



Volume 1, Issue 4
INSIDE THIS MONTH

Westlake Criterium Standings2

We’re Not In The Top 50..... 3

A New Kind of Bike Box.....3

Tour de Taco, West Park Style4

Bicycle Safety Day5

Cleveland Bike Challenge.....5

Calendar6

Critical Mass.....8

Keep It Moving.....9

First Time at the Velodrome10

Towpath Ground Breaking10

Yehuda Moon.....12



Throwing Down at the Lakewood Criterium

by “Aussie” Rob Thompson

I almost always look forward to racing my bike, and you’d think that as a Lakewood resident, member of Team Spin, and employee of the shop, I’d be all about throwing down at the 2nd annual Lakewood Criterium.

Truth is though, I’m really not all that up for it. I haven’t been riding very well the last couple of weeks, and it seems like everyone else I know is having more fun spectating/tailgating the event than I’m going to have getting my arse kicked in it.

It’s our party though, so I pay my money and pin my number to have a crack at it. I haven’t done a ton of criterium racing so far in my bike racing career, but after getting a taste of how hard it can be earlier in the season, I make a few adjustments to my pre-race (like not eating spaghetti 3 hours prior

to a really hard crit), and get a long warm-up in.

Roll up, call ups, and the whistle; we’re away. The first couple of laps always seem to be a formality to me, and maybe that’s a mistake because sometimes it’s fast from the gun and I find myself in the back. This isn’t too bad though, and the sweep-

ing corners of the course kept the pace high. Steiner leads out the first lap before having a mechanical problem that forces him to the back, and I follow wheels for a while to see what’s what. Not long after I see a Panther rider and an RGF rider off the front

continued on page 2



The peloton goes past the West End Tavern and heads around the corner on Detroit. You can see over 200 more photos online in our photo galleries. Isn’t it time you shared your bicycle photos and stories?

Metro Metal Works: Bike Racks as a Means of Opportunity

by Erika Durham

You may have noticed an abundance of new bike racks popping up throughout downtown Cleveland and many of the surrounding communities. Some cities, such as Lakewood, are operating on their own initiatives to create more safe bike parking for cyclists. Businesses within the city limits of Cleveland, however, have a great opportunity to provide bike parking while benefiting our community as a whole.

This is being done through the Lutheran Metropolitan Ministry and Metro Metal Works, who have paired together on a mission to improve our city for cyclists as well as provide valuable skills for individuals who are residents of homeless shelters. With the goal of “community re-entry,” Metro Metal Works has been training these individuals in metalworking, specifically creating a slew of inverted U-racks, a popular design for bike racks in the city. The racks are safe for one bike on each side, or multiple bikes locked together on each side, and can be installed directly on a sidewalk, due to the small circumference necessary for safe pedestrian travel. The racks are painted black and have the Metro Metal Works sticker on the



Lutheran Metropolitan Ministries installing a bike rack at the Ohio City Firehouse

top, so are easily identifiable among the many other racks installed throughout the city.

Bike racks have been proven to increase traffic for businesses who make the small investment. Cyclists are much more likely to enter a store if they have an easy time locking their bike directly in front of it, and feel that their bike will be safe on that rack. And although it may not seem as if the cycling community is one to focus on due to its small size, it is surely growing, and growing fast. In addition to that, the investment required is a small one, the racks cost \$200, and Luther Metropolitan Ministry will install them for you for \$50 each. The process is quick and easy, and the benefits will only grow from there.

To contact Metro Metal Works through the Lutheran Metropolitan Ministry, visit www.lutheranmetro.org and click on the link for “Housing and Shelter.”



New bike racks installed at the Ohio City Firehouse through Metro Metal Works



**Owned And Operated By Riders
For Riders**

After All, It Takes One To Know One

The *Great Lakes Courier* Advisory Board is a group of cyclists, advocates, and business people who represent a broad range of interests within the cycling community, and decades (and decades) of experience. It is a goal of the *Great Lakes Courier* to gather input from all realms of the cycling community. If your area of interest is not represented, we invite you to get in touch.

Lois Moss – founder of Walk and Roll, former co-owner of Century Cycles.

Diane Lees – owner, Hub Bub Custom Bicycles, radio host of “The Outspoken Cyclist” on WJCU, 88.7 FM

Marty Cader – bicycle and pedestrian planner, City of Cleveland.

Marty Cooperman – lifelong cyclist, former editor of the Cleveland cycling publication *Crank Mail* (1975 to 2008).

Jacob VanSickle – Executive Director, Bike Cleveland.

Join the GLC!

As a product of citizen journalism, *The Great Lakes Courier* is looking for people, ages 3-100, to get involved in the paper and cycling. We are looking for volunteer writers, photographers, designers, and illustrators to help with the production of the paper. It does not matter if you are a professional or amateur, our editorial staff will be glad to help you through the process. Register to our website Member Center where you can submit stories, press releases, letters to the editor, photos.

No need to register to post online calendar items or classified ads.

Upcoming Submission Deadlines

Deadline	Publish Date
July 22	August 4
August 22	September 4

www.greatlakescourier.com
216.712.7070
14900 Detroit Avenue, Suite 205,
Lakewood, OH 44107

Watch for our new smart phone app due out later this month!

Editor - Michael Gill

Asst Editors - Erika Durham, Frances Killea, Betsy Voinovich

Writers - Lindsey Bower, Tracey Bradnan, Renato Periera-Castillo, Kevin Cronin, Erika Durham, Tom Einhouse, Murray Fishel, Michael Gill, Dan Krivenki, Diane B. Lees, Francisco Molina, John Ominski, Chris Riccardi, Jacqueline Sliva, Shelli Snyder, Julia Toke, Jacob VanSickle, Krissie Wells

Photographers - Frank Lanza, Jim O'Bryan, Tatiana Roberts

Sales - 216-712-7070

Design/Layout - AGS Studios, Inc.

Published by - Human Tribe Foundation, Inc.
A non-profit dedicated to making human interaction and knowledge-sharing better and easier for all.

Published monthly with a current circulation of 10,000+ copies. The paper is made available free of charge and can be found at over 330 business locations around the county and on our website. The views and opinions expressed in this publication do not necessarily reflect the views and opinions of the publisher and staff.. Copyright 2012 • The Great Lakes Courier, Inc. All rights reserved. Any reproduction is forbidden without written permission.

The Great Lakes Courier is a Human Tribe Foundation Publication and powered by AGS's

**Ninth Estate
Software**

Throwing Down at the Lakewood Criterium

continued from page 1

and riding, and decide to try and jump across. I make the bridge, but the move didn't work out; I'm pretty sure I got played.

We come back, and the counters follow. I go with what I can, and see Mark Gori (Team Spin) up front trying to get into some trouble. A few guys attack and quickly have the mix of a good break. I yell to Mark to jump as I try to get on terms myself. After the dust settles I count three Panther, two RGF, Batke (Carbon), and one other rider in the break (Kevin Henchel I find out after).

We ride, I'm feeling how I thought I would, and take my lumps as best I can. In the end, though, Seitz (Panther) solos, Panther completes the podium, and I'm fifth. Hard race for me, but a better result than I expected to be honest. Showed the gap I need to close, too.

Capped the event on my mate's lawn post-race with a good beer and better friends. Thanks to Brian and MelissaLimkemann for all their hard work, as well as all the volunteers who donated their time. It was awesome to see the city turn out in support of the event. Lakewood is a pretty good town.



Residents really got into it with parties around the course.



The start of the final race of the day.



The West End Tavern really got into it, giving away Criterium cow bells to everyone!



Westlake Criterium Standings

Results courtesy of Chris Riccardi

As of July 24, the Westlake Criterium was 13 weeks into an 18-week season of Tuesday Night racing. Each week riders from across Northeast Ohio compete for prizes, but also for points toward an overall ranking. Here are the top ten riders as the weekly series enters its last month of racing.

Rank	Points	Rider	Team	Home Town
1	80	Aaron Cruikshank	Carbon Racing	Akron
2	71	Dave Chernosky	Cleveland Clinic/RGF p/b Felt	Cuyahoga Falls
3	53	Rob Thompson	Spin / RR Donnelley	Lakewood
4	48	Shawn Adams	Carbon Racing	Akron
5	45	Robert Martin	Cleveland Clinic/RGF p/b Felt	Sagamore Hills
6	39	Rudy Sroka	Lake Effect Cycling Team	North Royalton
7	35	Brian Batke	Carbon Racing	Novelty
tie	35	Andrew Clarke	Panther p/b Competitive Cyclist	Medina
9	25	Paul Martin	Panther p/b Competitive Cyclist	North Royalton
10	21	Robert Sroka	Lake Effect Cycling Team	North Royalton



Riders rounding the turn on the Westlake course in July.

We Are Not In the Top 50

by Jacob VanSickle

In 2011 Cleveland graced Bicycling Magazine's list of the 50 most bicycle-friendly cities, coming in at #39. Despite progress, including the opening of the Cleveland Bike Rack, the passage of the Complete and Green Streets Ordinance, and the addition of sharrows on a few Cleveland streets the city of Cleveland failed to make the list in 2012. While bicycling across Greater Cleveland continues to grow, in fact the number of people commuting to work by bicycle increased four-fold from 2000 to 2010, there are dozens of cities across the country that are progressing much faster and more innovatively than Cleveland.

The City of Cleveland needs to innovatively prioritize bicycle infrastructure, and get it implemented at a much faster pace to keep up with our peer cities. Other cities are significantly outpacing Cleveland in their efforts to positively transform their respective cities through bicycling and embracing a vision that provides direction towards a future city that is desired, rather than one that furthers the status quo. For example, in Chicago Mayor Emanuel has made a commitment to install 100 miles of protected bike lanes and bike boulevards over the next 4 years. Just imagine what a commitment like that would do to increasing the number of people biking in our fair



Noodlecat on Bike To Work day in July

city (currently the City of Cleveland has 8.5 miles of bike lanes).

With the Complete and Green Streets Ordinance, the City of Cleveland now requires street repaving and reconstruction projects to include bicycle facilities. But, like Chicago, we need to ensure these fa-

cilities are in line with what is being built across the country. Thinking beyond sharrows and reallocating our street space with separated bike lanes and cycle tracks will do wonders in encouraging more people to bike more often. With street infrastructure that is built for well over 1 million people, our streets can

certainly handle less space for cars, and more space for bicycles and pedestrians.

We also need to ensure the adoption, and enforcement, of policies that make our streets safe for all users. The Bicycle Transportation Safety Ordinance that Bike Cleveland worked with the City of Cleveland to adopt on June 4th include some of the most progressive laws in the state to protect cyclists on the road, including a 3-foot passing requirement when cars pass a bicycle on the road. Through public awareness, Bike Cleveland is going to ensure the new laws are known and enforced. We will also be working with neighboring communities to introduce them to the bike-friendly policies, and advocate for adoption.

Over the next few issues of the Great Lakes Courier I will be providing you updates and information about bike facilities and policies that our communities can support that will make our region more bicycle-friendly, and explain how Bike Cleveland, with your support, can make them a reality. On that note, we cannot do it alone. Support Bike Cleveland by becoming a card carrying member today, you can sign-up at BikeCleveland.org/membership. With your support we will make on Bicycling Magazine's list as one of the 50 most bicycle-friendly cities in the nation.

A New Kind of BikeBox: Bike Parking brings Public Art to the Market District

by LAND studio staff

It's not the first time it has been done: bike corrals are popping up in cycling-conscious cities and towns all across America, converting on-street car parking to bike parking. But, this one won't be your average bike-rack-in-the-street, it will bring a bit more to the table.

The BikeBox began as a collaboration of LAND studio, Bike Cleveland, and Rustbelt Welding. Our intent was to encourage recreational and commuter cycling by providing safe, sheltered bike parking to serve Ohio City's bustling market district. Cleveland is ready for this kind of project, the cyclists are ready and waiting—with the construction of Nano Brew Cleveland directly across from Joy Machines, around the corner from the West Side Market, and up the hill from Ohio City Bike Co-op, we have a critical mass of biking magnets. Although still in the planning stages, momentum is building behind Cleveland's first bike corral. We hope to harness the enthusiasm of the neighborhood to pilot this groundbreaking piece of cycling infrastructure, to create a model for neighborhoods throughout the city.

Ultimately, we envision a network of BikeBoxes. The placement of these BikeBoxes in strategic loca-

tions, in coordination with neighborhood CDCs, will ensure that individuals can travel by bike knowing that they can store them close to highly frequented destinations and expect to return to a safe, dry bike in all seasons. This assurance of safety and convenience is crucial to build momentum within the existing cycling community, and to recruiting more conservative or tentative cyclists. The BikeBox will ease the transit of individuals already dependent on non-motorized and public transit, increasing their mobility. It will simultaneously make cycling the convenient choice for individuals who might otherwise choose to drive.

So, enough preaching to the choir. That we need this kind of cycling infrastructure is a given. What makes this project unique is the creativity of the corral itself. This bike corral's got history—made from a used shipping container, retired from service at E. 131st street, it will be revived and re-purposed by the artistry of Ohio City's artisan metal workers, Rustbelt Welding.

Furthermore, placed just off the main drag in Ohio City, the BikeBox will provide a new focal point and gathering space for the neighborhood with infinite programming possibilities. These public art structures can easily extend beyond their function



An artist's rendering of a cargo container converted to sheltered bicycle parking

as bike parking, becoming dynamic and innovative neighborhood spaces. By treating these BikeBoxes as multi-use neighborhood assets, we begin to shift

our urban focus from the silo-ed functions of a car-accessible world to the dynamic mixing of functions possible in cycling and pedestrian spaces.



18514 Detroit Avenue,
Lakewood, OH 44107
phone: 216-521-7684
fax: 216-521-9518

West End Tavern presents:

“Saturday
Bloody Mary Bar”
Create Your Own - 11 a.m.

Serving Breakfast/Lunch
featuring our famous
Gourmet Meatloaf Stack and
Savory Pot Roast
Voted Best Hamburger
On The Northcoast!

“Sunday Brunch”
10 a.m. – 2 p.m.

A 20-Year Lakewood Tradition
Eggs Benedict • Eggs Sardoux •
Stuffed French Toast • Pot Roast Hash
Omelets • Fritatas • and more!
featuring our famous
"Mega Mimosas"



Espresso
Coffee
Tea
Beer
Food

15118 Detroit
in Lakewood.
www.theroot-cafe.com

Our menu is completely vegetarian,
and our ingredients are local and
organic when available.

If you love bikes and riding join us at: www.greatlakescourier.com

Tour de Taco, West Park Style

by Shelli Snyder

There are a lot of Taco Tuesdays out there. Something for everyone really. From your traditional tacos at the long standing CLE Mexican restaurants, to the foodie spins at bars and eateries to the bizarre "why does that German/Irish/Italian place have a Taco Tuesday?" venues.

We pedaled over to one of the city's TT faves (which, btw, falls into the last category above) and as we waited for our food, we started to talk about the array of choices we have around town. Where they were located. What their specials were...blah blah blah...and I said:

"Dude. What if we did a Taco Tuesday crawl on bikes?"

And this is how Tour de Taco: A WesTown Taco Tuesday Hop began.

There is a nice healthy handful of Taco Tuesdays within the West Park neighborhood. Let's take a look at 4 of the most popular:

Luchitas. Hands down, a Cleveland icon! The scoop: Tacos = 99 cents | Variety = cow, fowl & non animal | Drinks = KILLER Margaritas + beer & booze | Happy Hour specials on drinks + botanas (until 6)

Lion on Lorain. Jason has reinvented the culinary biker bar scene! The scoop: Tacos = \$2 | Variety = TBA weekly | Drinks = Huge variety bottles, draft & booze

PJ McIntyre. An Irish pub with a Taco Twist (on Tuesdays). The scoop: Tacos = \$1.50 - \$3 | Variety = beef, chicken and swimmers | Drinks = \$2 Corona, Dos Equis, Margaritas.

Si Senior. New to Taco Tuesday (summer only), rooted in great Mexican food tradition! The Scoop: Tacos = \$1 | BOGO Half off reg or Texana margaritas | Burrito special | Full bar.

SO...after figuring out which ones we could/should hit within a given timeline (aka: after work, til the places close), the event was born! <http://goo.gl/Jr6VQ> (yes, that would be a link to said event. Go on...type that in yer browser as you read this.)

First things first...warn the restaurants. While it is awfully fun to just wander around with a group of pals to various joints in the name of tortillas filled with stuff, it's a good idea to let said joints know you might be arriving with 6 or 60 of your closest pals. Ya never know what happens when you release the word on Facebook, right?

Luchitas, was none too happy to welcome us as the first stop! Known for some of the tastiest mole and guac in town (La Cabra is the bomb), their margarita is what shines quite often in reviews. Fresh made, refreshing...and strong. And you can bet a lot were being made that night. And enjoyed! Whenever you stop in, be sure to give some love to Eduardo & Jess...they are fab folks who work hard to make sure you dig the grub and drink.

As I spoke with Jason, the mastermind behind the Lion on Lorain, I asked him what he thought of the idea overall and if he would be down for creating some special bike themed tacos for us on July 17th. Not only was he down for it, but he embraced it! And thus, the Hipster, the Roadie and the Co-op tacos were born! I mean, really? Ground Beef, fried salami, shredded provolone, romaine lettuce, drizzled with virgin olive oil and Cajun mayo? Hello? This was so good that he sold out that night and featured it the following Tuesday in his next line up. Show some happiness and give JW a shout-out next time yer in. That man is one of CLE's best kept foodie secrets!

Si Senior was a natural choice for our final stop. Hello, patio on a hot summer's night! Hello, BOGO half off huge margaritas on a hot summer's night! Hello fantabulous salsa to dip my endless pile of chips in on a hot summer's night! And

hello huge tacos! Rafael and his crew had quite the crowd to contend with, but they handled us with ease (and good food!) and didn't mind that we closed the place out. Give a grand gracias to Raf when you return...he and his team deserve it!

So...where was I? Oh..ok. So yah...slapped the idea out there to the Facebook land, and lo

and behold...July 17th was here before ya knew it. A few of us started pedaling from University Circle to meet up with the road brew crew. (don't ask, just roll with it)...After merging pedal parties, we all arrived at Luchitas to find many bikes already strapped outside. A great sight! Once inside, we were split around the two rooms and enjoying



How many heads was this sombrero spotted on?



On the way...OLE! (photo cred: Thomas Mulloy/WCDC)



Culinary genius at the Lion: Jason Wagner (right) and his sidekick (photo cred: Thomas Mulloy/WCDC)

our yums and bevies. More folks poured in, more yums and bevies were had. And 7pm came before we knew it.

Time to head to the Lion! (Note: somewhere along the way, a rather large sombrero appeared.)

The Lion already had some of the bike crew present, and more joined in after we were all happily downing beers and comparing notes on the taco selection. I had received a text from an early diner who raved over the Hipster, so of course that was the first one I tried. OMG. Love. I had the Co-op as well...which was pretty darned tasty too. Saving room for a sample of our next stop (and to be honest, I had a bit too much La Cabra at the stop before), I didn't get to try the Roadie...but I heard it got the thumbs up too.

The place was packed! And the sombrero seemed to be workin' the room. But at 8:30...we had to depart...we had one more stop to make!

Lots of two-wheelers were pedaled down Lorain, and we found some of the crew already settled out on the patio. Guess we better get in and order! Buy one get one half off huge margaritas seemed to be the norm...and their chips & salsa were never ending and yumtastic! Speaking of yumtastic? Their tacos are huge! A lot of us were already quite full, but man, we had to down a couple of those for sure! And they were quite tasty. And? Served with a smile. Even with our musical sombrero act. Of course we closed the place out.

All in all, the Tour de Taco was a success, if I do say so myself. And others say so too! A couple of after event reviews:

"I would just like to make sure that it is pointed out how phenomenal a job all three venues did while dealing with our rather large group descending upon them, and say that I would recommend any of these establishments for a great meal and great times!" - Ben S, Captain Taco

"The Hipster Taco at Lion was the best thing hands down." - Ben O, Recumbent King

"It was my first taco ride, and I had a blast. I may forgo Tuesday volleyball for Tuesday tacos from now on. The staff at all 3 places were super friendly and extremely accommodating. I think Si Senior won for me in terms of best Margarita Presentation- those big thick giant glasses were way fun. The Hipster taco at Lion was amazeballs. Luchitas had some awesome guac & chips (I stole some from Jerry)." - Christina Z, Bike Safety WonderGirl

So, without further delay (because I tend to babble), I would like to announce the Tour de Taco awards! What would a Tour de Taco be without the awards?

Best Margarita: LUCHITAS.

I mean, really: even a non margarita lovin peep would suck a few of these puppies down! They are fabulous! You really should try one...or three.

Best Chips & Salsa: SI SENOR.

What is it that they do to those chips that no one else seems to do? And the salsa...simple, traditional, flavorful! You don't mess with perfection.

Best Taco: (drum roll please....) LION ON LORAIN!

I mean, did you have to guess? The Hipster? Keep an eye out on their FB site for their Tuesday creations folks...it only gets better!

Congrats and Muchas Gracias to ALL of the participating taco joints for their service and fantastic food and drinks! I am sure this won't be the last time you will see many of us taco lovin pedal peeps!

Bikes + Beer + TACOS = a Fabulous way to spend a Tuesday evening in CLE :)

Car Free Friday

by Jacob VanSickle

In celebration of Cleveland's first ever Car Free Friday over 75 cyclists stopped by the Cleveland Bike Rack for a locally made breakfast, thanks to vendors from the Downtown Farmers Market. Car Free Friday was sponsored by Bike Cleveland, the Cleveland Bike Rack, Ohio City Bicycle Co-op, and the Downtown Farmers Market and vendors.



Cyclists outside the Bike Rack socializing at the Car Free Friday Bike to Breakfast put on by the Downtown Farmers Market, Bike Cleveland, the Ohio City Bicycle Co-op, and the Cleveland Bike Rack.



Jenita McGowan and Matthew Gray socializing at the Bike to Work Breakfast outside the Bike Rack on Car Free Friday.



Jim Sheehan giving Bike Cleveland member Julia Schnell a locally made and cooked breakfast sandwich, right off the frying pan of John McGovern.

Bicycle Safety Day will be August 11 at the Cuyahoga Community College Western Campus

by Jack Marshall

Would your child like to learn bicycle safety skills while having fun with friends and family? If the answer is yes, then head to the Western Campus of Cuyahoga Community College (Tri-C®) on Saturday, Aug. 11, for the College's annual Bicycle Safety Day. This year, the Tri-C Bicycle Safety Day, for children aged five through 13, will be at the Western Campus only. In future years, the event will rotate among the Metropolitan, Eastern and Western campuses.

"This is a great program that's open to the general public," said Lt. Al Moreland, West campus director of safety. "The kids have a blast while we help young residents learn how to stay safe while riding their bikes. These young people learn what their parents already know, that being a responsible rider is the biggest part about riding a bicycle."

The safety-oriented event will be held from 9 a.m. to 1 p.m. A free hotdog lunch will be available and bicycle helmets will be offered at no cost while quantities last. Children can participate in an obstacle course and learn proper steering, braking and maneuverability skills. In addition, instructors will teach proper helmet fitting techniques. Participants will be entertained by magicians, face-painting, pony rides and airbrush tattoos.

"Bicycle safety rodeos like this go a long way to teach safety and save lives," said Lt. Moreland. "We want to do everything we can to prevent children in Greater Cleveland from being an injury statistic before they head back to school. Bicycling is meant to be safe and fun."

For more information, contact the Campus Police and Security Services department at 216-987-5326.

Cleveland Bike Challenge Not Over Yet

by Jacob VanSickle

Five hundred seventy-five Greater Clevelanders have stepped up to the Cleveland Bike Challenge, logging over 188,000 miles in just three months, that is the equivalent of biking around the world 7.5 times. But the Challenge is not over yet. Our goal is to log 250,000 miles by August 31st—an additional 62,000 miles in what will (by the time you read this) be less than 31 days. Can Greater Cleveland cyclists log at least 2,000 miles

a day for the next month? Sign up and make your miles count. Visit BikeCleveland.org/challenge for more information.

The Cleveland Bike Challenge is part of the National Bike Challenge that puts Cleveland against teams, workplaces, and cities across the country. Sign up and help Greater Cleveland represent. The challenge is sponsored locally by Affordable Uniforms, Squire Sanders, The Cleveland Bike Rack, NOACA, and Bike Cleveland.



Wednesday, August 1

Beginners Bike Aboard
Take your bike on the Cuyahoga Valley Scenic Railroad from Brecksville Station to Peninsula Station, and bike back 6.75 miles along the Towpath trail. Train leaves at 1 p.m. Go to 13512 Station Road in Brecksville. Call 330.532.8687.

Thursday, August 2

Rusty Saddle Bike Ride
First Thursday of every month, a ride through the city beginning at 7 p.m. At Blazing Saddle Cycles (7427 Detroit Ave.) and ending at Now That’s Class (11213 Detroit Ave., Cleveland, Oh. Organized by Blazing Saddle Cycles, blazingsaddlecycle.com. Call 216.218.1811.

Saturday, August 4

MS Pedal To The Point
Two day ride to Sandusky and back Saturday and Sunday, starting at Brunswick High School. In Person registration Friday August 3 costs \$80. Fundraising minimum: \$250. Go to Bikeoha.nationalmssociety.org.

Mad Anthony River Rally
Ride the flat country roads of rural Ohio south of Toledo. Routes include half-metric and metric centuries, plus 80-mile and full century. Short routes include bike trails. Lunch is included for metric century and longer rides. Organized by Toledo Area Bicyclists. Contact Debbie Tassie at 734.856.3893. Register online at toledoareabicyclists.org.

Rib Tickler Ride
Bring the kids. Heck, bring the entire family for this pleasant, thirty-mile ride through flat and gently rolling Madison and Clark counties. There’s a refreshment stop. Start and finish in London, and when you get back you’ll find the London Rib and Jazz Fest in high gear. Organized by the Friends of Madison County Parks and Trails. Contact: p.o. Box 308, London, Ohio 43140. Call 614.205.6754 or go to fmcpt.com.

Pedal With Pete
Ride options for every age and cycling ability distinguish this ride benefitting cerebral palsy research. Ride lengths from 7 to 100 miles through flat and rolling terrain near Columbus. At the end of the fully supported tour there’s food, entertainment, prizes, and more. Organized by the Pedal With Pete Foundation. Contact Cathy Levy, Columbus Event Chair at p.o. Box 1233, Worthington, OH 43085. Call 614.527-0202 or go to pedal-with-pete.org.

Ride the Darby
This is the 26th Ride the Darby tour, with routes of 30 to 100 miles along the Big Darby River. It’s a budget tour organized by Columbus Outdoor Pursuits. Contact C.O.P., 1525 Bethel Rd., Suite, 100, Columbus OH 43220. Call 614. 284.4087 or go to outdoor-pursuits.org.

Square Fair Ride
Low cost, smooth roads, rest stops, refreshments, and mostly flat terrain distinguish this ride in Western Ohio. Rides of 26 to 125 miles, followed by food and entertainment on Lima town square. Organized by Team Roadrunners. Contact Kent Fultz at 412 Brower Rd., Lima, OH 45801. Call 419.516.0131 or go to team-roadrunners.org for more information.

Rally Point River Ride
On the same day and in almost the same place as the Square Fair ride, is the Rally Point River Ride, a fund raising tour to benefit the Rally Point Youth Center. Routes of 20 to 100 miles over flat terrain. Extras include food, music, rest stops, and a massage to help you recover. Organized by the Rally Point Youth Center. Contact Jared Diller, p.o. Box 1502, Lima, OH 45802. Call 419.229.4444 or call go to Rallyup.org.

Ohio Power Series #5
Chestnut Ridge XC in the Columbus area. Races for kids to cat. 1,2,3. Contact Kevin Daum; 3426 E. Smith Rd., Medina, OH 44256. Call 330.461.9331 or go to 33Tracing.com.

Sunday, August 5

Sunday Mass

CALENDAR

If you’re looking for good company, join any of the rides and events below. If you have an upcoming event not listed here, you can add it to the Great Lakes Courier calendar by going to greatlakescourier.com. It’s free!

Stop by <http://greatlakescourier.com> and add your riding event or rider friendly event in our FREE calendar. If it has to do with biking and/or riding we would love to help you get your information out to our readers. Or follow the QR code to add your event today! Great Lakes Courier Smart Phone app due out later this month!



Leisurely ride through Cleveland neighborhoods leaves Lakewood Park every Sunday at 11 a.m. and typically includes a stop for coffee or brunch. Distances are typically under 15 miles. Contact Erika Durham, Facebook Bike Lakewood.

Roast Your Buns
Roast your buns on this free tour with routes of 28 to 70 miles in the flat terrain of Lorain County around Oberlin. Organized by the Lorain Wheelmen, p.o. Box 102, Amherst, OH 44001. Go to Lorainwheelmen.org.

Friday, August 10

Massilon Night Rides on the Towpath
Monthly night rides along the Ohio and Erie Canal Towpath trail. Fifteen miles of flat terrain. Free. Start and finish at the Lake Avenue trailhead in Massilon. Headlight, taillight, helmet required. After-ride munchies are available at a cafe. Sponsored by Emie’s Bicycle Shop. Contact Emie Lehman, 135 Lake Ave. NW

The Turn



by Paul Marasco

Talcum clouds pulse halting

Summer's friendly push

Dinner waiting

Tuesday, August 7

Westlake Criterium Series
Now in its 17th season, this weekly series offers criterium racing on a completely flat, 2-mile course each Tuesday through August 28. Non-sanctioned racing; no license or affiliation required. Registration: 5:45-6:15 p.m. Followed by staging and instructions B and A categories begin at 6:27 and 6:30 p.m. Cash prizes. Races stage in the parking lot at 1097 Bassett Road, Westlake. For more information visit the Westlake Training Race Series page on Facebook, or e-mail jriccardi@sbcglobal.net.

Wednesday, August 8

From Paul's Bio - In my work life I am a research scientist who connects prosthetic limbs to peoples brains so that the feel like a part of their body. However, my first certificate of mastery was as bike mechanic. I commute year round on my fixed gear putting in between 150 to 200 miles per week. I ride with my friends early on Sunday mornings and I race cyclocross during the fall. Over the past few years I have come to realize how much riding means to me. Bikes are magical.

Blue Streak Time Trial
Wright Patterson Air Force Base. Organized by the Ohio Bicycle Federation. Contact Chuck Smith; PO Box 69; Vandalia, OH 45377. Call 937.890.6689 or email chuck@ohiobike.org

Eddy and Iggy's Bike Night
Fairview Cycle sponsors this weekly get-together with a little incentive: for every one of Eddy and Iggy's micro brew beers you buy, you get a chance to win a new bike. Additional attractions include a spectacular menu and Karaoke hosted by Cleveland musical theater fave Kevin Joseph Kelly. It's at 6 p.m. every Wednesday, all summer long, at Eddy & Iggy's, 17900 Detroit Ave., Lakewood, Ohio 44107. For info, call 216.228.1212

Massillon, OH 44647. Phone 330.832.5111 or go to ernie@erniesbikeshop.com

Peninsula Night Rides on the Towpath
See the Cuyahoga Valley National Park in the dark on this family friendly ride starting at Century Cycles in Peninsula Park at the Lock 29 Trailhead. Rides are 122 to 15 miles. Bring your bicycle, helmet, and headlight. Free. Cuyahoga Valley National Park. Helmet and bike lights required. Century Cycles; 1621 Main Street; Peninsula OH. (330) 657-2209 or go to centurycycles.com.

Saturday, August 11

One Heartbeat Charity Ride
Choose either the 15- or 25-mile routes on the Maple Highlands trail or a flat and rolling route. Both end with refreshments, and both benefit the Chardon High School Scholarship Fund. Contact Anita Silvestro at 216.410.7226 or go to oneheartbeatride.com.

Cookie Classic

It's not a race, but they'll shave three minutes off your ride time each time you eat a cookie at one of the stops that line the route. The fundraiser for Heartbeat of Fremont has flat routes of 7 and 16 miles. Organized by Heartbeat of Fremont, 1209 Oak Harbor Rd.; Fremont, OH 43420. Call 419.334.9079. or e-mail LBEdris@aol.com.

Roscoe Ramble Ride
Ride the rolling hills of Central Ohio Amish Country on this tour from Canal Fulton to Kidron. Full service, two-day tour covering 55 and 75 miles per day. Overnight stay near Roscoe Village either by camping or in a hotel. Organized by the Akron Bicycle Club. Contact Jim and Judy Birt, 759 Yorkshire Ct.; Copley, OH 44321. Call 330.665.2013 or go to akronbike.org.

Crankset Rides Superhero Ride

Dress in superhero costumes, which may involve spandex, for this ride starting at the Greenhouse Tavern rooftop, and ending at Rivergate Tavern. FSJ donation benefits bike racks in Cleveland. Prizes awarded for Best Hero and Heroine, Best Male & Female Villain, and Best Original costume. Information at facebook.com/events/495985403749301/

Sunday, August 12

Sunday Mass
Leisurely ride through Cleveland neighborhoods leaves Lakewood Park every Sunday at 11 a.m. and typically includes a stop for coffee or brunch. Distances are typically under 15 miles. Contact Erika Durham, Facebook Bike Lakewood.

Feet on Fleet
Streets in the Broadway/Slavic Village neighborhood of Cleveland are closed to cars for your riding, skateboarding, and walking pleasure from noon to 5 p.m. For information, go to facebook.com/events/250918231660275/.

Brooklyn BikeCentennial
Bicycle Scavenger Hunt celebrates the Brooklyn Centre neighborhood's bicentennial from noon to 2 p.m. Starting at Sal's Restaurant, 3850 Pearl Road.

Smith Dairy Milk Race
Traditional, USA Cycling-sanctioned road race. Courses of 20 to 50 miles for categories 2,3,4,5, Masters, and women. More than \$2100 in prizes. Organized by the Orrville Cycling Club. Contact Rich Corfman, 425 E. Paradise St., Orrville, OH 44667. Call 330.683.4393 or go to orrvillecycling.com.

Northeast Ohio Crankfest
Ohio Mountain Bike Championship race No. 6 takes place in Ravenna. For information, go to OMBC.net.

Tuesday, August 14

Westlake Criterium Series
Now in its 17th season, this weekly series offers criterium racing on a completely flat, 2-mile course each Tuesday through August 28. Non-sanctioned racing; no license or affiliation required. Registration: 5:45-6:15 p.m. Followed by staging and instructions B and A categories begin at 6:27 and 6:30 p.m. Cash prizes. Races stage in the parking lot at 1097 Bassett Road, Westlake. For more information visit the Westlake Training Race Series page on Facebook, or e-mail jriccardi@sbcglobal.net.

ing Race Series page on Facebook, or e-mail jcriccardi@sbcglobal.net.

Wednesday, August 15

Eddy and Iggy’s Bike Night

Fairview Cycle sponsors this weekly get-together with a little incentive: for every one of Eddy and Iggy’s micro brew beers you buy, you get a chance to win a new bike. Additional attractions include a spectacular menu and Karaoke hosted by Cleveland musical theater fave Kevin Joseph Kelly. It’s at 6 p.m. every Wednesday, all summer long, at Eddy & Iggy’s, 17900 Detroit Ave., Lakewood, Ohio 44107. For info, call 216.228.1212

Saturday, August 18

Shauck Therapy

Challenging hills mark this tour with routes of 52 and 62 miles. There’s an on-call sag wagon, road marks, and maps that tell you where to find food or drinks. Scenery includes the Mohican State Park and Malabar Farm Park. Limit of 125 riders. Organized by Shauck Area Cyclist. Contact Keith B. Elliott, 8011 Road 55, Lexington, OH 44904. Call 419.362.7715 or e-mail tandemrider@centurylink.net.

Best Worst Bicycle Ride

Start with a pancake breakfast and finish with a Bratwurst Festival on this full service tour. There’s also ice cream, showers, and a massage at the end. Organized by the Bucyrus Tourism and Visitors’ Bureau. Contact Donna Bauer, P.O. Box 1023, Bucyrus, OH 44820. Call 419.562.0720 or go to bucyrus.org.

Heartstone Tour de Loveland

This fundraiser supports the HeartStone Foundation, which provides financial support to people facing medical emergencies. Route choices are flat to very hilly, from 7 to 73 miles. Organized by the Heartstone Foundation. Contact Patty Baker, 5024 Rollman Estates Dr., Cincinnati, OH 45236. Call 513.290.0141 or go to Heartstonetour.org.

Ohio Power Series No. 6

The Reagan Park Single Track Time Trial trail system has hosted a unique off-road time trial 8 years running that puts competitors through the most intense 40 minutes of their racing careers. This is Stage #7 and the final time trail of the Ohio Power Series. Cat. 1, 2, 3. Organized by 331 Racing. Contact Kevin Daum, 3426 E. Smith Rd., Medina, OH 44256. Call 330.461.9331 or go to 331racing.com.

Sunday, August 19

Sunday Mass



**RISING
STAR**

COFFEE ROASTERS

1455 W. 29 CLEVELAND, OH 44113

216.273.3573 | kim@risingstarcoffee.com

Leisurely ride through Cleveland neighborhoods leaves Lakewood Park every Sunday at 11 a.m. and typically includes a stop for coffee or brunch. Distances are typically under 15 miles. Contact Erika Durham, Facebook Bike Lakewood.

Flatlander Tour

The landscape around Fremont Ohio offers flat, quiet farm country roads. You can ride any or all of the four 25-mile loops, for quarter- to full-century tours. A 12-mile family route covers the Northcoast Inland Bike Trail. Showers and swimming are available at the rec center after the ride. Organized by the Flatlanders Bike Club Contact Marc Acocks. P.O. Box 134, Fremont, OH 43420. Call 419.334.9965 or go to flatlanders.info.

Tri-County Triangle Trail Cookie Tour

Routes of 14 to 75 miles all start on the Tri-County Bike Trail and leave the trail according to the distance of the ride you choose. Mostly flat, but longer rides include some small hills. Organized by Tri-County Triangle Trail, Inc. Contact Delbert J. Doles, 586 Laurel St.; Chillicothe, OH 45601. Call 740.775.9322 or go to tricountytriangletrail.org.

Colavita-Zipp Speed Weaponry Time Trial Series Race #7

ABR time trial racing for all categories starts at Lakeshore Park, at the corner of State Route 127 and Lakeshore Drive, Celina, Ohio. Organized by Rocketship Sports Management, Inc. Contact Roger Bowersock, 1097 Buckeye Dr., Greenville, OH 45331. Call 937.417.5772 or go to ColavitaZipptt.com.

Eastern Ohio Time Trial Series #4

ABR sanctioned racing on a 12.4-mile rolling course starting in Deerfield Ohio. . Categories: M/F, Age Groups. Proceeds benefit Portage County Park District. Contact Brian & Kelly Baird, 4586 W. Prospect St., Mantua, OH 44255. Call 330.274.2605 or go to Easternohiotimetrial.com.

Tuesday, August 21

Westlake Criterium Series

Now in its 17th season, this weekly series offers criterium racing on a completely flat, 2-mile course each Tuesday through August 28. Non-sanctioned racing; no license or affiliation required. Registration: 5:45-6:15 p.m. Followed by staging and instructions B and A categories begin at 6:27 and 6:30 p.m. Cash prizes. Races stage in the parking lot at 1097 Bassett Road, Westlake. For more information visit the Westlake Training Race Series page on Facebook, or e-mail jcriccardi@sbcglobal.net.

Wednesday, August 22

Eddy and Iggy’s Bike Night

Fairview Cycle sponsors this weekly get-together with a little incentive: for every one of Eddy and Iggy’s micro brew beers you buy, you get a chance to win a new bike. Additional attractions include a spectacular menu and Karaoke hosted by Cleveland musical theater fave Kevin Joseph Kelly. It’s at 6 p.m. every Wednesday, all summer long, at Eddy & Iggy’s, 17900 Detroit Ave., Lakewood, Ohio 44107. For info, call 216.228.1212

Saturday, August 25

Peninsula Night Rides on the Towpath

See the Cuyahoga Valley National Park in the dark on this family friendly ride starting at Century Cycles in Peninsula Park at the Lock 29 Trailhead. Rides are 122 to 15 miles. Bring your bicycle, helmet, and headlight. Free. Cuyahoga Valley National Park. Helmet and bike lights required. Century Cycles; 1621 Main Street; Peninsula OH. (330) 657-2209 or go to centurycycles.com.

Venture the Valley

Proceeds of this tour benefit the National MS Society. Full service tour, with meals, a pool, family activities, a tent village, commemorative clothes, and more. Saturday and Sunday. Routes of 25 to 75 miles. Organized by the National MS Society Ohio Valley Chapter. Contact Steve Niemann, 4440 Lake Forest Dr. Ste. 120, Cincinnati, OH 45242. Call 513.769.4400 or go to bikems.org.

Sunday, August 26

Sunday Mass

FreeWheelin' Wednesday Bike Rides

by Joy Henderson

Each Wednesday in August and September, the Heights Bicycle Coalition presents leisurely rides of 5 to 15 miles, visiting sights around the Heights. Rides begin at 6:30 p.m., departing from the Coventry Peace Park, at the corner of Coventry and Euclid Heights boulevards. Helmets are required.

Ride Schedule

August 1 — Shaker Lakes — Ride on paths and bike lanes, visit playgrounds, waterfalls and the Shaker Lakes Nature Center. Ride Leader: Sarah O’Keefe

August 8 — TBD

August 15 — TBD

August 22 — Wade Oval Wednesdays in University Circle, Latin, Salsa, Rumba, Flamenco, and Merengue music with Son Gitano. Ride Leader: Deidre McPherson

August 29 — Forest Hills Park and the historic Rockefeller homes and history. Ride Leader: Joy Henderson

September 5 — TBD

September 12 — The Coburn Bike Coop @ John Carroll University. Tour the Coop and find out what JCU students are doing to promote cycling and honor Miles Coburn. Ride Leader: Chris Sheil and Coburn Coop members

Leisurely ride through Cleveland neighborhoods leaves Lakewood Park every Sunday at 11 a.m. and typically includes a stop for coffee or brunch. Distances are typically under 15 miles. Contact Erika Durham, Facebook Bike Lakewood.

Wright Wride

Routes from 25 to 100 flat to rolling miles, starting at Twin Towers Park, 501 W. Yellow Springs-Fairfield Road, in Fairborn, Ohio. A full service tour, with organizers promising home-made baked goods, and an old school cookout at the end. Organized by the Dayton Cycling Club. Call Wright Wride director Bud Bell at 937.474.1240, or go to daytoncyclingclub.org.

Tuesday, August 28

Westlake Criterium Series

Now in its 17th season, this weekly series offers criterium racing on a completely flat, 2-mile course each Tuesday through August 28. Non-sanctioned racing; no license or affiliation required. Registration: 5:45-6:15 p.m. Followed by staging and instructions B and A categories begin at 6:27 and 6:30 p.m. Cash prizes. Races stage in the parking lot at 1097 Bassett Road, Westlake. For more information visit the Westlake Training Race Series page on Facebook, or e-mail jcriccardi@sbcglobal.net.



bikesintheheights.org

September 19 — TBD

September 26 — TBD

A Project of the Heights Bicycle Coalition. Go to bikesintheheights.org for updates to the ride schedule, or to register to receive e-mail updates.

Wednesday, August 15

Eddy and Iggy’s Bike Night

Fairview Cycle sponsors this weekly get-together with a little incentive: for every one of Eddy and Iggy’s micro brew beers you buy, you get a chance to win a new bike. Additional attractions include a spectacular menu and Karaoke hosted by Cleveland musical theater fave Kevin Joseph Kelly. It’s at 6 p.m. every Wednesday, all summer long, at Eddy & Iggy’s, 17900 Detroit Ave., Lakewood, Ohio 44107. For info, call 216.228.1212

Friday, August 31
Cleveland Critical Mass

Join hundreds of cyclists for this leisurely, leaderless social ride through Cleveland neighborhoods. The last Friday of each month the ride gathers at Public Square for departure at 7 p.m. Contact: Cleveland Critical Mass on Facebook.





22230 Lorain Road
Fairview Park • Ohio 44126
440-734-2266
http://fairviewcycle.com

Authorized Dealer
Schwinn, GT, Jamis, Sun, and I-Zip Dealer
Full service dept.
Huge accessory selection.
Specializing in electric bike sales and service



visit us @ facebook

Family owned and operated since 1950

Critical Mass Report: July 2012

Last Friday of Every Month. Ride With Hundreds

by Casandra Vasu

The afternoon of July's Cleveland Critical Mass ride, my 10th time on the ride so far, started off sunny and cool, a welcome respite from the heat and humidity we had been having lately. Josef and Jerry and Sam and I left about two hours before the ride to slurp some noodles and enjoy \$3 gyozas (a special price for cyclists that night) at Noodlecat.

Around 6:00 pm, the skies turned dark and ominous. Josef and I were glued to the radar on his smartphone, wondering if the line of dark red and purple thunderstorms on the screen was going to affect the ride and for how long. Not fifteen minutes later, the wind and rain started. Even so, we saw scores of cyclists pass by Noodlecat. They pedaled hard down Euclid Avenue, two or three at a time, sometimes five or six, more and more bikers, soaked to the skin, but not caring at all. Rainy weather doesn't stop Cleveland's cyclists!

When we got to Public Square at 6:55 pm, the place was teeming with cyclists, 250 or more by the looks of it. A little after 7:00 pm, and with a clamor of whistles and bells, screams and shouts, we were off!

We wound around through the streets of downtown, headed east on Carnegie and meandered

south through the Central and Kinsman neighborhoods. It rained a little more right after we left, but we didn't care. We were riding!

People on the streets, people in cars, people on their front porches, all shouted and waved to us, as we shouted and waved and rang our bells back. "Happy Friday!" "Happy Friday!" We motioned to some of the children on bikes to come and join us. One neighborhood boy even rode to the front of the mass on Garden Valley Parkway and was our leader for a minute or two, but unfortunately we had to veto his decision for us to follow him into a development parking lot.

The receptiveness from the neighborhood continued, as we biked through a maze of streets in Slavic Village. People waved and hollered; one man was so excited, he tried to stand on his head for us as we passed by. We rode across Fleet, up E. 49th and then back and forth across smaller streets, zig-zagging across Broadway to our final destination: the newly-constructed Cleveland Velodrome.

Although we didn't break our goal of 500+ cyclists for July's Critical Mass, we still had a lot of fun and got to experience some welcoming neighborhoods that many of us don't normally bike through. Let's get everyone we know to make August's ride the biggest one yet!



Rounding the curve onto Carnegie.



Touring East side neighborhoods..



Winding our way through Slavic Village.



After the deluge, the gathering at Public Square.



Fast Track Cycling board member Gary Burkholder greets the crowd at the Cleveland Velodrome.

Keep it Movin': Triumphs & Tribulations of the Lady Cyclist

by Krissie Wells

I am a lady cyclist. When you see me riding, there is no doubt that I am a lady. I don't often bicycle in spandex or other gear that makes me appear even a bit androgynous. Indeed, quite the opposite is true. I wear dresses almost every day, ballet flats or lovely vintage Ferragamo heels, and I often ride a mixte decked out with shellacked cork grips and a pink basket containing my purse.

I am a (mostly) confident cyclist and I ride at a reasonable pace (maybe 12mph on the mixte). I make eye contact with drivers whenever possible and have learned to assert myself in traffic. My boyfriend might disagree, but I feel like my riding style is similar to his.

So why am I threatened, harassed, and in general, given a hard time almost every time I ride my bike while he goes months without a single comment from drivers?

I think it's because I'm a woman.

Some might roll their eyes at such an idea, and I admit, I used to think perhaps I was acting like a paranoid ultra-feminist.

And then I read a very poignant article in Bitch Magazine written by Elly Blue, author of the blog Taking the Lane (www.takingthelane.com). Elly is a biking pro. She loves bicycles so much that she has dedicated her life to writing about them via her thoughtful blog, several zines (worth reading!), and a book that is debuting in December. She serves on all kinds of boards and contributes to furthering bicycling all over the nation. There is no doubt she knows what she is doing on a bicycle. Yet, in this article, she writes about being harassed or lectured by motorists when she rides. On the other hand, when she rides with a male, people tend to leave them alone.

My experience contradicts a concept popularized in the bicycle blogosphere referred to as the "Mary Poppins effect." This term is used to explain the politeness shown to women who bicycle in dresses, skirts, or other feminine clothes and ride upright—often Dutch-style—bikes. Women who espouse this theory believe that they are shown more respect because they are more humanized than lycra-clad roadies, or that drivers are less likely to want to harm or be rude to women who seem more elegant (à la Mary Poppins!).

Perhaps the story is different in Cleveland. Every so often, I take my mixte out for a ride in bicycling shorts and a tee-shirt. In addition to that, for the past couple weeks, I've been riding a diamond-frame bicycle and dressing less feminine because it doesn't feel safe to me to wear fancy dresses and nice shoes on a bike that moves so quickly. Although I've had less time to compare, I always feel a lot more respected when I'm in more stereotypical cycling clothing. People seem to give me more space on the road, no one has yet to yell at me to get on the sidewalk, and cars don't honk at me for taking the lane when I find it necessary.

The tribulations of the lady cyclist are connected to the fact that our society holds such an antiquated and inaccurate idea of who does and should be able to ride their bikes on the road. It's just plain true that the majority of this country views bicycling as a children's activity or a recreational sport for spandex lovers. The image of a woman wearing a dress is pretty much the most drastic departure yet from this concept.

And this is why it's so important that women ride! David Byrne, in his book, *The Bicycle Diaries*, chimes in quite eloquently on this subject. As



2 Wheels & Heels Ladies' Ride, photo courtesy of Crank-Set Rides

he sees it, "When more women begin riding, that will signal a big change in attitude, which will prompt further changes in the direction of safety and elegance. I can ride till my legs are sore and it won't make riding any cooler, but when attrac-

tive women are seen sitting upright going about their city business on bikes day and night, crowds will surely follow."

Bicycling has to appeal to women in order for it to become the movement we want it to be.

More Than A Pothole

by Jane Blackie

There were two things holding me back from buying my now four-year old Giant FCR — one, it had pedal clips and two, it was pink.

As a fifty-something year-old who was buying her first "real" bike, these were important issues. The nice guy at Century Cycles was philosophical, "Just accept that you're going to fall over at least once...but you'll get the hang of it." I thought that was good advice and I really liked the bike, so I bought it.

As for its being pink, I've embraced it — the Pink Giant and I have had many great adventures. And as he predicted, I fell over. In the driveway. Standing still.

So, it was my first spring ride on a beautiful, cool morning when the Pink Giant and I set out very early to get in some miles. I was feeling all the feelings that, for me, make bike riding so great — euphoria, strength, and something close to infallibility. I was thinking my deepest thoughts, another perk to cycling, sketching out my strategy for world peace, pinpointing exactly what makes my husband such a gem, and finally realizing what color I needed to make our living room décor sing.

All in all, just another great day on a bike.

On some level I was aware of the red SUV coming up behind me, but certainly wasn't prepared as the horn blared and a raucous young lad screamed, "Get off the road, lady!!!" The other passengers, all young men, thought that was hilarious and their thumping music and wild laughter shattered the early-morning calm.

Anyone who has ridden, I'm sure, has experienced something similar, where a driver decides that your presence on the road is so oppressive to him—even though it's seven in the morning and there's absolutely no one else on the road — that he must vent by scaring the offending cyclist half out of her wits. Mission accomplished. I was shaken and, of course, angry.

My yin and my yang flapped wildly about. I spent the next several minutes cursing these rascallions while also wondering why they were out so early, finally concluding that they probably hadn't yet gone to bed.



Jane and the pink Giant

So, distracted by all the negative energy coursing through my veins, only at the last moment did I realize that the car stopped at the red light in front of me was none other than the offending young men. Just as I braked, I caught the eye of the driver in the rear view mirror. I gave a crooked smile, the subtext being, "You're very young, but I'm older and wiser and so forgive you this time and just hope you realize how immature and, possibly dangerous, you've been" which I'm pretty sure he misinterpreted as my saying, "I look like a jerk in this helmet."

But while trying to be the bigger person, I realized, too late, that I hadn't taken my left shoe out of the clip and was tipping in that direction.

And then I went over. Like a dead tree, cut off at its base. Think.

Women will only hit the streets en masse once they are safe for cyclists of all stripes (women, children, the elderly, everyone!) Experienced cyclists need to make each other feel comfortable on the roads. If you have a friend who is hesitant to venture off the towpath, invite them to Cleveland Critical Mass or a Two Wheels and Heels Ladies Ride. The great part about the bike community in Cleveland is so many people are so dang nice! I don't think there is a more welcoming group of people in the city.

Male cyclists must accept that it isn't out of the question that women are treated differently when they ride. There's nothing worse than being told it's about your confidence, or it's all in your head. Differences in treatment based on one's gender exist in cycling just as they do in the real world. We should all be cognizant of that and do whatever we can to move our culture forward.

Women of the world: don't be afraid to assert yourselves on the road! Take the lane. Look at people square in the eyes. Show them you mean business. And if all else fails, go home and blog about it because not even the SUV that just almost hit you outside of Momochi is going to get you down! Ride on, sistas!

From my horizontal position on the pavement, I could see the driver in the side mirror. It was touching; he almost looked scared. The front passenger, the one who had yelled to begin with said, "Is she okay?" They all got very quiet.

I asked myself the same thing, thankfully noting that all the fat around my hip had finally proven itself worthwhile. I waved a hand, "I'm okay" and then began the mortifying process of extricating myself from such a ridiculous position.

As I stood up, the light changed, and the band of merry pranksters burned rubber on its way through the intersection, their coyote hilarity ringing in my ears.

My ego and my hip were sore for a few days, but, I got back in the saddle and the Pink Giant and I rode again.

Feels Like The First Time at the Cleveland Velodrome

by Michael Gill

"Like a roller coaster that you drive yourself." That's what I told people it was like, riding the Cleveland Velodrome for the first time on a beautiful Sunday morning in late July.

And then I added a couple of things: "like a rollercoaster that you have to balance, and where you provide the power to keep it running."

Explaining what it's like to ride a velodrome and what the track is all about have certainly been a challenge for Brett Davis and the Fast Tracy Cycling board as they brought the vision into reality. Thanks to the scarcity of tracks in the US, almost no one has any direct experience with them even as a spectator, let alone as a rider.

The track isn't quite open to the public, but the challenge of cluing folks in as to what's going on at Broadway and Pershing has been partly solved in recent weeks, now that it's rideable. Indeed, while I was there, Canadian track specialist Chris Singleton—son of 1982 track cycling world champion

Gordon Singleton—was getting a workout on the track in Slavic Village.

So now, instead of reaching for metaphors or explaining the races and their techniques, Davis can just show people who want to see and learn. And lately that's what he and a few others have been up to—teaching individual riders how to get up on the banked turns safely in sessions he describes as "Track 101." Davis says as of late July he's taught the intro to track to about 35 cyclists.

To ride the track, you need to either bring an appropriate bike or borrow one from the Fast Track Cycling stable. An appropriate bike has a fixed gear, no brakes, and appropriate bottom bracket clearance so that pedals don't catch the track surface on the banks.

Davis talks new riders through a gradual process, first having them ride around the blue "apron," which is the transition between ground level and the banked track. There he asks them to practice accelerating and decelerating on the straightaways,

partly to get used to the fixed gear, and partly to be sure they have the capacity to do those things. A rider needs to get up to about 18 miles per hour on the first straightaway in order to remain upright around the steep banks. It's also important to be able to slow the bike in short order, for getting off the track safely.

After a few trips around the apron, it's time to trust physics, and venture up the track. It's easy to grasp the idea that your inertia keeps you up in the turns. It's another thing to trust that idea as you pedal toward what looks very much like a wall. Davis says most people ride faster than they have to when they're learning to ride the banked track, because they're afraid that if they don't go fast enough, they'll crash. As it happens, the requisite 18 miles per hour is an easily attainable speed for most experienced cyclists.

I could feel the inertia pushing me against the banks of the turns as I rolled around, white knuckling the bars. Once around that first turn, though,

confidence begins to slowly creep in. It's hard not to look at the track right in front of you, just to make sure that your tires maintain contact on the banks. But after half a dozen times around, it's easy and much more fun, interesting, and safe to look at where you'll be a few seconds later, 50 meters farther around.

Besides inertia and steeply banked turns, riding the Cleveland Velodrome has another thing in common with roller coasters. As soon as you get off, you'll probably want to do it again.

Davis says Thursday night racing will begin at the track in the next month. Details about other events are still taking shape. The accessible observation deck has yet to be built, and that's got to happen before they can get an occupancy permit from the city and officially open the place to the public.

Contact Davis through Clevelandvelodrome.org to offer your support, whether it be volunteer carpentry skills, materials, finances, or an interest in helping with ongoing programs.

Towpath Trail Groundbreaking

by Michael Gill

This time next summer, says Ohio Canal Corridor director Tim Donovan, you'll be able to ride your bike along a new section of Towpath Trail, beginning directly across the river from Tower City. The new stretch is funded. A contract has been awarded to Independence Excavating. Donovan says work will begin within the next 30 days.

The project includes not only the 2/3 mile trail itself, but the naturalization of the riverbank from the North end of the Scranton Peninsula south to the Innerbelt, where the section of trail will also end. A failing steel bulkhead will be cut down to ground level, and the landscape will be graded back to form a natural river bank. It will be planted with aquatic plants along the edge, and as the grade climbs, it will have the feel of a meadow. The trail will be at the crest of the grade, between the river and Scranton Road.

The nonprofit Ohio Canal Corridor purchased the land along the river to get the park and trail built, but it will ultimately be handed over to the Cleveland Metroparks, for ongoing operation and maintenance.

Tom Yablonsky, executive director of the Historic Warehouse District and Historic Gateway Neighborhood groups who has long worked with Donovan on the Towpath Trail, says the stretch of land will be a destination park in its own right—a waterfront meadow, in full view of Tower City and the rest of the downtown skyline.

The "Bring Your Own Shovel" groundbreaking attracted a full complement of Northeast Ohio politicians, including former congressman Ralph Regula, Cleveland Mayor Frank Jackson, County Executive Ed FitzGerald, Senator Sherrod Brown, Congressman Dennis Kucinich, Cleveland councilman Joe Cimperman, state representative Nickie Antonio, and County Council president C. Ellen Connolly.

Regula talked about the importance of the corridor for children to be able to see and experience the history and wildlife "that make Ohio a wonderful place to live."

Jackson emphasized that it's not the politicians, who come and go with elections, but the civil servants and other advocates "who work at something every day to make something like this happen."

Several elected officials praised bipartisanship in general and Ralph Regula in particular for getting the project done. FitzGerald perhaps jokingly encouraged him to run for office again. "I've got a whole list of people you could run against," he said.



Clockwise from the top of the page: Everyone was invited to bring your own shovel and help turn the dirt and break some ground, so a good crowd showed up. Congressman Ralph Regula talks about how this is a dream come true, while Senator Sherrod Brown listens. Congressman Regula is considered the godfather of the Towpath Project. Officials line up to speak. Councilman Anthony Branicelli and Bike Cleveland Director Jacob Van Sickle listen. Both of these guys are drivers in the Bike Cleveland project, and the idea that biking is good for a community and its future.

Bicycling Destination of the Month: All Go Signs rocks Tremont's Arts in August

by Michael Gill

Perhaps you're familiar with All Go Signs, creators of DIY, multi-disciplinary art extravaganzas in a warehouse on the West Side. For those who haven't been in the loop, All Go Signs mastermind Chuck Karnak has built a brand by enabling other people—by giving them space to perform and exhibit work, offering production support, and making it all run smoothly. If you haven't been in the All Go Signs loop, perhaps you've seen Karnak's work on the production end of the Ingenuity fest, running lights and a sound system, building stages, even once floating a platform for dance performance in a massive pool of water at the east end of the subway level of the Detroit Superior Bridge.

Late this month All Go Signs takes over Tremont's Lincoln Park for one night in the Arts in August series. The series, sponsored by Tremont West Development Corporation and programmed most weeks by Cleveland Public Theater, brings free artistic performance to the urban park.

It's our bicycling destination of the month for a couple of reasons: First, this is a place you'll want to be, no matter what mode of transport you choose. Second, getting there on a bike will make it easier. That's because parking your car in Tremont can already be a challenge, and a big event at the park will only add to it. You won't drive around and around looking for precious curb space. Finally—and we hope you'll share this perspective—a bicycle is by far the most stylish way to arrive at a performance in the park.

Most of the performing groups on other August weekends are of a fine art bent, with dance companies filling most of the slots, and a bit of theater and opera thrown in. For the final night, though, Karnak

promises to rock the house. "This will be a total reset button for Lincoln Park," he said.

For one thing, he plans to bring All Go Signs' characteristic multimedia experience, with movement, a strong video component, and a plan to illuminate the trees. But all that theatricality will only add depth to a hard rocking lineup of bands including Ohio Sky, Paucity, poetic republic, and a headliner whose name can't yet be spoken.

So mark your calendar and join the Great Lakes Courier at this Bicycling Destination of the Month.

Arts in August

Cleveland Public Theatre's STEP

Fri., August 3rd, 7pm

Cleveland Shakespeare Festival

Sat., August 4th (Henry VIII), 7pm
& Sun., August 5th, (As You Like It), 7pm

Antaeus Dance & MorrisonDance

Fri., August 10th, 8:30pm

Verb Ballets

Sat., August 11th, 8:30pm

GroundWorks DanceTheater

Sun., August 12th, 7pm

Opera Per Tutti

Sat., August 18th, 6:30pm

ALLGOSIGNS

Saturday, August 25th, 5-11pm

Metroparks Bike Outings

Cleveland Metroparks invites everyone to enjoy some beautiful scenery by bike.

Enjoy a bike outing in August led by experienced staff members or volunteers. The four bike outings in August include:

Biking the Back Roads: Hinckley Hills and Hollers

Saturday, August 11 - 9:30 a.m. - 3 p.m.
Hinckley Lake Spillway - Hinckley Reservation

Starting at the Hinckley Lake Spillway parking lot, ride through the countryside learning fascinating stories of those who came before us. A hike to Worden's Ledges is included. This ride is challenging, but the beauty of the landscape is well worth it! Registration is required. Hinckley Lake Spillway Picnic Area is located off West Drive in Hinckley Reservation, off Bellus Road in Hinckley Township. For registration and more information, call 440-786-8530.

Bike the Canal
Wednesday, August 15 - 5:30 - 8:30 p.m.

CanalWay Center - Ohio & Erie Canal Reservation
Join Cultural Historian Doug Kusak and Naturalist Jill Hauger for a bicycle adventure from CanalWay Center to the Cuyahoga Valley National Park's Canal Center. There will be stops along the way to discuss the history of the canal and the wildlife that calls it home. Registration, beginning August 1, is required. CanalWay Center is located on Whittlesey Way, off the East 49th Street entrance of Ohio & Erie Canal Reservation, between Grant Avenue and Canal Road in Cuyahoga Heights. For registration and more information, call 216-206-1000.

Tour de Necklace Ride: Garfield Park/ Washington Reservations

Sunday, August 19 - 9:30 a.m. - 3 p.m.
Garfield Park Nature Center - Garfield Park Reservation

This ride starts at Garfield Park Nature Center and takes riders to beautiful Mill Creek Falls, on Morgana Run Trail, to Washington Reservation and back again. Registration is required. Garfield Park Nature Center is located off Mill Creek Lane, off the Broadway Avenue entrance of Garfield Park Reservation in Garfield Heights. For registration and more information, call 440-786-8530.

Bike to Bacci from Bacci

Sunday, August 26 - 10 a.m. - 1 p.m.
Cuyahoga Heights Bacci Park - Ohio & Erie Canal Reservation

Doug Kusak leads a moderately-paced bike ride from Bacci Park, through Ohio & Erie Canal Reservation, up to and through the Morgana Run Trail, over to Mill Creek Falls, and back to Bacci. This ride is for ages 12 and over. Children under 18 must be accompanied by an adult. Registration, beginning August 1, and a \$5 fee is required. Cuyahoga Heights Bacci Park is located off Canal Road, adjacent to Ohio & Erie Canal Reservation, between E.71 Street and Warner Road in Cuyahoga Heights. For registration and more information, call 216-206-1000.

Keeping Up with Cisco

by Erika Durham

July 24, 2012. Francisco Molina sets out on his epic journey across the country on his Bianchi Volpe.

9:30AM: Renato and I head over to Cisco's house to say goodbye. We help him carry his bike out of the house. It weighs a lot. Like, a LOT. Cisco seems pretty relaxed, although that might be from the gourd of Yerba Mate he is sipping on. It's a good thing he's got a whole bag to take with him on the trip.

10:00AM: We've hugged Cisco and left, and are talking about how heavy that bike is. It's mostly food, so he'll eat his way through it, but it's going to be a rough beginning.

11:00PM: Cisco calls to say goodnight, he's camping and has ridden about 60 miles.

July 25th, 2012. I get a message from Cisco with more details from day 1. He fell in Bay Village, shortly after leaving, and broke the seat off his bike. A nice lady drove him to a bike shop where they gave him a free seat. Cisco is already learning one of the best lessons of touring: people really can be relied on, and are often willing to go out of their way to help you.

Cisco gets to Bowling Green tonight.

July 26th/27th, 2012. Cisco decides to stay in Bowling Green for an extra night. He is staying with some friends of a friend, who are taking him to a BBQ, where he will eat "fried gator". These touring cyclists will eat anything.

An epic storm is on the way. It's a good thing he's choosing to take this night/day off and will have a solid shelter through the evening.

July 29th, 2012. Talk to Cisco briefly. He is in Indiana, very close to the border of Illinois and is checking into a camp ground. I am lame and fall asleep before he gets a chance to call me back.

July 30th, 2012. Haven't talked to Cisco at length for a few days. He's in Illinois now, approaching a city called Odell, which is about 75 miles southwest of Chicago. When we finally connect on the phone, Cisco is climbing a hill and the connection keeps dropping. We'll talk more tonight.

This is day eight. He sounds great over the phone. Pictures will be on the way soon, once he finds a library to visit and can upload.

Keep thinking of our traveling friend, send him the good vibes! More to come as he continues his journey.



Great Lakes Courier Editor, Erika Durham tries out her new tall bike, which was built by Erika! Read all about it in an upcoming issue!



eddy's bike shop

stow willoughby hills ohio montrose north olmsted

Keeping Northeast Ohio's Cyclists Rolling Since 1940

www.eddys.com

Yehuda Moon and the Kickstand Cyclery

The Great Lakes Courier is pleased to reprint some of our favorite Yehuda Moon strips . . . which happen to be the ones with references to Cleveland and Northeast Ohio, selected by creator / illustrator Rick Smith and writer Brian Griggs. For daily updates, become a member at Yehudamoon.com! Visit the Kickstand at Yehudamoon.com.

YEHUDA MOON

& The Kickstand Cyclery

BY RICK SMITH AND BRIAN GRIGGS

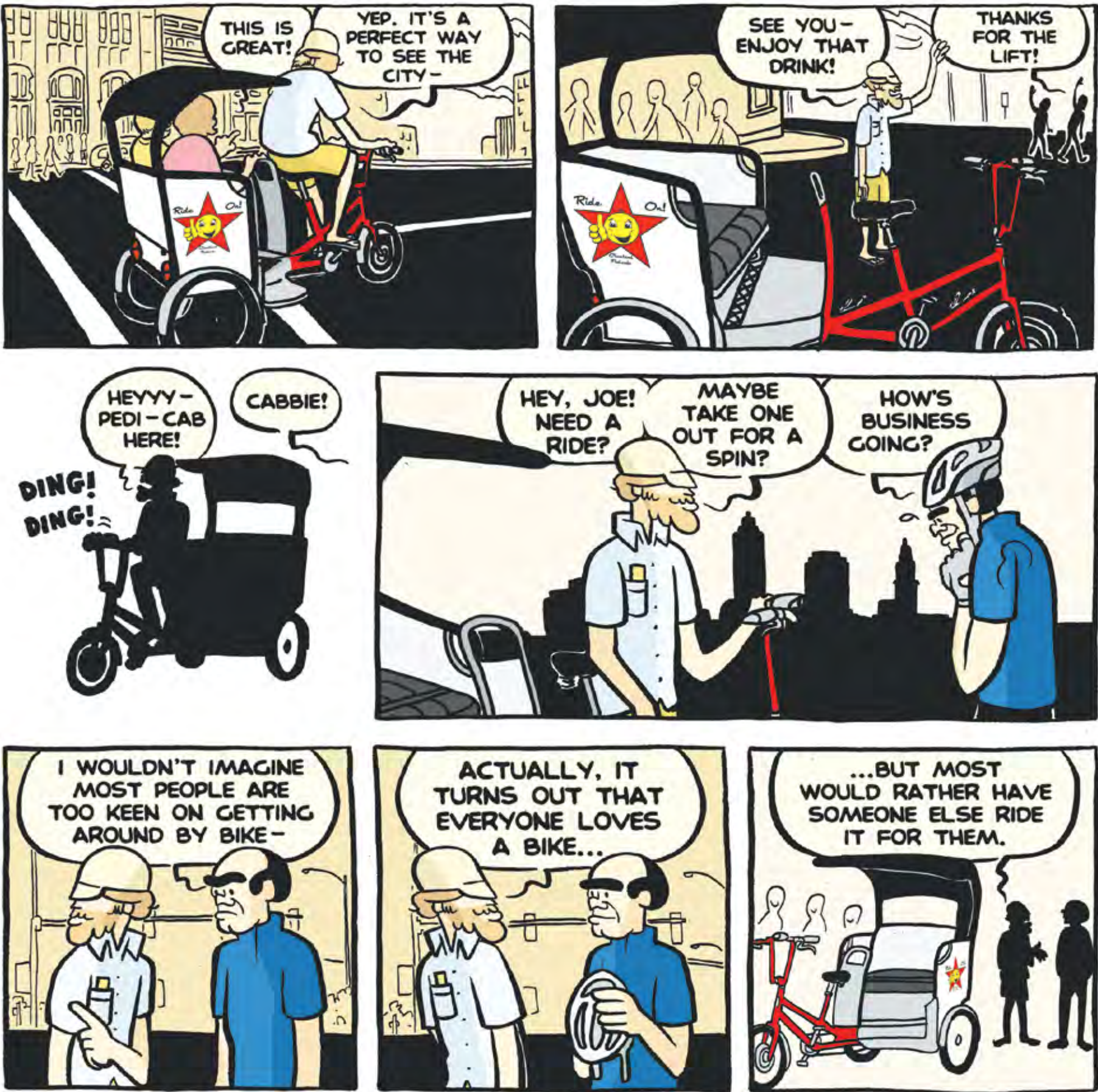


BICYCLE TIP:

PLASTIC BAGS COME IN HANDY WHEN YOU GET CAUGHT IN A DOWNPOUR. USE THEM TO PROTECT YOUR FEET OR SADDLE.

"NOT SO HANDSOME CAB"

OR "YEHUDA MOON...LIGHTING"



DAILY ONLINE AT YEHUDAMOON.COM

© RICK SMITH / YEHUDAMOON.COM | COMICS BY BRIAN GRIGGS