

Fresh Air



OutSpokinWheelmen

**September
2010**

About this

Newsletter: Published by OutSpokin'Wheelmen P O Box 838
YoungstownOhio 44501

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Secretary: **Jenifer Terry** 330-538-3254

Treasurer: **Bill Russell** 330-549-0550

Trustee: **Dave Hughes** 330-332-9248

Committee Chairs

President: Paul Rienarth 330-757-3344

Vice Pres.: Mike Straub 330-482-3223

Secretary: Jenifer Terry 330-538-3254

Treasurer: Bill Russell 330-549-0550

Trustee: Dave Hughes 330-332-9248

Committee Chairs:

Advocacy: Lowell Satre 330-743-2748

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Membership: Judy Dubiel 330-782-8748

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NEOC: Gary Bradshaw 330-482-2891

Program: OPEN

Ride Captain: Gary Miller 330-540-2330

Safety: Frank Krygowski 330-757-9057

SICCO: OPEN

Social: Nalungo Aduma 330-743-4250

WEB: Jerry King jdkingphoto@gmail.com

Editor's Note:

If your Fresh Air did not get to you on some issues, please check your address/status with our Membership Chair Judy Dubiel, to be sure it is current. Every month a new list of address is sent to the editor to send out that issue. Your Editor doesn't edit the membership list/addresses, so the queries received by the Editor are just forwarded to Membership.

Prez Sez

Here we are with just weeks to go before **NEOC 37** and I hope all of you have sent in your registration forms. *September 19*, is coming up fast and NEOC being what it is; it is not to be missed. We could use a few more volunteers to take some of the load off of our current group of thoughtful, patient, and hard working volunteers. Whether you ride the century or the metric or just the basic, I can assure you that you will have fun and enjoy the homemade cookies and fruit that will be there for all to enjoy. I have to mention the club picnic which was held in August. Jenifer did a great job of organizing the event and from what I could tell everyone had a really great time and who knew that corn hole would be so popular.

September is also the first month of nominations for club officers. I hope all of you have someone in mind to do the job of running the OSW. I won't be able to run for an office this time around, but the experience of the past year was well worth the time and effort to get things done.

We've had some great riding weather this summer so we should see some smiling, fit people out there having a good old time on any of the club rides listed on the schedule. I'll see you on the road, Paul

MinutesOut-Spokin' Wheelmen, Inc.

Date: 8/11/2010

Program:

Call to Order:

- Motion to accept minutes as published in Fresh Air
Gary Miller motioned to accept the minutes as published, second by Ode Aduma

Introduce any new members or guests:

Marvin Hill of the Ohio State Highway Patrol inviting us to attend a benefit for

OSW Meeting: Sep.8,Wed 7:30p at the Experimental Farm.

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Marley Manning. The ride will be from YSU to Thiel College, fliers are available.

Mike Birmingham with the Relay for Life of Cortland announcing the September 26, event starting at the KSU Trumbull campus, and continuing on the Greenway Trail. Fliers and information available after the meeting.

Announcements:

Paula Kohler reminded all about the Friday Evening dinner, please call Paula with your reservation.

Reports from board:

Vice-President Mike Straub

Mike is still selling shirts and he has a deal for everyone!

Secretary Jenifer Terry

The plans for the picnic continue, everyone is reminded to bring your favorite dish to share, all table settings, meat and drinks will be furnished by the club.

On Sunday August 8th, member Duane Metz was badly injured when he fell off his bike; he is in St. Elizabeth Hospital and recovering nicely.

Treasurer Bill Russell
Trustee Dave Hughes

Dave thanked all the ride leaders and volunteers for their time and effort and all they do for the club.

Reports from committee chairs:

Advocacy Lowell Satre
Bikeways Open
Evening Rides Rosemary Company
Fresh Air Editor Terry Brake
Historian Jerry King
L.A.B. rep Lowell Satre
Membership Judy Dubiel
Mileage John McCormick
NEOC Gary Bradshaw

Plans are being finalized and the fliers are now available

Program Open
Ride Captain Gary Miller
Safety Frank Krygowski

Don't be afraid to ride in traffic! Rumble stripes are slated on 1600 miles of Ohio State highways where the speed limit is above 45 mph. Frank questions the justification of such stripes and has spoken with ODOT officials. He is encouraging

everyone to write to their state officials discouraging this practice. There are form letters available on the Ohio bicycle Federation website if you don't wish to write your own original letter.

Social Nalungo Aduma

The snack calendar is filled for the rest of the season. Don't forget to put **November 13** on the calendar for the Holiday Party to be held at the Holiday Inn in Boardman.

Webmaster Jerry King

Jerry suggested each ride leader should put the start locations with the specific address on the website for those unfamiliar with our rides.

Old Business:

Frank said there is no money available at this time to complete the City of Youngstown bike map although he continues to work on it. The total cost will be \$1100.00 for 100 maps. Frank moved for the club to provide up to \$250.00 for the project, second by Ed Howley. There were 20 ayes and 2 nays, motion carried.

New Business:

Adjourn meeting:

Gary Miller motioned to adjourn, second by Ode Aduma, motion carried.

OSW Treasurer's Report

Beginning Balance: 07/01/10	\$11,885.80
Income: Membership	\$15.00
SICCO T-Shirts	\$15.00
Interest	\$.49
Total Income	\$30.49
Sub-total	\$11,916.29
Expenses: Fresh Air (AUG)	\$62.35
Click2Mail	(\$2.35)
Social	\$14.67
NEOC Mailing	\$300.00
Total Expenses	\$374.67
Ending Balance: 07/31/10	\$11,541.62

Miles

As promised here are the riders that have ridden at least 800 club miles. There are still a few months of good riding weather, so get out there and try to unseat the current leaders. Next month the cut-off will be 1000 miles, the month after that 1200 miles.....Then everybody's mileage will be posted. There is still time to raise your total miles to a respectable number.

- 1. Jerry King 1773
- 2. Dave Hughes 1595
- 3. Nancy Vasel 1455
- 4. Rosemary Campany 1302
- 5. Jenifer Terry 1240
- 6. John McCormick 1230
- 7. Gary Miller 985
- 8. Dave McCuen 938
- 9. Randy Ferguson 936
- 10. Chuck Boyer 925
- 11. Karen Clarke 893

John McCormick

Birthdays

- Brad Keresty 3
- Stacey Hotchkiss 13
- James Klasovsky 15
- Robert Rupeka 15
- Ellen Dieter 24
- Chuck Hillman 24
- Shelley Wonders 26
- Connie Bradshaw 27
- David McKinley 28
- Zachary Kohler 29
- Elizabeth Jones 30

I have ordered **t-shirts for NEOC** and will have long sleeve shirts available for \$15.00, but if you want one you will need to call **-Connie Bradshaw @ 330-482-2891** to make sure one is available the day of the ride in your size. Short sleeve t's are available for \$12.00 but again to reserve your size you should call.

Time to write about Rumble Strips

It's time to write about rumble strips. And I mean it's time for you to write about them, to your state legislators. Otherwise, Ohio's roads will become much more dangerous for cycling.

What's the issue? As we've all noticed, rumble

strips are ground into pavement (for example, at the lane's edge of freeways) to grab the attention of drivers who are drifting off the road. Why the drift? Because they are sleepy, drunk, daydreaming, playing with their cell phones, reading newspapers, or all of the above.

And rumble strips work. These irresponsible motorists are awakened. There's excellent data that clearly shows that run-off-the-road crashes decrease. The motorists live to drive another day - and to text, drink, snooze, read etc. on another day's drive.

The problem is that rumble strips are hazardous for cyclists. The jarring is intense, and can easily cause loss of control or worse. This fact is recognized by not only the League of American Bicyclists (see www.bikeleague.org/resources/reports/pdfs/rumble_strips.pdf) but also by the Federal Highway Administration (FHWA) and by the American Association of State Highway and Transportation Officials (AASHTO). These are the folks that write the design guidebooks for Departments of Transportation, recommending appropriate road designs.

What do FHWA and AASHTO say about rumble strips? That they should not be installed on non-freeway roads unless there is real need, as shown by a record of run-off crashes. That they not be installed unless there is four feet of clear shoulder beyond the rumble strip. That they be designed with smooth breaks, so any cyclists riding to the far right can move into the regular travel lane if the shoulder goes bad, by debris, by potholes, or by just disappearing. (Another reason to claim your right to the road, not the shoulder!)

Here's the problem: ODOT announced that it intends to put rumble strips on 1600 miles of highways, and to eventually have them on all state roads with speed limits over 45 mph with just two-foot shoulders. And forget the FHWA and AASHTO guidelines! An ODOT spokesman said these will be exactly at the edge lines and painted white, so that makes them "rumble stripes" not "rumble strips"; and that therefore ODOT can skip the demonstrated need, the shoulder width, and the smooth escape gaps. ODOT can do whatever it wants. And to be clear, some of the roads that would eventually get this treatment are ones we ride. It includes roads that we use most years on NEOC.

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Not surprisingly, an AASHTO official has disagreed with ODOT. Claiming paint makes a big difference is like saying your Siberian Husky isn't really a dog, because he's white! Rumble "stripes" are certainly a type of rumble strip, and must be bound by the same rules. The hazard to cyclists is obviously there, no matter the paint color.

It's time to write to your state representative and senator. Ask them to make ODOT be reasonable. And it seems unreasonable to endanger one group of legal vehicle operators – that's us! - in order to protect other irresponsible road users.

I won't tell you what to write. It's best if we don't use form letters. But go to the League site above and review the issue. Go to <http://tinyurl.com/22nhzgo> and see where ODOT intends to start - but remember, ODOT spokesman Scott Varner said eventually all roads with speed limits over 45 and 2' shoulders will get this treatment.

You can find your state representative's and senator's addresses by starting at <http://www.legislature.state.oh.us/house.cfm> and <http://www.ohiosenate.gov/> At those pages, put your zip code in the box at the bottom left and click Go for the name of your elected official. After that, a couple clicks should give you his postal and e-mail address.

Check the links, gather your thoughts and write letters or e-mails. That's why we elected these guys.
- Frank Krygowski

Dr. Marty Manning Cancer Benefit Ride

- **YSU to Greenville, PA 35 miles one way bike ride**
- **Saturday September 4, 2010**
- **Start @ 0900 hours**
- **YSU Kilcawley Center**
- **Bike ride participation \$15**
- We are asking riders to have someone drop them off at YSU Kilcawley Center at 0900 and make arrangements to be picked up at Thiel College following the bike ride or the Thiel vs Marietta football game.
- For further info contact Marvin Hill @ 330-646-1400

SEPTEMBER RIDES:

Speeds: Leisurely: 9-11, Low-moderate:11-13, Mid-moderate:12-14, High-moderate:13-15, Brisk:15-18, Fast: 18+ mph

Wed Sep 1 Bogey's Ride - Meet at Bogey's on Upland Ave. (Rt. 616) at 6:00pm. We'll travel about 20 miles over rolling terrain. Low-moderate pace. Refreshment stop afterward. Call John McCormick at 330-755-7105.

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

Thu Sep 2 Greenway Trail Ride Meet at 5:15 for a 90 min. ride up and back on the trail at a speed that will not drop anyone. Leaves promptly at 5:30 so we are back and done by 7pm. Call Terry Brake to leave a message before 4:30: on 330-285-0723. (cell not picking up in my workplace, I'll call back.)

Fri Sep 3 Friday Night Ride - 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 Sep 4 John's Ride - Meet at Bogey's on Upland Ave. (Rt. 616) at 10am. This low-moderately paced ride will feature rolling terrain with a few hills mixed in, just for fun. 25-30 miles, lunch stop included. Call John McCormick at 330-755-7105.

Sun Sep 5 Enon Valley Ride - Meet at 10am at New Middletown Plaza for a 30-35 mile ride to the Enon Valley Inn for some of the best fish in the area. The terrain is rolling with a hill or two, but the low moderate pace will more than make up for it. Call Gary Miller at 330-540-2330.

Tue Sep 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.

Tue Sep 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.

Wed Sep 8 Monthly Meeting Canfield Experimental Farm

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Wed Sep 8 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. 40+ miles (shorter ride due to OSW meeting) at mid to high-moderate pace, with only short breaks. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Call Jerry King at 330-398-2927.

Thu Sep 9 Greenway Trail Ride Meet at 5:15 for a 90 min. ride up and back on the trail at a speed that will not drop anyone. Leaves promptly at 5:30 so we are back and done by 7pm. Call Terry Brake to leave a message before 4:30: on 330-285-0723.

Fri Sep 10 Friday Night Ride - 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 Sep 11 Youngstown-Mocha-Warren Ride - 9 am, Start from downtown Youngstown, East Federal Street, just east of the Square (Wick Avenue, Federal/ Market Streets). Approx. 35 miles of rolling terrain with a few hills. Low Moderate Pace. Lunch Stop. No Ride In RAIN. Helmets Mandatory. Call Ode Aduma 330-743-4250.

Sun Sep 12 Ride To Hubbard - Meet at 10am at Mathews High School in Vienna. This mid-moderately paced 35-40 mile ride may include a possible hill or two. Lunch in Hubbard. Call John Zenobile at 330-509-2580.

Mon Sep 13 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 Sep 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.

Tue Sep 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.

Wed Sep 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. Italian/Mexican/Cheap Bar stop afterward (depending on who shows up). No ride in the rain. Call Gary Miller at 330-540-2330.

Wed Sep 15 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. 50+ miles at mid to high-moderate pace, with only short breaks until just before dusk. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. 330-755-7105.

Call Jerry King at 330-398-2927.

Thu Sep 16 Greenway Trail Ride Meet at 5:15 for a 90 min. ride up and back on the trail at a speed that will not drop anyone. Leaves promptly at 5:30 so we are back and done by 7pm. Call Terry Brake to leave a message before 4:30: on 330-285-0723.

Fri Sep 17 Friday Night Out - Tonight we'll be dining at Barry Dyngle's Pub (1601 S Raccoon Rd.) We'll help ourselves to some of their famous award winning BBQ sauce, and perhaps wash it down with a cold beverage or two. Reservations must be made no later than Thurs, Sept. 16th. Call Paula Kohler at 330-533-6299.

Sat Sep 18 Johnny Appleseed Festival - Ride will leave at 10:00am from the Trailhead just outside of Leetonia. We'll tour the area around town for a short while before heading down the bike path to downtown historic Lisbon, Ohio to experience home-town fun and flavor. There will be music, crafts, amusement rides, a quilt show and sale, and apple treats by the dozens. The event begins with a grand parade on Saturday, a 50's band and an antique car show. Admission is free. Ride will be 25-30 miles long. There may be an extended stay in Lisbon, but we will be close to the bike path and you may return at any time or ride back with the rest of us. Low moderate pace. Bring a lock. Call Gary Miller at 330-540-2330.

Sat Sep 18 Apple Pie Ride Join us for a trail ride at the North Chestnut St, Ravenna Chestnut Hills Park just S. of SR14. Surface is crushed limestone for much of the ride. Stop for coffee and pie at the orchard on the trail in Brady Lk. Continues on to the Hike & Bike Trail. Approximately 35 miles. Call Terry Brake 330-654-9439

Sun. Sept. 19 NEOC - See article in Newsletter

Mon Sep 20 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 Sep 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.

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

Wed Sep 22 Bogey's Ride - Meet at Bogey's on Upland Ave. (Rt. 616) at 6:00pm. We'll travel about 20 miles over rolling terrain. Low-moderate pace. Refreshment stop afterward. Call John McCormick at 330-755-7105.

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Wed Sep 22 Salem Wednesday Ride Meet at 2nd St. public parking lot (Between Lincoln & Ellsworth Aves, across from old AAA bldg.) at 3pm. 50+ miles at mid to high-moderate pace, with only short breaks until just before dusk. Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Call Dave Hughes at 330-692-2468.

Thu Sep 2 Greenway Trail Ride Meet at 5:15 for a 90 min. ride up and back on the trail at a speed that will not drop anyone. Leaves promptly at 5:30 so we are back and done by 7pm. Show-n-Go tonight.

Fri Sep 24 Friday Night Ride - 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 Sep 25 Ethnic Restaurant Ride - One of a series. We'll leave Frankford Bicycle's parking lot in Girard at 11 AM to explore on of our area's ethnic restaurants. Polynesian, Indian, Greek - who knows? Destination will be a surprise. About 25 miles, low-moderate pace, rolling terrain. Call Frank & Peg Krygowski at 330-757-9057.

Sun Sep 26 American Cancer Society Relay For Life - Officially a 35 mile bike ride, this ride will start in the parking lot of Kent State University Trumbull Branch. Registration is from 9 to 11am. It will follow the Greenway Path to Rt. 322 and back again. Water will be provided for free. Food sold by Ride For Life Teams at a nominal fee. Cost of ride is \$10.00. Call Michael Birmingham at 330-282-2035 for further information.

Mon Sep 27 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 Sep 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.

Tue Sep 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.

Wed Sep 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. Italian/Mexican/Cheap Bar stop afterward (depending on who shows up). No ride in the rain. Call Gary Miller at 330-540-2330.

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

Sat Oct 2 Mess-O-Potatoes Ride - Meet at Kent State (Trumbull Branch) at 10am. This mid-moderately paced 40 mile ride will feature flat to rolling terrain. There will be a snack/lunch stop during the ride. Call John Zenobile at 330-509-2580.



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NEOC SEP 19

North East Ohio Century *is cycling at its best! Join 600 enthusiastic cyclists on a personal century challenge through beautiful Amish farmland in one of Ohio's most picturesque areas.*

Routes and support? *NEOC has a route for everyone! Pick a 35 mile, 62 mile "metric century" or 100 mile "century" route. All routes are scenic flat to rolling terrain with a few hills-great for your longest ride or your fastest century. Sag wagons will patrol all the routes for assistance throughout the day.*

Snacks and lunch? *NEOC is famous for its delicious lunches AND homemade cookies at the snack stops. Plenty of fresh fruit, too...you won't go hungry! Snack stops will be at about 25 and 75 miles and lunch at about 50 miles.*

Extras? *No long pesky lines! All pre-registered riders will receive a pre-assembled packet containing maps, and shirt, if ordered. Everything to get you out on the road quickly! A NEOC 37 t-shirt is available for just \$12 until 8/31/10.*

Where? *The ride will start at the Newton Falls Community Center which is located in the park at 52 E. Quarry Street in Newton Falls, Ohio.*

When? *Registration opens at 6:30 a.m. and closes at 8:30 a.m. - no mass start, first riders out at about 7:30 a.m. due to the logistics of the food stops and to allow for adequate daylight.*

Questions? *Contact Gary Bradshaw at (330) 482-2891 or by e-mail at NEOC37OSW@gmail.com*
Helmets are required for NEOC 37!

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