

July

Rides & Activities

Club bicycle rides are open to all who wish to participate.

We request that bicyclists use safe riding techniques (see [Tips&Stuff](#)).

The use of a helmet is strongly recommended. We encourage new riders to join OSW.
MOST RIDES DO NOT GO IN RAIN, CONTACT RIDE LEADERS TO CONFIRM.

Leisurely = 9-11 M.P.H. Low Moderate = 11-13 M.P.H.
Mid Moderate = 12-14 M.P.H. High Moderate = 13-15 M.P.H.
Brisk = 15-18 M.P.H. Fast = 18-plus M.P.H.

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 Rienenrth 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 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 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 Rienenrth 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 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 6:00pm 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 6:00pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 7 Mill Creek Ride Meet at 6:00pm at the Wetlands Parking Lot in Mill Creek Park. This 15-20 mile ride will be led at a leisurely to mid-moderate pace. 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 Riennerth 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 5:15p 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 10 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 11 A Sunny Brunch at Sonny's 9:00am. Meet at Mathew 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 10:00am 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 Lake Beach area at 6:00pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 14 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 14 Mill Creek Ride Meet at 6:00pm at the Wetlands Parking Lot in Mill Creek Park. This 15-20 mile ride will be led at a leisurely to mid-moderate pace. 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 Riennerth 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 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 16 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 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.

Sun Jul 19 Carl's Northern Ride Meet in the parking lot of Mathew High School on Old Warren-Sharon Road inVienna just east of Route 193 at 9:00am. 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 6:00pm at the Wetlands Parking Lot in Mill Creek Park. This 15-20 mile ride will be led at a leisurely to mid-moderate pace. 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 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 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 6:00pm for these low-moderately paced rides. Call Rosemary at 330-399-6141.

Tue Jul 28 Mill Creek Ride Meet at 6:00pm at the Wetlands Parking Lot in Mill Creek Park. This 15-20 mile ride will be led at a leisurely to mid-moderate pace. 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 Riennerth 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 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 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.

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 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.

Gary Miller

330-540-2330