

Fresh Air

OutSpokin' Wheelmen

June 2018

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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
(janicemcw@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.



Prez Sez

We are well into the riding season and our schedule
is filled with some very interesting rides. I'm sure
everyone enjoys looking at the pictures that are be-
ing posted. Keep them coming! A picture from Neil's
Cleveland ride would definitely qualify for the cover
of a "Welcome To Cleveland" brochure.

Our Ride Leader Juli is doing a great job of keeping
us informed of the upcoming monthly rides and can-
cellations notices.

She recently called our attention to Erie's Rhythm
and Ride Weekend. It is a combination of the Erie
Cyclefest and Erie's Jazz Festival. Something for
everyone.

Another popular ride is the Bridges and Vines Bicy-
cle tour, which take place on Saturday August 11th,
in Geneva.

If you received a copy of the Ohio Bicycle Events
Calendar, check it out. It is published by the Ohio
Bicycle Federation, of which we are members. In
addition to our own ride schedule, you will find
many interesting places to ride.

Enjoy your biking season and hope to see on the
trail. Keep those pedals pushing!

Mary

Next meeting is July 11th, 2018

Davidson's Tavern and Restaurant, 3636 Canfield
Rd.

Social at 6:00 p.m. followed by the meeting at 7:00
p.m.

Hope to see you there!

Secretary's Notes
OSW Meeting,
June 13 2018

I. Meeting called to order by Vice President Neil Betts.

II. Motion made to accept the minutes from the May 9th meeting: Bob Merwin, 2nd Duane Metz

Executive Board Reports
President Mary Merritt

–
she sent her regards to the club from the tropical paradise islands of Hawaii

Vice President Neil Betts

–
welcomed everyone to the meeting.

Treasurer Lyn Baker

–
beginning balance is 14,736.49, ending balance is 14,121.28. See Treasurers report for details.

Secretary Lori Swan

–
no report

Trustee Ed Howley

–
no report

Committee Reports

Bikeways Neil Betts reported that he will be leading a ride in Cleveland on June 19th exploring new routes and lunch at Sokolowski's restaurant.

Historian Lark Dickstein

–
Rienerth, reported that scanning the newsletters has slowed down due to vacations and scheduling. Club member interviews are going slowly also, this will pick up more in the fall.

Membership Jan McWilliams,
Neil reported that membership data has sent off to Club Express, the website will move along now.

Mileage Rick Huggins, no report

NEOC-a chairman is still needed for this event.
Doug Crush suggested that several committees be

formed to divide up the jobs to be done for NEOC, and assign club members to get the tasks done.

Newsletter Kelley Walker

–
no report

Ride Captain Juli Boles

–
no report

Safety Frank Krygowski,
Lark reported that Frank had been in the hospital, he was diagnosed with diverticulitis and is on the road to recovery.

SICCO Dave Hughes,
no report. Neil brought up the SICCO registration form stating that the club would donate 5.00 per rider to the Columbiana Greenway trail. He asked the group if anyone remembered this being discussed or voted on, nobody remembered this. Lark volunteered to pay this herself. Neil made a motion for the club pay this, Lori Swan, 2nd by Lyn Baker. A motion was made that all printed material be reviewed by a board member before it being printed: John Thomas, 2nd by Lark Dickstein-Rienerth.

Social Nalungo Aduma

Website Club Express, the spreadsheet has been sent in and everything is moving forward.

New Business

Dave Hughes had sent in a suggestion that the club donate 1000 to the four local trails. The board members will discuss this at their next meeting. Lyn reported that the banquet will be November 10th at 422 restaurant in Boardman. Club picnic was bought up, no suggestions were made for a place or date. The board will discuss this at their next meeting.

Prizes were given out

Motion to end the meeting: Doug Crush, 2nd Duane Metz.

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New Members

Canfield

Debbie and Stand Miglets

Mileage Report

Here are this month's mileage leaders!

Rank	(Last Name, First)	Total Miles	Rides
1	King, Jerry	2227	45
2	Hughes, David	1596	38
3	Murwin, Bob	1464	44
4	McCuen, David	1420	41
5	Baker, Lyn	1310	40
6	Henderson, Jack	1207	24
7	McWilliams, Janice	1192	34
8	Cameron, Rich	994	28
9	Boles, Juli	756	27
10	Kravec, Ed	641	12
11	Walker, Kelley	621	22
12	Howley, Ed	592	22
13	Howley, Barb	519	19
14	Thomas, John	518	20
15	Daniel, Jerry	492	16
16	Rigby, Ed	441	16
17	Crown, Ken	437	17
18	Rothburst, Ed	430	17
19	Terry, Jennifer	427	16
20	Ickes, Jeffrey	421	8

15 Kathy Bolash
 15 Nancy Hartley
 16 Karen Chizmar
 17 Rosemary Campany
 20 Duke Meanor
 22 Curtis Masters
 22 Cheryl Nashbar
 25 Louis Huffman
 30 Kim Blevins

July 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 Juli Boles at harleyj@roadrunner.com

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.

Sun. Jul 1 Sunnyside Trail, Rt 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Karen Clarke 330-647-5805 or Nancy Vasel 330-984-3800.

Club Data	Current YTD	Prior YTD
Total Club Miles	25086	38136
Ride Participations	751	1011
Average Ride Length	33.4	37.7
Active Riders YTD	77	89

Sun. Jul 1 Meet Howland Library, Howland, Oh to ride 10 AM at moderate pace for approx 40 miles. No ride rain. John Zenobile 330-509-2580.

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

Mon. Jul 2 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

July Birthdays

2 Donald Bolash
 2 Mike Feschak
 2 James O'Malley
 6 Zoraida King
 10 Laura Boyer
 10 Molly Kohler
 11 Adam Cuning
 11 Donald Vignon
 12 James Albert
 12 Peter Milliken
 13 Mary Betts
 13 Kathleen Dearing
 14 Marcella Grenga

Tues. Jul 3 Mill Creek Newport Wetlands 3:30 PM, 25-30 miles in and out of park. Note-high moderate to brisk pace. No ride inclement weather. Call Rich Cameron 724-714-7928.

Wed. Jul 4 - HAPPY 4TH JULY EVERYONE!

Thur. Jul 5 Meet 10 AM at Bogey's, 3535 Upland Rd., Lowellville, Oh for 20-25 miles

low moderate pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-57700 or John Thomas 330-609-9807.

Thur. Jul 5 Canfield Experimental Farm trail head at 5:30 PM, meet in paved lot. Low-mid moderate pace, 20-28 miles. No ride rain. Tony Rothbrust 330-337-0798.

Fri. Jul 6 Start time 10 AM at Canfield Experimental Farm parking lot. Mid moderate to high moderate pace depending on who shows up for ride. 40 plus miles mostly flat to some small hills. Share character and great humor with enjoyment riding and sharing time together. Obligations might result in others leading this ride this month also. Dave Hughes 330-692-2468.

Fri. Jul 6 Meet Canfield Experimental Farm parking lot for ride leaving at 6 PM on the Canfield bike trail. 20 miles low to mid moderate pace. Gregg Merritt 330-383-5994.

Sat. Jul 7 Meet Kent State Trumbull Campus, Champion, Oh to ride starting 8 AM for 40 miles, moderate pace to Mesopotamia Ox Roast. Plan on extended stay and bring a bike lock. If you have never been its a neat event to check out! Call John Zenobile 330-509-2580 if questions.

Jul 8 thru Jul 11 Greenbrier River Trail & West Fork River Trail, West Virginia We will be staying at cabin(s) at Watoga State Park at Seebert, West Virginia near the halfway mark of the 78 mile long Greenbrier River Trail. Meet there on Sunday the 8th, ride south on Monday and north on Tuesday. Both segments have a long tunnel so bring a light!! Check out early on Wednesday, drive about sixty miles north and ride the 24 mile long West Fork River Trail, returning home afterwards. Both trails are through beautiful countryside and are not

paved. These are not for road bikes. Cabins at Watoga are \$129 per night, plus tax, for a cabin that sleeps six. Contact Jerry King for more details if interested. 330-398 2927. jdkingphoto@gmail.com

Sun. Jul 8 Sunnyside Trail, Rt 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Karen Clarke 330-647-5805 or Nancy Vasel 330-984-3800.

Sun. Jul 8 Meet Howland Library, Howland, Oh to ride 10 AM at moderate pace for approx 40 miles. No ride rain. John Zenobile 330-509-2580.

Mon. Jul 9 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. Ride leader??

Mon. Jul 9 Meet at Kirk Rd trailhead at 10 AM for 30-35 miles at low to mid moderate pace both on and off the bike trail. No ride if rain. (Call if weather questionable) Call Barb or Ed Howley 330-793-8219.

Tues. Jul 10 Mill Creek Newport Wetlands 3:30 PM, 25-30 miles in and out of park. Note-high moderate to brisk pace. No ride inclement weather. Call Rich Cameron 724-714-7928.

Tues. Jul 10 Meet 6 PM at the Mill Creek Newport Wetlands parking lot for a 15-20 mile ride through and around the park at low-mid moderate pace. No ride inclement weather. Call Ed Howley 330-770-1489 if in doubt.

Wed. Jul 11 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or

so. No ride in rain. Call Rose 330-399-6141 or John Thomas 330-609-9807.

Wed. Jul 11 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. Ride leader??

Wed Jul 11 OSW meeting Davidson Restaurant, Canfield, Oh. Social time 6 PM with Dinner and meeting at 7 PM.

Thur. Jul 12 Meet 10 AM at Bogey's, 3535 Upland Rd., Lowellville, Oh for 20-25 miles low moderate pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-57700 or John Thomas 330-609-9807.

Thur. Jul 12 Canfield Experimental Farm trail head at 5:30 PM, meet in paved lot. Low-mid moderate pace, 20-28 miles. No ride rain. Tony Rothbrust 330-337-0798.

Fri. Jul 13 Start time 10 AM at Canfield Experimental Farm parking lot. Mid moderate to high moderate pace depending on who shows up for ride. 40 plus miles mostly flat to some small hills. Share character and great humor with enjoyment riding and sharing time together. Obligations might result in others leading this ride this month also. Dave Hughes 330-692-2468.

Fri Jul 13 Summer fun, wine, and friends and maybe a little trivia! Love L'uva Bella Winery! Meet at 7:00 pm 6597 Center Road, Lowellville. Call Paula for reservations [330 533 6299](tel:3305336299) by Wednesday 7/11/2018. Hope you can join us, if you are not superstitious.

Sat Jul 14 Meet at the Experimental Farm in Canfield at 10 AM. Ride to Lisbon and back with a stop there for lunch. Mid to high moderate pace ride. Estimated distance is 45 miles. Call Kelley Walker at 330-505-3573.Sun.

Jul 15 Sunnyside Trail, Rt 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Karen Clarke 330-647-5805 or Nancy Vasel 330-984-3800.

Sun. Jul 15 Meet Howland Library, Howland, Oh to ride 10 AM at moderate pace for approx 40 miles. No ride rain. John Zenobile 330-509-2580.

Mon. Jul 16 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

Mon. Jul 16 Meet at Kirk Rd trailhead at 10 AM for 30-35 miles at low to mid moderate pace both on and off the bike trail. No ride if rain. (Call if weather questionable) Call Barb or Ed Howley 330-793-8219.

Tues. Jul 17 Mill Creek Newport Wetlands 3:30 PM, 25-30 mile
Tues. Jul 10 Meet 6 PM at the Mill Creek Nes in and out of park. Note-high moderate to brisk pace. No ride inclement weather. Call Rich Cameron 724-714-7928.

Tues. Jul 17 Meet 6 PM at the Mill Creek Newport Wetlands parking lot for a 15-20 mile ride through and around the park at low-mid moderate pace. No

ride inclement weather. Call Ed Howley 330-770-1489 if in doubt.

Wed. Jul 18 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or so. No ride in rain. Call Rose 330-399-6141 or John Thomas 330-609-9807.

Wed. Jul 18 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.

Wed. Jul 18. Meet at the Mosquito Lake Beach at 5:15 PM. Pace mid to high moderate. Estimated distance is 25 to 35 miles. No ride in inclement weather, lightning or temperatures above 95 degrees. Call Kelley Walker at [330-505-3573](tel:330-505-3573).

Thur. Jul 19 Meet 10 AM at Bogey's, 3535 Upland Rd., Lowellville, Oh for 20-25 miles low moderate pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-57700 or John Thomas 330-609-9807.

Thur. Jul 19 Canfield Experimental Farm trail head at 5:30 PM, meet in paved lot. Low-mid moderate pace, 20-28 miles. No ride rain. Tony Rothbrust 330-337-0798.

Fri. Jul 20 Start time 10 AM at Canfield Experimental Farm parking lot. Mid moderate to high moderate pace depending on who shows up for ride. 40 plus miles mostly flat to some small hills. Share character and great humor with enjoyment riding and sharing time together. Obligations might result in others leading this ride this month also. Dave Hughes 330-692-2468.

Fri. Jul 20 Meet Canfield Experimental Farm parking lot for ride leaving at 6 PM on the Canfield bike trail. 20 miles low to mid moderate pace. Gregg Merritt 330-383-5994.

Sun. Jul 22 Sunnyside Trail, Rt 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Karen Clarke 330-647-5805 or Nancy Vasel 330-984-3800.

Sun. Jul 22 Meet Howland Library, Howland, Oh to ride 10 AM at moderate pace for approx 40 miles. No ride rain. John Zenobile 330-509-2580.

Mon. Jul 23 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

Mon. Jul 23 Meet at Kirk Rd trailhead at 10 AM for 30-35 miles at low to mid moderate pace both on and off the bike trail. No ride if rain. (Call if weather questionable) Call Barb or Ed Howley 330-793-8219.

Tues. Jul 24 Mill Creek Newport Wetlands 3:30 PM, 25-30 miles in and out of park. Note-high moderate to brisk pace. No ride inclement weather. Call Rich Cameron 724-714-7928.

Tues. Jul 24 Meet 6 PM at the Mill Creek Newport Wetlands parking lot for a 15-20 mile ride through and around the park at low-mid moderate pace. No ride inclement weather. Call Ed Howley 330-770-1489 if in doubt.

Wed. Jul 25 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or so. No ride in rain. Call Rose 330-399-6141 or John Thomas 330-609-9807.

Wed. Jul 25 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.

Wed. Jul 25 Meet at the Mosquito Lake Beach at 5:15 PM. Pace mid to high moderate. Estimated distance is 25 to 35 miles. No ride in inclement weather, lightning or temperatures above 95 degrees. Call Kelley Walker at [330-505-3573](tel:330-505-3573).

Thur. Jul 26 Meet 10 AM at Bogey's, 3535 Upland Rd., Lowellville, Oh for 20-25 miles low moderate pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-57700 or John Thomas 330-609-9807.

Thur. Jul 26 Canfield Experimental Farm trail head at 5:30 PM, meet in paved lot. Low-mid moderate pace, 20-28 miles. No ride rain. Tony Rothbrust 330-337-0798.

Fri. Jul 27 Start time 10 AM at Canfield Experimental Farm parking lot. Mid moderate to high moderate pace depending on who shows up for ride. 40 plus miles mostly flat to some small hills. Share character and great humor with enjoyment riding and sharing time together. Obligations might result in others leading this ride this month also. Dave Hughes 330-692-2468.

Fri. Jul 27 Meet Canfield Experimental Farm parking lot for ride leaving at 6 PM on the Canfield bike trail. 20 miles low to mid moderate pace. Gregg Merritt 330-383-5994.

Sun. Jul 29 Sunnyside Trail, Rt 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Karen Clarke 330-647-5805 or Nancy Vasel 330-984-3800.

Sun. Jul 29 Meet Howland Library, Howland, Oh to ride 10 AM at moderate pace for approx 40 miles. No ride rain. John Zenobile 330-509-2580.

Mon. Jul 30 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

Mon. Jul 30 Meet at Kirk Rd trailhead at 10 AM for 30-35 miles at low to mid moderate pace both on and off the bike trail. No ride if rain. (Call if weather questionable) Call Barb or Ed Howley 330-793-8219.

Tues. Jul 31 Mill Creek Newport Wetlands 3:30 PM, 25-30 miles in and out of park. Note-high moderate to brisk pace. No ride inclement weather. Call Rich Cameron 724-714-7928.

Tues. Jul 31 Meet 6 PM at the Mill Creek Newport Wetlands parking lot for a 15-20 mile ride through and around the park at low-mid moderate pace. No ride inclement weather. Call Ed Howley 330-770-1489 if in doubt.

