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The Voice of Cyclists in Northeast Ohio

PO Box 5446 , Cleveland, Ohio 44101-0446

On The Web @ www.crankmail.com

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

ELECTRONIC ACCESS: Via email: editor@crankmail.com. To subscribe to the forum email list (free), from the email account where you want to receive messages, send a blank email message to: crankmail-bike-subscribe@topica.com. Web access is available at www.crankmail.com.

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From the Editors

it snowed unexpectedly overnight and on this cold dark morning every tree is outlined in white. Winter does have its rewards. We are content knowing that each day the sun stays out a little longer. Astronomers measure the 'length of day' between sunrise and sunset, which at the beginning of January is 9 hours 9 minutes for this latitude and will be around 10 hours 23 minutes by the time you read this. There is hope.

We start this new year with enthusiasm for what we have planned. A new contributor, Joann Rassmussen, will write In the Zone a local cycling events page combined with what used to be the Gossip column. We hope you refer to it frequently when planning your next ride. Joann is an experienced reporter (formerly PROFILES reporter for the Plain Dealer and a reporter for several weeklies and Lorain County dailies.

A promise made last year to highlight local cycling notables trailed off dramatically as we struggled with the mechanics of publishing, while still earning a living and setting aside time for some nice rides. We will try to do better this year. We start with cover photographs featuring local cyclists and cycling events. This month we have Tom Nezovich on the Cabot Trail, Cape Breton, Nova Scotia. Speaking of covers, we'd like to apologize for not crediting JuG of mydoghasnonose.com whose photo we used on the November/December cover. JuG is a photographer from the UK who is looking to build up contacts in the US with a view to exhibiting here in the future. He would be grateful if any of you have any gallery contacts he could be put in touch with.

Finally, we want to hear from you. Afraid to complain? Don't be, we like complaints, in fact we intentionally make an occasional mistake just to see who is reading. We were thinking of having a contest by placing one glaring mistake in every issue. Everyone who caught all ten would have their name placed in a drawing. Maybe we'll do that next year. This year, we just want to know what we can we do to make this publication more useful for you.

Martin Cooperman and Tom Meara, Editor & Publisher
January 2005

You Can Subscribe!

If you're not a participating club member you can get *CrankMail* by subscription! One year (10 issues) costs only \$13.00 (new subscribers only). Send a check made out to "CrankMail" with your name and mailing address on the form below. Renewals are \$15.00 per year (prices include sales tax).

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IN THE ZONE

Cycling News and Events

The Ultra Marathon Cycling Association, Inc. (UMCA) invites CrankMail readers to participate in the "Larry Schwartz Year-Rounder Century Challenge." It's intended to encourage bicyclists to ride at least a century a month using a supportive network of like-minded riders.

Centuries can vary from 90 to 149 miles, and riders are allowed two makeup rides if weather hazards or tough work schedules totally rule out a given month.

The UMCA rides don't include t-shirts, cookies or dates with movie stars, but any ride counts if it's got a name, designated start/finish and time, route plan, organizer and advance publication (preferably in CrankMail).

According to UMCA, the ride honors Larry Schwartz, a UMCA Mileage Challenge champion who was struck and killed by a school bus. Membership is \$10, but if you reach the goal, UMCA will award you a Year-Rounder medal and plenty of goodies. For info, visit: www.ultracycling.com/standings/year-rounder.html or call 303-545-9566.

Call your County Commissioner and Congressmen! Government organizers are considering a 72-mile bike and hike corridor between Cleveland and Youngstown, according to a recent Plain Dealer article. The "**Western Reserve Heritage Trail and Greenway**" would replace unused rail lines now owned or controlled by Norfolk Southern Corp. and CSX Corp. Cuyahoga County Planning Director Paul Alsenas said the trail is in the proposal stage and it needs "champions."

According to the Plain Dealer, the trail would be located within 5 miles of more than 1 million Northeast Ohioans, including residents of Cleveland. Can you imagine a better way for residents to get off the couch and exercise? Imagine families traveling long distances together and staying at a hostel overnight. Jack Williams of Youngstown's Outspoken Wheelmen said club members plan to support it because it will help bicyclists avoid high-traffic routes. "Personally, I look forward to riding from Lisbon to Cleveland," said Williams. "It will make an excellent ride."

This initiative needs help — are you one of the champions? Count me in — none of my relatives from Youngstown are ever going to get here on a bike. Hey, I can make the mandatory July 4 visit without anyone getting my license plate number.

New news Needed. We'd like to publish two items every month — a Cycling Events page and a gossip page — but we need your help. To submit proposed events, fun news and gossip, e-mail: joann@rasmussen.tc

Are you one of the diehard cyclists spending the big bucks on a vacation? Check out: www.procycling.com and consider "**The Ultimate Great Rides**." This 270-page booklet features 45 cycling routes, including the French Alps, Spanish Sierra, Scottish Highlands, Austria, Borneo, Cuba, Colorado, the mountains of Wales, Morocco and Switzerland. It can be found at Barnes & Noble.

Dave Sawitke is planning a weekly 9 a.m. Sunday ride (fast paced, lots of hills) in Independence at the Lock 39 parking lot (Rockside + Canal). If you have questions you can contact him at: dsawitke@innerfacesign.com.

Back by popular demand, Thursday night roller/training rides will be held again at **Spin Bike Shop** in Lakewood at 8 p.m. Visit www.spinbikeshop.com for more info.

Chuck Smith of the **Ohio Bicycle Federation (OBF)** reports that Governor Taft signed the "Share the Road" license plate Bill 406 into law on December 21, 2004. The new law will take effect in March, 90 days after the signing. The Ohio Bureau of Motor Vehicles must sell at least 1,000 plates per year to continue its use. Gasoline-powered vehicle drivers often disrespect the rights of bicyclists on public roads (why can't they ride on the sidewalks or the park trails?). A 2003 study (Puentes and Prince) supports several older studies that determined "only about a third of U.S. roadway expenditures are funded by fuel taxes."

Our beautiful **Cleveland Metroparks** is looking for **Older Workers Leading Success (O.W.L.S.)**, or individuals 50 years and older to participate as a volunteer in a new Hike and/or Bike monitor activity. Volunteers must attend a two-day training session, scheduled for April 2005. Volunteers also must be willing to participate in First Aid/CPR certification and commit to 5 hours per month from May through October 2005. For more information or to volunteer, contact **Heather Triplett** at 216-635-3258 or hat@clevelandmetroparks.com.

Worried about **Kryptonite** bicycle locks? Don't be. One of the editors of CrankMail followed up on the lock replacement offer and is quite pleased with the result. Kryptonite discovered that some locks could be opened with a Bic pen and offered to replace those locks (free of charge) with a new model. This is an excellent example of

how a company can respond to adversity and flourish using customer service.

Attorney and cyclist **Steve Magas** recently launched a new website devoted to bicycling legal matters. Please visit www.bicycleattorney.com/Ohio.htm and provide him with feedback. The information on dogs and cycling accidents is interesting.

Mark your calendars!!! Sunday, July 3rd 2005- The Lake Erie Wheeler's 2nd annual "**Rail 'n Trail Tour of the Cuyahoga Valley**". Ride the train from Cleveland to Akron, ride your bike back to Cleveland on the beautiful Cuyahoga Valley Towpath! New this year- pavement only route for road riders. 27mi. flat(all ages), 62 mi. rolling to hilly(road riders). Ride limits- 240(train) 250(road). Snacks, spaghetti lunch, music & fun, fun, fun! Visit: www.lakeeriewheelers.org for info or to register.

The Missouri Bicycle Federation offers its members the ability to report incidents with angry motorists that are not severe enough to be reported to the police but are still a safety threat! In an effort to make the state a safer place to ride a bicycle, MBF has established a program in which the details of the incident are reported and a letter sent to the offending motorist.

The letter is accompanied by a summary of the Missouri state statutes and the Missouri Driver Guide sections related to bicycling. The summary was compiled by the Missouri Bicycle Federation.

The offender's name and address will be kept on file in case the unsafe action is repeated and legal action becomes necessary. Both the motorist and cyclist's names are kept confidential.



Cleveland Touring Club
PO Box 1157
Mentor, OH 44061

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

HAPPY NEW ONE TO EVERYONE!!! HOPE YOU ENJOYED YOUR HOLIDAYS AND DAYS WITH FRIENDS AND FAMILY.

Please welcome the following new members : **Gary Simeral and Family** of Hiram, **Diane Boyce** and **Jeff Townsend** of Painesville, **Mike Powers** and **Jack McKee Jr.** of Euclid, **Stephen Sagar** of Shaker Hts, **Maryjo Robinson** of Perry, **Patrick Shea** of Novelty.

NEW CLUB LISTSERV:

To get join the CTC ListServe follow these instructions:

1. If you *MUST* have a Yahoo username, to sign up do the following:
 - a. Open an internet browser and type www.groups.yahoo.com
 - b. If you are not a member of Yahoo, you must click on "Sign Up" or "Register".
 - c. Type in all the necessary information
2. Once you are a member of Yahoo, sign up for the list serve:
 - a. At www.groups.yahoo.com type in "clevetourclub" under "Join a Group". The CleveTourClub description will be displayed. Click on the CleveTourClub link
 - b. The club site will be displayed. Click "Join this Group"
 - c. Set up preferences – this is important.
 - i. E-mail Address – enter the e-mail address where you want to receive club e-mails. This is usually your primary e-mail address. If you do not enter your e-mail address here, all messages will be sent to your Yahoo e-mail address.

PLEASE SEE DETAILED INSTRUCTIONS AT www.clevetourclub.org.
If you have any questions, contact Bill Maurey at 440.975.9744.

SUNDAY IN JUNE: Calling all CTCers!! A **Sunday in June** planning meeting is being held February 12th at the Maurey residence at 4:30pm. This will be a pot luck event, so bring a dish. The club will provide brats & kraut. All members interested in helping out with this year's event should attend this meeting. BYOB. RSVP to Bill Maurey at 440.975.9744.

If you cannot attend and want to help out with the effort, please call or e-mail Bill Maurey (BMaurey@Hotmail.com).

CLEVELAND TOURING CLUB MEMBERSHIP FORM - 2005

Name: _____ M _____ F _____

Please Print or Apply Address Label

Address _____ Birth date _____

City/State/Zip: _____ Phone: _____

E-Mail: Please print clearly: _____

What kind of bike do you ride? Road Mountain Other Tandem What make of bike? _____

Emergency Contact: _____ Phone: _____

Membership Level (circle one): Individual \$15.00 Family \$20.00 New Renewal

Note: Please copy and submit a signed form for each family member. Please staple and submit together with family fee.

In signing this release for myself or for a named member, if member is under the age of 18, I acknowledge that I understand the intent hereof and hereby agree to and absolve and hold harmless the CLEVELAND TOURING CLUB officers, members, sponsors, affiliates, singly and collectively, for any injury, misadventure, harm, loss, inconvenience, or damage suffered or sustained as a result of participation in any CLEVELAND TOURING CLUB activities. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and shall practice courtesy and safety in cycling.

SIGNATURE: _____ Date: _____

Parent/guardian signature if member is under the age of 18

Return this form with your check made payable to "The Cleveland Touring Club"

Mail to: The Cleveland Touring Club / P.O. Box 1157 Mentor, OH 44061





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My Other Bike Has Four Legs

By Freya Turner

At the start of our Cleveland Touring Club ride on September 19, 2004 which goes to Hinckley Lake and Medina, I glanced at the route and I suddenly realized that we would be going past the residence of MY HORSE – CHIP !! I excitedly announced to everyone in the parking lot, that if anyone was still riding with me after our stop at Hinckley Lake, they could see my horse. So now you know – if you didn't already - I am the proud owner of a 22-year old Appaloosa gelding named Chip. I am not the sole owner of Chip – I co-own him with three other people (all Ferro Corporation employees or former Ferro employees). How we obtained Chip is a long story, but suffice it to say that we saved him from a bad situation and almost certain death.

Chip is an extremely intelligent horse (a bridge player with a Ph.D. in the horse world). He's smart enough to play jokes on people and other horses. He absolutely loves carrots and he'll pester me until every last one has been consumed. He knows that every time I visit him I always bring 5 pounds of carrots cut into bit size pieces. Since carrots are almost like a "drug" for him, I usually hide the bag and put the carrots in his bucket when he's out of his stall. Chip is very agile and healthy for a horse his age, except for his eyesight which is poor (we call him "legally blind"). Since Chip's vision is so poor, he really depends on his other senses (hearing, touch, smell). A skilled horseback rider can get Chip to walk, trot, and canter very smoothly and anyone observing him would never suspect that he can't see.

When I tell people that I own a horse, they always ask me how often I ride him. Then I have to explain that I dearly love Chip, but that I would much rather ride my bike. Since I'm more of a "passenger" when I do ride Chip, he's not getting clear enough signals from me, and even though I may instruct him to "walk on", he often stands still, eats grass, or occasionally walks backwards! But since there are plenty of people who do ride him, I don't feel so bad because I know that he's getting enough exercise.



Our CTC visit to see Chip was short but sweet. I did not take him out of his stall to show him off, but he perked up when we approached him. He was probably expecting some carrots from me, and when he realized I had none, he went back to munching his hay. So next time our route goes down State Road (just north of Ledge), look for a small sign that says Parklane Stables and stop by for a visit! Just remember to bring carrots!!



February 2005 Wheelmen Calendar

SUN	02/06	Amherst	9:00	Could be a snow day!
SUN	02/13	Oberlin Inn	9:00	Could be really cold!
THU	02/17	Nordson Depot	6:30 PM	Prolog ride, Roller Night
			7:30 PM	Meeting, maybe pizza!
SUN	02/20	Amherst	9:00	When will winter break?
MON	02/21	Amherst	9:00	Pres Day U-Show
SUN	02/27	Oberlin Inn	9:00	Think warmer days!
SUN	03/06	Amherst	9:00	March is finally here!

For the colder months, I'm not stating any destinations. Bad days will be 20 to 30 miles, and warmer one will see 40. Saturday rides from Prospect School at 9:00 will continue. Look for weeknights to start with daylight savings time. All rides will start at **9:00 Eastern Standard Time**. This'll last 'till spring. (and warmer mornings).

Lorain Wheelmen Membership Form

<input type="checkbox"/> New Name <input type="text"/> Age <input type="text"/> Address <input type="text"/> City <input type="text"/> ST <input type="text" value="OH"/> ZIP Code <input type="text"/> - <input type="text"/> Phone <input type="text"/> Dues (due March 1st) Schedule (1/2 after Oct 1st for NEW membership)	<input type="checkbox"/> Renewal e-mail <input type="text"/> Other Family Members <input type="text"/> Age <input type="text"/> <input type="text"/> Age <input type="text"/> <input type="text"/> Age <input type="text"/> Return to: Lorain Wheelmen P.O. Box 102 Amherst OH 44001-0102
<input type="checkbox"/> Adult/Family \$15.00 (includes CrankMail)	

Waiver

In signing this release for myself or the named member (when the member is under 18), I understand the intent of this release and agree to absolve all of the sponsors, or organizers and associated entities be they individuals or organizations, singly and collectively of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any Lorain Wheelmen Bicycle Club ride or in connection with any activity associated with or related to said organization. If the member is 18 or over, he/she signs for self. If not, then the parent or legal guardian must sign below.

Date _____

 Signature of member or parent/guardian



P.O. Box 844 Medina, OH 44258

Contact the following for information

www.medinabikeclub.org

President: Shawn Conway	330-764-3019	the5conways@earthlink.net
Vice President: Dave Ling	330-416-9421	ldbl3000@aol.com
Treasurer: Glen Hinegardner	330-725-8430	biker10260@aol.com
Secretary: Lou Vetter	330-725-0441	bikevetter@aol.com

Tuesday Evening Rides

Starting at 6:30pm (Pace: Moderate 12-15+ mph) with some exceptions.
Get your equipment ready we'll be starting sooner than you think.

Starting Points:

We will be determining these at our next meeting. If you want input call me or any other officer listed above.

We'll see you in the spring; try hiking or off-road cycling till then.

Sunday Morning Rides

Starting at 8:00 am (May through September) and 9:00 am (October)
April is to be determined.

Starting Point:

Park your car or ride up and join the group meeting in the Courthouse Parking Lot at
Jefferson and E. Liberty St. just off the Historic Medina Square.

BICYCLE HELMETS REQUIRED ON ALL OFFICIAL CLUB RIDES

CLUB NOTES

ABCDEFGHIJ (This is how Dick saw it): The ride was a fantastic success and was the 29th time it's been held. We had 131 riders show up with good representation of the Cleveland/Akron/Canton region along with riders from Toledo, Huron (another one besides me!), Middletown (between Cincinnati and Dayton - he drove here for the ride!), Dunbar (WV), Ashland, Mansfield, and others. Most all the riders did the 24-mile route with some doing a few more miles due to straying from the route (but "staying on the map").

Lou Vetter got the riders started off in the right direction after telling them about one flooded road — we're not responsible for the unseasonably warm weather. We apologized to a number of riders for the lack of challenging weather. I got there just after the start (due to a funeral that morning) but held court to complete the certificates. About 50 personalized participation certificates were issued for those wanting proof they endured the weather that day — not too tough since it was in the mid-40's, sunny, and dry! Quite a change from the week before. For the 30th annual ride on 01/01/2006, we're considering offering long sleeve sweatshirts with appropriate design just as we did for the Y2K party in 2000.

Start of the 2005 ABCDEFGHIJ as the camera saw it.



LETTER FROM VETTER:

CHRISTMAS GOODIES: I got a new helmet light, tights and two pair of shorts for Christmas what'd you all get? I broke free of my compulsion for creative numbers of miles this year. My last ride was December 2, 2004 and I ended the year with a normal mileage number of 5,276.

Night Mountain Biking: Bill Brannon, Tom Waterson, Laurie, and I met at Lock 29 in Peninsula for what was to be a hard workout. We started by climbing up the abandoned portion of Akron-Peninsula Road. That would be the almost totally obliterated asphalt path going up the hill in the Northeast corner of the town. It was very cold but that didn't matter for long. We warmed up really really fast. Tom and I thought we could make it up without walking but we failed. Laurie and Bill however made it right up. Once at the top there was a portion of the road in working order and we rode that over to the rail-trail and

went north to Brandywine Falls. Then we rode another abandoned road, Stanford I believe, back down the hill to the towpath and then north to "The Carriage Trail". We braved the climb up the carriage trail to get back on the rail-trail and went headed south and west down Highland Road to the towpath again and south to the parking lot at Lock 29. Along this stretch of the towpath we passed another outdoor group known as the "Why Nots". Their name says it all. Usually a member of the group suggests an activity for by saying "Why don't we go skiing this weekend?" and the standard response is "Why not?"

So if you think you'd like to ride with us make sure you have some low gears, lights and helmet. Oh, and not like that dude in the TV commercial; you will actually need a bike. One capable of off road riding.

ABCDEFGHIJ (This how I saw it): Things started slowly at first. I was running the registration table and Dick was driving directly from a funeral. We had to announce a route change due to flooding of Chippewa Road. I asked everyone to turn left from Chippewa Road onto Ballash Road going North, then turn right onto Route 162 and East to Ryan Road where turning left puts 'em back on the route again. I was pleased that the riders actually paid attention to the announcement. Apparently they were highly motivated to do so. After all it was January and riding though water would not be so much fun. Riders came from all over Ohio. One rider drove up that morning from Middletown (near Cincinnati) and one of our regular riders drove all the way from Dunbar, W.Va. The weather was a balmy 46 degrees more or less and there was some sun and no rain or snow. Pretty good considering the 22 inches of snow that melted just a couple of days before the ride.

I managed to get a short six miles for the day by riding my Raleigh RSW from the STOP-n-GO. I rode from Stop-n-Go heading west on West Sturbridge Drive to Ryan Road then turned left going south to Route 162 and back again. Later I measured it with my car and found that it was only 5.2 miles so when I got home I rode another 0.8 a total of six whole miles (fifty percent more than last year). Riding was difficult because of a mistake I made in assembling the bike. So here is a tip for you people riding older bikes that may have crank sets with cotter pins. I thought I was being soooo cool and smart when I decided that maintenance would be easier if the bolts on the cotter pins both faced the same way. However this makes the pedal alignment off by 5 to 10 degrees. SO the crank arms form a shallow Vee shape instead of a perfect straight line. With this maladjustment every time I stood up to pedal uphill there was this dead spot in the pedal stroke. Actually there were no hills but I needed to stand on the pedals to keep moving on Ryan Road (a slight incline). My right foot stopped at the top of the pedal stroke and I had to sit



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Team Manager
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440/666-8777
mehul_gala@yahoo.com

SEASON'S RESULTS TALLY For the 2004 season, 24 riders competed in 48 events: Billman 14, Collander 27, Comer 14, Cunningham 11, Dottore 2, Enyedy 4, Gala 26, Griffith 5, Hayden 13, Hofer 6, Howe 2, Kovach 17, Madison 2, Marcossou 2, Marsic 2, Nemecek 1, Plas 14, Rapp 17, Rees 13, Stefancin 3, Turba 26, Wagner 3.

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ANNUAL CLUB MEETING is tentatively set for Sunday, March 6 (alternate date: March 13) at the Fairview Park Regional Library, 21255 Lorain Rd., from 2-4 p.m. Further information will be sent out when details are finalized.

FAREWELL For the last 9 years, I have been glad to contribute to our club and to bicycle racing in this area. I am grateful to have been given this opportunity, and for the excellent support provided by our club. – *Charles Howe*

Dues will **decrease** (since we will not be participating in *CrankMail* this coming year). How can you beat that? With a stick, maybe?!

PDQ Cleveland Membership Application

(Please **PRINT** or **TYPE** clearly):

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ e-mail: _____

I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, and assigns agree to forever release and hold harmless PDQ Cleveland Bicycle Club (henceforth, "said club"), its members, officers, sponsors, and affiliates, singly and collectively, for any injury, harm, misadventure or inconvenience occurring to either myself or the named applicant (if applicant is under the age of 18 years) during participation in, or travel to the said club's functions and activities. Further, I agree to release and hold harmless the said club, its members, officers, sponsors, and affiliates, for any claims made by third persons arising from any injury, harm, misadventure or inconvenience I may suffer during any of the said club's functions and activities. I understand that bicycling on open streets and roads, as practiced by said club, will expose me or the named applicant to dangers beyond control of the said club, its ride leaders, and my fellow riders, and that such dangers include, but are not limited to, property damage, serious injury, disability, and death. I will obey all applicable traffic laws, any additional regulations as required, and will ride safely and courteously during all of the said club's functions. I also hereby request and consent to permit emergency treatment in case of injury or illness.

Signature of applicant

Date

Signature of parent (if applicant is under 18)

Date

- Individual -- \$10
- Family -- \$10
- Juniors -- \$5

Make check payable & mail to:
PDQ Cleveland
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Berea, OH 44017

- New Member Renewal Address Change
- USCF Member ABR Member NORBA Member

- Interests: Road Races Criteriums Time Trials
 Stage Races Cyclocross Mt. Biking Track



Cleveland Bikes

LEGISLATION

Bike Access on the RTA - UPDATE!

Under their latest schedule, the RTA believes "By spring 2005, there will be bike racks on 100 percent of RTA's 650 big buses and Community Circulators." Overall this has big a great success and a big step in making our community bike commuter friendly.

WINTER TIPS FOR RIDING & UPDATES

Tips on Winter Bike Commuting

By Fred Oswald

Winter brings new challenges to the cycling commuter. The cold weather requires keeping hands, feet and especially ears warm while not overheating elsewhere. The solution is layers of clothing with ventilating zippers. Wool or synthetic clothes will not trap perspiration that would make you cold.

A breathable wind shell over a wicking fabric works well. Lined nylon running pants with leg zippers can keep legs warm. Elastic sewn on the right cuff helps keep it away from the chain ring. An ear band or balaclava under the helmet will keep your head warm. Below freezing, wear liner gloves or mitts.

In really cold weather, keeping feet warm may be difficult. Neoprene shoe covers will help. A cheaper alternative is to wear overshoe rubbers.

To protect both yourself and the bike from salt splash thrown up from wet roads, get fenders. If fenders do not extend low enough, add homemade flaps made from a material such as from a plastic milk jug. Check the <http://www.icebike.com> website for more winter tips.

A special winter hazard is black ice. My worst fall was in a place where the road looked clear except the blacktop was just a little "too black". Some cyclists use chains or studded tires for ice. Others wait for dryer roads.

Finally, the salt and wet grit are tough on bearings, chain and wheel rims (abrasive grit imbeds in the brake pads). Better bikes have seals to protect wheel bearings (but re-grease in the spring). You should lube your chain every week or so and learn how to measure the wear (sometimes incorrectly called "chain stretch"). Once a chain wears so it is 0.5 to 1 percent longer (1/8" on a 1-foot ruler), it should be replaced.

A serious bike commuter will want more than one bike to cover different situations. You may find it useful to have a light road bike for fast riding in good conditions, a sturdy steed that can handle panniers to carry clothes, etc. and a "clunker" with fenders and knobby tires for bad weather and winter. Having more than one bike saves you from being late for work if you find a flat tire or other mechanical problem in the morning.

are you **fit?**



serotta certified bike fit technician - greg jackson

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There are many benefits to winter commuting. One of the biggest is maintaining fitness year 'round. You no longer have to "get in shape" in the spring. You experience the delight of spinning past frost covered trees on a crisp winter morning. And it is fun to tell your shivering co-workers how hot you got on that bitter, cold day.

For comments, questions, contact f.oswald@earthlink.net. The author is a "League Cycling Instructor", certified by the League of American Bicyclists

Tips on Staying Dry during Your Winter Rides by Ann Henderson

The biggest challenge when riding in the winter is not just staying warm, but staying dry. The salt on the roads creates water and slush everywhere. Once you're wet, being cold soon follows; it's hard to get warm again when you're wet. So here are my best tips for staying dry in the winter:

1) Gore-Tex, or some similar waterproof breathable fabric. Investing in a jacket and pants of this type of material isn't cheap, but it's worth it. Just bite the bullet and buy them - you'll be glad you did.

2) Waterproof winter boots, with an insulating insole. Forget clipping in - just get some powergrip straps for your pedals if you want your feet attached to the pedals. Your feet will never stay dry or warm in typical cycling footwear.

3) Waterproof gloves - I like the lobster glove style for added warmth, but there are lots of choices out there. Once again, just bite the bullet and pay for good gloves - you won't regret it.

4) Waterproof panniers - carry extra gear that you keep dry for when the stuff you have does get wet. Putting on wet gloves after you've been warming up at a coffee shop isn't fun. A warm dry set of gloves can make all the difference. Carry anything you think you MIGHT need, after all, you've got all that space in your panniers, so why not?

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Hey Cranky.....

Last year around this time CrankMail featured cycling poetry using Japanese Haiku, why not try something easier this year, like Limericks? - Annie O'Toole

Why not indeed, Ms. O'Toole! Let us start by describing what a limerick is, because creating the perfect limerick is not quite as simple as it seems. On the surface, it is a light, humorous style of fixed form poetry. Its usual form consists of one couplet and one triplet with lines 1, 2 and 5 containing 3 beats and rhyming, and lines 3 and 4 having two beats and rhyming. Here are a couple of examples:

His new bike for Christmas, you know,
Came wrapped up with ribbon and bow.
In his bare stocking feet
He looked out at the street
Wonderin' how it would go in the snow?

It was his very first ride of the year,
Getting dressed he cried out "What gives here?"
Oh his shorts how they bulged,
For he had indulged,
In more than a little good beer.

Limericks are meant to be funny and often contain hyperbole, puns, idioms, and other figurative devices. The rhythm is every bit as important in a limerick as the rhyme. To be truly good, the last line should be a punch line around which the whole rhyming joke revolves. This was submitted by Diane Mele:

I'm gonna ride out of this valley,
Those steep hills are right up my alley.
Wife says, what a dork,
He's nothing but pork-
Got insurance, so go for it pal-ly!"

The first limericks, originally known as 'nonsense verses', were recorded 250 years ago. The form became fashionable with the publication of Edward Lear's Book of Nonsense, in 1846. It is believed that they got the name "limerick" when the British humourous magazine Punch began a competition where readers were to submit limericks around a named geographic location. No one could create one that rhymed with the Irish town of Limerick. Cycling limericks can be found on the web, though, not many. Here is one from the Cyclists Touring Club in the UK.

A skilled wobbly-wheeler named Vlaar
Fitted drop - handlebars to his car:
A much nicer 'feel'
Than the old steering wheel
And the cornering's better by far!

Limericks range from silly to obscene and have a somewhat jaded reputation. Perhaps the form lends itself toward the off color as do many forms of humor. Here is one about Tyler Hamilton's experience in last year's Tour de France.

Tyler'd ride all the roads round Nantucket
He'd train till he wanted to chuck it.
But the pain of the Tour,
He could not endure,
So he climbed off his bike and said, "darn".

And you thought we were going to give cause for the morals police come after us. This simple one was contributed by Jeff Slotkin:

Take one old steel trusty steed,
Stir in fenders and racks to your need;
Add a pinch of fat tires
Spun on thirty-six wires
For an SUV easy-to-feed.

Perhaps CrankMail should have a competition each month for limericks formed around a particular bike part rather than geographic location. There are enough parts to keep it alive for years. Here are a few more examples:

You hang from the rims by the spokes,
Unlike most ordinary folks.
Your steering's quite deft,
As you warn "on your left!"
While passing the other slow-pokes.

I've 10 or more bikes in my shed
Wife says I'm out of my head
But what does she know,
I do love them so,
Got my eye on a new Trek in red!

Riding south on Riverview's easy
til the composting plant makes you queasy.
Try holding your breath
but that's certain death,
"Oh Lord, make it more than just breezy!"

On Wednesday they ride out afar
In lycra with colors bizarre,
Their speed is steadfast
As you watch them blast past,
Headin' straight to their favorite bar!

I like all my bikes made of steel,
It really is more than just feel.
The lugs are subime.
They'll last a long-time.
It's why they say steel's the real deal.

The gears are connected by chains,
That get rusty whenever it rains.
So you try to find peace
and apply some more grease.
Now your pants er'all covered with stains.

His new saddle was lighter than air
with sculpting that was ever so spare.
It would make him go fast,
Butt this joke we'll let pass,
And not mention his poor derriere.

He who spends time in the cold knows
Wool is good on more than just toes.
To be dry and be warm
Not a rolling art form,
Wear what grows for your cycling clothes.

As you can see, Annie, the possibilities are endless. If you are interested in learning more about limericks, an excellent reference site can be found at: gotolookitup.com, then sharpen up your pencil (and your wit) and write a few yourself. CrankMail will gladly accept any entries from our readers and may even print a few. Our thanks to Ann O'Toole, Jeff Slotkin, Diane Mele, John Shaeffer and the Cyclist Touring Club.

Yo, Wheelers!



Although I write this in December, we are looking forward to spring. As part of our preparation, watch your e-mail for notice of our annual meeting. The annual meeting is a good time to discuss the future of club

riding programs and to organize new committees. This is also a good time to volunteer your services. If you want to be on the Steering Committee or serve in some other capacity, call our leader, Jim Gernstetter. We can use more ride leaders and someone to write this column.

Of special interest, we need one or more members, with artistic talent, to design a new club jersey. If you are interested call me. As you know, our annual dinner was a great success through the efforts of Jim. The door prizes and favors were greatly appreciated. While I said this before, this is a good time to get your bike ready for the new season. Tires, if more than two years old, or with a lot of mileage, should be replaced. Cables should be checked and brake pads checked, in addition to necessary lubrication, and replacement of worn parts.

As always, new members are welcome to join the club. If you know someone who likes riding, please invite them to our ride and ask them to join us as members.

May the Wind Always Be at Your Back.

Ed Reichel



"The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community."

-- Ann Strong, Minneapolis Tribune, 1895



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IN CONSIDERATION of being able to participate in any way in _____ (Name of LAB Club) ("Club") sponsored
Bicycling Activities ("Activity") I, for myself my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of travelling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

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DATE: _____

Consolidating Cleveland's Bike Clubs One Man's Opinion

Are we missing a big opportunity in Cleveland? Recently I had contact with the Baltimore Maryland Bicycle Club, and was surprised to learn that they have over 3,000 members! Apparently they are a club that covers the entire Baltimore area.. throughout the area, providing multiple rides for members living in various parts of the area.

Lately I have been thinking that perhaps we should consider having a Greater Cleveland Bicycle Association into which all the clubs would merge. While I know many would object to this proposal, it makes sense from an economic and efficiency point of view. We could run regular weekend rides from several places in the county in addition to those rides that start at different points each week. The combined talent pool of all the clubs would produce a major voice and opportunity for bicycling in the greater Cleveland area.

We already have a start in that direction through CrankMail. CrankMail is, and for many years has been serving as a catalyst for the greater Cleveland bicycle clubs who use it as a means of communication with their members. It is only another step to consolidation.

Ed Reichek

We encourage readers to respond to this suggestion at: CrankMail@wowway.com

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Weather Or Not

by Michael Gill

“People don’t have any idea what their bodies are capable of,” Aaron Maughan says. He seems to be implying that what he does isn’t all that noteworthy, that most people could do the same if only they’d make the choice and maybe more people should try it.

Maughan has a car, but he hasn’t driven it in almost a year. Instead he rides a bike. Each day he rides out Detroit, from West 101st to his job at a bike shop in Rocky River. He rides his bike to meet friends in Shaker Heights, Cleveland Heights and Tremont. Visits to his mom in Akron are a little more rare. He doesn’t worry about auto mechanics, insurance payments, parking, the price of gas, or the great big whopping monthly. He waits at intersections for the traffic lights. He eats whatever he wants. Loaf of PB&J? “Thank you.”

The adventure was inspired by a guy he knows who rode a bicycle back from Alaska a few years ago. “If that guy by himself can ride across a continent,” Maughan says, “then I’m pretty sure I can make my way around Cleveland.” So he decided to see how far he could go without his car – not on a grand excursion, but simply in day-to-day life in the city.

We’re sitting in a warm downtown coffee shop as he describes the evolution of his method. It was late February. He was about to buy a new bike. The tags on his ’84 Audi were due to expire soon, so he figured he’d just let that happen and give himself no choice. In March 2004 he left his car parked on the street. At first, Maughan used a messenger bag to carry what he needed. The riding itself wasn’t so bad. The weather was getting better then. But without a trunk and passenger seat to carry bags, he had to make frequent trips to the grocery. So every couple of days he’d pick up a few things. He hauled a five-pound bag of kibble once a week to keep up with his yellow lab.

The dog food problem eventually inspired him to boost his cargo capacity with a bolt-on chrome-moly contraption that makes his bike longer and gives him room for six cubic feet of whatever the journey calls for: It’ll carry a 20-pound bag of dog food on one side. Once, he loaded it with a full cooler of beer. The sticker says it’s okay to carry up to 200 pounds of humans or whatever. It’s a mad taxi.

Maughan went to move his Audi in June and found the key in the ignition, the doors open, rejected even by thieves. Two tires were going flat. The battery was dead. He pushed in into his old garage, swung the doors shut and padlocked them. He remembers thinking he didn’t care if he ever saw it again, except to remind himself how much he used to depend on it – like a memento someone keeps to remind them of who they used to be.

Maughan got his first taste of mobility at age 10, when he and his younger brother let the school bus go by and rode their beater Huffly ten-speeds 25 miles out Route 59 to Grandma’s house. When he was 15, he dropped \$300 from a summer job on a white Schwinn and rode it home during rush hour. He’s never been intimidated by traffic.

For most Americans, the bicycle these days is a toy or a tool of fitness. Census data provided by NOACA bicycle coordinator Sally Hanley says there are 380 people in

Cleveland who commute by bicycle, 195 in Cleveland Heights. Tiny Oberlin counted 265. These numbers probably include occasional or seasonal commuters who sometimes use buses and cars.

It's an even smaller crew that sticks to two-wheeled travel year-round. Most, including yours truly, draw a line somewhere. Like if there's snow on the ground and slush on the pavement. As there is while we talk. "It's not bad out there," Aaron says. "It's above freezing. A little slushy, but the cars are taking care of it." What he means is that the cars are squeezing the slurry into ruts and the gutters, clearing what he considers to be easy tracks.

Maughan says he doesn't care much about the numbers and doesn't have an odometer on his bike, but he estimates that since ditching his Audi, he's pedaled at least 6,000 miles. He plans to keep his driver's license current just in case. He's driven other people's cars a couple of times. He figures that added up to less than 100 miles. Maughan know what he is doing is a challenge, because if it weren't, everyone would be doing it. But he also says it's no big deal. "This isn't an epic adventure," he says. People don't have any idea what their bodies are capable of.



FAQ's about Winter Bike Riding

by Edie Antl, former sofa spud

These are actual questions that I am asked after it becomes known that I Ride Year Round.

1. But not in the snow, right?

Yes, through the snow.

2. But how do you stay upright?

I'm not sure, I just do. My bike is amazingly stable in even unpacked snow. I usually ride a cheap mountain bike with knobby tires, but have ridden my hybrid with 1.5" tires in a raging blizzard quite nicely and with no stability problems, no wobbliness, no fishtailing. I don't why this is, but it is! The awful truth, though, is that on most winter days in Cleveland, the roads are clear and, quite often, dry. The sloppy days are truly an exception.

3. Aren't you afraid of cars hitting you?

Yes, I am always afraid of cars hitting me. Or should I say, I respect their power and I don't assume their pilot is aware, let alone respectful, of my presence. But this is the case in all weather, not just in inclement weather. On snowy days, I am comforted to see cars driving much more slowly, more sensibly and cautiously. In fact, it seems they drive the speed in snow they should be driving all the time!

4. Aren't you cold out there?

No. In fact, it is all too easy to get overheated 'out there.' Like all of us, I generate an enormous amount of heat while pedaling. This is a wonderful thing on a cold day! I find it to be more of a challenge to stay cool and resist the urge to overdress. There is more danger in overdressing, being soaked in sweat after the first gentle hill, then getting chilled.

5. What about ice?

Ice is bad. Ice is bad for cars, ice is bad for pedestrians, ice is bad for snowmobiles, ice is bad for bikes. I do everything I can to avoid ice. Those days on which it is too treacherous to drive or even walk are days on which it would be a good idea to NOT ride. A severe freezing rain/ice storm day is a good day to stay put.

6. Aren't you afraid of falling?

Yes. If there is anything good about the prospect of falling in regard to winter riding, it is this: When I ride in the winter, in the snow, I am usually riding slower. If I were to take a spill, not only would I be going slower, I would be more likely to land in some nice soft snow instead of some gravel. I am also wearing a lot more clothing than usual. These extra layers function admirably as cushioning! It seems to me that road rash is largely a product of warmer weather falls. However, when I do an informal survey of the weather conditions during my falls, I see that about half have been on a sunny summer day and about half have been during crummy weather.

7. Don't you get blown around by the wind?

You bet. And it's a cold wind as well, sometimes laced with what we fondly call 'needle snow.' Wind is something about which I am especially mindful all winter long. I always make a point of riding with clear eye protection (cheap hardware store plastic goggles will do the trick) and a face mask. I choose my winter riding gear with wind protection as a foremost consideration. This includes sensible footwear, neoprene tights, goretex jackets, ear and neck coverings and wind blocking overmitts. Some cold weather cyclists also use a helmet cover. Much of your typical cycling rain gear can do double duty as wind protection in the winter. I told a fitness instructor friend once of a wild evening ride in a fiendish, unrelenting headwind. Her enthusiastic comment? "Think of the workout you got!!" Wind is merely an opportunity...

8/9. You must be some sort of fitness fanatic/ You're a braver person than I am.

Not really, I am quite aggressively average. Cycling has just become a habit with me.

10. You must be nuts.

"The dedicated urban cyclist is a new kind of pioneer. Pioneers have an obligation to those who would follow in their tracks, to show them the way. Instead of highlighting the difficulties and frustrations, instead of obsessing about conflict, get out there and show the nation how easy it already is to cycle in the city. Wear "normal" clothes for short rides. Put the superiority of the bicycle on display. Be responsible, unflappable, and polite. Ride with style grace and intelligence. Ride with fear and joy."

-Robert Hurst
The Art of Urban Cycling



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LEW Club Weekend & Holiday Ride Schedule

Feb. 6, 13, 20, 27 10:00 Olmsted Falls East River Park - winter ride weather depending.
Mar. 6 10:00 Frostville Museum Pancake Ride - 20+ miles.

Ride Start Locations

Bonnie Park In Strongsville, in the Mill Stream Run Reservation, west of Albion Road & Valley Parkway.

Olmsted Falls Olmsted Falls East River Park, on Lewis Rd, between Bagley and Water Street, across from Chestnut Grove Cemetery.

The first scheduled club ride is anticipated to be on Sunday March 6, 2005, starting at 10:00 am from Bonnie Park. The schedule of Club Rides, along with the Ride Leaders' name(s), will be published in the March issue of CrankMail, and on the Club Web site.

The "winter" rides will continue in February starting at 10:00 am from Olmsted Falls East River Park. If there is an overabundance of snow, some Club members may head over to Chapin Woods in Lake County, for Sunday morning Cross-Country skiing on the groomed trails between 10:00 am and noon.

Doug Barr will continue to host the Saturday Morning Urban Assaults on an impromptu basis, weather permitting. These rides travel through the Westside neighborhoods, through the city center, and over to the East Side for lunch at some of our favorite restaurants like Presti's. The pace is moderate, but be prepared for cold weather and city streets. Members wishing to participate are urged to contact Doug in advance by e-mail (see below), and can expect notification by e-mail on the Wednesday before the intended ride.

Weekday Rides:

Regular Club Wednesday Evenings - Moderate to fast pace, 20-30 mile rides starting at 6:15pm (meet at 6:00pm) from the parking lot of the Spin Bike Shop at 14515 Madison Ave. (two blocks east of Madison & Warren), weather permitting. For details, contact Doug Barr at 440-734-1715 (ospdoug@aol.com). For the off-season rides thru February, the Ride Leader (and pace) will be chosen by those members attending the ride.

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 e-mail list is at lakeeriewheelers@yahoo.com. If you aren't receiving weekly ride updates and have e-mail, let us know and we'll put you in the address book.

The November, 2004 Club Meeting

After reading the minutes, we heard from the club Treasurer, who told us the club finances were in sound condition. At this point the members held nominations for club officers for 2005. Nominated were:

President: Dave Schneider
Vice President: Greg James
Treasurer: Stephanie Moster, Bob Ugan
Secretary: John Whitaker
Elections will be held during the Holiday Party.

The members present discussed a proposed club dues increase, necessitated by cost increases for CrankMail, Cleveland Bikes (with which the club is affiliated), and club expenses in general. The amounts arrived at were: \$23.00 for single membership, and \$28.00 for family membership. The club then amended the by-laws to strike the explicit dues amount listing in Article A.2.

A sign-up sheet was passed around for members wishing to visit Mike Robinson in the hospital, following his recent accident. This was followed by a discussion of proposed amendments to the club by-laws, which were intended to deal with member safety and harassment issues. A vote was scheduled for the December meeting/Holiday Party.

After a presentation on bicycle lights by Mike Musil, the meeting adjourned.

Holiday Party & December 2004 Meeting

Being a festive occasion, the formalities were skipped. The by-laws changes proposed in November were read, and club members voted on them by secret ballot. Both by-law changes passed.

Afterwards, a slate of candidates was elected to office. The Lake Erie Club Officers for 2005 are:

President: Dave Schneider
Vice President: Greg James
Treasurer: Stephanie Moster
Secretary: John Whitaker

New president Dave Schneider announced an officer's meeting to occur in early January 2005, to consider club business for the coming year. Get-well cards wishing a speedy recovery for Mike Robinson were passed around for members to sign. Richard Edmister announced that the Rail-n-Trail ride was tentatively scheduled for July 3rd, 2005.

The meeting was concluded with a holiday season raffle, with prizes purchased by the club. The laws of probability were stood on their head, as four of the prizewinners had consecutive numbers.

The January, 2005 Club Meeting

The club officer reports began with the Secretary reading the minutes from previous meetings, followed by the Treasurers providing assurances that sufficient funds were on hand to meet club needs, and concluded with the Membership Chairman listing the number of membership renewals, and recruiting efforts.

It was announced that the Rail-n-Trail would be held on July 3rd. We have reserved the train for our own use on that day, with room for 240 riders and their bicycles. We will also include a pavement-only option paralleling the train and towpath, suitable for hill-climbers. Lunch will be provided by the Stanford House AYH both train/towpath and road riders. Several volunteers will be needed for a variety of tasks.

Doug Barr announced that the Wednesday Night Regular Rides have moved from their erstwhile location in Fairview Park, and will start from now on at the Spin Bike Shop in

Lakewood (for details, see above). Help with ride technique will be available for riders requesting it. This will not affect the Tuesday Night Rides that start in Fairview Park.

Club jerseys may be available this year, pending on a review of available vendors and current or proposed designs. Anyone interested should contact Dave Schneider.

Following this was a discussion of which state and national bicycle organizations the club should be affiliated with. After listing the organizations and their yearly dues, the members voted to affiliate with the following: the Ohio Bicycle Federation, Cycle Adventure, and the League of American Bicyclists. It was then announced the ride schedule meeting would be held on Jan. 30th, at Jim Boland's house in North Olmsted.

The meeting was adjourned after a presentation on the 2005 Clean Air Challenge, given by Leigh Ann Casarona of the American Lung Association. This event will be held on Sunday, June 26, 2005.

The February, 2005 Club Meeting

Will be held at 7:00pm, on February 8, 2005, the 2nd Tuesday of the month, at Ray's Indoor MTB Park at 9801 Walford Ave. off West Blvd. (www.raysmtb.com). Discount passes will be available. Club members attending will consider the ride schedule for 2005, mull over plans for New Year, present new ideas, and discuss any related issues. All suggestions are welcome, but please be prepared to lead what you suggest.

The March, 2005 Club Meeting

Will be held at 7:00pm, on March 8, 2005, the 2nd Tuesday of the month, at the Bike Authority Store at 7979 Broadview Rd., near Wallings Rd., in Broadview Heights.



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Long Distance Training Rides

Eric Overton is organizing a pair of rides, to be held on April 9th & 23rd, over distances of 100-300km, open to all who are interested in the challenge of long distance cycling (Randonneuring). These marathon events have different meanings to every rider. For some it's like touring with miles and miles of scenic riding, often at a leisurely pace. For some, prepare for brevets and ultra-marathon events such as Calvin's 12-Hour Challenge and the National 24-Hour Challenge. For others, it's a quest for higher speeds and faster times. If you are interested in this ride, or interested in volunteering for these events, please contact Eric Overton at 440-552-6856.

Time to renew membership and join LEW

Renewal application forms should be returned by March to be included in the Club Roster. New members can join at any time but after the publication of the Roster members are listed only in an addendum that can be e-mailed out to addresses listed with the Club.

2005 LAKE ERIE WHEELERS MEMBERSHIP APPLICATION FORM

___ SINGLE MEMBERSHIP \$23.00 ___ FAMILY MEMBERSHIP \$28.00

Name: _____ Age: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: (____) _____ e-mail: _____

Please provide for club updates & news

Make check payable to and send to:

Lake Erie Wheelers P.O. Box 26146 Fairview Park, Ohio 44126-0146

New member Renewal

Interests: Fitness Touring Mtn/Cyclocross

Road Racing Tri/Biathlons Recreation

2005 LAKE ERIE WHEELERS MEMBERSHIP AGREEMENT AND RELEASE

I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns agree to absolve and hold harmless the Lake Erie Wheelers (henceforth, "said club"), its members, officers, chairmen, sponsors and affiliates, singly and collectively, for any injury, harm, misadventure, loss or inconvenience occurring to either myself or the named applicant (if applicant is under the age of 18 years) during participation in, or travel to the club's functions, rides and activities. Further, I agree to release and hold harmless the said club, its members, officers, chairmen, sponsors and affiliates, for any claims made by third persons arising from any injury, harm, misadventure, loss or inconvenience I may suffer during any of said club's functions, rides and activities. I understand that such dangers include, but are not limited to property damage, serious injury, disability, and death. I also hereby request and consent to permit emergency treatment in case of injury or illness.

Signature of applicant

Date

Parent or Guardian's signature (if applicant is < 18 years) Date

CRANKMAIL

UNCLASSIFIED

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

Wanted: used bike trailer. A recent additon to our family wants to get out on the road but his feet don't reach the pedals yet. Call Dale, 216-433-5399.

WANTED: USED TRAIL-A-BIKE. Please call 216-932-6159 if you have one you're no longer using.

Lemond Nevada City Road Bike with less than 100 miles on it. Awesome condition. Size 51cm. 216.225.0366

Performance Trainer Rollers, all attachments included, does not fold up. \$75. Call 440-988-5732

Cannondale F-1000 Mountain Bike. Size 58, XT & XTR components, Fatty SL Head Shock, Mavic X221 rims. \$600. **Litespeed Ultimate** Polished Frame, Size 58, Durace components, Ksyrium wheels. \$2300. **GT Edge**, Size 58, Durace and Ultegra components, Helium wheels \$850. **Paramount**, size 58 Campy and Shimano components Mavic wheels, \$700. Call Jim at 440-572-4930 and make an offer.

2002 Mongoose Cipressa, Super lightweight, 105 Components with Ultegra rear. Columbus tubing with carved carbon rear stay and carbon fork. Includes Flight Deck system installed. Near mint condition. Very low mileage. Hate to sell but injury forces sale. Size small. More details upon request. kipik@sbcglobal.net

Expires February 2005

Bianchi Axis cyclocross bicycle/55cm carbon fork, ultralite tub shapes. Under 200 miles, mint condition, new \$1300 (plus over \$300 upgrades), this bike is a steal for only \$995. Call Lynne 216-401-3907 also available assorted bike panniers and other good stuff.

2004 GIANT CYPRESS SX 19 inch "Flat handlebar road bike" with narrow road racing tires and lightweight components. Includes chromoly fork, Shimano 105 rear derailleur, SRAM attack shifters, Shimano clipless pedals. Exceptional condition! Retail is \$650 asking \$400. 216-577-8719.

Bell Metro Helmet, new in box, hard shell in beautiful blue, size small (51-55 cm). Great helmet but my head's too fat. \$40. 440-777-2563.

1998 Litespeed Ultimate, 57cm, Dura Ace 9 speed STI, titanium stem and seatpost, Mavic Classic wheelset with Vittoria tires, Look 296 pedals.

2004 Trek 5900 Superlight, 56cm, Dura Ace 10 speed STI, both in excellent condition. Call 330-722-5662

Columbia 5 speed Tandem, \$200. Call Ron Kast at 440-582-2131.

Tour de France Videos, all like new. 1999 and 2000, 4 hrs - \$10 each. 2001, 8 hrs - \$15. **Sean Kelly Story**, 4 hrs - \$10. New **Sachs** 8 spd touring hub, \$25. Call 330-725-4454.

Cannondale RT1000 Tandem, Large/Small size, 27 speed Shimano 105/Deore, rear suspension seat, gray metallic color, approximately 6 years old, very good condition asking \$1,500. **Bianchi Brava,** 49cm. Entry Level Road Bike. Shimano Sora 24 spd, blue, approx. 3 years old, good condition \$300, Call Dave 216-741-4384.

Bianchi 21" road bike. 1988 model. Good condition. Low mileage. Only ridden by little old lady to church on Sunday. Asking \$130. For specs and photos call 440 442 1475 or tlj@cwru.edu

Tandem For Sale: Cannondale RT1000, Large/Small size, 27 speed Shimano 105/Deore, rear suspension seat, gray metallic color, approximately 6 years old, very good condition asking \$1,500.00, Call Dave 216-741-4384

Entry Level Road Bike: Bianchi Brava 49 cm, Shimano Sora 24 speed, Blue, approximately 3 years old, good condition \$300.00, Call Dave 216-741-4384.

BIANCHI EROS: Women's 650c x 49cm, Forest Green, Campagnolo Mirage triple crankset: 50/39/28, Campagnolo Mirage 8-spd. cluster: 12-25, like-new, low mileage. Includes Cateye cyclocomputer, Blackburn rear rack. \$500. (440) 877-0372.

Volunteers Needed! Cleveland Metroparks Hike and/or Bike designated all-purpose and hiking trails throughout the Park District to monitor and provide information, direction, and assistance to visitors. A two-day training session is required, including First Aid/CPR certification. Time commitment: training + 40 hrs/season. To join the Older Workers Leading Success (O.W.L.S.) program contact Heather Triplett: 216-635-3258.

RALEIGH C500 Cross Bike, 15/xs silver, Rock Shox Metro XC, aluminum suspension seatpost, Shimano Deore derailleurs, Shimano 9-speed: 11-32, Shimano Deore triple crankset: 48/38/28, like-new, low mileage, includes Avenir Rear Rack. \$350. Call: (440) 877-0372.

Bicycling in Bulgaria! It is the time to arrange your SUMMER 2005 - exciting and inexpensive bike tours in sunny Bulgaria. More information can be found at: bgbybike.tripod.com/. You will see what we have done the last 4 years with people from USA, Great Britain, and Denmark. Maybe you will find out a nice opportunity for you. Borislav (Bob) and Maya

Canari Cycling Vest, yellow, black mesh back Men's Large, almost new. \$10. 440-777-2563.

99' GT Ricochet mountain bike. Rock shox Indy C front suspension fork, STX component group, Mavic M-238 rims, WTB SST kevlar reinforced racing saddle, 7005 heat treated, triple butted reinforced all-aluminium frame. Includes Cat Eye computer, saddle bag, and two water bottles. The bike has seen little use other than occasional trail riding and it's still a very sexy looking machine. \$400.00 firm. anon-52868878@craigslist.org

1941 Roadmaster, Ladies 26 Inch, restore project / needs tires and front light. Back rack and seat all original, \$50. 216-291-4852 also my e-mail is wjfllegal@sbcglobal.net.

Expires March 2005





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