

# THE GREAT LAKES CYCLURIER™ CLEVELAND

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## Progress from Bike Cleveland

by Jacob VanSickle

Despite the cold and snow, winter has been a busy season for Bike Cleveland. We recently moved our office to the Sustainable Cleveland Center in Tower City (230 W. Huron Rd, Cleveland, OH 44113). We also hosted our first ever Annual Meeting. Over 100 people stopped by to hear about the great progress Bike Cleveland has made over the past year. Here are a few examples:

Bike Cleveland was mentioned or interviewed in the media over 40 times, promoting and advocating for safe and stress-free bicycling throughout Greater Cleveland.

We advocated for 3.15 new miles of bike facilities, including the opening of the Lake to Lakes Trail and the Lorain Carnegie Bikeway. In the spring, 1.7 miles of bike lanes will be painted on Detroit Avenue in Cleveland.

We worked with Cleveland City Council to develop and pass a law that requires a minimum safe passing dis-



Photo courtesy of Brian Fyfe

Bike Cleveland meeting.

tance of 3 feet for a motorist passing a bicyclist on the street.

With your support, we secured \$10,000 in pro-bono communication services from Dix & Eaton to create a professional and effective bike safety public awareness campaign that will launch in the spring. Thanks to all who helped!

We collaborated with LAND Studio and Charter One to install Cleveland's first ever on-street covered bike parking corral, the BikeBox, built by local

bike rack geniuses Rustbelt Welding on the corner of W. 25th and Bridge Ave. We plan to install four more this summer throughout Cleveland.

591 Greater Clevelanders logged over 281,000 miles this summer in the National Bike Challenge, burning 6,000,000 calories and saved over \$70,000.

1200+ people who love bikes got together for over a dozen Bike Cleveland socials and events. Check out the events calendar at BikeCleveland.org and come to the next one!

60+ videos were submitted for the Raleigh Bicycles and Century Cycles My Reasons to Ride contest, telling the love story of a few of the many people who bike in Greater Cleveland.

We celebrated the opening of the Lorain Carnegie bikeway with a Winter Bike to Work Day in December.

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### 2013: Pittsburgh Defeats Cleveland Again! - Or will they?

## STOP THE INSANITY: Accept the CHALLENGE!

by Shelli Snyder

So. Football to me is pretty much that game...where those dudes in tight pants run around pushing a small white ball with red laces. Down some ice. With a broom. And they aim for a basket so that they can score a field goal. Wait. Touch down. No...Wait. Whatever. BUT! Football is that game where Cleveland folks go BIZERK if you even mention the colors black & gold. (Or is it yellow?). Cleveland Brown's fans \*HEART\* the Steelers. Right?

My point is, I don't really know jack about football (nor do I really give a crap about football) but I do know this: Cleveland folks will do ANYTHING when it comes to beating Pittsburgh. And that, I care about.

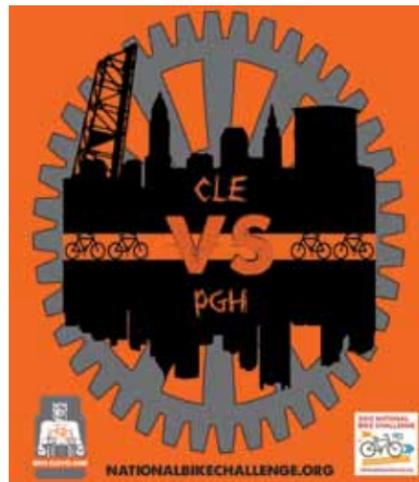
Let's bring this to a subject I do know (and LOVE) shall we?

### BIKES.

What better way to show Cleveland's deep rooted desire for Pittsburgh domination than to cream some PennsylvTucky Behinds in the National Bike Challenge?

You see, last year, Pittsburgh had like...WAY MORE RIDERS than CLE. What? PEOPLE. How did yinz let this happen? There should be over triple the amount of folks who ride here in Cleveland. I mean, COME ON! We don't even have HILLS!

I know you are out there. You bike riding addict you. I know you exist. Why you did not sign up for the National Bike Challenge last year, I do not know. But now that we are waging war on Pittsburgh, you are expected to represent and fight for the Cleveland region...Your region.



Currently, Cleveland is something like 400th place (mind you this is mid-April)...But the Challenge starts May 1!

And also, mind you, those are just the stats for Cleveland...if you consider the region, we gain a few places. But details aside...Pittsburgh is currently at 142. WHOA.

### Cleveland. What are you doing?

I know what you are doing. You are setting aside your paper right NOW and you are going to: <http://bikecleveland.org/challenge/>

### And you are pressing join.

You are then riding your bike. A lot. To lots of places. And you are going to Endomondo and tracking all of this good, juicy, Burgh-butt-beatin' riding. You are posting "love" notes to PGH on NationalBikeChallenge.org. You are posting high fives and dares and encouragements to CLE on the local message boards for NBC. You are bringing that extra bike to work so your colleague stops driving 2 blocks to Chipotle for lunch. You are

*continued on page 12*

## Bike Month Events

by Michael Gill

May is National Bike Month, and in Northeast Ohio that means a slew of bike-to-school, bike-to-work, and other rides, as well as observances, actions, and celebrations. See you on the road!

### Wednesday, May 1:

**Opening Day at the Cleveland Velodrome:** Hot Dogs, Drinks, and Track Cycling. Go to [clevelandvelodrome.org](http://clevelandvelodrome.org) for more information.

### Saturday, May 4:

**Chagrin Falls Bike-A-Palooza,** noon to 3 pm at Chagrin Falls Intermediate School

**Wild Ride at the Cleveland Metroparks Zoo,** 5:30 pm at Cleveland Metroparks Zoo. Go to [clemetzoo.com](http://clemetzoo.com) for more information.

### Monday, May 6:

**Bike Month Resolution** comes before Cleveland Heights City Council, 6:45 at Peace Park. Go to [bikesintheheights.org](http://bikesintheheights.org) for more information.

*continued on page 2*



**Owned And Operated By Riders For Riders**

**After All, It Takes One To Know One**

The *Great Lakes Courier* Advisory Board is a group of cyclists, advocates, and business people who represent a broad range of interests within the cycling community, and decades (and decades) of experience. It is a goal of the *Great Lakes Courier* to gather input from all realms of the cycling community. If your area of interest is not represented, we invite you to get in touch.

**Lois Moss** – founder of Walk and Roll, former co-owner of Century Cycles.

**Diane Lees** – radio host of “The Outspoken Cyclist” on WJCU, 88.7 FM

**Marty Cader** – bicycle and pedestrian planner, City of Cleveland.

**Marty Cooperman** – lifelong cyclist, former editor of the Cleveland cycling publication *Crank Mail* (1975 to 2008).

**Jacob VanSickle** – Executive Director, Bike Cleveland.

**Join the GLC!**

As a product of citizen journalism, *The Great Lakes Courier* is looking for people, ages 3-100, to get involved in the paper and cycling. We are looking for volunteer writers, photographers, designers, and illustrators to help with the production of the paper. It does not matter if you are a professional or amateur, our editorial staff will be glad to help you through the process. Register to our website Member Center where you can submit stories, press releases, letters to the editor, photos.

**No need to register to post online calendar items or classified ads.**

**Upcoming Submission Deadlines**

Deadline	Publish Date
May 22	June 1
June 22	July 1

[www.greatlakescourier.com](http://www.greatlakescourier.com)

216.712.7070

14900 Detroit Avenue, Suite 205, Lakewood, OH 44107

**Watch for our new smart phone app due out later this month!**

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**Sales** - 216-712-7070

**Design/Layout** - AGS Studios, Inc.

**Published by** - Human Tribe Foundation, Inc. A non-profit dedicated to making human interaction and knowledge-sharing better and easier for all.

Published monthly with a current circulation of 10,000+ copies. The paper is made available free of charge and can be found at over 330 business locations around the county and on our website. The views and opinions expressed in this publication do not necessarily reflect the views and opinions of the publisher and staff. Copyright 2013 • The Great Lakes Courier, Inc. All rights reserved. Any reproduction is forbidden without written permission.

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# Introducing Village Bicycle Cooperative

by Jennifer Smillie

Allow us to introduce ourselves. Our mission is to offer a bicycle education - based workspace, and to advocate for bicycling in a way that fosters a healthier, safer, and more sustainable community. Although our workspace happens to be located in Bay Village, our organization is not just for Bay residents, but for everyone in the region.

Our education offerings this year will focus on teaching basic bicycle maintenance and safe bicycling techniques. Class times and

## Bike Month Events

*continued from page 1*

### Wednesday, May 8:

**Bike To School Day in Cleveland Heights**, 8 a.m. Go to [Bikesintheheights.org](http://Bikesintheheights.org) for more information.

**Bike To School with Dads** in Chagrin Falls, 9 a.m.

### Thursday, May 9

**Dinner and Bikes with Ellie Blue:** Multimedia presentation on bicycle and food activism. 6:30 pm at the Old Stone Church. Go to [Dinnerandbikes.com](http://Dinnerandbikes.com) for more information.

### Friday, May 10

**Ohio Women's Bicycling Summit:** 10 a.m. at Goodale Park Shelter House, Columbus. Go to [Considerbiking.org](http://Considerbiking.org) for more information.

**Chagrin Falls Middle School Bike To School Day:** 6:45 to 9:45 am.

### Wednesday, May 15

**Ride of Silence:** 5:30 – 6:30 p.m., starting at the Free Stamp and at University Heights Whole Foods, ending at University Hospitals.

### Thursday, May 16:

**Movie: “The Kid with the Bike,”** 8:50 p.m. At Cleveland Cinematheque. Bring your helmet for a discount. Go to [cia.edu/cinematheque](http://cia.edu/cinematheque) for more information.

### Friday, May 17

**Bike To Work Day:** Starting points, coffee stops, and more all over town. Go to [BikeCleveland.org](http://BikeCleveland.org) for more information.

### Saturday, May 18

**Old Brooklyn Pedal For Prizes**, 11 am to 2 pm in Old Brooklyn. Go to [Pedalforprizes.org](http://Pedalforprizes.org) for more information.

### Sunday, May 19

**Bike for Beck:** Tours of various lengths to raise funds for Beck Center for the Arts. Details at [beckcenter.org](http://beckcenter.org).

### Friday, May 31

**Critical Mass:** Meet at 6:30 on Cleveland's Public Square. Leisurely ride begins at 7 p.m.

dates will be posted on our website as they are finalized.

In line with our mission of sustainability and education, the cooperative also repairs donated bicycles and sells them back to the community. This keeps usable bicycles from ending up in a landfill, and at the same time provides education opportunities for our volunteers. Of course it also allows the public to purchase low-cost bicycles that have been freshly tuned-up. All proceeds help fund the Cooperative.

Our first year of operation was a busy one. We were able to develop collaborative relationships with many organizations throughout the region. We continue to seek creative, collaborative relationships with any business or organization

interested in furthering bicycling in our community.

During open hours, all are welcome to see our mission in action by stopping at our workspace in the basement of the Bay Village Community House, at 303 Cahoon Rd.. There you'll learn more about our mission by talking with volunteers. You can also view and purchase used bicycles, and you can even bring your bicycle to work on it. Because we are 100% volunteer-operated, our workspace hours vary from week to week. Current open hours are posted to the Open Shop tab of our website, [www.villagebicycle.org](http://www.villagebicycle.org). You may also contact us at [info@villagebicycle](mailto:info@villagebicycle) if you have any questions, are looking to collaborate, or would like to get involved.

## Westlake Criterium:

# Construction Looms

by Michael Gill

The Westlake Criterium training race series enters its 18th consecutive season this month. Organizer Chris Riccardi plans to open the series of weekly, Tuesday night races May 7. He says the season is likely to be truncated by road construction, however, as the City of Westlake plans maintenance for part of the course. “Major road construction is scheduled for 2013, and I don't have a good answer for start dates impacting the course roads,” Riccardi said in an e-mail as

Great Lakes Courier went to press.

Riccardi plans to run the series as usual until construction begins, however. Registration each week takes place from 5:45 to 6:15, with races beginning at 6:30. Entry fees apply, and waivers must be signed. Entrants gather at the Westlake Board of Education Service Building, 1097 Bassett Rd., north of I-90 in Westlake.

As details are solidified, Riccardi will post updates to the Facebook page, Westlake Training Race Series.

# Progress from Bike Cleveland

*continued from page 1*

This is just the beginning. Over the winter we have been collaborating with the City of Cleveland to study the possibilities of launching a Bike-share program in Cleveland. Visit [BikeShareCleveland.com](http://BikeShareCleveland.com) to learn more and to suggest locations for bike docking stations.

We have also been working with the City of Cleveland on implementation of the Complete and Green Streets Ordinance. We are classifying

all city streets into categories that will prioritize investments in biking facilities, helping to create a literal road map for a connected bikeway network. You can find more information about these and all of our other activities at [BikeCleveland.org](http://BikeCleveland.org). If you haven't already, consider becoming a member of Bike Cleveland at [BikeCleveland.org](http://BikeCleveland.org)/members and add your voice to our growing organization. Help make our streets safer and more bike friendly; we're all on the road together!

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# Fairview Cycle - A Family Bike Shop

by Jennifer Smillie

Fairview Cycle is a family bike shop. They have been open for 63 years and during that time they have seen many changes come and go in the bicycling community. Through more than half a century of trends including the '70s Bike Boom, the BMX craze, mountain bikes, the development of carbon bikes, and even electric-assist bikes, they have stayed steadfast in their commitment to offering families a one stop shop for all their bicycling needs.

Fairview Cycle currently offers many bicycle styles to fit all ages and recreational pursuits. They even have a limited trade in program. The styles of bicycles range from BMX, MTB/ATB, comfort/hybrid, professionally reconditioned bicycles, cruisers, trikes, and even the aforementioned electric-assist bikes. (Watch for a story about electric bikes and who rides them in an upcoming issue of Great Lakes Courier.) All in all you are sure to find a bike to fit you and your wallet.

Upon walking into Fairview Cycles you will be greeted by friendly and knowledgeable staff that pride themselves on not only their cus-

tomers service but also their bicycle restorations, repair, and maintenance services. If you own a vintage Schwinn that you would like to have restored to its former glory this is the shop to bring it to, as they have an inventory of vintage schwinn parts and the knowledge base to expertly restore it. Furthermore the shop has recently been remodeled to better serve customers and to expand their selection of touring and other bicycle accessories.

This commitment to families over the years has led them to working with the larger community as well. They have donated resources to Ohio City Bicycle Cooperative and the Village Bicycle Cooperative. They host bike education events at local schools, and have developed outreach programs such as their bicycle safety and commuting education program at the Kamm's Corner Farmer's Market. Look for that service to resume sometime early this summer. At Fairview Cycle you will find a very approachable staff and organized environment to suit all of the bicyclists' needs in your house, as well as a commitment to the larger bicycling community of Northeast Ohio!



The Coffee Station at the intersection of Edgehill and Overlook Roads in Cleveland Heights attracted almost 100 on Bike to Work Day in 2012.

## May Is Bike Month in the Heights

by Mary Dunbar

May is Bike Month nationwide. The Heights Bicycle Coalition is supporting local celebrations of Bike Month through collaborations with Heights cities, schools and more. All are welcome to participate in these free Bike Month activities in the Heights:

**May 4,** Smart Cycling class for adults at Cleveland Heights High School library, followed by skills instruction on the parking lot. This class, for both inexperienced riders who want to learn how to ride a bicycle safely and confidently, and experienced riders who want to be sure of best practices and become more expert, will be taught by certified instructor, Wendy Soucie. 9 am to 12:30 pm. Pay just \$12 for materials. Register by May 1 at <http://smartcycling.eventbrite.com>. Contact Joy Henderson for more information: [lammerson@sbcglobal.net](mailto:lammerson@sbcglobal.net)

**May 6,** 7:30 pm. City Council declares May Bike Month in Cleveland Heights. Bicyclists will start gathering at the arch at Coventry Peace Park at 6:45 pm for a 7 pm ride to Cleveland Heights City Hall to thank the City for making the community more bicycle friendly and to highlight some next steps.

**May 8,** Bike or Walk to School Day at Cleveland Heights-University Heights City Schools. Kids who walk

or bike to school are better able to learn, get exercise they need for optimal health, learn to navigate neighborhoods and avoid polluting the environment. Some schools will have bike rodeos during May.

**May 13-17,** Bike to Work Week includes:

**May 15,** Ride of Silence to honor bicyclists who have died riding their bicycles. Heights riders will gather at 5:45 p.m. at John Carroll University in the Carroll Expansion (Parking) Lot, which is just east of the Dolan Science Center and south of Hamlin Quad, adjacent to Carroll Boulevard. Be ready to start the group ride to University Hospitals in University Circle at 6 p.m. We'll join bicyclists coming from Public Square in Cleveland for a brief memorial ceremony.

**May 17,** 7-9:30 am, Bike to Work Day will be celebrated with free coffee and pastries at the intersection of Edgehill and Overlook Roads, which is one of the busiest bicycle routes in Northeast Ohio. Coffee provided courtesy of Phoenix Coffee.

Heights residents are encouraged to be part of the celebration of Bike Month by getting on their bicycles and riding, either in the events cited here, or for commuting, errands, trips around town, and fun! Bike Cleveland also lists many more Bike Month events in Cleveland and the region on its Web site, <http://bikecleveland.org/>.

# CLEVELAND VELODROME

## 2013 Racing Schedule

**Spring Race Series (6:30pm to 8pm)**  
 May 23 (Thursday)  
 May 31 (Friday)  
 June 6 (Thursday)  
 June 13 (Thursday)

**Summer Race Series (6:30pm to 8pm)**  
 June 27 (Thursday)  
 July 13 (Saturday)  
 July 18 (Thursday)  
 July 26 (Friday) – Followed by awards party for Spring and Summer Series

**Elite and Masters State Track Championship**  
 Friday June 21 – 6:30pm to 8:30pm  
 Saturday June 22 – 10am to 4pm  
 Sunday June 23 – TBD

**Thunder Games Pro/Elite Invitational**  
 Saturday August 17 (6pm to 8:30pm)  
 This is being promoted by Dale Hughes  
 European Pro riders test the Velodrome (might be televised).

**For up to date information about classes and activities, go to [www.clevelandvelodrome.org](http://www.clevelandvelodrome.org), the official website of the Cleveland Velodrome.**

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# Beck Center Announces Second Annual Bike 4 Beck

by J.A. McNamara

Beck Center for the Arts and Connect to Beck (C2B) are proud to announce the second annual Bike for Beck bike ride and festival on Sunday, May 19th. C2B and the Beck are excited to build on last year's triumphant success by offering even more music, food, art, activities, and other cycling-related fun.

The ride kicks off with registration between 8-10am in the front lobby at the Beck, where riders can also join in on warm-up stretch classes provided by the Lakewood YMCA. From there, riders can choose from 12-, 25-, and 60-mile routes through the beautiful Cleveland Metroparks and back to Beck. At the conclusion of the ride, the Y will also offer a free cool-down yoga session, as well as a free Zumba dance fitness class.

After the ride, riders are invited to stay for Beck Fest, an afternoon of events and activities celebrating the arts and arts education in the spirit of Beck's Community Festival. Visitors can check out all the programs the Beck has to offer at the Open House, which will include improv comedy and dance performances and much more. Cycling enthusiasts can also check out

cycling art, and meet representatives from bicycle clubs and shops.

On the entertainment front, last year's favorites Fireside and the Revolution Brass Band will return to Beck Fest's musical stage, joined this year by the Madison Crawl, Jerry Popiel, and Chris Hatton. This year Beck will also introduce 216-BIKE, a bicycle team who will perform demonstrations of stunts and tricks throughout the day.

Refreshments at Beck Fest come courtesy of local favorite food trucks Donutlab and Fired Up Taco Truck, and beer will be provided by Eddie and Iggy's. Snacks and water will also be provided at designated stands along the bike route.

Registration opens March 19th at a cost of \$40 per distance rider. All proceeds will benefit arts education programs at the Beck Center for the Arts. Be sure to visit the Bike for Beck blog for more information over the coming weeks, including a journey along the route through photographs; profiles of bands, vendors, artists and clubs; and other updates and information at <http://www.beck-center.org/2013/03/01/bike-for-beck-2013-2/>



## Cleveland Velodrome: On Track for 2013

by Michael Gill

When the Cleveland Velodrome opened at the end of last summer, it was as if the cycling community got a new toy that almost no one knew how to use. And then came Winter.

But the new season has finally come to Northeast Ohio, and Cleveland Velodrome Board President Brett Davis has announced a schedule of training sessions, races, and special events that should keep the track busy this summer and help it grow a following. As more people learn how to ride the track and understand track racing events and strategies, the Velodrome will add a new dimension of sports culture to Northeast Ohio. Curious? They'll have hot dogs and beverages available on opening day, Wednesday, May 1.

As the lead item in Bicycling Magazine's extensive May issue coverage of velodrome construction across the US, the Cleveland Velodrome got a national profile boost, and is already off to a good start. Davis reports that nearly 250 riders have completed the "Track 101" program, which teaches people new to riding the banked oval how it's done.

For riders who are ready to see how fast they can go, the 2013 season at the track offers Time Trial Tuesdays, every other Tuesday, starting May 28. The races against the clock offer a way to compete without worrying about whether you'll bump shoulders or wheels other riders in close quarters.

For those who are ready to mix

it up with other riders, there's also a training race series (Thursdays and one Friday in May and June, beginning Thursday, May 23) and the Ohio Elite and Masters State Track Championship (June 21 - 23).

Riders looking to build their skills can do so in Track 201 "Learn to Race" sessions. Instructor Tim Edwards is a longtime competitor and coaches the Case Western Reserve University cycling team. The sessions run for six consecutive Wednesdays, beginning May 1.

Throughout the planning and construction of the velodrome, organizers have offered a vision of youth involvement—both to provide opportunities for young riders, and to build the future of the sport. In the track's first full season, they make good on the promise with a Velo Kids program offered on Monday afternoons, starting June 3.

Spectators will get a taste of what speed and intensity pro riders bring to the track when track builder and promoter August 17, Dale Hughes brings the Thunder Games Invitational to the Cleveland Velodrome. Hughes—who designed both the Cleveland Velodrome and the track for the Atlanta Olympic Games—has been one of the leading proponents of velodromes and track cycling for three decades. The event promises a peloton of young European pros as part of a three-city US tour.

For a complete calendar of events and more information about track racing at the Cleveland Velodrome, go to [clevelandvelodrome.org](http://clevelandvelodrome.org).

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# Pedal through Cleveland Metroparks Zoo on your bike during Wild Ride

by Joe Yachanin

Cleveland's bike enthusiasts have spoken! Due to the sold out crowd for last year's inaugural safari on two wheels – Wild Ride at the Zoo – this year we're planning two!

Bikers of all ages will have two chances to cruise through Cleveland Metroparks Zoo on their bikes this year, Saturday, May 4 and Friday, August 16 from 5:30-8:30 p.m.

Wild Ride happens after the park closes to regular visitors so cyclists have the paths to themselves. Ride maps will point out bike routes around the Zoo for beginning, intermediate and experienced riders.

Guests will see the Zoo on two wheels rather than two heels as they cruise by many of the outdoor animals on exhibit and have chances to meet the animal keepers.

Tickets for Wild Ride are \$12 per person, with a \$2 discount for Cleveland Zoological Society members. A signed release form will be required for each rider, and a helmet is strongly recommended. Advance sale tickets are available online at [clemetzoo.com](http://clemetzoo.com) along with printable release forms. Riders under the age of 18 must have a parent or legal guardian sign and deliver the waiver to be admitted.

Wild Ride at the Zoo is a rain or shine event.



Wild Ride drew 1,000 cyclists to Cleveland Metroparks Zoo.



More room for bikes at Eddy's

# Eddy's Bike Shop expands North Olmsted store to 10,000 square feet

by Jason Kuhn

It's only been a few short years since we last expanded, but the response was so positive that we decided to do it again! Over the winter, another 4000 square feet was added to our North Olmsted showroom to enhance our bike and clothing selection, stretch out our service department, and allow our fitters to have some working room when we are busy. Cycling is more popular than ever in NE Ohio, and we are doing our best to keep pace with the

growth of our favorite sport.

Our Open House was on March 30th (6-8pm) with food, prizes, and discounts storewide. It offered a great sneak peak to take a look at the shopping experience we have been working on all winter for you. We sincerely thank you for your business, and we look forward to another long summer of cycling in NE Ohio!

Eddy's Bike Shop's North Olmsted store is at 25140 Lorain Road. Call 440.779.1096 or go to [eddy.com](http://eddy.com) for information.

## 2013 NATIONAL BIKE CHALLENGE

PRESENTS

MAKE EVERY MILE COUNT!

**The National Bike Challenge is back - and across Greater Cleveland it's going to be bigger than ever!**

This summer, join 50,000 Americans as we unite to ride more than 20 million miles in communities nationwide!

Challenge yourself with this free online program that encourages biking for transportation, fitness and recreation. Ride solo, create a team, or pedal as part of a workplace to get healthier, have fun and become part of the local bike community. Plus, every month you'll be eligible to win great raffle prizes!

1: join

Log on to [NationalBikeChallenge.org](http://NationalBikeChallenge.org) and sign-up. It's quick and easy!

2: ride

Bike for transportation, fitness or recreation - every ride counts!

3: log

Log miles with your smartphone or hop on your computer and enter your trips at [NationalBikeChallenge.org](http://NationalBikeChallenge.org)

The Challenge runs from May 1 - September 30, so join the movement today!

Sign-up at [NationalBikeChallenge.org](http://NationalBikeChallenge.org)

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Learn more at [nationalbikechallenge.org](http://nationalbikechallenge.org)

## Planning to take up running this summer?

Here are some tips for a healthy run.

Spring is here. The days are getting longer in Northeast Ohio and people are getting more active. Cabin fever is giving way to all types of outdoor activity.

Runners at all levels are beginning to train for the many races that will take place locally and regionally in the coming months. Whether your goals for this year include running your very first race or improving your personal record, it is important to plan your training well and to listen to your body.

**Build slowly**

- If you are new to running or revisiting it after some time off, try an interval walk-jog program.
- Starting with walking to warm up, intersperse short periods of jogging to get your body and legs going in a gradual fashion.
- Injuries can result from making rapid changes in both intensity and distance so tailor your training to alter one variable in a particular workout.
- Follow the 10% Rule: Increase distance, speed or time each week by 10%. More substantial increases may be linked to higher rates of injury.

**Avoid serious injury**

- You can expect some soreness but do not ignore pain. Pain that causes you to limp, doesn't respond to ice or rest over a 48-hour period or that persists should be evaluated.
- Building in time to rest and recover is an important part of any training program.

**On race day**

- Make sure you sleep well and hydrate on the days leading up to your race, particularly for longer distance races like marathons.

Susan Joy, MD

- Consider dressing in layers depending upon the temperature. For longer runs with extremes in temperature, you might find yourself having to leave clothes behind as you run.
- Don't wear new shoes for the race. Most shoes last 350 to 400 miles. Try to run 50 miles in new shoes before racing in them.

**During the race**

- Having ways to distract yourself or "compartmentalize" the race can help you get through it. Ideas include having a racing buddy or listening to music.
- Break the race down into segments. Dedicate a mile to a person you care about.
- It is not advisable to take anti-inflammatory medications on race day (e.g., Advil® and Aleve®).

**After the race**

- Take a cold-water bath for sore muscles.
- A gentle massage and good hydration may be helpful for recovery.
- Replenish electrolytes and rehydrate appropriately. Eat good sources of protein and complex carbohydrates.

Running can be both a great form of exercise and a lot of fun. Keep your goals your own and listen to your body.

Susan Joy, MD, specializes in Sports Medicine at Cleveland Clinic. She sees patients at Lutheran Hospital, Cleveland Clinic Sports Health Center and the Independence Family Health Center. For an appointment with Dr. Joy or any of our sports medicine physicians, please call 216.518.3444.

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# Zen and the Art of Bicycling in Traffic

by Jim Sheehan

Most people who ride regularly in traffic have had the adrenalin-raising experience of being “buzzed” by a motorist: you’re riding along, minding your business, riding legally on the right side of the road, and some idiot passes you within a foot or two of sending you to the hospital, or worse. Your fight-or-flight response kicks in: maybe you make a futile, angry hand gesture -- or you catch up to them at the next red light, and engage in an angry (and, usually, unfulfilling) “discussion” of the finer points of traffic law.

Lots of us learned over time to accept these life-threatening encounters as a cost of using our bikes; whether it’s because we want to get some exercise without driving to a bike path with the bike on the car, or to a gym to pedal on a stationary bike – or because we’re just trying get where we want to go without a car at all. We learned to put up with the occasional threat of death, because riding a bike is worth it.

But there is another way. It’s not popular, like riding in Critical Mass once a month, but it is just as exhilarating;



Down by the river: Riding safely in the Flats, near the Ohio City Bicycle Co-Op

rating; and it’s not dependent on politics, like lobbying for “safe” bike lanes, but it doesn’t diminish bike-advocacy efforts to that end -- in fact, it will help strengthen them.

The way to ride without having to fear for your life is simple and “empowering” – and will make you more confident and comfortable in traffic – by becoming the driver of a vehicle

that happens to be a bicycle. Riding farther out in the lane, rather than being scary, leads to less close calls. You get fewer flats. You get honked at less. Obeying traffic laws, rather than being a drag, becomes liberating. Your butt gets a rest and you appreciate the scenery while waiting few extra seconds at red lights. You have more fun, and arrive more relaxed, when it’s not

a constant fight for survival just getting where you want to go.

Traffic Skills 101, taught by instructors certified by the League of American Bicyclists (the folks who lobbied for paved roads in the 1890’s), is based on the principle that “cyclists fare best when they act and are treated as operators of vehicles.” The full course, for a certificate from the LAB, requires 9 hours, but the Ohio City Bicycle Co-op (where I teach) offers an Intro to Traffic Skills that covers the basic principles in an informal setting, from 9am to noon on the 2nd and 4th Saturdays of every month (May 11 and 25, for example). It’s basically breakfast and a bike ride -- we eat and talk about how to avoid crashes for an hour or so, and then ride around downtown looking at intersections to see how it works in the real world.

If that still seems like too much bike education, we also have a very informal but safe and legal – free, Social Ride, from 10am to noon on the first Saturday of every month. On April 6th we visited sites of Cleveland baseball history, Loaner bikes and helmets are available: for more info please visit [OhioCityCycles.org](http://OhioCityCycles.org).

# Trains, Trails, and Limestone – An Inexpensive Ride

by Mark Gibbons

Have you ever heard of Indigo Lake? What about Cascade Park? Well, if you haven’t, then you should seriously think about Biking Abroad on the Ohio and Erie Canal Towpath. For just two dollars, you can load your bike and take a train ride north or south on the Cuyahoga Valley Scenic Railroad.

This was a late discovery of mine during the beginning of August. After the Lakewood Criterium and three mountain bike races, I met my friend Mike at the Independence station off Rockside Road. We had perfect timing for the 12:00 train south to a stop called Botzum. We rode back north and decided to extend our summer ending ride onto the Cleveland Metroparks cement trail. The total train ride is a little over an hour and that

means time to talk about our beloved hobby and stretch your hamstrings on the vintage train. From Akron, the bike ride is about twenty eight miles.

So, maybe you’re a hardcore road cyclist or cyclocross rider. Take the train south from Independence to Brecksville. Practice your hill climbing on some thigh burning hills riding up to State Route 82. The Metroparks reservation there has some tough climbs and fast descents. Or, take the Towpath to the trail extension called “The Old Carriage Trail.” This rocky climb will eventually link up with a little known cement trail for westsiders called the Summersweet Trail. It runs north and south and parallel to the Towpath.

Did I mention the train serves beer? The crushed limestone path features tunnels, wooden boardwalks, huge bridges, and plenty of seasonal



Trains, Trails, and Limestone – An Inexpensive Ride

scenery. So, maybe you want to take the whole family out for peloton of little people. Take the train south to Peninsula. They restaurants to pick from and bikes to rent. Stop at the farmer’s market for snacks, pumpkin picking, and a corn stalk maze along your way back north.

Need more highlights? The mostly straight trail hosts a very old printing press, a dozen canal locks, open fields, historical kiosks and a wetlands area. You’re mainly in the Cuyahoga Valley National Park, so you’re bound to see animals, birds by the river, and nature at its finest. Feeling a need for some risky riding, I rode my rig along the cement edge of the canal’s fifteen foot wall, and slid down the giant stairs in Cascade Park by the Akron Northside station.

The trail is open year round, even at night. Biking Abroad with the train starts April 2013 on select days. This

is another place I know that doesn’t make fun of you for wearing clip shoes. Enjoy the ride!



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# Century Cycles Night Rides on the Towpath Trail continues this spring on May 18

by Tracey Bradnan

The Towpath Trail is one of Northeast Ohio's most popular bicycle paths by day. Riding it by moonlight is an entirely different experience that bicyclists of all abilities can enjoy on Century Cycles Night Rides on the Towpath Trail, now back for their 19th year this spring.

Started in 1994 as a staff ride, Century Cycles Night Rides have grown dramatically in popularity, now regularly attracting over 150 bicyclists and their families who ride everything from mountain bikes to tandem bicycles on the crushed limestone trail. Century Cycles Night Rides were in the national spotlight in 2009 when Bicycling Magazine, the world's #1 bi-

cycling publication, dubbed them one of America's great local rides.

The 2013 season of Century Cycles Night Rides on the Towpath Trail begins on Saturday, April 27, and runs through October. The free rides start at 8 p.m. at the Century Cycles bicycle store in Peninsula (1621 Main Street, on Route 303 next to the Winking Lizard restaurant). No advance registration is required.

In 2013, there are 10 Century Cycles Night Rides, all on Saturday nights. The dates are:

Saturday, April 27

Saturday, May 18

Saturday, June 22

Saturday, July 6

Saturday, July 20: 5th Annual Ni-

teRider Night Ride and Bike Light Demo

Saturday, August 10: Pajama Party Night Ride for Project Night Night

Saturday, August 24

Saturday, September 14

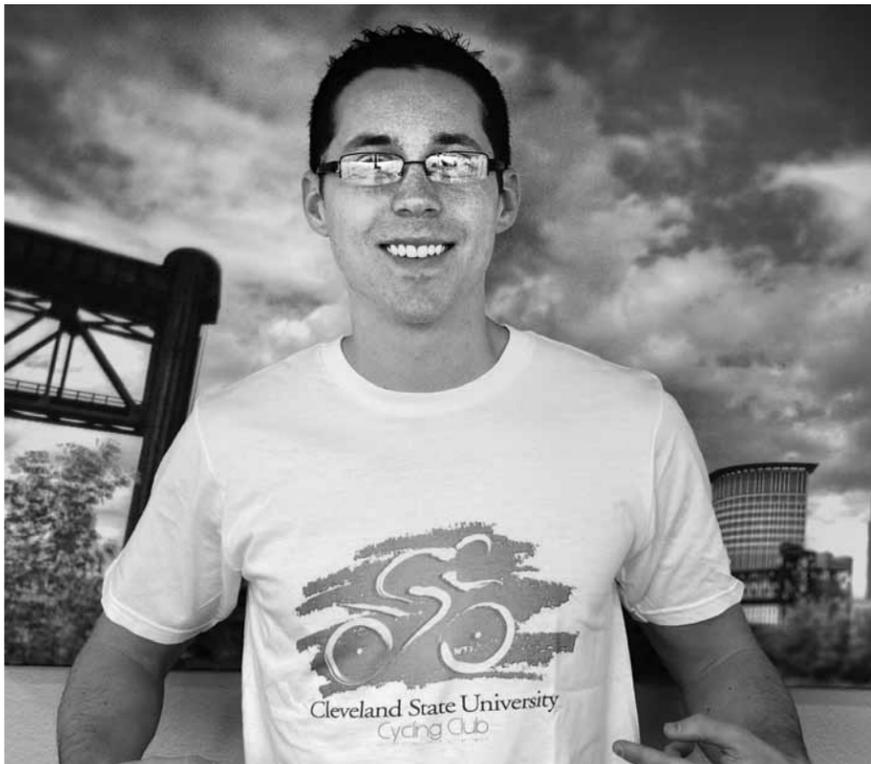
Saturday, September 28

Saturday, October 19: All Hail the Ale Night Ride for Cleveland Beer Week

Led and supported by the bike store's staff, Century Cycles Night Rides on the Towpath Trail are casual, ride-at-your-own pace bicycle rides (not races) about 12-15 miles long. They begin and end in the parking lot of Century Cycles bike store in Peninsula. Parking is available at the Lock 29 Trailhead, just north of the store.

Open to all skill levels, participants must sign a waiver prior to riding and must have their own bicycle and wear a helmet. A bicycle headlight is also required (the Towpath Trail is unlit at night and very dark) and a taillight is highly recommended, as is some experience bicycling on the Towpath Trail. Children under 16 years old must be accompanied by an adult.

For more information, call Century Cycles in Peninsula at 330-657-2209. Online please visit [www.centurycycles.com/goto/nightrides](http://www.centurycycles.com/goto/nightrides), an informational page that includes videos and photos from past Night Rides and tips for first-time Night Riders.



Club President, Michael Hach

## Cleveland State Introduces Cycling Club

by Michael Hach

The Cleveland State Cycling Club is building much hype, and is in the beginning stages of becoming the most exciting school organization on the CSU Campus. With already 180 "likes" (and counting) on Facebook, students have been engaging throughout the Internet and exploring the new club's personal website ([www.CSUCyclingClub.org](http://www.CSUCyclingClub.org)), where they learn about great reasons to join. For example, club President Michael Hach has been talking with local cycling shops such as Fairview Cycle, Century Cycles, and Cleveland's new Velodrome, to get CSU Cycling Club members discounts on bicycles, parts, and accessories.

Hach doesn't intend to make club meetings a "bike gang hangout" but would like to bring cycling advocates together in order to increase the vibrancy of Cleveland. Toward that end, he has developed a plan for the club coined, "Operation red", (Ride, Educate, and Develop).

The riding segment of "Operation Red," will include rides such as "Pedal

to the Point" and "Pan Ohio." The club is currently accepting donations for the National Cancer Society, and MS.

As for the "Educating" segment, regular meetings will be held on campus. Members will not only learn how cycling improves personal health, but also the vibrancy of our city. A careful urban analysis will be produced collectively from active members.

The last component of Operation Red, "Developing," involves the creation of innovative ideas to promote and increase the number of students cycling to class at Cleveland State University, such as adding more bike racks on campus, the construction of bike lanes, and future projects such as "Bike Box" sheltered bicycle parking.

Members who have paid the \$20.00 initial fee to join the club will receive a t-shirt, and a membership card. The membership card will give members the opportunity to retrieve discounts from local bike retailers. If you are interested in joining the club, you can find them on Facebook/[csucyclingclub](https://www.facebook.com/csucyclingclub), or their personal website.

## Get ready to roll at free bicycle fairs in Bay Village, Rocky River, and Medina

by Tracey Bradnan

Did you know America's biggest and most successful bike-to-school program is right here in Northeast Ohio? Bike To School Challenge ([www.centurycycles.com/to/BTS](http://www.centurycycles.com/to/BTS)) returns for its 6th year on May 6-24, 2013, organized by Century Cycles bicycle store and five Northeast Ohio schools to inspire and incentivize over 4,000 students to ride their bicycles to school as much as possible for three weeks.

The challenge kicks off with free community bike fairs to help people get their bicycles ready to roll to school, work, or just for fun. Residents are invited to bring their bicycles for a free safety inspection, the chance to win a bicycle helmet, get bike licensing information, and to learn about the benefits of bicycling and Bike To School Challenge at Bay

Village Middle and High Schools, Rocky River Middle School, and Root and Claggett Middle Schools in Medina.

**Free and open to the public, each fair is 6:30 p.m. to 8:00 p.m. The dates and locations are:**

**Tuesday, April 30:** Medina Bicycle Fair at Claggett Middle School (420 East Union Street)

**Wednesday, May 1:** Bay Village Bicycle Fair at Bay Middle School (27725 Wolf Road)

**Thursday, May 2:** Rocky River Bicycle Fair at Rocky River Middle School (1631 Lakeview)

For more information and regular updates about Bike to School Challenge, visit [www.centurycycles.com/to/bts](http://www.centurycycles.com/to/bts) or follow it on Facebook at [www.facebook.com/BikeToSchoolChallenge](https://www.facebook.com/BikeToSchoolChallenge).

## Test Your Skills On 2-Wheels With Cleveland Metroparks "Mountain Bike Race Series"

by Michael Gill

See how you stack up to other area riders and challenge yourself with the new Cleveland Metroparks "Mountain Bike Race Series" this June.

In this off-road time trial, racers (ages 14 and up) will complete one lap on marked single track at the new Royalview Trail in Mill Stream Run Reservation.

Classes will be broken into men, women, beginners, advanced, and youth. The youth and beginner women's course will be around 5 miles while the other course will be around 7 miles (actual mileage subject to change).

**The Mountain Bike Race Series is on Tuesday nights in June:**

June 4, 6 - 9 p.m.

June 11, 6 - 9 p.m.

June 18, 6 - 9 p.m.

June 25, 6 - 9 p.m. (rain date)

**Registration is from 6 - 6:25 p.m. and races start at 6:30 p.m.**

Racers can choose to race in one or all 3 races. They must compete in at least 2 races to qualify for awards. If participants compete in all 3 races, the best 2 times will be used. Awards will be based on racers' top 2 times.

Registration is \$20 per race for all participants who sign-up by May 28. Late registration (after May 28) or same-day registration is \$30 per race.

Races are weather permitting. All riders must wear helmets. Space is limited.

Visit [clevelandmetroparks.com](http://clevelandmetroparks.com) or call 216-341-1704 to register and for more information.

# Fall back. Spring FORWARD. But always reflect: The season of giving. Does it ever really end?

by Shelli Snyder

As we pedal further away from the traditional “season of giving”, and into the start of spring I am reminded of the many incredible times throughout the last year that the cycling community has given back to their own. From fix-a-thons, to charity rides, to accidents, to unfortunate deaths; the cycling community here in Cleveland has given back whether it involved a bike or not. That is how we are. We are a close knit community. All of Cleveland really is. A small town where everyone knows everyone through some degree of separation, in a big city. That’s what makes the com-



Gathering of cyclists

mon denominator of two wheels such a unique tie.

There are so many beautiful stories to tell when it comes to giving and receiving, but one struck me in particular. It was one of the many incidents involving hit and runs this last year. Hit and runs involving cyclists that is.

## Reflections from September, 2012:

Upon my return home from the west coast, I was catching up on Facebook happenings from my week (and a half!) away from technology. (Yes... I do step away from Facebook!) I noticed some posts from a dear friend which seemed a little peculiar. Hospitals. Breaks. Bikes...CARS. What??? It was then I found out that the victim from the hit and run on Clifton Blvd was Elizabeth Deering.

Elizabeth loves bikes. She is not a spandex wearing roadie (although she DID survive the Chagrin Valley when I sort of talked her into riding to Jeni’s Ice Cream). She is not a Ray’s/Ramps/Tree hoppin’ mountain biker. She is not a kid trailer totin’ mom in the Metroparks. She just simply, loves bikes. In fact, she was a sort of “late bloomer” when it came to the whole adult biking thing, and finding a new love.

“For my 28th birthday, my parents bought me a cruiser bike.” She reminisces. “I remember my Mom

saying she told her coworkers they had bought their daughter a bike for her birthday, and amusingly everyone assumed that meant I was about 12. Hahaha. I had been riding my grandma’s old cruiser and it was quickly becoming more of a bike-shaped sentimental ornament rather than something to ride. I started riding around town with my friend Lindsey Bower and was definitely the little one going “wait for me!!” rolling around town with her crew. But she was patient and always encouraged me. And I got a little faster.”

The love of bikes only grew from there.

And in August of 2012, she was doing what she loves, surrounded by people she loves when the accident occurred.

Says Elizabeth: “Two days after my 30th birthday, I was hit by a car on my way to the Hot Pants Ride. Erin Gay and Julie Briestensky came to my rescue.”

That car? Left the scene.

People attempted to grab a plate number. EMS was called. Elizabeth was knocked unconscious and suffered multiple injuries. Her bike was destroyed. It was unbelievable! And what was even more unbelievable? Her second bike was stolen at the scene when her friend ran to her side.

This horrific event, however, does get better. I promise.

Insert another bike loving woman that we all know and love: Lindsey Bower.

See, the Hot Pants Ride, is an annual themed bike event put on by Lindsey and Dan of Crank-Set Rides. When Lindsey received the call of her best friend’s status, she not only made the decision to be by her side immediately, but she made the decision to fix this the best way she knows - by calling on her family: Cleveland’s cycling community.

Quick action was taken and like THAT a donation website was circulating around the bike world. (Secret action! Elizabeth didn’t suspect a thing!) Cyclists and friends contributed money to help cover medical costs, help cover bike repairs and even to surprise Elizabeth with a new piece of gear or two. Plans were made for the gift delivery. All the while updates were given on Elizabeth’s status and recovery. This was surely quick thinking on Lindsey’s part, and a collaborative warm fuzzy of awesomeness for everyone involved! (Yes, that second part is Shelli-speak.)

On the night of October 2nd, over 45 people gathered together to deliver happiness to someone who so deeply deserved it. In true Crank-Set style, the surprise was incredibly well orchestrated... Most folks met in Ohio City to ride to Lakewood together, while a few key peeps got the bikes ready for delivery.

Bikes. Yes...BIKES. Through generous donations, Crank-Set was able



Tears of Joy

to not only give Elizabeth a new bike, but also bike gear, a few fun spirit lifting girly things (read: bike totes & stuff) and even write a check to cover some of the medical costs. But it doesn’t end there! To make up for the loss of two bikes, an anonymous donor paid for a second bike to be given to Elizabeth that night as well. Warm fuzzy? DEFINITELY.

After our crew made the second stop to meet with folks at The Root Café, we quietly rode to Elizabeth’s street. At the corner, we met with the special bike deliverer and a few others and together walked in silence to her house. Standing in her lawn, in the dark, we waited. Lindsey, who used “come to Taco Tuesday with Dan & me” as the decoy, went to the door to summon our friend. Elizabeth walked out to a front lawn of bike bell jingling, light twinkling and...HER BIKE FAMILY.

I probably do not need to describe

the tears of shock. Tears of joy. Sighs of relief. Feelings of love. Or the smiles. Or the hugs. Or the overall beauty of the night! Instead, I will let you read the words of Elizabeth:

“5 1/2 weeks later, I look like my old self. I can bend my knee ALL the way. I can use my left arm, and my broken bones are only a little achy. But I’m not my old self. I’m better. Maybe not my spleen... But in every other way, it’s like the lighting in my world shifted. I knew I had amazing friends and family. But I never, ever imagined how amazing. I am so proud, and humbled, and honored, and grateful, and lucky to call all of you friends and to have you in my life. Thank you from the bottom of my heart. I wake up different, and better, because of all of you.”

THIS is what it is all about. It is always the season of giving. Reflect.

Now. GO RIDE A BIKE!



Improvements! Almost ready to ride!

# The Outspoken Cyclist visits the North American Handmade Bicycle Show 2013

by Diane Lees

Throng of folks tumbled through the doors of the Denver Convention Center over the 3 days of the North American Handmade Bicycle Show--NAHBS 2013--in February.

As I walked the aisles, I met people from all over the U.S. who have many different reasons for attending a handmade bicycle show - not the least of which is to see beautiful handmade bicycles! There were families with kids in tow, couples looking at tandems, and more than a few people who use the occasion of NAHBS each year to meet and catch up with one another even though they live far apart and have full, busy lives.

But, there is also a thread weaving the show together at a level that the ticket buying public probably doesn't see or even think about; it's the relationships among and between the different builders and their work.

It's one thing to attend a show where the exhibitors are selling "stuff" and it's another thing all together to attend a show where most of the vendors are craftsmen - artists - if you will.

When gathering at the yearly NAHBS show, they tend to use their free time to discuss their trade. Many of them lead rather isolated and distinctly individualized lives the rest of the year, even with free and ongoing access to information via the Internet,

So, a question might be raised "are these builders competing with one another?" And, the answer is yes... and no. Out of many conversations with a variety of groups of builders, it became obvious that the competitive aspects of the show truly aren't the point. Even taking deposits for bikes, always welcome by every single frame builder there, isn't the "main focus".

Rather, it's a place for camaraderie and exchange of ideas. It's a place for



NAHBS founder and director Don Walker.

validation of philosophies and methodologies. To that end, I had the distinct privilege of emceeding an event on Saturday that perfectly illustrated the true sense of that willingness to share ideas and experience.

If you are not familiar with a web site called Velocipede Salon ([www.velocipedesalon.com](http://www.velocipedesalon.com)) and want to know more about both the handmade frame business AND many of these incredibly talented craftsmen, I might suggest that you take a look.

There is a section of the Salon called "smoked out" and it offers a builder the opportunity to "speak" to those interested in his /her work as well as offer up distinctive philosophy to other builders.

Once you have been "Smoked Out" - you've had YOUR say - the forum is opened up for discussion. Many of these builders have thousands of threads come out of their initial conversation with the reading public; and many have become known to a whole range of new fans.

The idea for NAHBS 2013 was to bring "Smoked Out" to life and to that end Josh Simonds, who runs Velocipede Salon, and I emceed a 90-minute question and answer session with 6 rock star builders including: Nick Crumpton (Crumpton Cycles), Rody Walters (Groovy Cycles), Eric Estlund (Winter Bicycles), Gary Smith (Independent Fabrications), Dave Wages (Ellis Cycles), and Tim O'Donnell (Shamrock Cycles)

The session was live in the ballroom of the Crowne Plaza Hotel, as well as on the Internet as a live web cast. (<http://www.ustream.tv/re->

[corded/29519885](http://www.ustream.tv/re-corded/29519885)). For 90 minutes we asked and they answered, with heartfelt responses. They dealt with questions from the mundane to the

## Biking Tips

by Mark Gibbons

At a recent downtown Cleveland running event, an Olympic gold medalist gave some running advice. He or she (they will remain nameless), gave us all one solid tip: "Tie your shoe laces tight." Gee...thanks. As spring approaches, here are some useful tips from a 1,000 plus mile a year rider.

**Stand up.** Being in the saddle, gaining mileage and speed is just pure fun. Doctor's orders are to shift up one higher gear, stand, and pedal for a little. Flex your toes and ankles. On a hill coasting down, flex your calves. Motorcycle riders crouch down low for a reason, and that's to avoid wind resistance. When you do over 40 MPH down Hogsback Lane, do the opposite and stand up at the very end to assist in braking to stop sooner.

**Be seen and heard.** Reflectors, lights and whistles are the way to travel at night. Neon yellow or green reflector straps may be Velcro strapped to any part of your body. On the trail, I some-



Nothing beats a homemade bike stand built by the Gibbons family!

times wear a whistle on my wrist in case I spill, or come across some deer turf. Sometimes, your LED strobe lights and orange shirts just aren't enough for aggressive pickup truck drivers.

**Avoid the gravel.** This is the first biking tip my big brother John gave me. During the winter, the snowplow trucks leave mounds of snow on the road and in parking lots. Inside those mounds are suspended rocks, and gravel waiting for you. Those same tiny rocks will make even the widest tire kick out or shuffle underneath you. They can also get stuck in your tire, or be thrown by your 100 psi tire at an adjacent car.

**Keep your old tubes.** Cut a one inch by one inch square piece of rubber from your old tubes. Use it as a gasket to act as a buffer between your new accessories. You don't want to ruin that sweet paint job with some scuffing. This tip comes in handy when you try to zip tie a device to an already cylinder tube or handlebar.

**Stop for gas.** This is a good tip if it is raining out. I use the blue towels by the squeegee to wipe my face, computer, and rims. Stop inside for a sports drink, and an energy bar. It's another chance for somebody else to ask you about your cool bike. If it's hot or muggy, then scout out one with a walk-in beer cooler.

**Know where to hide.** If you have a regular route, then take the time to observe where some shelters are in case it rains, becomes windy, or when you ran a red light. RTA bus stops, apartment awnings, parking garages, and church roofs are examples. If you stay dry under a Walgreens drive-thru pharmacy balcony, then just tell them



Yipsan Cycles' lovely girls town bike.

**continued on page 11**

# Alphabet Soup: The Naming of Tours

by Michael Gill

Sometimes a bicycle ride is exactly that—a self-propelled roll across the landscape on two wheels. But sometimes it's an event, with a name, a mapped route, and maybe even meals and a celebration at the end. If you flip through the Ohio Bicycle Events Calendar, you'll see that the names of those rides have certain peculiar personality traits.

The Ohio Bicycle Events Calendar, incidentally, is a free, print and online calendar of tours and races planned for the year, published annually by the Ohio Bicycle Federation, and edited by James Guilford. You can pick up your copy at most local bike shops, or find it online at [ohiocycling.info](http://ohiocycling.info).

Its pages include scores of rides and tours, many of which have easily understood names. One set is named for the charities they support: there's the Night Ride for the Ronald McDonald House of Cleveland (Saturday, June 1, on the Canal Towpath), for example, and the Stein Hospice Memorial Ride (Sunday, June 9, in Milan).

Another bunch of rides are named for some icon of local food or culture—like the Cincinnati Chili Ride (Saturday, May 18 in the rolling hills outside Cincinnati) or the massive Eddy's Sweet Corn Ride (Sunday, July 29, starting in Richfield, featuring a pancake breakfast, lunch with sweet corn, live music, massages, and more sweet corn, so popular as to have rider registration limited to 2500). Call 330.659.3300 or go to [sweetcornride.com](http://sweetcornride.com).

But there are other rides that stand out for their alphabetic contortions of sound and sense. You'll find them sprinkled throughout the calendar: These are mostly classic tours, known by their elaborate acronyms.

Even the most casual riders have heard of such classics as the Tour of the Scioto River Valley, known affectionately as TOSRV, which is properly pronounced "tozzerv."

And many of the acronyms make sense like that. Take the POOH ride (April 20), which will cover 25 to 50 miles in the hilly terrain around Bellefontaine, including Campbell Hill. According to the authoritative Wikipedia, Campbell Hill is 1,550 feet above sea level, and therefore the highest point in Ohio. Indeed, POOH stands for "Peak Of Ohio." Easy, right?

But you don't have to look far to find rides that take the alphabetic aesthetic to comical extremes. Indeed, the Medina County Bicycle Club kicks off the year January first with a ride known as ABCDEFGHIJ, which stands for A BiCycling Dandy Excuse for Getting Hibernated in January. Dozens of riders typically show up.

Guilford—a longtime leader



among Ohio cycling clubs (and sometime editor / publisher of the old bicycle club newsletter Crank Mail)—says the rides named with weird acronyms were mostly inspired by TOSRV. "TOSRV had huge influence around the state and across the nation and was the inspiration for many a ride, including TASSLE"—the former Tour Along the South Shore of Lake Erie, Guilford says.

But he adds that "the extended alphabet soup of Northern Ohio rides such as ABCDEFGHIJ"—and several others to be discussed later—"can all be blamed upon one Richard DeLombard."

DeLombard, who has organized tours for more than 40 years, is also captain of the high wheel riding Ohio Wheelmen. As if ABCDEFGHIJ weren't enough, he is also responsible for a ride named for the remaining letters of the alphabet, the KLMNOPQRSTUVWXYZ ride, which stands for Kinda Like May's Nine O'Clock Picturesque and Quaint Rectangular Spring Tour Undertaken by Very Wishful Xenophobic Young Zealots. This year KLMNOPQRSTU-VWXYZ gathers and departs from the Bowling Green State University Firelands Campus in Huron at 9 a.m. Sunday, May 5.

DeLombard says his alphabet-ism began in the '70s, with a pre-Halloween ride called FFF(FFFF), which originally stood for the Firelands Freebie Fifty (Fall Foliage & Frostbite Frolic). "I searched for descriptive words that started with F," he explains. When he moved to Medina, he took FFF(FFFF) with him, and the first F began to stand for the nearby town, Friendsville. A few months later, organizing the now famous January 1 ride, he says the alphabetic name "just started to come to me driving home one day. They all just fell into place, into a meaningful string that describes the ride. The riders that finish, despite being cold, wet, tired, or what-

ever are, in general, happy to be riding that day. The ride really is a bicycling dandy excuse for getting hibernated in January!"

Another of his rides was not quite so flippant. The MORON ride began as a celebration of his friend Joe's birthday. As it turns out, Joe's pickup truck had transmission trouble, and he didn't make it to the inaugural ride. Nonetheless, it turns out MORON describes not his friend Joe, but is simply the location: The Mifflin Ohio Ride Outta Nowhere. It includes some "serious hills" in and around Mohican and Malabar Farm state parks.

All those rides are free of charge, offering only maps, and perhaps road markings, leaving riders mostly to their own devices as far as food and repairs go. DeLombardo once ran a more structured Century tour called THE (The Hilly Expedition) but that tour is no longer running.

DeLombard's colleague in the Medina Bicycle Club, Lou Vetter, adds this tale of unrealized acronyms: "Many of us in Medina thought (DeLombardo's) THE and another called THAT (The Hilly Alternative Tour) deserved more. We thought of having THIS (The Hilly In Spring) and then we wanted to create the OTHER (Ohio's Tough Hilly Environment Ride), and then we would have been able to advertise our rides as THIS, THAT, and THE, OTHER."

Alas the vision was never realized.

Guilford goes so far as to theorize about DeLombard's inspiration: "I'm pretty sure his employment with that acronym factory called NASA had something to do with his several creations. It seems a lot of old-time cyclists also happened to work in engineering and technology, so the fit was natural."

For his part, DeLombard notes that those early rides--ABCDEFGHIJ and FFF(FFFF) were named before he worked at NASA, so the trend can't actually be blamed on the government or the space program. It just couldn't be that simple, could it?

## Biking Tips

continued from page 10

you will be on your way soon.

**Cross ride.** No, not cyclo-cross ride (although that will be my next bike purchase). Use materials from other sports or hobbies for biking. Wanna buy a \$10 yoga mat to place beneath your trainer, or buy a name brand one for \$30? That light you put on your head for when you hike at dawn should be used on the road at night. Use your clear racquetball glasses on the trail or road for eye

protection. Just use proper chain lube and not WD-40 instead. Your rooster tail free heiny will thank me later.

**Take a class.** Spin, Century Cycles, and Eddy's all have maintenance and tip classes. If you ride in a huge outdoor event like the Sweet Corn Ride, or Bike MS Ride, then observe the workers in the mechanic tent. You might save some time and money (or embarrassment for me) when you can tune or adjust something on your own.

**Enjoy the ride!**



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Keeping Northeast Ohio's  
Cyclists Rolling Since 1940  
[www.eddys.com](http://www.eddys.com)

### Yehuda Moon and the Kickstand Cyclery

The Great Lakes Courier is pleased to reprint some of our favorite Yehuda Moon strips . . . which happen to be the ones with references to Cleveland and Northeast Ohio, selected by creator / illustrator Rick Smith and writer Brian Griggs. For daily updates, become a member at Yehudamoon.com!




## Bike for Beck

**SUNDAY MAY 19**  
Community Festival & Bicycle Tours

12, 25 and 60 mile rides through the Cleveland Metroparks

Beck Fest from 10am to 5pm, live entertainment and arts

**REGISTER TODAY!**  
[www.BikeForBeck.org](http://www.BikeForBeck.org)

### Stop The Insanity

*continued from page 1*

sending bike love to folks across Facebook and demanding that they join in the challenge too. You are putting cyclometers on your kid's tricycle. You are teaching the dog to ride a fixie. You are showing your Cleveland Pride by kicking some Pittsburgh behind.

We have just 5 months to show the nation that Cleveland is superior to Pittsburgh when it comes to pedal love. Five months. But...you have to sign up now.

DO IT.

Or...I will stick a Steelers spoke card in your wheel.

### The Turn



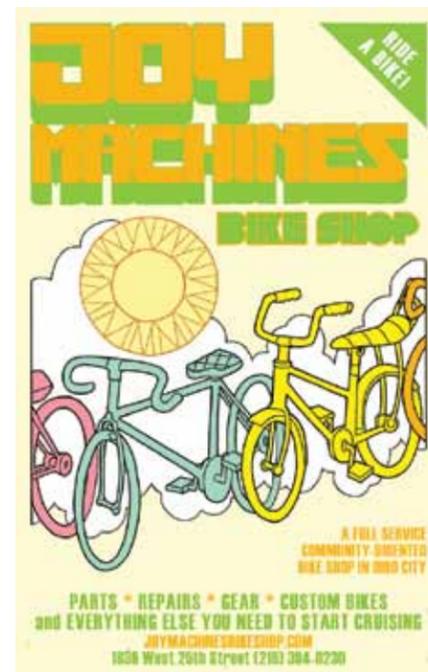
by Paul Marasco

*Mud to morning ice*

*Fixed on the wall*

*Vision narrows to Hastings*

In his work life, Paul Marasco is a research scientist who connects prosthetic limbs to people's brains so that the limbs feel like a part of their body. However, his first certificate of mastery was as a bike mechanic. He commutes year-round on a fixed gear. He rides with his friends early on Sunday mornings and races cyclocross during the fall. Over the past few years he has come to realize how much riding means to him. "Bikes are magical," Marasco says.



# 2013

## CLEVELAND BICYCLE MONTH

Check it out at

[BikeCleveland.org/Month](http://BikeCleveland.org/Month)

