

Vol. 30 Nbr. 2

# Wheelmen Tracks

February 2008

## GOBA Comes to Lorain County!

For the first time since GOBA 2, GOBA starts in Lorain. In GOBA 2, the start was in Oberlin

### **Saturday, June 14: Wellington**

Come early to explore Wellington, home of the Byzantine-Greek-Gothic-Spanish Town Hall and of Archibald Willard, painter of the famous "Spirit of '76". Take advantage of Lorain County's Back Roads & Beaches bike routing. Make a whistle-stop at the Lake Shore Railway terminal. Don't miss the bicycle parade and opening ceremonies - surprises await you.

### **Sunday: Wellington to Galion - 60 miles**

From the Lorain County Fairgrounds, steam out of town to the southwest. Cross the century-old Lincoln Highway and keep your eyes peeled for the 1850's "Bee Line" railroad from Shelby to Galion. Roll on to the welcome sight of Heise Park.

### **Monday: Galion to Mt. Vernon - 48 miles**

Before you leave Galion, seek out the Big Four Train Depot and enjoy a bit of the Colonel Crawford Bikeway. Be sure you're tuned up for a nod to the Mid-Ohio Sports Car Course. Just down the road, hop on the B&O bike trail... hooray, it's flat! Skirt the wetlands of Knox Lake and find your rest at spacious Mt. Vernon High School.

### **Tuesday: Mt. Vernon - 48 miles**

Today's optional route beckons with ice cream at Utica's Ye Olde Mill. Or avoid the hills... stay in town for the Victorian architecture, the inviting shops, and a salute to Dan Emmett, composer of "Dixie" and "Old Dan Tucker."

### **Wed: Mt. Vernon to Coshocton - 46 miles**

The tree-lined Kokosing Gap Rail-Trail offers a serene start to your day. Round the corner to the friendly front porch of the gracious White Oak Inn. Press on over the rolling hills of Coshocton County to the confluence of the Tuscarawas and Walhonding Rivers and to the delights of Lake Park, your home for the night.

### **Thursday: Coshocton - 53 or 98 miles**

24 hours will barely be enough to take it all in: the neighboring Historic Roscoe Village, Monticello Canal Boat ride, the water park just a few feet from your tent, or the bike bridge into the cozy downtown. If you must bike today, your senses will be overwhelmed with the Swiss ambiance of Sugarcreek, the well-preserved Zoar Village, followed by the charm of many more small towns... and, oh yes — the HILLS!

### **Friday: Coshocton to Orrville - 58 miles**

Get your extra cup of coffee and drink it early, so that you have plenty of time to savor

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# Cateye Tips

by Sheldon “No Slack” Brown

## Sensor/Magnet Alignment

1. With one-magnet cyclecomputers, you usually have a choice of several places on the wheel to attach the spoke magnet, depending on the spoke pattern of the wheel. Generally, it is best to mount the magnet as close in toward the hub as possible. The closer in you mount it, the more slowly it will pass by the sensor, giving the sensor’s magnetic switch more time to respond. If the magnet is too far out, the computer may give erratic readings at higher speeds.
2. Once the magnet is installed, attach the sensor to the fork or stay. Test the computer and make any needed adjustments to sensor or magnet position before securing the wire or attaching the mounting shoe to the handlebar.
3. Most cyclecomputers come with plastic tie-wraps to secure the wire to the frame. These work O.K., but they are very unsightly unless they match the color of the bicycle frame. You can do a more better looking, more professional job if you secure the wire with transparent plastic tape. The best I have found is clear mylar package sealing tape. It is commonly available in 2 inch wide rolls, usually with a handy dispenser/cutter. Make sure the relevant parts of the frame and fork are clean, and wash your hands before taping the wire down.
4. Once the magnet and sensor magnet are installed, turn the bike upside down in the repair stand and remove the front wheel. This will make it easier to secure the wire.

# GOBA

Continued from page 1

today’s treats. Friendly Amish greetings transport you to another world. Marvel at the beauty of the Helmick Covered Bridge. Your reward for your hard work on the rolling terrain will be the respite of the Holmes County trail... you may find an Amish buggy as your companion. Save yourself for Orrville: the Railroad Heritage Society, Toy & Hobby Museum, “Simply Smuckers”, and more will sweeten your stay.

Saturday: Orrville to Wellington - 44 miles

It’s time to pull out now, head back to your MainStreet welcome in Wellington. Think back over the week’s adventure and “Take the last train to GOBAville!”



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For ride info, call 967-8580

**Pedal with one leg!**  
(Advice from Coach Fred)



**Cateye Totals**

What's that all about?

A smooth, fluid, round pedal stroke for one thing. Many roadies are choppy because it takes lots of miles to develop the smoothness seen in experienced riders. One-leg pedaling helps you accelerate your progress.

One-leg pedaling is an effective way to build strength too. Here's how:

Warm up for 15 minutes. Then unclip your one foot and hold it to the side just beyond the pedal circle. Choose a slight uphill or a headwind, and be safe by saving this drill for roads with little traffic. Choose a moderate gear. It should let you pedal with the left leg at a cadence of about 70-80 rpm. Don't overgear, especially at first when you're accustoming your muscles and connective tissue to the full-circle pedaling motion.

Concentrate on a smooth stroke. Without the right leg to help, your left must do all the work. You'll soon find that it's hard — if not impossible — to pull your foot up the back and over the top. You'll know you're getting ragged when the chain clunks on each stroke. When you can't prevent that, switch legs.

Aim for 3 reps of 2-3 minutes with each leg. Do this workout once or twice a week. That's not a great investment of time to gain benefits you can really feel.

Be ready for strange looks, though. Once when Coach Fred was one-legging up a hill, a driver pulled over to ask if he had hurt his knee and needed a lift home.

*Reprinted from the Coastal Cruiser Bike Club newsletter.*

Rider	December	YTD
Cicerchi, Ron	24	6,887
Maddock, Daniel	0	6,850
Panek, Carl	60	5,702
Ballard, Ralph	349	5,691
Scheef, Mark	0	5,542
Hohn, Clyde	288	5,162
Paslawski, Peter	0	5,101
Maddock, Tina	0	4,556
Panek, Carol	0	3,739
Petro, Arthur	171	3,521
Wood, Ed	126	3,030
Krebs, Dave	52	2,994
Haun, Mike	0	2,760
Conklin, Dolores	0	2,279
Ivan Greive	0	1,781
Sloane, Ken	0	1,741
Sloane, Lisa	0	1,741
Conklin, Randy	0	1,580
Bachman, John	0	1,068
Deucher, David	0	863
Blake, Tracy	0	434
Seman, Thomas	0	346
Moennich, Jim	0	319
Linneman, Ray	0	303
Linn, Ron	0	287
Moennich, Debbie	0	279
Deucher, Peter	0	272
Wilbur, Frank	0	201
Hubbard, Dennis	0	165
de la Porte, Herb	0	60
Pauley, Jr., Stephen G.	0	32
Heritage, Wayne	0	22

**Totals for 2007!            1,070            75,308**

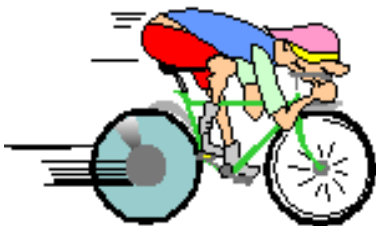
It's time to start over fro 2008, so download a new log from our Web site and don't forget to turn in your miles monthly to Ron at:

[miles@lorainwheelmen.org](mailto:miles@lorainwheelmen.org)

## Trek Madone 6.9

Trek's flagship Madone 6.9 steps it up from the Madone 5.2 we recently tested with the company's premium OCLV Red Series frame and a top-end parts pick. As compared to the intermediate modulus fiber blend in the Madone 5.2's OCLV Black Series frame, the Red Series version adds a 'significant percentage' of high modulus fibers and more complex lay-up schedules to yield what we expect to be a somewhat lighter and stiffer chassis. The matching Race XXX Lite E2 fork is also upgraded with a full carbon steerer tube.

The 'Performance Fit' of our tester includes a slightly elongated head tube to suit a wider range of body types or flexibilities, and the geometry designation also impacts some of the componentry. Trek equips our Madone



6.9 with Shimano Dura-Ace Dual Control levers, brake calipers, derailleurs, and chain, but widens the gear range by switching to a Bontrager Race X Lite compact crankset and SRAM OG-1070 11-26T cassette. Rolling stock comes courtesy of Bontrager Race XXX Lite carbon clincher wheels and Race X Lite Pro tires, and Trek taps into the company parts bin again for the Bontrager Race XXX Lite VR carbon bar and Race XXX Lite carbon stem.

Total weight for our 54cm tester is just 6.7kg (14.7lb), without pedals.

**Price:** US\$7,699.99

From Cycling News

## Banquet News

The January meeting produced a winner in the banquet race! The choices were Moosehead in Amherst, Red Clay in Vermillion and Jefferson 150 in Amherst. We went with Jefferson 150 on Sat April 5th at 7pm. We will have a selection of appetizers, salad, a choice of 4 main courses, and a dessert selection. There will be a cash bar and hopefully a good time will be had by all. I've heard the food is really good. The restaurant is quite small, but the chef told me he will close reservations to anyone outside the club if we go over 30 people. The menu selections will be firmed up by the next newsletter.



## Minutes

The prolog for January 10<sup>th</sup> went down the tubes as the two main contenders rode in the cold that afternoon.

The meeting, as usual, was very informal since everyone was filling their face with pizza. The only business was setting the date and place for the banquet. This info is elsewhere in the newsletter.

The next meeting is on February 14<sup>th</sup> at the Depot (prolog at 6:30) and meeting at 7:30 at Ole Towne.

## CO<sub>2</sub> Inflators

Genuine Innovations is easily the most recognizable name in CO<sub>2</sub>-powered inflators for bicycles and the Air Chuck SL and Microflate Nano models are its smallest and lightest yet. The miniscule Air Chuck SL uses stout nickel-plated and anodized alloy construction along with Genuine Innovations' Push-to-Inflate head design for controlled inflation on both Presta and Schrader valves. The screw-on head works with any of Genuine Innovations' threaded cartridges (except the 45g version) and weighs just 20g; the included 16g CO<sub>2</sub> cartridge tacks on another 60g.

The Microflate Nano shares the same cartridge and valve compatibilities as the Air Chuck SL but swaps to a more economical nylon-and-brass molded construction, but its smaller form factor is specifically designed to fit in most disc wheel valve access ports. Inflation control comes courtesy of Genuine Innovations' simpler Twist-to-Inflate design. Contrary to expectations, the Microflate Nano is actually slightly heavier at 22g for the bare head. Like the Air Chuck SL, though, a single 16g threaded cartridge is included.

Price: US\$19.99 (Air Chuck SL w/one 16g cartridge); US\$13.99 (Microflate Nano w/one 16g cartridge)

(From Cycling News)



## Florida Riding

Just in case you guys & gals think Florida is the best thing since sliced bread for riding in January, Ralph has 8 more miles as of Jan. 16<sup>th</sup> (200 vs. 192) than I do. I expect as I write this, and the snow is piling up, I'll pass him and stay that way at least until March.

For the most part, I expect to start a ride with the temps ranging in the mid 50's and ending temps about 75 – 80. I've had one morning when I had to wear my arm warmers and another when I wore my retro wool long sleeve jersey, vest and knee warmers. I expect the arm warmers as well as my vest will be used at least once a week when we get a cool north wind. They both are shed about 10:00.

Officially, the Coastal Cruisers have weekday rides on Tuesday & Thursday with weekend rides on Saturday and Sunday, but one can get a ride almost any day by showing up at the Cape Haze trail head. On Tuesday, there's two starting points. One at the trail head and another in Venice. On Thursday, there's only one start, at the fire station in North Port, about 6 miles north of where I stay. This ride is attended by about 40 riders in 4 groups, ranging in speeds from 12-14 mph to 20 mph.

While the weekday rides are non-stop, except for a porta-potty break, the Sunday ride usually has a breakfast stop and is a moderate pace (14-17 mph). About ½ of the Sunday rides start and end on one of the two keys (barrier islands) near here. We ride along the Gulf for about 5-7 miles before crossing to the mainland and continuing the ride.

Stay tuned, maybe I'll tell ya about one or two of the rides next month.



# Calendar

## February 2008

Date	Starting Point	Destination	How Far	The etc's
<b>Sunday ride times for FEB is 9:00 AM Eastern Standard Time!</b>				
01/27	Oberlin	U-Show	25-30	6 weeks left of winter!
02/03	Amherst	U-Show	25ish	It's FEB already!
02/10	Oberlin	U-Show	25ish	Maybe snow n stuff!
02/14	Nordson Depot Ole Towne	meeting &	Prolog pizza	6:30 PM warm up roller ride 7:30 PM mostly pizza!
02/17	Amherst	U-Show	25ish	Might be REALLY cold!
02/18	Amherst	U-Show	25ish	Presidents Day ride
02/24	Oberlin	U-Show	25ish	It's almost March!
03/02	Amherst	U-show	25-30	It finally came.

### Starting Times and Locations

#### **Amherst:**

The Amherst start is the City parking area 3 located between Tenney & Park Avenues just east of Church Street. From SR-58, go west on Park Avenue. When you get to the bowling alley, look to the left ... that's the lot! We meet on the south end near Tenney.

#### **Oberlin:**

The Oberlin start is in the Oberlin Inn parking lot located at the rear of the Inn.

#### **Ride starting times:**

Saturday Morning rides will start from Prospect School at 9:00 AM.

#### **Evening rides:**

Are kaput 'till daylight savings time. The TUE & THU ride (if they go) will depart from Oberlin. If the weather looks good and you want to ride, give Ron (967-8580) or Clyde (775-1501) a call! You can also check the Web site for current info!

Note: Daylight Savings Time returns on Sunday March 11, 2007.

# Lorain Wheelmen Membership Form

New  Renewal

Name \_\_\_\_\_ Age \_\_\_\_\_ Other Family Members \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ Age \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Cell Ph ( ) \_\_\_\_\_ e-mail \_\_\_\_\_

Dues (due March 1st) Schedule (1/2 after Oct 1st for **NEW** membership)

Adult/Family \$15.00  
(includes CrankMail)

**Return To:**

Lorain Wheelmen  
P.O. Box 102  
Amherst OH 44001-0102

Waiver

In signing this release for myself or the named member (when the member is under 18), I understand the intent of this release and agree to absolve all of the sponsors, or organizers and associated entities be they individuals or organizations, singly and collectively of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any Lorain Wheelmen Bicycle Club ride or in connection with any activity associated with or related to said organization. If the member is 18 or over, he/she signs for self. If not, then the parent or legal guardian must sign below.

Date \_\_\_\_\_  
Signature of member or parent/guardian \_\_\_\_\_