

Fresh Air



OutSpokinWHEELMEN

July 2009

About this

Newsletter:

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Ohio 44501

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Advocacy: Lowell Satre 330-743-2748

Bikeways: OPEN

Historian: Jerry King 330-398-2927

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Fresh Air Editor: Terry Brake 330-654-9439

Program:

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Safety: Frank Krygowski 330-757-9057

SICCO: Ray Chamberlin 330-457-2292

Social: Nalungo Aduma 330-743-4250

Web: Jerry King 330-398-2927 jdkingphoto@gmail.com

Outspokin' Wheelmen June Minutes

Meeting was called to order by President Carl Frost

New members/guests introduced: none

Motion to accept minutes from previous month – Motion made
by: Gary Miller, Seconded by: Bill Russell

Officers' reports:

Vice President: Dave Hughes Updated the members
about the jerseys. Will do preorders in the Fresh Air.

Secretary: Barb Howley Nothing

Treasurer: Paul Rienenrth Ending balance of \$10,112.53. an official vote.

See Treasurer's Report.

Trustee: John McCormick Nothing

Committee Reports

Advocacy: Lowell Satre Brought maps of suggested
bicycle routes in Youngstown for club members to view.

Lowell, Ellen, Frank and Ed have been working to color code
these routes according to difficulty. Frank suggested that one
of the easy rides be led by an OSW member once a month.

Parking for these rides was discussed. Carl thanked all for
their hard work.

Bikeways: VACANT

Historian: Jerry King - nothing

L.A.B. Rep.: Lowell Satre - nothing

Membership: Judy Dubiel -

Mileage: Paul Rienenrth – Paul has the most mileage.

NEOC: committee

Fresh Air Editor: Terry Brake

Program: VACANT

Ride Captain: Gary Miller – Ride schedule is filled. Gary
thanked everyone. Camp Fitch ride is July 18-19. The cost is
\$33.00 plus \$10.00 for gas for the sag truck. Price includes
dinner, breakfast and sleeping quarters. Distance is 65 miles
each way. Need volunteers to drive. You can drive part way and
ride the rest. Call Gary if interested.

Safety: Frank Krygowski – Frank is waiting to hear from Mill
Creek Park in regards to last meeting he had with them.

SICCO: Ray Chamberlin -

Social: Nalungo Aduma - Thanks to Carl for treats. Don't
forget sign-up sheet at meeting.

Website: Jerry King – Thanked members for sending photos.
He'll be posting them on the web site shortly. Let him know if
something isn't correct.

Old Business:

Ashley Phillips asked about input on jerseys. She suggested we
print "Three Feet Please."

Reminder of the Tour Of The Valley.

Carl's Epilepsy Ride conflicts with Ode's "pie ride." If you can,
come out and rock with Carl.

If you would like to support Carl on the Live Strong Ride please
email him.

New Business:

Paul sent Terry Brake email to correct the front page of the
newsletter.

Suggested that we hold our meetings at the Beaver Township
Administration Offices since they would be at no cost to the club.

Suggested that this be put on the agenda later and that we take

Motion to Adjourn: Lowell Satre

Seconded: Ode Aduma

Respectfully submitted: Barb Howley, Secretary

**OSW Meeting: July 8, 7:30p at
Canfield Experimental Farm**

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OSW Treasurer's Report -

Beginning Balance: 05/01/09	\$10,136.72
Income: Membership	\$60.00
Interest	.81
Total Income	\$60.81
Sub-total	\$10,197.53
Expenses: Fresh Air (June)	\$98.51
Click2Mail	(13.51)
Total Expenses	\$85.00

Ending Balance: 05/29/09 \$10,112.53

Prez Sez

Before I begin the "meat" of my article, I want to make sure I get the following information to each of you:

1) We are planning on ordering new club jerseys from the same company the last one's came from. We are taking pre-orders. Please email me at frost202@aol.com with what size you would like. Price should be in the \$40 - \$50 range.

2) We are thinking about changing our meeting location to the Beaver Township Administration Offices in North Lima. At our last meeting, we had the normal amount of members in attendance. One could say, the normal group that attends the meetings. We could save around \$400 a year making the switch. If you are interested in this one way or the other, be at the September meeting at the Mill Creek Experimental Farm to discuss it and/or vote on it.

Since both Frank Krygowski and Lowell Satre were able to make the June meeting, we had some lively discussion on biking issues after they gave their committee chair reports. We discussed such issues as the fact that LAB seems to be steering cyclists to bike lane and trail usage and away from the right to share the road with motorists. I have a lot of personal thoughts on this issue and the several others we discussed at the meeting. When the weather and daylight begin to fade this fall, I'd like to call a special meeting to discuss these issues and the direction you think your club should take. I'd like to hear from the commuters, the racers, the tourists, and the ride the trail onlyers... I don't envision a meeting in which any of those groups win over all the others, because our interests and reasons for riding are just too different. I would however like each group to walk away with a sense of where the other groups are coming from, even if they end up not agreeing. Think about it... I'll get back with you in the future.

See you on a ride! Carl Frost

July Birthdays

Kerry Paulin	1
Donald C Bolash	2
Virginia Williams	7
Joe McGeorge	7
Billy Russell	9
Kyra Frost	10
Molly Kohler	10

Michael Birmingham	10
Thomas M Kistler	10
Donald Vignon	11
Richard A.Darkangelo	11
James Albert	12
Peter Milliken	12
Ron Dobro	14
Terrye Young	14
Nancy Hartley	15
Kathy Bolash	15
Angela Douglass	17
Rosemary Company	17
Jennifer Wonders	20
Mike Feschak	21
Katharine Repetski	23
Louis Huffman	25
Michael Drew	26
Shirley Marino	30

Miles:

Another month has passed and things are picking up. More rides listed and less rain than last year so more opportunities to ride. I have set an arbitrary 200 mile rule for this month's list and 17 riders have exceeded it. This is scheduled club rides only so the other miles you do obviously don't come into play here.

Paul Rienenrth	919
Mike Straub	582
John McCormick	581
Ed Randall	581
Lark Dickstein	483
Carl Frost	436
Gary Miller	378
Gene Dannunzio	372
Bill Russell	318
John Zenobile	250
Mike Birmingham	245
John Rentschler	234
Ode Aduma	232
Dave Moss	223
Karen Clarke	216
Rick Barnhart	212
Jennifer Terry	208

Got shortcuts?

Some OSW members have been working with Youngstown city employees to produce a bike map for the City of Youngstown. We're showing the nice side streets that even novice cyclists can use to get around, and we're rating the arterial roads for cycling skill level. (Some arterials are easy riding, some take more confidence and skill.) We've made very good progress, and hope to have something published this year. If things go well, maybe we can later expand the map to include the suburbs and Warren. But here's a request for club members: Do you know of any potential "shortcuts" that might not appear on a regular street map?

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These might include things like pathways that connect to parks, schools or playgrounds, or back ways into shopping plazas and libraries, or dead end streets with "leak-through" paths. They don't have to be bike specific - just useful, even if people have to walk their bike a short distance.

Right now, I'm most interested in City of Youngstown shortcuts, but I'd like to collect as many as I can no matter where they are. So please, look around your usual haunts (and ask your neighborhood kids for their secrets!) and forward them to me, at 330-757-9057 or at frkrygow@yahoo.com. Thanks in advance! - Frank Krygowski

Leg Stretcher Ride

On May 24th Dave "Buckethead" Moss picked me up for our trek to Kent State Trumbull, the starting point of this ride. After "geocaching" for a few minutes nearby, we pulled into the lot and found John Zenobile had biked in from home and was already making excuses about how much of the ride he would do because he said he hadn't been riding much. Pretty soon we had three more riders, Paul Rienenrth, Ed Randall and Jeff Nfanti, but I'm not sure if Jeff is a club member or guest? We took off for the north and a good pace. After a while, Buckethead kept telling me to slow down some. I told him to set the pace and I would follow it. Each time he did that he began to go faster than I had been going... Then John, remember the guy who was making excuses, took the lead and began pulling us at a few mph more than I had been going... Maybe they were trying to trick me or something?

The closer we got to Ashtabula, the worst the weather looked. Although the intention was to ride the couple of extra miles in town to Lake Erie, the drizzle made us re-evaluate our plan. The first restaurant we came to in town was an Arby's. We pulled in there with a 16.9 average speed for the 43 mile trip. We ate quickly in order to get back, but John, remember his early comments, lobbied to add mileage by going on the the lake anyway. The majority ruled and we turned our bikes south. It took several miles before we rode out of the rain and into the sunshine. At some point we got split up. Buckethead and I stopped and waited, and in a few minutes Ed came by. He said the others were going to take it easier on the return trip so we continued on.

At mile marker 77 we had a brief cheer for Ed, as that was his longest ride to date, as well as the fastest time he had ever done on the trail. At mile 80, we passed my longest ride since 1996. We pulled back into Kent State with 86 miles and a total average speed of 16.8 mph. It was a fun ride and everyone did great! Ed turned around to get another 14 miles to complete his first century ride - great job Ed!
Carl Frost

Hot Wings and Beer Ride

All week long I watched the weather channel and the local weather report to try to get some encouragement about my ride on Sat.

There was none. They said nice days until Sat. and then storms and rain. When Sat. came I looked outside and it was sunny! I thought, "can it be?" This ride may happen after all. So with my new positive attitude I packed up the bike and headed for Logan way plaza.

Waiting there was Jennifer Terry, a relatively newer and very enthusiastic rider. Soon Mike Straub (hard core rider) arrived, then Paul Rienenrth, (harder core rider) Gene D'nunzio, (one of trumbull County's finest riders) Lark Dickstein, (strong veteran rider) and John Nagy. (another strong veteran). This was shaping up to be a good ride. Even the sky was still sunny. At about the 6 mile mark on this ride John Nagy's bike developed a strange ticking noise, and John decided to turn back rather than risk a total breakdown. Sorry John!

This route includes residential areas, four lane highways, industrial areas, city riding, and some unavoidable hills. In about an hour or so we rode into Sharon from the south. We approached a rider on a mountain bike and as we passed him he made a valiant effort to stay with us. he caught up with us at a red light and asked about becoming a member. We invited him over to the *Lube* and answered his questions. I got his address and promised to send him the necessary information. (I did too.)

While we were waiting for our food at the outside tables at the lube, our luck ran out. It started to rain. We had to move our seats around a bit to stay out of the rain, but when lunch was over the rain had stopped! What Luck!

The ride back was pretty uneventful except for a few sprinkles here and there, and when we arrived back at Logan Way, everyone agreed we did the right thing by showing up for this ride. Thanks to all of you for making my ride a success. Good friends, good food and a little exercise, What could be better? The riding season is just beginning, so don't be scared of a few spring showers. *John McCormick*

Camp Fitch Ride

As presented at the June Meeting, we will be doing an overnight ride to Camp Fitch on Saturday, July 18 and return on Sunday, July 19. The mileage will be approximately 65 miles each day, over mostly flat terrain. The pace will be low to mid moderate. This is not a "performance" type of ride, it is a ride to get us to a place where we can enjoy ourselves and still have enough energy left to do so.

Because we will have a SAG vehicle, overnight gear will be transported for us. We will **NOT** have to carry anything extra. We will be sleeping on bunks in lodges usually reserved for their guests. All you will need is bedding, clothing, towels, toiletries, etc. People interested in driving can bring their bikes and ride any portion of the ride that they choose. Also, feel free to drive up yourself or car pool together, if you want. If you are interested in driving the SAG, or driving yourself, or riding any portion of the ride, please call me and we'll figure it all out.

Cost of this excursion is 33 dollars per person, plus 10 dollars gas for the SAG. The fee will cover Saturday's dinner (5:30pm), breakfast on Sunday (7:00am), and the overnight stay. Also included is the use of the showers, swimming pool and beach (possibly for a

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campfire). There will be a lunch and possibly a snack stop during the rides on Saturday and Sunday. Also, some of us drive over to the social club down the lane (optional). You will be responsible for these costs.

The people at Camp Fitch are excited to have us return and are bending over backwards to make our stay a positive experience. I will do everything in my power to do the same with the ride. I think that any of the people who have been involved with this would tell you that they had a wonderful time. I know I always have. Please call me for further information or to reserve a spot for this exciting opportunity.

Good Riding Partners

Lots of us enjoy club rides and group rides because of the friendliness, the sociability, the nice conversations. Some of us enjoy being shown nice bike rides on unfamiliar roads. But some of us like to ride with others because it's so much safer. You know, motorists notice you, so you're less likely to get into a crash.

Or are you?

In *Effective Cycling*, John Forester presents some worrisome data about club cyclists. He says that club cyclists are injured by each other as often as they're injured by cars! Is your riding buddy really just another road hazard? It probably depends on your buddy!

Friends, club members, or riders on organized rides can help you or hurt you. The trick is to choose wisely, and avoid riding near people who do these things:

* Wobbling and weaving. A good rider rides like he's on rails, very straight. If someone zig-zags like a squirrel as they ride, whether cruising or climbing or sprinting, keep your distance.

* Speeding up and slowing down for no reason. I've seen people whose riding is a constant "sprint and coast," over and over. It's too easy to rub wheels with such a guy!

* Changing lane position without checking. Folks have been forced off the road when another rider suddenly decided to move left or right!

* Riding too close. This calls for judgment, because we have different sized comfort zones. Super-steady racers can rub elbows for miles in perfect comfort. But if someone consistently gets closer than you like - especially if it's one of the guys mentioned above - find a way to ride near someone else.

* Riding on the left side of the road. Some riders think the most fundamental traffic rule doesn't matter much, even on blind curves! If an oncoming car appears, you don't know what they'll do to escape it. They may run right into you!

* Not communicating. "On your left" (when passing), "Hole" (for pothole warning), "Car back" (if necessary), "Stopping" and a few other calls are very helpful. But "Clear" at a stop sign is usually a bad idea. Don't trust another rider with your safety!

* What about the gutter bunnies? Some riders haven't grasped the idea that if a lane is too narrow to safely share with a passing car, the cyclist must take the lane for his safety. They'll call "Car back!!!" repeatedly, expecting you to get in the gutter with them. It's OK to ride near these folks, but don't let them browbeat you. Ride properly. You'll protect them with your lane position.

Watch for those, and any other signs showing bad behavior or lack of riding skill. If someone rides badly, ride with someone else. Pick your riding partners carefully.

Then ask yourself: Are you a good person to ride with? - *Frank Krygowski, OSW Safety Chairman.*

JULY Rides

Wed Jul 1 Morning With Paul Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am. This mid-moderately paced ride will feature rolling terrain. Call Paul Rienerth at 330-757-3344.

Wed. July 1 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. Up to 50 miles at high-moderate pace, with only short breaks until just before dusk, using all available daylight. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Weather permitting. Call Jerry King at 330-398-2927.

Wed Jul 1 Mahoning/Lawrence County Ride Meet at St. Paul's Catholic Church (Rt. 170 in New Middletown) at 6:00pm for a 20 mile low moderately paced ride over rolling terrain. Refreshment stop at Italian restaurant afterward. No ride in the rain. Call Gary Miller at 330-540-2330.

Thu Jul 2 Champion Trailhead Meet at 5:15p for a 5:30 start, Rt 305 Greenway Trailhead, just a nice cruise up north and back for 90 min ride. Speed will allow all riders to keep up, depends on who shows. Call Terry at 330 285 0723 day-of, leave a voice mail.

Fri Jul 3 Meet at the Experimental Farm In Canfield for a 20 mile ride along the bike trail. Ride leaves at 6:00pm. This is a good introductory ride and also a warm-up for the weekend ahead. Call Gary Miller at 540-2330.

Sat Jul 4 Fourth Of July With Paul Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am for a low-moderately paced 40-45 mile ride over rolling terrain. Call Paul Rienerth at 330-757-3344.

Sun Jul 5 Mahoning River Tour Meet in the parking lot behind Packard Music Hall at 9:00am. This moderately paced 35 mile ride will follow the Mahoning

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River to Newton Falls. This ride covers mostly flat terrain and includes a lunch stop. Call John Zenobile at 330-509-2580.

Mon Jul 6 After Work Rides - Meet at the Mosquito Lake Beach area at 6pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 7 After Work Rides Meet at the Mosquito Lake Beach area at 6pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 7 Mill Creek Ride Meet at 6pm at the Wetlands Parking Lot for a 15-20 mi. leisurely to mid-mod. paced ride. Call Ed Howley at 330-793-8219

Wed. July 8 Monthly Meeting Canfield Experimental Farm 7:30 pm

Wed Jul 8 Morning With Paul Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am. This mid-moderately paced ride will feature rolling terrain. Call Paul Rienerth at 330-757-3344.

Wed Jul 8 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. Up to 50 miles at high-moderate pace, with only short breaks until just before dusk, using all available daylight. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Weather permitting. Call Jerry King at 330-398-2927.

Thu Jul 9 Champion Trailhead Meet at 5:15pm for a 5:30 start, Rt 305 Greenway Trailhead, just a nice cruise up north and back for 90 min ride. Speed will allow all riders to keep up, depends on who shows. Call Terry at 330 285 0723 day-of, leave a voice mail.

Fri Jul 10 Meet at the Experimental Farm Canfield for a 20 mile ride along the bike trail. Ride leaves at 6pm. This is a good introductory ride and also a warm-up for the weekend ahead. Call Gary Miller at 540-2330.

Sat Jul 11 A Sunny Brunch at Sonny's 9am. Meet at Mathews High School on Old Warren-Sharon Road in Vienna just east of Route 193. This moderately paced 30 mile ride will cover mostly flat terrain. Call John Zenobile at 330-509-2580.

Sun Jul 12 Hot Dog Ride Meet at Town One Square in Poland at 10am for 30-35 miles at a low moderate pace. Terrain will be rolling with a possible small hill for fun and a hot dog stop. Call John McCormick at 330-755-7105.

Mon Jul 13 After Work Rides Meet at the Mosquito

Tue Jul 14 After Work Rides Meet at the Mosquito Lake Beach area at 6pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 14 Mill Creek Ride Meet at 6pm at the Wetlands Parking Lot for a 15-20 mi. leisurely to mid-mod. paced ride. Call Ed Howley at 330-793-8219

Wed Jul 15 Morning With Paul Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am. This mid-moderately paced ride will feature rolling terrain. Call Paul Rienerth at 330-757-3344.

Wed Jul 15 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. Up to 50 miles at high-moderate pace, with only short breaks until just before dusk, using all available daylight. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Weather permitting. Call Jerry King at 330-398-2927.

Wed Jul 15 Mahoning/Lawrence County Ride Meet at St. Paul's Catholic Church (Rt. 170 in New Middletown) at 6pm for a 20 mile low moderately paced ride over rolling terrain. Refreshment stop at Italian restaurant afterward. No ride in the rain. Call Gary Miller at 330-540-2330.

Thu Jul 16 Champion Trailhead Meet at 5:15p for a 5:30 start, Rt 305 Greenway Trailhead, just a nice cruise up north and back for 90 min ride. Speed will allow all riders to keep up, depends on who shows. Call Terry at 330 285 0723 day-of, leave a voice mail.

Fri Jul 17 Dinner & Beyond Meet at the Inner Circle Restaurant (Rt. 224 in Poland) at 6pm. After dinner we'll throw some balls around at the Bocce court Lariccia Pavilion in Boardman Park. Call Paula Kohler at 330-533-6299 for reservations.

Sat Jul 18 Camp Fitch Ride See article in this newsletter and call Gary Miller at 330-540-2330 for reservations and further details.

Sat Jul 18 Salem Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 10am. 45-50 rolling miles at high moderate pace, weather permitting. Call Jerry King at 330-398-2927.

Sun Jul 19 Camp Fitch Ride Returns See article in this newsletter and call Gary Miller at 330-540-2330 for reservations and further details.

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Sun Jul 19 Carl's Northern Ride Meet in the parking lot of Mathew High School on Old Warren-Sharon Road in Vienna just east of Route 193 at 9am. We'll do a low to mid moderate pace and meet the Camp Fitch Ride and possibly have lunch with them. This ride will be over flat terrain and be approximately 60 miles. Call Carl Frost at 330-540-1427 if you have questions.

Mon Jul 20 After Work Rides Meet at the Mosquito Lake Beach area at 6:00pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue. July 21 After Work Rides Meet at the Mosquito Lake Beach area at 6:00pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 21 Mill Creek Ride Meet at 6pm at the Wetlands Parking Lot for a 15-20 mi.leisurely to mid-mod.paced ride. Call Ed Howley at 330-793-8219

Wed Jul 22 Morning With Paul Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am. This mid-moderately paced ride will feature rolling terrain. Call Paul Rienenrth at 330-757-3344.

Wed Jul 22 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. Up to 50 miles at high-moderate pace, with only short breaks until just before dusk, using all available daylight. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Weather permitting. Call Jerry King at 330-398-2927.

Thu Jul 23 Champion Trailhead Meet at 5:15p for a 5:30 start, Rt 305 GreenwayTrailhead, just a nice cruise up north and back for 90 min ride. Speed will allow all riders to keep up, depends on who shows. Call Terry at 330 285 0723 day-of, leave a voice mail.

Fri Jul 24 Meet at the Experimental Farm Canfield for a 20 mile ride along the bike trail. Ride leaves at 6pm. This is a good introductory ride and also a warm-up for the weekend ahead. Call Gary Miller at 540-2330.

Sat Jul 25 Cruise Mosquito Lake with Ode 10 AM, from the parking lot of Mathew High School on Old Warren-Sharon Road in Vienna just east of Route 193. Low-Moderate pace, Approximately 35 miles. Lunch Stop, No ride in rain, Helmets Mandatory. Call Ode at 330-743-4250.

Sun Jul 26 Lisbon Ride Meet at Firestone Park (Columbiana) down by the lake for a 30-35 mile tour of Columbiana County. This low moderately paced ride will cover rolling terrain and feature a lunch stop at Colleen's in beautiful downtown Lisbon. Paula Kohler

says you HAVE to try their sweet potato pancakes! Ride leaves at 9am. Call Gary Miller at 330-540-2330.

Mon Jul 27 After Work Rides Meet at the Mosquito Lake Beach area at 6:00pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 28 After Work Rides Meet at the Mosquito Lake Beach area at 6pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 28 Mill Creek Ride Meet at 6pm at the Wetlands Parking Lot for a 15-20 mi.leisurely to mid-mod.paced ride. Call Ed Howley at 330-793-8219

Wed Jul 29 Morning With Paul Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am. This mid-moderately paced ride will feature rolling terrain. Call Paul Rienenrth at 330-757-3344.

Wed Jul 29 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. Up to 50 miles at high-moderate pace, with only short breaks until just before dusk, using all available daylight. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Weather permitting. Call Jerry King at 330-398-2927.

Wed Jul 29 Mahoning/Lawrence County Ride Meet at St. Paul's Catholic Church (Rt. 170 in New Middletown) at 6:00pm for a 20 mile low moderately paced ride over rolling terrain. Refreshment stop at Italian restaurant afterward. No ride in the rain. Call Gary Miller at 330-540-2330.

Thu Jul 30 Champion Trailhead Meet at 5:15p for a 5:30 start, Rt 305 GreenwayTrailhead, just a nice cruise up north and back for 90 min ride. Speed will allow all riders to keep up, depends on who shows. Call Terry at 330 285 0723 day-of, leave a voice mail.

Fri Jul 31 Meet at the Experimental Farm In Canfield for a 20 mile ride along the bike trail. Ride leaves at 6:00pm. This is a good introductory ride and also a warm-up for the weekend ahead. Call Gary Miller at 540-2330.

Sat Aug 1 Ride To Sharpsville 9:00am. Meet at Mathew High School on Old Warren-Sharon Road in Vienna just east of Route 193. This low moderately paced ride will be approximately 30 miles of rolling terrain. Lunch stop. Call John Zenobile at 330-509-2580.

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