

News From the Road



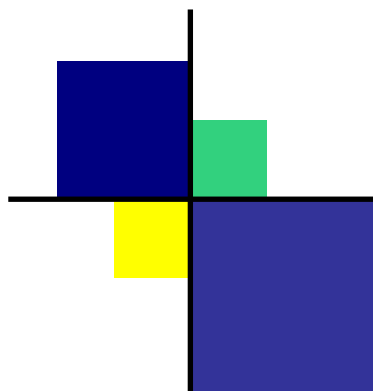
Introducing News from the Road

Cleveland Touring Club is pleased to present you with the first edition of *News from the Road*, a newsletter for members of CTC. The newsletter will be sent out by email at the end of each month during the riding season (*in order to make sure that you receive the newsletter, please make sure to update your email address when you renew your CTC memberships*). The newsletter will also be accessible on the CTC website at www.ClevelandTouringClub.org. The newsletter will contain Club news, information about upcoming rides, rider profiles and many other featured articles.

In this edition, read about the CTC year end meeting, held in January; learn about upcoming CTC rides, as well as others that may be of interest; see product reviews; find out about volunteer opportunities for this year's Sunday in June; and more. Please don't miss the section *I Ride, Therefore I Am...* this month Don Whitney explains why he hits the road. Why do you ride? Tell us! All members are welcome to share their motivational riding stories.



On that note, remember that this is your newsletter and we encourage everyone to contribute information! Send your stories, photos or news to Sarah VanGilder via email at hawkeye-fan4411@sbcglobal.net or vangilder_2@hotmail.com. If anyone is interested in regularly contributing, as well as regularly writing and editing articles, please contact Sarah.



Volume 1, Issue 1

February 2009

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CTC Year End Meeting Update

On January 22, 2009, the CTC year end meeting was held at the Willoughby Hills Community Center. Over sixty members attended, and discussed the 2009 ride schedule, Sunday in June, club finances, donations and more. Highlights of the meeting included:

Ride Schedule

The 2009 ride schedule was completed and approved by the club. Pete Snitzer coordinated the work and his efforts are much appreciated. New additions to the schedule include a Bluegrass Weekend ride, May 29 - 31 in Georgetown, KY. Bill Maurey is organizing this ride, and you can contact him for details at (440) 975-9744, (440) 796-4736 or bmaurey@hotmail.com.

Also, club Photo Day is August 2nd. The ride starts at North Chagrin with a 30 mile loop to Shaker Square. Bring your camera!

Sunday in June

Sunday in June 2008 re-cap: Janet Edwards provided attendees with the details of our most successful Sunday In June ever. Many thanks to event coordinators Bill Maurey and Janet for their tremendous efforts!

Bill and Julie Maurey's leadership over the past four years will be greatly missed. Their enthusiasm, energy and dedication re-energized this most important club event. Many great improvements were made and the ride has become a source of pride for

all. The club is truly indebted to their outstanding efforts. Thank you Bill and Julie.

Sunday In-June 2009: Ray Kirchner and Matt Sobel are the new ride coordinators for 2009. Both Ray and Matt welcome your ideas and participation to continue to make this a successful club event. Volunteers are needed (see article on page 4).

Website

Bruce Oppenheim has taken over as the club's website coordinator. If you have information or suggestions for the website, please contact him at bruce@ohiotravelbag.com.

Club Finances



John Gallovic provided an update of the club finances. John's efforts to safe-keep our funds are greatly appreciated. His efforts here go unnoticed by most club members, but they are crucial to helping the club maintain its social and philanthropic efforts. Many thanks to John for his many years of service in this most important position.

Membership Dues

The club voted to maintain dues at the same level as last year - \$20 for individuals and \$25 for families.

Donations

The club voted to donate to the following organizations:

Geauga Park District Foundation
 Lake Parks Foundation
 Cleveland Metroparks
 Portage Park District
 Geauga County Historical Society - Century Village
 World Bicycle Relief
 League of American Bicyclists
 Ohio City Bicycle Co-Op
 Ohio Bicyclist Federation
 Cleveland Bikes
 Ashtabula County Metroparks

Local bike shop discounts

Spin Bike Shop at 4144 Erie Street in Willoughby offers a 10% club member discount on parts and accessories. Bikes and sale priced items not included. Call or see Don Sak 440-951-7746 if you have any questions.

Blue Sky Bicycles at 565 E.185th Street in Cleveland is offering a 10% club member discount on non-sale items. Some exceptions apply. Call or see Bill Gibson (216) 481-4450 for details.

Both Don and Bill are members of our club, so please support them.

The Western Reserve Greenway Trail

Many of you may be familiar with the Western Reserve Greenway trail, but for those who aren't, it is a north-south pathway from Ashtabula to Warren, and stretches for 43 miles. The trail is mostly rural, and is a great place to ride (as well as walk, run or rollerblade).

As you may expect the trail is mostly flat, so you'll pedal a lot. Since the pathway is primarily in rural areas without many com-

mercial spots, planning prior to riding is essential. Bring plenty of water and some snacks, and find out when and where you can refuel.

For more information about the Western Reserve Greenway, including directions to the various trailheads and parking lots, visit <http://www.ashtabulacountymetroparks.org/trail.htm> or <http://www.metroparks.co.trumbull.oh.us/Parks/WRG.htm>.

<http://www.ashtabulacountymetroparks.org/trail.htm>



Product Review By Mike Schmidt

Spinervals DVD

I recently purchased a couple of items to assist in training that I have found to be a great help. The first is a DVD produced by Spinervals, which I have used twice a week to build power and aerobic capacity. An absolutely brutal workout that is guaranteed to having you crying for mercy! For more information,

visit <http://www.spinervals.com/>.

CycliStats

If you really like to slice and dice your ride data and track your performance, CycliStats is nifty software that can tell you all kinds of stuff. It's got a body fat calculator, grinds out calories burned, heart rate info, average speed, goal setting - just about any kind of report

or statistic you can think of to analyze your riding history is available.

I've been using it for about a month and it's really cool. Check it out! It has a 30-day free trial, \$40 to buy it. Get info at <http://www.cyclistats.com/features.htm>.

CTC Advisory Board by Bruce Oppenheim

In recent years CTC has been blessed with the task of deciding where its proceeds from *Sunday in June* should be donated. The decision process for choosing where these funds should be allocated has been addressed at our annual CTC meetings in January. In the recent past, we have not had a central decision body that can make critical decisions and recommendations for the club. At our meeting this past January, several members voiced

concerns regarding the process for selecting the beneficiaries for contributions from the club. Some felt that we should devote more time and discussion prior to allocation of these funds. Making recommendations on this issue and other issues is the purpose of an advisory board.

Do you feel an advisory board should be formed for this task and other important CTC decisions? Are you are willing to vol-

unteer to be part of this board? If you are already involved or if you wish to get involved, this is your opportunity. Any club member can volunteer for this board and all volunteers would become board members. The formation of this board will then have the blessing of all CTC members to make recommendations and decisions for the club.

Continued on page 8

I Ride, Therefore I Am...

CTC Members Share Why They Ride

Cyclotherapy

by Don Whitney

I ride to obliterate thinking. Squabbles major or minor disappear in an anoxic fog as I crest the climbs. Trouble can't catch me on the bike. Even better, in a group the outside world's issues are kept at bay as we take turns pulling the pace line. We joke, mocking each-others' fitness on the hills. Riding easy on the back on bad days until my legs come

around and realize I really do mean to torture them once more. Arriving home sweaty, dirty and reeking of the road, I shower and fall in to bed to sleep secure in the knowledge that I've left the day's problems behind.

We want to hear why you ride. Is it to relax? Relieve distress? To feel the adrenaline? To socialize? Please send your story explaining why you ride (as well as any photos) to Sarah VanGilder at hawk-eyefan4411@sbcglobal.net. We'll

feature you and your narrative in an upcoming edition of News from the Road.



Sunday in June 2009 by Matt Sobel, SIJ Co-Coordinator

Sunday in June (SIJ) is the premier event on the CTC calendar. Always held the second Sunday in June, SIJ is our greatest interaction with the region's cyclists and our most important fundraising activity. This year SIJ will be on June 14 and the base site again is Century Village in Burton.

The route options, from 25 to 100 miles, appeal to all riders. The strategically placed snack stops have yummy and nutritious goodies (your choice) and the lunch is great! But our string of successful SIJs had the key ingredient of CTC volunteers. **WE NEED YOU!**

The volunteer needs before the event include processing mailed-in registrations, filling envelopes, route scouting, route marking, picking up food for snack stops, and dividing the food between the snack stops. The day before (or very

early on the day of the event) we have to deliver various equipment that will be needed during SIJ. On the day of the event, volunteers guide cars into the parking area, set up registration tables, process walk-in registrations, fill envelopes with materials for walk-in registrants, sell CTC jerseys and other items, drive a SAG wagon (thank you, Fritz), staff portable water spigots, deliver food to and operate the snack stops, clean up the stops, pick up food that was not consumed, and take down the tables that were set up early in the morning. At the end of the day we have to pick up the equipment and, either then or the next day, clean it, and return it to storage.

This seems like a lot, and it is! We need and welcome your volunteer efforts of every kind, but there are two critical needs. First, we badly need a few volunteers with vans or small trucks. Second, although SIJ 2008 had a record-high number of registrants, we need you to pray for kinder weather this year (it reached nearly 110 degrees on the road during SIJ 2008)!

Volunteer for SIJ 2009 by sending your name, email address, phone number, mailing address and preferred volunteer activity for SIJ to either Ray Kirchner at rayl-road@oh.rr.com, or Matt Sobel at matthew.sobel@case.edu. If you were a volunteer at SIJ 2008, please also add a description of what you did. Your help is key to making this a successful event for CTC!



CTC Ride Schedules

Cleveland Touring Club offers rides five days per week, on Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays. Maps are provided on the CTC website for Sunday rides. Tuesday and Wednesday ride leaders provide a limited supply of maps on the day of the rides.

On Saturdays, the group meets and decides where to go, but no maps are provided. Occasionally, tandem rides are scheduled for Saturdays (maps will be provided for the tandem rides). On Wednesdays there are two rides available. Visit www.ClevelandTouringClub.org to view and print the schedule and maps.

Tuesday

Tuesday night rides will start again on *Tuesday, April 7* and continue until the last Tuesday in September. The rides begin at Concord Woods Park in Painesville and leave the parking lot at 6:30 PM. Plan to arrive by 6:15 PM to make sure you are not left behind.

Ride Leader duties are shared throughout the season by Tom Marsh, Dave Weglicki and Craig Connors. Maps are provided and the routes range from 20-45 miles, depending on the time of year. The terrain is hilly to flat with long uninterrupted sections, perfect for working on your group riding techniques.

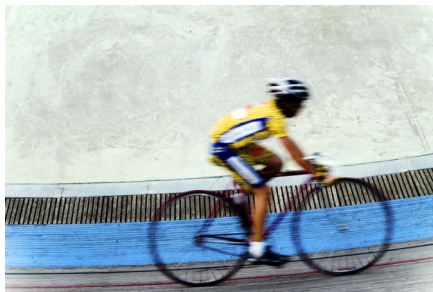
Rider abilities range from C to A, with average speeds of 15 - 20+

mph. Nan Horvath (Ride Leader, Emeritus) will occasionally lead her own group as well at a more leisurely pace. New riders are welcome to join, and - as always - helmets are required. Call 440-269-1199 if you have any questions.

(Directions to Concord Woods Park: Take I-90 to Rt. 44 and go south to Auburn Rd. Turn left and go under the bridge and up the hill to Spear Rd. (flashing light). Turn right. Concord Woods is at the end of the road.)

Wednesday

7:00 p.m. Ride - The Wednesday night 7 p.m. rides begin April 1, 2009. The group meets at the North Chagrin Reservation, and



is recreationally paced with a ride leader. New riders are always welcome. For more information about this ride, call 440-347-9541.

6:30 p.m. Ride - The Wednesday night 6:30 p.m. rides also begin on April 1, 2009. Meeting at the North Chagrin Reservation, this is a faster-paced ride but all riders are welcome. For additional information, call 216-702-2897.

Thursday

Thursday night rides meet at 6:30 p.m. at North Chagrin Reservation. This year's opening day is tentatively scheduled for *Thursday, March 12*. Last year, we had 3-6 riders every week who started early to get a head start on the cycling season. The first few rides in March tend to be "no drop" rides, so it's a great opportunity for riders of each group to meet and ride together. We'll get into the full swing of things with three groups starting April 2.

Contact Mike Schmidt mi-chael_schmidt2us@yahoo.com to be added to the mailing list for maps.

Saturday

Pick-up ride at North Chagrin at 10am starting February 28.

SIJ Training Rides - *Beginning February 28, Saturday training rides for Sunday In June begin at Todd Field in Willoughby. These progressively longer rides are at a moderate to brisk pace, with the goal of completing the century route option in under six hours total elapsed time. Starting time and maps will be announced via the list serve during the week prior. Starting time is early (6:30-9 am) in order to finish before noon.*

Sunday

Pick-up rides at North Chagrin start at 10am beginning March 1. The first mapped rides will begin on April 5.

Movie Nights at Blue Sky Bicycles

On Friday, February 6, 2009, twenty people, including five children, attended the first movie night at Blue Sky Bicycles – a showing of the classic film *Breaking Away*. Host Bill Gibson welcomed the viewers with free pizza, and three of the attendees brought their trainers to experience the movie in motion!



The next movie night will be held on Friday, February 27 and all are invited to attend this fun event. Call 216-481-4450 to RSVP or email Bill at 4130gibson@sbcglobal.net. Blue Sky Bicycles is located at 565 E. 185th Street.

Get Your Bicycle Ready for Riding

Join the City of Mentor Recreation Department and the staff of the Ohio City Bicycle Co-Op for a new course to help you learn the basics of repairing and maintaining your bike.

The four session Bicycle Repair class will be held Thursday, April 23-May 14, 2009 at Mentor Beach Park, 7779 Lakeshore Blvd., Mentor-on-the-Lake, from 6:30-

8:30 p.m. The cost of the course is \$98 for Mentor residents and \$108 for nonresidents.

You'll learn all about bicycle basics, wheels and bearings, brakes and cables, and chains and gears. You'll gain the confidence you need to ride safely, whether you're traveling near or far as a beginner or experienced cyclist. You'll also learn how to keep your

bike in the best shape for the longest period of time.

Class is for adults, but children over age 12 may attend with an adult.

To register, call the Mentor Recreation Department at 440-974-5720, or if you've established your online account, register at www.cityofmentor.com/play

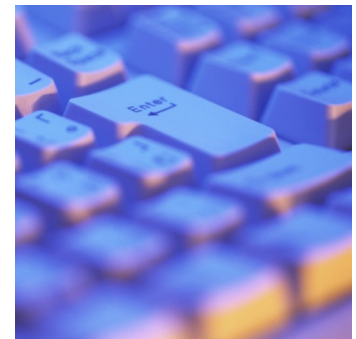
CTC BlogSpot

Did you know that the CTC website now hosts a blog? This is a new way to get information to our members, and a way for you to share your opinions.

Visit the blog at <http://www.clevelandtouringclub.blogspot.com/>

[ot.com/](http://www.clevelandtouringclub.blogspot.com/) to read postings by editor Greg Priddy. You can also access the blog via the CTC website's home page.

Thanks to Greg for his initiative in creating and hosting this new communications vehicle!



Bluegrass Ride Weekend

Bill and Julie Maurey are organizing a new CTC ride this year, called the Bluegrass Ride. It will be held on the weekend of May 29-30 (the weekend after Memorial Day) in the Lexington/Georgetown region of Kentucky.

Enjoy riding through the picturesque rolling hills of the elite horse farms on quiet roads. You'll have several daily ride options, ranging from about 30 to 75 miles.

While you're there, camp at the

historic Kentucky Horse Park campgrounds. There's a large open area where we will set up, and fees for camping are \$23 per night for two tents.

This weekend promises to be a great way to enjoy beautiful scenery and meet other CTC members. Please RSVP to Bill Maurey at BMaurey@hotmail.com by May 21, 2009. For more details, visit the Bluegrass Weekend website at <http://sites.google.com/site/bluegrassweekend/>.



Night Rides on the Towpath

Mark your calendar – Century Cycles kicks off its 14th year of Century Cycles Night Rides on the Towpath on Saturday, April 25, 2009. If you haven't tried it in the past, here's a way to experience the Towpath in a whole new way – by moonlight.



Century Cycles Night Rides on the Towpath Trail are free group bicycle rides at night along the Towpath Trail in the Cuyahoga Valley National Park. Led and supported by Century Cycles staff, each moderately-paced ride is approximately 15-20 miles long and takes about two hours. Rides are open to all skill levels.

The 2009 schedule is as follows:

Saturday, April 25
 Saturday, May 16
 Friday, June
 Saturday, June 27
 Friday, July 10
 Saturday, July 25
 Saturday, August 8
 Friday, August 28
 Saturday, September 19
 Friday, October 9

The night rides begin at 8:00 p.m. Meet at Century Cycles' Peninsula store (1621 Main Street, on Route 303 between Route 8 and I-271, next to the Winking Lizard Tavern). Parking is available at the Lock 29 Trailhead, just north of the store. Helmets and bike lights are required. Children 15 years old and younger must be accompanied by an adult.

For more information about Century Cycles Night Rides on the Towpath Trail, call Century Cycles in Peninsula at 330-657-2209. Online, please visit www.centurycycles.com or e-mail info@centurycycles.com.

Cleveland Touring Club

Cleveland Touring Club
3770 Northwood Rd.
University Heights, OH 44118



Cleveland Touring Club is a group of recreational cyclists who ride mostly in Lake, Geauga, and Cuyahoga counties in the Cleveland, Ohio area.

Our emphasis is on group fun and physical fitness, and our riders include a wide range of ages and riding abilities from the faster riders (all ages), to people in their 20's through 80's.

If you have information to include in upcoming newsletters, please email Sarah VanGilder at hawkeyefan4411@sbcglobal.net or vangilder_2@hotmail.com.

CTC Club Notes

CTC LIST-SERVE. Many members are missing out on announcements from other club members. To receive updates via e-mail from club members regarding schedule changes, weather conditions, road closures, parties, membership, road maps, *Sunday in June*, scheduled rides, etc... simply send an e-mail to ClevelandTouringClub@Hotmail.com with a simple request to be added to the List-Serve. You

will receive an invitation from the list-serve manager within a few days. Beginning July of 2009 this service will be available to paid club members only.

CLUB DUES. Club membership is annual and starts May 1 each year; so no matter when you sign up with the club, your membership runs from May 1 to April 30. You can also renew your membership with the Sunday in June form.

RIDER STATUS. All riders who join CTC on scheduled weekday and weekend rides *must* be Cleveland Touring Club members. The standard club liability waiver must be signed by all participants. Guests are welcome, but regular and occasional riders must join the club to receive maps, to be covered by club insurance, and ride leadership. CTC ride leaders are frequently updated with membership status.

Freeze D Ride by Nanette Horvath

On New Year's day, eight brave souls braved the 22 degree weather to do the Freeze D Ride. The roads were somewhat ice-covered, but four people rode four miles and the other four bravely completed the entire 15 mile route.



Photo, CTC members take on the cold (from left to right): Nan Horvath, Ann Kluznik, Freya Turner, Chuck Radgowski, Craig Connors, Bruce Horvath, and Peter Miguet.

CTC Advisory Board

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If you think a CTC advisory board should be formed and you want to be part of it, please email the club at clevelandtouringclub@hotmail.com