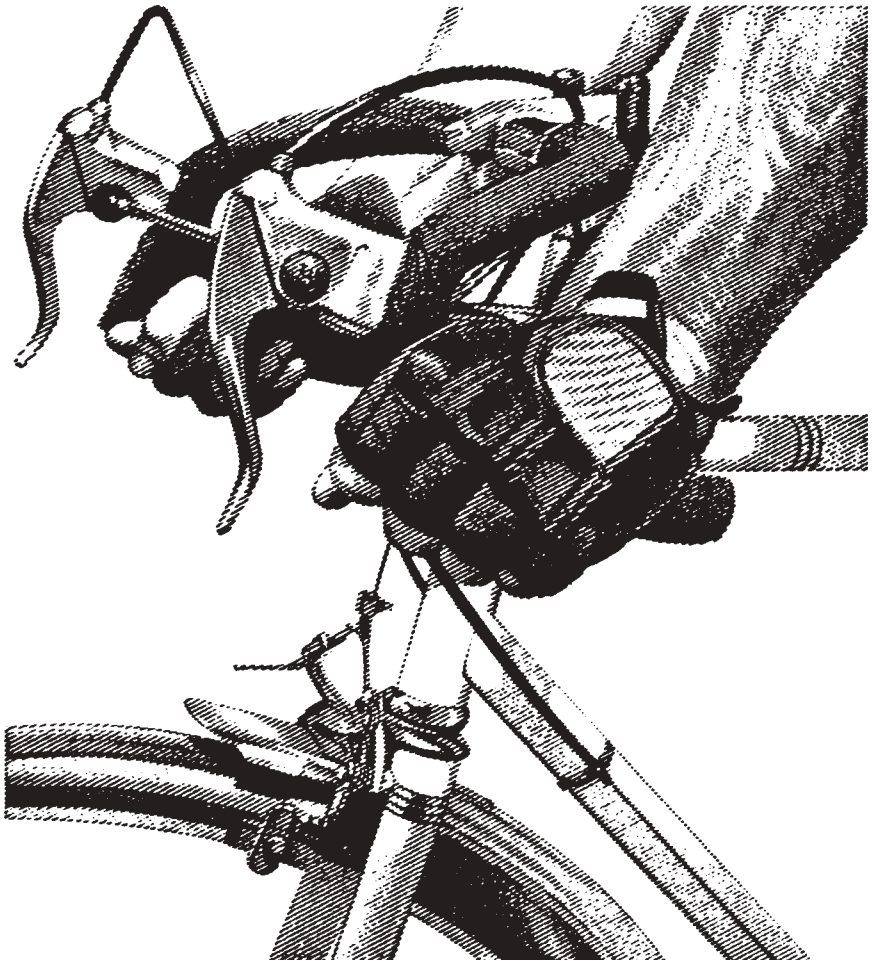




CrankMail

July 2002

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

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“The main reason most people play golf is to wear clothes they would not be caught dead in otherwise.” — Roger Simon

And why is it *you* bicycle?



July 2002 Calendar

Day	Date	Starting Point	Destination	The Etc.
Sunday	7/7	Oberlin Inn	Valley City	about 50ish. Come with us to Eileens, and wait for your Breakfast.
Thurs	7/11	Oberlin. @ 6:00	Ralph's,	A short ride
Thurs	7/11	Meeting @ 7:30	Ralph's	Time for the "Annual Lorain Wheelmen "Bocce Ball Open" at Ralph's house
Sunday	7/14	Amherst	LaGrange	Probably just under 50
Sunday	7/21	Oberlin Inn	Milan	A bit over 50
Sunday	7/28	Fields School	Medina	Dave will give you a link to a map. It's on Root Rd., just north of Butternut, in N.Ridgeville.

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.

I don't have a map (Dave)! Here are some directions using various routes:

If you want to use the Ohio Turnpike, go to exit 9. From there, head west on old 10 – Butternut Ridge – (Lorain Rd.) for about ¼-mile to the intersection of Root Road. Turn right (north) and look quickly to your left, there it is!

If you want to come from Oberlin on 480, go east as far as SR 83 and exit. Go south on 83 to Butternut (Lorain Rd) and turn left (east). Now ya gotta look for Root Road. Turn left (north) and look quick on your left.

You can also go all the way from 57 (in Elyria) via Chestnut Ridge. Go all the way to Root Road and turn right (south). Just before Lorain Road, the school will be on your right.

Westlake Season Near Mid-Point

WESTLAKE – After 10 events, leaders have been defined in the seventh season of the weekly Tuesday Evening Training Race Series. 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	55	Chemosky	Dave	Team Columbus	Westlake
2nd	37	Hopkins	Tris	Cuyahoga Valley Velo	Kent
3rd	34	Kadar	Stefan	Team Akron	Brookpark
4th	30	Baldesare	Jim	GoMart	Kent
5th	28	Frueh	Tom	Cuyahoga Valley Velo	Sagamore Hills
tie	28	Sroka	Rudy	Lake Effect Racing	North Royalton
7th	26	Weddell	Sean	Team Akron	Akron
8th	18	Hansen	Brad	Team Akron	Akron
9th	16	Batke	Brian	Cuyahoga Valley Velo	Novelty
10th	14	Busa	Mike	Lake Effect Racing	Bay Village
11th	12	Dieringer	Zak	Lake Effect Racing	Lakewood
12th	10	House	Mike	Go Mart	Helena
13th	8	Toutenhoofd	Nico	Excel	Sports
14th	6	Cunningham Jr.	Jim	PDQ Cleveland	Fairview Park
tie	6	Kenny	Brian	Gary Fisher Mid-Atlantic	Akron
tie	6	Martin	Paul	GoMart	North Royalton
17th	4	Brink	Dick	Guinness	Cleveland Heights
18th	3	Gryzbowski	Jeff	Tri Tech Multisport	South Euclid
tie	3	Lu	Don	Cuyahoga Valley Velo	Lakewood
tie	3	Mullins	James	Summit Freewheelers	Strongsville
tie	3	Riccardi	Chris	Guinness	Parma
22nd	2	Fernandez	Robert	Team Akron	Rocky River
tie	2	Gallagher	Bill	PDQ Cleveland	Sandusky
tie	2	Wilford	Derek	Lake Effect Racing	Euclid
25th	1	Gilmore	Jim	Team Summit	Cuyahoga Falls
26th	0	Beeson	Brad	PDQ Cleveland	Bay Village

“B” Race

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1st	60	Miranda	Pat	Snakebite Racing	Valley City
2nd	40	Szucs	Thom	unattached	Cleveland Heights
3rd	19	Bromley	Joe	unattached	Cleveland Heights
4th	18	Accorti	Pete	unattached	Bay Village
5th	17	Rapp	Jason	PDQ Cleveland	Cleveland
6th	11	Brown	Chad	Summit Freewheelers	Oberlin
7th	10	Kovach	Dave	PDQ Cleveland	Cleveland
tie	10	Potts	Tony	PVR Racing	Warren
9th	8	Griffith	Conrad	PDQ Cleveland	Chargrin Falls
tie	8	Keller	Tom	unattached	South Euclid
tie	8	Previs	Stephen		
tie	8	Schneider	Brian	Eddy's Bike Shop	Parma
tie	8	Smith	Mike	Summit Freewheelers	Cuyahoga Falls
14th	6	Czinger	Kevin	Cleveland Chaos	Hunting Valley
tie	6	Hofstetter	Joe	PDQ Cleveland	Rocky River
tie	6	Kreiselmeier	Norman	unattached	Lakewood
tie	6	Rees	Bill	PDQ Cleveland	Parma
tie	6	Stefancin Jr.	Robert	unattached	Parma
tie	6	Vet	Dave	unattached	Westlake
tie	6	Wilhelm	Brad	Gary Fisher Mid-Atlantic	Elyria
21st	2	Bauer	Paul	unattached	Bay Village
tie	2	Berlekamp	David	Lake Effect Racing	North Royalton
tie	2	Furgala	Brian	unattached	Lakewood



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

- July 4 10:00 Holiday Hawaiian Shirt Ride – Scenic Park to Cleveland Flats for lunch
- July 7 9:00 Brunswick to Rittman – 55 miles.
- July 14 9:00 Paw Paw to Hinckley & Doylestown – 30 or 60 hilly miles.
- July 14 10:00 Bike Path Series: Rockside to Peninsula via Canal Towpath – 24 miles.
- July 21 9:00 Scoop-a-Loop, Columbia Station – Four 15-mile loops with Ice Cream.
- July 28 9:00 Lakewood Park to Euclid and Grand River – 40 or 65 miles.
-
- Aug. 4 9:00 Canal Visitor's Center to Squires Castle – 45 or 65 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 Roast Your Buns Tour – Oberlin – Lorain Wheelmen – 25, 40 or 70 mi.
- Aug. 25 9:00 Eric's Hill Climb Challenge – Deep Lock Quarry, Prizes!

Ride Start Locations

- Brunswick Laurel Square Shopping Center parking lot, off of Pearl Road (Rt. 42), 1 mile South of Rt. 303.
- Canal Visitor Ctr. Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga Valley National Recreation Center.
- Lakewood Park Picnic area and parking lot, in Lakewood, north of Lake and Belle Avenues.
- Paw Paw Lot Picnic area and parking lot, off of the Valley Parkway, just east of West 130th Street, in North Royalton.
- Rockside Rd. Lot Parking lot off of Rockside Road, in Valley View, west of Canal Road (on south side, just west of Rockside Road bridge over canal).

Scenic Park Parking lot at marina in North Rocky River Reservation, off Valley Parkway, located ½ mile south of Detroit Road, in Lakewood.

Wallace Lake In South Rocky River Reservation, at Wallace Lake Parking Lot off of Valley Parkway, 1 mile south of Bagley Road.

Weekday Rides

Tuesday Evenings – Short, slower (C-pace) rides starting 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, Russ Marx, or Greg James.

LEW WEB keeps club informed of late breaking news

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

Weekend Club Rides

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

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

The Ride Leaders for this month, and the next, are:

July – Jake Elliot; August – Jerry Storer.

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 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. While inclement weather cancelled the May ride, the June ride (from Elyria to Kipton) attracted no fewer than 24 riders. Worth mentioning is the fact that many participants came with their spouses and children, thus demonstrating the value of the Bike Path Series 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 must be accompanied by an adult.

Upcoming Ohio Bike Path rides for this summer and autumn:

July 14	Rockside to Peninsula on the Erie Canal Towpath	24 miles	Dan Izuka
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 (by Tom Meara)

If you ever thought of strapping your shelter and sustenance to the back of your bicycle and rolling out your driveway for destinations and adventures unknown, this is the year. Several rides of varying difficulty are planned to accommodate every level of rider. Each ride is self-contained, meaning you bring what you need. If you don't know what to bring, we can advise. Some nights will be spent in a tent, others in a motel or hostel. We expect you to be able to ride at a pace that will cover 50 to 75 miles in a day, with some days longer than others, if it is hilly, or windy, or hot. Some rides are sagged (meaning we have a vehicle following the route to help if needed) and some are not. Each ride has a designated captain to organize the route, make reservations, provide maps, and lead the ride.

Touring by bicycle is not about speed; it is slow and even. It is not a short ride in the morning so you can do something else; it is an all-day long ride where the pleasure is in the journey and the destination. There is both contentment and exhilaration in being miles from nowhere with nothing but your bike, your gear, and your own abilities, to get you home.

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

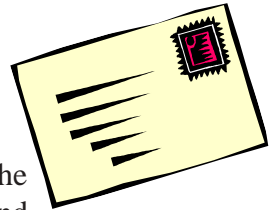
Date	Route	Ride Captain
July 3 – 7	Roanoke to Winchester, Virginia, 500-600 miles. No sag, restaurant meals, motel/camping.	Tom Meara
July 20 – 21	Olmsted Falls to Kelly's Island. No sag, camping, cook your own meals.	Greg James

- | | | |
|--------------|---|-----------------|
| Sept 14 – 15 | Olmsted Falls to Malabar Farms.
No sag, stay in hostel, restaurant meals. | John Wasko |
| Oct 11 – 14 | Shaker Heights to Chautauqua, New York.
No sag, camping, cook your own meals. | Marty Cooperman |
| Oct 19 – 21 | Youghiogheny Trail, Ohiopyle, 130 flat miles.
No sag, camping, restaurant meals. | Doug Barr |

If you are interested in participating, Ride Captains must be contacted prior to the ride:

- | | | |
|-----------------|----------------|-------------------------|
| Doug Barr | (440) 734-1715 | dougarr@nshore.org |
| Marty Cooperman | (216) 932-6159 | m.cooperman@csuohio.edu |
| Tom Meara | (440) 777-2563 | tdmeara@adelphia.net |
| Greg James | (440) 331-9419 | clockwerke@aol.com |
| Bob Parry | (440) 779-8392 | bob.parry@juno.com |
| John Wasko | (440) 891-8364 | gumbycycling@juno.com |

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



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Yo, Wheelers...



Due to popular demand, we have decided to hold mid-week daytime rides for those members who are free to ride on Wednesdays. Howard Mayers, our long-time member and Saturday ride leader, has graciously agreed to lead the rides. Please call Howard at (216) 765-8832 to indicate your interest so that he can set up a mutually agreeable starting time and starting location.

Once again I will lead a ride this summer on the Lorain County bicycle path. You may recall that I reported on this beautiful 27-mile ride last year when Al Wapnick and I tested it out. It was built on an old railway bed and extends through scenic parts of Lorain County from Elyria to Kipton. This year I will lengthen the ride by returning through Oberlin where we can eat our peanut butter and jelly sandwiches and drink Gatorade on Tappan Square. The ride also includes a McDonald's. If interested, call me at (216) 371-5618 (evenings) so I can compile a list of those to notify of the ride date. Of particular interest last year, when Al and I rode the bikeway, was when we saw only one gum wrapper and absolutely no glass. Unfortunately this can't be said for the MLK (liberty Blvd.) bikeway on which flats from broken glass are a regular occurrence!

There are a few club shirts at \$50.00 per shirt available. The shirts were designed especially for WRW riders. Don't be left out. Call me to see if we have your size.

Is it only me or does it happen to everyone? Each year it seems to take longer to get back into condition. That and wearing bulky clothes are a real pain.

We still need a volunteer to maintain our Web site (www.westernreservewheelers.com). It is not a big job but requires someone with knowhow to keep our schedule and special announcements current. If you can do this, please call Al Wapnick at (216) 781-4300. Your efforts will be greatly appreciated by the Club. I hope to see all of you soon.

May the Wind be Always 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

1422 Euclid Avenue #1104 • Cleveland, Ohio 44115

Ride Schedule

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

DATE	TIME	START	DESTINATION	MILES
July				
4	8:30	JCC	Fourth of July Pick-Up Ride	??
7	8:30	JCC	Downtown via Parks & Towpath "Irv's Urban Oasis"	40-50
14	8:30	JCC	Oscar's Tanglewood	35
21	8:30	JCC	Route 306 and Mayfield	30
28	8:30	JCC	"Pancake Ride"	
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

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.

Euclid Mayor Named Honorary Member of USPS Team in Flag Ceremony

EUCLID — Move over, Lance Armstrong – you’ve got a new teammate!

Euclid Mayor Paul Oyaski has been named an honorary member of the USPS Pro Cycling Team. He received his official team jersey at a Pro Cycling Team rally Friday, June 28 at the Euclid Post Office, 21551 Euclid Ave.

Mayor Oyaski was selected for his office’s assistance in helping the Cleveland District improve efficiency and customer service in Euclid.

The rally included the raising of a unique flag sporting the team jersey and autographs of USPS Pro Cycling Team members including Armstrong, the defending three-time Tour de France champion. A similar event took place at the Westlake Post Office last year.

“We believe this special flag raising ceremony will go a long way to raise awareness about the USPS Pro Cycling Team and the hard work they do all year long to represent the United States — and the Postal Service — in more than 58 races all over the world,” said Cleveland Postmaster Linda Jacobson. “Through hard work and dedication, Lance Armstrong and the team have transformed themselves into the team to beat. Just like them, we are transforming the Postal Service into a world-class delivery system.”

The flag raised ceremony has been autographed by members of the USPS Pro Cycling Team, and will be kept on display at the Post Office until the conclusion of this year’s Tour de France. Customers can enter a drawing to win the autographed flag until the Tour de France ends July 28.

Updates on the team will be available at www.usacycling.org. Information on the USPS Pro Cycling Team is available at www.uspsprocycling.com.



Tour de France on TV... A Simple Plan

Here’s the program schedule for Outdoor Life Network’s (OLN) coverage of the 2002 *Tour de France*. Now, hope your cable or satellite TV provider offers OLN!

7/6-7/28: Live Coverage! — 9:30-11:30 am

7/6-7/28: Taped Coverage & Commentary — 9-11pm



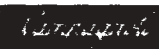
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Congratulate Bike Authority Racing Team Members (and employees) on Recent Accomplishments:

- * Qualified for Team USA Duathlon World Championships (Rudy Sroka)
- * Qualified for Team USA Duathlon World Championships (Julie Lewis)
- * Ohio State Road Race Champion Masters (Rudy Sroka)
- * Ohio State Crit Champion Runner-Up Juniors (Dave Berlekamp)

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Roast Your Buns Tour

Sponsored by
Lorain Wheelmen
"RAIN or SHINE"
August 4, 2002



The ninth Roast Your Buns Tour will depart from the Oberlin Community Center, Oberlin, Ohio at 8:00 AM, on Sunday, August 4, 2002. The ride will provide distances of 25, 40, and 70 miles over flat to rolling terrain.

START-FINISH ... The start-finish and registration is at the Community Center just off South Main St., Oberlin, Ohio. If you are driving via the Ohio Turnpike, exit at gate 8 and take Route 57 north to Route 2. Take Route 2 west to the Route 58 exit and take Route 58 south to Oberlin. The Community Center is just off South Main St. (Route 58) a short distance south of Tappen Square. A map of the Oberlin area is available on our Web site at: <http://www.eriecoast.com/~lorainwheelmen>. It's in *Adobe Acrobat* format.

REGISTRATION ... This is a freebie ride, so no registration is necessary. A donation of 50¢ will be accepted to cover the cost of maps.

OVERNIGHT ACCOMMODATIONS ... are available at the Oberlin Inn, downtown Oberlin. For reservations, call (440) 775-1111. The Country Hearth Inn and Motel 6, located in Amherst, (approx. 8 miles north of Oberlin on SR 58 at SR 2). Call (440) 985-1428 or (440) 988-3266 for reservations.

ROUTE ... The route(s) will be the same as last year except for maybe the 25-mile route. It may use a different one of the old routes. Food can be obtained along the route in the communities we pass through. The turn-around for the 75-mile route will be Savannah. This route will be rolling while the 25- & 40-mile routes are mostly flat.

SAG WAGON ... Since this is a freebie, there will be NO SAG service. Your map will provide you with the various emergency phone numbers.

WEATHER ... August weather in Lorain County is usually hot and dry, thus the name for the ride. We could however have a thunderstorm or two, especially in the afternoon.

For more information:

Call:	John Bachman (evenings) at 440.988.5016
Snail Mail:	Lorain Wheelmen, PO Box 102, Amherst OH 44001-1614
E-Mail:	lorainwheelmen@eriecoast.com
www:	http://www.eriecoast.com/~lorainwheelmen/



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

Earl Richards of Aurora, **Theresa Nadasky** of Berlin, Center, **Dave Szyska** of Burton, **Kristin Plambeck** of Cleveland, **Pamala Galloway** of Concord, **Michael Roe** of Painesville, **Craig Schneider** of Parma, **Barbara Chonko** of Parma Heights, and **Richard Elliott** of Shaker Hts. Welcome to the club!

A Historic Tour of Fairport Harbor & Painesville

It was wonderful to ride a Tuesday A.M. CTC ride now that I am retired. It was also wonderful to ride with these friends who have been doing A.M. rides for at least a year. I have been missing a lot. Thanks to these people for making my first effort a great one: **Phyllis Haehn, Teri Fedak, Henri Nelson, Ann Kluznik, Jean Shibley, Bernie Marusek, Ernie Miklavic, Pam Galloway, Pat Stern** and some new people: **Maggie, Sue, Ed, and Rob**. We left Concord Woods at 9:30 and traveled to Riders Inn via the new bike path. I told the history of the inn and a little about their resident ghost. From Riders we traveled north to Fairport Harbor where we were treated to pie & a beverage at the Grandon which is right across from the Light House. More history of the Light House and city and a chance to see the new figures that dot the streets. From Fairport we made a stop at a Painesville Depot that is being restored and a stop at the Evergreen Cemetery where lots of prominent Painesville citizens are buried. On to Painesville square for a shady break and a little about the court house and other historic building and than back to the bike path and the park. The group rode 23 miles without hills at a very relaxed pace on a day that was 80 degrees and sunny. Does it get better than that? A comment by several riders was, "Why do we leave Ohio when we have so many wonderful places right here?"

— **Nan Horvath**

The Thumbtack

Saturday afternoon and I'm heading for the play. Not the fancy kind where you get dressed in your Sunday best, but a local hiking club kind of play. Besides, I'm in the play. I'm a rabbit. My costume of Playboy Bunny ears and a cotton tail is kindly being delivered by car, along with my potluck offering and Lydia, a live rabbit, so I'm free to ride my bike.

I live in Cleveland Heights; the play's in Hinckley, maybe 30 miles away. I've left early so there's plenty of time for dallying. Crossing downtown from the east side, I head south on State Rd. Why State? Well there's more ice cream shops

per square inch than anywhere else I know. This day I'll try one of the Honey Hut stands, and fill my water bottle afterwards.

As I drop into the Hinckley valley just north of Rt 303 I remember.... once upon a time, Peter, a co-worker who lives on Rt.303 told me of a hill just outside his house. "It's the steepest hill in the county, it climbs up to State Road, a 17% grade. In the winter I can hear the trucks trying to make it up and if it's slippery they get stuck part way up the hill and lose their air brakes. That's when they call for a tow. My wife and I make bets on the trucks, whether they'll make it or not. You think you can take that hill on your bike?"

I thought so and so did another co-worker, Chuck. Peter offered us a cold lemonade each if we could make the hill. So one day, several years, ago I picked Chuck up in Independence where he lives and we sauntered on down to Hinckley, quietly gasped when we saw the hill, but won our lemonade after a brief struggle.

I hadn't visited that hill since.

I found Peter at home with his family. His son, now much older, was helpfully dragging pieces of wood with sharp nails sticking out, off the berm of Rt 303 where it must have fallen off a truck. I nodded my thanks at him for removing some pretty bad road obstacles, but then kidded Peter that his son was probably strewing thumbtacks back on the road since they'd be harder for a cyclist to see.

After a brief chat and a water bottle fill up, I was on my way to tackle that hill. As I psyched myself up for it, seconds after leaving his driveway and right at the base of the hill, I heard a dull tic..tic..tic coming from my front tire. Stopping to check I found a bright green thumbtack embedded in it, which, when I removed it, emitted a loud hiss of air.

I spent the better part of 15 minutes patching the tube, with trucks rumbling past at 50 mph and two dogs maniacally growling at me from the edge of a yard a few scant feet away.

I made the hill, and the play, and I was a pretty decent rabbit besides. But I may think twice about kidding someone in the future, especially about thumbtacks.

— Marty Cooperman



Ride Schedule

- Sun. July 7 8:30 Northfield Center** Hudson(25), Kent(35), Hartville (60). Rolling/hilly.
- 14 **7:30 North Chagrin** thru downtown Emerald Necklace. All-day route (95), or shorter route to Bedford (50) start at **8:30**
- 21 **8:30 Burton** to Garrettsville(30) Mantua(40) Ravenna(65) rolling/hilly
- 28 **Lakeshore Reservation** thru Madison & Perry (25,40,60) flat/rolling
- Aug. 4 North Chagrin** to Polo Fields(20) Solon(40) **PHOTO DAY** wear your club colors - yellow & blue photo at 8:30 **potluck** at picnic area after ride flat/hilly
- 11 **Burton** to Mesopotamia(27) Mosquito Lake(48) Jamestown, PA(90) flat/rolling

Tuesday Morning Rides 9:15 AM

- July 9** Burton Square Ride to Mesopotamia, stop in general store for ice cream
- Aug. 13** Painesville Twp Park North of Rt 2 East Bacon Rd exit, tour Leroy Countryside
- Sept. 10** Eldon Russell Park from Rt 87 before Burton, right on Rapids Rd. about three 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 PM North Chagrin** Casual/medium 10-20 miles
- Thurs. 6:30 PM North Chagrin** Med/fast 15-30 miles
- Sat. 9 AM North Chagrin** pick-up rides

Saeco Out of Tour de France, Doping to Blame

A Tour de France Press Release

June 3, Issy-les-Moulineaux — Following the Tour d'Italie and after analysis of the deplorable events that took place on it in with regards to doping, the Tour de France organizers have been forced to reexamine the list of teams to which they attributed a " wild card " on the 2nd of May.

The leader of the Italian team Saeco macchina per caffè-Longoni sport, Gilberto Simoni, winner of the 2001 Tour d'Italie , had to abandon the race following a positive cocaine anti-doping control in April, before being controlled positive a second time for the same product, during the first part of the Giro. Following this, his suspension by the Italian Cycling Federation appears inevitable. The Saeco group being structured around Simoni and Di Luca, the absence of Simoni no longer justifies the same appeal for the Tour organizer.

Moreover, the case of Simoni once more heavily discredits the image of cycling. The Directors of the Tour de France, resolutely associated in the anti-doping battle alongside the sporting powers, intend to remain faithful to their consistent line of conduct to no longer include in the Tour any team involved in a serious affair; the warning was repeated again on the 2nd of May.

In consequence, the Saeco team have been rejected by the Tour Direction.

To replace them, on the 6th of July at the start in Luxembourg, the organizers have invited the French group Jean Delatour, whose results over the last few weeks have been very convincing.

Here is the 21-team list:

Italy

1. FASSA BORTOLO
2. LAMPRE - DAIKIN
3. MAPEI - QUICK STEP
4. TACCONI SPORT
5. ALESSIO

France

6. AG2R PREVOYANCE
7. BONJOUR
8. COFIDIS LE CREDIT PAR TELEPHONE
9. CREDIT AGRICOLE
10. FDJEUX.COM
11. JEAN DELATOUR

Spain

12. IBANESTO.COM
13. KELME - COSTA BLANCA
14. O.N.C.E.-EROSKI
15. EUSKALTEL-EUSKADI

Belgium

16. DOMO-FARM FRITES
17. LOTTO-ADECCO

Germany

18. TEAM TELEKOM

USA

19. US POSTAL SERVICE

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Contact the following for information:

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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:

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 – 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

7/04 TWIN SIZZLER - MEDINA - 25 MILE RACE

7/14 AKRON BICYCLE CLUB RIDE- Medina 100/63/25

7/20 2001 ICE CREAM ODYSSEY - MEDINA 62/25

A Letter from Vetter

by Lou Vetter

The Loudenville Loop (practice ride): Well, I was dumb enough to sign up for the National 24 Hour Challenge again and I Needed some practice miles so what better to do than to ride to Loudenville and back. I parked my car at Buckeye Woods Park and left around 8:00 am. I rode down the all-purpose trail, which seems totally different now that the weeds have grown up and encroached upon the path. Next I headed to Wooster for a relaxing breakfast at the famed Wooster Inn. They no longer serve breakfast so I headed downtown to “The Parlor.” Breakfast was two pancakes and eggs with bacon. Oh hush, you can eat what you like. Then it was off to Loudenville. I stopped in Mohicanville at the natural spring on Route 95 to refill my water bottle. They made an improvement at the spring. There is now one of those exhaust hose off an old washing machine. You know the one with the big “Jay” bend at the end. Anyway it hangs on the fence for public use. As I arrive this guy was filling his gallon jugs and the hose was working great in that the short part is pushed over the pipe. Oh, yeah, the pipe points up so this diverts the flow of the water to the downward direction. So after he finished he politely placed the hose back on the fence. I didn’t need it for my bottle gravity makes the waterfall back down even with out the hose.

I rode over to Route 60 and south to Loudenville. There I pigged out on two Coney dogs and lemon-aid. I left town west on Route 39 but before I got out of town I saw some shiny object on the berm. Hey I stopped to pick up a penny more than once. This could be treasure so I U-turned and began to pick up a number of the shinny objects. These objects by the way turned out to be 22 cal. bullets, the long ones with lots of gunpowder. I picked them up as a matter of civic duty because I felt there was a danger to children who might find them. They had been run over by cars and were damaged to be of no use in a gun but a resourceful child might open them up to recover the powder or worse just bang them with a hammer. You might be wondering who would be dumb enough to try anything like that. I did and most people thought it was a miracle that I lived through childhood. I carried them all the way to Medina and turned them into the police department for proper disposal. The end.

Practice Ride 2: The club ride this particular Sunday was heading to West Salem. Tom Dease and company led the way and for my benefit they avoided the hilly route. The ride was at a modest pace and we ambled around in no particular hurry to get to the “cow restaurant.” Once we arrived it was apparent we had taken too long to get there. The place was packed and people were waiting to get in. Tom Dease had to get back so he didn’t get to share in the privilege about to be bestowed upon us, the faithful, who stayed. All of a sudden a large group came out of the restaurant muttering something about the cook. Next another group of people left saying that the cook just walked out of the kitchen and quit. Now we could be seated. The waitress smiled and offered to take drink orders and was very attentive about keeping our cups full of coffee. Our orders were delivered about much later. I don’t remember the exact time but I believe we were there for about two hours all together. Needless to say we took the short cut home. We ended up with 57 miles and since no one was home I rode out to bag some more miles for the 24-hour challenge. I rode to Wadsworth for a root-beer float at Bidingger’s Ice Cream.

National 24 Hour Challenge: The car ride to Grand Rapids was about six hours long with stop and go along route I-94. The radio was warning of stoppages on I-96 so I opted to use the southern tier route. I arrived just as the registration desk was closing and picked up my packet. The ride started out at eight in the morning with the bagpipers giving all the riders a send-off. The wind was out of the west and the route was hillier than I remembered. I was up in the pack and doing well for the first ten mile loop. This seems to be a good way to string out the riders so they can go through the town of Middleville without causing a major traffic jam. As we passed the school where the ride started the ride director was there and waving encouragement to all the riders. We had tail winds for most of the first 31 miles to rest stop number one and my chain was skipping so I stopped there to make repairs. By this time I had been passed by about half the riders. The skipping chain turned out to be a stiff link left over from when I cleaned the chain and didn't loosen the link at that time. Now we headed south and experienced more hills and crosswinds. At 50 miles I stopped at a store for Gatorade and it was wonderful. This ride provides fruit and water at the rest stops but nothing else. OK they have Port-O-Lets for our use but that ain't food.

Rest stop number two is at the seventy one-mile mark and one nice lady was slicing the oranges in quarters and then she peeled the slices. This was an extra special treat because you can really eat a lot of orange slices when they are peeled and seedless too. I ate my share of orange slices and maybe someone else's share too. I rested a lot before going on and more riders passed me by. As I was going through a small town around 81 miles some riders called out to me. Hey! They have ice cream here. Well, next thing these guys tell me they saw clouds of brake dust coming off the rims as I stopped and turned into the parking lot of this small store in the middle of nowhere. I bought a bottle of root beer and then got a cup of ice cream and went outside to join my new best buddies. I told my new best buddies that they don't sell root-beer floats but you can buy the kit. After a few polite laughs all my new best buddies finished their ice-cream cones and left. So I finished my float alone while more riders passed me by. Only five or six riders passed by and now I was almost dead last. Two of the riders were guys I passed before I stopped to get the ice cream. I got on the bike and I was tired and at the next town I met more riders and stopped to talk with them. Besides, I needed another rest stop anyway. It turns out these guys are just out riding and are not part of the challenge at all.

I finally arrived at the third rest stop and lay in the grass and watched the clouds until I had the courage to leave and finish the last leg of loop number one. I finished the loop a little after six p.m. and feeling dog tired I went back to my van to rest and change shoes. My feet were killing me for the last thirty miles. Apparently I pushed too hard on the pedals and didn't spin properly. As I was resting one of the race officials came by and asked me how I felt. After some chatting he pointed out that if I were to continue the race I would have to start loop two in the next fifteen minutes. So I put on a different pair of shoes grabbed my bike and headed to the restrooms in the school. As I came out I noticed I had a flat tire and the race officials were announcing weather warnings. While I pondered the issue of fixing my flat they closed the course and made my decision for me. My ride was now over and I became disqualified from finishing. The issue is that I never got started on loop two and it was now closed and that meant I was not eligible to ride on loop three. Oh darn I said to nobody in particular. So I showered, packed up all my toys and went home.

As I was driving out of the parking lot I heard race officials announce the reopening of loop three only. The ride home only took five and one-half hours.

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Hippo Lot (Main Entrance) • Cleveland

Euclid Creek Reservation

Service Center Parking Lot • South Euclid

Garfield Park Reservation

Garfield Park Nature Center • Garfield Hts.

Huntington Reservation

Overflow Lot • Bay Village

Mill Stream Run Reservation

Bonnie Park Picnic Area • Strongsville

North Chagrin Reservation

North Chagrin Nature Center • Willoughby

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THE PLAIN DEALER



Riding Among the Fingers

by Marty Cooperman

What's long and narrow and filled with water and created by glaciers and enriched with wineries and wonderful to bicycle? I guess I gave it away in the title.

The Lake Erie Wheelers touring division's Bob Parry organized this ride for less than a dozen of us over the Memorial Day weekend. With the luck of good weather and even better companionship we took advantage of the natural north-south routes along the length of the Lakes to travel on moderate terrain. The steep stuff comes as you drop down to the Lakes and at the south ends. We pretty much avoided both.

There were a variety of bikes on the ride, from slick racers to venerable tourers to...well...Tom Nezovich knows not to bring that thing again. Russ and Becky started the trip as a couple and, amazingly, finished that way too. This despite Becky's inexperience on a bike. Maybe her skills as a skier helped her out, along with some fine tuning of her saddle position. Tama Ripley came without her fiancé Jerry, who was tending to family concerns, and stalwart rider John Koch rounded out the bunch.

Our first day was a rounding of Oswego Lake. We first stopped at one of the most photographed churches in New York State, at the edge of the small lake holding the waters of Seneca Falls. Seneca Falls is also the town nearby where the Women's Suffrage Movement got its start and several of the buildings where they met are now National Historic sites.

The town's importance came from the water power generated by the falls and some 160 factories operated at its economic peak. The nearby Cuyaga-Seneca Canal cheaply transported the goods to distant markets as far away as New York City. With the coming of electricity and steam power Seneca Falls declined in importance. To improve competition the canal was widened but at the loss of those 160 factories whose remains can be seen in winter under the water when the canal, still operating, is drained for maintenance.

Also nearby is the Montezuma Wildlife Refuge, a huge wetlands, and home to many native and migrating species of birds and ducks. We stopped off to look through their roof-mounted telescope, seeing mostly Canadian geese as the migration has passed through the week before.

At lunch time we shared a church-sponsored barbecued chicken lunch on an outdoors picnic table and sampled the delights at a nearby chocolate shop.

After taking a local-recommended side route on the way back **Gayle Swan** and I returned to look for our lost companions whom, we presumed, had waited for us 15 miles back, not knowing about our detour. Fruitlessly we searched for them, secretly enjoying the extra ride until we gave up and headed back to the motel.

Where we found the bunch already situated at a nearby restaurant, 'lost' cyclists having given nary a thought to us and had long since been home and showered. We joined them later given them deservedly baleful looks as ingrates.

Next day dawned with us riding near the shores of Cuyaga Lake. Ithaca is at the south end but we dared not stray into such forbidding terrain. Especially when wineries beckoned. There are dozens along the Finger Lake shores and after the half way point we stopped at Ovid for lunch at the Red Dot café, whose owner seemed to delight in

serving us breakfast or lunch as cheerful as could be, though shorthanded as she was the only employee in the restaurant.

We passed the birthplaces of several famous Clevelanders including John D. Rockefeller, and Jephtha Wade, president of Western Union a century ago and the person for whom Wade Park in University Circle is named.

Most of the group returned via the wine route, and bought and tasted and bought and...Empty panniers were now bulging with the fruit of the vine. A few of us forsook such gustatory pleasures and sought out Taughanock Falls State Park where a 212-foot falls, taller than Niagara, tumbled down an amphitheater of rock to the river below. The falls were created by the glaciers slicing south and cutting the edge of east-west valleys leaving a steep drop called a "hanging valley" in its place.

That evening Gayle and I and Russ and Becky walked some 20 minutes into town for the restaurant meal. Despite our coaxing no one chose to join us, a situation they regretted several hours later as they attempted to stagger away from the table after a more than ample Italian meal.

Gayle and I got in a brief ride to the shores of Seneca Lake the following morning before we all dispersed. On the way back Tom Meara told stories of his cycling trip a few years before from the Finger Lakes to Cleveland over some of these very same roads. We stopped at Watkins Glen to tour on foot the spectacular narrow river gorge with a walkway that runs for several miles between and sometimes beneath the water which had scoured whirls and curves in the rock over the centuries. Next year, come Memorial Day weekend we plan to be back to try another Finger.

Marty Cooperman rides with the Cleveland Touring Club and the Lake Erie Wheelers and often shares his experiences on these pages.

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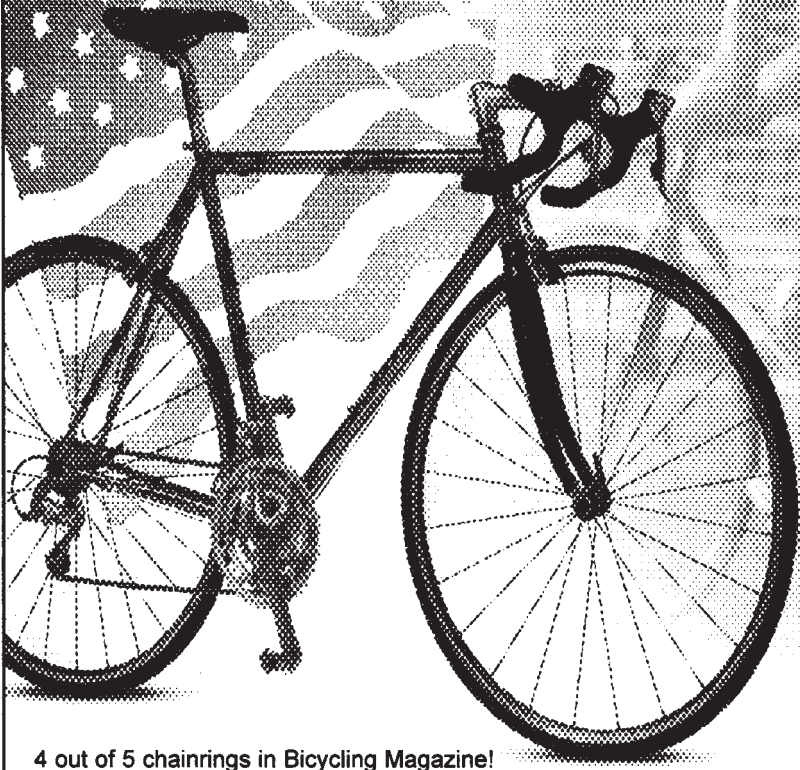
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