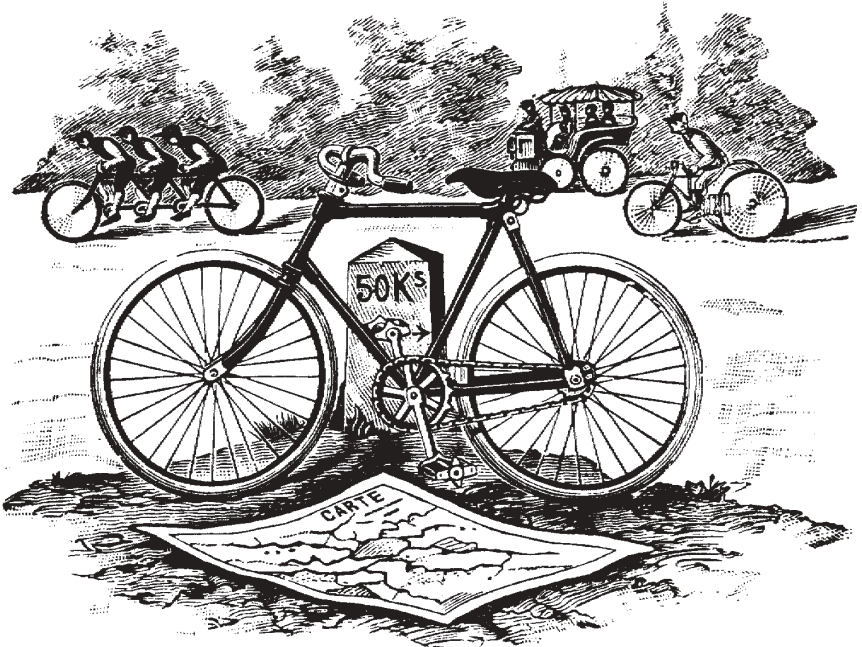




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On The Web @ <http://www.crankmail.com>

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Business Matters

OUR ADDRESS: Send all copy, payments, correspondence, address changes to the address given above.

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ISSUES are published 10 times a year dated: Jan./Feb., March, April, May, June, July, Aug., Sept., Oct., Nov./Dec.

DEADLINE for copy: the SECOND Friday of each month before publication. Copy or ad materials must be received on or before the deadline in order to assure inclusion in the intended issue. **Next Deadline: September 13, Friday the 13th!**

CRANKMAIL (ISSN 1060-085X) is made possible, in part, by a portion of club dues allocated to its publication and distribution by the bicycle clubs listed above. The support of commercial advertisers who appear in these pages is also vital to the continued publication of *CrankMail*. Shop and buy locally first!

“Some cause happiness wherever they go, others whenever they go.”

— Oscar Wilde



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

- Sept. 1 9:00 Bradley Woods to Huntington Park & Vermillion – 20, 50, or 70 flat miles.
- Sept. 2 10:00 Holiday Hawaiian Shirt Ride – Scenic Park to Cleveland Flats for lunch – 30 flat miles.
- Sept. 8 9:00 Creston to Destinations unknown – 50 or 80 miles, or thereabouts.
- Sept. 8 10:00 Bike Path Series: Sagamore Rd. to Kent on the ABC trail – 22 miles.
- Sept. 15 9:00 Lakewood Park to Euclid and Grand River – 40 or 65 miles.
- Sept. 22 9:00 Valley City to Lodi and Wooster – 40 or 80 miles.
- Sept. 29 9:00 Brecksville to Chagrin and Burton – 45 or 65 miles.
-
- Oct. 6 10:00 Brecksville to Chagrin and Burton – 45 or 65 miles.
- Oct. 13 10:00 Olmsted Falls to Oberlin and Kipton – 50 or 60 miles.
- Oct. 13 10:00 Bike Path Series: Kokosing Gap Trail, Mt. Vernon – 28 miles.
- Oct. 20 10:00 Canal Visitor Center to someplace else and back, surprise!
- Oct. 27 10:00 Olmsted Falls to Grafton and Wellington – 30 or 60 miles.

Ride Start Locations

- Bradley Woods In Westlake, in the Bradley Woods Reservation, at Bradley Rd. and White Oak Lane, south of Center Ridge Road.
- Brecksville In Cuyahoga Valley National Park, at Station Rd. parking lot east of Riverview Rd. (just south of Rt. 82).
- Canal Visitor Ctr. Along Towpath Trail, off Canal & Hillside Roads, in Cuyahoga Valley National Recreation Center.
- Creston Parking lot of Creston Middle School, on west side of South Main Street (Ohio Rt. 3) and East Baum Street, in Creston, Ohio.
- Lakewood Park Picnic area and parking lot, in Lakewood, north of Lake and Belle Avenues.
- Olmsted Falls Olmsted Falls County Library, Columbia Rd, just north of tracks, by the covered bridge.

<u>Scenic Park</u>	Parking lot at marina in North Rocky River Reservation, off Valley Parkway, located ½ mile south of Detroit Road, in Lakewood.
<u>Valley City</u>	Liverpool Elementary School, at West River Road and School Street.

Weekday Rides

Tuesday Evenings – Short, slower (C-pace) rides starting from parking lot behind Fairview Park Post Office at West 220th Street & Lorain Road, 6:30 p.m., weather permitting. Call Bob Ugan at (216) 226-9921. These will continue until the end of October, then return in the spring. This late in the season, lights and reflectors are strongly recommended during evening rides (see below).

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. These rides will continue until Sept. 25th, the last night of these rides for the season.

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

Thursday Mornings – Begins anywhere from 9:30-10:00 a.m., and finishes around 2:00 p.m. Rides will be at a moderate pace (C) and will include lunch at a restaurant along the way. For starting location & other information, contact John Glasgow at (440) 777-7392 or email at jglasgow2@msn.com.

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

LEW WEB keeps club informed of late breaking news

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

Club Ride Pace

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

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

The Ride Leaders for the weekend/holiday riders for this month, and the next, are:
September – Eric Overton; October – Russ Marx.

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.

As the riding season begins to wind down, with earlier sunsets each day, the use of reflectors and lights (front *and* rear) is strongly recommended during evening rides, in order to reduce the risk of accidents and collisions. It helps to see the road, and the traffic on it, and to be seen by other users of the road.

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: the June ride attracted no fewer than 24 riders; the July ride, at least 20. Many participants brought their spouses and children. We hope to attract still more riders, along with their families and friends.

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

Upcoming Ohio Bike Path rides for this autumn:

Sept. 8	Sagamore road to Kent on the ABC Trail	22 miles	Bob Parry
Oct. 13	Kokosing Gap Trail, Mt. Vernon (car pooling)	28 miles	Dan Izuka

Women Only Rides

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

Touring Division News

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

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

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

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

Club Meetings Return in October

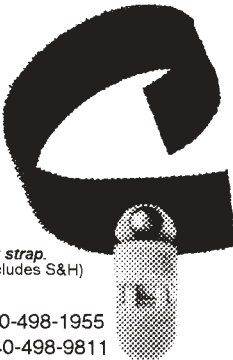
The next regular club meeting will be held on Tuesday, October 8th, at the Panera Bread café in North Olmsted, at 7:00 PM, and on the second Tuesday of each month thereafter. In the event of changes, members will be contacted.

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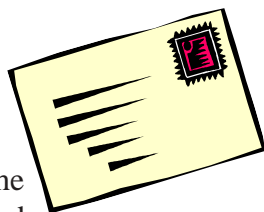
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Yo, Wheelers...

Even though illness and injuries grounded several of our riders, this past summer was most successful. We have had many new riders join us who look forward to participating in Club rides and activities. Special thanks to our dedicated ride leader **Bernard Kotton**, who is always on time with the maps for that day's ride. As a special bonus, he is available with medical advice when the need arises. Ask **Art Kaplansky**.



Speaking of medical advice, on Sunday, July 21, we had three psychiatrists riding with us, either because they like riding or feel the Club is fertile ground for their medical skills.

Just a gentle reminder that we still have a few of those great orange and black club shirts available at \$50 per copy. We still have large, extra large, and extra-extra large. If you want a shirt, please call me at (216) 371-5618. **Al Wapnick** reports that we still have water bottles and patches at \$1 each. If you want one call him at (216) 781-4300.

We still have a Web site for the Western Reserve Wheelers. Unfortunately, it is not up to date. We need a volunteer to keep it current. We also have a bulletin board so members can post messages. If you are interested in helping us, please call Al Wapnick at (216) 781-4300.

May the Wind be Always at Your Back

— Ed Reichel

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
Sept.				
1	8:30	JCC	Walden	38-58
2	8:30	JCC	Labor Day Pick-Up	??
8	--	--	Rosh Hashana 2nd Day	--
15	8:30	JCC	Chagrin Falls via. N. Chagrin Reservation	38
22	8:30	JCC	Twinsburg	41
Oct.				
1	9:00	JCC	Chagrin Falls/Cat's Den	28
13	9:00	JCC	Willoughby	30
20	9:00	Lakeshore Res. Metroparks	– Harpersford Bridge	40
27	9:00	JCC	Cider Ride: Patterson Farms	30
Nov.				
3	9:00	JCC	Pick-Up Ride	??
10	9:00	JCC	Pick-Up Ride	??
17	9:00	JCC	Pick-Up Ride	??
24	9:00	JCC	Pick-Up Ride	??
28	9:00	JCC	Thanksgiving Day Pick-up Ride	??

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.

Westlake Season Nears End

WESTLAKE – Here are the season standings as reported on Aug. 20. With only five races to go, 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	83	Hopkins	Tris	Cuyahoga Valley Velo	Kent
2nd	77	Chernosky	Dave	Team Columbus	Westlake
3rd	65	Frueh	Tom	Cuyahoga Valley Velo	Sagamore Hills
4th	49	Sroka	Rudy	Lake Effect Racing	North Royalton
5th	47	Busa	Mike	Lake Effect Racing	Bay Village
6th	45	Baldesare	Jim	GoMart	Kent
7th	42	Kadar	Stefan	Team Akron	Brookpark
8th	34	Hansen	Brad	Team Akron	Akron
9th	30	Martin	Paul	GoMart	North Royalton
10th	29	Dieringer	Zak	Lake Effect Racing	Lakewood
11th	28	Batke	Brian	Cuyahoga Valley Velo	Novelty
tie	28	Riccardi	Chris	Guinness	Parma
13th	26	Weddell	Sean	Team Akron	Akron
14th	24	Toutenhoofd	Nico	Excel Sports	Chargin Falls
15th	17	Waiburn	Brian	Frisco Superdrome	Mansfield
16th	11	Brink	Dick	Guinness	Cleveland Heights
tie	11	Cunningham Jr.	Jim	PDQ Cleveland	Fairview Park
tie	11	Fernandez	Robert	Team Akron	Rocky River
19th	10	House	Mike	Go Mart	Helena
tie	10	Tullio	Marcus	Team Akron	Hudson
21st	8	Rochette	James	PVR Bike Club / Durox	Fairview Park
22nd	7	Cernanec	Don	Team Akron	Medina
tie	7	Grimm	Jeremy	Orrville Cycling Club	Orrville
24th	6	Kenny	Brian	Gary Fisher Mid-Atlantic	Akron
25th	5	Lu	Don	Cuyahoga Valley Velo	Lakewood
26th	4	Cockley	David	Tri Tech Multisport	Alliance
27th	3	Gryzbowski	Jeff	Tri Tech Multisport	South Euclid
tie	3	Mathys	Bill	Cuyahoga Valley Velo	Kent
tie	3	Mullins	James	Summit Freewheelers	Strongsville
tie	3	Stern	Brian	Guinness	South Euclid
31st	2	Braumberger	Jeff	GoMart	Mansfield
tie	2	Gallagher	Bill	PDQ Cleveland	Sancusky
tie	2	Willford	Derek	Lake Effect Racing	Euclid
34th	1	Gilmore	Jim	Team Summit	Cuyahoga Falls

“B” Race

RANK	TOTAL	LAST	FIRST	TEAM	HOMETOWN
1st	110	Miranda	Pat	Snakebite Racing	Valley City
2nd	54	Kovach	Dave	PDQ Cleveland	Cleveland
3rd	40	Szucs	Thom	unattached	Cleveland Heights
4th	33	Jackobs	Mark	Cleveland Chaos	Cleveland Heights
tie	33	Kreiselmeier	Norman	unattached	Lakewood
6th	24	Stefancin Jr.	Robert	unattached	Parma
7th	23	Brown	Chad	Summit Freewheelers	Oberlin
tie	23	Rapp	Jason	PDQ Cleveland	Cleveland
9th	19	Bromley	Joe	unattached	Cleveland Heights
10th	18	Accorti	Pete	unattached	Bay Village
tie	18	Schneider	Brian	Eddy's Bike Shop	Parma
12th	13	Furgala	Brian	unattached	Lakewood
tie	13	Ingraham	Ted	Summit Freewheelers	Akron
14th	12	Czinger	Kevin	Cleveland Chaos	Hunting Valley
tie	12	Grimm	Bob	Orrville Cycling Club	Marshallville
16th	10	Evely	Jane	Tri-Tech Multisport	Kent
tie	10	Keller	Tom	unattached	South Euclid
tie	10	Potts	Tony	PVR Racing	Warren
tie	10	Previs	Stephen	Cleveland Chaos	Cleveland Heights
tie	10	Roe	Mike	unattached	Painesville
21st	9	Vega	Mike	unattached	Team Akron
22nd	8	Berlekamp	David	Lake Effect Racing	North Royalton
tie	8	Griffith	Conrad	PDQ Cleveland	Chargin Falls
tie	8	Smith	Mike	Summit Freewheelers	Cuyahoga Falls
25th	6	Hofstetter	Joe	PDQ Cleveland	Rocky River
tie	6	Rees	Bill	PDQ Cleveland	Parma
tie	6	Vet	Dave	unattached	Westlake
tie	6	Wilhelm	Brad	Gary Fisher Mid-Atlantic	Elyria
29th	4	Burkey	Sean	PDQ Cleveland	Lakewood
30th	2	Bauer	Paul	unattached	Bay Village
tie	2	Sherry	Tom	unattached	Westlake
32nd	1	Guggenheim	Dan	unattached	Cleveland Heights
tie	1	Howard	Adam		
tie	1	Karlovec	James	Cleveland Chaos	Shaker Heights
tie	1	Lewis	Julie	Lake Effect Racing	North Royalton
tie	1	Stanevius	Chris	Color Me Safe	Shaker Heights

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CTC Welcomes these new members and hope to see them on the road soon: **Janet Slade** of Solon, **Joni Lewanski** of Mayfield Village, The **Larry Gray Family** and **Eric Fietz** of Chardon, **John Pesec** and **Benjamin Kolt** of Concord, **Courtney Schumm** of Akron, **Jim Gernstetter** of University Heights, **Kirk Nagel** of Shaker Heights, **Patrick and Annie Flattery** of Northfield Center and **Richard Solwitz** of Wickliffe.

The Sheep Pen

It'll be getting cooler by the time you read this, so maybe you'll be more in the mood for a story about a cool weather ride. It took place at the end of April along the shores of the Hudson River.

A month earlier I got an invitation from a cousin living in Westchester County, a bit north of New York City to attend her son's bar-mitzvah. I pondered whether to drive or take Amtrak when it dawned on me that I could bike there. Not all the way there. That would have taken a week. But two days down the Hudson from Albany and two days back would fulfill an ambition I had harbored for years: a journey along the mighty Hudson from Albany to New York. I arrived late at night in the village of Rensselaer, NY opposite Albany, parked in a little out of the way place and prepared to set up camp. A local police cruiser disabused me of that notion and directed me instead to Amtrak's parking lot where I spent a blissful night under the ceiling of my car's rear seat.

The next day dawned cool and cloudy with a slight headwind. Which turned into cold and gloomy with a significant headwind, which turned into a steady, cold rain and a very unpleasant headwind. By the time I arrived, 65 miles later in the historic, charming village of Rheinbeck, NY I was in no mood to be charmed.

Whatever Rheinbeck looks like in bright sunshine, it did not resemble that now. I was shivering. A bank thermometer read 39 degrees at 4 in the afternoon. My waterproof gloves were soaked. My waterproof booties were soaked. My tights were soaked. The only thing dry was my fancy shirt, suit & shoes, wrapped in four layers of plastic bags. My fingers barely functioned. In town I asked for a library and to my relief found one open until 7 PM. Bliss.

The librarians were very kindly, allowing me to drape my wet gear on the hot air blowers along the perimeter of the room. Still shivering I put on my fleece jacket and wool hat and settled down to read about the Catskill Mountains. I fell asleep at the 3rd page and dozed intermittently until closing time.

Still very damp, I inquired about a campground, to be met with blank stares.

"There's nothing open this time of year", came the reply. A good restaurant then? I was directed to an Italian place right on the main street. Outside it was still raining. Snow didn't seem too farfetched.

The restaurant passed muster. A big overhanging awning to protect the bike, an ornamental picket fence inside separating the tables from the window ledge gave me the opportunity to spread my gear out again, one glove/bootie per picket. I ordered soup, salad, more soup, more soup and finally pasta, telling them I would be there until closing and to just prepare one item at a time so it didn't arrive all at once and get cold. By 10 PM I was almost warm. I brushed my teeth and pondered. Actually I had been pondering for quite some time. The rain had not let up. I could see it hitting the pavement in the

streetlights. No place to camp. The grand adventure of guerilla camping in a farmer's field or wood lot, had been a dry, freshly mown field or pine-scented forest with a glowing sunset, not a mudbath in a soaking rain after 10 at night. I remembered back to that bank thermometer and a sign I had momentarily glanced at: The Dutchess County Fairgrounds.

Back on with the booties and gloves, rain jacket and hat. Spotting the fairgrounds I shut off my bike light so as not to attract attention. Riding up the driveway I came upon the locked gate. But the gateposts were secured by a chain and the chain was loose. Not loose enough to drive through. Not even loose enough for a fully loaded bike to ride through. But maybe loose enough to squeeze me and the bike and the panniers through if I did each in turn.

A few minutes later I remounted the panniers in the dark, and slunk away uphill to some open-sided covered structures I could see dimly in the distance. Quietly leaning the bike against a wood fence I ran my foot into a mound of wood chips. Removing my sleeping bag and pad I laid out the gear, put my fleece jacket and wool hat on tight, curled up and fell asleep at last as the rain continued to pelt down on the big roof.

Two days later I was dressed in my finest suit, sipping cocktails with family members, listening to the band in the next room and nibbling hors d'oeuvres when my cousin came by to ask about the bike trip. She's a genteel city girl "So, where'd you stay the other night?", she inquired. "Uhhh slept at the Dutchess County fairgrounds in the sheep pen", I replied. "Oh, come on Marty, you're always teasing, where did you really stay?"

— Marty Cooperman

Sunday Ride Schedule

- Sept. 15 9 AM Ferrante Winery covered bridge/mad dog ride (20,40,60) — rolling/hilly
Sept. 22 North Chagrin to Shaker Square (25,40,55) — rolling/hilly
Sept. 29 North Chagrin Eddy's Fruit Farm ride (30,45) stop for apples, cider, cookies — hilly
- Oct. 6 Landerwood to Walden (35), Mantua (55), Hiram (75) — rolling/hilly
Oct. 13 Westwood School to Chardon (30), Burton (45) — rolling/hilly

Tuesday Morning Rides 9:15 AM

- Sept. 10 Eldon Russell Park from Rt 87 before Burton, right on Rapids Rd. about 3 miles. Lunch at Garrettsville or Hiram, visit an equestrian hospital
Oct. 8 Thompson Square I-90 to Rt. 528 right (south) to Thompson, 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. 8:30 AM North Chagrin pickup rides

Bicycle Friendly? The Grades Aren't Good

by Fred Oswald

As many of you know, I have been collecting information on bicycle ordinances in Northeastern Ohio communities since I first heard about a "sidewalk law" in N. Olmsted two and one-half years ago. The laws I have found are not very good.

Rating Criteria

The criteria for rating local ordinances are based mostly on the WORST feature in the bicycle laws. A mandatory sidewalk law produces an "F." A mandatory sidepath law creates a "D" rating. (A sidepath is a multiuse path adjacent to a road.) These are less offensive than sidewalk laws only because there are few sidepaths. However a sidepath is generally about as dangerous as a sidewalk. A sidewalk or sidepath law for children (but not adults) also creates a "D" rating. (The difference again is because fewer people are affected. However, there is no excuse for requiring children to ride in dangerous places.)

A community that simply copies Ohio law, including the "as far right as practicable" rule and nuisance equipment requirements rates a "C." A community that is consistent with state law rate but that avoids the bad examples earns an "B." If a community improves significantly on state law (without violating the principal of uniformity) it deserves an "A." Other features may modify the basic rating with a "plus" or "minus."

Best Ratings

The best ratings so far are for Mentor and Solon, C+. Their ordinances are consistent with Ohio but they eliminated the nuisance requirements for unnecessary reflectors and a bell. However, they still have the "far right rule," otherwise their rating would be higher.

Unfortunately, Mentor's city Web pages misquote the Uniform Vehicle Code, claiming it requires riding "as close as possible" to the curb. (See <http://www.cityofmentor.com/living/bicyclesafety.stm>.) Mentor also has a dangerous sidepath/sidewalk on Center Street.

Progress

Since this project started, two communities have improved their laws (and thus their ratings). Solon improved from an F- (one of the very worst) to C+ (among the best) and my own Middleburg Hts. repealed a children's sidewalk law thus improving from D to C. I have met the Safety Director of N. Olmsted. She seemed to be concerned with her city's rating of F-.

Below is a summary of ratings (A to F) of local bicycle traffic laws in 59 communities. We should be very concerned that about half of these communities earn a rating of D or worse. More complete information is available at <http://www.crankmail.com/side-walk-laws.html>.

Note that Avon Lake, supposedly a "Bicycle Friendly City," has some ordinances quite unfriendly to cyclists. They not only copied the "as far right as practicable" rule from Ohio, they added a more dangerous "as far right as possible" rule and they ban cycling on important north-south streets, specifying dangerous sidewalk riding instead.

Amherst <C->

Ashtabula <C->

Aurora <C->

Avon Lake <D->

Bay Village <D->

Beachwood <D>

Bedford <C->

Bedford Heights <C->

Bentleyville <F->

Berea <C>
Brecksville <D>
Broadview Heights <F->
Brooklyn <D>
Brookpark <F>
Brunswick <C->
Chagrin Falls <D>
Cleveland <C>
Cleveland Heights <C->
Eastlake <C->
Elyria <C->
Euclid <D->
Fairview Park <D->
Gates Mills <F->
Glenwillow <C->
Highland Heights <D>
Highland Hills <C->
Hunting Valley <D->
Lakewood <D->
Lyndhurst <D>
Macedonia <C>
Maple Heights <D->
Mayfield Heights <D->
Mayfield Village <D>
Medina <C->
Mentor <C+>
Middleburg Heights <C>
Moreland Hills <C->
North Olmsted <F->
North Randall <C->
North Royalton <C->
Oakwood <C->
Oberlin <C->
Orange <F->
Painesville <D+>
Parma <C>
Parma Hts <C>
Pepper Pike <C->
Richmond Heights <C->
Rocky River <D>
Shaker Hts.<D->
Solon <C+>
Strongsville <F->
Twinsburg <C->
Valley View <F->
Walton Hills <C->
Warrensville Heights <C->
Westlake <D->
Willoughby <C->
Woodmere <C>

What You Can Do:

We can still use help in collecting information from other communities. The more complete this summary is, the better.

More important, we need people to contact their city government. I can provide help for anyone who wants to contact his/her city council to seek improvements. Depending on the travel involved, I may be able to make a presentation to a city government. You can see and print "handouts" from my presentation by linking to <http://www.crankmail.com/BikeEd-Intro.pdf>.

Among the materials useful for educating local officials is the new *Ohio Bicycling Street Smarts* booklet, issued by the Ohio Dept. of Public Safety. There are several brochures you can download from links at the *CrankMail* web site. You can find the Effective Cycling video at the Middleburg Hts. library.

Help From NOACA Committee?

Several times I have asked the NOACA bicycle committee to warn communities in this area that such laws mandate practices known to be dangerous. I believe it falls within the duty of NOACA to warn about hazards caused by such laws. Unfortunately, NOACA seems unwilling to act on an issue that is so important for bicycle transportation.

This issue is one of the best opportunities for NOACA to improve conditions for bicycle transportation in the area. Improving bicycle traffic laws should be a priority issue for any group that promotes bicycle transportation.

Fred Oswald, League Cycling Instructor #947, is a long-time Cleveland-area transportation cyclist and advocate. Email him at: fdoswald@apk.net. See cycling information at <http://www.crankmail.com/bike-res.html>



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A Weekend that Amateurs Dream About...

That weekend was experienced by **Jim Cunningham Sr.** on Memorial Day weekend. Jim had a double in winning both the criterium & road race at the **state championships**, master's age 50+.

...And One that Seemed Impossible

To win a race, everything must "click". To win a stage race, everything must "click" times 10. To win a stage race without teammates is beyond this writer's comprehension. This impossible feat was accomplished by **Felicia Greer** at the Fitchburg-Longsjo Classic in Massachusetts. Felicia finished second in the opening ITT, then dominated in the mountainous road race stage to secure the lead. She stayed in a safe position in the criterium to wrap up the overall victory. It takes a special athlete to accomplish this with no help!

News & Notes:

- For the two or three readers of this article, I apologize for not submitting an entry last month.
- Although he has not made the big result yet (it is coming), it should be noted that **Jim Cunningham Jr.** is having a solid season. He is consistently finishing just out of a placing in cat 1-3, "A" races. Quite impressive since he has only been racing two years!
- **Domenic Vadini** has recovered well from last year and secured yet another gold medal at the USCF Mid-Atlantic RR Championship, age 70+.
- Please send some positive get-well vibes to our recipient of last year's newcomer award, **Gordan Estlack**. You may have noticed his absence at races this year which is due to a lingering leg muscle injury. We all hope he is back to the road soon!
- **Roger Miller** is having a terrific Multi-sport season, see individual results.

"You can do a lot in a lifetime, if you don't burnout too fast" – Neil Peart

Results:

Off-Road (XC – cross-country)

Mohican Wildemess XC series:

May 5 – R. Bennett (4th, Sport Veterans)

June 16 – R. Bennett (Sport Veterans)

Gonzo Mountain Bike Race, Snowtrails, May 18 – R. Bennett (3rd, Sport veterans 31-40)

Sun Valley Sports Ohio Vultures Knob XC series, Wooster:

May 26 – R. Bennett (Sport Veterans)

July 7 – R. Bennett (Sport Veterans 31-40), Gardener (Sport Veterans 31-40)

Velo Z XC, R. Bennett (Sport Veterans)

Multi-Sport

HFP Racing series:

Olemtangy Indian Caverns Duathlon, Powell, May 5 – Miller (2nd, 50-54)

Saturn Duathlon, Canal Winchester, May 26 – Miller (5th, 50-54)

Maumee Bay Triathlon, Oregon – Miller (50-54)

Ultafit Duathlon series:

Ohio Duathlon, Alum Creek State Park, Columbus, May 12 – Miller (3rd, 50-54)

Outer Limits Triathlon, Columbus, June 16 – Miller (1st, 50-54)

Wendy's Triathlon, Alum Creek State Park, Columbus, June 30, Miller-(5th,50+)

Nordonia Duathlon, Sagamore Hills, June 1 – Miller (50-54)

Northcoast Nautilus Summer Duathlon, Avon Lake, July 7 – Miller (3rd, 50-54)

Road (CR – Circuit Race, CT – Criterium, RR – Road Race, SR – Stage Race)

Northcoast Nautilus Spring Stampede TT, Avon Lake, April 14, Wilkinson – (40-44)

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

April 20 – Hofstetter (cat 5)

April 27 – Strouhal (cat 1-3)

May 4 – Cunningham Sr (cat 1-3)

Iroquois Sports Boosters Spring ITT, Erie PA, April 29 – Bosl (1st, 10-14), Domonkos (2nd, 30-34), Enyedy (5th, 30-34), Gallagher (1st, 50-54), Hofstetter (20-24), Miller (2nd, 50-54), Rapp (30-34)

Cone Azealia Classic RR, Milan MI, April 20, Beeson

Team Columbus USCF Mid-Atlantic RR Championships, Wilkesville, May 5 -
Gallagher, Lutzke, Marcossin, Vadini (1st, masters 70+)

PDQ Cleveland Chippewa Creek RR, Brecksville Metropark, May 12 – Beeson
Burkey, Collander, Cunningham Sr (3rd, Masters 45+), Gallagher, Greer (2nd
Women cat 1-3), Hofstetter, Limkamin, Lutzke, Rapp

Summit Freewheelers USCF Ohio State CT Championships, Akron, May 26 -
Collander, Cunningham Sr (1st, Masters 50+), Gallagher, Lutzke

Summa Cuyahoga Valley Velo USCF Ohio State RR Championships, Peninsula
May 27 – Cunningham Sr (1st, Masters 50+), Cunningham Jr, Gallagher (1st, 55+)
Greer (3rd, Women 1-3), Hayden, Hofstetter, Lutzke

Team Columbus Tour de Appalachian Foothills:

Charleston CT, May 31 – Cunningham Jr

Wilkesville RR, June 2, Marcossin

Fitchburg-Longsjo Classic SR, Massachusetts, June 28-30 – Greer (1st GC)

Tuesday Night Training series, Westlake:

April 14 – Hofstetter

April 30 – Miller

May 7 – Collander, Cunningham Sr, Cunningham Jr

May 14 – R. Bennett, Collander, Cunningham Jr, Hofsetter, Miller

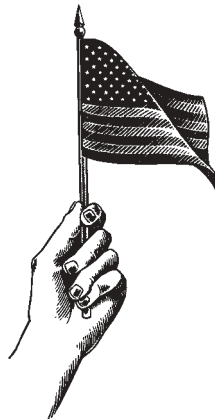
May 21 – Collander, Cunningham Sr, Cunningham Jr, Miller

May 28 – Cunningham Jr, Miller

June 4 – Hofstetter

June 11 – Miller

"Livina is not breathina. but doina" - Rousseau

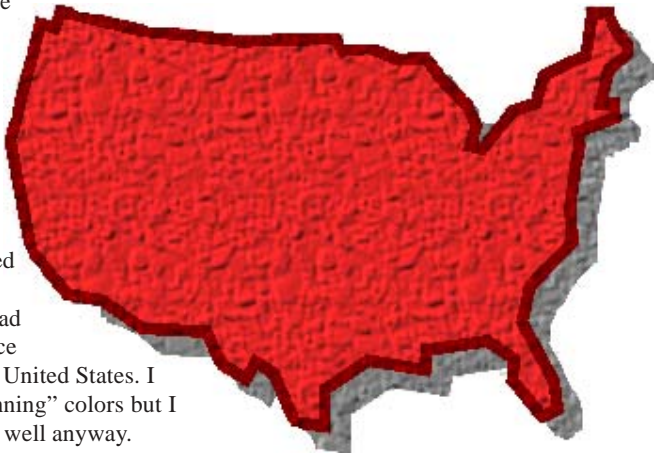


A Letter from Vetter

by Lou Vetter

WHAT'S NEW on the ICO? Flat tires! But we won't go into that will we. After all, what's three miles among friends? I'll tell you what it is. It 's being ready to sit on a real seat and eat real food AND then not getting to do that for about 15 more minutes. But, we won't go into that will we? The Ice Cream Odyssey is over with and put into the history books for this year. Those who rode the ride had good things to say about the route, the weather and the food. Many riders said they liked the format of eating lunch at the end. I think the reason this works is that the longest distance is 62 miles. I'm not so sure century riders would like riding 100 miles before getting a meal. Heck! I want to eat when I get to the Medina Square and that's just one mile from my house. Tom and I hosted the rest stop for the 25 mile riders and this year the more popular routes were the 62 and the new improved 42 mile route that turned out to be a reported 45 miles long. The last riders into our rest stop were the trailer gang. Three couples arrived towing their loved ones behind in trailers. We had the Uncle Al's Ice Cream truck there to provide one free ice-cream treat per rider. The kids loved this as and they had lots of ice cream products to choose from. The temperature must have been lower this year, which I deduce from the lack of sales of the frozen lemon ice, which was a sell out last year. Last year the temperature was very hot and over half of all riders for that day opted for the shorter route.

ROAD RASH THE HARD WAY: I got a mild case of road rash if you could call it that. Maybe I should say it's more like a case of fence rash. After the ICO, I wanted to get in some miles one evening so I rode down to the county park and decided to follow the all purpose path around the lake. As I was crossing over part of the lake on a small bridge I tried to peek into the lake to see if I could see any fish etc. So while I was looking to my right I rode to my left and with the bridge having a finite amount of space from left to right I ran into the side of the bridge. The railing on the bridge was well finished and smooth. It wasn't painful and I got no splinters so I leisurely skidded along for about three feet before the heat from the friction alerted me to bounce back to the middle and ride on. The wound didn't even look like I had any rash at all so I rode the 25-mile route before going home. Sometime during the ride the affected area started to ache a little and upon further examination (I looked at the rash) I noticed that it was also damp. The next morning the wound had scabbed over creating a nice likeness of the continental United States. I didn't have those "non-running" colors but I wore my badge of courage well anyway.



A Tom Ride: Tom and I rode on our own one Sunday not too long ago. We planned to ride the 62-mile route from the Ice Cream Odyssey and eat breakfast in West Salem but when we arrived at Hartzler's and still had twenty miles before we would get to eat we changed our plans. We rode down to Wooster on Route 3 to eat at Farmer Boy's. The food was good and we tried to be creative on the way back. As we crossed one creek (on a bridge) I was again looking off to the right but this time I saw a turtle laying on a bed of creek weeds. That's the same as seaweed only in creeks. I mentioned it to Tom and we U-turned back to the bridge and watched the turtle for a bit. It was a medium sized snapping turtle probably about 10 inches across the shell. The turtle noticed us watching it and then it crawled off the weeds and swam under a tree in the creek bank. The temperature rose steadily until we both drank all our water. When we arrived in Seville Tom discovered a water tap in that park on route 3 at High Street. We filled our water bottles and rested. We even stuck our heads under the running water and were shocked at how cold it was. That was one of the best rest stops either of us can remember and it cost nothing.

Club Rides: We rode to Orrville again and this time I was able to stay with the club all the way down and back. Since I stayed away from Mrs. J last month I felt she could put up with my presence yet again. The weather was fabulous, as it has been for so many weekends during July. This year July seemed like better riding weather than June did. June seemed very hot to me this year. We were a small group on this particular ride and everyone stayed together. They didn't even have to wait for me. Well, not much anyway. I was looking forward to trading barbs with the infamous Mrs. J. but alas she had taken the day off. Thus when asked the waitress answered that a cowboy was their signature breakfast and proceeded to list all the tasty ingredients. My breakfast arrived whole and intact with no missing pieces or bite-marks. I guess someone must have warned Mrs. J and she, being the take-charge person she is, will control when we meet again.

Lou Vetter is Vice-President of the Medina County Bicycle Club. To learn more about the club, visit their Web site at: <http://www.medinabikeclub.org>.

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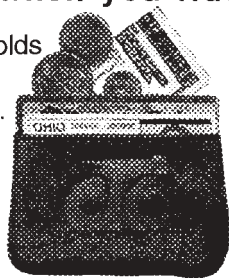
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September 2002 Calendar

Day	Date	Starting Point	Destination	the etc.
Sunday	9/1	Oberlin Inn	Milan	Some of the R/F roué but only 50 miles or so. We'll eat at The Invention.
Monday	9/2	Amherst Shupe	U-Show	Holiday ride of about 25 miles.
Sunday	9/8	Vermilion HS	Norwalk	A change of pace and a nice route of about 50 miles
Thurs	9/12	Ride @ 5:30	Lorenzo's	A short ride from Lorenzo's lot
Thurs	9/12	Meeting @ 7:30	Lorenzo's	We'll have a pizza and conduct a "little" business
Sunday	9/15	Oberlin Inn	Medina	A different route of about 60 miles. You can do it!
Sunday	9/22	Amherst Shupe	Wakeman	A bit over 40 but a nice ride through Mill Hollow
Saturday	9/28	Gambier	KCBC	A nice rolling invitational of 62/100 miles
Sunday	9/29	Oberlin Inn	New London	We just may go through Fitchville and breakfast at Jake's ... I dunno!

Other "Stuff"!

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

Tuesday starts at 5:30 from Prospect School.

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

Meeting Night Ride: We'll start from Lorenzo's Pizza parking lot off S. Main St. in Oberlin. The parking lot can be reached via the city parking lot on the west side of S. Main St.

Vermilion High School is located on Sailor Way in Vermilion. The best access is via Route 2. Exit at Route 60 and go north to Sailor Way. You'll see the Middle School on your right along with the tennis courts. Keep going and you'll see the football field. Park there! BTW, if you get to the RR tracks, you've gone too far.

CrankMail Unclassified

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WANTED: OLD SHIMANO 600 components in good running condition to restore 1970s bike. Especially need rear derailleur (mine is worn out). The desired components have fancy scrollwork. Call: (440) 877-0372. Email: jrguilford@earthlink.net

TREK 1000T 54 cm road bike, 2001. Shimano Sora group, includes clipless pedals, size 44 shoes, helmet, red/white/blue decal paint. Mint cond.: \$399. Call: (440) 669-4041. Email: mschnall@prodigy.net.

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

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CANNONDALE triathlon bike, 60 cm., CAAD3 frame (Grape Metallic), 650 CXP-12 wheels, Ultegra/105 component mix. Fewer than 3,000 miles. \$850. Dave: (330) 725-7928. Email: MLRmedina@aol.com

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RALEIGH C-40, 19 in. aluminum frame hybrid, 21-speed, Blackburn rack & pannier, excellent condition, \$250.00. Panniers: one set hardly used. \$35.00. Call: (440) 234-5291.

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2001	Blueridge w/ Ultegra	55	3189.99	2699.99	490.00
2001	Arenburg w/ Ultegra Trpl	55	2779.99	2199.99	580.00
2002	Classic w/ Centaur Dbl	57	3149.99	2599.99	550.00
2002	Sienna w/ Ultegra Trpl	Lg	3149.99	2699.99	450.00
2002	Sienna w/ Ultegra Trpl	Sm	3149.99	2699.99	450.00
2002	Arenburg w/ Ultegra Trpl	55	2849.99	2299.99	550.00
2002	Sirius w/ Ultegra Dbl	Md	2599.99	2299.99	300.00
2002	Antares w/ Centaur Dbl	Lg	2299.99	1999.99	300.00
2002	Antares w/ Centaur Dbl	Md	2299.99	1999.99	300.00
2002	Antares w/ Centaur Dbl	Sm	2299.99	1999.99	300.00
2001	Classic frame & fork	53	1749.99	1299.99	450.00
2002	Tuscany frame & fork	57	1999.99	1499.99	500.00
2002	Ultimate frame & fork	57	3049.99	2399.99	650.00
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