

Fresh Air



OutSpokin' Wheelmen

Prez Sez

August 2017

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Youngstown Ohio 44501

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Editor's Note: If your Fresh Air did not get to you,
please check your address/status with our Membership
Chair Jan McWilliams

(janicmcw@att.net), to be sure it is current.

Every month a new list of addresses is sent to the
editor to send out that issue.

Summer -- a time to relax and enjoy good
weather. I hope that everyone had the
opportunity to relax and celebrate the 4th of
July with family and friends.

I haven't done much riding this year, but hope
to pick up the pace soon. I've been spending
some time watching the "Tour De France",
which is made up of 21 stages and will cover
3,540 miles this year. Of interest to me, are
the different jerseys that are awarded to the
riders for their accomplishments in different
categories.

The yellow jersey is worn by the overall time
leader. It is the most prized jersey and was
first given in 1919. The green Jersey is
awarded for the highest number of sprint
points. The polka dot jersey is awarded to the
winner of the King of the Hill. The white jersey
is similar to the yellow jersey, but only open for
young riders, who are less than 25 years old
on January 1 of the year the tour is ridden.

In French, they are known as the maillot
jaune, the maillot vert, the maillot a pois
rouges, and the maillot blanc.

Speaking of jersey's, another one that is worn
by many local riders is the newer edition of the
OSW jersey with its Ohio map and sunburst
pattern. Our jersey, with its traditional
sunburst, would probably be known as the
"maillot de soleil". Let's wear them with pride
as we traverse the trails and roads.

Don't forget that August 12th is the club picnic
at Stitt Pavilion. Please contact Nalungo
Aduma at nladuma@att.net or phone her at
330-743-4250 by August 5th to make your
reservations.

Enjoy the ride!

Mary

Secretary's Notes

OSW Meeting, June 14th, 2017

Mary called the meeting to order and called for a motion to approve the minutes of the May 11th meeting. Rose Mary made the motion and it was seconded by Barb. All were in favor to accept the minutes as written.

EXECUTIVE BOARD

President - Mary Merritt

VP- Neil Betts - no report

Treasurer - Lyn Baker reported that the opening balance was 14,993.00. Lyn is going to get a better breakdown on the checks that come in online under Active, whether they are NEOC, SICCO, or membership. See full financial report for more details.

Secretary - Lori Swan - no report

Trustee - Ed Howley - no report

Committee Reports

Advocacy - no nominations for Chair (committee serves to promote safe bicycling)

Bikeways - Neil talked about the great turnout of the WOW ride.

Fresh Air - Bill Adams - no report

Historian - Lark Dickstein reported that she is working on issues 1 and 2 from the May newsletter.

Membership- Jan McWilliams - no report

Mileage - Rick Huggins - Rick reported last year at this time we had 66 active members, this year we have 83. Last year at this time there was a total of 20,014 miles reported, this year we have 34,738. Keep up the great rides. Thank you Rick for all the years of taking on this job.

NEOC- John Nagy, was absent from the meeting. Mary reported that Trailside will be giving a 100 gift card this year for NEOC. He has contacted Boardman Subaru to see if they would donate 100.00 cash prize. If they don't, he would like to have the club donate the 100.00.

Program- Steve Duchene - no report

Ride Captain- Rick Huggins - Rick has talked to several members about taking over this position.

Safety - Frank Krygowski - Frank pointed out that it's not just the lights, flags, clothing that promote biking safety, its also how you behave on your bike.

SICCO- Dave Hughes- no report

Social - Nalungo- Reported that the club picnic will be at the Stitt pavilion on Aug 12th. Ed proposed that the club pickup the cost for the food the picnic. Steve made the motion and it was seconded by Lowell. Linda made the suggestion that reservations be made for the picnic, so they would know how much food to order.

Nalungo and her committee will meet and discuss the options for catering the picnic.

Website - Bill Adams - no report

Old Business

Barb reported that Brunos is available in November for our banquet. There is no cost for the room, audio visual equipment is available if we need it for presentations. Brunos has a variety of options for meals and also offers full bar service. Cake can be ordered or we can bring our own. Mary will decide on a date and advise the membership.

Dave Hughes and his committee have not met yet on the discussion of mileage reporting. He felt they should have an answer for the July meeting

New Business

John Nagy has proposed that we spend 500.00 for more yard signs. He still has window clings and a few posters available. He thought if we ordered them online we could get a lower price than dealing with a local company. Frank suggested that we support the local businesses. Dave reported that we had purchased 36 signs for 300, in the first order. The decision was made that John needs to look into the options more before a final decision could be made. Neil, Dave and Bill Adams are going to look into options for changing the clubs website to become more user friendly and informative.

Secretary's Notes

OSW Meeting, July 12th, 2017

Mary welcomed everyone and called the meeting to order. Corrections to June minutes were that Trailside is going to donate a 100.00 gift card for NEOC and the picnic rsvp information was absent from the minutes. Ed made a motion to accept the minutes and it was seconded by Gina.

EXECUTIVE BOARD

President – Mary Merritt

VP – Neil Betts, absent

Treasurer – Lyn Baker – absent - Mary reported the beginning balance of the club treasury was 14,212.33. The ending balance was 14,200.55. See full financial report for more details.

Secretary – Lori Swan – no report

Trustee- Ed Howley – no report

Committee Reports

Advocacy – Vacancy

Bikeways – Neil Betts – no report - absent

Fresh Air – Bill Adams – no report – absent

Historian – Lark Dickstein – Lark is contacting Pat Thomas for the September meeting program.

Membership – Jan McWilliams – no report – absent

August 2017

Mileage – Rick Huggins – no report – absent
NEOC – John Nagy – John reported the Valley Care will be providing first aid kits to be part of the give away items. Jerry has a new map for the ride this year that will include 6 loops. John is checking with Boardman Subura to see if they will cover the 100.00 cash prize. John would like more of the 3 foot signs to be put up for the NEOC ride.

Program – Steve Duchene – no report – absent

Ride Captain – Juli Boles – no report – absent

Safety – Frank Krygowski – reported that there was a crash on one of the club rides, there was no major injuries. Try to hold your line and pace when traveling in a group, pass with caution.

SICCO – David Hughes – absent

Social – Nalungo – Nalungo reported that the last day to RSVP for the picnic is August 5th. Please call her at 330-743-4250 or email her at nladuma@att.net . At the June meeting, motion was made to have the picnic catered, and paid by the club. Nalungo and Gina are working on the details.

Website – Bill Adams – absent

OLD BUSINESS

The banquet is going to be at Bruno's on November 4th, social hour from 6-7pm, dinner at 7pm. Barb and Mary are working on the details for the menu. The 100 deposit was paid to hold the room. All were in favor of the time for the banquet.

Ode reported on the committee meeting for the GAP mileage status. The committee consisted of Ode Aduma, Jerry King, Lyn Baker, Dave McCune and Dave Hughes, Rick Huggins was not present. The following recommendation will be discussed and voted on at the August meeting.

- Recommends that the amendment to how ride miles be accumulated for club rides in the future.
- That a member of Outspokin Wheelmen place on ride schedule a ride that is also some other organization ride other than that of our own OSW rides
- The member of the OSW then becomes the ride leader for said event after posting on ride schedule
- All criteria will remain as now posted for riding schedule
- Only the ride leader is eligible to turn in ride miles for the event
- All members must have equal opportunity to ride in these events if they so desire
- Rides may consist of short rides less than 30 miles, medium length rides consisting of 30 to 75 miles, and long rides consisting of 75 miles or more.

- Rides may be one day rides or may consist of multiple day rides
- Some rides may require camping out or staying in hotels
- All information required for riders shall be posted on the monthly ride schedule as required for said events.

All additions if passed would go into effect at the beginning of the OSW year.

John Nagy would like 500.00 to use towards NEOC. John located a sign business in Vienna that could make more of the 3 foot signs. There was discussion over size of the signs, either 18 x 24 at the cost of 6.50 and getting 100 of this size, or 16 x 16 size at the cost of 2.66 each and getting 180 signs. Mary made a motion to order more signs, all were in favor. John is going to double check the prices on the signs. Frank made a motion to order more signs if the price is right and Ed seconded the motion, motion passed. Also in the year 2018, the club will be celebrating its 45th year anniversary. John is looking at options for celebrating this milestone.

Lark made a motion that the club make a donation of 50.00 to Rick for the Pan Ohio Hope ride. Ed seconded this motion, all were in favor.

Neil and Dave are still looking into updating the club website.

Mary adjourned the meeting.

The next meeting will be held at Rachel's in Austintown on August 9th.

OSW Monthly Meeting

Wed, August 9, 2017

6:00pm social/7:00pm meeting

Rachel's Restaurant

Westchester Dr., Austintown

Treasurer's Report June, 2017

Beginning Balance:	\$14,212.33
Income:	
Membership	15.00
Interest	0.12
Active online Membership &/or NEOC	30.00
Total Income	45.12
Expenses	
Website	10.99
Fresh Air	45.91
Total Expenses	56.90
Ending Balance	14,200.55

August Birthdays

1 Alexa Molica	16 Alki Santamas
2 Jess Wilhelm	18 Robert Zitello
4 Addison Cann	22 Patti Huggins
4 Steven Johnson	22 Eugenia Pierce
5 Beth Gray	22 Tammy Toti
5 Steve Gyomber	23 Norm Boyd
5 Ellen Satre	23 Dave Standley
7 Corey Hughes	24 Pam Dyce
8 Charles Fetrow	25 Mike McDevitt
9 Robert Vogt, Jr.	25 Karen Miller
12 Kelley Walker	25 Linda Straub
13 Cindy Woodward	26 Ode Aduma
14 Terry Brake	26 Sharon Crown
14 Gary Hlasta	28 Bud Puskarich

Club Rides and Recording OSW Mileage

Club rides and club mileages have always been determined by the OSW ride leader that prepared the route and led the ride. There are a few exceptions to this. It has never been an accurate account of one member's total ride season miles. When we ride alone or with a small group of friends, those miles are not added to OSW club miles. I would like us to try a new way thinking to make all mileage count.

There is an organization called Charity Miles. Corporate organizations join together and front money toward your miles! Humana, Johnson & Johnson, and Chobani, just to name a few. You can walk, run, or bike. Biking miles are paid at 10 cents /per mile to a charity you choose from a list. As a cycling organization Outspokin' Wheelmen would only consider biking mileage. The season started June 1, 2017 and continues until July 1, 2018. These miles are tracked and verified by the Charity Miles App.

I propose we keep club miles the same, but add this Charity Miles to our awards. It would include all of your miles, with the bonus of a donation to a charity of your choice, ASPCA, Stand Up To Cancer, Habitat for Humanity, Wounded Warrior Project... Nothing comes out of your pocket, just putting the miles! It's a win-win situation.

Please Google www.charitymiles.org/

Please review this App and I would like to open up this for discussion at the August meeting. This is a very simple explanation, so please do your research before joining in the discussion.

Thank you.

Paula Kohler

Mileage Report

Here are this month's mileage leaders!

Rank	(Last Name, First)	Total Miles	Rides
1	King, Jerry	3570	69
2	McCuen, David	2750	70
3	Huggins, Rick	2618	52
4	Baker, Lyn	2490	63
5	McWilliams, Jan	2488	63
6	Murwin, Bob	2470	61
7	Henderson, Jack	2198	36
8	Hughes, David	1893	42
9	Sherman, Thomas	1656	40
10	Boles, Juli	1581	46
11	Howley, Ed	1574	45
12	Howley, Barb	1561	45
13	Kravec, Ed	1220	19
14	Murphy, Brian	1170	41
15	Walker, Kelley	1069	40
16	Nagy, John	1065	38
17	Cameron, Rich	925	29
18	Boyer, Chuck	876	13
19	Thomas, John	870	32
20	Rothbrust, Tony	856	31

Club Data	Current YTD	Prior YTD
Total Club Miles	47044	31401
Ride Participations	1255	923
Average Ride Length	37.5	34
Active Riders YTD	91	77

Do you want to receive Ride Report messages and mid-month Ride Schedule updates via email? Send your email address to RickHuggins@prodigy.net and be sure to add my email address to your "safe sender" list so the updates aren't blocked by your spam filter. - Rick

NEOC 44 Getting Closer..

NEOC #44 is just around the corner on September 17th and there are some job slots yet to be filled. We could use two folks to help Pauline with the kitchen splitting the shifts from 8am to 10am and 10am to 12 or so. There's a 1pm to 4pm SAG position that needs filled. The noon drawing needs a volunteer to pick the winners and list them which should take less than a half hour from 1130am to Noon. Clean up crew is in need of volunteers. We try to start putting chairs and tables away as the crowd thins so that I can lock the gate and close the doors promptly at 5pm. **COOKIE BAKERS!** We need cookie bakers to sign up for however many you can provide. Last year we ran short! And we could use a route painter to cover the new loop "F" which goes east of the lake. If you can give the ride a couple of hours your time please let me know. John Nagy, NEOC Chair at 330-534-5020.

August 2017

Bike Riding is like setting your life goals

First, we need to establish where we want to go. Sometimes we need to make a very detailed plan. Sometimes we just need to start. Many times we just roll along on a flat trail, enjoying the wind in our face without a care in the world, and with no time limits whatsoever.

Other times we need to be at a certain destination at a certain time. We may find the road surface to be as smooth as silk with a strong and constant wind blowing at our backs, moving us along with ease at speeds we never dreamed of. Other times we may have to use roads that are rough and full of holes where our attention must be constantly focused, while simultaneously we ride into a stiff headwind that is pulling the last energy from our legs. Our heart rate is about three beats below maximum and the air in our chest has forgotten how to exhale and inhale.

Then other times we are riding along on a smooth path with a slight downhill grade and not a care in the world and life just flows by beautifully.

Then all of a sudden we go around a bend on our happy path in life and get a surprise. Yes, up ahead is a very long incline that we were not even thinking about let alone preparing for. The further up the incline we go the harder we have to work at making it to the summit, but as we travel along we begin to make adjustments and the route is much easier than first thought.

It's amazing to see that how much we plan for our outing the better the ride is. No sooner do we finish a great ride than we want to prepare for the next one. But then there are times we just show up on our bikes and off we go. Sometimes we have some minor problems like the bike not shifting smoothly or the brakes not stopping our bike very well. It's amazing how a little planning and proper maintenance on our bikes can improve the ride and enjoyment of the outing. Same way in our life; the more we plan and prepare the better the outcome.

Then as we ride along with the wind in our face and a silent melody on our mind all of a sudden we must make a sudden stop at a busy highway and at times we need to make quick decisions about should we wait or should we go before the oncoming traffic gets any closer. We know if we go hard we're safe to cross but any hesitation at all and it is not safe to cross. Sometimes we just have to make quick decisions and stand behind the decision. If we go we think to ourselves that maybe we made an unsafe attempt but made it and think to ourselves "never again like that." Then there's the times we stop and wait and wait and we're thinking to ourselves "I know I could have made

it and would not be waiting on all this traffic to go by." Each decision may be correct but we have to make the decision and trust that it was the right decision at the time.

Sometimes we are out riding in a new area that we are not familiar with when we come to a four way stop. We have plenty of time and are in no hurry so we can go left, right, straight, or even turn around and go back the way we came. Again we must make a decision, but three of them are going to bring you a new adventure or riding experience. Again our route decision determines our experience and the many enjoyable times of our rides.

Of all the roads and trails that I have ridden none have given me more satisfaction and enjoyment than all the great and wonderful rides that I have had the pleasure of being on with you my fellow bicycle friends.

Thank you for all the enjoyable experiences and times that we've ridden together.

Until the next ride. Ride On.

Dave Hughes

Infamous "THE Bogey Ride"

Founded by John McCormick, a true friend. We thank you for many years of humor, friendship, camaraderie, and leadership. Thank you!



August Rides + Activities:

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

Rides should be submitted to our ride captain Rick Huggins at rickhuggins@prodigy.net

Please note: The printed schedule is subject to change. Please check the ride schedule on the website for additions or cancellations. Our ride captain also sends out email updates of the schedule. Contact Rick to be added to the update email list.

Wed. Aug 2 Meet at Mosquito Lake beach parking lot at 10 AM for low moderate ride - 25 miles or so. No ride in rain. Rosemary 330-399-6141.

Wed. Aug 2 Salem Wednesday Ride Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 50+ miles at brisk pace, with only short breaks until just before dusk. Maybe a "B Group" if we have the riders?? Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Call Jerry King at 330-398-2927.

Thur Aug 3 Bogey's Ride. Starting 10 AM at Bogey's at 3535 Upland for 23-28 miles low-moderate pace. Park in rear. Lunch after. Ride leaders John Nagy 330-534-5020 or John Thomas 330-609-9807. If neither one is there, do a show-n-go!

Thur. Aug 3 Mill Creek Trail Ride. Meet 5PM at Canfield Experimental Farm parking lot. Low-Mid Moderate pace. 20-28 miles. Riders may opt for 'B' group if desired for slower pace or miles. No ride rain. Tony Rothbrust 330-337-0798.

Fri. Aug 4 Allegheny River Trail, Emlenton, PA Ride will start at 9AM. Parking at Main St. parking lot. Will ride to Oil City Pa. 36 miles one way. Riders may turn around at any point on ride. Will have lunch in Franklin Pa. All riders need to bring lights for travel thru tunnels. Mid Moderate pace. Dave Hughes 330-692-2468

Sun. Aug 6 Salem Afternoon Ride Leaves from the Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 2pm. 40+ miles on fairly flat to gently rolling terrain, at mid to high moderate pace. Call Jerry King at 330-398-2927.

Sun. Aug 6 Sunnyside Trail Ride 9:00am ride on Sunnyside Trail, Rt 305, Champion, OH. Out and back on trail for 30 miles. Low Moderate. Contact Karen Clarke or Nancy Vasel.

Mon. Aug 7 Hill Repeats Meet at the Leetonia trailhead at 9:00am for hill repeats on some of the vicious hills along the Lisbon Greenway. We'll do slow recovery in between averaging a mid-moderate pace. 40+ miles. Call, text or email the night before to make

sure the ride is a go. Jerry King 330-398-2927
jdkingphoto@gmail.com

Wed. Aug 9 Meet at Mosquito Lake beach parking lot at 10 AM for low moderate ride - 25 miles or so. No ride in rain. Rosemary 330-399-6141.

Wed. Aug 9 GAP/C&O Ride 2 Will leave from Point State Park in Pittsburgh with options for either a one way trip on the GAP and C&O trails to Washington D.C. (arrange your own transportation back), or a round trip back to Pittsburgh with a further option to finish off on the Montour and Panhandle Trails in Weirton, WV. 60 miles a day on average, carrying your own gear, some camping, some motels. Six days to Washington, eleven days to Pittsburgh, twelve to Weirton. All are welcome. For details, call Jerry King at 330-398-2927.

Wed. Aug 9 Salem Wednesday Ride Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 50+ miles at brisk pace, with only short breaks until just before dusk. Maybe a "B Group" if we have the riders?? Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Call Rick Huggins 330-423-7615.

Wed. Aug 9 OSW meeting Rachel's Restaurant, Westchester Drive, Austintown, OH. Dinner and Social time 6PM with meeting at 7PM.

Thur Aug 10 Bogey's Ride. Starting 10 AM at Bogey's at 3535 Upland for 23-28 miles low moderate pace. Park in rear. Lunch after. Ride leaders John Nagy 330-534-5020 or John Thomas 330-609-9807. If neither one is there, do a show-n-go!

Thur. Aug 10 Mill Creek Trail Ride. Meet 5PM at Canfield Experimental Farm parking lot. Low-Mid Moderate pace. 20-28 miles. Riders may opt for 'B' group if desired for slower pace or miles. No ride rain. Tony Rothbrust 330-337-0798.

Sat. Aug 12 OSW PICNIC, Stitt Pavilion, 12 noon. Looking for volunteer to lead a club ride before picnic! Nalungo Aduma 330-743-4250

Sun. Aug 13 Salem Afternoon Ride Leaves from the Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 2pm. 40+ miles on fairly flat to gently rolling terrain, at mid to high moderate pace. Ride leader??

Sun. Aug 13 Sunnyside Trail Ride 9:00am ride on Sunnyside Trail, Rt 305, Champion, OH. Out and back on trail for 30 miles. Low Moderate. Contact Karen Clarke or Nancy Vasel.

Wed. Aug 16 Meet at Mosquito Lake beach parking lot at 10 AM for low moderate ride - 25 miles or so. No ride in rain. Rosemary 330-399-6141.

August 2017

Wed. Aug 16 Salem Wednesday Ride Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 50+ miles at brisk pace, with only short breaks until just before dusk. Maybe a "B Group" if we have the riders?? Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Call Rick Huggins 330-423-7615.

Thur Aug 17 Bogey's Ride. Starting 10 AM at Bogey's at 3535 Upland for 23-28 miles low moderate pace. Park in rear. Lunch after. Ride leaders John Nagy 330-534-5020 or John Thomas 330-609-9807. If neither one is there, do a show-n-go!

Thur. Aug 17 Mill Creek Trail Ride. Meet 5PM at Canfield Experimental Farm parking lot. Low-Mid Moderate pace. 20-28 miles. Riders may opt for 'B' group if desired for slower pace or miles. No ride rain. Tony Rothbrust 330-337-0798.

Sun. Aug 20 Salem Afternoon Ride Leaves from the Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 2pm. 40+ miles on fairly flat to gently rolling terrain, at mid to high moderate pace. Ride leader??

Sun. Aug 20 Sunnyside Trail Ride 9:00am ride on Sunnyside Trail, Rt 305, Champion, OH. Out and back on trail for 30 miles. Low Moderate. Contact Karen Clarke or Nancy Vasel.

Mon. Aug 21 Hill Repeats Meet at the Leetonia trailhead at 9:00am for hill repeats on some of the vicious hills along the Lisbon Greenway. We'll do slow recovery in between averaging a mid-moderate pace. 40+ miles. Call, text or email the night before to make sure the ride is a go. Jerry King 330-398-2927 jdkingphoto@gmail.com

Wed. Aug 23 Meet at Mosquito Lake beach parking lot at 10 AM for low moderate ride - 25 miles or so. No ride in rain. Rosemary 330-399-6141.

Wed. Aug 23 Salem Wednesday Ride Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 50+ miles at brisk pace, with only short breaks until just before dusk. Maybe a "B Group" if we have the riders?? Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Call Jerry King at 330-398-2927.

Thur Aug 24 Bogey's Ride. Starting 10 AM at Bogey's at 3535 Upland for 23-28 miles low moderate pace. Park in rear. Lunch after. Ride leaders John Nagy 330-534-5020 or John Thomas 330-609-9807. If neither one is there, do a show-n-go!

Thur. Aug 24 Mill Creek Trail Ride. Meet 5PM at Canfield Experimental Farm parking lot. Low-Mid Moderate pace. 20-28 miles. Riders may opt for 'B' group if desired for slower pace or miles. No ride rain. Tony Rothbrust 330-337-0798.

Fri. Aug 25 Geneva-Ashtabula Ride. Ride will start at Welded Tube parking lot at 9AM. We will ride north to Geneva at Lake Erie then ride East to Ashtabula Walnut Park then return to Orwell by trail. Mid Moderate Pace. Estimated miles 50. Dave Hughes 330-692-2468.

Sat. Aug 26 Wellsville Century Leaves from 2nd St. public parking lot in Salem (Between Lincoln & Ellsworth Aves.) at 8am. This is a hilly ride. There will be a couple breaks along with a short lunch stop. 100+ miles at brisk pace, Call Jerry King at 330-398-2927.

Sun. Aug 27 Salem Afternoon Ride Leaves from the Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 2pm. 40+ miles on fairly flat to gently rolling terrain, at mid to high moderate pace. Call Jerry King at 330-398-2927.

Sun. Aug 27 Sunnyside Trail Ride 9:00am ride on Sunnyside Trail, Rt 305, Champion, OH. Out and back on trail for 30 miles. Low Moderate. Contact Karen Clarke or Nancy Vasel.

Mon. Aug 28 Hill Repeats Meet at the Leetonia trailhead at 9:00am for hill repeats on some of the vicious hills along the Lisbon Greenway. We'll do slow recovery in between averaging a mid-moderate pace. 40+ miles. Call, text or email the night before to make sure the ride is a go. Jerry King 330-398-2927 jdkingphoto@gmail.com

Wed. Aug 30 Meet at Mosquito Lake beach parking lot at 10 AM for low moderate ride - 25 miles or so. No ride in rain. Rosemary 330-399-6141.

Wed. Aug 30 Salem Wednesday Ride Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 50+ miles at brisk pace, with only short breaks until just before dusk. Maybe a "B Group" if we have the riders?? Rides vary from fairly flat, to rolling, to downright hilly depending on the day and who shows up. Call Jerry King at 330-398-2927.

Thur Aug 31 Bogey's Ride. Starting 10 AM at Bogey's at 3535 Upland for 23-28 miles low moderate pace. Park in rear. Lunch after. Ride leaders John Nagy 330-534-5020 or John Thomas 330-609-9807. If neither one is there, do a show-n-go!

Thur. Aug 31 Mill Creek Trail Ride. Meet 5PM at Canfield Experimental Farm parking lot. Low-Mid Moderate pace. 20-28 miles. Riders may opt for 'B' group if desired for slower pace or miles. No ride rain. Tony Rothbrust 330-337-0798.

