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Cycling in Northeastern Ohio

P.O. Box 33249 • N. Royalton, Ohio 44133-0249

On The Web @ www.crankmail.com

Editor & Publisher

James Guilford • editor@crankmail.com

Club Editors

Cleveland Touring Club	Martin Cooperman	(216) 932-6159
Lake Erie Wheelers	John Whitaker	(216) 485-9184
Lorain Wheelmen	David Krebs	(440) 988-9326
Medina County Bicycle Club	Tom Dease	(330) 725-1058
Ohio City Bicycle Co-op	Jim Sheehan	(216) 634-2345
PDQ Cleveland	Kevin Lutzke	(330) 453-3890
Western Reserve Wheelers	Ed Reichel	(216) 371-5618

Business Matters

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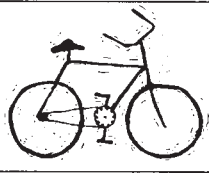
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"People need wild places... Wildness puts us in our place. It reminds us that our plans are small and somewhat absurd. It reminds us why, in those cases in which our plans might influence many future generations, we ought to choose carefully."

-- Barbara Kingsolver, "Knowing Our Place"



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Gossip

A hhhh... what a season! This spring we saw fresh, new “Share The Road” signs bloom in the Cleveland Metroparks System. This summer we heard of the **blooming idiots** on local radio talking about how the roads shouldn’t be shared in the Metroparks. **There are way too many people out there who have so little control over their lives that they are upset over people bicycling in the parks.** Despite efforts in Washington, so far it’s a free country and you can say pretty much what you like. Which is what the aforementioned idiots did the mornings of July 2 & 3. **Road Rage-possessed drivers were given the public forum of radio station WMJI – the Lanigan & Malone Show – to make their suggestions on how to get cyclists off the roads: hurl insults and harder objects at cyclists as you pass them, pull ahead of them and slam on the brakes, open car doors in front of cyclists.** The on-air “talent” were said to have contributed suggestions of their own and encouraged their listeners. Funny stuff, eh? **Just about as funny as yelling “FIRE!” in a crowded theater.** One more reason we despise drive-time radio on popular music stations. **Yelling “fire” for fun isn’t protected speech** because it can induce a panic and people can be hurt or killed. **Every year cyclists are injured or killed by just the sort of actions that Lanigan & Malone found so amusing.** One woman, tried to call and state cyclist concerns on the air. She was shouted down. **Lois Cowan**, co-owner of Century Cycles managed to get on the air with Jimmy Malone the next day. Here’s what she wrote of the experience: “My interview started with me explaining that bicycles are allowed on the roadways and why some cyclists don’t use

the multi-purpose trails in the Metroparks. During the ‘interview,’ **I was repeatedly and relentlessly called a buffoon, idiot, clueless, PMS-sufferer, couldn’t take a joke, didn’t understand satire and stupid.** For the remaining three hours of their “show,” they took calls from listeners and **further encouraged drivers to do whatever it takes to get cyclists off the roads. Callers who agreed with their viewpoints were awarded a gift certificate to a local restaurant.** The cycling community responded with, Malone is quoted as saying, upwards of 50 emails to the station. *Cleveland Free Times* reports having received 30, and *CrankMail’s* email list had larger numbers of exchanged messages and suggestions. Finally **word reached Dennis Kucinich’s office** and local cycling advocate Dominic Libertore was put on the air. **Callers reportedly responded with continued calls to violence.** Here’s something funny: the next time a cyclist is hurt in a “satirical” vehicular assault in the Greater Cleveland Area, **perhaps Lanigan, Malone, and WMJI can be named as codefendants!** It’s doubtful encouraging assault is protected speech any more than it is funny. Oooo... and another joke: **what could WMJI put on the air as a “Best of Lanigan & Malone Show?” Four hours of silence.** Ha, ha, ha. By the way, don’t call them now, don’t write, don’t email – it’s been beaten to death and they’re (hopefully) on to hunchback jokes or making fun of orphans or something of similar quality in their use of the public airwaves. **Excuse us, where’s our airwave-sickness bag?**

It’s heartening to see people with the courage and optimism to start a new business. And when it’s a bicycle shop, hey, so much the better! So, good luck **Brecksville Velo Sport!** They’re tucked away in the corner of the Brecksville Shopping Center – the one with the Giant Beagle grocery store. We hope the road ahead is smooth. Similar good wishes to the folks at **Spin** — formerly Madison Cycle — on Madison Ave. in Lakewood, “a new version of Lakewood’s oldest bike shop” is their slogan.

— *The Crank*



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

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

Welcome To New Members

Marc Meyer of Ashtabula, **Jeff Balcken** of Chardon, **Jan Frandsen & Catherine Henry** of Cleveland Hts, **John Pazicni** of Mentor Welcome to the club!

Sunday In June Statistics:

Total riders-588

Men-374

Women-214

Approximately 170 riders returned from last year

Clubs represented-26

States represented-OH, PA, MI, MO, AZ

Ages:

youngest-7

oldest-79 (rode 62 miles)

under 10-2 riders

10-19, 30 riders

20-29, 35

30-39, 115

40-49, 202

50-59, 125

60-69, 25

70-79, 4

50 riders didn't know their age or vanity would not let them say

Miles ridden

10 mi, 10 riders

25 mi, 74

50 mi, 144

62 mi, 144

100 mi, 78

138 riders don't know, hope they're not still out there. But assuming an average of 50 miles, at least 28,128 total miles were traveled that day.

Sunday In June Stories

Gee, I wish I had an exciting anecdote for you....I was on a tandem and my rear derailleur cable broke at the bar end and Jim Sheehan of OCBC cleverly fixed a spoke nipple to the end for a quick fix. My 7 year old nephew Louis and I were able to finish the 40 mile loop without incident. How come no one else takes their kids on this ride? Am I the only one brave enough or stupid enough to haul them up the hills? I think of it as resistance hill work training.

The food was much better this year. Not many choices, but frankly I don't care about choices, as long as there is a non-meat alternative. The pasta and salad were decent, although the wonderbread-ish rolls could have been better. *Ann*

The hot italian lunch was really really good, and only half-spoiled by having to eat it with Bruce Oppenheim, who had decided to take off his jersey to dine. We all complained, but to no avail. *Rick*

Thank you very much for your help. I did make it up all the hills but the last 12 miles were tough. My legs didn't seem to want to deal with the hill on 87, but I made it. The Hill at the end of the first 62 mile leg was challenging but I made it up that hill no problem. I am glad that was not at the end of the ride. I plan on incorporating that hill on my Aurora to Burton loops when I am visiting my mom.

You guys did a great job and put on a very nice ride, so please tell everyone what a nice job they did. I though the meatballs were wonderful. I will be looking at doing some more CTC rides this year. *Andrew*

I thought you all might like to see a nice note from one of the SIJ participants (see above – Ed) (I think he grew up in Burton and now lives near Columbus). This guy wrote me a few days ago and wanted to purchase a t-shirt and have it held at registration - he forgot during his on-line registration or some such thing. Thanks Danny for getting the information to Anastasia about his shirt. It's nice to hear positive comments for a change. It was by far the best SIJ that I've experienced in many years. As Danny Wynn said yesterday "God must be a cyclist". The weather was just too good to be true (at least for everyone but those 100-milers). *Andy*

The bear story goes as follows:

Tony and I left the first rest stop of the ride. I cannot remember the street name where we saw the bear, but I remember it was the 1st right turn that put us on a sidestreet before we got to Nelson's Ledges. Anyway, Tony and I were riding and we both looked up the road and saw a large black animal about 150 yards up on the left side of the road. We didn't think anything of it, (we thought it was a large dog of some kind), until the animal saw us coming and ran across the road into the woods. By the way the animal ran, Tony and I determined it was a black bear, (by this time we were about 100 yds. from the animal). Upon recognizing the animal, Tony and I looked at one another and simultaneously said "holy #\$%*!". There was a man driving a truck in the opposite direction who had also seen the bear, and stopped his truck where the bear ran into the woods. Tony and I slowed to talk with the man, and to look into the woods for the bear. The only remnant of the bear we found was an empty Labatts bottle, (damn Canadians, they never share).

That's the story!

Ken

I was there for real with my 14 year old son and it was his first ride. His odometer was on zero when we started. Three neighbors, my son, and I went together on the 50 mile course. My son was riding a Trek 1220 that we bought used off a CTC member. He was all newly rigged; bike shoes, clipless pedals, new shorts with the best butt pad in the business, gloves, shirt, water bottles, and helmet. Ready to roll and scared shitless (nervous). We lost the neighbors on that first big hill. I thought that I'd lose my son too as we zoomed past some of those ruts. Real bike eaters. We hope that they fix that stretch before next June.

Anyway, the neighbors took off ahead of us and the battle had begun. The battle was keeping my son from giving it up for about the first 40 miles. His chain locked up a half dozen times before he learned when not to shift. He stumbled over once when he didn't kick out which gets him pretty mad (an easily accomplished condition for teenagers). He felt better as we stood at an intersection, watched a group of riders right out of a magazine pull up, stop, then pick one of themselves up after not kicking out too. A woman rider waiting with us watched and mentioned how she had fallen over too, shortly before, when she jammed-up in her pedals. It all made my son feel better; he wasn't the only one having a hard time.

All this before the first stop at that main rest area. I didn't have the heart to tell him how much further we had to go. It got worse before it got better. I just rode behind and kept encouraging him on (threatening, pleading, begging). We made it around the loop and back to the rest stop again. The cookies brought him round. The rest of the way he took off. Between that rest stop and the finish, we passed half the riders that had passed us early on. Somewhere along the ride I knew that the advantage of youth was going to show up. He walked up the last hill which is a nightmare anyway (see photo). He was pretty happy at the top and lit up when he found how close we were to the finish. He was proud of himself after it was over but won't admit to it. I sure was proud of him.

Really nice ride. Good food, road markings, rest stop, and support (those people that drove around looking for riders in trouble are real troopers). It was the first CTC Sunday in June for my neighbors and they liked it a lot too. Thanks a lot.

Tom Pellegrin and son (Ely)

Cherries for dessert

I never ride without my handlebar bag. How could I? It's such a handy place to carry the treasures I find along the way. When I'm biking, I always find things on the road, don't you? And some of them are good things. I find a lot of flattened coins, CDs, bungee cords, articles of clothing, various thises, sundry thats. Once I found a wheel that fit my commuter bike. This did not fit into my handlebar bag. However, it was such a find that it was worth the 15 minutes it took to figure out a way to bungee the item in a stable manner to my rear wheel rack. I was a happy person that day.

This Sunday in particular, I was looking for arrows, the kind that are painted on the street to guide bikes through an organized tour. I could not help but cast a disproportionate percentage of my sightline onto the ground to follow the arrows, so for me that "Sunday in June" ride had been a bumper day for found objects. I picked up a leather lens cover with a zipper. This would make a fine coin purse, I thought. I had found change to fill it with, too, 37 cents, so far.

However, finding the cell phone was the prize of the day. It was a slim silver model with a flip lid, very good-looking. I hoped to find its owner by calling one of the numbers that were stored in the phone's memory. There were only 3 listings in the

electronic address book: “Tony’s Hot Spot” 555 123 4567, “C*01Q4CIA”, 333 44 1234, and “Granma” 555 222 4321.

Granma seemed to be the most approachable to me. I selected the number and pressed send. There was no answer, not even a recorded message. I decided to try again later when I reached the lunch stop in Burton. I tucked the cell phone into the side mesh pocket of my handlebar bag.

I was climbing a hill when the phone started ringing. I flipped open the screen. It said Granma was calling!

“Granma, I’ve been trying to get a hold of you....I’m sorry, I would have called sooner but...Well, I just called you Granma because.. I won’t call you Granma again, I promise Did I get the what? How quickly can I drop off what stuff? No, I haven’t seen Tony. Where, what.....You’re going to tell me. OK.” I waited to find out what I was supposed to get where to bring where but what she said didn’t make a lot of sense to me.

“We’ve got to go with Plan A,” she said, “Get over to Tony’s first. He’s taken care of the set-up. All you have to do is the drop, but do it fast. I can’t talk now, bambino. There are too many people around that might be listening.”

“Granma?...Sorry, I slipped ... No don’t go,...Granma!!!?” She hung up. “What’s your name?” I asked the dead phone weakly. I called back but there was no answer. I tried calling Tony’s but it was busy. I cycled on.

Granma was not a Grandmother. The voice sounded too young, like someone in their 20s or 30s. She talked so fast. If I did get to talk to her again, would I be able to tell her that I wasn’t whoever she thought I was, that I had found this cell phone on the street and that I was looking for the owner? Doubtful I could tell her. She was thinking single-mindedly about the drop and I was already playing the role of the mule without even knowing what I was carrying, aside from the cell phone. The cell phone! I stopped the bike and snatched it out of its pocket. It looked like a cell phone. It had buttons with numbers on them. It had a hinged lid with a small view screen, but I didn’t see any other trap doors to hide things. Should I give this phone to the police, I wondered. I almost dropped it when it started ringing again.

“It’s you. Of course it’s you. Who else would it be? Where do you want me to leave it?...The table at the back of the rest stop in Burton.....No problem. I can do that.”

“I can do what?” I wondered as I hung up

At Century Village in Burton, bikes were lying on the grass, leaning against trees, fences, each other. People were everywhere. I surreptitiously slid along the wall to the back of the rest stop.

“Bambino!” a voice called out toward me.

From behind me, a fellow wearing a chartreuse jersey and a hot pink helmet with dark ringlets curling over the rim answered “Granma, I’m sorry I’m late.” Relieved that her attention wasn’t on me, I ducked below the table.

“You’re perfect, except don’t call me Granma, how many times do I have to tell you?” She looked around and continued in a hoarse whisper. “Are you ready for the plan? Where’s the bicycle tiramisu?”

“What bicycle tiramisu? I thought you wanted Plan B, the Sunday surprise spumoni?”

“No, Tony made us the bicycle tiramisu. We can’t serve spumoni. Spumoni would melt, Bambino. But you know this, I just talked to you on your cell phone. Plan A, we said...”

“It did melt...while I was looking for my cell phone. I lost my cell phone. I don't know who you talked to but it wasn't me”.

And that, my friends, is why, at “Sunday in June, 2003”, we had neither bicycle tiramisu nor Sunday surprise spumoni for dessert at the Burton rest stop.

I casually strolled to the serving table, got myself a plate, and ate my spaghetti, no desert. I left the cell phone on the back table where I thought they would find it, nestled in the hot pink helmet. I cycled on.

I saw a wild cherry tree a short distance from the road and filled my handlebar bag to the brim, even the mesh pockets. Just then, I saw a red bandanna lying on the road.

I looked at that bandanna and I thought ...”This find is for the next cyclist”.

Acknowledgements: Bob Zale actually experienced some of the events in this fictional story, one of them at “Sunday in June”. Some of the rest happened at some other time to some other person on some other ride. Most of it, I made up.

Joni Lewanski

Ride Schedule

Weekdays

6:30 PM: Tuesday eve large group ride - Concord Woods

7:00 PM: Wednesday eve casual small group ride - North Chagrin

6:30 PM: Thursday eve large group ride - North Chagrin

9:15 AM: 2nd Tuesday every month casual fun rides:

Aug. 12 — Madison Twp Park Rt. 528 north to Lake.
Ride Ashtabula Greenway & lunch

Sept. 9 — Polo Field Chagrin River Rd. Ride South Chagrin
Pkwy. to Bridal Falls, bring food for lunch

Oct. 14 — Thompson Square Rt 528 Our annual fall color scenic ride.
Lunch in Thompson

Saturdays

8:30AM: Pickup ride – North Chagrin

Sundays

Aug. 3 Lakeshore Reservation to Madison,Perry (25,40,60) Flat/rolling.

Aug. 10 Landerwood Tom Black's Mystery Ride – Fun.

Aug. 17 Peninsula Eric Schultz's 14-hill ride (call (330) 659-3274) very hilly
or Chardon to Thompson (30), Harpersfield (50) Rolling/hilly.

24 North Chagrin to Polo Fields(20), Solon(40). Photo Day. Wear your
25 club colors, photo at 8:30 AM Rolling/hilly

31 Burton to Mesopotamia(27), Mosquito Lake(48), Jamestown, PA
(100) Flat/rolling

Sept. 1 North Chagrin Labor Day pickup ride Hilly.

7 Helen Hazan Wyman park Thompson(25), Leroy(45) Rolling/hilly

14 Cleveland Hts Coventry New Tour De Heights Flat city streets

Eric's 14 Hill Ride

August 17, 2003 • 8:45 am

*The scheduled Sunday club ride for Lake Erie Wheelers, Cleveland
Touring Club, and Akron Bike Club.*

Start at Deep Lock Quarry,

1 mile south of Rt. 303 on Riverview Road, Peninsula, Ohio

Featuring:

A flat ride: 14 miles of towpath and valley roads.

Green hill route: add 2 climbs on the gentlest climbs for an additional 14 miles.

Blue hill route: add these till you drop, about 7 miles up and back per hill.

All 14 hills: Add the black hills and you will have done about 87 miles.

Restaurants are available at the south end of the park and in Peninsula. We have found that stopping for lunch at a restaurant makes for a very difficult second half. Somehow the desire and motivation to do another 40 so miles of hills has disappeared.

Bag lunches are available for purchase at the start and will be waiting at the half way mark to facilitate those who like to keep moving.

All riders welcome to attend.
No charge, other than the lunch option.

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The OCBC is a nonprofit, member-run bike education center that fosters Earn-A-Bike programs where kids earn donated, used bikes as they learn bike repair and safe cycling. Members can use the shop, and earn purchase credits while learning to refurbish the used bikes we sell.

If you've ever wanted to chuck it all and open a bike shop, or just work in one, or even just spend some time hanging out in one, well, this is your chance – and you don't even have to chuck it all, or any part of it: despite our unfortunate absence from these pages for the last two months, the OCBC is up and running, and ready for any bit of time or talent you have to offer. You don't have to work with kids, (or even work on bikes) to become a member, a volunteer or a director. The shop is full of all kinds of folks most all of the time, but there's always room for more!

News:

OCBC has been awarded a Neighborhood Connections grant to conduct Earn A Bike courses in two Ohio City elementary schools this fall. We look forward to beginning this new, but long anticipated, aspect of our youth bike education work, thanks to this new and innovative small grant program of the Cleveland Foundation. We are providing Earn A Bike courses during July and August at four Cleveland Recreation Centers in conjunction with the Cleveland Police Gang Resistance Education and Training (GREAT) program. This pilot project realizes another goal we have had since OCBC's inception, with the added benefit of working closely with the police, and the opportunity to communicate to them a cyclist's point of view in traffic situations – an ancillary benefit for the latent cycling advocates in us. OCBC volunteers and Earn A Bike graduates staffed a rest stop at the CTC's Sunday in June, where we had a bit of a ride, saw many old friends and new members, and got to show off our tech stuff by using a spoke nipple to fix a broken tandem shifter cable! The next weekend we used some different skills, appearing as a School of Cycle-fish at Parade the Circle – Jen's nice pictures are on our Web site.

Upcoming events:

The Monumental Bike Tour — a casual, educational, family-friendly, sight-seeing trip through Downtown and the Flats — will be on Sunday August 17th this year, and preregistration only, as riders will be grouped with their own tour guides. Use the inserted application, or register on our Web site for this unique ride! Repair classes are now on a regular schedule, posted on our Web site.

Members' special:

The VCR we had donated was repossessed when the donor realized that he couldn't watch world cup soccer without it to run the cable through. We'd

really like to have one to watch Hans Rey ride up the waterfall on, as well as tape of Tour de France coverage, so the first donation of a VCR will receive a free membership (\$50 value, fully transferable), and you don't even have to set the clock for us!

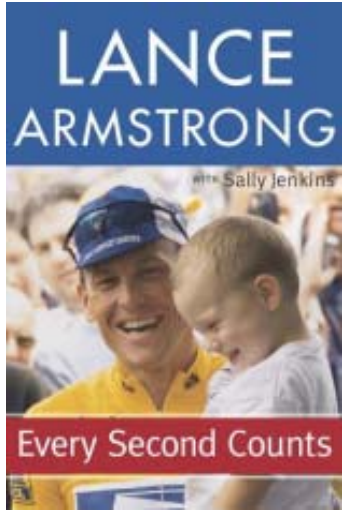
Allez, Lance!

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Broadway Books; (October 7, 2003)

Brecksville Velo Sport



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RADICAL RECUMBENT RALLY

**AUGUST 3, 2003 FROM 10:00 TO 5:00 AT
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**THIS YEAR WE PLAN ON RIDING MORE AND SITTING
AROUND LESS!**

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

12:00 - 1:00 LUNCH. WE WILL HAVE HOT DOGS AND PEANUT BUTTER AND JELLY SANDWICHES AND OTHER SNACKS FOR A SMALL FEE AND BEVERAGES.

RSVP IF YOU INTEND TO EAT LUNCH

1:30 - BEGIN RIDE. WE WILL HEAD SOUTH, STOP AT GRANDMA'S WATERING HOLE FOR ICE CREAM AND TOUR THE SMALL MUSEUM AT BOSTON STORE. FROM THERE WE WILL RIDE INTO PENINSULA AND.....

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

RSVP TO TOM MCFEELY – mcfelyt@imperialelectric.com
or (440) 953-3929. WE NEED YOUR SUPPORT TO MAKE THIS RALLY SUCCESSFUL. TO DRAW MORE SPONSORS WE NEED TO SHOW THAT THIS IS THE **BIGGEST** AND THE **ONLY** RECUMBENT RALLY IN NORTHEAST OHIO AND ONLY **YOU** CAN HELP. DON'T JUST SIT THERE WITH MARTHA - GET THAT RSVP IN!

A Letter from Vetter

by Lou Vetter

TOUR DE FRANCE: You only have to look at the tape of Lance Armstrong's move to avoid crashing in stage nine to know he is an avid reader of this publication, *CrankMail*. Last month I wrote about how I avoided crashing into my buddy Tom only to crash into an embankment. Lance copied my move perfectly and not having the impediment I faced was able to regain control of his bicycle and reenter the race. Way to go, Lance, if I can be of any additional help just call me.

RAAM (Race Across AMerica): I hope that the title, Race Across America, is self-explanatory. Matt Bond, an official RAAM finisher himself, put out the call that he was inviting volunteers to help maintain checkpoint number 40 in Troy, Ohio. This seemed like fun so I replied that I would be glad to help. Those who know Matt know that he is a true gentleman who rides like an animal and holds two cross-state records between Cincinnati and Cleveland. He set both records back to back and both records have stood for years. Matt also belongs to a very exclusive club, that of the "RAAM Finisher." Prior to this year to be awarded the title of "Official RAAM Finisher" one must finish within 24 hours of the race winner. But before that you must qualify to even be allowed to enter the race. To qualify is hard enough and to be an official finisher is phenomenal. This year the rules were changed to allow riders who finished the entire 2,921.7-mile race with an average speed of over 10 miles per hour to be considered official finishers. Even the last solo rider to cross the finish line qualified this year.

At 2:00 a.m. the first place solo rider, Allen Larsen, entered our checkpoint. He looked incredibly tired and sounded that way too. He almost fell as he decided to stop and rest for just few minutes. After his dismount he disconnected his helmet from what looked like a hangman's gallows. He had taken the time to invent a metal support that attached to his back to hold his head up as he rides. How many times have you felt the muscles in your neck rebel at holding your head up during a long ride? After hundreds of miles those neck muscles just can't hold up the head anymore. This condition is referred to as "Shermer neck" so named for the first rider to suffer this malady. After Allen unhooked his helmet he just collapsed onto the wet grass and lay there trying to find the strength to push on. It started to appear as if he was going to just lay there but his ever ready crew sprang into action and encouraged him back up and back into the race. To me it looked like he would have to die to feel better, but he got his leg over the top tube and as he was hooking back up to his unpatented head holder upper Matt asked if there was anything he needed. Allen replied, "I just want a macadamia nut cookie." To which Matt replied "Wait right here." Matt had the cookies and gave the Allen one cookie. Matt then gave a dozen or so to the crew for later use. Allen reached out and grabbed two of the cookies and crumbs were falling from his mouth as he ate them both at the same time. Finally he seemed ready to go and his last words to us were "I'm happy now." It was a fantastic experience to watch this broken down wretch of a rider come back to life and head out onto the road again.

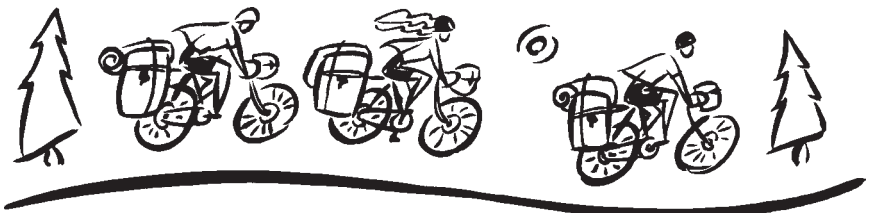
The next day we heard it took him over six hours to get to the next rest stop only 50 miles from us. This concerned us because we thought that he was having real trouble and might be the next to drop out of the race. Later in the day we heard he was back to only three hours between checkpoints, so we suspect he decided to sleep after he left our checkpoint. Allen went on to finish first in the solo rider category. The race offers a

very different kind of excitement. Instead of who will win the sprint to the finish line it's about each rider's struggle to maintain his or her individual riding schedule. Some try to set a new record while others just hope to be an "Official RAAM Finisher." I'd be happy to qualify just once.

NATIONAL 24-HOUR CHALLENGE: This is my annual ride to prove to myself that my sanity has yet to return. As I was stocking up on biker food at Buehler's Market I noticed a Toyota MR/2 with license number "DEVO 1." I looked for a flowerpot in the seat but didn't see one. Next it was off to the race via the Ohio and Indiana turnpikes. The state of Indiana has too much money. How else can you explain why they put radars along the turnpike and have signs saying "Animal Present When Flashing." Come on, is that really necessary? I checked in Friday night and then set up my sleeping bag in the gym. In the middle of the night I awoke from a terrible dream. I was in a panic thinking that someone had stolen the handlebars, campy ergo brake levers and the front brake caliper. I actually looked over at my bike to make sure it was only a dream.

I rode at a comfortable pace and was doing very well all the way to the first checkpoint. At about 50 miles the rolling terrain becomes almost hilly and I started to tire. I finished the first 125-mile loop at 5:40 pm. After some rest and food I rode out on the 22-mile loop only once. After that I was very tired and stopped for a free massage. It was great and I felt well enough to get back on the bike. I mounted lights to the handlebars, which were still attached to my bicycle and headed out on the six-mile night loop. As I finished the first six-mile loop I passed by the massage tent and yelled out "thanks for the new legs." This brought a few laughs to let me know that I had just made a joke. I did another loop and on the third loop I was in a small pace line when I noticed that one of our corner guards turned on emergency flashers and left. None of us knew why they left but we soon found out. About a mile down the course a tandem had hit a pothole at the edge of the road and crashed. There were about six vehicles and police directed us through the crash site. As I passed through I looked over at one downed rider who had an EMT kneeling on his back and yelling, "Just stay down and let us do the work." We made it back to the checkpoint where we were informed that the course was closed due to an accident. Well, it was time for a pit stop anyway. Half an hour later the course was reopened but I was sweaty cold and done for. I quit at 11:30 with only 165 miles ridden.

The next morning I was surprised, when at the awards ceremony, Marie Bartoletti was announced as second place in her age group. She is the Wheaties lady I had met the month before on TOSRV. Small world! Isn't it?



Ohio City Bicycle Co-op's

5th Monumental Bicycle Tour

Sunday, August 17

- An easy, relaxing sightseeing tour of Cleveland with small groups, led by 'vehicular cycling' experts
- All are welcome! Families and individuals, novice riders and expert cyclists
- Enjoy and learn about Cleveland's public art, architecture, natural and cultural history

THE RIDE begins at 9 a.m. at the OCBC shop, 3404 Lorain Avenue. There will be a light breakfast and bike safety check. *Helmets are required!* and are available at the shop for sale.

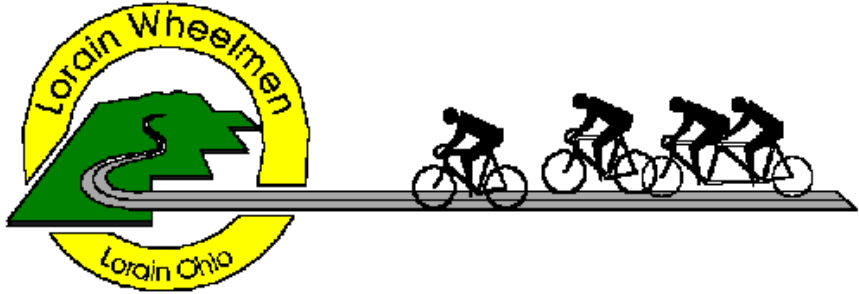
THE ROUTE covers about 20 miles over four hours. We will visit Ohio City, the Flats, Downtown, and the new bike tunnel to Edgewater Beach. There will be a refreshment stop along the way, and an optional lunch afterwards.

THE PRICE is \$15 per rider, and includes breakfast and a guidebook. Children in trailers or on trail-a-bikes participate for free. Additional donations are welcome, proceeds benefit OCBC's Earn A Bike program. A portion of the proceeds is designated to support the Ohio Bicycle Federation's *Bicycle Events Calendar*.

Please note: All ages are welcome, but children should be comfortable riding in a group and in the street, and accompanied by an adult at all times. A sag van will be provided. All riders must be pre-registered, by returning this form postmarked no later than Monday, August 11, or by registering on our website before midnight on Friday, August 15.

Presented by the Ohio City Bicycle Co-op (OCBC), with the support of Cleveland Public Art, to raise funds for the Earn A Bike program, which helps kids earn donated used bikes while learning bike repair and safe cycling.

For detailed directions to the start, or more info about the ride or OCBC, call (216) 634-2345, or go online to www.OhioCityCycles.org



August 2003 Calendar

Day	Date	Starting Point	Destination	the etc's
Sun	8/3	Oberlin (at the caboose)	ROAST	40, 52 & 70-mile freebie
Sun	8/10	Amherst Shupe	Milan	About 50 or so
Thurs	8/14	Oberlin (Ralph's house)	6:00 PM 7:30 PM	Prolog of 20-25 mi. Bocce ball meeting
Sun	8/17	Oberlin Inn	Berlin Hts.	45-50, yes, there's food!
Sun	8/24	Amherst Shupe	Milan	50
Sun	8/31	Oberlin Inn	New London	55 - through Fitchville
Mon	9/1	Amherst Shupe	Labor Day	U-Show of about 25 mi

Evening rides ... about 25 miles:

Tuesday rides will start at Prospect School at 6:00 PM

Thursday rides will start at Shupe School at 6:00 PM

Saturday rides will continue from Prospect School and start at 9:00 AM

The ROAST Your Buns is a freebie invitational with a surprise at the end. Be sure to take a snack if you ride the 40-mile route. You won't pass through any towns on that route. The 52-mile route will pass through Fitchville and New London. Both towns offer a place to eat. The 70-mile route will include these towns AND Savannah, where you'll also be able to get a bite to eat.

NEW - Professional Fitting and Coaching Available!

- Professional Bike Fitting and Power Evaluation Equipment
- Coaching and Fitting by::CERTIFIED trainers,2002 US Duathlon Team member and former National Title holders
- Custom bike builds and fully warranted service department

Visit our NEWLY-REDESIGNED Website

www.BikeAuthority.com

for the latest in coaching and fitting services

Official sponsor of the 2002 Ohio USCF Cycling Championships and 2002 Metropolitan Bank Triathlon
7979 Broadview Road (next to nwa)Broadview Heights,Ohio (440)546-9966



2003 Westlake Race Series

— Season standings* as of July 7 —

'A' RACE

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1	71	Frueh	Tom	Team Columbus	Sagamore Hills
2	66	Chernosky	Dave	Team Columbus	Westlake
3	53	Grimm	Jeremy	Team Akron	Orrville
4	50	Kadar	Stefan	Team Akron	Brookpark
5	43	Baldesare	Jim	Team West Virginia	Kent
6	34	Hansen	Brad	Team Akron	Akron
7	26	Hopkins	Tris	Team Columbus	Kent
tie	26	Sroka	Rudy	Lake Effect Racing	North Royalton
9	22	Batke	Brian	Team Columbus	Novelty
10	19	Cunningham Jr.	Jim	PDQ Cleveland	Fairview Park
11	16	Riccardi	Chris	Guinness	Parma
12	15	Martin	Paul	Team West Virginia	North Royalton
13	9	Dieringer	Zak	Lake Effect Racing	Lakewood
14	7	Fernandez	Robert	Team Akron	Broadview Heights
15	6	Gilmore	Jim	Summit Freewheelers	Cuyahoga Falls
tie	6	Lu	Don	Tri Tech Multisport	Lakewood
17	4	Brink	Dick	Guinness	Cleveland Heights
18	3	House	Mike	West Virginia Elite	Helena
tie	3	Young	Wesley	Great Lakes Racing	Cleveland Heights
20	2	Busa	Mike	West Virginia Elite	Bay Village
tie	2	Mullins	Jim	Summit Freewheelers	Strongsville
22	1	Perera	Nick	Great Lakes Racing	Cleveland Heights

'B' RACE

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1	64	Guggenheim	Dan	Cleveland Chaos	Cleveland Heights
2	48	Rapp	Jason	Pyro Racing	Cleveland
3	42	Hlavaty	Mike	Summit Freewheelers	Jeromesville
4	35	Collander	Eric	PDQ Cleveland	Oberlin
5	25	Bonomo	Michael	unattached	Hudson
6	22	Favorite	Nick	unattached	Garfield Heights
7	21	Keller	Tom	Pyro Racing	South Euclid
8	18	Marcosson	Alan	PDQ Cleveland	Cleveland
9	14	Miranda	Pat	Snakebite Racing	Valley City
10	12	Tuskan	Matthew	Pyro Racing	Cleveland
11	10	Hayden	John	PDQ Cleveland	Westlake
tie	10	Turba	Robert	unattached	Cleveland
tie	10	Ward	Kevin	unattached	Euclid
14	6	Berlekamp	David	Lake Effect Racing	North Royalton
tie	6	Bromley	Joe	Great Lakes Racing	Cleveland Heights
tie	6	Eldred	John	PDQ Cleveland	Lakewood
tie	6	Karlovec	James	Cleveland Chaos	Shaker Heights
18	2	Grimm	Bob	Team Akron	Marshallville
tie	2	Madison	Mike	PDQ Cleveland	Cleveland Heights
tie	2	Previs	Stephen	Cleveland Chaos	Cleveland Heights
tie	2	Schneider	Brian	Pyro Racing	Parma
tie	2	Stefancin	Robert	PDQ Cleveland	Parma
23	1	Sutte	Jack	Cleveland Chaos	Cleveland

* Provided by Race Promoter Chris Riccardi: chris16@stratos.net



We don't have the money for that...

"The basic health and nutrition needs of the world's poorest people could be met for an additional \$13 billion a year."

– United Nations Development Programme,
The Facts About...Poverty.

The U.S. Defense Department said on July 15 (2003) military expenses for the Iraq war and its aftermath have cost the United States \$48 billion to date, with a monthly price tag over the next couple of months estimated at more than \$3.9 billion.

– Reuters



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

Contact the following for information

President:	Shawn Conway	330-764-3019	snsqconway@aol.com
Vice Pres.:	Tom Dease	330-725-1058	tjmd@aol.com
Treasurer:	Glen Hinegardner	330-725-8430	biker10260@aol
Ride Coord.	Tom Byerly	330-723-4782	teberly@lxdesign.com
Ride Coord.	Carl Bidinger	330-336-5190	crbidinger@westfieldgrp.com
Secretary:	Dave Ling	330-725-3974	db13000@aol.com
Mtb Coord.	Dave Towne	330-321-8758	djtowne@earthlink.net

Tuesday Night Rides

Starting at 6:30 pm (Pace: Moderate 12 - 15+ mph)

Starting Points:

April - Medina County Career Center
May - Medina County Career Center
June - Buckeye Woods County Park
July - Hubbard Valley Park
Aug - Plaza 71 Route 18 & 71
Sept - Buckeye Woods County Park

Sunday Morning Rides

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

Starting Point:

Historic Medina Square. Please park in the Courthouse Parking Lot –
At Jefferson and E. Liberty St. off the Square.

**BICYCLE HELMETS REQUIRED ON ALL
OFFICIAL CLUB RIDES**

Yo, Wheelers!



Hats off to our new leadership. They, Jim Gernstetter, Howard Gillmore, Howard

Levy, Linda Myers, Robert Schwab, and Bernard Kotton, have also worked hard to revitalize the Western Reserve Wheelers. Substantial numbers of riders now turn out for each of our out-in-the-country rides. At least once a month club rides are scheduled for starts other than the “J.” Those riders not familiar with our rides are pleased to find how scenic and interesting they can be.

As always we are looking for members willing to volunteer their time to assist in club activities. Call Jim Gernstetter at (216) 587-1904 to offer your services.

While I don’t want to sound like a broken record, if you have not already done so, visit our club Web side at www.westernreservewheelers.com. The ride schedule is posted. It is also interactive, meaning we have a bulletin board where messages can be posted.

I learned recently that after each use, a water bottle should go into the dishwasher! A casual rinse after the ride is not sufficient to kill all the little microbes.

Rider of the Month – Jim Gernstetter is our Rider of the Month. While he has only been with the club a few years, he has unselfishly dedicated himself to pumping new life into the club. He started the way most new riders start, with an older bike, but after a few rides, and after he found out how great it is, has acquired two advanced technology bikes. He even has yellow spokes on his newest bike.

May the Wind Always Be At Your Back!

— Ed Reichel

Western Reserve Wheelers Ride Schedule

DATE	TIME	START	DESTINATION	MILES		
				A	B	C
08/03	7:30	JCC	Kent	69	--	--
	8:30	NES		--	37	30
08/10	8:30		Emerald Necklace	--	--	--
08/17	8:30	SSP	Holden Arboretum	50	35	--
08/24	8:30	JCC	Chagrin Falls via Catsden "Club Party Ride"	--	26	--
08/31	7:30	JCC	Ravenna	65	--	--
	8:30	SOL		--	48	--
09/01	8:30	JCC	Labor Day Pick-Up Ride	??	??	??
09/07	8:30	JCC	Twinsburg	--	41	--
09/14	8:30	SSP	Waite Hill	40	--	--
09/21	8:30	FW	Ashtabula Covered Bridge	70	--	--
09/28	8:30	--	<i>Rosh Hashanah</i>	--	--	--
10/05	9:00	CHG	Circle Chagrin	48	--	38
10/12	9:00	JCC	Hudson Reverse with Aurora Ext.	50/42	42/38	28
10/19	9:00	JCC	Mayfield & Route 306	--	30	--
10/26	9:00	JCC	Cider Ride – Patterson Farms	--	35	--

Ride Start Locations and Abbreviations:

SOL = Solon: parking lot at Koenig's Sports

CHG = Chagrin Falls parking lot Kol Nidre

NES = Northfield Elementary School is located at the Olde Rt. 8 and State Route 82.

SSP = Sunset Pond

GLM = Great Lakes Mall

FW = Ferrante Winery – Route 307, 1 mile west of Route 534

GS = Guerney School on Bell West of Rt. 306

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.

Metroparks Need Oversight

by Bob Greenbaum,
Sierra Club Northeast Ohio Group
Conservation Chairperson

Reprinted from the Sierra Club News

"People weary of a busy and commercial urban life need a refuge of woodlands, water, hills, grass and wildlife to provide healthful rest and recreation," according to William Stinchcomb, founder and head of the Cleveland Metroparks until 1957.

How far have we come from Stinchcomb's vision? No park user should be confronted by the loss of 200 trees and 13 acres of meadow, now under construction as rangers-park operations facility and serviced by a new sewer line; and for sale signs on two lots within the park. The Metroparks staff presented 21 reasons why the meadow should remain intact and the facilities built elsewhere, but the Commissioners ignored their recommendations. Furthermore, *The Plain Dealer* reported that the new sewer line enabled Ohio Republican Party Chairman Robert Bennett to subdivide his property and sell a lot to Metroparks Commissioner John O'Toole. That the Metroparks needs far more public oversight than they have been getting is obvious. However, it should not be necessary for Sierra Club member Diana Steel and others to attend biweekly Metroparks Commissioners meetings as a check on their operation.

Is today's Board of Commissioners as dedicated to land acquisition and conservation as founder Stinchcomb? For example, tiny Geauga Park District has spent more than \$6 million acquiring 1,300 acres since the start of 2001. By comparison, Cleveland Metroparks' holdings have increased by only 1,000 acres since 1995, largely using non-park funds. Although the Cleveland Metroparks publication *Metroparks 2000*:

Conserving Our Natural Heritage: Park District Plan states "the primary responsibility of Cleveland Metroparks is the conservation of natural resources," so it will: "Provide leadership in protecting the open space values of an additional 10,000 acres of land within the region by the year 2020;" is a laudable goal, this is not a clear statement of intent to buy critical natural areas which border the Park and are in danger of development.

Public control of Cleveland Metroparks is specified in Ohio Law as a three-person Commission appointed by Presiding Judge of County Probate Court. In Cuyahoga County that post is currently held by Judge John Donnelly.

Two things are required to make the Cleveland Metroparks Commissioners more responsive to conservation concerns:

1. Judge Donnelly, or whoever is the presiding probate judge at the time, should appoint a Commission member with extensive naturalist and biological background. The current members are a prominent developer, a FirstEnergy attorney, and a probate attorney. The Commission does not need another political insider.

2. In preparation for the expected 2004 Cleveland Metroparks ballot levy, a practical long range plan must be fully developed and publicly debated that guarantees Metroparks funding to achieving the goal of 10,000 acres of new park land by 2020; that preserves the remaining undeveloped land of the Metroparks in a natural state. The plan should be coordinated with the Cuyahoga County Greenspace Plan, the City of Cleveland Lake-front Plan, and the eight-county plan.

Judge Donnelly is quoted in *The Plain Dealer* saying he has not heard conservation concerns from the community. Let us begin to express ourselves directly to him.

Please write to:

The Hon. John Donnelly
1 Lakeside Ave.
Cleveland, Ohio 44113



LAKE ERIE WHEELERS

P.O. Box 770744; Lakewood, Ohio 44107

lakeeriewheelers@yahoo.com • 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) 695-0038
Membership Chair: Dan Izuka – (440) 734-5777

LEW Club Weekend & Holiday Ride Schedule

- Aug. 3 9:00 Scoop-a-Loop Invitational Ride
Aug. 10 9:00 Bradley Woods to Huntington Park & Vermilion -20/50/70 flat miles
Aug. 10 10:00 Bike Path Series: N. Olmsted Bike Path (Stearns to G.N.B.) – 11 mi.
Aug. 16 9:00 Women's Only Ride: Brecksville to Chagrin - 45 miles
Aug. 17 9:00 Eric's Hill Climb Challenge – Deep Lock Quarry, Prizes!
Aug. 24 9:00 Bonnie Park to Lodi – miles
Aug. 31 9:00 Huntington Park to Vermilion/Huron - / flat miles
Sep. 1 10:00 Holiday Hawaiian Shirt Ride - Scenic Park to the Flats for lunch – 30 flat miles
Sep. 7 9:00 Creston to Destinations Unknown – 50 to 80 miles or thereabouts
Sep. 14 9:00 Bonnie Park to Peninsula – miles
Sep. 14 10:00 Bike Path Series: Canal Visitor Center, Towpath to Peninsula – 24 mi.
Sep. 20 9:00 Women's Only Ride: Lodi to Wooster – 40 flat miles
Sep. 21 9:00 Valley City to Lodi and Wooster – 40 or 80 miles
Sep. 28 9:00 Malabar Weekend – Saturday/Sunday starting from Malbar Farm Youth Hostel

Ride Start Locations

- Bonnie Park In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.
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.
Huntington Park	Picnic area and parking lot, in Bay Village, north of Porter Creek Drive and Lake Road, ¾ mi. west of Dover Center Road.
Lodi	CVS parking lot at Rt. 83 & US 42, in downtown Lodi, Ohio.
Scenic Park	Parking lot at marina in North Rocky River Reservation, off of Valley Parkway ½ mile south of Detroit Road, in Lakewood.
Valley City	Liverpool Elementary School, at West River Road and School St.

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) 695-0038.

Wednesday Evenings – The Ice Cream Rides will leave from the Olmsted Falls Public Library lower parking lot at 6:30 Wednesday nights, weather permitting, of course. These qualify as B 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, or Greg James at (440) 331-9419 (email at 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) or Doug Barr at (440) 734-1715 (email at 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. 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 – These rides have been discontinued for the remainder of the season, due to a lack of interest.

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 lakeeriewheelers@yahoo.com (please note new email address). If you aren’t receiving weekly ride updates and have email, 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

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

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

The 2003 Ohio Bike Path Series

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. 10	North Olmsted Bike Path (Stearns to G.N.B.)	11 miles	Tom Meara
Sept. 14	Towpath (Canal Visitor Center to Peninsula)	24 miles	John Whitaker
Oct. 12	Kent (Alexander Road ABC Trail to Kent)	22 miles	Dan Izuka

Due to an early publication deadline, we are unable to include information about the July Bike Path ride in this month's article.

2003 "Women Only" Ride Series

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. Contact Bonnie Vargo at (216) 226-5918 for details. Rides are listed in the Weekend & Holiday Ride Schedule.

LEW Wear

We've arranged to have the LEW Logo embroidered on a cotton 2-button sport shirt or an alternate garment (shirt or jacket) of your choice. So far the response has been tepid and is not sufficient to cover the cost of set-up. If you are interested in a LEW Logo shirt, please send an email to lakeeriewheelers@yahoo.com.

Bob Parry reports that new jerseys are being considered, and that the cost is expected to be about \$55.00 per jersey. If any members are interested in buying one, they should call Mr. Parry at (440) 779-8392 (or email at bob.parry@june.com) to put in a reservation for a jersey. We are hoping to have at least a dozen people interested in buying jerseys.

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:

Date	Route	Ride Captain
August 23-24	Olmsted Falls to Findlay State Park	Tom Nezovich
September 13-14	Westlake to Put-in-Bay	Marty Cooperman
September 27-28	Olmsted Falls to Malabar	Tom Meara, Bob Parry

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 Sept. 9, 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.

The 2003 LEW Club Picnic

The annual club picnic was a traditional event, usually held in July or August, and often included a full-contact, grudge-match volleyball game. We hope to revive this tradition for the benefit and enjoyment of current members. Last year's picnic was very well received and well attended, and we feel encouraged to try again this year. The club picnic will be held this month, on Aug. 10 at Bradley Woods Metropark, the start point

for both the regular club ride (to Huntington Park and Vermilion) as well as this month's Bike Path Series ride, and will begin after the rides. Volunteers may be needed to help, including a Designated Squatter to secure the site. Anyone wishing to volunteer, please contact Tom Meara or Dan Izuka (see top of first page for phone numbers).

Charlie Martin's Progress

On Thursday, June 19th, Rosemary met up with Charlie in Vernon, NJ, where Charlie had taken a rest day at the Appalachian Motel; it rained for the entire day. On Friday, Charlie took off again on the trail with the plan to meet up again with Rosemary at Greenwood Lake that evening. Charlie has been hiking off and on with another hiker called Sue Bear; they were both shuttled into town so they could dry out again, and get food. The hotel was run by a little old lady who only takes cash (No checks, No credit cards, Don't Trush um!).

Saturday morning, after a breakfast of pancakes, sausage, toast, pancakes, bacon, OJ, hash browns, sausage, pancakes, toast, hash browns, OJ, a bit more sausage, and 2 or 3 pots of coffee, they drove Charlie and Sue Bear back to the trail.

Rosemary stayed there awhile, passed out food and drinks, and talked with the hikers. Her impression was that they are an interesting lot: some of them are college kids out for the fun of it, others are retired "old fogies," and yet others have taken leave of their jobs to take the challenge. Some of their names are: BUDA (early 20s), LITTLE SUITCASE (65, did 1,400 miles in 2001 until his knees gave out, now he is finishing), HOSER, a young college kid out for the challenge, HOME BOUND, another young guy up for the challenge, and SYCHO HEICKO, a neat guy from Germany who came here just for the challenge. Sue Bear did a few hundred miles of the trail with her big black lab, Pluto, until the pads of his feet got too sore.

On Saturday evening they met Charlie in Arden, New York, for another night inside to dry out. Rain doesn't seem to bother these Hikers at all: they don't like it, but they don't let it bother them. THE HIKE GOES ON! On June 23rd, Charlie called from Graymoor Friary in New York, said he only hiked six miles because it was sooo hot. They had been hiking in 65- to 70-degree rains for so long I guess they were not ready for the heat!

At this point Charlie probably weighs about 160 lbs. If it wasn't for the gray hair and beard he'd look like a young kid.

On Monday, June 30th, he was in Kent, Conn., and spent Tuesday night at the Pine Swamp Brook lean-to shelter. By Wednesday, July 2nd, he called from Salisbury, Conn. He described it as a Yuppie-type town, where a milk shake costs \$3.75. For supper he had a Cheeseburger for \$9.50; with a coke it came to \$12.50. He is ready for a new pair of shoes to be sent to Bennington, Vermont. He is almost done with ten states and has four more to go.

On July 2nd, Charlie took a three-day rest in Wingdale, New York on the NY-Conn. line after experiencing trouble with his knee. After the rest, and with the help of a knee brace, he was back on the trail.

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SCHWINN THRASHER 1999 chrome boy's bike, 6-speed with 20-inch wheels. Schwinn quality, gently used. Still looks nearly new. \$80. Call John: (440) 356-3479.

SCHWINN WORLDSPOORT 25-inch (64 cm) red touring bike. Drop handlebars w/ Campy bar-end shifters, computer, rear rack, bag with built-in panniers, fenders. Specialized headlight with full-size water bottle mount rechargeable battery. Good condition. \$400. Call Carl: (440) 235-0117. Email: carl_paneke@yahoo.com.

SIDI GENIUS 4 road shoes, men's, size 43 1/2 (9 1/2), black and silver. NEW: still in box. Retail price: \$189 -- you pay only \$150. Call Danny: (216) 244-0237. Email dwyn127@yahoo.com.

expire August

RALEIGH INTERNATIONAL 23-in. frame, 1973 model. Raynolds 531, triple crankset, made in England, Carlton factory. Campy hubs, Campy and LOOK pedals, Brooks and gel saddles. Rear rack. Professionally maintained. Lively, responsive touring bike. \$688. Call Bill: (216) 752-6718.

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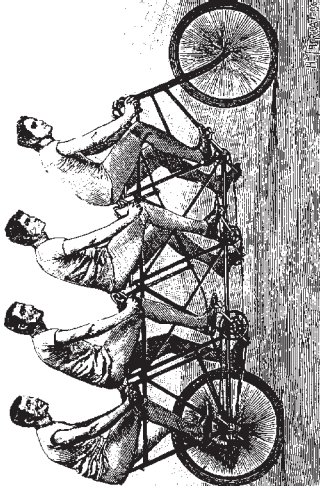
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