

# Fresh Air



## OutSpokinWheelmen

June  
2009

About this Newsletter: Published by OutSpokin'Wheelmen  
P O Box 838 Youngstown Ohio 44501  
Editor: Terry Brake [tlbrake@yahoo.com](mailto:tlbrake@yahoo.com)

### Officers:

President: Carl Frost 330-540-1427  
Vice Pres.: Dave Hughes 330-332-9248  
Secretary: Barb Howley 330 793 8219  
Treasurer: Paul Rienenrth 330 757 3344  
Trustee: John McCormick 330 755 7105

### Committee Chairs

**Advocacy:** Lowell Satre 330-743-2748  
**Bikeways: OPEN**  
**Historian:** Jerry King 330-398-2927  
**L. A. B. Rep:** Lowell Satre 330-743-2748  
**Membership:** Judy Dubiel 330-782-8748  
**Mileage:** Paul Rienenrth paulrienerth@msn.com  
**NEOC:** Gary Bradshaw 330-482-2891  
**Fresh Air Editor:** Terry Brake 330-654-9439  
**Program:**  
**Ride Captain:** Gary Miller 330-540-2330  
**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](mailto:jdkingphoto@gmail.com)

### Outspokin' Wheelmen April Minutes

**Outspokin' Wheelmen Minutes** - May13, 2009

Meeting was called to order by President Carl Frost

**Guest Speaker:** Janet Mau, director of Crestwood Center/ Renaissance Place spoke about the Mahoning Valley Epilepsy Fund and its upcoming "Rocking for Epilepsy Awareness and Support" event that will take place at Austintown Cracker Barrel on June 27, 2009. Carl Frost volunteered to lead a ride to the restaurant and asks that any members interested in rocking for this event to join him. See ride schedule for details.

**New members:** Jennifer Terry and Barb Noll were introduced.

**Motion to accept minutes from previous month** – Motion made by: Linda Straub

### Officer's reports:

**Vice President: Dave Hughes** – Gave an update on club shirts.

**Secretary: Barb Howley** -Nothing

**Treasurer: Paul Rienenrth** – Sicco brought in about \$3,011. Expenses for the ride have totaled \$968.54 thus far. Ending balance of \$10,136.72. See Treasurer's Report.

**Trustee: John McCormick**- nothing

### Committee Reports

**Advocacy: Lowell Satre** – Informed members about identifying streets in Youngstown that are conducive to bicycling. Lowell will be meeting with Sarah Long who is working with economic development in Youngstown. Contact Lowell if you are interested in discussing this further. Lowell passed out an article about traffic signals and also suggested the club create a pamphlet of favorite bike rides that could be sent to bike shops.

**Bikeways: VACANT**

**Historian: Jerry King** -

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

**Membership: Judy Dubiel** -

**Mileage: Paul Rienenrth** –

**Fresh Air Editor: Terry Brake**

**Program: VACANT**

**Ride Captain: Gary Miller** –

**Safety: Frank Krygowski** – Informed members that he has been speaking to civic groups about how safe bike riding is and anyone that has a group that would like Frank to speak to, please contact him.

**SICCO: Ray Chamberlin** -

**Social : Nanlungo Aduma** - Thanks to Paula Kohler and Dave Hughes for the snacks. Don't forget sign-up sheet for bringing snacks to the meeting.

**Website: Jerry King** –

**Old Business:** Carl thanked everyone for helping out with SICCO. Ode suggested we take inventory of supplies so that they can be used for NEOC.

Paula Kohler presented the Fickle Fender of Fate award to Frank Krygowski. She gave a brief explanation of the award for new members.

**OSW Meeting: Jun10, 7:30p at Beaver Township Admin Offices, 11999 South Ave., North Lima. (Same Plaza with C's Waffles)**

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**New Business:** June meeting will be held at the Beaver Township Administration Building at 11999 South Avenue. Carl shared several emails he received about rides. See ride schedule for further details.

Motion to Adjourn: Ode Aduma Secinded: Karen Clark  
Respectfully submitted: Barb Howley, secretary

### OSW Treasurer's Report - April 2009

Beginning Balance: 04/01/09 \$9,174.52

Income: SICCO	\$3,011.00
Membership	135.00
Insurance Refund	4.00
Interest	.74
Total Income	\$3,150.74
Sub-Total	\$12,325.26

Expenses: Insurance	\$1,120.00
SICCO	968.54
Fresh Air (May)	86.93
Click2Mail	13.07
Total Expenses	\$2,188.54

Ending Balance: 04/30/09 \$10,136.72

### Prez Sez

This will be a brief Prez Sez. I am about mid way through my term as President and I wanted to take a minute to thank my fellow Board members, Committee Chairs, Ride Leaders, and all the people who have volunteered for various events, such as SICCO. It has been a pleasure so far and we are just hitting the prime riding weather. I hope all of you that are club members, but either haven't ridden with the club for awhile, or have yet to ride with the club, will come out and join us in the near future. See you out there! Carl Frost

**Reminders:** Jerry King (Webmaster) is looking for photos for our webpage. If you have any biking related stuff to sell, email that to him as well. He is going to put a limit on how long that kind of stuff will run so that it isn't on forever anymore. Don't forget to renew your membership and while you're at it, drag someone new into this great club of ours while you're at it. See you on a ride!

### June Birthdays

Leanda	Wonders-Bloomquist	1
Jonathon	Wonders	2
Garrett	Wonders	2
Janet	Shonk	7
Lori	Hillman	10
Tibor	Borsos	12

Andy	Konsol III	23
Daniel	Terleck	24
Jean	McGeary	24
Erma	Davis	24
Linda	Haynes	27
Zachary	Forney	30

### Miles:

The weather is finally showing some signs of relenting and it's starting to show in the club mileage totals. The list has increased to 18 riders to make the list this month with an arbitrary 100 mile rule. I know some of you have been shorted, but this is as accurate as I can make it. Anyone out there who hasn't turned in their SICCO miles yet?

Paul Rienenrth	463
Mike Straub	313
John McCormick	265
Ed Randall	229
Gene Dannunzio	218
Carl Frost	210
Bill Russell	204
John Rentschler	186
Lark Dickstein	172
Paul Camp	142
Rosemary Campany	138
Ode Aduma	135
Mike Birmingham	125
Jennifer Terry	112
Dave Moss	108
John Zenobile	107
Dave Hughes	105
Gary Miller	100

There you have it; it should really pick up on the next report. See you on the road, Paul

**For Sale:** BMX bike for sale. It's a Schwinn Predator Qualifier. Chromed Cro-Moly Frame; Dia-Compe caliper brakes (F/R); new tires and seat post. \$60.00. [paulrienerth@msn.com](mailto:paulrienerth@msn.com) or 330-757-3344.

For Sale: Vintage Jansport backpack, with SVEA stove, nice for someone just entering the sport \$35.00. [jharm2009@gmail.com](mailto:jharm2009@gmail.com) or 330-482-1165.

### Memorial Share The Road Ride! May 2. 2009

We offered a moment of Silent Prayer in memory of love ones and friends who were members of Out-Spokin' Wheelmen. Then we set out for our Annual Memorial Share The Road Ride from downtown Youngstown to downtown Warren.

Most of the vehicles were willing to share the road but occasionally we heard the angry honking of horns and the annoying yell out the window of those who didn't want us out there.

The exception was of a truck hauling a wide load on Main Street coming out of Warren. Although the new module home the truck was hauling covered just about all of the road the driver moved over

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as close as possible to allow us to stay on the road. He gave us a thumbs up as we passed.

Not all of the scenery involved vehicles. With Mother's Day 2009, just weeks away we were reminded of Motherhood. Coming into Weathersfield Township from Austintown on Four Mile Run Road we saw a pasture of cattle with their young. Frighten by the presence of nearby passing bicyclist one young bull who had strayed away from mom quickly ran to her side for security. Karen said now there is a good Mother's Day picture for you and I agreed. Children and animals always make great photos. No one had a camera. Where was Gina, Rosemary or Pat with their cameras?

When we arrived in Warren for lunch at the Mocha House we were happily surprised and greeted by the beautiful smiling face of Rosemary Company who drove there to join us for lunch. Always good to see Rosemary.

On our return trip to Youngstown, as we traveled through Niles, our half point of the Memorial Share The Road Ride, we verbally called out the names of our deceased OSW family and friends. Thanks to these riders who joined me in Remembering! Karen Clarke, Gene D'Annunzio, John McCormick, Dave Moss, Paul Riennerth. Keep Pedaling, Ode Aduma

### Happy Trails To You

I've heard that nobody likes to participate in fast club rides these days, but I listed two for May anyway.

May 10th came and the weather had not been very good in the days leading up to ride day. An overnight expected low of 44 degrees also didn't sound too appealing for a 9:00 am start time. It was about 47 degrees when it was time to start... with an expected high of 62. Adding to my apprehension, as to whether I'd be riding alone or not, was that it was also Mother's Day - Happy belated Mother's Day to all the moms out there! But I didn't have to ride alone because Gary Hlista, John Renschler, Paul Riennerth, Bill Russell and Mke "What's His Name" Straub had joined me.

We started off north on the Mill Creek Metroparks Bikeway first. The ride was listed as high moderate to brisk, with brisk being 15-18 mph. We made quick work of the trail. A quick check of our average speed before leaving the trail to head for the Little Beaver Creek Greenway showed we had finished the first trail at a 16.7 mph average speed! Gary had to cut off before we left the trail, but he said he'd be back for more on future rides. John warned us that he only had time to go to Washingtonville with us, as he had a tennis date... does tennis count as cross training? We left the trail and pointed our bikes straight down Washingtonville Road.

After getting myself a little confused going through Washingtonville - thanks Bill for the corrections - we arrived at the trailhead in Leetonia. On that trail we came to our first "issue". A huge tree had fallen on

the trail, completely blocking it. We felt like cyclocross riders as we hoisted our bikes over and continued on. Because of the big wind gusts and hills getting to the trail, we arrived in Lisbon with an average speed of 16.4. We made our way to breakfast at Colleen's. I was the only one that had a famous sweet potato pancake, but everyone seemed to like what they had. It was Bill's first visit to the vibrating men's room - an experience I'm sure he won't soon forget. We got back onto our bikes and headed for our start/finish spot in Canfield. This time when we crossed over the downed tree we had a surprise. Paul announced the noise we were hearing was three baby opossums that were inside the tree. He kept looking at them, and we all expected him to look at us with one attached to his nose, but nothing happened, so it was off again for Canfield.

The wind and the hills on Washingtonville Road slowed our return a little more, but we arrived in Canfield with a 15.7 average speed for the 60 mile trip. Thanks to all of you for the workout and the fun and congrats to Mike who was pretty certain this was his fastest ride to date. Carl Frost

### A Ride to Leetonia

What a change from the day before. It was nearly 20 degrees cooler with 20 mph winds, but only some clouds; so we had sunshine to keep us in good spirits. Jackets and tights or pants were the order of the day. I was joined on my scheduled ride (May 17) by some hardy riders that just wanted to ride. I want to thank Lark Dickstein, Gene Dannunzio, John Rentschler, and Mike Straub for coming to Poland for what turned out to be a great ride, if I do say so myself. Car traffic had cleared almost all of the loose gravel that always accumulates over the winter and that same traffic was light on this day. The rolling terrain adds a challenge to this ride with a few short hills thrown in to give the legs a little more work to do. Unfortunately the restaurant in Leetonia was closed, so we had to go on to Columbiana and Heck's for what turned out to be a very late breakfast for four of us and lunch for one. John was happy that he could park his Cervelo inside and not give it another thought while eating. Since we had 29 miles in at this point there were only 14 miles left to get back to Poland and everyone seemed to agree that this ride would be worth doing again. One other thing, we saw the young eagles heads poking out of their nest waiting for a parents return on our way back. What a great day it turned out to be.

I hope to see you on my next ride. Paul Riennerth

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## JUNE Rides

**Mon Jun 1 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.

**Mon Jun 1 Cruise The River** Meet at the west end of the Lowellville Bike Path (Rt. 289 between Struthers and Lowellville) at 6:00pm for a low-moderate 20 mile ride. We may stop at the hot rod show following the ride. Call John McCormick at 330-755-7105

**Tue Jun 2 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 Jun 2 Mill Creek Ride** Meet at 6:00pm at the Wetlands Parking Lot in Mill Creek Park. This 15-20 mile will be a leisurely to mid-moderate pace. Call Ed Howley at 330-793-8219.

**Wed Jun 3 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.

**Thu Jun 4 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 Jun 5 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 Jun 6 Ride To Columbiana With John** Meet at Town One Square in Poland at 9am. We will ride 30-35 low moderately paced miles over rolling terrain. Lunch in Columbiana. Call John McCormick at 330-755-7105.

**Sat Jun 6 Meet at East Palestine Park** at 9:30am for a 45 mile ride through Beaver, PA and back. High moderate to brisk pace, not a ride for beginners. No official lunch, but will stop to refuel. Call Bill Russell at 330-549-0550.

**Sun Jun 7 West Branch Ride** Meet at the Kirk Rd. Trailhead at 9am for a 55 mile trip to West Branch Reservoir. Call me if you are interested in a shorter ride

of about 42 miles. Pace will be low-moderate and the terrain is mostly flat. Breakfast in Newton Falls. Snack stop at West Branch Marina. Call Gary Miller at 330-540-2330.

**Mon Jun 8 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.

**Mon Jun 8 Cruise The River** Meet at the west end of the Lowellville Bike Path (Rt. 289 between Struthers and Lowellville) at 6:00pm for a low-moderate 20 mile ride. We may stop at the hot rod show following the ride. Call John McCormick at 330-755-7105.

**Tue Jun 9 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 Jun 9 Mill Creek Ride** Meet at 6:00pm at the Wetlands Parking Lot in Mill Creek Park. This 15-20 mile ride will be a leisurely to mid-moderate pace. Call Ed Howley at 330-793-8219.

**Wed Jun 10 Monthly Meeting 7:30pm Beaver Township Admin Offices**

**Wed Jun 10 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.

**Thu Jun 11 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 Jun 12 Friday Night Out** Hop over to Jeremiah Bullfrog's (Panera Plaza, corner of Rt. 46 & Mahoning) at 6:00pm. Those who wish to croak the night away should call no later than Thursday, June 11 for reservations. Call Paula at 330-533-6299.

**Sat Jun 13 Bessemer Triangle Ride** Meet at New Middletown Plaza (Rt. 170) for a 30-35 mi. low moderately paced tour through the rolling terrain of the scenic Bessemer-Mohawk area. Lunch stop. Ride leaves at 9:00AM. Call Gary Miller at 330-540-2330.

**Sun June 14 Hubbard Ride** Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am. This 40-45 mile ride will be low moderately paced. Rolling with some hills. Lunch stop. Call Paul Rienenrth at 330-757-3344.

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**Mon Jun 15 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.

**Mon Jun 15 Cruise The River** Meet at the west end of the Lowellville Bike Path (Rt. 289 between Struthers and Lowellville) at 6:00pm for a low-moderate 20 mile ride. We may stop at the hot rod show following the ride. Call John McCormick at 330-755-7105.

**Tue Jun 16 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 Jun 16 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 June 17 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 Jun 17 Champion Trailhead** Meet at 5:15p for a 5:30p start, just a nice cruise up north on the Greenway and back for 90 min ride. Speed is to allow all riders to keep up, depends on who shows. Call Terry at 330 285 0723 day-of, leave a voice mail.

**Thu Jun 18 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 Jun 19 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 Jun 20 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 mid-moderate pace, weather permitting. Call Jerry King at 330-398-2927.

**Sun Jun 21 Paul's Columbiana Ride** Meet at the Poland Methodist Church (Rt. 224 near Rt. 680) at 9am. This 35-40 mile ride will be low moderately paced. Rolling terrain. Lunch stop. Call Paul Rienenrth at 330-757-3344.

**Mon Jun 22 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 Jun 23 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 Jun 23 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. There is no leader tonight, so route will be decided by those who show up.

**Wed Jun 24 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.

**Fri June 26 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 Jun 27 Ode's Pie Ride** Last Year's Pie Ride was a big hit. Let's do it again. About 30-35 miles at a low-mod pace over flat to rolling terrain. We'll leave Mathew High School on Old Route 82 (Warren-Sharon Road) just east of Route 193 in Vienna Township. Ride leaves at 10:00am. Lunch at Time Square Restaurant famous for their vast variety of pies. Helmets are mandatory. Call Ode at 330-743-4250.

**Sat Jun 27 Rocking for Epilepsy Ride** Meet at the Kirk Rd trailhead of the Mill Creek Metroparks Bikeway at noon. We will slowly ride over to the Cracker Barrel to participate in the "Rocking for Epilepsy Awareness and Support 2009" event. We will not be obligated to raise any money. We are expected to rock in a rocking chair for one hour with iced tea or lemonade and food samples available - PLEASE WEAR AN OSW JERSEY OR SHIRT IF YOU HAVE ONE. After helping to raise Epilepsy awareness, we will ride back. Call Carl Frost at 330-540-1427 if you have any questions.

**Sun Jun 28 Lordstown/North Jackson Ride** – Meet at the Kirk Rd. Trailhead for a 30-35 mile low moderately paced tour of the Meander-Lordstown area. Terrain is mostly flat, and there will be a lunch stop (where some of us may regale you with our GOBA tales). Ride leaves at 9:00am. Call Gary Miller at 330-540-2330.

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**Mon Jun 29 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.

**Mon Jun 29 Cruise The River** Meet at the west end of the Lowellville Bike Path (Rt. 289 between Struthers and Lowellville) at 6:00pm for a low-moderate 20 mile ride. We may stop at the hot rod show following the ride. Call John McCormick at 330-755-7105.

**Tue Jun 30 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 Jun 30 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.

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