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August 2002

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- Participant intro
- What is mountain biking? What is CAMBA and IMBA.
- Where to and not to ride
- Basic repairs ,Bicycle set up (helmet, clothing, etc.)
- Skills clinic (handling, balance, maneuvering, obstacles)
- Games, Giveaways, Upcoming events



Cycling in Northeastern Ohio

P.O. Box 33249 • Cleveland, Ohio 44133-0249

On The Web @ <http://www.crankmail.com>

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“Nothing can bring you peace but yourself.”

— Ralph Waldo Emerson, *Essays*

Smack the Hack

By Patrick O'Grady

“Journalism is not a profession or a trade. It is a cheap catch-all for f---offs and misfits - a false doorway to the backside of life, a filthy, piss-ridden little hole nailed off by the building inspector, but just deep enough for a wino to curl up from the sidewalk and masturbate like a chimp in a zoo-cage.”

- Hunter S. Thompson, *Fear and Loathing in Las Vegas*

It must be a dull Tour. Otherwise I wouldn't be getting a dozen emails a day about the latest outrage perpetrated upon the cycling public by the mainstream media, which as usual are either completely indifferent or actively hostile to us.

First came word of a column by Dimitri Vassilaros, in a Pittsburgh-area {bird}cage liner called the *Tribune-Review*, that trotted out the requisite hoary complaints – O, woe the poor, beleaguered motorist, who occasionally must set down his cell phone and coffee cup to steer a safe course around a bicyclist who shouldn't be on the roads at all because motorists pay all the costs of their upkeep, woe, woe. This geek clearly has spent too much time ensnared in metro traffic, mesmerized by Clear Channel radio and chasing hydrocarbons with an occasional nip from the hip flask, to scribble an original thought.

Then there was a silly-ass screed by Ron Borges on the MSNBC Web site which postulated that not only is Lance Armstrong not the world's best athlete, he may not be an athlete at all. Borges, a sports reporter for *The Boston Globe*, is an authority in such matters, because he covers boxing, an activity in which two representatives of rival minority groups batter each other for the amusement of white folks until Don King or Tony Soprano tells one of them to lay down, and pro football, a ritualized form of mock combat intended to satiate the nation's bloodlust between wars.

Subsequently, howls of disbelief and cries for vengeance have ricocheted around the Internet like stray rounds in the West Bank. And if you are among those wounded, you can certainly dash off a critical letter to Vassilaros' and Borges' editors, if indeed they have editors, and they are sober, and can read, all of which seems highly unlikely given the quality of their employees' published work.

But if you follow that impulse, why, then, the terrorists win.

See, this is what columnists are. Terrorists. On the outside, we are largely indistinguishable from our fellow citizens, but inside each of us dwells a wild-haired, unshaven, bomb-throwing anarchist awaiting the chance to disrupt society for our own nefarious purposes, which generally involve generating letters to the editor.

For a columnist, letters to the editor are the equivalent of letters of recommendation. “He must be good,” muses the editor as he tosses off a sixth martini at lunch. “Just look at all the mail we get. I can't read the sonofabitch myself, but I guess there's no accounting for taste. Speaking of taste, double up on that, would you, barkeep?”

So toward that end, knowing that cyclists have thinner skins than a ballpark frank, professional spectators like Borges underhand us a slow pitch like, “For my money, being the greatest athlete in the world involves strength, speed, agility, hand-eye coordination, mental toughness and the ability to make your body do things that defy description. Chief among them is not pumping your legs up and down while your feet are strapped to bicycle pedals.”

You could tell Borges, “Hey, you couch-bound jock-sniffer, it takes strength to ride a 52km time trial, speed to drop Joseba Beloki on Mont Ventoux, agility to navigate a corkscrew alpine descent at 60 mph, hand-eye coordination to snag the musette you'll need to survive six hours in the saddle in 90-degree heat, mental toughness to even finish a grand tour, and the ability to make your body do things that defy description to win one.”

But then he's got his letter, and job security.

Meanwhile, Vassilaros, facing another deadline with a head full of not much, taps out a lame-o like, "I don't want to share the road with a bicycle. However, you and I must because if we did not, it could lead to tragedy. Drivers have to follow the law, but that does not mean we have to like it."

You could tell Vassilaros, "Spaseba, tovarisch, but we don't exactly relish sharing the road with you, either. And as regards the equitable division of expense, you'll be getting your payback down the road, when we fit, healthy cyclists are picking up the tab for your Medicare-funded nursing-home bed."

But then he's got his letter, and maybe an extra couple of bucks in the old pay envelope.

Hell, I could write a nasty column calling Borges and Vassilaros ignorant, sloppy hacks, talentless space-fillers with smaller audiences than Rosie O'Donnell stripping to "In-a-Gadda-da-Vida" at a roadside rest area.

But I'd probably just be trying to score myself a few letters to the editor. I'm thinking about buying a new bike, and frankly I could use a raise.

Patrick O'Grady is Editor-at-Large of VeloNews. His July 26, 2002 column is reprinted here by permission... "Anything to annoy dopey newspaper columnists." You can find O'Grady on the Web at: www.maddogmedia.com.

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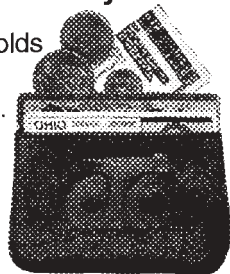
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Westlake Season Near Mid-Point

WESTLAKE – Here are the “almost” results from week #15. The races were stopped early due to a rather severe accident, but some primes were awarded and that is reflected in the standings. There are some blank spots due to the confusion with the accident. All involved are OK. The tables below list the leader rankings in the “A” and “B” races. These events are coordinated by Chris Riccardi who graciously provided *CrankMail* with the results. For current results, or information on entering, helping, or just watching, visit: <http://www.cuyahogavalleyvelo.com/westlake/results.php>

“A” Race

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1st	74	Hopkins	Tris	Cuyahoga Valley Velo	Kent
2nd	65	Chernosky	Dave	Team Columbus	Westlake
3rd	42	Frueth	Tom	Cuyahoga Valley Velo	Sagamore Hills
4th	40	Kadar	Stefan	Team Akron	Brookpark
tie	40	Sroka	Rudy	Lake Effect Racing	North Royalton
8th	34	Hansen	Brad	Team Akron	Akron
7th	30	Baldesare	Jim	GoMart	Kent
8th	26	Weddell	Sean	Team Akron	Akron
9th	24	Toutenhoofd	Nico	Excel Sports	Chargin Falls
10th	23	Busa	Mike	Lake Effect Racing	Bay Village
11th	19	Dieringer	Zak	Lake Effect Racing	Lakewood
12th	18	Batke	Brian	Cuyahoga Valley Velo	Novelty
13th	17	Riccardi	Chris	Guinness	Parma
14th	10	House	Mike	Go Mart	Heiena
15th	8	Cunningham Jr.	Jim	PDQ Cleveland	Fairview Park
tie	8	Rochette	James	PVR Bike Club / Durox	Fairview Park
17th	6	Kenny	Brian	Gary Fisher Mid-Atlantic	Akron
tie	6	Marlin	Paul	GoMart	North Royalton
19th	5	Lu	Don	Cuyahoga Valley Velo	Lakewood
20th	4	Brink	Dick	Guinness	Cleveland Heights
tie	4	Cockley	David	Tri Tech Multisport	Alliance
22nd	3	Gryzbowski	Jeff	Tri Tech Multisport	South Euclid
tie	3	Mullins	James	Summit Freewheelers	Strongsville
24th	2	Cernanec	Don	Team Akron	Medina
tie	2	Fernandez	Robert	Team Akron	Rocky River
tie	2	Gallagher	Bill	PDQ Cleveland	Sandusky
tie	2	Grimm	Jeremy	Orrville Cycling Club	Orville
tie	2	Wilford	Derek	Lake Effect Racing	Euclid
29th	1	Gilmore	Jim	Team Summit	Cuyahoga Falls

“B” Race

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1st	74	Miranda	Pat	Snakebite Racing	Valley City
2nd	40	Szucs	Thom	unattached	Cleveland Heights
3rd	33	Jackobs	Mark	Cleveland Chaos	Cleveland Heights
4th	26	Kreiselmeier	Norman	unattached	Lakewood
5th	20	Kovach	Dave	PDQ Cleveland	Cleveland
6th	19	Bromley	Joe	unattached	Cleveland Heights
7th	18	Accorti	Pete	unattached	Bay Village
tie	18	Stefancin Jr.	Robert	unattached	Parma
9th	17	Rapp	Jason	PDQ Cleveland	Cleveland
10th	13	Ingraham	Ted	Summit Freewheelers	Akron
11th	11	Brown	Chad	Summit Freewheelers	Oberlin
tie	11	Furgala	Brian	unattached	Lakewood
13th	10	Potts	Tony	PVR Racing	Warren
tie	10	Previs	Stephen	Cleveland Chaos	Cleveland Heights
tie	10	Roe	Mike	unattached	Painesville
tie	10	Schneider	Brian	Eddy's Bike Shop	Parma
17th	8	Griffith	Conrad	PDQ Cleveland	Chargin Falls
tie	8	Keller	Tom	unattached	South Euclid
tie	8	Smith	Mike	Summit Freewheelers	Cuyahoga Falls
20th	6	Czinger	Kevin	Cleveland Chaos	Hunting Valley
tie	6	Hofstetter	Joe	PDQ Cleveland	Rocky River
tie	6	Rees	Bill	PDQ Cleveland	Parma
tie	6	Vet	Dave	unattached	Westlake
tie	6	Wilhelm	Brad	Gary Fisher Mid-Atlantic	Elyria
25th	5	Berlekamp	David	Lake Effect Racing	North Royalton
26th	2	Bauer	Paul	unattached	Bay Village
tie	2	Sherry	Tom	unattached	Westlake
28th	1	Lewis	Julie	Lake Effect Racing	North Royalton



August Calendar

Mon.-Sun. 7/29-8/4 Tour de Toona – Sloane and I hope to get over for a few days of race watching and hill riding. He knows a cheap motel in Belfonte (sounds scary, no?) near State College. That's close enough to catch some of the stages and get us some ridge and valley riding. Let me you are interested.

Sunday	8/4	Oberlin	40 & 70	ROAST Your Bun – a freebie invitational with a surprise at the end!
Thursday	8/8	Nordson Depot	20	Prologue ride at 6:00 Meeting at 7:30
Sunday	8/11	Amherst	50ish	Wakeman & Sterks via Dean Road
Sunday	8/18	Wakeman	50+	Savannah. The beanery is under new management but they deem to be able to deliver well
Sunday	8/25	Amherst	50	Welling & Cecil's Trakside Diner for BIG food!

Sat/Sun 8/24,8/25 Anne Deliman's – Anne has invited us all to her place outside New Lexington for a camp-out. She has mapped out a 65-mile route (it will involve hills) to Athens to start about 11 on Sat. Sat. night we cook out, and Sunday we ride to McConnellsville for breakfast, round trip about 35 miles. It's three hours to her place from Oberlin. Let me know if you're interested.

Saturday ride starts are at 9:00 from Prospect school in Oberlin.

Tuesday starts at 5:30 from Prospect.

Thursday starts at 6:00 from Shupe School in Amherst. Some of us ride up there from Prospect and start at 5:30. See above for meeting night.

Don't forget ROAST ... although it's an freebie invitational, we need someone to be at the Community Center early to start the fire for the "surprise" after the ride. So if you only want to ride 25, let John know and volunteer!



LAKE ERIE WHEELERS

P.O. Box 770744; Lakewood, OH 44107 • bikelew@juno.com
www.geocities.com/lakeeriewheelers
Affiliated with the Bike Authority.

President: Tom Meara – (440) 777-2563 • Vice President: Jerry Storer – (440) 886-0558
Secretary: John Whitaker – (216) 485-9184 • Treasurer: Bob Ugan – (216) 226-9921
Membership Chair: Dan Izuka – (440) 734-5777

LEW Club Weekend & Holiday Ride Schedule

- | | | |
|----------|-------|---|
| Aug. 4 | 8:00 | Roast Your Buns Tour – Oberlin – Lorain Wheelmen – 25, 40 or 70 miles. |
| Aug. 11 | 9:00 | Four County Metric Freebie Ride – Wallace Lake – 45 or 65 miles. |
| Aug. 11 | 10:00 | Bike Path Series: Lexington to Butler to Mansfield – 22 or 36 miles. |
| Aug. 18 | 9:00 | Canal Visitor’s Center to Squires Castle – 45 or 65 miles. |
| Aug. 25 | 9:00 | Eric’s Hill Climb Challenge – Deep Lock Quarry, Prizes! |
| Sept. 1 | 9:00 | Bradley Woods to Huntington Park & Vermillion – 20, 50, or 70 flat miles. |
| Sept. 2 | 10:00 | Holiday Hawaiian Shirt Ride – Scenic Park to Cleveland Flats for lunch – 30 flat miles. |
| Sept. 8 | 9:00 | Creston to Destinations unknown – 50 or 80 miles, or thereabouts. |
| Sept. 8 | 10:00 | Bike Path Series: Sagamore Rd. to Kent on the ABC trail – 22 miles. |
| Sept. 15 | 9:00 | Lakewood Park to Euclid and Grand River – 40 or 65 miles. |
| Sept. 22 | 9:00 | Valley City to Lodi and Wooster – 40 or 80 miles. |
| Sept. 29 | 9:00 | Brecksville to Chagrin and Burton – 45 or 65 miles. |

Ride Start Locations

- Bradley Woods In Westlake, in the Bradley Woods Reservation, at Bradley Rd and White Oak Lane, south of Center Ridge Road.
- Brecksville In Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
- Canal Visitor Ctr. Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga Valley National Recreation Center.
- Creston Parking lot of Creston Middle School, on west side of South Main Street (Ohio Rt. 3) and East Baum Street, in Creston, Ohio.

<u>Lakewood Park</u>	Picnic area and parking lot, in Lakewood, north of Lake and Belle Avenues.
<u>Oberlin</u>	At the Community Center, just off South Main Street, in Oberlin.
<u>Scenic Park</u>	Parking lot at marina in North Rocky River Reservation, off Valley Parkway, located ½ mile south of Detroit Road, in Lakewood.
<u>Wallace Lake</u>	In South Rocky River Reservation, at Wallace Lake Parking Lot off of Valley Parkway, 1 mile south of Bagley Road.
<u>Valley City</u>	Liverpool Elementary School, at West River Road and School Street.

Weekday Rides

Tuesday Evenings – Short, slower (C-pace) rides starting from parking lot behind Fairview Park Post Office at West 220th Street & Lorain Road, 6:30 p.m., weather permitting. Call Bob Ugan at (216) 226-9921.

Wednesday Evenings – The “Ice Cream” slow and short rides start from the Olmsted Falls Public Library. Slow to moderate (C to B), the rides will leave at 6:30 p.m., weather permitting. Contact Marc Snitzer at (440) 236-3017, email at msnit@juno.com, or John Wasko at (440) 891-8364.

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 or email at wheels@ameritech.net.

Thursday Mornings – Begins anywhere from 9:30-10:00 a.m., and finishes around 2:00 p.m. 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.

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 Russ Marx.

LEW WEB keeps club informed of late breaking news

To keep informed of late breaking news, and location of rides during the year, please check the LEW club site out at: <http://www.geocities.com/lakeeriewheelers/>. The LEW club email list is at BikeLEW@adelphia.net. If you have email, but haven’t received weekly ride updates, just let us know and we’ll put you in the address book.

Club Ride Pace

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

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

The Ride Leaders for the weekend/holiday riders for this month, and the next, are:
 August – Jerry Storer; September – Eric Overton.

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

The 2002 Ohio Bike Path Series

This year, we introduced a new series of rides, conducted entirely on bicycle paths or all-purpose trails. Intended as a supplement to the regular Sunday rides, we've had some successes already: the June ride attracted no fewer than 24 riders, with many participants bringing their spouses and children. Which goes to show its value as a family attraction. We hope to attract still more riders, whether with or without their families and 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, who wish to ride, must be accompanied by an adult.

Upcoming Ohio Bike Path rides for this summer and autumn:

Aug. 11	Lexington to Butler to Mansfield (car pooling)	22/36 miles	Tom Meara
Sept. 8	Sagamore road to Kent on the ABC Trail	22 miles	Bob Parry
Oct. 13	Kokosing Gap Trail, Mt. Vernon (car pooling)	28 miles	Dan Izuka

Women Only Rides

In an effort to expand the types of riding that the club organizes, we've decided to offer a *Women's Only* ride on the third Saturday of each month. Bonnie Vargo will lead a 30 to 50-mile (B-C pace) ride from the Olmsted Falls East River Park (just north of Bagley on Lewis Road) to Strongsville. Contact Bonnie at 216/226-5918 for details.

Touring Division News

Here is the Lake Erie Wheelers Touring Schedule for 2002. If you are interested, please contact the ride captain.

Date	Route	Ride Captain
Sept 14 – 15	Olmsted Falls to Malabar Farms. Riders stay in hostel, enjoy restaurant meals.	John Wasko
Oct 11 – 14	Shaker Heights to Chautauqua, New York. Riders camp out, cook your own meals.	Marty Cooperman
Oct 19 – 21	Youghiogheny Trail, Ohiopyle, 130 flat miles. Riders camp out, enjoy restaurant meals.	Doug Barr

If you are interested in participating, please contact the Ride Captain(s) prior to the ride:

Doug Barr	(440) 734-1715	doug barr@nshore.org
Marty Cooperman	(216) 932-6159	m.cooperman@csuohio.edu
Tom Meara	(440) 777-2563	tdmeara@adelphia.net
John Wasko	(440) 891-8364	gumbicycling@juno.com

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

Club Meetings Return in October

The next regular club meeting will be held on October 8th, at the Panera Bread café in North Olmsted, at 7:00 PM, and on the second Tuesday of each month thereafter. In the event of changes, members will be contacted.

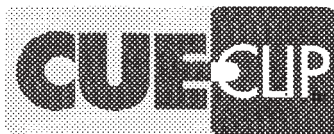
Club Picnic Date Set

After much debate, we've settled on September 1st as the date for the club picnic. It will take place after the Sunday ride at Bradley Woods, starting at 1 PM. The club will provide the drinks, burgers, hot dogs, etc. Potluck dishes are welcome. Call or email Dan Izuka (440) 734-5777, dizuka@prodigy.net for reservations (so we'll know how much to cook) and suggestions on what to bring. Hope to see you all there!

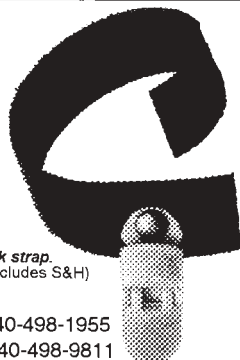
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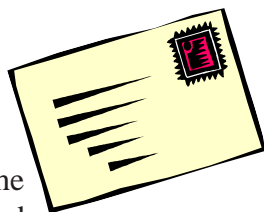
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Yo, Wheelers...



When you read this column it will be the middle of August. Your ride committee hopes that all of you have had a good summer and, notwithstanding a wet, cold spring, you were able to rack up some mileage.

If you have not come out to ride, please do so. Bernard Kotton has been a true leader, bringing maps to all Sunday rides and staying with the group for the entire ride.

After a bad fall Al Wapnick should be riding again. Also, on the 60-day D.L. (which I understand to be a baseball term for Disabled List) are: Bernie Greenberg, Les Greenberg, Mitch Kursh, Howard Gilmore, Art Kaplansky, and yours truly — all from either injuries or illness. We hope to see you back soon.

May the Wind Always be at Your Back

— Ed Reichek

WESTERN RESERVE WHEELERS



COMMITTEE:

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

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Ride Schedule

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

DATE	TIME	START	DESTINATION	MILES
Aug.				
4	8:30	JCC	Cleveland Bratenahl Urban Desert	35
11	8:30	JCC	Solon/Six Flags or ride "Emerald Necklace"	29
18	8:30	JCC	Hudson Reverse	50
25	8:30	JCC	Chagrin Falls via Gates Mills/Berkshire "Club Party Ride"	26
Sept.				
1	8:30	JCC	Walden	38-58
2	8:30	JCC	Labor Day Pick-Up	??
8	--	--	Rosh Hashana 2nd Day	--
15	8:30	JCC	Chagrin Falls via. N. Chagrin Reservation	38
22	8:30	JCC	Twinsburg	41
Oct.				
1	9:00	JCC	Chagrin Falls/Cat's Den	28
13	9:00	JCC	Willoughby	30
20	9:00	Lakeshore Res.	Metroparks – Harpersford Bridge	40
27	9:00	JCC	Cider Ride: Patterson Farms	30

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.



CLEVELAND

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www.pdqcleveland.org



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News:

- As the following results will show, the members of PDQ Cleveland are showing great depth of field with many riders placing this Spring!
- Of particular note was the team's performance at the Shoreman Spring Stampede ITT at Avon Lake on April 14. **Dave Garrett** put in a smashing ride to win the overall. In the age group categories, we had 3 firsts, a second, 2 thirds and 2 fourths. Wow!
- All race participants should pat themselves on the back for persevering through **so many rainy races**. Perhaps warm, sunny weather will be upon us quickly. For now, it sure feels like Belgium.

Results:

Off-Road (XC – cross-country, HC – hillclimb)

Lake Metroparks Lake Farm Park XC, Kirtland, April 7 – Enyedý
Sun Valley Sports Ohio Vultures Knob XC Series, Wooster:
R. Bennett (3rd, Sport Men 31-40)

Multi-sport:

Northcoast Nautilus Buzzard Duathlon, Hinckley, April 21 -
Miller (1st, Men 50-54)

Road: (CR – Circuit Race; CT – criterium; RR – Road Race;
SR – Stage Race; TT - Time Trial)

Team Columbus Spring Classic CR series:

Tour de Richland County, Mansfield, April 6 – Cunningham Jr., Domonkos

Tour de Hocking Hills Region , April 20 - Gallagher

Team Akron Spring Training Series, Covered Bridge CR, Bath:

April 7 – Cunningham Sr.

April 14 – R. Bennett, Cunningham Jr., Cunningham Sr.

April 21 – Cunningham Sr. (1 st "B"), Hofer, Lutzke

April 28 – Cunningham Jr., Cunningham Sr., Hofer

Tuesday Night Training Series, Westlake:

April 9 – R. Bennett, Cunningham Jr. (3 rd, "A"),

Cunningham Sr., Rees (3 rd, "B")

April 16 – R. Bennett, Cunningham Jr., Cunningham Sr.,

Griffith (2 nd "B"), Miller

April 23 – R. Bennett, Cunningham Jr., Cunningham Sr.,

Hofstetter (3 rd "B"), Miller, Rapp (2 nd "B"), Rees, Strouhal

April 30 – R. Bennett, Collander, Cunningham Jr.,

Cunningham Sr., Madison

Summit Freewheelers Race-at-the-Lake CT series, Munroe Falls:

April 13 – Hofstetter, Lutzke, Rapp, Rees

April 20 – Collander, Estlack, Plas, Rees

April 27 – Collander, Gallagher, Griffith, Howe, Plas, Rees

Shoreman Spring Stampede 10 mile TT, Avon Lake, April 14 –

Beeson (3 rd, 35-39), Bosl (1 st, 11-14), Burkey (4 th, 30-34),

Domonkos (2 nd, 30-34), Enyedy (3rd, 30-34), Garrett (1 st

Overall), Lutzke (1 st, 35-39, 2 nd overall), Miller (1 st, 50-54)





Cleveland Touring Club

Cleveland Touring Club

P.O. Box 0667

Grand River, OH 44045-0667

440-954-4201

email: clevetourclub@hotmail.com

www.clevetourclub.org

Welcome to New Members

Buzz Rosenfeld Family of Mayfield Hts., **Judi Emerman** of Pepper Pike, **Phillip Eempio** of Cuyahoga Falls, **Brenda Nylander** of Willoughby, **Lou Powers** of Shaker Hts., **Francine Bremer** of University Hts., **Michelle Mueller** of Mentor. We hope you enjoy riding with CTC.

Sunday In June Recap

Thank you to all the volunteers for helping out with this wonderful event. The statistics are as follows: **455 riders**, 309 men, 145 women, 1 other. Of those who were brave enough to list their age, 3 were under the age of 10 with the youngest being 7. 11 were between 10 and 19. 13 were in their 20s, 120 were in their 30s, 161 were in their 40s, 108 were in their 50s, 19 were in their 60s, and 6 were in their 70s, with the oldest being 78.

States represented: OH, PA, NY and 1 rider from our friends up north in Toronto.

Clubs represented: Akron Bicycle Club, Ashtabula Cranks, CTC, Fat Tire Bicycles, GOATS, Lake Erie Wheelers, Lorain Wheelmen, Outspoken Wheelmen, PDQ, SPOKES, Stark County, Medina, Tri Tech and Western Reserve. Thank you all for coming.

Volunteers: Aaron Leash, Anastasia Birosh, Andy Carpenter, Belinda Layne & children, Bernie Marusek, Bob Harwood, Bob Manley, Bob Zaylor, Chuck Seaman, Dale Warner, Dan Grovemiller, Danny Wynne, Ernie Miklavic, Jim Pyle, Joe Riznar, John Gallovic, Kim Boyd, Nan & Bruce Horvath, Rick & Kate Porter, Ritchie Orris, Robert Toma, Sandy Nash, Steve O'Brien, Sue Bartholomew, Terri & Andy Fedak, Todd & Marsha Brewer, Tom Black, Tom Marsh.

Organizations and Businesses: Chardon Schools Foundation and mechanical support by Century Cycles.

The Carpenter's Take On Italy - Finally!

Well we finally made it to Italy after years of waiting for the right time. It really was a great trip. It wasn't a cycling trip, but I suppose just being in the center of the universe in regards to cycling is a good thing at least for me. I knew that I'd experience a bit of the Italian cycling mystique before I left Italy. Our entire family of five flew from Cleveland to Atlanta then to Paris and on to Rome. The trip started badly with Air France losing 3 of the 5 pieces of luggage on the short trip between cities. That in turn made us two hours late for our taxi ride to the hotel. What a way to begin the trip of a lifetime. We found out from many airport luggage people since that Air France is notorious for doing that. Live and learn.

We spent 2.5 days in Rome and walked endlessly and saw most of the major artifacts and art. Of course when I got to Rome with my family on Saturday, June 8th, my wife and daughter needed clothes since they didn't have much in their carry-on bags. It was then Sunday afternoon on the 9th and the ladies were in a clothing store buying a couple of jersey tops. Just standing around a women's clothing store was not my idea of fun so I stepped outside and found a wall to sit on and watch the crazy Roman traffic go by on the main street of Via Nazionale. Here is where the strange part happens. As I sat and watched, there was a slight break in the traffic flow and there appeared a young, black woman on a mountain bike, fully loaded with panniers and a rear duffel bag strapped to the frame rack. I thought this person brave to ride in traffic with such a load of bags and it flashed in my mind that I might know this person somehow.

You see, before I'd left for Italy I had been reading some cycling related journal entries on-line on the **BikeForums.net** message board. I read many of the entries of a young woman from Chicago who was touring Italy on bike by herself. She would find a cyber-cafe in Italy and send them in every day or so. I found her entries to be very informative and fun and I even printed them out and took them home for evening reading. I thought "what an interesting person" and brave to take on such a challenge as a first time bike trip. Her nickname was "Koffee Brown" and I got to know a bit about her travels through the journal.

It then became apparent that this was the person I was watching ride by on the streets of Rome. "No it couldn't be!" I thought to myself. I mean life is strange but what are the chances of me seeing this very person on the other side of the world amongst the millions of people in such a large city. I saw her coast on by, up to the stop light about 200 meters away and wait for the light to change. I was so tempted to get up and chase her down, but then my family would have not found me and that could have caused major concern. Besides she may have thought me a bit strange for chasing her in public. There are police everywhere and I certainly didn't want to make a scene. In the moment I tried to decide what to do, the rider was gone. I told my family about the incident and they couldn't believe it either. Well, I've been in touch through email with Koffee Brown since we've both returned and we compared notes, times, and locations and we DID have a close-encounter of the cycling kind! She was staying in a hostel right near the Via Nazionale and was transporting some of her extra bags to a friend's for storage. How very strange. Proof that the Internet can bring people closer together somehow. Small world indeed.

Rome is such a cool city and is worth the trip. The traffic is crazy and the scooter drivers are fearless. The cyclists just tool along in traffic without a care and we didn't see any accidents. The hot setup for food is the little trattorias (mom and pop restaurants) that serve great pizza, pasta, fish and meat dishes at reasonable prices. The table wine is very good and always ask for "acqua minerale" (bottled water) with either "gas" or "no gas" (bubbles that is). Another thing we found is not to dress like a tourist. They are easy to spot. Look for shorts on men, lots of khaki and Teva sandals. I never wore shorts in public in two weeks. Italian men just don't do that plus there are dress restrictions to get into churches (no bare legs on men, or bare shoulders on women). Vendors or

panhandlers never pestered me as a result. Dress conservatively and keep a low profile to avoid hassles and pickpockets. It is more fun to blend in. My wife and I were even mistaken as local Italian speakers by some American college girls that wanted their picture taken. How funny!

We then left Rome and took the train to Florence for the 2 hour ride. Once you figure out the Italian train schedules and get on board it is a great way to travel. I'd recommend looking up books on train travel in Europe and the best I've found is Rick Steves *Europe Through the Back Door*. He also has a video series on PBS. Great stuff. In fact the two hotels we stayed in were recommended by Rick Steves and they were very nice and the people were fantastic with a great location.

Florence is a city of beauty, art, narrow ancient streets, cool shops, lots of places to eat and get an espresso (my favorite), "hang out and watch the people" kind of city. Worth a longer visit next time. We spent 2.5 days there visiting the art museums, churches, gardens, eating great food and drinking vino. I'm really going to miss the Tabacchi shops. They are little small tobacco stores (lots of smokers in Europe - they haven't figured out the bad effects yet for some reason) that mostly sell cold drinks, candy, espresso (.80 Euro) and focaccia bread sandwiches. Cheap and clean. Look for the square black signs with the large white "T" on them. Hint: if you want to visit the Academia Museum or the Uffizi Gallery, have your hotel call for reservation tickets and you will avoid huge lines (up to 2 hours). We basically walked right in and paid a whole 1.50 Euro more for the privilege. By the way the Euro is stronger now and is almost equal to the dollar. Much easier to deal with than the lire!

Strange coincidence number two. While visiting the Uffizi Gallery which is one of the finest art galleries in the world, who should be standing next to me but the lead singer of the Red Hot Chili Peppers rock band, Anthony Keidis. Lots of tattoos, but seemed gracious and pleasant about signing some autographs for the young people that recognized him. It seems he was in town with the band for a huge rock concert sponsored by Heineken beer. Even rock stars need a little culture now and then. Don't ask how a 50-year-old guy even knows who that band is. Hey I try to keep an open mind. We hated to leave the city, but we had a rental van waiting (there were 5 adults and luggage - cars are cheaper and make your car rentals stateside - much cheaper).

My oldest son drove us to Lucca in the region of Tuscany (actually a small town outside of Lucca named Ponte Moriano). The stretch of road between Lucca and our condo is a busy one and is used by cars, huge trucks, scooters, and cyclists alike. I might point out that I actually saw Mario Cipolini out training on that very road in his full zebra striped cycling shorts - strange coincidence number three! I could hardly believe what I was seeing. He does live near the city of Lucca. It is a wonderful old, walled city that makes it fun for walking and shopping. We stayed at a rented condo (a 400 year old villa with three floors) for one week and used that as our home base for day trips to the coast and up north through the mountains. Incredible beauty everywhere; hill towns, pro cyclists training in the hills, old folks strolling through the town squares, lots of ancient buildings and churches and scenes right out of books and postcards (better since you are really there - pinch me it was too beautiful).



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We met some of the most wonderful people just by happenstance. A man and his wife that own a huge ceramics and high-end housewares business with franchises all over the world (including the US) were our next door neighbors. They invited our family onto their 50-foot sailboat and my son and I went sailing for a day off the coast near the city of Viareggio (the women of the family were not into sailing). The invitation was extended after meeting them for about 20 minutes. They bought us breakfast at a local pastry shop, provided lunch (and wine of course) on board and drove us to and from the boat. While on the way to the boat I ate at the pastry shop that Mario Cippolini stops at daily and I spoke to the owner who knows him well. I told her to let Mario know that he has many fans in the US. Other people we met were our downstairs neighbors who helped us out with directions, reservations at eateries (little out-of-the-way place that only the locals go), and even helped with the resetting of our funky Euro hot water tank when the pilot light went out. Everyone was so warm, welcoming and helpful.

On the last day it was really hard to leave. We drove 4 hours to Milan along the western coast of Italy and since it is very mountainous you pass through at least 50 tunnels. The Autostrada driving is very intense, fast, curvy (nothing like our interstates) and my son was exhausted when we arrived at the hotel outside Malpensa Airport in Milan. Milan on the outskirts of the city looks to be a huge, industrial, powerful center of commerce and nothing like Tuscany in any way. They do have the largest cathedral in Italy, but we didn't venture into the city to see it. The highway felt like a loop around Chicago or Detroit instead of Italy. We took the long flight home (headwinds make it slower than going over) and got home to some jet lag. Overall a memorable time and we plan on going back. My lovely wife thinks that next time I should plan on doing some major cycling and then meet up with them later. There is the Italian Cycling Center that looks good as a home-base and is north of Florence. Some friends stayed there in the past and had a wonderful time riding with the locals on challenging hilly roads. Time to start planning and training. One final thing. Drivers overall seem very tolerant of pedestrians and cyclists (and scooter drivers) as far as I could see. Everyone seems to know the rules and despite our American perception of Italian drivers they actually seem to be more on the ball than drivers in the states. And hardly an SUV in sight. What a nice change of pace. If you ever drive there, you need to learn their behaviors and how to merge gracefully in order to survive. Better yet, ride a bike while in Italy. Every cyclist should go to Italy at least once in his or her lifetime.

Submitted by **Andy Carpenter**, Cleveland Touring Club member since 1983 and Webmaster of www.clevetourclub.org

Sunday Ride Schedule

Aug 11 8:30AM	Burton to Mesopotamia(27) Mosquito Lake(48) Jamestown, PA(90) flat/rolling
18	Landerwood Tom Black's Mystery Ride – lots of fun
25	Chardon to Thompson(30) Harpersfield(50) rolling/hilly
Sept. 1	Helen Hazan Wyman Park to Thompson(25) Leroy(45) rolling/hilly

- 2 (Mon.) **North Chagrin** Labor Day pickup ride
- 8 **Northfield Center** to Hinkley Lake, Medina (25,40,68) rolling/hilly
- 15 9AM **Ferrante Winery** covered bridge/mad dog ride (20,40,60) rolling/hilly
- 22 **North Chagrin** to Shaker Square (25,40,55) rolling/hilly

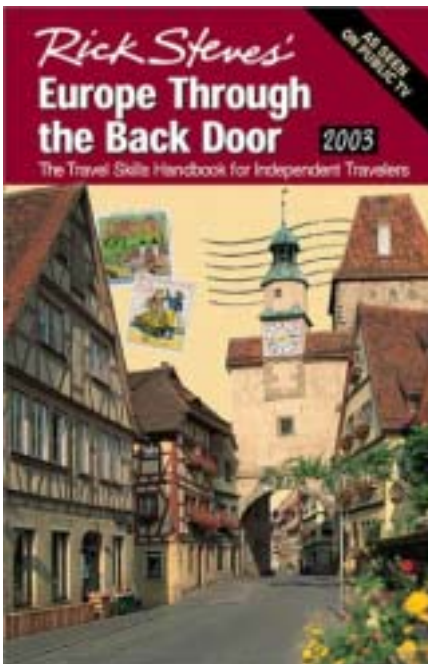
Tuesday Morning Rides 9:15 AM

- Aug. 13 Painesville Twp. Park North of Rt. 2 East Bacon Rd. exit, tour Leroy Countryside
- Sept. 10 Eldon Russel Park from Rt. 87 before Burton, right on Rapids Rd. about 3 miles. Lunch at Garrettsville or Hiram, visit an equestrian hospital
- Oct. 8 Jefferson Square I-90 to Rt. 528 south, annual fall color ride, one more ice cream stop before that big long hill!

Rides subject to weather conditions, please call 440 951-9492

Weekday Rides

Tues. 6:30 PM	Concord Woods	Med/fast	15-30 miles
Wed. 7:00 PM	North Chagrin	Casual/medium	10-20 miles
Thurs. 6:30 PM	North Chagrin	Med/fast	15-30 miles
Sat. 9:00 AM	North Chagrin	pick up rides	???



Find this book at your library, favorite local bookstore, or by visiting the bookstore at CrankMail.com and searching for it by title: *Europe Through the Back Door*.

Medina County Bicycling Club

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

Contact the following for information:

President:	Tom Dease	330-725-1058	tjmd@aol.com
Vice President:	Lou Vetter	330-725-0441	bikevetter@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol
Ride Coord.:	Shawn Conway	330-764-3019	snsqconway@aol.com
Ride Coord.:	Tom Byerly	330-723-4782	teberly@lxdesign.com
Ride Coord.:	Carl Bidinger	330-336-5190	crbidinger@westfieldgrp.com
Ride Coord.:	Larry Porter	216-225-0619	hollywood9@adelphia.com
Secretary:	Ian Halliwell	330-725-3974	ihalliwell@nobleknights.com
Mtb Coord.	Linda Miranda	330-483-4512	lmiranda@mircosolutions.com

Weeknight Ride Schedule

Tuesday Evening Starting at 6:30p.m. (Pace: Moderate 12 - 15+ mph)

Starting Points:

April - Medina County Career Center
May - Hubbard Valley County Park
June - Buckeye Woods County Park
July - Medina County Career Center
August - Buckeye Woods County Park
September - Greenleaf County Park

Weekend Ride Schedule

Saturday- Check the Web-or call. Sunday - Courthouse Parking Lot - Jefferson and E Liberty St., meet on the Square. Starting at 9:00 a.m. (April & October) and 8:00 a.m. (May through September). **Touring Group** at (12 - 15 MPH) check your Email, *our new web site*, or call.

<http://www.medinabikeclub.org> and go to the message board

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

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

8/04 - ROAST YOUR BUNS-Oberlin 70/40/25

8/11 - 11th EMERALD NECKLACE TOUR- 100/75/50/25

8/17 - 24th BEST "WURST" TOUR- Bucyrus 62/25

8/17 & 8/18 -16th MS 150 "PEDAL TO THE POINT." Berea

8/25 - DAM - BRIDGE RIDE. Lexington

8/25 - 31st WRIGHT WRIDE. Dayton 100/65/50/30

9/1 - 13th OX ROAST BICYCLE TOUR. West Jefferson 100/62/25

9/8 - 32nd HHH: HANCOCK HORIZONTAL HUNDRED. Findlay.

A flat ride of 100/64/32 miles

The Prez Sez...

Welcome the newest members to our club, Tracy Yoder and David Towne. Tracy who after doing some spinning classes decided to come out and teach us how it's done. She has impressed more than a few of us with her natural ability at cycling. Way to go Tracy. Dave is a strong and experienced rider who tends to ride at the front of the pack. Which is why I can't tell you more about him.

Tuesday night rides have been well attended with an average of about 15 riders. A special thanks to Shawn for supplying the routes and maps. The routes are approx. 25 to 35 miles and our average speed varies with from 18 to 13 mph. Changing the start location from month to month has provided us with a wider range of routes, and everyone seems to like it so far.

Thanks to the Mirandas for getting the Web site switched over to a new provider. For those of you that had trouble accessing our site it has been fixed. So look for ride posting and the latest breaking news there. It is still at the same address
www.medinabikeclub.org

Sorry the new jerseys have not been ordered yet. We will be getting to that this month. Currently there is only one XL left.

I also need to apologize for missing last months *CrankMail*. I was about half way through the GOBA ride when I realized that the newsletter was due. A special congratulations to Ian Halliwell, Wyatt Kibler, Ben Kasmin, Dave Polycn and his wife on completing their first GOBA. There where at least sixteen Medina Club members that complete the seven day, 350 mile ride. The routes this year where much less demanding yet still scenic and quite enjoyable with allot of interesting towns and places to stop and sight see. (That is, when I could get my sons to slow down long enough.) We had rain the first night but the weather was dry and hot for the rest of the ride. And a very special thanks to Glenn, Carol, Adrian, and Jill Hinegardner for making it so enjoyable for our group. This is one ride you have to do to really appreciate it.

A Letter from Vetter

by Lou Vetter

ICO: What kind of initials are those? Sounds like the latest Wall Street Company to admit to irregular accounting practices. Speaking of that, almost all accounting is based on GAAP otherwise known as Generally Accepted Accounting Principles. It appears that those generally accepted principles have expanded a bit lately. The MCBCICMC changed its name last year to the "Ice Cream Odyssey." I guess our marketing department decided that the name Metric Century was too intimidating and was scaring away potential customers.

By the time you read this, the ride will be over and hopefully you will feel left out and jealous of those who did ride the odyssey. Last year we raised the bar on our invitational ride by having an almost perfect ride. People really enjoyed the new format of lunch at the end of the 100-kilometer ride. Heck if we keep this up we might even be able to eliminate the ice cream. The 62 and 40 miles routes have just enough rolling terrain to make for an interesting ride.

The painting teams met at the start Wednesday evening, ten days before the ride, to divide up the route for the painting of the arrows. I drove one of four painting teams. Glen Hinegardner painted the 25-mile route and thus did the most work. Glen asked me about a concern that I had raised last year about the marking of the 25-mile route. I couldn't remember it for the life of me. I did remember it on Thursday and went to Seville to make my improvement. It is a small thing really. There is a left turn from High Street onto Route 3 North. Then after a very short distance the route turns right. The problem had been painting a "confirming arrow" after the turn. I just made the "confirmation arrow" a right turn arrow. You're still wondering what I'm talking about aren't you? Well, last year a few people misread the confirming arrow as a signal to go straight and they missed the turn onto prospect. Those people did not get lost but merely rode around the block and continued back on course.

ABC: The "Absolutely Beautiful Country Ride was just that, absolutely beautiful. The route starts at Highland High School and heads south toward Apple Creek. It offers a 25, 62 and 100 mile route. The route is beautiful because most of it is in Medina County. The only people to have gotten lost were a young couple on a Burley tandem and they got lost on purpose. The ride started with a dense patchy fog which melted away to warm to hot sunny afternoon. There were 210 riders split between the 62 and 100 mile route. I don't know how many rode the 25-mile course.

This year even Tom Dease made it all the way around without missing a turn. At least that is what I was told. The ride's route markings got rave reviews but the most important element of a good ride is good weather and ABC had the weather. Everyone I talked too enjoyed their ride no matter what distance they rode.

Club Rides: Last Sunday the club rode to Orville to experience Mrs. J's once again. The ride started out at a smart pace. Smart meaning crisp and quick. I hung in there though and stayed with the pack. There were about 14 riders and one was a new rider. The new rider was a young lady who was riding a cross bike and she had a pedal cadence around 90 RPM. That means she pedals very fast, probably as fast as Lance Armstrong does. The real eye opener was that we were averaging over 16 miles per hour and this lady just pedaled along like it was nothing. I, on the other hand, was gasping for every breath and suffered diminished conversational abilities. You can't talk if you expect to breathe too. I wish I could learn that circle breathing we learned about on a ride to Canal Fulton two years ago. Maybe that would allow for riding fast and talking too. Next I learned that this lady had just started biking two months earlier. The only thing that saved my badly bruised ego was to learn that she has been attending spin classes. She is amazing and she wants to get a road bike next. My hanging in there only lasted about twenty miles and by then I was toast. Dave Ling had to get home early so I turned back to ride home with Dave. On the way back we were treated to an interesting sight. As we rode north on Ryan Road a baby skunk was walking only inches from the edge of the road. Surprisingly there was no odor and lucky for us he didn't spray. He just kept walking and as we passed he just turned into the taller grass and disappeared in our rear view mirrors.

I have been talking with riders on various rides it seems that quite a few cyclists are noticing how busy River Styx Road has become. The negative part is that the road is narrow, hilly and winding. These characteristics make it hard for automobile drivers to be aware of slow moving objects around the next bend or in the next dip in the road. This has nothing to do with the club ride. I just wanted to share. Oh, I almost forgot I had been to Mrs. J's the week before and she can only stand so much of my presence.

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SERROTTA ROAD bike, 59 cm, with full DuraAce, Profile Carbon fork, custom paint. Well maintained. Excellent road race bike; climbs like a dream. \$600. Alex: (440) 572-2016. Email: alexburnunit@adelphia.net

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