

Fresh Air

OutSpokin' Wheelmen

May 2018

About this Newsletter: Published by
OutSpokin' Wheelmen, PO Box 838,
Youngstown Ohio 44501
Editor: Kelley Walker
kjwalker72@hotmail.com

Officers:

President: Mary Merritt 330-383-5993
Vice President: Neil Betts
Secretary: Lori Swan
Treasurer: Lyn Baker 330-307-5122
Trustee: Ed Howley 330-793-8219
Committee Chairs:
Advocacy: Vacant
Bikeways: Neil Betts
Fresh Air Editor: Kelley Walker 330-505-3573
Historian: Lark Dickstein-Riennerth
330-261-3799
L.A.B. Rep.: Lowell Satre 330-743-2748
Membership: Jan McWilliams
janicemcw@att.net
Mileage: Rick Huggins
rickhuggins@prodigy.net
NEOC: John Nagy 330-534-5020
Program: Steve DuChene 330-568-8030
tevend@yahoo.com
Ride Captain: Juli Boles
harleyj@roadrunner.com
Safety: Frank Krygowski 330-757-9057
SICCO: Dave Hughes 330-692-2468
Social: Nalungo Aduma 330-743-4250
Website: Bill Adams billjadams72@gmail.com
www.outspokinwheelmen.com

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

This year, I volunteered to work the SICCO snack station in Lisbon. It was going to be a chilly ride for those who braved the days weather.

I arrived in time to help Linda Straub unload her car. It was packed with trays of ready-made peanut butter sandwiches, fruit and candy. Mike Staub carried in the gator aid and water.

A lot of behind-the-scene prep work goes into getting things ready. There is grocery shopping to be done, sandwiches to be made and washing of bunches and bunches of bananas and grapes. The candy gets packed in zip lock snack bags, so the riders could grab and go.

Linda was up (really) early that day, preparing the sandwiches. Fresh bread and perfect layers of peanut butter and jelly. We set the tables and waited for the riders. Only about 32 rode into town. They were very appreciative for the snack and welcomed the break from the chilly weather. Those riding alone welcomed a bit of conversation and jokes.

Linda and Mike said that "you never know what the weather will be like". They relayed the story of the year that it was so cold, that Linda could not spread the peanut butter. She sat in her car, turned up the heat and waited for the PB to warm up enough to make the sandwiches.

Mike and Linda Straub have been the familiar faces at the snack stop for years. They count the riders as they come in, to make sure that they don't pack it up before the last one has come through. Thank you

to them and all who have taken the time to volunteer to make the ride a success. On a side note, I would like to thank everyone for the "happy retirement" wishes and delicious cake at last months meeting. Mary

Next meeting is May 9th
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, April 11, 2018

President Mary welcomed everyone to Davidson's for the monthly meeting.

Executive Board Reports

President -Mary Merritt – Mary is happy to announce that she is now retired and ready to fill her days with peddling.

Vice President- Neil Betts – the club is moving forward with Club Express to get information uploaded to them.

Treasurer – Lyn Baker – beginning balance of the club treasury 13,698.49, ending balance is 14,551.58. See financial report for full details.

Secretary – Lori Swan – no report. A motion was made by Ode to accept the minutes, it was seconded by Rosemary.

Trustee – Ed Howley – absent form meeting.

Committee Reports

Bikeways – Neil Betts – watch for new rides to appear on ride schedule.

Historian – Lark Dickstein – the club members who did the Gap ride in 2017, met for a interview for the Historical society. Lark is still working on getting the newsletters scanned.

Membership – Jan McWilliams – Jan is working with Club Express with getting the

membership up-loaded for the new web-site.

Mileage- Rick Huggins – no report

NEOC – a chairman is still needed.

Tallerico's have signed up to take charge of the kitchen.

Newsletter – Kelley Walker – deadline to have items to Kelley is the 25th of the month.

Ride Captain -Juli Boles – no report

Safety – Frank Krygowski – no report

SICCO – Dave Hughes – No report

Social – Nalungo Aduma – no report

Website – Mary is going to be the editor

Old Business

Mary showed the bike items that will be put together for the YSU Earth Basket to be donated on April 18th

New Business

Kelley reported that the National Bike Challenge site is now up and running.

Mary reported that club received a thank you note from the YMCA for the participation in the spin a thon last month.

Mary received a notice for the Spin the Lakes Bicycle tour on June 2nd, this ride benefits the Homes for Kids/Child and family Solutions. This ride starts and ends at Mastropietro Winery.

Meeting was adjourned. A celebration retirement cake was enjoyed by everyone. Prizes were given out.

Mileage Report

Here are this month's mileage leaders!

Rank	(Last Name, First)	Total Miles	Rides
1	King, Jerry	961	21
2	Murwin, Bob	630	18
3	Hughes, David	629	17

4	McCuen, David	566	15
4	McWilliams, Janice	566	15
6	Cameron, Rich	533	15
7	Baker, Lyn	399	11
8	Henderson, Jack	273	6
9	Kravec, Ed	253	6
10	Huggins, Rick	225	5
11	Rothburst, Tony	179	8
12	Daniel, Jerry	168	5
13	DuChene, Steven	160	5
14	Boles, Juli	128	5
15	Rigby, Ed	100	3
16	Thomas, John	91	4
17	Bacorn, Odie	90	2
18	Sherman, Thomas	83	2
19	Walker, Kelley	80	2
20	Howley, Barb	78	3
20	Howley, Ed		
78	3		

Club Data	Current YTD	Prior YTC
Total Club Miles	6834	14458
Ride Participations	188	418
Average Ride Length	36.4	34.6
Active Riders YTD	37	60

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

May Birthdays

- 3 Neil Betts
- 4 Carl Delahunty
- 4 Alan Wilber
- 6 Doug Crush
- 10 Janet Evans
- 13 Ed Randall
- 17 John Chizmar
- 18 Candi King
- 20 John Sweetko
- 25 Jim Baker
- 26 Robert Seidle
- 28 Jack Henderson
- 29 Dale Dyce
- 30 Kenneth Voorhies
- 30 Kevin Nashbar

- 30 Sara Weigel
- 31 Chuck Boyer
- 31 Gary Semics

May 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.

Tues May 1 Mill Creek Newport Wetlands 3:30 pm (note time change) 25-30 miles in and out of park. High-moderate (B group invited). No ride inclement weather. Call Rich Cameron 724-714-7928. (Good opportunity to get extra miles going back to back with Ed's ride afterwards at 6 pm:)

Tues May 1 Meet 6 pm at the Newport wetlands parking lot for a 15-20 mile ride through and around the park at a low-mid moderate pace. No ride in the rain or cold. Call Ed Howley 330-770-1489 if in doubt.

Wed May 2 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or so. No ride in rain. Rose 330-399-6141.

Wed. May 2 Salem Wednesday Ride Leaves at 4pm from Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.). 50+ miles at brisk pace, with only short breaks until just before dusk. "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 May 2 Meet at the Mosquito Lake Beach at 5:15 PM for the After Work Ride. This is a mid to high moderate pace ride with variances for coasting or riding uphill. Estimated distance is 25 to 30 miles.

No ride in inclement weather including lightning and thunder. Call Kelley Walker at 330-505-3573.

Thur May 3 Bogey's ride. Meet 11 AM (NOTE: mid month will switch to 10 AM) at Bogey's, 3535 Upland Rd, Lowellville, Oh for 20-25 apprx miles low-moderate pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-5770 or Dave McCuen 216-496-1220

Thur May 3 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 May 4 Starting at Canfield Farm parking lot at 11 AM, ride 30-40 miles. Above 40 degrees at start time. Mid to moderate pace. Bring a friend, smiles and good humor. Leader Dave Hughes 330-692-2468

Sat May 5 PETE'S AMISH RIDE: Leave at 10 a.m. from the Sunside trailhead of the bike trail on State Route 305 in Champion for a LEISURELY, mostly flat, 35-mile ride, primarily on the bike trail and low-traffic, high-quality county roads. Lunch and shopping stop at Ohio's oldest general store. No ride in the rain. Call Pete Milliken at 330-792-0232.

Sat May 5 Middlefield to Chardon Ride – Meet at Swine Creek Reservation Park 16004 Hayes Rd. Middlefield, OH. N 41° 26.262 W 81° 1.314 at 10:00 am. Enjoy a 40 - 45 mile to Chardon along beautiful The Maple Highlands Trail at a mid-moderate pace. Ride will be a mostly on the trail, with some road riding. Lunch afterwards at Mary Yoder's Amish Kitchen. No ride in the rain or below 45 degrees. Rain Date Sunday May 6th. Call Neil Betts at 330-240-2271.

Sun May 6 Meet Sunnyside Trail, Route 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Leaders Karen Clark 330-647-5805 and/or Nancy Vasel 330-984-3800.

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

Mon. May 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 high-moderate pace. 30+ miles. Call, text or email the night before to make sure the ride is a go. Jerry King 330-398-2927 jdkingphoto@gmail.com

Tues May 8 Mill Creek Newport Wetlands 3:30 pm (note time change) 25-30 miles in and out of park. High-moderate (B group invited). No ride inclement weather. Call Rich Cameron 724-714-7928. (Good opportunity to get extra miles going back to back with Ed's ride afterwards at 6 pm:)

Tues May 8 Meet 6 pm at the Newport wetlands parking lot for a 15-20 mile ride through and around the park at a low-mid moderate pace. No ride in the rain or cold. Call Ed Howley 330-770-1489 if in doubt.

Wed May 9 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or so. No ride in rain. Rose 330-399-6141.

Wed. May 9 Salem Wednesday Ride Leaves at 4pm from Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.). 50+ miles at brisk pace, with only short breaks until just before dusk. "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 May 9 OSW meeting at Davidson's Restaurant, 3636 Canfield Rd., Canfield, Oh. Social hour 6 PM, meeting 7 PM.

Thur May 10 Bogey's ride. Meet 11 AM (note chg to 10 AM next week!) at Bogey's, 3535 Upland Rd, Lowellville, Oh for 20-25 apprx miles low-moderate

pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-5770 or John Thomas 330-609-9807.

Thur May 10 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 May 11 Starting at Canfield Farm parking lot at 11 AM, ride 30-40 miles. Above 40 degrees at start time. Mid to moderate pace. Bring a friend, smiles and good humor. Leader Dave Hughes 330-692-2468

Fri May 11 OSW Dinner night will be at Kensington Grille 4171 Westford Pl, Canfield, OH 44406 .Meet the group at 7:00 pm for dinner on the patio, Call Paula for reservations by Wed 5-9-2018 330-533-6299 See you then!

SAT MAY 12 Pittsburgh Ride –Meet at 10:00 am at the Southside Riverfront Park. It is located at the end of South 18th Street (off Carson Street, cross the tracks, turn right and follow the road into the park). Use (11 South 18th Street Pittsburgh, Pa 15203). If there is interest in car pooling and traveling together, or questions please contact ride leader Neil Betts at 330-240-2271. Around 40 miles at low to mid moderate pace on flat paved trails, only hills are going over bridges / lunch stop determined by group. We will stop back at our starting point halfway thru the ride for those people who are unable do the full ride. A wonderful scenic ride. No ride in the rain or below 50 degrees. Call if weather is questionable. Rain Date Sunday May 13th

Sun May 13 Meet Sunnyside Trail, Route 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Leaders Karen Clark 330-647-5805 and/or Nancy Vassel 330-984-3800.

Sun. May 13 Canfield Afternoon Ride (Note new start location} Leaves Canfield Experimental Farm trailhead at 2:00 PM. 30+ miles on flat to gently

rolling terrain, mid to high moderate pace. Call Dave McCuen at 216 496-1220.

Mon. May 14 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 high-moderate pace. 30+ miles. Call, text or email the night before to make sure the ride is a go. Jerry King 330-398-2927 jdkingphoto@gmail.com

Tues May 15 Mill Creek Newport Wetlands 3:30 pm (note time change) 25-30 miles in and out of park. High-moderate (B group invited). No ride inclement weather. Call Rich Cameron 724-714-7928. (Good opportunity to get extra miles going back to back with Ed's ride afterwards at 6 pm:)

Tues May 15 Meet 6 pm at the Newport wetlands parking lot for a 15-20 mile ride through and around the park at a low-mid moderate pace. No ride in the rain or cold. Call Ed Howley 330-770-1489 if in doubt.

Wed May 16 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or so. No ride in rain. Rose 330-399-6141.

Wed. May 16 Salem Wednesday Ride Leaves at 4pm from Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.). 50+ miles at brisk pace, with only short breaks until just before dusk. "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. Leader ???

Wed May 16 Meet at the Mosquito Lake Beach at 5:15 PM for the After Work Ride. This is a mid to high moderate pace ride with variances for coasting or riding uphill. Estimated distance is 25 to 30 miles. No ride in inclement weather including lightning and thunder. Call Kelley Walker at 330-505-3573.

Thur May 17 Bogey's ride. Meet 10 AM at Bogey's, 3535 Upland Rd, Lowellville, Oh for 20-25 apprx miles low-moderate pace. Park in rear. Lunch after

ride. Leaders John McCormick 330-942-5770 or John Thomas 330-609-9807.

Thur May 17 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 May 18 Starting at Canfield Farm parking lot at 11 AM, ride 30-40 miles. Above 40 degrees at start time. Mid to moderate pace. Bring a friend, smiles and good humor. Leader Dave Hughes 330-692-2468

Sat May 19 - MEANDER & MILTON RIDE: Meet at 10 a.m. at the Niles bike trail terminal parking lot for a leisurely, mostly level, 36-mile round trip ride to Meander Reservoir and Lake Milton. Noon lunch stop at Halliday's Winery. No ride in the rain. Call Pete Milliken at (330) 792-0232.

Sun May 20 Meet Sunnyside Trail, Route 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Leaders Karen Clark 330-647-5805 and/or Nancy Vasel 330-984-3800.

Sun. May 20 Canfield Afternoon Ride (Note new start location) Leaves Canfield Experimental Farm trailhead at 2:00 PM. 30+ miles on flat to gently rolling terrain, mid to high moderate pace. Call Dave McCuen at 216 496-1220.

Tue. May 22 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 high-moderate pace. 30+ miles. Call, text or email the night before to make sure the ride is a go. Jerry King 330-398-2927 jdkingphoto@gmail.com

Tues May 22 Mill Creek Newport Wetlands 3:30 pm (note time change) 25-30 miles in and out of park. High-moderate (B group invited). No ride inclement weather. Call Rich Cameron 724-714-7928. (Good opportunity to get extra miles going back to back with Ed's ride afterwards at 6 pm:)

Tues May 22 Meet 6 pm at the Newport wetlands parking lot for a 15-20 mile ride through and around the park at a low-mid moderate pace. No ride in the rain or cold. Call Ed Howley 330-770-1489 if in doubt.

Wed May 23 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or so. No ride in rain. Rose 330-399-6141.

Wed. May 23 Salem Wednesday Ride Leaves at 4pm from Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.). 50+ miles at brisk pace, with only short breaks until just before dusk. "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 May 23 Meet at the Mosquito Lake Beach at 5:15 PM for the After Work Ride. This is a mid to high moderate pace ride with variances for coasting or riding uphill. Estimated distance is 25 to 30 miles. No ride in inclement weather including lightning and thunder. Call Kelley Walker at 330-505-3573.

Thur May 24 Bogey's ride. Meet 10 AM at Bogey's, 3535 Upland Rd, Lowellville, Oh for 20-25 apprx miles low-moderate pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-5770 or John Thomas 330-609-9807.

Thur May 24 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 May 25 Starting at Canfield Farm parking lot at 11 AM, ride 30-40 miles. Above 40 degrees at start time. Mid to moderate pace. Bring a friend, smiles and good humor. Leader Dave Hughes 330-692-2468

Sat May 26 Meet at the Niles Trailhead at 10 AM. Ride about 35-40 miles at mid-moderate pace. Lunch in Cortland. No ride in inclement weather including lightning and thunder or temperatures

below 45 degrees. Call Kelley Walker 330-505-3573.

Sun May 27 Meet Sunnyside Trail, Route 305, Champion, Oh. Ride at 9 AM, mid-moderate pace for 30 miles on trail. No ride rain. Leaders Karen Clark 330-647-5805 and/or Nancy Vasel 330-984-3800.

Sun. May 27 Canfield Afternoon Ride (Note new start location) Leaves Canfield Experimental Farm trailhead at 2:00 PM. 30+ miles on flat to gently rolling terrain, mid to high moderate pace. Need ride leader-so listing as show and go!

Mon May 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 high-moderate pace. 30+ miles. Call, text or email the night before to make sure the ride is a go. Jerry King 330-398-2927 jdkingphoto@gmail.com

Tues May 29 Mill Creek Newport Wetlands 3:30 pm (note time change) 25-30 miles in and out of park. High-moderate (B group invited). No ride inclement weather. Call Rich Cameron 724-714-7928. (Good opportunity to get extra miles going back to back with Ed's ride afterwards at 6 pm:)

Tues May 29 Meet 6 pm at the Newport wetlands parking lot for a 15-20 mile ride through and around the park at a low-mid moderate pace. No ride in the rain or cold. Call Ed Howley 330-770-1489 if in doubt.

Wed May 30 Meet Mosquito Lake beach parking lot at 10 AM for low moderate ride. About 20 miles or so. No ride in rain. Rose 330-399-6141.

Wed. May 30 Salem Wednesday Ride Leaves at 4pm from Salem 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.). 50+ miles at brisk pace, with only short breaks until just before dusk. "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 May 30 Meet at the Mosquito Lake Beach at 5:15 PM for the After Work Ride.

This is a mid to high moderate pace ride with variances for coasting or riding uphill. Estimated distance is 25 to 30 miles. No ride in inclement weather including lightning and thunder. Call Kelley Walker at 330-505-3573.

Thur May 31 Bogey's ride. Meet 10 AM at Bogey's, 3535 Upland Rd, Lowellville, Oh for 20-25 apprx miles low-moderate pace. Park in rear. Lunch after ride. Leaders John McCormick 330-942-5770 or John Thomas 330-609-9807.

Thur May 31 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.

REMINDER "PREVIEW" of ride offered in near future so riders interested are able to plan ahead!!

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.

