



Vol. 30 Nbr. 3

Wheelmen *Tracks*

March 2008

Destination, Boca Grande

by Dave Krebs

After 3 years, I finally got to ride to Boca Grande! It's on the southern tip of Gasparilla Island. The island itself is off the southern tip of Cape Haze. We ride on the Cape alot on Tuesday when we start at the Trail Head behind Publix (grocery store). Rotunda is also on Cape Haze and I've talked some about that development. Just Google it and you'll probably find a map of the area. It's basically a bike wheel with two circles around the perimeter and a central hub called Parade Circle. Carl & I measured the distance around Boundary Road and found to be just short of 10 miles around.

Gasparilla Island is reached via a 2 mile causeway and two bridges, one of which is a swing bridge. The bike toll is \$1 to get on the island and none coming back to the mainland. The Island is probably about 3 miles long and only ½ mile wide at its widest point, but only about ¼ mile on the average. The whole trip to the southern tip of the island is about 15 miles and you really have to go right to the beach to make it 15!

Our ride was a Sunday ride and we broke into two groups, one moderate (16 mph) and a faster group of about 18-20 mph. Each group

had about 15 riders. At least those were the paces going south. We had a brisk north wind that made the trip south literally a breeze. The trouble came when we turned to go home. The Island had a bike (privately owned) path for most of its length which made it great because the one road wasn't that wide and carried all the traffic to the beaches which were great.



Lighthouse at Boca Grande

After reaching the turnaround, we proceeded to the VERY small downtown where the fast group was already eating ice cream cones. Our leader Leslie decided to chat with

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Boca Grande

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the other group leader, Robert, her husband. About that time things got confusing. Some folks in our group decided they needed a head start into the wind, so they left. Leslie, seeing this started while others wanted an ice cream cone. I decided to head off with the leader since things kinda splinter as we get closer to home (the same as the Wheelmen). Folks tend to veer off course and head home. Things were just fine while still on the island and we were sheltered for the brunt of the wind while on the bike path. The trouble came when we hit the causeway. Wow! I held up pretty good until we got onto the mainland a bit then had to drop



The moderate group at the turnaround on Gasparilla Island

back. I kept my small group within 500 yards but lost the benefit of the draft of the group. Our fearless leader had to drop back and herd three riders back. The fast group blew us off the road when we turned onto Cape Haze Blvd, about 5 miles from the end of the ride.

I'm glad I went even with the windy day. It was only a problem for about 10 miles at the end. I wonder what it would be like to get a headwind going south?

Dogs & more Dogs

By Ralph Ballard

Here's an update on the dogs we have been bothered with on the path by the golf course. They were a real pain this weekend. They chased Clyde and Glenn and were nipping at Mary's heels on Monday. I finally had enough and called the dog warden for the second time in two weeks. I left my name and number this time and asked that he let me know what was being done. I explained about dogs knocking riders down, etc. and that we were worried that someone was going to get hurt, either by the dog or by a car when avoiding the dogs. Not to mention that it's right on the bike path so many people would be in danger. To make a long story short, when I got back from riding today the warden had left a message. He stopped by the house I complained about and the dogs greeted him. He noticed that neither was wearing a license. He issued two citations and has arranged for the owner to be in court next month. I hope this is the end of it. I really didn't want to see it go this far but the owner has failed to heed previous warning according to the warden.

WHEELMAN



LORAIN
WHEELMEN

TRACKS

President	John Bachman
Vice Pres	Clyde Hohn
Secretary/ Treasurer	Louise Page
Road Capt.	Ron Cicerchi
Editor	Dave Krebs

For ride info, call 967-8580

More banquet info!

Date: April 5th
 Time: 7:00 PM
 Where: Jefferson 150
 150 Jefferson St
 Amherst 44001

4 entrees as follows:

1. Ravioli with chicken, spinach, mushroom and basil in a vodka sauce
2. Delmonico steak with sweet potato hash browns
3. Caspian catch of the day-pan seared fresh fish encrusted in walnut and graced with a plum sauce
4. Goulash-seasonal savory meats, southern Slav style, served over spatzle

My e-mail address is moendeb@hotmail.com, my phone # 440-988-8918.

The restaurant wants the number of reservations by March 22nd. The members can e-mail or phone me with # attending and their menu choices...cash bar; assorted appetizers and desserts and a salad are also included. I think that's about it!

Dues are DUE, NOW!

If you haven't paid em, now is the time. Only paid up members can take advantage of a free meal at the banquet! Where else can you get double your money back these days?

Send your check to PO 102, Amherst NOW and avoid the rush and let Louise enjoy the banquet instead of collecting dues.



Cateye Totals

Member	January	YTD
Krebs, Dave	407	407
Ballard, Ralph	348	348
Panek, Carl	341	341
Hohn, Clyde	196	196
Scheef, Mark	130	130
Panek, Carol	121	121
Cicerchi, Ron	70	70
Petro, Arthur	62	62
Wood, Ed	50	50
Wood, Sandy	42	42
Totals	1,767	1,767

Some of us are riding in warm weather, but notice the guy in second place! He's braving the Ohio rain & snow. Should we give him time and a half miles for the bad weather? Naw, it's the only time I'm on top of the list.

- Editor



The Panek's and Krebs' met Tom Cline & Dale Yearick (Silver Wheels) in Naples for two days of riding. Here's Dave on Tom's new toy, a recumbent trike. Carol promised to do a little story about our adventures for next month, stay tuned.

More Cateye Tips

by Sheldon "No Slack" Brown

Front-Mount Cable Routing:

1. The wire should run up the back side of the fork blade, slightly to the inside. This is not only more aerodynamic, but it helps keep the wire inconspicuous. If the sensor is mounted in front of the fork blade, make sure that the wire crosses back on the inside of the blade. Leave a very small amount of slack where the wire leaves the sensor to where you begin to secure it to the fork, just in case slight sensor adjustments become necessary later.
2. The most common mistake in wire routing is to attach the wire to the head tube of the frame. This should never be done with a front-mount cyclometer, because you then have to allow two large loops of slack where the wire enters and leaves the head tube so that it won't get tugged on when the handlebars turn. The wire should always follow the front brake cable. Since the fork, brake and handlebars always move together, the wire can be secured along its full length.
3. Usually, I prefer to run the wire up along the back side of the brake cable, securing it to the cable with clear tape. If the wire is longer than it needs to be, the excess can be bundled up and tucked into the bottom of the steerer.
4. For bikes that are likely to be overhauled often, it is more convenient to wrap the wire around the brake cable in a spiral. This makes it easier to disconnect the wire for headset service, handlebar swaps, etc. The downside of the spiral wrap approach is that it can be unattractive, especially on bikes with bright colored brake cable housing.
5. When you install a front-mount cyclometer on a bike with cantilever brakes, install the magnet and sensor on the left side if possible. This allows you to run the wire out along the back of the cantilever and in along the left side of the transverse cable to the main cable. Since most front cantilevers have the transverse cable anchored on the left side, this will still allow the transverse cable to be unhooked to release the brake for wheel changes.
6. Suspension forks actually are easier to install cyclometers on. Run the cable up the slider to the brake bridge, then follow the cable housing to the handlebar.
7. The sensors from some cyclecomputers won't fit the large diameter legs of suspension forks. If you have a box of old junked front derailleurs, you were right not to throw them away. Many older model front derailleurs were secured to the frame by two bolts running through a "pillow-block" type clamp, as opposed to the hinged clamp used on modern units. Two of these clamps back-to-back can make a very solid, elegant looking clamp to hold the sensor to the fork blade. If the fork blade is less than 1 1/8" in diameter, you will have to use a small shim.

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Cateye

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- If that is all too much trouble for you, the easy way to install a cyclecomputer on a suspended bike is with a rear mount kit.

Rear-Mount Cable Routing:

- Wires from rear mount cyclecomputers or cadence pickups should always be run under the chainstay, under the bottom bracket and under the down tube. This keeps them out of sight.
- For mountain bikes or hybrids, secure the wire to one of the gear shift cables running from the down tube to the handlebar mounted shift lever.
- For bikes that don't have handlebar mounted shift levers, it is usually best to run the wire from the down tube directly to the bottom of the front brake cable, then follow up as with front mounts. You must allow sufficient slack to allow the handlebars to turn as far as they can possibly go in both directions without tugging on the wire, or the wire will surely break.
- The slack loop must be kept clear of the tire. If the wire can possibly touch the tire, it will, and it will wear away to nothing in no time at all.
- The slack loop should be kept where it will not get in the way of normal operation of down-tube mounted shift levers, or the rider may accidentally yank on the wire while trying to shift.



Minutes

The February meeting didn't happen as a straw poll showed there wasn't a quorum to make it happen. Even trainer night was a bust as the attendees made it out in the cold for a few miles. We'll try again in March!

The M/arch meeting is scheduled for March 13th with a roller/trainer session at the Depot followed by a meeting. As of now, there is no plans for pizza. Stay tuned as this could change. Check the Web site closer to 3/13.

Racing News

The latest new from the Tour of CA is that Super Mario (chipollini), now 41, has made a comeback. He's now racing for the American team, Rock Racing. He started the Tour of California and in fact, got a 3rd place in stage 2.



Beach near the southern tip of Gasparilla Island



Calendar

March 2008

Date	Starting Point	Destination	Miles	The etc's
03/02	Amherst	U-Show	30-35	Spring is near!
03/09	Oberlin Inn	U-Show	30-35	Will it be cold?
03/13	Prolog @ the Depot	15	@ 6:30	
	Pizza @ Ole Towne		@ 7:30	
03/16	Amherst	U-Show	30-35	Will it be mild?
03/23	Oberlin Inn	U-Show	30-35	It's official, it's Spring!
03/30	Amherst	U-Show	30-35	Is it a lion?
04/06	Oberlin Inn	U-Show	30-35	Look, It's April already!

New (Winter) Sunday Ride times

There will be a **second** ride on Sundays! We'll have the customary **9:00 AM** ride from either Oberlin or Amherst followed by another ride **1:00 PM** starting from the SAME location. All rides will be U-Show rides in the 25-30 mile range.

Daylight Savings Time returns on March 9th!

Watch the Web site and your e-mail as one or more of the meetings may be pizza nights after the roller/trainer sessions.

<http://www.lorainwheelmen.org>

rides@lorainwheelmen.org

Dues are DUE!

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 _____