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April 2003

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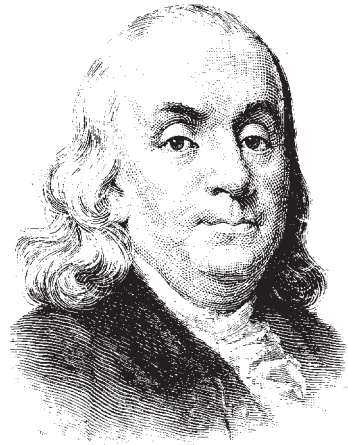
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**Cover:** Who needs a bike shop or air pump when there's a Payless Shoes just down the block? This gives a whole new meaning to "lacing a wheel."

The rapid progress true science now makes, occasions my regretting sometimes that I was born too soon. It is impossible to imagine the height to which may be carried, in a thousand years, the power of man over matter. We may, perhaps, deprive large masses of their gravity, and give them absolute levity, for the sake of easy transport. Agriculture may diminish its labor and double its produce: all diseases may by sure means be prevented or cured, (not excepting even that of old age,) and our lives lengthened at pleasure, even beyond the antediluvian standard. Oh that moral science were in as fair a way of improvement, that men would cease to be wolves to one another, and that human beings would at length learn what they now improperly call humanity.”



— Benjamin Franklin, in a letter to Joseph Priestly, ca. 1780



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# AFROST

**A Freebie Ride & Ohio Spring Tour**  
**Sponsored by the Lorain Wheelmen**  
<http://eriecoast.com/~lorainwheelmen/>

**Sunday, April 13, 2003 @ 9:00 AM EDT**  
**Shupe Middle School, 600 Schupe Ave., Amherst OH**

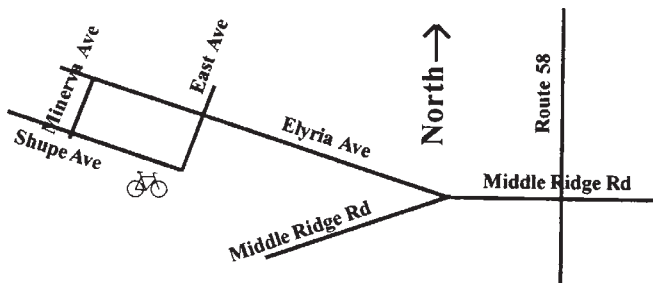
This is a ride for everyone to enjoy and an opportunity to put in some early season miles. The route will be over mostly secondary roads and the terrain is generally flat. Tour the historic towns and villages of Lorain County on the same day as the Paris-Roubaix but without the cobbles. There will be one route with three cutoffs to provide routes of 25, 50 and 64 miles.

This is a FREEBIE ride, there will be a map but, **no SAG wagon, ride patches, or food stops**. All riders will be **required to wear an approved helmet** to participate in AFROST. There are many places to buy food along the routes.

Donations of no more than 50¢ will be accepted on the day of the ride to cover the cost of printing of the maps.

Registration will be from 8:00 AM to 9:30 AM and leave at your leisure. Tentative registration, start-finish and parking will be at Shupe Middle School, 600 Shupe Ave. (just off Elyria Ave.) in Amherst. Check our Web site at <http://www.eriecoast.com/~lorainwheelmen/> for any last minute changes! From Route 58, turn west on Middle Ridge Road. There is a Dodge dealership and a DQ on the corner. At the "Y," bear right onto Elyria Ave. Continue through the traffic light at East Ave. Turn left at the next street, Menerva. Go one block and at the dead end, turn left onto Shupe Ave. You can see the school from here!

Preregistration is not necessary but you can mail your inquiries to: Lorain Wheelmen; PO Box 102; Amherst OH 44001-0102 or email us at: [lorainwheelmen@eriecoast.com](mailto:lorainwheelmen@eriecoast.com).





# LAKE ERIE WHEELERS

P.O. Box 770744; Lakewood, Ohio 44107 • BikeLEW@adelphia.net  
www.lakeeriewheelers.org

*Affiliated with the Bike Authority*

President: Tom Meara – (440) 777-2563 • Vice-President: Bob Parry – (440) 779-8392  
Secretary: John Whitaker – (216) 485-9184 • Treasurer: Bob Ugan – (216) 990-2209  
Membership Chair: Dan Izuka – (440) 734-5777

## LEW Club Weekend & Holiday Ride Schedule

- |         |       |  |
|---------|-------|--|
| Apr. 6  | 9:00  | Olmsted Falls to Oberlin and Kipton – 50 or 60 miles.                            |
| Apr. 13 | 9:00  | Bonnie Park to Richfield – 40 hilly miles.                                       |
| Apr. 19 | 10:00 | Women’s Only Ride: Olmsted Falls to Grafton – 30 miles.                          |
| Apr. 20 | 9:00  | Easter – Olmsted Falls Pickup Ride.  |
| Apr. 27 | 9:00  | Tour de Cleveland – 30 or 65 miles.  |
| May 4   | 9:00  | Bonnie Park to Peninsula – Stanford House Pancakes - 50 miles.                   |
| May 11  | 9:00  | Bonnie Park to Scenic Park – 40 miles.   |
| May 11  | 10:00 | Bike Path Series: Wallace Lake to Scenic Park – 28 miles.                        |
| May 17  | 9:00  | Women’s Only Ride: Olmsted Falls to Medina – 46 miles.                           |
| May 18  | 9:00  | Canal Visitor Center to Mayfield Heights – 50 miles.                             |
| May 25  | 9:00  | Bonnie Park to Medina – 45 miles.  |
| May 26  | 10:00 | Holiday Hawaiian Shirt ride start from Scenic Park to Cleveland Flats for lunch. |

### Ride Start Locations:

- |                    |  |
|--------------------|--|
| Bonnie Park        | In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.                               |
| Canal Visitor Ctr. | Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga Valley National Recreation Center.                          |
| Olmsted Falls      | Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.        |
| Scenic Park        | Parking lot at marina in North Rocky River Reservation, off of Valley Parkway ½-mile south of Detroit Road, in Lakewood. |
| Wallace Lake       | In South Rocky River Reservation, at Wallace Lake Parking Lot off of Valley Parkway, 1 mile south of Bagley Road.        |

### Weekday Rides:

Tuesday Evenings – Short, slower (C-pace) rides starting on April 16, from parking lot behind Fairview Park Post Office at West 220<sup>th</sup> Street & Lorain Road, 6:30 p.m., weather permitting. Call Bob Ugan at (216) 990-2209.

Wednesday Evenings – The Ice Cream Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, beginning April 9th, weather permitting, of course. These qualify as B or C rides, with distances varying from 20 to 30 miles, and will be led by Marc Snitzer and Greg James. For more information, contact Marc Snitzer at (440) 236-3017, email at [msnit@juno.com](mailto:msnit@juno.com), or Greg James at (440) 331-9419 (email at [clockwerke@aol.com](mailto:clockwerke@aol.com)).

Regular Club Wednesday Evenings – Moderate to fast pace (B to A) 20-30 mile rides, weather depending, starting at 6:30 p.m. from Kamm's Corner parking lot at Lorain Rd & Rocky River Dr. (Rt. 237) in Cleveland (behind Pizza Hut), Call Ed Wheeler at (440) 572-1122 (email at [wheels@ameritech.net](mailto:wheels@ameritech.net)) or Doug Barr at (440) 734-1715 (email at [ospdoug@aol.com](mailto:ospdoug@aol.com)).

Thursday Mornings – No longer a club ride, but members are welcome to attend. Begins at 9:30-10:00 a.m. and finishes around 2:00 p.m. Starting April 11, rides will be at a moderate pace (C) and will include lunch at a restaurant along the way. For starting location & other information, contact John Glasgow at (440) 777-7392 or email at [jglasgow2@msn.com](mailto:jglasgow2@msn.com).

Thursday Evenings – Fast rides, B to A pace, suitable for training for races, starting from Bonnie Park. Mileage, route & pace will be determined by those who show up. Contact either of the following: Tom Meara or Greg James.

### **LEW WEB keeps club informed of late breaking news**

To keep informed of late breaking news and location of rides during the year check the LEW club site out at: <http://www.lakeeriewheelers.org>. The LEW club email list is at [BikeLEW@adelphia.net](mailto:BikeLEW@adelphia.net). If you aren't receiving weekly ride updates and have email, let us know and we'll put you in the address book.

### **Weekend Club Rides**

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

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

As of this writing, we are anxiously awaiting volunteers for Ride Leaders. If no one has stepped forward, leaders will be selected from amongst members attending the rides.

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

### **Weekday Rides Returning This Month**

The Ice Cream Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, beginning April 10th, weather permitting, of course. These qualify as B or C rides, with distances varying from 20 to 30 miles. For more information call Marc Snitzer (see above).

Also, Tuesday night rides will start (weather permitting) on April 16 at 6:30 p.m. at the Fairview Park Post Office. Bob Ugan will lead the rides again this year as usual. As Class C rides, these are recommended for beginning and slower riders, plus new club members. Also a good way to make our acquaintance (invite someone you know).

In addition, there will be the Wednesday (Kamm's) and Thursday evening rides for the swifter riders. Contact Tom Meara or Greg James for details.

For those with an open daytime schedule, there are the Thursday morning rides, starting between 9:30 & 10:00 a.m., beginning April 11. Starting times and locations vary; contact John Glasgow (see above) for details.

This early in the riding season, we strongly recommend using lights and reflectors on your bicycle, to reduce the risk of accidents: it helps to be seen, and to see the road.

### **Women Only Rides Return This Month**

In an effort to expand the types of riding that the club organizes, we are proud to announce the return of the *Women's Only Rides*, which will be held on the third Saturday of each month. Bonnie Vargo will lead these rides, at a C or B pace, from various starting points. Contact Bonnie at (216) 226-5918 for details.

### **The 2003 Ohio Bike Path Series**

This year we introduce a new ride series, conducted entirely on bicycle paths or all-purpose trails, supplementing the regular Sunday rides, and held on the second Sunday of each month, from May to October. We hope to attract new riders unused to riding in groups, folks who are uncomfortable riding on roads and competing with motor vehicles, and seasoned riders out for the pure joy of riding with friends.

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

*Upcoming Ohio Bike Path rides for this spring:*

May 11	Wallace Lake to Scenic Park	28 miles	John Whitaker
June 8	Elyria to Kipton on the North Coast Inland Trail	28 miles	Dan Izuka

### **The March, 2003 Club Meeting**

As this was expected to be a short, businesslike meeting, we dispensed with reading the last meeting's minutes, and cut straight to the treasurer's report: currently, the club is securely in the black. President Tom Meara took pains to explain where this all went: about half to cover CrankMail subscriptions for club members, the remainder for various club activities.

Tom Meara announced that Charlie Martin had begun his Blue Ridge Trail hike, and is probably now in Georgia. His progress will be tracked on the club Web site. We hope that Charlie will take advantage of his calling card to keep in touch.

Old business: Doug Barr is working on the Tour de Cleveland invitational, and is awaiting a response from certain parties. Dan Izuka found a printer and received price quotes on various items. In addition to printing tee-shirts and golf shirts with the club logo, the printer can also put the club logo on jackets and hats. Surplus decals, with the club logo, are available at \$2.50 apiece, 50 are in stock.



We need volunteers as ride leaders! Even if prospective volunteers doubt their ability to cover every weekend ride in a given month, they can still be eligible, as long as they can find a substitute, and ensure that maps and directions are provided. Contact Tom Meara to volunteer. Also, Tom is anxious to hear from members interested in overnight tours, and is ready to meet with such members to map out the overnight tour schedule.

The meeting ended with a presentation by Sherman McKee of Bike Authority, after which the members adjourned for pizza and beverages.

### **Touring Division News**

Tom Meara, as Chairman of the Touring Division, is interested in attracting LEW members who have are enthusiastic about touring, overnight and otherwise. Anyone interested can call him at (440) 777-2563, or email him at tom\_meara@hp.com.

Volunteers for Ride Captains are needed. Proposed overnight tours include:

April	Pancake ride to Stanford House. Wellington to Malabar & back.
May	Niagara-on-the-Lake, camping or B&B. Finger Lakes, Memorial Day.
June	Olmsted Falls to Findlay State Park.
July	Blue Ridge Parkway/Skyline. Portage Lakes State Park; Colorado.

Starting locations and times to be determined.

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## Refuge protected for a little while longer

### *The Sierra Club*

Washington, D.C. -- In a victory for America's environment, 52 Senators voted to turn back an effort March 19 to drill for oil in the Arctic National Wildlife Refuge (ANWR). A bipartisan group of Senators prevailed in safeguarding this national treasure and the native people who depend on it, despite heavy lobbying by the Bush administration and the oil industry. Senators passed an amendment to strip Arctic drilling revenues from the Budget Resolution, marking a pivotal vote in the 25-year fight to protect the Arctic.

The Bush Administration tried to advance Arctic drilling through the complicated budget process by slipping in an assumption of \$2.15 billion in expected revenues to the federal treasury from leasing and development of the Arctic Refuge. When the Bud-

get was brought to the floor, Senator Boxer offered an amendment to strip Arctic drilling revenues from the bill, which prevailed by a vote of 52-48.

Drilling in the Arctic is the centerpiece of the Bush Administration's energy policy, and drilling proponents have tried to exploit the current geopolitical situation and concerns about rising gas prices to gain support for drilling.

"Americans are concerned about national security, but drilling in the Arctic will do nothing to alleviate these fears," said Carl Pope, Executive Director of the Sierra Club. "Arctic drilling would not put a dent in our dependence on foreign oil, would do nothing to strengthen our national security, and would not save consumers a dime. We cannot drill our way to energy independence."

The United States sits on just three percent of the world's known petroleum reserves. Government estimates indicate that there is less than a six-month supply of oil in the ANWR. The oil industry admits it would take 10 years to reach US markets.



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

**email: [clevetourclub@hotmail.com](mailto:clevetourclub@hotmail.com)**  
**[www.clevetourclub.org](http://www.clevetourclub.org)**

### **Welcome To New Members**

**Christine Wick** of Euclid, **William & Lidiana Scott** of Willoughby and **Michael Robinson** of Lakewood. Welcome to the club!

### **Hey Cleveland Area Cyclists - and especially CTCers...**

THERE IS STILL TIME - Time to volunteer for one of Northeast Ohio's longest running and highly attended bicycle tours. Volunteerism is the lifeblood of any successful volunteer organization, and we need your help.

Do you enjoy meeting and greeting? Then there are several spots open during morning registration and at both of the Mesopotamia and Parkman Rest Stops. Do you like to play in traffic (other than urban cycling)? There could be a spot for you on the Parking Patrol! If you've a passion for cycling, then I ask, as the humble SIJ Ride Coordinator, that you consider giving back to the sport you love in a small way, and volunteering just a couple hours of your time on Sunday, June 8. This leaves plenty of time to get in a 25-, 50- or 60-mile ride through the truly beautiful Amish Countryside, where buggy traffic is more prevalent than car traffic, and manure more aromatic than car exhaust! If you have decided that you wish to volunteer just a wee bit of your time, then email me at: [abirosh@voyager.net](mailto:abirosh@voyager.net) , or call me at 216-297-9172.

PeacePedals, —Anastasia, SIJ Ride Coordinator.

### **Did you know?**

Over the past few years the club membership thought we should put some of the proceeds from our Sunday In June ride to good use (besides having parties and potlucks). Over the past two years we've donated the funds to install a 12-month a year water fountain at the Painesville Bike Path, part of the Lake County Metroparks. It is used by cyclists, walkers, skaters, and dogs (no they don't drink out of the same spot as humans). If you should pass that way, stop and take a look at the fountain and the lovely sign that lets the general public know that a "cycling club" gives back to the community. We are now in the planning stages of installing a similar unit at North Chagrin since there are few places for anyone to fill up the water bottles since you can't ride up to the Sanctuary Marsh building because of pedestrian traffic. So now again the general public and especially cyclists will have a new spot to refresh. We'll keep you posted as to when it is fully functional.

Another project that our Charity committee was involved in was a substantial donation to the Ohio City Bicycle Co-Op. This seed money will help

a very worthy organization get its feet off the ground (that, and a lot of work from volunteers and local bike advocates). The Co-Op takes donated bikes and local kids and puts them together to teach the kids to fix up the bikes and learn valuable mechanical skills and the value of good work habits. The kids earn their bikes by working to restore the donated ones. They also take the kids out for enjoyable rides all year long.

### New Web site design is here!

If you have anything that you'd like to add such as articles, links, information, classified ads (members only please), then shoot us an email and we'll see what we can do. You will notice new pull-downs that will allow you to jump to a page rather than search for it. A lot of the extraneous information has been eliminated and new stuff is in the works. Many of the pages have photos at the top that have been generously provided by club members. If you'd like to see your photos displayed, send me a file and I'll put it on the site — front and center. We really could use some new photos. Maybe you got a new digital camera as a gift and you'd like to try it out. Now is the time. As the spring cycling season approaches, look for the new Sunday In June pages to appear and the continuation of On-Line Registration to commence. Hope you like everything so far.

— Andy Carpenter

### New ride leaders

At our Tuesday night rides you may notice some new **people handing out maps. They are Craig Connors, Rick Porter and Bruce Oppenheim.** They've volunteered, one month each, to handle the rides. Our thanks to them and to **Nan and Bruce Horvath** who have done this for many years in the past. As you may know, both have retired and are leading a more active life now than before. That's a way to retire!

### Ride Schedule

#### Weekdays

- Starting April 8 **6:30PM: Tuesday eve** large group ride - Concord Woods
- April 9 **7:00PM: Wednesday eve casual** small group ride - North Chagrin
- April 10 **6:30PM: Thursday eve** large group ride - North Chagrin
- May 6 **9:15AM: 2<sup>nd</sup> Tuesday** every month casual fun rides

#### Saturdays

- Starting April 12 **9:00AM: Pickup ride** – North Chagrin

#### Sundays

- April 6 9AM: Burton** to Windsor (28), Parkman(45) rolling.
- 13 Lake Farm Park** to Kirtland & Kirtland Hills (25,45) rolling/hilly. **Bike/Blade Expo** and swap after ride 11AM-4PM.
- 20 North Chagrin** Easter Sunday pickup ride.
- 26 Saturday Chardon MapleFest** ride (40), pancake breakfast \$ hilly

- 27 **North Chagrin** ride to the **Cleveland Marathon** downtown (45), rolling/flat
- May 4 **Northfield Center** to Peninsula (30), Bath (42). Stanford Rd. Youth Hostel pancake ride. Bring a few \$. Rolling/hilly.
- 11 **Gurney School** to Mantua (35), Lake Rockwell (65) Flat/rolling.

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# The science of human balance

*From a press release.*

Human balance is detected in the inner ear. There are three semicircular canals positioned at right angles to each other that detect balance in three axes. These canals are separate and distinct. The three types of balance are Left to Right, Front to Back, and Rotational (Yaw).

Left to Right balance is what people are most familiar with and is the primary balance used for riding a regular bicycle or indeed flying a plane. In the case of flying a plane there is a visual supplement to left to right balance provided by the observation of the horizon line.

Front to Back balance has very little visual input and is the primary balance used in riding a surfboard, windsurfer and snowboard. Front to Back balance is a finer instrument than Left to Right balance and offers a greater degree of artistic feedback. This is evidenced by the difference between skiing and snowboarding. Skiing (Left to Right balance) is faster than Snowboarding (Front to Back balance); however people like to snowboard because of the greater artistic expression.

## A New Bicycle

Introducing a new bicycle invention by myself, Michael Killian. This bicycle is ridden sideways and is balanced by using human Front to Back balance. This bicycle uses Front and Rear steering (impossible on bicycles using Left to Right balance).

## The Future of this Invention

It is difficult to predict the commercial success of any invention (e.g. Segway Ginger invention). However, it is worthwhile and newsworthy to spread the word of a legitimate invention. My feeling is that this new bicycle invention will appeal to people seeking more artistic expression in a bicycle and the first commercial product will probably be positioned for children about 12- to 14-years-old with an adult version following later.



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## April '03 Schedule

Date	Start	Destination	Distance, etc
4/6	Oberlin	Milan	50 Don't we hope?
4/10	Meeting	Nordson Depot	
4/13	Amherst	<b>AFROST</b>	25 Oberlin loop 50 Wellington loop 64 LaGrange
4/20	Oberlin	New London	50 We can do it!
4/27	Amherst	Wakeman	50 Back to Sterks

**We'll still start at 9:00 this month!** It's still too cold for 8:00 so we'll wait to change 'till May!

It's bound to warm up, honest. The rain will come (no worry about that) and wash away the salt, so you can bring out your summer bike and your good wheels. We'll be flexible about the distances, but when it's above 50 for the high, we should be able to handle 50 miles or so.

Saturdays at 9:00 for 25 to 40 should offer opportunities for the mileage hungry. We meet at Prospect School in Oberlin.

AFROST will start from Shupe School in Amherst at 9:00 AM. There are loops of 25, 50, and 64 miles. Opportunities to purchase food are in Oberlin (25, 50, & 64), Wellington (50 & 64) and LaGrange (64). This is a good training ride for those interested in the other longer spring classics such as TOSRV.

# Brook Park cycle laws now best in Cleveland area, says advocate

On March 18 the city of Brook Park made their city a whole lot better for bicyclists: they changed their laws. And while he is quick to acknowledge the help of others, the change really came about as the result of much hard work by one man, Fred Oswald.

Oswald, 56, has been advocating transportation cycling and vehicular riding since 1984 when he was stopped by a police officer on the street near his home. He was told to ride against the curb. Fred knew better and wrote to the chief of police suggesting officers should receive training on safe on-road bicycle operation.

Over the past three years Oswald has methodically compiled information on bicycle ordinances from 60 communities. He then rated each community and assigned a grade. Brook Park received an "F," due largely to its requirement that bicycle riders stay on the sidewalks. Now all that has changed and Brook Park rates an "A," says Oswald.

The city learned of its original failing grade when an official saw a presentation by one of Oswald's colleagues from NASA Glenn. The presentation included a map of the Cleveland area with communities color- and shape-coded based upon the suitability of their cycling laws. The Brook Park official was concerned over the red stop sign seen over his city.

In February, the cycling advocate gave a presentation to the city council. He also presented them with model cycling ordinances. Add to that a lobbying effort by Mr. & Mrs. Ron McCutcheon. They sent every member of council a copy of Oswald's "Sidewalk Laws" Web page from the *CrankMail* site. Also a sizeable feature article in *The Plain Dealer* on Feb. 25 with Brook Park mentioned in its first paragraph. Council considered the matter and enacted sweeping changes in a stunning victory for cycling in Ohio.

The evening of March 25 saw Oswald, League of American Bicyclists Cycling Instructor, and mechanical engineer at NASA, making his pitch for rational cycling laws yet again. This time before the North Olmsted Council Safety Committee. Oswald believes his presentation was well received. He was especially heartened by two things: the excellent example set by the city of Brook Park. And at the end of the evening a North Olmsted police officer approached him and said he totally agreed with Oswald's ideas.

The officer, by the way, daily violates North Olmsted traffic ordinances by commuting to work, riding his bicycle on the streets. In North Olmsted cyclists must ride only on the sidewalks. Cyclists must also dismount and walk their bicycle through every intersection. Oswald's current grade for North Olmsted cycling ordinances is F-.

## Open Hostel day at Stanford House May 4

Open Hostel Day will be celebrated this year on Sunday, May 4, at The Stanford House Hostel, 6093 Stanford Road, in the Cuyahoga Valley National Park, Peninsula.

The 17th Anniversary fund-raising brunch of pancakes, sausage, orange juice, coffee, and genuine maple syrup will be served from 8 a.m. until 2 p.m. at a cost of \$5.00 for adults and \$3.00 for children 10 and under.

Also this year, the popular Trash 'n' Treasure Sale returns.

The Northeast Ohio Council of Hostelling International, Inc. invites the public to visit the historic 160-year-old Stanford House Hostel and join in celebrating this special event.

# Highlights from the 2003 National Bike Summit

## *League of American Bicyclists*

The League of American Bicyclists' 2003 National Bike Summit, March 5-7 in Washington, DC, showcased the strength of the bicycling community and its ability to unite for positive change on the reauthorization of TEA-21 and other critical education and advocacy issues. As Rep. Earl Blumenauer (D-OR) said, "I don't think a national movement with more trajectory and momentum with a more diverse group has ever come together this quickly." Ohio participants included Brenda Pulley, Shaker Hts.; Michael Abrams, Bolivar; Lois Cowan, Solon; John Gideon, Columbus; Dominic Libertore, Shaker Hts.

Participants met with 90 Senators and over 300 Representatives or their staffs to urge Congress to ensure that the reauthorization of the federal transportation bill focuses on supporting a balanced transportation system that embraces bicycling. The Summit brought together nearly 400 bicyclists from 47 states and abroad, representing the worlds of advocacy, industry, transportation and public health to share important concerns and best practices and educate Congress. Overall participation in the 2003 Summit grew by 45 percent from the 2002 Summit; bike industry participation more than doubled.

Among the Summit participants was three-time Tour de France champion Greg LeMond, who also took part in the Congressional Bike Caucus Ride that toured major sites on March 7, and Linda Armstrong Kelly, mother of four-time Tour de France champion Lance Armstrong. Mrs. Armstrong Kelly was also among the featured speakers, who included Senator Jim Jeffords (I-VT), Congressman Earl Blumenauer (D-OR), Congressman James Oberstar (D-MN), Dr. Jeffrey W. Runge, Administrator of the National Highway Traffic Safety Administration, and John Burke, President of Trek Bicycle Corporation, President of Bikes Belong Coalition, and a member of the President's Council on Physical Fitness and Sports.

Summit participants urged their Members of Congress to ensure that the reauthorization of the Transportation Equity Act for the 21st Century (TEA-21), which authorizes over \$200 billion in support for transportation, including bicycling projects, provides for a balanced transportation system that embraces bicycling by:

- Strengthening Transportation Enhancements, Congestion Mitigation and Air Quality, Recreational Trails, and other TEA-21 programs
  - Creating a bicycle-friendly transportation system
  - Providing a Safe Routes to School program to promote bicycling and walking to school
- In addition, Members were also encouraged to:
- Support the Bicycle Commuter Act, introduced by Representatives Earl Blumenauer (D-OR) and Mark Foley (R-FL), to give people who bike to work the same financial incentives as those who use transit or participate in a qualified parking plan under the Transportation Fringe Benefit
  - Support the Conserve By Bike Act, introduced by Senators Richard Durbin (D-IL) and Susan Collins (R-ME), to promote energy conservation and improve public health
  - Join the Congressional Bike Caucus or the Senate Bike Caucus



# Yo, Wheelers!



**W**e're back! Our 2003 season has begun in earnest. For those who like to keep track of such things, this is our 31st year, having begun in 1972 under the auspices of the University Heights recreational program, and gradually expanded into the format we know today. With the possible exception of the Cleveland Wheelmen, we are the oldest bicycle club in Cleveland.

It will be interesting to see who's riding new equipment this year. I say this because I finally replaced my 30-year-old Paramount P-15, which I have decided to sell.

Our ride committee has been working to create a more varied schedule with rides starting at points other than the "J." This, as some of you know, will open up a whole new realm of possibilities. There will be rides for a broader range of abilities. In addition to everything else they are doing, the ride committee is starting Wednesday night ride again. They should be starting soon. For times and departure points, please see the club Web site at: [www.westernreservewheelers.com](http://www.westernreservewheelers.com).

On the recovery list is our rider with the most annual mileage. Cal Kirchick has a hip replaced in March and is not only looking to resume riding, but riding to his downtown office every day from his home in Beachwood! Cal told me that in 2002 he rode 8,100 miles on his bicycle. He does not take alternative transportation unless the weather is really bad. He does not like snow and ice. Just about everything else does not present a problem for him!

**May the Wind Always be at Your Back!**

— *Ed Reichek*

# Western Reserve Wheelers Ride Schedule

DATE	TIME	START	DESTINATION	MILES		
				A	B	C
04/06	9:00	JCC	Willoughby	40/38	30	20
04/13	9:00	JCC	Cleveland Bretenahl Urban Desert	43	35	26
04/20	9:00	JCC	Solon/Six Flags	--	29	--
04/27	9:00	--	Chagrin Falls via Gates Mills/Berkshire	35	26	20
05/04	9:00	JCC	Hudson with Aurora Extension	50	42/38	28
05/11	7:30	JCC	Hale Farm & Village	68	--	--
	8:30		Northfield Elementary School*	--	36	31
05/18	8:30	JCC	Tinker's Creek	43	36/31	30
05/25	8:30	JCC	Bainbridge (Oscar's Tanglewood)	--	35	--
05/26	8:30	JCC	Memorial Day Pick Up/Make Up Ride	??	??	??
06/01	8:30	JCC	Silverlake/Kent	70	--	--
			Northfield Elementary School	--	38	--
06/08	8:30	SSP**	North Shore	35	30	27
06/15	8:30	JCC	Dntwn. via Parks/Towpath/Steel Mills "Irv's Urban Oasis"	50	45	--
06/22	8:30	JCC	Hiram/Mantua	55	--	--
	8:30		Chagrin Falls Parking Lot	--	39	30
06/29	8:30	JCC	Five-County Tour	49	41/39	30/23

\*Northfield Elementary School is located at the intersection of Olde Rt. 8 and State Route 82.

\*\*SSP = Sunset Pond



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



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## News:

- Check out the flyer for our **Chippewa Creek Road Race** included in this issue!
- **Welcome** to new members **Al Dottore**, of Garfield Heights, and **Bill Downie**, of Shaker Heights, and **Andrea Christman**, of Westlake
- **Volunteers are needed** for the Chippewa Creek Road Race next **May 18** – contact Charles Howe if interested.

## 2003 CHIPPEWA CREEK ROAD RACE SPONSORS

**PYROapparel** is the region's premier manufacturer of custom sublimated apparel for cycling, skating, and skiing applications. Since the late 1970s, owner Alan Marcossan has offered professional quality athletic garments at affordable prices by utilizing the latest technologies and keeping overhead costs low. PYROapparel . . . bicycle wear that's HOT!™

Now in its 58th year, **Ohio School Pictures** provides individual student portraits and yearbook photography for schools from Pennsylvania to Indiana, with over 110 employ-ees in a modern 17,000 square foot facility in Berea.

**Saturn of North Olmsted and Middleburg Heights** proudly feature Saturn's new SUV – the VUE, as well as the SC1 and SC2 models, the world's first 3-door coupes – why didn't someone think of this before? Revolutionary, but no more than what you'd expect from Saturn . . . a different kind of car . . . a different kind of company™.

Now our primary shop sponsor, **Bike Authority**, is celebrating its tenth anniversary in 2003. A large, full-line and full-service dealer, they are one of the top 25

Cannondale dealers worldwide, while also carrying Litespeed, Trek, Quintana Roo, Merlin, and Klein. A friendly, knowledgeable, and customer-oriented staff wait to serve you at this Bike Authority . . . High Performance Bicycle Specialists.

## 2003 TEAM SPONSORS

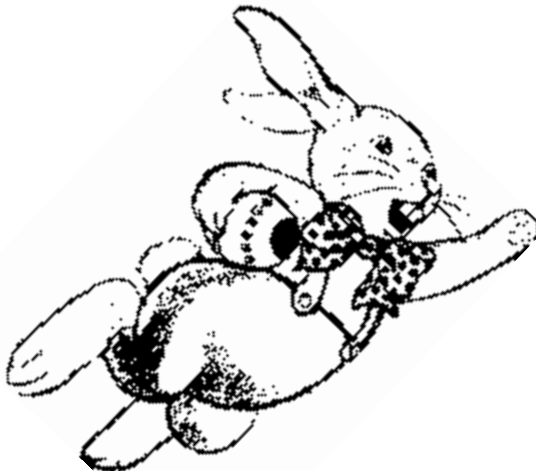
**PYROapparel** is our title sponsor, while **Koenig Brothers Construction, Ltd.**, has been proud to support racing in northeast Ohio since the early 1980s.

**Century Cycles**, our other shop sponsor, now has locations in Medina, Peninsula, Rocky River, and Solon. Like the previously-mentioned **Bike Authority**, our main shop sponsor, Century has a full range and large stock of quality bicycles and accessories, including, Raleigh, Univega, Giant, Kona, Bianchi, Klein, Airborne, and many others, all supported by an experienced and helpful staff.

There is little need to introduce our bicycle sponsor, **Litespeed Bicycles**, whose innovation, craftsmanship, and innovation have earned it the name "World Leader in Bicycle Technology." Over the last decade, Litespeed has developed titanium tubing into a wide range of geometrically enhanced shapes and designs, all of which are "stress-directional specific." So no matter what kind of stress you apply, you know your Litespeed can take it. Over and over again.

**Rudy Project®**, *Technically Cool Eyewear™*, is a leading European sports and sunglass manufacturer committed to technological innovations, advanced materials, and design breakthroughs. The choice of over 500 world class athletes in cycling, mountain biking, triathlon, and cross-country skiing (to name a few), Rudy Project uses technology, unique materials, and advance designs to create eyewear that is lightweight, comfortable, adjustable, interchangeable, durable, Rx-friendly, and . . . *technically cool looking*.

**THANKS to ALL for MAKING OUR RACE and OUR TEAM a REALITY!**



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**Bike education**  
**Memberships**



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**Tuesdays & Fridays**  
**1 - 6 p.m.**  
**Saturdays Noon - 4 p.m.**

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*The OCBC is a nonprofit, member-run bike education center. OCBC Earn A Bike programs take donated used bikes and help kids earn one for themselves while they learn bike repair and safe cycling. Surplus bikes are fully refurbished for sale to support the organization.*

## **News:**

The March members' meeting was a mile marker, though perhaps the final fling for chili fascism, what with the arrival of spring. Member benefits were discussed, and the consensus of those present was that volunteering at OCBC was reward enough in itself that further incentives are unnecessary. Ensuring sufficient staff for efficient operation was not discussed, but the idea of paying qualified people for a commitment of time was raised later. Please contribute to this discussion, which is open to nonmembers, on the OCBC Web site forum page.

A new Earn A Bike Program has begun at West Shore Academy, and the Arrupe Bike Club has adopted a more structured format (with 15 students and 15 St. Ignatius mentors – the ideal ratio!) with a new group of kids. Jim visited Bikes Not Bombs, which runs an Earn-A-Bike program (among many other things) in Boston. The staff, volunteers and board members there very hospitably offered the benefit of their experience while he helped out with a vocational training class in the morning, and an EAB trainers' training in the afternoon of a busy Saturday. Art bikes (one completely covered in green fur) hung from the ceiling, 85 cyclists with costumes and banners held a Peace ride, and a staff of six were all busy taking in donations and selling ten-speeds converted to city-bikes or single-speeds. Read what was learned, and monitor future correspondence, on the forum page.

## **Upcoming events:**

**Walk or Bike for the Earth on April 13<sup>th</sup>!** Please preregister or volunteer for this event, which we are cosponsoring for the second year with the Earth Day Coalition. It's a great way to get to EarthFest, Ohio's biggest environmental education event, and a great way to see the first signs of Spring on an easy, family-friendly ride. Registration forms are available at area libraries, or you can register on the OCBC Web site. If you can volunteer as a ride leader, please call or email – great volunteer food for easy work!

The OCBC Saturday morning rides are getting big, and we are now splitting off a fast group for some training work on out-and-back sections in the middle. This way, at the beginning we can mentor the EAB kids who join us and enjoy the camaraderie of riding in a big group, then those who wish can go "off the front" and get sweaty, rejoining the rest on the way back so no one gets dropped. We meet at the shop at 10 — join us!

## **Members' special, extended to any *CrankMail* reader for April only:**

Because, in honor of our first video donation, we had to hook up a shop VCR and we don't want to just watch Hans Rey ride up a waterfall in Jamaica over and

over, we are giving **one (1) lightly-used knobby 26-inch tire for every cycling video** that you donate to the OCBC video library. Think about it: this means that if you are (or become) a member, you get a free tire and can still watch your video almost anytime you want (library videos can be reserved, and checked out for one week – please rewind)!



**2003 - the 16th Annual  
Races at the Lake Series  
April 19<sup>th</sup>, 26<sup>th</sup>, May 3<sup>rd</sup>, May 10<sup>th</sup>**



Presented By  
**Summit Freewheelers**

**\*\*\* Including Series-Long Individual and Team Points Competition \*\*\***

USCF Permit 03-76

Category	Entry Fee	Prizes/Places	Time	Distance/Laps	Field Limit/Min
V/Cit	\$15.00	Trophies / 5	9:00 am	12 miles/10 laps	40 / 5
Women	\$15.00	\$40 / 3	9:01 am	12 miles/10 laps	20 / 5
Juniors	\$15.00	Medals / 3	9:02 pm	10.8 miles/9 laps	30 / 5
Masters 35+	\$20.00	\$80 / 6	9:45 am (approx)	22.8 miles/19 laps	60 / 7
IV	\$20.00	\$80 / 6	10:50 am (approx)	18 miles/15 laps	60 / 7
I/II/III	\$20.00	\$100 / 6	12:00 pm (approx)	25.2 miles/21 laps	60 / 7

Minimum pay out \$300 each day (may be more – based on percentage of the entry fees). Second race receives \$10 discount on registration fee. All USCF rules apply. CSP, ANSI, ASTM, or SNELL helmets required, no aero bars. Promoter reserves the right to change distance and/or combine categories. Events raced in order shown, starting immediately after conclusion of prior event. Free lap rule NOT in effect. Race goes snow or rain. The course (closed to traffic) is a rolling 1.2 mile circuit around the Munroe Falls Metro Park Lake. Three 90's and four sweeping turns.

Registration day of event only. Begins at 8:15 am at race site and closes 10 minutes before each event. Standard release form required. NOTE: Current USCF license MUST BE PRESENTED for all USCF events. Unlicensed citizen rides must buy a one day USCF license.

Directions: Munroe Falls is northeast of Akron, south of Stow, west of Kent, Ohio. South River Road is south of Graham Road and north of Howe Road. From Route #91 (Darrow Road), turn east onto South River Road (at Manila Bay Cafe), go east 1 mile to the Metro Park. Contact Ted Ingraham for additional information (330) 869-9658, email egi@neo.rr.com, or check out the [www.summitfreewheelers.com](http://www.summitfreewheelers.com) web site. Results will be available on the website.

**\*\*\*2003 Points Series Competition.** Individual and Team awards (three deep) will be presented to winners of the four week series in the Cat 1/2/3 races and the Master's races. Minimum team payout will be \$100. Individual awards will be merchandise. Teams must register (provide list of riders). No additional registration fee is required for team or individual participation in the series competition.

Race Pictures will be available at our sponsor's website: [www.image2go.com](http://www.image2go.com)

Please support our 2003 Sponsors:



# A Letter from Vetter

by Lou Vetter

**OFF-SEASON HAZARD:** The off-season began last fall with the distribution of the winter hiking schedule. Tom and I hiked about two thirds of the scheduled hikes and when the CVHA hike was too far from Medina we did our own thing. With the biking season almost here we went to Buckeye Sports Center for one more hike into the Kendal Lake area. The weather was brutal that Sunday morning with stiff winds and temperatures in the single digits still one more time. The previous few days had been blessed with moderate temps and melting snow pack. This proved to be bad for hiking. As we approached the woods it became apparent that there would be many patches of ice, slippery ice. The sun was shining and so inspired the group that we hiked over to the lake slipping and falling all a long the way. On the way back I was in the front trying to be the first back to the parking lot. As we left the woods I heard a familiar voice complain about slipping. I looked over my shoulder to see Tom doing the splits. Now I am way out in front and the ego is just building as the hike is almost at an end. Just two hundred yards to go and whoops, I start the slow motion slide on a large patch of ice. My body turned and I started to fall but my high-top boot just pointed straight up while I was bending my ankle over the boot-top. I felt the strain against my leg bone and expected to hear the snap of breaking bones. Thank goodness there was no snap just the pain of pulling my ankle apart. I must have looked pretty sad because there were many offers to help me up. Yep, I was down and rolling in the snow like an injured football player. The machismo took over and I turned down all offers of help and raised myself up and limped back to the parking lot. Thanks to Lucky's mom and dad, for giving me some Ibuprofen to fight the swelling, I made it home and watched TV the rest of the day.

The following Thursday the Why-Nots had their weekly night hike and I was up for it, or so I thought. My ankle was swollen and hurting but I limped along bringing up the rear. As we climbed up one part of the trail I twisted my ankle the wrong way. I know this because my ankle told me so. It said, "what the heck are you doing out here in the woods hiking in the dark when you can't even walk on a carpeted floor in your own home?" After the hike we ate at the Winking Lizard and I attempted to numb the pain with beer. Good plan!

**FIRST DECENT DAY TO RIDE:** Years ago I threatened our club members that if they didn't give me information to write about I would start writing stories like *Reader's Digest* once published about body parts like, "I am Joe's foot." It finally happened. This story is "I am Lou's ankle." Seven days after I sprained my ankle it was still swollen but the weather had broken and the sun was shining so Tom and I decided try riding. Most of our friends were out doing fifty-mile rides but I could not go that distance or keep pace with anybody because of my ankle. The ankle was hurting too much. Tom, the good buddy he is, rode with me and let me set the pace. We rode mostly flats and stopped in Seville so I could get lunch. Afterward we finished by riding up Hubbard Valley Road then over to Route 3 and back to Medina. We finished the ride with 31 miles. The swelling held my ankle in place long enough for the ride and for the hike in Hinckley the next day. Tom and I planned to ride after the hike but I just couldn't do it. The hike had aggravated my ankle again. While the swelling has gone down somewhat it still hurts at this the fourteenth day. I'm riding tomorrow. I believe

the phrase is “no pain no gain” or, as Forest Gump once said, “momma always said, stupid is as stupid does.” Now that the book *Women are from Venus and Men are from Mars* has been published, I know what to expect. The guys are going to support my macho attempt to keep active while all the women are going to agree with Forest’s momma.

# Athletic performance expert Edmund Burke dies while cycling

Exercise and sports physiologist Edmund R. Burke died Nov. 7, 2002 from a heart attack while on a bike ride near his home in Colorado Springs, Colo. During the ride he collapsed and could not be revived by friends or emergency workers. He was 53. Kathleen Burke said preliminary results from the autopsy indicated her husband had an irregular heartbeat, which could have triggered the heart attack. She said his family had a history of heart disease.

Burke helped train Olympic Cycling teams. He was the coordinator of sports science leading up to the 1996 games and served as director of the Center for Science and Technology for the U.S. cycling team, and was a staff member for the 1980 and 1984 teams.

At the time of his death, Burke was a professor and the director of the exercise science program at the University of Colorado at Colorado Springs. His research interests included the interrelationship of athletic performance and sports nutrition.

Burke popularized much of his research making training and nutritional information accessible to curious cyclists. He wrote or edited 16 books, wrote or co-authored more than 25 peer-reviewed articles. Among books he edited on cycling, nutrition and sports physiology, are, *The Complete Book of Long Distance Cycling*, *Complete Home Fitness Handbook*, and *High Tech Cycling*.

He also wrote columns for *The Gazette*, *Nutritional Science News*, *VeloNews*, *Bicycling* and other publications and free-lanced for national magazines.



Chris Carmichael, who coaches Tour de France champion Lance Armstrong, said Burke had a big influence on his life and cycling career.

“I came to know Ed through his annual sports nutrition seminars at Expo West and East, where he offered a science-based distillation of what works and what doesn't,” said Anthony L. Almada, president and chief scientific officer of Laguna Niguel, Calif.-based IMAGINutrition. “He was a tireless champion of forging an inseparable marriage between science and sports nutrition.”

Contributions can be made in Burke's name to either The UCCS Ed Burke Scholarship Fund, 1420 Austin Bluffs Parkway, Colorado Springs, CO 80918, or to USA Cycling Development Foundation, 1 Olympic Plaza, Colorado Springs, CO 80909.



# CrankMail

## Unclassified

Unclassified ads are free to *CrankMail*-served club members and subscribers for two appearances and appear both here and on *CrankMail's* World Wide Web site. Nonmembers/nonsubscribers pay \$5.00 for this service. Ads are intended for personal, noncommercial, bicycle-related purposes only. Ad copy should be typewritten to help assure accuracy. Ads are accepted by mail, also by email if no payment is due. Limit to about 30 words; no more than three ads from the same individual in an issue. Please include your Area Code with your telephone number. *CrankMail* reserves the right to edit ads to fit space and format requirements. In the event of typographical or other error, the publisher's only obligation shall be to publish a corrected version of the ad in which said error appeared. The publisher makes no warranty of the integrity of the advertiser or quality of goods offered.

MISC.: Time shoes, size 43, \$20; Time Criterion pedals, \$25; Lake shoes, size 43/9.5, LOOK compatible, \$10; leather soled Vittoria cleated shoes, size 41, \$5; Branca shoes, LOOK cleated, size 43, \$5; Brooks B-72 saddle with Breeze adapter, LN, \$50. Call John: (440) 871-5211.

BURLEY DUET TANDEM 20.5/18.5 seat tubes', EC. Many upgrades, SunTour Pro MTB components and Bar Cons. Two sets of 700C 48- and 40-spoke wheels with free-wheels. \$750. Call John: (440) 871-5211.

YAKAMA ROOF RACK. Towers for three bikes, can take a fourth, two security cables, \$175. Call: (440) 357-0871.

LEMOND ZURICH 55cm, Reynolds 853 frame, carbon fork, Ultegra triple. Excellent condition. \$950. Call: (440) 461-3720.

CANNONDALE SERIES 3.0. 21-inch frame, 18-speed, 1989. Shimano 105 components, Shimano PD1056 clipless pedals, friction shift, Vetta gel saddle, Cateye Vectra

computer, Profile Aero bars, extra freewheel/chainrings. \$200 or best. Call: (419) 433-8211. Email: murrayhrc@accnorwalk.com

TREK 800 ALL TERRAIN BIKE red, 1991, like-new condition, 22-inch frame, 21-speed, Shimano GS100 components, indexed shift, \$200 or best offer. Call: (419) 433-8211. Email: murrayhrc@accnorwalk.com

TRAIL-A-BIKE: Rhode Gear Trailtail, unique 24-inch wheel, 7-speed Sachs gearing, quick release seatpost, upgraded cassette, seat and pedals, flag, reflectors, excellent condition, pro-maintained. \$200. Photo and details email: dsbugs@adelphia.net

BABY JOGGER II TRAILER converts their running stroller to bike trailer. Lightweight aluminum frame, quick release conversion system, high-visibility blue and fuschia (standard), safety features. Complete with instructions, excellent condition, \$100. Photo and details email: dsbugs@adelphia.net

FUJI, 21 in. frame, 27 in. wheels, burgundy 12-speed 1986 bike. Used only on the first 3 GOBAs. tlw@zoominternet.net

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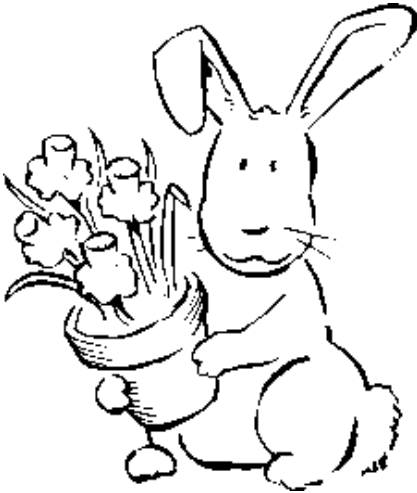
MISC. FOR SALE: Schwinn 25 in. chrome-plated frame w/fork and BB, ca: 1977, \$150. Schwinn SingRay Jr., red, nearly all original, \$250. Both excellent. Call John: (440) 446-9143.

WANTED: PERORMANCE ULTREX jacket, men's medium or large, old style: yellow/black. Call John: (440) 446-9143.

TREK 1000 54 cm, aluminum w/steel fork, clipless pedals, under 100 miles, \$349. Email: [mschnall@alumni.brown.edu](mailto:mschnall@alumni.brown.edu). Call: (440) 669-4041.

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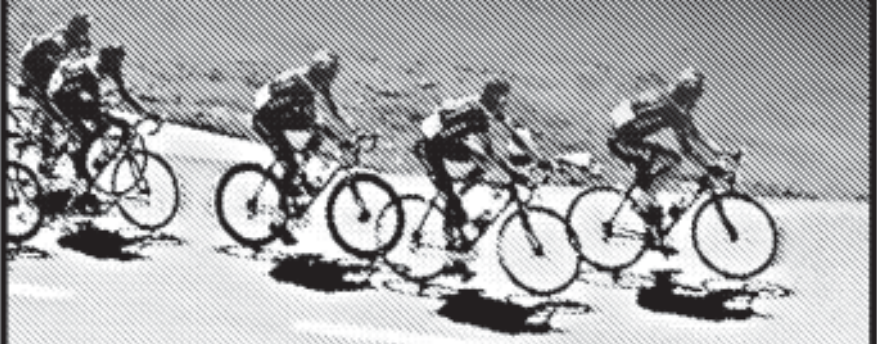
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