanted. Alas not all things are possible. In this case I might suggest you do what I do. Open a new checking account, don't tell her, shop till you drop and blame it all on your friends.



I AM TIRED OF GETTING NO RESPECT FROM CARS WHEN I RIDE ON THE ROAD. WHAT SHOULD I DO...FLIP THEM THE INTERNATIONAL SIGN OF DIPLOMACY

(A.K.A. THE BIRD?) — *James, Medina*

I think it was Goose from the movie “*Top Gun*” that got away with a move like that while “keeping up foreign relations” with a Mig 28. If a car is as close to you as they were to the Mig, I think that might be the right method of “communication”; so go ahead, give ‘em the finger, but I want the polaroid.

HEY CRANKY, ONE OF MY RIDING PARTNERS ALWAYS BRINGS HER CELL PHONE ON OUR RIDES AND SPENDS MORE TIME TALKING ON THE PHONE THAN ANYTHING ELSE. HOW DO I TELL HER TO GET OFF IT WITHOUT LOSING A PARTNER? — *Pamela Norris, Strongsville*

Sounds to me like losing a riding partner like that would not be much of a loss. However I do appreciate the situation. I feel the direct approach is best. Tell her to shut up, turn the freakin’ phone off, get out front and take her turn pullin’!

“The best argument against democracy is a five-minute conversation with the average voter.” -Winston Churchill

Questions or comments for Cranky? Email him at cranky@crankmail.com

Cranky is a strongly opinionated cyclist who resides in Northeastern Ohio & fights for all cyclists rights. His views and opinions are not necessarily those of CrankMail or ClevelandBikes.

COVER STORY

THE ROAD TO RAGBRAI

Never heard of it? Well, 6 months ago, neither had I. So, I did some research.

RAGBRAI stands for Registers Annual Great Bicycle Ride Across Iowa; it claims to be the longest, largest and oldest touring bicycle ride in the world. For the 35th year, cyclists (this year there are 8,500 week long riders and 1,500 day riders) trek across Iowa in seven days. The race is such an “event” that even Lance Armstrong attended last year, didn’t want to miss it this year, and is scheduled to attend with the entire Livestrong Team.

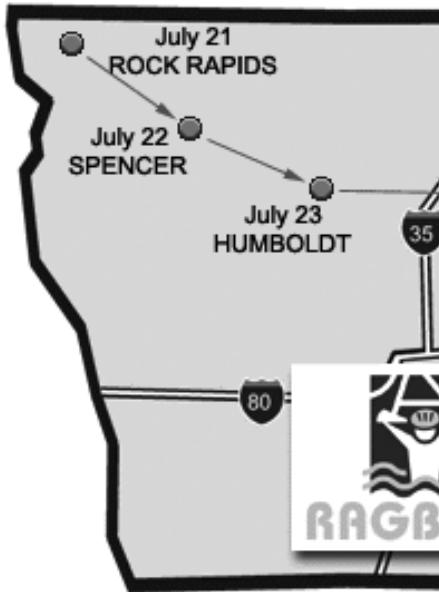
The RAGBRAI route averages 475 miles (about 50-75 miles per day) and is not necessarily as flat as you might think. This year, it begins along Iowa's northwestern border in Rock Rapids, and ends in Bellevue, near the Mississippi River.

Why in the world would I want to ride 475+ miles in 7 days? Well, I'll tell you how this whole line of thinking developed. I'm 36 years old and feeling a bit unsatisfied. Not with my work, my family, my home...none of that stuff, but

just something deep inside that kind of calls out to you. A “burning” you might say, but thankfully, not the kind that requires an ointment.

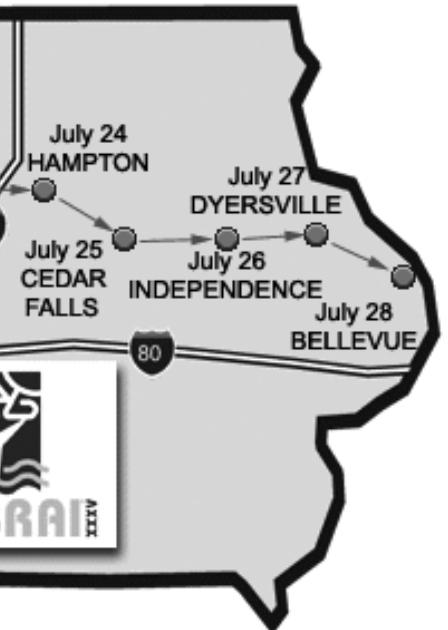


With 10,000 riders descending upon the route the road is a line of bikers as far as the eye can see.



I think I'm going through the first of three midlife crises (Yes, I am planning on living until 108 yrs old). I'm a big fan of the movie, City Slickers, and like the lead characters in that movie, I too am in the “I need to do something challenging” stage of life. I often think of doing something that I think is semi-outrageous, challenging, and tests my character. RAGBRAI seemed to fit all three requirements.

There are quite a bit of logistics that need to be worked out before hand, or so I think. Can I take 7+ days off from my family and work? How was I going to get to Iowa? If I drive, where do I park? How do I get back to my car? What are the sleeping arrangements going to be? Once I relaxed a bit, I thought it through...Having to deal with 10,000 daily riders usually forces the event coordinators to either get things right or cancel the event. Well, RAGBRAI has been around for 35 years, so my thought is, they have got it down to a science.



Will we see Lance? Will we be able to keep up if he decides he wants to push 24 mph for 4 hours? Will the rumors of all night partying keep us from completing? Will we be distracted by the

traveling circus that the 10,000 riders and 10,000 support personnel bring to 8 small Iowa towns? When we ride, you'll ride with us. Even if you can't get away for 7 days and 475 miles, you will be able to experience RAGBRAI without the sore legs and aching "nether" region.

To learn more about RAGBRAI, log on to www.ragbrai.org. There, you will find information about the ride, answer your RAGBRAI questions and tell you how to sign up.

Wish me luck.
-Cory Smith

So, after I put reasoning aside, I tried to talk some friends into joining me. A few drinks and an inspirational sales pitch or two, was all it took. I signed my brother and best friend to join the insanity.

Coincidentally, Marc Smith and Doug Morrison, my partners in co-editing this publication.

As of now, we are all on board, all signed up. But, until the lottery results are in, we don't know if we can actually participate in the ride. When we do, we'll let you know. When and how will we train? We'll let you know.



Training to be competitive at RAGBRAI in the winter can be a long and lonely road.



Towns along the route become oasis's for tired, hungry and thirsty riders. Bottle necks form and become quite dangerous.

A Good Try

After a weekend in Toronto, I'd come back to Cleveland in the midst of bitter cold weather and strong, biting winds. Having not seen my Mom in several days, and she being in an assisted living place in Lakewood, I thought it a good idea to brave the weather and head west from downtown. It wasn't that far, perhaps 8 miles.

Down in the basement at work I encountered my first surprise, the rear tire was flat. At least this had occurred in a warm inside space. Changing a flat is a bit different with an internal 3-speed hub, the venerable old Sturmey-Archer. There's no quick release so you need a long 15mm wrench for the axle nuts and you have to disconnect the cable to the shifting mechanism. Both were stuck fast and required a bit of grunting to break free, salt crust peeling away as I worked.

The tube had been flatted by an overlapped section of the old Mr. Tuffy plastic strip that I had put on to prevent a flat in the first place. The overlap wore away at the tube over time and eventually wore its own hole. I threw it away, patched the tube and put the tire back on. No time to examine the tire. I was late already. Good thing this didn't happen outdoors.



A half hour later I was struggling westward against a fierce wind, temperatures in the single digits. My fleece face mask, hand-sewn and delivered as this year's Xmas present by Ann Henderson, whose acquaintance is worth making, if for nothing else than those fleece presents she bestows at just the right time of year, did yeoman work keeping my face and neck warm.

Somewhere around Detroit and 65th street I felt the poor rear tube go flat again. Unable to face the task of changing a tube in that weather, I walked the bike hoping to reach the Rapid stop somewhere ahead. A lady I asked said 'it's REAL far away'. And then, around 79th Street appeared a library with a vestibule; a warm vestibule. A sign on the entrance said 'No Bikes Allowed', but the kind guard allowed me to take my rear wheel in.

Once again I struggled to remove it and find the source of the flat. This time it was embarrassingly easy: the tire surface was worn through and punctured. The tube had bulged out and flatted. I fixed the flat again, then searched for something to plug the tire hole – and there it was, a fine brochure with a hard glossy surface exhorting me to not do drugs and to pay my library fine. I cut several good pieces from it, inserted it between the tube and tire and pumped up the tube hoping it would hold. It seemed to.

By now the library was closing and it was too late to see my Mom. But it was a fine time to turn tail and head back to my house in Cleveland Heights. My Mom would understand. - *Marty Cooperman*



from the

Peloton:

The peloton (from French, literally meaning ball and related to the English word platoon), bunch or pack is the large main group in a road bicycle race.

Discovery to Pull Sponsorship Plug

USA Today reported that the Discovery Channel is expected to drop its title sponsorship of the cycling team that bears its name at the end of the 2007 season.

The decision not to renew the team's contract at the end of a three-year contract comes only days after the firing of company CEO Billy Campbell, a strong advocate of the team sponsorship, on Monday of this week.

Campbell, who helped push the television network's initial co-sponsorship in 2004, also pushed the company to assume full title sponsorship in 2005, when the U.S. Postal Service ended its support for the team.

The team is operated by Tailwind sports, a management firm co-owned by seven-time Tour winner Lance Armstrong and attorney Bill Stapleton.

Campbell, CEO at Discovery for five years, was replaced by former NBC executive David Zaslav.

The firing was part of a major management shake-up at Discovery, which also saw David Abraham, head of the TLC channel; Maureen Smith, head of Animal Planet; Dawn McCall, head of the international operations; and Pandit Wright, head of human resources, terminated this week.

Campbell was also said to be a major supporter of the team's decision to hire Ivan Basso, despite ongoing questions surrounding his involvement in the *Operacion Puerto* doping scandal.

Zaslav immediately embarked on company-wide reorganization when he was named as Campbell's replacement on Monday. Zaslav announced Tuesday that he would consolidate all production facilities into one unit and hire new, senior business for each of Discovery's five networks.

Stapleton attributed the sponsorship decision to the changes at Discovery headquarters in Silver Spring, Maryland.

"This would not have happened if Billy Campbell was still there," Stapleton told USA Today's Sal Ruibal. "This is about their change in management."

-This Article was contributed to VeloNews.com by Charles Pelkey, photo by Casey B. Gibson.



Hincapie may wear stars-and-stripes again in '08, but the globe won't be there.

The Dirt



Cleveland Area Mountain Bike Association (CAMBA) Trail Building Schedule

With CAMBA's recent announcement of access to build trails at Cleveland Metroparks' Ohio & Erie Canal Reservation, this is a busy season for CAMBA trailbuilding. Our quest is to continue to design and build some top-notch, multi-use mountain bike trails, and the first single-track in Cuyahoga County!

Over the past 5 years, many people have discovered that trail building with CAMBA is an eye-opening and fun experience. It is a great opportunity to get involved with the local cycling community and learn what goes into proper trail design and construction. In addition to getting to know mountain bikers in the area, you will:

- Avoid the cabin-fever doldrums this winter and get out to enjoy the great outdoors, enjoying nature in a different way (off-the-bike.)
- Add another form of outdoor physical activity in the off-season (definitely better than being stuck indoors!)
- Enjoy some excellent homemade lunches, whipped-up by your local CAMBA members.
- Take some serious pride (and sense of ownership) in riding, walking, running the trails that you've built.
- Most importantly, contribute to progress and the importance of cycling in northern Ohio (gotta think big-picture here folks!)

There's no doubt at this point that we're all on the verge of something really big for cycling and mountain bike access here in Cuyahoga County. The key is that we need to step up and become a part of this process to succeed. So if you've ever hesitated about joining CAMBA on trail days in the past, now is the prime-time to get involved. We've been granted some excellent opportunities, but we still need to represent with our numbers and demonstrate that we're serious - and responsible - about our sport, and eventually prove that more local access to mountain bike trails is workable, and badly needed.

If you need more info about trailbuilding days, send Jim Olander, CAMBA Trail Building Director, an e-mail at trails@camba.us. We hope to see you on the trail!



TRAILBUILDING SCHEDULE

Saturday, 2/17 Cleveland Metroparks OECR Reservation 9AM-1PM
Sunday, 3/4 West Branch State Park, Ravenna 9AM-1PM
Sunday, 3/18 Cleveland Metroparks OECR Reservation 9AM-1PM
Saturday, 3/31 Cleveland Metroparks OECR Reservation 9AM-1PM
Sunday, 4/15 West Branch State Park, Ravenna 9AM-1PM
Saturday, 4/28 (tentative) Cleveland Metroparks OECR Reservation 9AM-1PM

About our trail days

Typical trail days go from 9AM to 1PM. We start with the sign-in and a review on safety, then break for lunch around noon. Although you can certainly take off anytime, some of the 'heartier' trailbuilders may hang around through the afternoon (especially if conditions are nice.) But if you can't make it out for a full day, not a problem - we welcome all help. If you can't show up till later in the morning, or if you need to leave early, ok with us - any help is always better than no help at all.

If you haven't built trails before, no problem, we'll show you how. Many of our leaders have participated in 2 or more IMBA Trail Care Clinics, so we have the know-how to do it right, and we'll be glad to show you. Don't worry if you don't have any tools; we have all the tools you'll need (and it's actually where some membership \$\$ goes). If you're worried about starving on the trail, don't; we always have lunch covered on full trail days.



We suggest that you dress in layers (to shed as you warm up). Always wear long pants and long-sleeves (helps with poison ivy), some hiking or work boots, work gloves, and bring some fluids to drink (Camelback works best). Clif Bar also came through again this year with enough snack bars to cover our trail days.

Directions

Detailed directions and maps are available at www.camba.us

Cleveland Metroparks: Trail work is at the Ohio & Erie Canal Reservation, in Cleveland off I-77, Grant Road exit . We'll meet at the Canalway Visitor Center.

West Branch State Park: Ravenna, Ohio. This year we're primarily meeting at the intersection of Porter Road and Cable Line Road (the eastern end of the mountain bike trails). We are NOT meeting at the trailhead.

Bad Weather/Cancellations

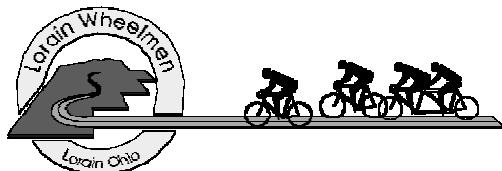
We ALWAYS post any cancellations on the CAMBA website (www.camba.us). If the weather looks questionable, please visit our website the day before. If you don't see anything about the date being cancelled, then we're still on.

Questions?

Read our trail building FAQ by going to www.camba.us. Hope to see you on the trail!

The Road

March 2007 Wheelmen Calendar



Date	Starting Point	Destination	How Far	The etc's
Ride time for March 4th is 9:00 AM Eastern Standard Time!				
03/04	Oberlin	U-Show	25ish	March finally came!
03/08	Nordson Depot	Prolog Meeting	6:30 PM 7:30 PM	warm up roller ride Some business!

Daylight Savings Time starts at 2:00 AM this morning!

03/11	Amherst	U-Show	25ish	Change your clock!
03/18	Oberlin	U-Show	30ish	Might still be cold!
03/25	Amherst	U-Show	25ish	Is it mild yet?
04/01	Amherst	U-Show	30ish	Is it April Fools Day?

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:

May start up as Daylight Savings time starts on the 11th. Check the Web site for last minute changes that may happen at the meeting. 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!

www.lorainwheelmen.org
info@lorainwheelmen.org



Yo Wheelers,

As I write this column, the biggest snow storm of the year is predicted. However, I can see beyond that. Within the next two (2) months I can see the Western Reserve Wheelers back on their weekly Club rides. To that end, I have already had my bicycle tuned up at my favorite shop, and new tires put on to reduce the chance of flats. I replace my tires every two (2) years to keep the bike in safe condition.

Our annual meeting will be held on March 15, 2007 at 7:30 P.M. at the "J". We will be in one of the conference room near the West entrance. This is your chance to express your feelings about the Western Reserve Wheelers and what you would like to see this summer. John Stork, our map maker will again lay out rides for the "A" group and "B" group (Over the Hill Division).

Be sure to watch our Club Website at www.westernreservewheelers.com to keep up on the latest events. Ride changes will be posted. Usually maps for the coming week's ride will be available for downloading. Take advantage of this resource.

Adi Gerblich is keeping up with his racing schedule this winter by including events in Florida.

Hope to see all of you soon.

May the wind always be at
your back.

Ed Reichek

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LAKE ERIE WHEELERS

LEW Club Weekend & Holiday Ride Schedule

Mar. 3 8:00 Long Distance Pre-Season Ride (L.D.P.S.R.) - Lodi to Oberlin - 122/73 flat miles

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

Mar. 10 8:00 L.D.P.S.R. - Lodi to Wooster - 105/61 flat to rolling miles

Mar. 11 10:00 Berea Loop start at Bonnie Park - 20+ miles

Mar. 17 8:00 L.D.P.S.R. - Apple Creek to Doylestown - 134/72 flat to rolling miles

Mar. 18 10:00 Annual Buzzard Day Ride - Bonnie Park to Hinckley - 30 hilly miles

Mar. 24 8:00 L.D.P.S.R. - Overton to Wadsworth - 124/102 flat to rolling miles

Mar. 25 10:00 Olmsted Falls to Oberlin and Kipton - 50/60 miles

Mar. 31 8:00 L.D.P.S.R. - Chagrin Falls to Burton - 130/102 rolling miles

Apr. 1 10:00 Scenic Park to Euclid - 45 flat miles

Apr. 7 8:00 L.D.P.S.R. - Seville to Doylestown - 100+ flat to rolling miles

Apr. 8 10:00 Olmsted Falls to Medina - 46 miles

Apr. 14 8:00 L.D.P.S.R. - Chagrin Falls to Chardon - 130/90 rolling miles

Apr. 15 10:00 Bonnie Park to Richfield - 40 hilly miles

Apr. 21 8:00 L.D.P.S.R. - Kent to West Branch State Park (Campbellsport) - 122/85 rolling miles

Apr. 21 10:00 Women's Ride: Lakewood Park to Little Italy - 35 miles

Apr. 22 9:00 Olmsted Falls to Oberlin and Kipton - 50/60 miles

Apr. 28 8:00 L.D.P.S.R. - Oberlin to Wooster - 130/90 flat miles

Apr. 29 9:00 Brecksville (Station Road) to Kent - 50/60 miles

Please consult club website for maps & details

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).

Weekend Club Rides

The club ride schedule for 2007 has been determined from March through October. 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 that particular month), plus a defined pace. It will be the Ride Leader's responsibility to keep the main group at that pace, and ensure that no riders are left behind. All riders must wear an approved helmet. If the scheduled ride for any given date is an invitational, or starts outside the tri-county area (Cuyahoga, Lorain, Medina), a pick-up ride will start from the Olmsted Falls Library at the normal start time for the month.

Weekday Rides Returning in April

The Tuesday Night Rides will start on April 17 at 6:30pm at the Fairview Park Post Office, weather permitting (start at 6:00pm in Fall). Greg James will lead the rides this year, with some assistance from other individuals. As Class C rides, 10 to 18 miles in length, these are recommended for beginning and slower riders, plus new members. They are also a good way to make our acquaintance (invite someone you know). For more information, contact Greg James at 440-331-9419 (clockwerke@aol.com).

The Wednesday Night "Mod" Ride (moderate pace) leaves from the Olmsted Falls Public Library lower parking lot at 6:30pm Wednesday nights, starting April 18. Our routes are for those who prefer quiet country roads. By necessity, we may find ourselves on busy roads,

but we try to limit those times to short stretches. Most days we get back before dark, but it's a good idea to have lights and reflectors, especially early and late in the season. The pace and speed of our rides varies depending on who shows up; we usually ride at a Class B pace. In the beginning and end of the season we usually start out small, less than 20 miles, but can expand to nearly 40 as the season progresses. For more information please call (or email) your fearless leaders Marc Snitzer at 440-236-3017 (msnit@juno.com), or Greg James at 440-331-9419 (clockwerke@aol.com).

The 2007 Women's Rides Series

In order to provide as many opportunities as possible to ride amongst bicyclists with common interests, we are pleased to announce the *Lake Erie Wheelers Women's Rides*, which will be held on the *third* Saturday of each month, from April through October. This year, Peggy Sands will lead these rides, at a C or B pace, from various starting points. For details, please contact Peggy at 440-320-5871 (p-sands@sbcglobal.net).

The 2007 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, with an additional Bike Path Ride on the fourth Sunday of June through September, as we introduce a few new trails for some variety.

Last year we drew many members, their families, and some guests. We hope to attract new riders unused to riding in groups, folks 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 2007 Season:

May 13	Berea Falls to Scenic Park	28 miles	John Whitaker
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Please consult the 2007 Club Ride Schedule (included in member packet) for more Ohio Bike Path Rides.

The February, 2007 Club Meeting

Had to be canceled due to unusually adverse weather conditions (It figures: Old Man Winter just had to make up for an unusually mild early winter).

The March, 2007 Club Meeting

Will be held on March 13, 2007, the second Tuesday of the month, at the Westlake Porter Library, located at Center Ridge Road and Dover Center Road, with entrances on both roads.

Touring Division News

Tom Meara will be stepping down as Chairman of the Touring Division. As of this writing, no individuals have stepped forward to continue the activities of the Touring Division. Consequently, the number of events has been condensed to two tours, listed below, with known and committed participants.

Planned overnight tours for the 2007 Touring Season:

<u>Tour Destination</u>	<u>Date</u>	<u>Ride Captains</u>
Stanford House (Pancake ride)	May 5, 6	TBA

Prospective riders are expected to be physically fit, properly attired & equipped, with bicycles suitable for the routes in question (and adequately maintained).

2007 Dues Are Due

As of February 13, 65 members have renewed their memberships and dues for the year. This will be the last issue of *CrankMail* sent to last year's members that do not renew before the next issue. Members also receive regular bike news via email for those members that provide an email address. Members not on the list should contact lakeeriewheelers@yahoo.com to be included in the email news. For members wishing to renew, a sample form is available on the website.

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www.OhioCityCycles.org 216 830 2667

New Season: New Programs, New Trustees – New Name?

We've been missing from *CrankMail* lately, not because we haven't been doing anything; actually, just the opposite. Expect regular contributions here in the future, though, thanks to a grant from the Saint Luke's Foundation, which funds the work of Assistant Director Peter Garver to provide better communications, data-collection, and program evaluation by improving our website, members' database, and outreach, through upgrades to our information technology.

Other changes include the suspension of our summer century ride (the SCRABBLE), and "relaxing" of other rides into more casual (but still fun, and free) events. We're doing a lot more education – which is what we're here for – and want to take time to plan how we can do that better for events we host ourselves. On the subject of education: we now offered a free, one-hour class on basic mechanical bike safety several times each month, no registration required. This is a prerequisite to our membership classes and Bike Drivers Ed course, but will benefit anyone who rides a bike. Class schedules are on our website, and will be in a paper calendar in *CrankMail* next month.

A major philosophical change underway is a restructuring of our board of trustees to include community members in addition to our dedicated volunteers. We are seeking folks with talents and energy, who will attend six Wednesday-evening meetings per year, to help us make many more changes to better accomplish our mission to "Help anyone help others use bicycles as much as they can."

One of the first tasks contemplated for this new board is a review of the name of the organization, to better reflect our educational mission, and broader geographical scope. Any suggestions from *CrankMail* readers on this, or any other topics, are always welcome!

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INDIANA

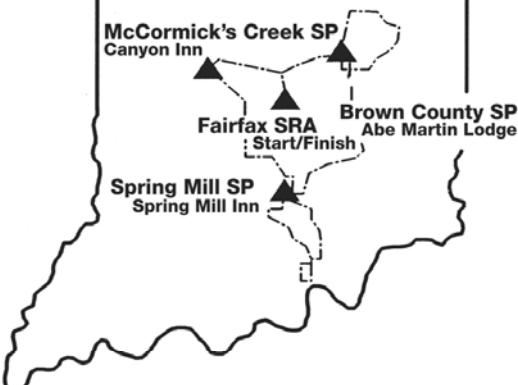


TOURS

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Indiana State Parks TRIRI®

June 17-23, 2007
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Shoe Tree
Hike "The Canyons"
Chainsaw Cemetery

For more information:



PO Box 439 / Clear Creek, IN 47426

Phone: Kathy Smith (812) 333-8176
E-mail: triri@triri.org
Web: www.triri.org



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that "Family"
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Sentence.....**

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Festive

Family Event

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Fireworks Each Night

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Chocolate Obsession Garden

Festival of Lights

*Only Operational Tea Farm in the USA (all
other tea's are imported)*

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S'more Cook out each Evening

Beer Garden available

**Contact FestiVELO at:
Santa@FestiVELO.org
www.FestiVELO.org**

P.O. Box 844
Medina, OH 44258
www.medinabikeclub.org



Contact the following for information

Pres.:	Pending February Election		
V. P.:	Dave Ling	330-416-9421	ldbl3000@aol.com
Treas.:	Sara Kibler	Not Disclosed	Unknown
Sec.:	Lou Vetter	330-725-0441	bikevetter@aol.com

BICYCLE HELMETS ARE REQUIRED ON OFFICIAL CLUB RIDES

Tuesday Evening Rides

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

Tuesday Evening Starting Location:

For April we'll be leaving from the Medina Career Center

Sunday Morning Breakfast Rides

Gettin' hungry just thinking about it.

LAST YEAR'S NEW STARTING LOCATION will be discussed over the off-season and we'll let you know before the start of the '07 season. GO TO BUCKEYE PARK ON ROUTE 162 DURING APRIL. IF THERE IS any CHANGE IT WILL BE IN THE APRIL CRANKMAIL.

CLUB NOTES: It was decided to hold off the elections until the February meeting but then we elected all but a new President. I don't have everyone's contact information yet but when I get it you'll get it. See above for new officers for 2007. It was mentioned that long time member Ian Haliwell has moved to a 30-acre farm in Newark, Ohio and club members gave a hearty welcome for new member June Douglas. June is a nurse in Cardiac Surgery and is participating in "Team in Training" which raises funds for research in finding a cure for Leukemia and Lymphoma. The Leukemia & Lymphoma Society's Team In Training® is the world's largest endurance sports training program. The program provides training to run or walk marathons and half marathons or participate in triathlons and century (100-mile) bike rides. Since 1988, more than 295,000 volunteer participants have helped raise more than \$660 million.

We are currently accepting membership applications and the cost of dues in 2007 is \$20.00. One single dues amount covers the entire family; and why not you still receive only one subscription to CRANKMAIL and we like having the whole family ride with us. The ABCDEFGHIJ ride served up a wintry blast for over 100 riders. Tom and I rode this one and we got lost. Actually we missed our "turn right on Chippewa Road" and kept going south on Ryan Road. I guess we were having a good time talking and just forgot. We figured it out and took the next right which got us back on course only we had, had enough and decided to head backwards and go back home. As we finished it was just starting to rain and there were plenty of riders still out on the course having a wonderful time. At least that's what they said. Liars!

-See More at CrankMail.com including a letter from Vetter.



Cleveland Touring Club
P.O. Box 32456
Euclid, OH 44132-0456

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

SUNDAY IN JUNE, June 10, 2007. Mark your calendar! The 31st Annual Sunday in June will be held in Burton again this year. The tour offers routes 25, 50, 62 & 100

miles. As a club member you can register for the ride for \$11 – a real bargain. Early registration closes May 22, so don't delay, register today! We are looking for a few dedicated volunteers to help out with SIJ. If you would like to volunteer, please call Bill Maurey at 440.975.9744; your help is appreciated.

CTC's 2007 RIDE SCHEDULE IS READY. The club offers rides five days per week; Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays. Maps are provided on the web for Tuesday, Thursday and Sunday rides. On Saturdays, the group meets and decides where to go; no maps are provided. Three tandem rides are scheduled for Saturdays, maps will be provided for the tandem rides. On Wednesdays there are two rides available; recreational pace at 7pm; faster pace at 6:30pm. Check www.ClevelandTouringClub.org to view and print the schedule and maps. Rides begin in March and go through October.

NEW RIDE MAP PROCEDURE. In the past, club volunteers have shown up with route maps to hand out to riders on Sunday Rides. The general procedure is different this year in that we are asking ride participants to print their own Sunday ride map. Go to the ClevelandTouringClub.org website on Saturday night and print the map. The printout will have two maps on a single page; please bring the extra map and share with people who might not have internet access. Weekday maps will still be handed out by the ride leaders. The club will attempt to have ride leaders at all rides, but that has never been guaranteed.

CALLING ALL TANDEM RIDERS. The club has added three new Saturday Tandem Rides scheduled for May 26, June 30 and August 11. The terrain is relatively flat and the speeds are a little higher. However, if you are on a single bike, you are welcome to participate.

CLUB DIRECTORY. Did you ever wish you could contact someone in the club, but you don't have a phone number or an e-mail? We are putting together a directory this year and everyone who wishes to have their contact info in the directory, please indicate this with your registration form. The Directory shall be kept confidential and will be used only by club members.

CTC LIST-SERVE. Many members are missing out on announcements from other club members. If you want to receive e-mails from the club regarding schedule changes, weather conditions, road closures, parties, membership, Sunday in June, road maps, scheduled rides, etc... simply send an e-mail to ClevelandTouringClub@hotmail.com with a simple request to be added to the List-Serve. You will receive an invitation from the list-serve manager within a few days. Follow the directions in this e-mail to get connected.

CLUB DUES. Club membership is annual and starts May 1 each year; so no matter when you sign up with the club, your membership runs from May 1 to April 30. This means you should receive April CrankMail as long as you are a member for the 2006 season. Please use the form on the new schedule (insert in this CrankMail) to continue your membership for the 2007 season. You can also re-up your membership with the *Sunday In June* form that you will receive in the April CrankMail. Finally you can download the membership form from the club web site... www.clevelandtouringclub.org.

RIDER STATUS. All riders who join CTC on scheduled weekday and weekend rides must be Cleveland Touring Club members. The standard club liability waiver must be signed by all participants. Guests are welcome, but regular and occasional riders must join the club to receive maps, club insurance, and ride leadership. CTC ride leaders are frequently updated with membership status.

CLEVELAND TOURING CLUB MEMBERSHIP FORM – 2007

(Please print clearly or apply address label)

Name _____ M _____ F _____

Address _____ Birth date _____

City/State/Zip _____ Phone: (_____) _____

Email address (please print clearly) _____

Emergency contact name _____ Phone: (_____) _____

What kind of bike do you ride?

Road Mountain Other Tandem Brand Name _____

Membership Level (check one)

Individual \$20/yr. Family \$25/yr. New member Renewal

NOTE: Please copy and submit a signed form for each family member. Staple and submit together with family dues.

Would you be willing to volunteer to help with club activities? Yes No

Can your name and contact information be published in a CTC Membership Directory

(The directory is kept private for Club-Members use ONLY) Yes No

Club Merchandise – CTC Members Only

Type	S	M	L	XL	XXL	Cost/Item	Total (Cost x Qty.)
Unisex Short Sleeve Jersey						\$60/each	
CueClip™ (Map holder)						\$3.00/each	
Shipping (Add \$5/jersey / \$1 per CueClip)							
Membership Fee							
Grand Total							

Read and sign "Release and Waiver" on other side. Membership is NOT valid without a signed waiver.

Return this form with your check made payable to THE CLEVELAND TOURING CLUB

MAIL TO: The Cleveland Touring Club, P.O. Box 1157, Mentor, OH 44061

www.clevelandtouringclub.org / 440-710-0085

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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 Bicycling 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 "relees" 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.

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 "relees" 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 "relees" or otherwise, including negligent rescue operations; and 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 relees, I will indemnify, save, and hold harmless each of the relees 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

Street address

Phone

City

State

Zip

Participant's signature (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 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 "relees" 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 relees named above, I will indemnify, save, and hold harmless each of the relees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of any such claim.

Printed name of PARENT/GUARDIAN

Street address

Phone

City

State

Zip

Parent/Guardian's signature (only if participant is under the age of 18)

(I have read this release)

8

2007 CLEVELAND TOURING CLUB RIDE SCHEDULE

CTC is a recreational cycling club with a wide variety of riding abilities from the fitness cyclist to the casual beginner. You are welcome to join us on any of our rides. If you enjoy riding with our group, PLEASE BECOME A MEMBER! We ask that you always wear a helmet while riding and we insist you obey the traffic laws of the State of Ohio for your own safety and the reputation of the club. **PLEASE NOTE: YOU ARE RESPONSIBLE FOR YOUR OWN SUNDAY MAPS** that are available for download at our web-site. The maps are two per page, so print one sheet and share the extra map.



Cleveland Touring Club

www.clevelandtouringclub.org

Cleveland Touring Club

P.O. Box 1157, Mentor, OH 44061

WEEKDAY RIDES

DAY	TIME	DATES	START LOCATION	TYPE OF RIDE	CONTACT #
TUESDAYS	6:30 pm	Apr 3 – Sep 25	Concord Woods	Large group ride w/maps distributed	440-269-1199
WEDNESDAYS	7:00 pm	Apr 4 – Sep 26	North Chagrin	Smaller group, casual w/ride leader	440-347-9541
	6:30 pm	Apr 4 – Sep 26		Same map w/variations, self-directed	216 702 2897
THURSDAYS	6:30 pm	Apr 5 – Sep 27	North Chagrin	Large group ride – email "mschmidt@lokring.com" to receive maps	
SATURDAYS	Same as Following Sunday	Apr 7 – Sep 29	North Chagrin	Pickup rides – We make it up as we go	

WEEKEND RIDES

Date	Time	Ride	Terrain
Mar 4	10:00	NORTH CHAGRIN Pickup Ride – Group decides destination	Varied terrain
Mar 11	10:00	NORTH CHAGRIN Pickup Ride – Group decides destination	Varied terrain
Mar 18	10:00	NORTH CHAGRIN Pickup Ride – Group decides destination	Varied terrain
Mar 25	10:00	NORTH CHAGRIN Pickup Ride – Group decides destination	Varied terrain
Apr 1	9:00	BURTON to Windsor (28) Parkman (45)	Rolling
Apr 8	9:00	NORTH CHAGRIN – Pickup Ride Easter Sunday	Varied terrain
Apr 14	9:00	NORTH CHAGRIN to CHARDON MAPLE FEST (40) Saturday Ride	Hilly
Apr 15	9:00	CHESTERLAND – HUBBUB to Russell (30) Kirtland (45)	Rolling/Hilly
Apr 22	9:00	Lake Farm Park to Kirtland, Kirtland Hills (25, 45) Sports Expo @ 11 am after ride	Rolling/Hilly
Apr 29	9:00	GURNEY SCHOOL to Geauga Lake (22), Chagrin Falls (34)	Rolling
May 6	9:00	NORTHFIELD CENTER to Peninsula for AYH Pancake Breakfast (30) Bath (42)	
May 13	9:00	CHESTERLAND – HUBBUB to Burton (30) Russell (45)	Rolling/Hilly
May 20	8:30	CHARDON to Footville (30,55) *TF*	Rolling
May 26	8:30	GURNEY SCHOOL – Saturday Tandem Ride Half bikes welcome *TF*	Flat/Rolling
May 27	8:30	GURNEY SCHOOL to Burton (26) Middlefield (40) Garrettsville (65) *TF*	Rolling
May 28	8:30	NORTH CHAGRIN Memorial Day Pickup Ride	Varied terrain
Jun 3	8:30	LAKESHORE RESERVATION to Madison (25) Geneva (45) Ashtabula (65)	Flat/ Rolling
Jun 10	8:30	SUNDAY in JUNE – CTC's Annual Event in BURTON's Century Village (25,50, 62, 100) See website and CrankMail for details: Pre-register by mail	Rolling/Hilly
Jun 17	8:30	AUSTINBURG (35, 55) *TF* Pasta Ride	Flat/Rolling
Jun 24	8:30	CHESTERLAND – HUBBUB (35, 50)	Rolling/Hilly
Jun 30	8:30	AUSTINBURG – Saturday Tandem Ride (20, 45, 70, 80)*TF* Half bikes welcome	Flat/Rolling
Jul 1	8:30	GIRDLED ROAD RESERVATION SOUTH to Chesterland (25, 45, 60)	Hilly
Jul 4	8:30	NORTH CHAGRIN – Independence Day Pickup Ride	Varied terrain
Jul 8	7:30	NORTH CHAGRIN thru Downtown EMERALD NECKLACE/BRACELET (up to 95, 65) Additional 8:30 start for BRACELET	Flat/Hilly

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Jul 15	8:30	PAINESVILLE TOWNSHIP PARK (35, 60) *TF* Burrito Ride	Flat
Jul 22	8:30	BURTON to Garrettsville (30) Mantua (40) Ravenna Arsenal (75)	Rolling/Hilly
Jul 29	8:30	LAKESHORE RESERVATION to Madison & Perry (25, 40, 60) *TF*	Flat/Hilly
Aug 5	8:30	NORTH CHAGRIN Chagrin Valley "Hill Challenge" Ride (20, 50) Optional route to Cleveland Triathlon and MLK "Walk & Roll" Events	Hilly
Aug 11	8:30	AUSTINBURG – Saturday Tandem Ride Half bikes welcome *TF*	Flat/Rolling
Aug 12	8:30	HAMBDEN SCHOOL to Rock Creek (35, 50, 62)	Rolling/Hilly
Aug 19	8:30	AUSTINBURG – (20, 45, 70, 80)*TF* Three Bridges Ride	Flat/Rolling
Aug 26	8:30	BURTON to Mesopotamia (27) Mosquito Lake (48) Jamestown PA (90) *TF*	Rolling/Hilly
Sept 2	8:30	CHARDON to Punderson (25) Hiram (50)	Rolling
Sept 3	8:30	NORTH CHAGRIN – Labor Day – Pickup Ride	Varied terrain
Sept 9	8:30	NORTH CHAGRIN to Shaker Heights (30) Stop for sit-down breakfast?	Flat/Rolling
Sept 16	9:00	NORTHFIELD CENTER to Hinkley Lake, Medina (25, 40, 60)	Rolling/Hilly
Sept 23	9:00	FERRANTE WINERY – Covered Bridge/Mad Dog Ride (20, 40, 60)	Rolling/Hilly
Sept 30	9:00	CONCORD WOODS to Thompson (40+)	Rolling/Hilly
Oct 7	9:00	NORTH CHAGRIN – Eddy's Fruit Farm Ride (30, 45)	Hilly
Oct 14	9:00	CHARDON to Burton (30) Middlefield (45)	Rolling
Oct 21	9:00	CHESTERLAND – HUBBUB to Chardon (30) Burton (45)	Rolling/Hilly
Oct 28	9:00	GURNEY SCHOOL to Punderson (20) Aurora (40)	Rolling
Dec 21		WINTER SOLSTICE RIDE watch website/Yahoo list serve for further information (FRI)	
Nov–Feb	10:00	NORTH CHAGRIN Pickup Ride – Group decides destination	Varied terrain

START LOCATIONS

AUSTINBURG	Buck's Grill – I-90 to Rt 45 (Austinburg exit), go 1/2 mile south. On left (east) side of street (Park in Back Lot).
BURTON	Berkshire (Burton) High School, 1 block north of town square, park on north side
CHARDON	Rt. 6, Chardon Plaza, parking lot across from McDonalds
CHESTERLAND	HUBBUB Custom Bicycles, 8005 Mayfield Road, east of Caves Road, in Chesterland
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 Road, Painesville
FERRANTE WINERY	Rt. 307 between Rt. 528 and Rt. 534 in Harpersfield
GIRDLED ROAD RESERVATION SOUTH	South Entrance – Take I-90 to Rt. 44 south to Girdled Rd. At Girdled, turn left (east) for 2.5 miles to Rt. 608 and turn right (south) for about 2 miles to Radcliffe Rd. Turn left (east) for .3 mile to Girdled Road Reservation which is located on the left (north) side of the road.
GURNEY SCHOOL	Bell Street, .5 mile west of Rt 306 in South Russell (small sign at entrance)
HAMBDEN SCHOOL	Rt 6 east of Chardon, just east of Rt 608 on south side of Rt 6 before Rt 166
LAKE FARM PARK	Rt. 6 east of Rt. 306 – Main lot / 8800 Chardon Road (Rt. 6), Kirtland, OH 44094
LAKESHORE RESERVATION	Take Route 20 to Antioch Road in Perry. North on Antioch for about 1.5 miles to park entrance.
MIDDLEFIELD	Cardinal High School, Middlefield, From Rt. 87 take Rt. 608 north approx .25 mi to Button Street east to North Thompson Ave.
NORTH CHAGRIN	N. Chagrin Reservation – Sanctuary Marsh Nature Ctr. lot; enter park from Rt. 91 south of Rt. 6
NORTHFIELD CENTER	CVS Pharmacy parking lot – South side of Rt. 82 near intersection of Old Route 8 in Northfield
PAINESVILLE TOWNSHIP PARK	Rt 2 East past Mentor. Turn right to merge onto OH-2 E, toward Painesville. Take the Fairport Nursery Rd/ OH-535 exit (turn left). Go 1.1 miles then turn right on Hardy Rd. Go 0.75 miles on Hardy to Painesville Township Park (on left)

PLEASE NOTE: YOU ARE RESPONSIBLE FOR YOUR OWN SUNDAY MAPS that are available for download at our web-site.

The maps are two per page, so print one sheet and share the extra map.

COME PREPARED • WEAR YOUR HELMET • BRING I.D. • OBEY TRAFFIC LAWS

News From ClevelandBikes

We are *almost* as excited in welcoming the new publishing trio to *CrankMail*, as we are saddened with Tom Meara's departure. Tom helped stabilize and bring *CrankMail* forward when it was most vulnerable and we are deeply grateful. The future growth of *CrankMail* and ClevelandBikes is linked to the early days of transition, and it's worth it to take a moment to reflect and thank Tom, as well as other ClevelandBikes pioneers like Brendan McNamara, Jim Sheehan, Ann Whalen, Fred Oswald, Cal Kirchick, Mindy Kuth, Rob Schwab, Lois Moss, Dominic Liberatore, Ryan McKenzie, Marty Cooperman and others.

Now, it's on to the next set of challenges, but we need your help. We welcome your thoughts for the new look for *CrankMail* and ask for your advice in guiding *CrankMail* to fulfill what we pledge to do – be a voice for cycling in Northeast Ohio ***Let us know what's on your mind ... good ... bad, but please don't be indifferent.***

While we are pleased to publish *CrankMail*, ClevelandBikes was formed to advance and promote all forms of bicycling as economical and healthful recreation, sport and transportation. Here are some things we're excited to be working on....

Reform on the Roads and Bridges: ClevelandBikes is working to promote greater access for cyclists and pedestrians, calling for Ohio and cities to respect all forms of transportation and "complete the streets," in building or repairing roads and bridges for 21st century needs. If you want to learn more about specific projects, like the Innerbelt Bridge, or the West Shoreway, visit the transportation section of the ECO City website (www.gcbl.org) and let the Ohio Department of Transportation know you want a more prominent role for cycling and pedestrians. In the weeks to come, we will move more of these activities to our own website, but please don't delay in writing ODOT to let them know your concerns (write: Lora.Hummer@dot.state.oh.us).

Law Reform in Cities Around NE Ohio: ClevelandBikes and Ohio Bicycle Federation Board member Fred Oswald reviewed the laws of various cities around NE Ohio, comparing them with state law reform and model cycling laws. Individualized letters are being sent to various city leaders in Northeast Ohio, with follow-up from ClevelandBikes, urging local law reform to improve cycling and safety. If you want to join in sending a letter to your elected city leaders, and you can stay in contact with them and assist your city leaders to improve safety laws, please contact us (216.374.7578).

Ride for Climate Change: HG Wells wrote that when he sees grown men on bicycles, he doesn't despair for the world. Imagine his reaction when he learned about two riders on a cross country bicycle tour to educate the public and raise attention for global climate change? Two riders will circle the country, expecting to arrive in Northeast Ohio on May 18th, to talk about the nation's climate change challenge. ClevelandBikes will join with organizations like the Earth Day coalition to develop activities for the riders while in Northeast Ohio. For more information, visit their website (www.rideforclimate.com/usa) and to assist with local activities, contact ClevelandBikes.

Ride to the July Ingenuity Festival: ClevelandBikes will be hosting the Cycling Arts and Culture Village at Ingenuity Festival, which will be held at Playhouse Square, July 18-22. Ride to one of the area's premier festivals, highlighting arts, technology and sustainability, park at the festival bike station, enjoy the free activities and receive a discount for festival activities. We are planning some wonderful activities to highlight cycling, with education activities for kids, arts and exciting creative activities. Stay tuned for more information.

Contest

WIN A CASE OF CLIF BARS



CrankMail is holding a contest for the Best Submitted Story.

The winner of the contest will be awarded 1 Case of Clif Bars and a copy of CrankMail's "10 Best Rides in Northern Ohio" as well as having their story published in CrankMail. The runner up will receive a copy of CrankMail's "10 Best Rides in Northern Ohio".

Contest Terms, Rules & Conditions:

The winner will be announced in the July issue of CrankMail.

The winning article will be published in the July issue of CrankMail.

All submissions must be received by May 15th, 2007.

Submissions must be sent to submissions@crankmail.com with the subject "Clif Bar Contest".

All submitted stories become the property of CrankMail and may be published in an issue of CrankMail at a later time.

Submissions will be judged on content, relevancy, overall entertainment value & corresponding illustrations (while illustrations are not required they are suggested).

Printed submissions and illustrations may be edited for content and space.

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