

Fresh Air



OutSpokin' Wheelmen

July 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

(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

It started about 8 years ago on a Tuesday evening in September. It was a chance meeting on the bike trail, when Dave Hughes recognized us to be regular riders on the trail. He handed us a membership form. Anxious to meet other bicyclists in the area, we attended the meeting the next day, handed in our membership form and paid our dues. Since then, the number of bikes in our garage has increased from two to nine. Of more importance, however, is the increase in the number of friends we have made over the years as members of the Out-Spokin' Wheelmen.

I hope we can work together and continue to move the club in the positive direction that it is going. Thank you for your vote to elect me as your new President.

Enjoy the Ride.

– Mary

OSW Monthly Meeting

Wed, July 12, 2017

6:00pm social/7:00pm meeting

Rachel's Restaurant

Westchester Dr., Austintown

Treasurer's Report

Beginning Balance:	\$14,993.94
Income:	
Membership	135.00
Interest	0.13
Return of SICCO pavilion deposit	100.00
NEOC (Active)	30.00
SICCO (Active)	195.00
Membership (Active)	135.00
Total Income	595.13
Expenses:	
Fresh Air	47.00
Website	8.99
Annual Insurance Premium	764.00
OSW Business cards	12.50
Print factory Clings (3ft law)	531.75
SICCO Vinyl reusable banner	12.50
Total Expenses	1,376.70
Ending Balance	\$14,212.33

July Birthdays

- 2 Donald Bolash
- 2 Mike Feschak
- 2 James Oâ€™Malley
- 6 Zoraida King
- 9 Billy Russell
- 10 Laura Boyer
- 10 Molly Kohler
- 11 Adam Cuning
- 11 Carl Talarico
- 11 Donald Vignon
- 12 James Albert
- 12 William Cann
- 12 Peter Milliken
- 13 Mary Betts
- 13 Kathleen Dearing
- 14 Marcella Grenga
- 15 Kathy Bolash
- 15 Nancy Hartley
- 16 Karen Chizmar
- 17 Rosemary Campany
- 20 Duke Meanor
- 22 Curtis Masters
- 22 Cheryl Nashbar
- 25 Michael Billock
- 25 Louis Huffman
- 26 Eric Nashbar
- 30 Kim Blevins

Mileage Report

Here are this month's mileage leaders!

Rank	(Last Name, First)	Total Miles	Rides
1	King, Jerry	2757	54
2	McCuen, David	2345	59
3	Huggins, Rick	2154	45
4	McWilliams, Jan	2083	52
5	Murwin, Bob	2010	50
6	Baker, Lyn	1935	50
7	Henderson, Jack	1629	27
8	Howley, Ed	1458	41
9	Howley, Barb	1445	41
10	Hughes, David	1406	32
11	Sherman, Thomas	1390	32
12	Boles, Juli	1311	37
13	Kravec, Ed	959	15
14	Murphy, Brian	858	32
15	Nagy, John	835	30
16	Walker, Kelley	788	29
17	Cameron, Rich	750	24
18	Boyer, Chuck	680	10
19	Thomas, John	661	24
20	Rothbrust, Tony	653	24

Club Data	Current YTD	Prior YTD
Total Club Miles	37287	23061
Ride Participations	991	652
Average Ride Length	37.6	35.4
Active Riders YTD	88	72

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

July 2017

OBF SUMMIT

Now that the three foot law has passed and gone onto the Ohio Revised Code books, what's next for cycling interests? The Ohio Bicycle Federation held its 2017 legislative summit in Columbus and I was able to attend. The big push now is for HB95 the distracted driving bill. It would be a secondary offense, a misdemeanor and carry an additional \$100 fine. But as its now written a police officer would have to actually spot you driving distracted (cell phone, CD player, reading a newspaper at the wheel, etc and then conclude that the distraction was a factor in the crash at the moment of the accident. Sponsors would like to see it crafted similar to DUI/OVI laws where an officer can presume you may be impaired by your actions behind the wheel and you have to prove you were not.

They admit there's more work to do as the bill has just started its way through the house. The OBF and others are working with the Ohio Department of Transportation to add more... and more relevant... questions on the driver's exam that deal specifically with bicycles. They've submitted some 60 possible questions and we're waiting for a response.

OSW Club Project

Tom Sherman stands between tire pump and repair stand that Out-spokin' Wheelmen have supported as a club project this spring. Tire pump was sponsored by friends of Wild Bill Thorne who passed away earlier this year.



Annual Greenway Trail Walk/Ride Benefit

Saturday, July 8 at 8 AM - 5 PM
130 Maple St
Lisbon, OH. 44432.

Hosted by the Columbiana County Parks District.

Come out and support the trail. T-shirts will be available for a \$20 donation. This helps defray costs encountered in maintaining the trail. Ice cream, cookies, fruit and water will be provided.

Starting points will be at Trailhead 164 in Lisbon. Trailhead 558 in Franklin Square, and Trailhead in Washington Street in Leetonia.

OSW members support the Warren Ride To Work Day Project on May 19th!



How to Handle a Personal Injury Claim After Getting Hit on a Bicycle

As a cyclist, you know that there are risks of being involved in a crash when riding. Even the most alert and aware cyclists can be involved in a crash at any time due to the negligence of a careless motorist. If you have suffered an injury because of a crash, you might want to consider filing a personal injury claim to recover your losses. Here are some things you can do to prepare yourself for a quick and easy personal injury claim, or just a simple claim with insurance.

Take Photos at the Scene

You need to take photos of the crash site so you can show the insurance adjusters, your lawyer, or even a judge what exactly happened. Make sure you get different angles so there is a clear view of what happened. Take pictures of any damages to your bike and any injuries that you suffered during the crash. You can use your smartphone to take these images. If you happen to wear a GoPro when you ride, be sure to save the video, as that could be significantly more valuable than even eyewitness accounts.

Speak to a Police Officer

All too often, police officers speak to motorists and not cyclists. You should never let this happen, so be sure to speak to the police officer personally. Give your side of the story, describe exactly what happened and how you were hit, and be sure to get the police officer's contact information and/or business card for later use. You can later contact the office to get a copy of the police report for your own records.

Get the Driver's Information

You'll need the driver's name, license #, and insurance information to be able to file a claim with insurance to receive a settlement for your medical bills and other expenses. Do not speak with the motorist aside from getting this necessary information. Sometimes, drivers will try to "talk you down" from calling the police, or saying the crash was their fault and later saying the opposite to the police. Stick to the basics and give your statement to the police, not the motorist.

Go to the Hospital!

You may need to skip all of the above tips if your injuries are serious. Call 911 to get an ambulance to the scene if you have been injured. Calling 911 will usually start a police report, but be sure to speak with the hospital staff if you are not approached by a police officer after the crash. Even if you don't think you were hurt, go to the hospital immediately after the crash. Adrenaline may keep you from noticing injuries quickly.

Save All Bills and Proof of Lost Wages

You need to maintain a file of medical bills so you can ask the motorists' insurance for reimbursement for those expenses. Keep all copies of all your medical

records and request detailed billing printouts from the hospital—This is typically free, but your hospital may charge a small printing bill. Also, you need to maintain adequate records and keep copies of letters that show the hours or days you missed work because of the injuries sustained in the crash. You can ask to be reimbursed for any lost wages that resulted from the crash, even if you had paid time off or vacations days available when you were out of work.

Do Not Repair Your Bicycle

Keep your bicycle in its damaged condition until the insurance claim has been settled. You might need to use it as evidence to show the severity of the crash. The damage will show how hard you were struck and how your injuries were inflicted. You should keep any damaged clothing, and your helmet as well.

Utilize All Evidence for Demand Letter to Insurance Company

You need to gather up all the evidence, including the photographs of the crash site, your medical bills, proof of lost wages, and your damage bike and equipment and send it in along with a demand letter to the insurance company. You should demand payment for your losses, including your medical expenses, lost wages, and property damage. You can also include pain and suffering on your demand letter, but it can be challenging to calculate. Many legal professionals recommend claiming the sum of your past & future medical bills multiplied by 1-5 depending on your amount of pain as your pain and suffering claim.

Example:

Lost wages: \$600

Past medical bills: \$1,500

Damages to bicycle: \$300

Future chiropractor bills: \$500

Pain between 1-5: 3

Potential claim: Economic damages: \$2,900. General damages: $(\$1,500 + \$500) \times 3 = \$6,000$

Total Damages: \$8,900

Keep in mind that this is a very basic example of how some people choose to claim pain and suffering with insurance. The equation does not reflect what you should expect to receive, but can be used as a reference to start your demand letter.

Speak With an Attorney if Need Be

If you're not sure how to include pain and suffering in your demand letter to the insurance adjuster, or if you were low-balled a settlement from insurance, you can always speak with a personal injury attorney in your state to determine if you have additional options. Know that you can settle a personal injury claim outside of court without an attorney! It's always your preference, and thousands of claims are settled without ever stepping into a courtroom.

*This article was not written by an attorney, so be sure to speak with a licensed attorney in Ohio if you need assistance after a crash with a motorist. Special thanks to Deanna Power of personalinjury-law.com for providing the helpful information in this article.

July 2017

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 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.

Sat. Jul 1 Ride til it hurts...then turn around ride. Meet at 7:30AM at Poland High School (Dobbins Rd) for a long ride North. Ride will be relatively flat once we get across the valley and be around 100-125 miles. We will stop at the Experimental Farm around 8:15AM to meet up with anyone wanting a slightly shorter ride. Pace will be brisk to fast. The route will be simple and you can turn back at any point. Lunch stop at Orwell and a snack stop along the way. Contact Rick Huggins @ 330-423-7615

Sun. Jul 2 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.

Mon. Jul 3 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 3 After Work Ride. Meet at the Mosquito Lake Beech at 5:15 PM for the After Work Ride. This ride averages a mid-moderate pace with variances for coasting or riding uphill. Estimated distances is 20-30 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Wed. Jul 05 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. Jul 5 After Work Ride. Meet at the Mosquito Lake Beech at 5:15 PM for the After Work Ride. This ride averages a mid-moderate pace with variances for coasting or riding uphill. Estimated distances is 20-30 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Wed. Jul 5 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.

Thu. Jul 6 Bogey's Ride. Starting at 10 AM at Bogey's at 3535 Upland for approximately 23-28 miles at low-moderate pace. Park in rear. Lunch after. Ride leader is John Nagy (330-534-5020) or John Thomas (330-609-9807). If neither one is there, then just do a show-n-go!

Thu. Jul 6 Mill Creek Trail Ride. Meet at 5PM for a low to mid-moderate paced ride of 20 or more miles on the Mill Creek Greenway. Ride departs from the Experimental Farm parking lot. Riders opting for a slower pace or shorter distance can lead a "B" group if desired. This will be an excellent opportunity for those who prefer the trail system, but would like to ride with a group. No ride in rain or snow. Contact Tony Rothbrust at 330-337-0798 with questions.

Fri. Jul 7 Meet at the Canfield Experimental Farm at 9am for 40 to 50 miles at mid moderate pace. Some roads and some trails. Some hills but will keep hills to a minimum. Just wanting to make this a fun ride for everyone who rides. Will stop for short snacks but no long lunch. Everyone is required to be of good humor and smiles are required. Dave Hughes 330-692-2468

Fri. Jul 7 Niles Ride at 500 PM. Meet at the Niles Central Park Trailhead, 104 East State Street, Niles, Ohio for this mid-moderate paced ride along either the Niles bike path or another course set by the ride leader. Total length of bike path to Canfield Experimental Farm and back is 26 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Sat. Jul 8 Ride til it hurts...then turn around ride. Meet at 7:30AM at Poland High School (Dobbins Rd) for a long ride North. Ride will be relatively flat once we get across the valley and be around 100-125 miles. We will stop at the Experimental Farm around 8:15AM to meet up with anyone wanting a slightly shorter ride. Pace will be brisk to fast. The route will be simple and you can turn back at any point. Lunch stop at Orwell and a snack stop along the way. Contact Rick Huggins @ 330-423-7615

Sun. Jul 9 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.

Mon. Jul 10 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 10 After Work Ride. Meet at the Mosquito Lake Beech at 5:15 PM for the After Work Ride. This

ride averages a mid-moderate pace with variances for coasting or riding uphill. Estimated distances is 20-30 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Tue. Jul 11 Mill Creek Park Ride Meet at 6:00 at the Newport Wetlands parking lot for a 15-20 mile ride through the park. Hills are unavoidable. Low moderate pace. No ride in the rain or cold. Call Ed Howley 330.793.8219 for more info.

Wed. Jul 12 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. Jul 12 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.

July 13th to 16th. Green County Cycling Classic Ride 1,2,3, or all 4 days. Ride a different paved rail trail each day. Mileage is optional to your own ability and desire. All rides are down and back from the Green County Fairgrounds. Camping, showers, facilities, all breakfasts and two dinners are included. Hotel options are listed on the website. Be sure and register under the group rate for OSW (they do not need to be mailed together)

<http://www.gcparkstrails.com/209/Greene-Trails-Cycling-Classic>. Contact Dave McCuen (216)496-1220 with questions. This ride has a registration fee and does not count towards club mileage.

Thu. Jul 13 Bogey's Ride. Starting at 10 AM at Bogey's at 3535 Upland for approximately 23-28 miles at low-moderate pace. Park in rear. Lunch after. Ride leader is John Nagy (330-534-5020) or John Thomas (330-609-9807). If neither one is there, then just do a show-n-go!

Thu. Jul 13 Mill Creek Trail Ride. Meet at 5PM for a low to mid-moderate paced ride of 20 or more miles on the Mill Creek Greenway. Ride departs from the Experimental Farm parking lot. Riders opting for a slower pace or shorter distance can lead a "B" group if desired. This will be an excellent opportunity for those who prefer the trail system, but would like to ride with a group. No ride in rain or snow. Contact Tony Rothbrust at 330-337-0798 with questions.

Fri. Jul 14 Meet at the Canfield Experimental Farm at 9am for 40 to 50 miles at mid moderate pace. Some roads and some trails. Some hills but will keep hills to a minimum. Just wanting to make this a fun ride for everyone who rides. Will stop for short snacks but no long lunch. Everyone is required to be of good humor and smiles are required. Dave Hughes 330-692-2468

Fri. Jul 14 Niles Ride at 500 PM. Meet at the Niles Central Park Trailhead, 104 East State Street, Niles, Ohio for this mid-moderate paced ride along either the Niles bike path or another course set by the ride leader. Total length of bike path to Canfield Experimental Farm and back is 26 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Sun. Jul 16 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. VOLUNTEER NEEDED TO LEAD THIS RIDE!

Mon. Jul 17 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 17 After Work Ride. Meet at the Mosquito Lake Beech at 5:15 PM for the After Work Ride. This ride averages a mid-moderate pace with variances for coasting or riding uphill. Estimated distances is 20-30 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Tue. Jul 18 Mill Creek Park Ride Meet at 6:00 at the Newport Wetlands parking lot for a 15-20 mile ride through the park. Hills are unavoidable. Low moderate pace. No ride in the rain or cold. Call Ed Howley 330.793.8219 for more info.

Wed. Jul 19 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. Jul 19 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 19 After Work Ride. Meet at the Mosquito Lake Beech at 5:15 PM for the After Work Ride This ride averages a mid-moderate pace with variances for coasting or riding uphill. Estimated distances is 20-30 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Thu. Jul 20 Bogey's Ride. Starting at 10 AM at Bogey's at 3535 Upland for approximately 23-28 miles at low-moderate pace. Park in rear. Lunch after. Ride leader is John Nagy (330-534-5020) or John Thomas (330-609-9807). If neither one is there, then just do a show-n-go!

July 2017

Thu. Jul 20 Mill Creek Trail Ride. Meet at 5PM for a low to mid-moderate paced ride of 20 or more miles on the Mill Creek Greenway. Ride departs from the Experimental Farm parking lot. Riders opting for a slower pace or shorter distance can lead a "B" group if desired. This will be an excellent opportunity for those who prefer the trail system, but would like to ride with a group. No ride in rain or snow. Contact Tony Rothbrust at 330-337-0798 with questions.

Fri. Jul 21 Meet at the Canfield Experimental Farm at 9am for 40 to 50 miles at mid moderate pace. Some roads and some trails. Some hills but will keep hills to a minimum. Just wanting to make this a fun ride for everyone who rides. Will stop for short snacks but no long lunch. Everyone is required to be of good humor and smiles are required. Dave Hughes 330-692-2468

Fri. Jul 21 Niles Ride at 500 PM. Meet at the Niles Central Park Trailhead, 104 East State Street, Niles, Ohio for this mid-moderate paced ride along either the Niles bike path or another course set by the ride leader. Total length of bike path to Canfield Experimental Farm and back is 26 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Sat. Jul 22 Meet at 8:30AM at Poland High School (Dobbins Rd) for 50-60 miles at a fast pace. Contact Rick Huggins @ 330-423-7615

Sun. Jul 23 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.

Mon. Jul 24 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 24 After Work Ride. Meet at the Mosquito Lake Beech at 5:15 PM for the After Work Ride. This ride averages a mid-mod pace with variances for coasting or riding uphill. Est distances is 20-30 miles. No ride in rain, snow, ice, lightning or thunder, or temps above 95. Call Kelley Walker at 330-505-3573.

Tue. Jul 25 Mill Creek Park Ride Meet at 6:00 at the Newport Wetlands parking lot for a 15-20 mile ride through the park. Hills are unavoidable. Low moderate pace. No ride in the rain or cold. Call Ed Howley 330.793.8219 for more info.

Wed. Jul 26 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. Jul 26 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 26 After Work Ride. Meet at the Mosquito Lake Beech at 5:15 PM for the After Work Ride. This ride averages a mid-moderate pace with variances for coasting or riding uphill. Estimated distances is 20-30 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Thu. Jul 27 Bogey's Ride. Starting at 10 AM at Bogey's at 3535 Upland for approximately 23-28 miles at low-moderate pace. Park in rear. Lunch after. Ride leader is John Nagy (330-534-5020) or John Thomas (330-609-9807). If neither one is there, then just do a show-n-go!

Thu. Jul 27 Mill Creek Trail Ride. Meet at 5PM for a low to mid-moderate paced ride of 20 or more miles on the Mill Creek Greenway. Ride departs from the Experimental Farm parking lot. Riders opting for a slower pace or shorter distance can lead a "B" group if desired. This will be an excellent opportunity for those who prefer the trail system, but would like to ride with a group. No ride in rain or snow. Contact Tony Rothbrust at 330-337-0798 with questions.

Fri. Jul 28 Meet at the Canfield Experimental Farm at 9am for 40 to 50 miles at mid moderate pace. Some roads and some trails. Some hills but will keep hills to a minimum. Just wanting to make this a fun ride for everyone who rides. Will stop for short snacks but no long lunch. Everyone is required to be of good humor and smiles are required. Dave Hughes 330-692-2468

Fri. Jul 28 Niles Ride at 500 PM. Meet at the Niles Central Park Trailhead, 104 East State Street, Niles, Ohio for this mid-moderate paced ride along either the Niles bike path or another course set by the ride leader. Total length of bike path to Canfield Experimental Farm and back is 26 miles. No ride in rain, snow, ice, lightning or thunder, or temperatures above 95 degrees. Call Kelley Walker at 330-505-3573.

Sat. Jul 29 Meet at 8:30AM at Poland High School (Dobbins Rd) for 50-60 miles at a fast pace. Contact Rick Huggins @ 330-423-7615

Sun. Jul 30 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.

Mon. Jul 31 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

