

# Fresh Air



## OutSpokin' Wheelmen

### October 2017

About this Newsletter: Published by  
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Youngstown Ohio 44501  
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**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

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**Social:** Nalungo Aduma 330-743-4250

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[www.outspokinwheelmen.com](http://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](mailto: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

Autumn has arrived.

As the bike season comes to an end and a new one begins, let's all be thankful for the good things we have in our lives. As I watch the news, there are so many people that have had devastation from earthquakes and storms; but they are thankful for what they have and that they have survived.

With that in mind, let us be thankful for the good friendships that we have made with other members of the club, and the good times we have had riding with them. Let us accept others ideas and suggestions with an open mind and move forward, in the new season, with the idea of maintaining an organization that we are proud to be associated with.

- Mary

### Save the date!

#### OSW BANQUET

Bruno's - Boardman Poland Road

November 4th, 2017

Festivities begin at 6:00 pm.

Fill out and send the reservation slip.

Hope to see you there!

#### OSW Monthly Meeting

Wed, October 11, 2017

6:00pm social/7:00pm meeting

Rachel's Restaurant

Westchester Dr., Austintown

## **Secretary's Notes**

### **OSW Meeting, September 13, 2017**

Mary opened the meeting with a welcome to members and guest. We had two guests present, Elisha Stump, guest of Brian Murphy and Pat Thomas's grandson Mark.

Lark introduced Pat Thomas who presented "The 1977 Out-Spokin Wheelmen" slide show. Pat talked about the club, before it was a club. Pat said the slide show was shown at the League of American Women in Colorado and placed 2nd place. The slide show was put together with the help of the Mahoning Valley Historical Society. Bill Adams is going to add the slide show to the website.

#### **Executive Board Meeting**

Mary called the meeting to order, Board members present, were Lynn, Neil and Lori. The board discussed the issue of club insurance coverage, board member coverage, and insurance coverage on non club rides. Lynn is going to check into additional coverage costs and report back to the board, Neil is going to check into what others club do. Mary discussed gifts for the banquet and cost for the members for the banquet. The board is checking into ideas on how to update the web site.

#### **Executive Committee:**

President – Mary Merritt

Vice President – Neil Betts – Neil is setting up a joint ride with Premier Bike Club for October 14th. They will have a catered lunch for this ride, Neil will get the final details to Juli who will have it posted to the ride schedule.

Treasury – Lyn Baker absent from meeting. Mary reported the beginning balance of 14,185.02 and ending balance of 12,936.59. Considering the private nature of the treasury report, it will no longer be included in Fresh Air. The Treasury report will be presented at the OSW monthly meetings.

Secretary – Lori Swan A correction to the August minutes to read we received a thank you note from St Vincent DePaul for the donation in the name of Marty Greggo.

Trustee – Ed Howley

#### **Committee Reports:**

Advocacy – Vacancy

Bikeways – Neil talked about Erie Canal towpath connecting with the Cleveland Metroparks path. The Metroparks are making improvements to connecting Rockside road area to the Flats in downtown

Cleveland. This will be a great addition to the biking community.

Fresh Air – Bill Adams will be resigning as the Fresh Air Editor as of December. Anyone interested in taking over the position should contact Bill.

Historian – Lark Dickstein - introduced Pat Thomas as this evenings speaker.

Membership – Jan McWilliams suggested that she call members to welcome them to the club, besides them getting a welcome packet in the mail.

Mileage – Rick was absent from the meeting. Juli report that we have 99 active riders this year, this is a 141% increase from last year. Miles ridden is up 128% from last year.

NEOC – John Nagy, John presented the board of prizes that will be given away at NEOC, he has 19 prizes to be given away. John reported that articles had been sent to the local newspapers about the ride and that bike traffic would be heavy on certain roads that day. He requested more cookies, with the weather looking great for that day, he expects more riders. John has 200 handout bags to give out to the riders. He reported that last year there was 168 riders for NEOC. Registration starts at 7am.

Ride Captain – Juli Boles- Juli asked the members to keep adding more rides to the schedule and thanked all who have been ride captains.

Safety – Frank Krygowski - Frank reported that he, Ed Howley, and Rick Shale serve on a Community Engagement Committee for the Millcreek Parks. They are working with Millcreek to make improvements at the park for better safety of the trails. A large number of members use the parks facilities.

Sicco – Dave Hughes – not present at the meeting

Program – Steve Duchene – Steve reported that the Cleveland Velodrome is offering free track 101 Classes on September 24 and 30th. The classes are open to adults and kids, the classes are about 90 minutes long and limited to 15 riders. For anyone interested, information can be found at [clevelandvelodrome.org](http://clevelandvelodrome.org)

Social – Nalungo Aduma – Nalungo and Gina wanted to thank everyone who came to the picnic. There will be cake at the end of the meeting in celebration of the clubs birthday.

Website – Bill Adams – Bill will still be in charge of the website. There is discussion to change the website so that only members have access to the treasures report, minutes and other pertinent

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information. Other clubs have a log in for members only to access this information.

### Old Business:

The board is looking into club insurance and should riders be filing claims if they are in an accident. In the past, there have been members who were injured, but no claims had been filed with the insurance company.

What constitutes a club ride guidelines and mileage is still under discussion, Dave Hughes had asked to step down from this committee. Mary asked for a show of hands from the membership, who still wanted club miles, more than half want club miles. Mary also talked about other clubs having better club rides than what we offer. What do we as a membership do keep our members from joining other clubs to just go on their rides was also discussed. Mary is going to set up a date for the committee to meet and discuss the guidelines.

### New Business:

Frank has secured a holiday tree for Fellows Riverside Gardens holiday display. This year's theme is Toyland. We have plenty of ornaments for the tree. Barb Howley is asking for help in decorating the tree. If you are interested, get in touch with her.

A registration form will be in the October issue of Fresh Air for the banquet. Dinner cost is 20.00 per person and a cash bar. The banquet is at Bruno's, with a cutoff date of October 20th for registration.

The speaker for the banquet is Stephanie Sydlik, a road cyclist and more.

Mary made a motion to forgo board nominations in the month of September, since the membership elected new officers in May. Ode seconded this motion, motion carried. Ed Howley said he didn't have time to train a new person for his job, so he would stay.

Club birthday cake and door prizes enjoyed by all.

Submitted by Lori Swan.

## New Members

### Boardman

John & Jeanne Sokol

### Youngstown

Ed Kravec

### New Waterford

Elisha Stump

## Mileage Report

Here are this month's mileage leaders!

Rank	(Last Name, First)	Total Miles	Rides
1	King, Jerry	5602	104
2	McCuen, David	3918	98
3	Henderson, Jack	3627	58
4	McWilliams, Janice	3489	89
5	Murwin, Bob	3469	88
6	Baker, Lyn	3296	86
7	Hughes, David	2858	61
8	Huggins, Rick	2820	56
9	Boles, Juli	2086	64
10	Sherman, Thomas	2009	51
11	Murphy, Brian	1800	66
12	Walker, Kelley	1706	66
13	Howley, Barb	1699	50
14	Howley, Ed	1683	49
15	Nagy, John	1658	60
16	Kravec, Ed	1643	27
17	Rothbrust, Tony	1309	47
18	Cameron, Rich	1283	43
19	Boyer, Chuck	1187	18
20	Thomas, John	1168	42

Club Data	Current YTD	Prior YTD
Total Club Miles	66117	47085
Ride Participations	1794	1400
Average Ride Length	36.9	33.6
Active Riders YTD	100	84

Do you want to receive Ride Report messages and mid-month Ride Schedule updates via email? Send your email address to [RickHuggins@prodigy.net](mailto: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

## OSW Christmas Tree

Once again OSW, along with 39 other organizations will be decorating a live Fraser Fir tree that will be displayed in the Davis Education and Visitor Center in Mill Creek Park from December 2 through December 31, 2017. The purpose of decorating the trees is not only for everyone's enjoyment, but also to put out each organization's message. With over 21,000 visitors last year, during the month of December, our message to promote bicycling in general, bicycle safety and our club's existence was well received by many.

The theme this year is "TOYLAND". The upper lobby level of the Davis Center will be decorated with toys and games. All 40 trees will be located on the lower level and can be decorated to tie into the Toyland

theme. However, this is not mandatory. We can do our own thing!

What an outstanding job our members did last year! Many bicycle ornaments were donated to the club and a tree skirt was made especially for our tree. If you didn't see it last year, you missed out on a truly unique display. We will use the same ornaments and tree skirt this year, but can add something to the tree that would tie into the theme, Toyland. If you have any ideas on what we can do, please email me, Barb Howley, at eph4109@aol.com. I know some of you are very creative, so I look forward to hearing about your ideas.

We will be decorating the tree in the evening on Tuesday, November 28. Please contact me if you think you would like to join in the fun of not only decorating our tree, but also seeing how other organizations are decorating their trees. What a great way to spend a few hours with friends, creating something for everyone to enjoy! Looking forward to your emails.

- Barb Howley

## October Birthdays

1 Ruth Mollica	13 Bryan Reed
1 John Nagy	13 Fred Taylor
2 Jane Avnet	14 Kathy Dyce
2 Marilyn Chewar	15 Bill Mentzer
2 William Jones	17 Erin Gyomber
2 Dave Kohler	19 Nonie McDevitt
3 Chuck Morrow	21 Edward Bowdich
3 George Patee	22 Judith Snyder
4 Frank Krygowski	23 Larry Koval
7 Tim Parkin	25 Beth Molvin
7 Martha Turek	26 Sharon Gray
7 John Zenobile	27 Don Devito
8 Helen Liptak	27 Bob Hetrick
8 Gary Miller	27 Rick Huggins
9 Darci Davis	27 Anne Larson
12 Ken Brake	28 Roland M. Kenzie
12 Janet Harmon	

**John McCormick** on August 30 Tuesday morning ride. All are happy to see John out on a ride this year. Been a long time coming for him.



## What a NEOC!

Blessed with absolutely perfect riding weather NEOC #44 managed to attract 195 riders this year for the best turnout since I took the ride over in 2013.

Everyone seemed pleased with the routes and the maps and the road markings. In fact I passed around a comment sheet and couldn't get anyone to complain about anything!

We were fortunate to be able to use the newly finished fairgrounds bath house - which included showers - and had more than ample facilities to end the restroom lines in the banquet center. One rider did say it seemed too far to walk and she wouldn't have minded a porta-jon. Go figure?

Next year I'm looking to revise a couple of the loops and perhaps send riders more to the west.

The \$100 cash prize was won by Chuck Catheart of Austintown who generously returned some as a donation to the club.

And cookies..my goodness we were drowning in cookies! The leftover food was donated to the St Vincent DePaul dining room in Youngstown.

I want to sincerely thank everyone who stepped forward and volunteered to set-up...register..SAG/park cars...clean-up..etc. Without your help NEOC simply would not be possible.

Next year will be extra special as it marks the 45th anniversary of the club so save the date, September 16, for NEOC 2018!

### NEOC 2017 Prize Winners

- \$100 – Chuck Catheart, Austintown
- Trailside Card – Barb Barnes, Pittsburgh
- Frankford Card – Scott Desmond, Wexford, PA
- Thumm's Certificate – Jack Henderson, Salem
- O.R.E. Certificate – Matt Tubbs, Boardman
- Austintown Glenwood Card – Carl Frost, Boardman
- Bicycle Store Card – Barney Scholl, Hermitage
- Cooper's Coffee/Spin Card – Laura Lytle, Farmdale
- Donna's Bike Shop Certificate – Marianne Desmond, Wexford, PA
- Bicycles & More Certificate – Steve Horvath, Lake Milton
- Blimp City Certificate – Drew Kime, Euclid
- Kent Cycles Tune-up – not claimed
- Kent Cycles Gift Certificate – Harry Gossard, Pittsburgh
- Camel Bak – Mary Sax, Willowick
- Bicycle Game – Mary Sax (!)
- Iowa Jersey – Sal Frangiamore, Cortland
- USA Jersey – Jim Miller, California, PA
- Bicycle Art – Jill Collins, Cranberry Twp, PA



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## October 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](mailto: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. Oct 1** Sunnyside Champion trail Rt 305 ride 9AM. 30 miles round trip on trail. Lo to Mid Moderate. (Option open for those who choose low pace or longer distance avail) No ride rain. Karen Clarke 330-638-6795 or Nancy Vasel 330-984-3800

**Sun. Oct 1** Salem Afternoon Ride. Leaves from Salem 2nd St. public parking lot (between Lincoln & Ellsworth Aves) at 2pm. 40+ miles on fairly flat to gently rolling terrain, mid to high moderate pace. Jerry King at 330-398-2927.

**Mon. Oct 2** Hill Repeats. Meet at the Leetonia trailhead 11:00am (Note time change) 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

**Mon. Oct 2** Meet at the State Route 305 Trailhead at 5:00 PM averages a mid-moderate pace, distance is 20-25 miles. No ride in rain. Kelley Walker at 330-505-3573

**Tues. Oct 3** Mill Creek Park Ride Meet 5PM (note time change) at Newport Wetlands parking lot for 15-20 mile ride through the park. Hills are unavoidable. Low moderate pace. No ride rain or cold. Call Ed Howley 330-793-8219 for info.

**Wed. Oct 4** Meet Mosquito Lake Beach parking lot 10AM for low moderate ride 25 miles or so. No ride rain. Rosemary 330-399-6141.

**Wed. Oct 4** Salem Wednesday Ride. Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 40+ 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. Oct 4** Meet at the Route 305 Trailhead at 5:00 PM averages a mid-moderate pace, distance is 20-25 miles. No ride in rain. Kelley Walker at 330-505-3573.

**Thur. Oct 5.** 9:30 AM Meet at the Franklin, PA trailhead, located at the east end of the 8th St Bridge on SR 322. We will ride 10.2 miles south to Brandon, then 5 miles north to the Sandy Creek trail for another 24 miles, then 5.2 back north to Franklin, PA. Plan on 45-50 miles. Pace Mid-Moderate. No ride in rain or temp less than 45 degrees. Bring plenty of water and bars. Lunch in Franklin following the ride depending on group preference. Dave McCuen 216-496-1220.

**Thur. Oct 5** Bogey's Ride. Meet 10AM at Bogey's, 3535 Upland Rd 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.

**Thur. Oct 5** Meet 5 PM 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. Oct 6.** Friday morning rides starting at Canfield Experimental Farm parking lot. Ride starts 10AM (note time change) weather permitting. Ride 40-50 miles depending on all who shows for ride. Mid-moderate pace. Call Dave Hughes 330-692-2468.

**Fri. Oct 6** Meet Canfield Experimental Farm at 05:00 PM. Rides will go beyond the bike path to roads. Estimated distance is 15 to 24 miles. Mid moderate pace. Road lights required. No ride in rain. Call Kelley Walker at 330-505-3573.

**Sat. Oct 7** GARRETT's Birthday Ride. Registration 9AM closing 11AM. 30, 40 & 50 mile rides. See [www.Garretts-Ride.com](http://www.Garretts-Ride.com) for details or call Jay Wonders 330-398-2818 or email [jwonders@neo.rr.com](mailto:jwonders@neo.rr.com)

**Sat. Oct 7** Last Evaluation of Annual Foliage (LEAF) Ride. Meet at the Canfield Experimental Farm at 10:00 AM. Estimated distance is 45 miles. Lunch in Lisbon. Mid moderate pace. No ride in rain. Kelley Walker at 330-505-3573.

**Sat. Oct 7** Meet 1:00 PM Poland High School for approx 30 mile ride over PA and OH rolling terrain. Pace High-Moderate. No ride rain. Rich Cameron 724-714-7928.

**Sun. Oct 8** Sunnyside Champion trail Rt 305 ride 9AM. 30 miles round trip on trail. Lo to Mid Moderate. (Option open for those who choose low pace or longer distance avail) No ride rain. Karen Clarke 330-638-6795 or Nancy Vasel 330-984-3800

**Sun. Oct 8** 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. Leader?

**Mon. Oct 9** Hill Repeats. Meet at the Leetonia trailhead at 11:00am (Note time change) 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

**Tues. Oct 10** Mill Creek Park Ride Meet 5PM (note time change) at Newport Wetlands parking lot for 15-20 mile ride through the park. Hills are unavoidable. Low moderate pace. No ride rain or cold. Call Ed Howley 330-793-8219 for info.

**Wed. Oct 11** Meet Mosquito Lake Beach parking lot 10AM for low moderate ride 25 miles or so. No ride rain. Rosemary 330-399-6141.

**Wed. Oct 11** Salem Wednesday Ride. Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 40+ 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. Oct 11** OSW meeting Rachel's Restaurant, Westchester Drive, Austintown, OH. Dinner and Social time 6PM with meeting at 7PM.

**Thur. Oct 12** Bogey's Ride. Meet 10AM at Bogey's, 3535 Upland Rd 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.

**Thur. Oct 12** Meet 5 PM 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. Oct 13** Friday morning rides starting at Canfield Experimental Farm parking lot. Ride starts 10AM (note time change) weather permitting. Ride 40-50 miles depending on all who shows for ride. Mid-moderate pace. Call Dave Hughes 330-692-2468.

**Fri. Oct 13.** Meet at the Canfield Experimental Farm at 05:00 PM. Rides this month will go beyond the bike path to roads. Estimated distance is 15 to 24 miles. Mid moderate pace. Road lights required. No ride in rain. Call Kelley Walker at 330-505-3573.

**Sat. Oct 14** Pymatuning Fall Foliage Ride in conjunction with Premier Bicycle Club. Choice of 35 or 58 miles Mid-moderate pace. (route sheets day of ride). Lago Winery, 4218 E. Lake Rd, Jamestown, PA. 8:30AM meet with roll out 9AM. Deadline Oct 2nd if ordering catered lunch with Premier Club \$15.00 (reminder--see previous notice for special link and details) Call Neil Betts if questions 330-240-2271. Lago Winery has food available for purchase if wishing to just purchase lunch at Lago personally.

**Sat. Oct 14** Fall Color Ride. Meet 9:30 AM at Kirk Road Trailhead of the Mill Creek Metroparks Bikeway for Lo Mod 26 miles ride on the trail and over flat to rolling lightly traveled Green Twp roads. Optional lunch stop in Canfield on the way back. No ride rain. Call Pete Milliken 330-792-0232.

**Sat. Oct 14** Meet 1:00 PM Poland High School for appr 30 mile ride over PA and OH rolling terrain. Pace High-Moderate. No ride rain. Rich Cameron 724-714-7928.

**Sun. Oct 15** Sunnyside Champion trail Rt 305 ride 9AM. 30 miles round trip on trail. Lo to Mid Moderate. (Option open for those who choose low pace or longer distance avail) No ride rain. Karen Clarke 330-638-6795 or Nancy Vasel 330-984-3800

**Sun. Oct 15** 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. Oct 16** Hill Repeats. Meet at the Leetonia trailhead at 11:00am (Note time change) 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

**Mon. Oct 16** Meet at Route 305 Trailhead at 5:00 PM averages a mid-moderate pace, distance is 20-25 miles. No ride in rain. Kelley Walker at 330-505-3573

**Tues. Oct 17** Mill Creek Park Ride Meet 5PM (note time change) at Newport Wetlands parking lot for 15-20 mile ride through the park. Hills are unavoidable. Low moderate pace. No ride rain or cold. Call Ed Howley 330-793-8219 for info.

**Wed. Oct 18** Meet Mosquito Lake Beach parking lot 10AM for low moderate ride 25 miles or so.. No ride rain. Rosemary 330-399-6141.

**Wed. Oct 18** Salem Wednesday Ride. Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 40+ 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. Oct 18** Meet at the Route 305 Trailhead at 5:00 PM averages a mid-moderate pace, distance is 20-25 miles. No ride in rain. Kelley Walker at 330-505-3573.

**Thur. Oct 19** Bogey's Ride. Meet 10AM at Bogey's, 3535 Upland Rd 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.

**Thur. Oct 19** Meet 5 PM 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. Oct 20** Friday morning rides starting at Canfield Experimental Farm parking lot. Ride starts 10AM (note time change) weather permitting. Ride 40-50 miles depending on all who shows for ride. Mid-moderate pace. Call Dave Hughes 330-692-2468.

**Fri. Oct 20.** Meet at the Canfield Experimental Farm at 05:00 PM. Rides this month will go beyond the bike path to roads. Estimated distance is 15 to 24 miles. Mid moderate pace. Road lights required. No ride in rain. Kelley Walker at 330-505-3573.

**Sat. Oct 21** Fairly Flat End of Season Century. Leaves from 2nd St. public parking lot in Salem (Between Lincoln & Ellsworth Aves.) at 8am. 100+ miles at brisk pace, flat to rolling terrain. There will be a couple breaks along with a short lunch stop. Call Jerry King at 330-398-2927.

**Sat. Oct 21** Meet 9:30 AM in the Mahoning Ave parking lot of the Mill Creek Metroparks Bikeway in Austintown for a 35 mile Lo Moderate, mostly flat round trip to and through the 1831 vintage Newton Falls covered bridge. Lunch stop at the Covered Bridge Inn. No ride if rain. Call Pete Milliken 330-792-0232.

**Sat. Oct 21** Meet 1:00 PM Poland High School for appr 30 mile ride over PA and OH rolling terrain. Pace High-Moderate. No ride rain. Rich Cameron 724-714-7928.

**Sun. Oct 22** Sunnyside Champion trail Rt 305 ride 9AM. 30 miles round trip on trail. Lo to Mid Moderate. (Option open for those who choose low pace or longer distance avail) No ride rain. Karen Clarke 330-638-6795 or Nancy Vasel 330-984-3800

**Sun. Oct 22** 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. Oct 23** Hill Repeats. Meet at the Leetonia trailhead at 11:00am (Note time change) 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

**Mon. Oct 23** Meet at the State Route 305 Trailhead at 5:00 PM averages a mid-moderate pace, distance is 20-25 miles. No ride in rain. Kelley Walker at 330-505-3573

**Tues. Oct 24** Mill Creek Park Ride Meet 5PM (note time change) at Newport Wetlands parking lot for 15-20 mile ride through the park. Hills are unavoidable. Low moderate pace. No ride rain or cold. Call Ed Howley 330-793-8219 for info.

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**Wed. Oct 25** Meet Mosquito Lake Beach parking lot 10AM for low moderate ride 25 miles or so. No ride rain. Rosemary 330-399-6141.

**Wed. Oct 25** Salem Wednesday Ride. Leaves from 2nd St. public parking lot (Between Lincoln & Ellsworth Aves.) at 4pm. 40+ 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. Oct 25** Meet at the Route 305 Trailhead at 5:00 PM averages a mid-moderate pace, distance is 20-25 miles. No ride in rain. Kelley Walker at 330-505-3573.

**Thur. Oct 26** Bogey's Ride. Meet 10AM at Bogey's, 3535 Upland Rd 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.

**Thur. Oct 26** Meet 5 PM 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. Oct 27** Friday morning rides starting at Canfield Experimental Farm parking lot. Ride starts 10AM (note time change) weather permitting. Ride 40-50 miles depending on all who shows for ride. Mid-moderate pace. Call Dave Hughes 330-692-2468.

**Fri. Oct 27.** Meet at the Canfield Experimental Farm at 05:00 PM. Rides this month will go beyond the bike path to roads. Estimated distance is 15 to 24 miles. Mid moderate pace. Road lights required. No ride. Kelley Walker at 330-505-3573.

**Sat. Oct 28** Meet 1:00 PM Poland High School for approx 30 mile ride over PA and OH rolling terrain. Pace High-Moderate. No ride rain. Rich Cameron 724-714-7928.

**Sun. Oct 29** Sunnyside Champion trail Rt 305 ride 9AM. 30 miles round trip on trail. Lo to Mid Moderate. (Option open for those who choose low pace or longer distance avail) No ride rain. Karen Clarke 330-638-6795 or Nancy Vassel 330-984-3800

**Sun. Oct 29** 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. Oct 30** Hill Repeats. Meet at the Leetonia trailhead at 11:00am (Note time change) 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

**Mon. Oct 30** Meet at the State Route 305 Trailhead at 5:00 PM averages a mid-moderate pace, distance is 20-25 miles. No ride in rain. Kelley Walker at 330-505-3573

## OSW BANQUET REGISTRATION

I / We will be attending the annual OSW awards banquet on November 4th, 2017

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_ (\$20 per person)

Send Reservations to  
Mary Merritt  
9255 Navajo Trail  
Negley, OH 44441

Dinner will feature a Traditional Italian Buffet. Social Hour begins at 6:00 – CASH BAR  
Deadline for reservations is October 23rd.

