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Volume XLIV

# SPOKE 'N' LINK



*Dayton  
Cycling Club*

[www.daytoncyclingclub.org](http://www.daytoncyclingclub.org)

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## We must accept our portion of responsibility, too

By Chris Brown, DCC bikeways director  
(937) 299-7764; [chrisbcritter520hotmail.com](mailto:chrisbcritter520hotmail.com)

**I**n the September Spoke 'N' Link there were a couple of articles, one addressing bike lanes and the other about bikeway hazards. I would like to comment on both of these issues.

First of all, I believe it is the responsibility of city and state governments to ensure the safety of bikeways as much as possible. When mistakes are made or elements of the paths are worn or broken, such institutions need to rectify the problems and be held accountable for any accidents resulting from negligence or lack of appropriate action. However, bicyclists need to take steps to ensure their own safety as well.

In the past I've written about bikeway safety and etiquette. It seems

See Bikeways and Beyond/5

## Affiliations

 Adventure Cycling Association

 INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION



# SPOKE 'N' LINK

DAYTON CYCLING CLUB

The *Spoke 'N' Link* is published 10 times a year by the Dayton Cycling Club, a not-for-profit educational and recreational organization for bicyclists in the Miami Valley. The opinions expressed herein are those of the authors and do not necessarily reflect the official position of the DCC. The editor reserves the right to edit or refuse any material.

## Submissions

The editor invites items for publication. Send submissions to [spokenlink@earthlink.net](mailto:spokenlink@earthlink.net) or *S'n'L*, 935 Hathaway Road, Dayton 45419. Please include your name and telephone number. Submissions must be legible. This newsletter is produced on a Macintosh G4, using PageMaker 7.0. E-mail submissions are appreciated. Please save text in Microsoft Word format. Contributors who would like their disks and manuscripts returned should enclose a stamped, self-addressed envelope. All editorial material for the *S'n'L* must be received no later than the 10th of the month, unless otherwise stated.

## Advertisements


Paid advertisements and inserts must be submitted camera-ready and must be prepaid and cleared with the editor by the 15th of the month preceding publication.

Basic rates		
1/8 page	(3.75" W x 2.5" H)	\$15
1/4 page	(3.75" W x 5" H)	\$30
1/2 page	(7.5" W x 5" H)	\$50
1 page	(7.5" W x 10" H)	\$85

The standard size and weight for inserts is 8.5 x 11" on 20-pound stock. The fee to place a single-sheet insert printed on standard paper and delivered unfolded is \$110. The fee to place a double-sheet insert printed on 11 x 17" paper delivered folded in half is \$130. All advertising material that is not standard size requires extra handling and will incur a fee of \$.05 extra per piece. Inserts printed on paper heavier than 20-pound stock will incur a fee of \$.08 per standard single piece for extra postage. Call the membership director for current circulation.

DCC members may place one free personal ad up to 1/8 page per calendar year. Such ads must be submitted in writing by the 10th of the month preceding publication.

## Problems with your *S'n'L*? Moving?

If you are not receiving your *S'n'L*, or are planning a move, contact Membership Director Sally Pinnell at (937) 426-7274 or [spinnell@ameritech.net](mailto:spinnell@ameritech.net). If you are moving, be sure to include your old and new addresses. Newsletters are **not** automatically forwarded. 

## 2007 DCC Board of Directors

### President Ben VanWye

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### Vice President Myrna Hayward

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### Huffman Spring Classic Directors Marian and Bob Eley

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(937) 626-4455; [kosh@woh.rr.com](mailto:kosh@woh.rr.com)

### Membership Director Sally Pinnell

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### Newsletter Editor Kay Wert Minardi

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(937) 299-7764; [chrisbcritter520@hotmail.com](mailto:chrisbcritter520@hotmail.com)

### Webmaster Harv Kiesel

(937) 885-2544; [webmaster@daytoncyclingclub.org](mailto:webmaster@daytoncyclingclub.org)

### Calvin's Challenge Representative Barry Schroeder

(937) 854-1885; [tandem@erinet.com](mailto:tandem@erinet.com)

## DCC Business Meetings

The DCC Board of Directors generally holds business meetings at 6:30 p.m. the first Wednesday of each month at the Vandalia Justice Center, 245 James Bohanan Drive. All members are welcome. If you wish to be added to the agenda of any meeting, contact President Ben VanWye.

The next business meetings will be at 6:30 p.m. Wednesdays, Oct. 3 and Nov. 7.

## Upcoming 'S'n'L' deadlines

### For November/ December

Oct. 10 for editorial material  
Oct. 15 for paid advertising

### For January/ February

Dec. 5 for editorial material  
Dec. 10 for paid advertising

# DCC Meeting Highlights

By Kay Wert Minardi, DCC secretary  
(937) 299-2454; dccsecretary@earthlink.net

**Aug. 1, 2007**

The Dayton Cycling Club Board of Directors met Wednesday, Aug. 1, at the Vandalia Justice Center, 245 James Bohanan Drive, Vandalia. In attendance were directors Chris Brown, Bob and Marian Eley, Myrna Hayward, Harv Kiesel, Sally Pinnell, Michele Rizzardi, Ben VanWye, Kay Wert Minardi and Tom Wilson. DCC members Beverly Owens and Bob Pinnell also attended.



President Ben VanWye called the meeting to order at 6:32 p.m. He announced that he has been having e-mail problems and his phone number was listed incorrectly in the Spoke 'N' Link. The correct phone number is (937) 681-1039; his new e-mail address is bvanwye@bluerhinomarketing.com.

Secretary Kay Wert Minardi had no minutes to present, but said she would e-mail them to the board when they are complete.

Treasurer Michele Rizzardi said the organizers of Calvin's Challenge have indicated that they want to sell Calvin's Challenge equipment to a Columbus group that is taking over the event. The directors said they understood such desire but felt that the board should have been consulted before a sale was undertaken. It is not clear whether the sale has been completed. VanWye said he would contact Ann and John McKinley and find out what the status is concerning Calvin's Challenge equipment and any profit realized from the sale thereof.

Beverly Owens, chairwoman of the DCC's Clothing Committee, addressed the issue of the dwindling supply of club jerseys and the possibility of offering more in brighter colors. She said we are out of stock of most sizes, and she has had to turn away potential customers. Kiesel suggested offering five or six choices for the membership to vote on. The board determined that this is something the membership should be involved in.

## DCC 2007 Calendar

- **Business meeting**, 6:30 p.m. Wednesday, Oct. 3, Vandalia Justice Center, 245 James Bohanan Drive. Contact: Ben VanWye, (937) 681-1039; bvanwye@bluerhinomarketing.com
- **Editorial deadline** for November/December newsletter, Wednesday, Oct. 10.
- **Ballots due** for election of 2008 board of Directors, Monday, October 15.
- **Advertising deadline** for November/December newsletter, Monday, Oct. 15.
- **Morrow Wine Ride**, Saturday-Sunday, Nov. 3-4, Young's Jersey Dairy, 6880 Ohio 68, Yellow Springs. Contact: Joan Rudy, (937) 898-7482; rudyjsl2@core.com.
- **Business meeting of 2007 and 2008 boards of directors**, 6:30 p.m. Wednesday, Nov. 7, Vandalia Justice Center, 245 James Bohanan Drive. Contact: Ben VanWye, (937) 681-1039; bvanwye@bluerhinomarketing.com.
- **Editorial deadline** for January/February newsletter, Wednesday, Dec. 5.
- **Christmas Lights Ride**, 6 p.m. Sunday, Dec. 9, Marion's Piazza, 711 Shroyer Road, Dayton (park in lot on northwest corner of Patterson and Shroyer roads). Dinner @ 7. Contact: Kay Wert Minardi, (937) 299-2454; kay.minardi@earthlink.net.
- **Advertising deadline** for January/February newsletter, Monday, Dec. 10. 🚲

Owens will chair a committee that will determine what color combinations to offer for a vote of the membership. Owens will compose a short article for the Spoke 'N' Link soliciting participation on the committee. Wert Minardi and Kiesel said that since they will be involved in presenting the choices and/or publishing a ballot, they would like to attend the committee meeting.

Vice President Myrna Hayward said she rode and enjoyed the Across Ohio Bicycle Adventure (XOBA). She said DCC members made up about 10 percent of the 236 participants.

Membership Director Sally Pinnell said 12 new members joined between July 8 and July 31. The current membership consists of 318 family members belonging to 127 families, 308 adults, one junior and six honorary members for a total of 633.

Pinnell added that several people have volunteered

## Meeting Highlights/From Page 3

to help with the awards banquet, and we need to find a banquet chairman or -woman and get started with planning. Also, we need people to be thinking ahead about candidates for various awards given at the banquet. The board expressed its satisfaction with the Crowne Plaza Hotel as the banquet site and mid- to late February. Owens said she would look into booking the banquet, but she did not feel that she could chair the banquet committee because she is usually in Florida in February.

Webmaster Harv Kiesel said the website is up to date. He feels that some improvements could be made, but it would require changing software. He doesn't wish to do that at this point.

Bikeways Director Chris Brown said the date of the DCC Picnic was listed incorrectly on the website. He asked Kiesel to change the date to Saturday, Sept. 22.

Touring Captain Tom Wilson had nothing to report.

Huffman Spring Classic Co-Directors Marian and Bob Eley said they are already working on next year's ride, which will be May 18. They have reserved the building at Golden Gate Park that is used for the pre-ride sign-in and post-ride lunch. They plan to update the event flier to eliminate confusion about the route.

In new business, Wert Minardi pointed out that nominations for the 2008 board are due at the September business meeting. She asked the directors present to state whether they plan to run. Brown, the Eleys, Kiesel, Sally or Bob Pinnell, Rizzardi and Wilson said they will run for their current positions. Wert Minardi said she will run for newsletter editor but not secretary. Hayward and VanWye will not run for office. Wert Minardi asked all those who are running to remember to send her a paragraph or two for the "Meet the Candidates" page that will be printed on the reverse side of the ballot in the October newsletter. The deadline for the introductions is Sept. 10.

The Pinnells announced that a Performance Bike Shop opened in Greene County on July 31. The store is in the shopping center across Indian Ripple Road from The Greene. Several meeting attendees commented on how well stocked the store is.

Brown moved that the meeting be ended, and Bob Eley seconded. The board unanimously approved, and the meeting adjourned at 7:37 p.m.

The next business meeting is at 6:30 p.m. Wednesday, Sept. 5, at the Vandalia Justice Center. 🚲



### Show your club spirit by wearing DCC apparel

The Dayton Cycling Club now has clothing available for those who want to "show their colors."

The \$15 club T-shirt is a yellow 50/50 cotton/polyester blend. It features a DCC logo on the front and a large Rick Edsall color graphic on the back.

The club jersey is a four-color, wickable, breathable micro-fiber. It is green, beige



Club T-shirt, rear view



Club jersey, rear view

and light blue on a white background. The front and back feature Wilbur Wright working on a bicycle, with the Wright Flyer in the background. The sizes run a bit small. Jerseys cost \$55, plus \$2.50 postage

To order club clothing, contact Beverly Owens at (937) 832-8365 or [dccjersey@yahoo.com](mailto:dccjersey@yahoo.com). 🚲

## Bikeways and Beyond/From Page 1

to be the time to revisit those issues. I have heard from cyclists that the bikeways are dangerous because of children, dog walkers, bollards and isolation from “the rest of the world.” All of these are valid concerns but can be alleviated fairly easily.

One solution for the first three complaints is to *slow down*. The bikeways are not designed for riding as fast as you can. Children, dogs and dog owners are unpredictable, and cyclists need to allow time to anticipate their actions. Bollards, while blocking automobile drivers from accidentally turning onto the bike paths, are also there to encourage cyclists, if not to stop, to at least slow down before crossing intersections.

I have witnessed numerous cyclists blow through intersections, having tried to briefly glance each way before reaching the street. This is especially true on group rides, during which a mob mentality seems to convince cyclists that they are part of one large entity, like a train, rather than individuals. Responding to someone’s shout of “Clear,” or going forward because the person in front of you did, rather than stopping and checking yourself, is putting your safety in someone else’s hands instead of your own. This is never a good idea.

One note: The DCC picnic this year, which I organized, included qualifying rides on bikeways. Having this type of ride on the bike paths obviously goes against what I have just said. For this reason, the picnic’s qualifying rides did not include “A” rides, which average 18 to 21 mph. The “B” rides average 15 to 18 mph, with the distance to be completed within five hours. It is felt that this time allotment allows for riding defensively, anticipating hazards and stopping completely when necessary.

The last issue, the seeming isolation of the bikeways in some areas, can be solved by using the buddy system. Riding with someone makes the trip fun, four eyes notice more than two, and you have someone who can help you in case of an accident. Please ride on the right and do not take up the entire path, as much as possible.

### **Bike lanes have a place — just not everywhere**

Next, bike lanes. The article, reprinted from the Dayton Daily News, seemed to present the view that bike



lanes are the greatest things since the pneumatic tube, and anyone who is against them is living in the past.

My opinion is that in downtown Dayton, bike lanes would be great, not only as a path for families riding downtown but as a permanent alternate route when the bikeways between the Keowee Street bridge and Vietnam Veterans Parkway are flooded. However, I do not believe bike lanes are the answer on every street in Dayton, the state of Ohio or the country.

The political issue is very important as well: Bicyclists do have the right to be on the road and bike lanes have the potential, in the minds of the public, to become “where cyclists ought to be.” It was only a few years ago that the city of Trotwood tried to ticket a bicyclist for “impeding the flow of traffic” because he was riding on the street.

The Ohio Bicycle Federation has been a strong leader in the “Share The Road” campaign, and it would be a shame to have those efforts undermined. The solution is for all of us to educate the public as much as we can about the role each travel venue — streets, bike lanes, bike routes and bikeways — plays in our communities.

Each of these venues has a place in our bicycling lives and lifestyle. Utilizing them safely and appropriately is the responsibility of each of us.

### **Take time to vote**

This issue of the S’n’L includes a board election ballot. The Dayton Cycling Club has 600-plus members, but we usually are lucky if we have 40 completed ballots returned. Even though a number of board members are running unopposed, please take the time to fill out and mail your ballot. The number of votes cast helps indicate what you think of the job we’re doing!🚲

**“What gets the equivalent of 1,000 mpg, doesn’t pollute, will save the world, and transports you in breezy style? Your bike.”**

— Mark Jenkins

### Dayton Cycling Club 2007 Bikeway Miles

<u>Name</u>	<u>August</u>	<u>Total</u>	<u>Name</u>	<u>August</u>	<u>Total</u>
Price, Mackie	809	3,596	Tackett, Bob	0	245
Harbaugh, Norm	375	2,694	Miller, Mike	0	244
Davis, Bob	604	2,551	Hayward, Myrna	44	227
Starnes, Alan	375	2,375	Erin, Tim	0	222
Crabtree, Frank	412	2,299	Pace, Montgomery	0	217
Gaughan, Chris	304	1,995	Doles, Jackie	101	214
Hartman, Bob	517	1,965	Miter, Brad	0	204
Hepp, Dan	281	1,815	Brown, Chris	65	201
Thornburg, Dyke	304	1,721	Robey, Mike	0	154
Wilson, Dickie	206	1,697	Suhr, Barrie	0	153
Young, Bob	0	1,551	Miter, Aven	0	144
Johnson, David	253	1,527	Goecke, Raymond	0	99
Rhone, Matt	302	1,518	Ridolfi, Emily	0	90
Heath, Beth	307	1,501	Schommer, Georgetta	0	88
Villers, John	357	1,452	Schommer, Ray	0	88
Sweeterman, Jim	300	1,440	Marr, Deb	80	80
Ratliff, Dan	397	1,338	Hoffmann, Quentin	0	80
Groeber, Michael	0	1,301	Sayler, William	22	77
Doles, Delbert J.	259	1,232	Chivers, Dan	65	65
Jordan, Bradley	198	1,193	Russo, JoDee	0	58
Koogler, Bruce	161	1,125	Witte, Ed	0	53
Stum, George	442	1,113	Villers, Sherry	0	51
Jordan, Gayle	151	979	Harshberger, Jane	0	50
Elliot, Clifton	62	931	Beall, Robert	0	42
Wymer, Larry	87	914	Curtis, Ron	0	38
Wren, John	151	908	Stacy, Dave	14	35
Berry, Chuck	0	825	Davis, Brian	0	31
Raskay, Joe	179	753	Gardner, Warren	0	30
Tool, Richard	128	744	Erin, Margaret	0	29
DeLong, Dianna	112	732	Van Griethuysen, Valerie	0	27
Hill, Doris, E.	79	710	Czarniecki, Charlie	0	23
Hilbing, Jack	128	696	Wigger, Gail	0	20
Links, Kirk	53	650	Winner, Theresa	0	20
Suhr, Bob	85	620	Gaughan, Lynn	0	15
Harpel, Gary	60	614	Minardi, Clara	0	15
Harpel, Carolyn	50	601	Minardi, Mark	0	15
Vermillion, Cindy	84	571	Wert Minardi, Kay	0	15
Wahler, Thomas W.	156	544	Czarniecki, Barb	0	11
Wren, Pam	151	529	<b>Totals</b>	<b>9,672</b>	<b>62,090</b>
Crockett, Connie	0	498			
Abbott, Dan	0	482			
Abbott, Dawn	0	482			
Dillinger, Shayne	0	468			
Owens, Beverly	75	465			
Pace, Ben	0	429			
Starnes, Don	0	402			
Hoffman, Thomas	40	401			
Owens, Beverly	0	390			
Young, James	49	388			
Pace, Alice	0	369			
Wilkes, William	70	365			
Simon, Trudie	53	353			
Jurkovich, Mark	38	353			
Sundermeyer, John	77	337			
Patten, Anita	0	326			
Dillinger, Haley	0	276			
Pace, Mark	0	266			
Berry, Jerry	0	250			



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### Clark County trail is getting better, but needs more help

By Kevin Kampman, member of the Leadership Clark County Board of Trustees  
Reprinted from the summer 2007 issue of "Leadership Clark County"


We need to consider the quality of the multi-use recreational trail known as Route 1. Springfield and Clark County represent major portions of the trail that runs south from Urbana to northern Cincinnati. Segments of the trail are also known as the Little Miami Scenic Trail and the Simon Kenton Trail.

Locally, Route 1 serves as the hub for sections that branch out to C.J. Brown Reservoir and the Veterans and Snyder park areas. As it continues south, the trail uses city streets until it passes beneath Interstate 70. The trail then continues on to Xenia and points south, including Spring Valley, Corwin, Oregonia, Fort Ancient, and Mason. In Xenia it also connects to east-west routes that start in Columbus and pass through London, South Charleston, Cedarville, Xenia, Beavercreek and extend to Vandalia. Sections also reach into Dayton and Miamisburg. Each of these communities has highlighted their portion of the trail. In all, more than 250 miles of trail are connected throughout the region, and this continues to expand. The Ohio trails have a national reputation. One summer we encountered cyclists from Indiana, Texas and Georgia.

In Springfield, most of the trail uses former freight rail beds. While these are quite comfortable to ride on, they are not the most scenic portions. This represents a communitywide opportunity to address the upkeep and quality of this 10-foot-wide, 30-mile-long Clark County park. The trail serves both commuters and recreational cyclists. It will become even more valuable to the community as fuel costs increase, as we attract professionals for our hospital and high-technology industry, and as additional tourists discover this gem in our midst.

While the National Trail Parks and Recreation District (NTPRD) and others have made investments and efforts to improve the trail, this is not enough. In order to improve its reputation and serviceability, we need to reduce the amount of trash, broken glass and graffiti that mar the experience and turn people away. In Champaign County, the trail is maintained entirely by volunteers, so the fact that NTPRD doesn't have the resources to address every issue means we as a community can and

have to do more.

One leadership opportunity would be for trail users to become part of a "trail sentinel" team. This would be similar to an effort started in Greene County, where "trail sentinels" identify issues and accidents and act as local guides on the trail. The team would represent the community and act as eyes and ears for the police, sheriff and park rangers. Similar groups have been started in Miami, Madison and Montgomery counties. To participate, contact the NTPRD at (937) 328-PARK (7275), or Steve Voytko at (937) 864-2320. The NTPRD also plans to place a countywide 3-mill levy on the November ballot. Your investment and support will go a long way toward keeping the NTPRD an effective contributor to the quality of life in Clark County. 

#### Bikeway Mileage Report

**Bikeway miles are those ridden on a non-listed ride, at least half of which is on a bikeway.**

Qualify for the Cyclo-Path Award by accumulating 125 *non-repeating* miles on recreational path rides. For example, if you ride from Fifth Third Gateway Park in Beavercreek to Xenia Station and back, you would have ridden 20 bikeway miles, but only 10 of them would count toward your 125 Cyclo-Path miles.

Name \_\_\_\_\_

DCC # \_\_\_\_\_


E-mail \_\_\_\_\_

Month \_\_\_\_\_ Miles \_\_\_\_\_

Year to date bikeway miles \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Send this completed form to Chris Brown, 529 Acorn Drive, Dayton, OH 45419-3907, or send e-mail to [chrisbcritter520@hotmail.com](mailto:chrisbcritter520@hotmail.com). Bikeway miles are generally due by the fifth of the month. 



# Membership and Mileage News

By Sally Pinnell, DCC membership director  
(937) 426-7274; spinnell@ameritech.net

## 15 pedal along on Ladies Day Ride

On a beautiful September morning, 15 people showed up to ride the Ladies Day Ride. Two of those women had never ridden this ride.

We rode to Cedarville and had lunch. Upon returning to Xenia, we rode to the Dairy King for dessert. Thanks to everyone who helped me with this event.

### Say hello to our newest members!

The following new members joined from Aug. 11 through Aug. 29. Please make them feel welcome at club rides and other events.

- Paul and Patti Gehred, Beavercreek
- Kathy Miller, Celina
- Aloysius Schneider, Dayton
- Lynn Peterson, Fairborn
- Philip Hanselman, Oakwood
- Becky Drinnen, Sidney
- James Oakes, Springboro
- A.J. Mourouzis, Vandalia

### Check the address label on your Spoke 'N' Link

The date at the bottom of your address label on the back of the newsletter indicates when your Dayton Cycling Club membership expires. If the date is any time this month, take time to renew to be sure you'll continue to receive your Spoke 'N' Link.

Also, when you are renewing your membership, be sure to sign the waiver on your application forms.

Any DCC member who has problems with any membership matter, including receipt of the newsletter, should contact me via e-mail at spinnell@ameritech.net or telephone at (937) 426-7274.



### Correct DCC number makes a difference

Riders, note that putting in an incorrect DCC member number on a tour roster will result in another member getting credit for your miles. Can't remember your number? Your DCC number is on your membership card and on the address label of your Spoke 'N' Link. Suggestion: Write your number inside your helmet.

## Treasurer's Report

By Michele Rizzardi, DCC treasurer  
(937) 890-6301;  
quiltingbear@woh.rr.com



### Financial summary as of Aug. 31

<u>A/C#</u> <u>Category</u>	<u>Receipts</u>	<u>Payments</u>
000 Membership	7,847	616
100 Touring	4,005	3,530
200 DAYOX	0	0
300 Huffman	3,959	2,600
400 Wright Wride	7,042	7,970
600 ? Adventure	0	0
740 Calvin's Challenge-Ride	7,755	5,701
800 Social	1,196	4,561
900 Newsletter	957	9,416
1000 Administrative	7	2,875
<b>Totals</b>	<b>32,769</b>	<b>37,269</b>
 <b>Cash Account Balances:</b>		
Postage Dep-Early Express	400	
Prepaid Rental/Huffman 08/Banquet	150	
DCC General-Key Bank	33,348	
DCC General-Fifth Third	0	
Huffman Classic	0	
Wright Wride	0	
CD-Jo Glover Funds	789	
<b>Total</b>	<b>34,687</b>	
 <b>Current Liabilities:</b>		
		<b>Fund Balances:</b>
		Beg. Of Year
		General Income
		...General Fund
		...C.Motsch Fund
		...Bill Hess Fund 0
		...Jo Glover Fund
		...Janet Long Fund
		<b>Total</b>

It is the DCC Board of Directors' intent to maintain a financial balance that contains sufficient funds to adequately finance the club's annual operating expenses, as well as to finance the major DCC events of the year.



register online  
**active.com**



**Saturday, October 20, 2007**

**East Central High School, St. Leon, IN**

The Cincinnati Cycle Club's Great Ghost Rider Ramble bicycle tour welcomes both the casual recreational rider and the serious cyclist. There are distances for all levels!

**Routes - 23, 35, 50, 58, 72 and 100 Miles**

Enjoy scenic routes developed by experienced cyclists, featuring secondary roads and **spooky** painted road marks to guide your GGRR adventure. Roving vehicles watch for riders with mechanical problems and radio patrols provide emergency communications. Riders receive a fully detailed route map. The GGRR is NOT a race. Ride at your own pace and enjoy the rural autumn Indiana countryside.

**Are you up for the ghoulishly challenging GGRR Century Route?**

The Century Route is one of the most challenging in the area. Four rest stops nourish you for the approximate 5,200 feet of vertical gain. There are **six** significant harrowing climbs on the route.

**23 Mile Escorted Family Fun Ride - 11:00 a.m.**

Dress the kids (and you!) in bike-friendly Halloween costumes for this relatively flat route with only 1 hill. All Family Fun riders can join the costume contest at the rest stop...everyone wins something!! All riders must ride with the experienced GGRR ride leader. Children under 10 are NOT permitted to ride solo and must accompany a parent on a tandem or tag-a-long bike only. Preregistration required.



**Start Times & Directions - All Times are Cincinnati Time (DST)!**

All rides start at East Central High School in St. Leon, IN with plenty of parking. Packet pickup opens at 7:30 a.m. and you may start anytime after registration. (Food stops open at 7:30 a.m. & buffet is from 1-5 p.m.)

Directions: Take I-74 to the St. Leon Exit (#164). Go south 500 feet. Turn right on Shuman Road. East Central High School is approximately one half mile on the right at 1 Trojan Place, St. Leon, IN 47012.

**Trick-or-Treat! Food Stops & After-the-Ride Refueling Session**

The GGRR is well known for great food and snacks. Rest stops provide fuel for your ride with fresh water, Gatorade, fruit and snacks. Restroom facilities are at all stops.

Enjoy a delicious pasta buffet from 1-5 p.m. prepared by the East Central Family, Career, & Community Leaders Club. Buffet includes tossed salad, pasta (with or without meatballs), green beans, garlic bread, beverage and yummy homemade country dessert!!



**Registration**

Avoid the dreaded papercut reaper and sign-up online at [www.active.com](http://www.active.com) by October 17! Or, mail completed entry form and payment postmarked BEFORE October 13 to: Cincinnati Cycle Club - GGRR, 625 Maple Avenue, Newport, KY 41071 (Include a self-addressed, stamped envelope if you wish a confirmation of your entry.)

[www.GreatGhost.org](http://www.GreatGhost.org)

Email: [greatghost@greatghost.org](mailto:greatghost@greatghost.org) Phone: 859-215-3369





**CINCINNATI CYCLE CLUB  
2007 GREAT GHOST RIDER RAMBLE BICYCLE TOUR  
Saturday, October 20, 2007 in St. Leon, Indiana**



Register online by October 17 at [www.active.com](http://www.active.com).

**ALL** riders' entries on this form will be filed under the **PRIMARY** rider's name. Primary rider must be a responsible adult rider.

**Please Print Clearly**

<b>Primary Rider's Name</b>	
<b>Address</b>	
<b>City State Zip Code</b>	
<b>Phone</b>	<b>Email</b>



**Registration Fees (includes pasta buffet):**

	<b>Price</b>	<b>Quantity</b>	<b>Total</b>
Preregistration: <b>Postmarked BEFORE Oct. 13, 2007</b> (includes buffet)	\$20.00		
CCC Member Discount	-\$2.00		
Children, under 16 years ( <i>no buffet</i> )	FREE		
DAY OF RIDE FEE ( <i>no buffet</i> )	\$25.00		
Pasta Buffet (for children under 11 years)	\$4.00		
Pasta Buffet (for children 11-15 years)	\$7.00		
<b>Total Payment</b>			


**Make checks payable to "Cincinnati Cycle Club – GGRR."**

Mail to: Cincinnati Cycle Club - GGRR, 625 Maple Avenue, Newport, KY 41071  
(Include a self-addressed, stamped envelope if you wish a confirmation of your entry.)

**ALL RIDERS MUST READ AND SIGN THIS RELEASE FORM! UNSIGNED FORMS WILL BE RETURNED**

In signing this release for myself, I acknowledge that I have read and understand its intent. I understand that the Cincinnati Cycle Club Inc., its officers, members, and/or contractors are not insurers of my personal safety during these Cincinnati Cycle Club National Rides and other related activities. I thus release them and agree to hold them harmless from any liability arising from my having sustained any property loss, damage, or personal injury by reason of their negligence in participating in, sponsoring, or arranging this event. I also hereby consent to and permit emergency medical treatment in the event of any injury or illness. **I AGREE TO WEAR A CERTIFIED BICYCLE HELMET WHILE RIDING MY BICYCLE.** I shall abide by all the traffic laws and regulations of the States of Ohio, Kentucky and Indiana. I will practice courtesy and safety in cycling at all times. I understand that no refunds will be issued for any reason, including non-attendance. Rides are rain or shine.

Rider's Name (Please print)	CCC #	Signature (Guardian's signature if rider is under 18 years.)	Date	Age	Planned Mileage

**Be a good goblin and register early!** 

**Website: [www.GreatGhost.org](http://www.GreatGhost.org) Email: [greatghost@greatghost.org](mailto:greatghost@greatghost.org) Phone: 859-215-3369**

## Here's a bike tour Homer Simpson would love

By Marilyn Corbin, DCC member

In August I sent in my registration for the Tour de Doughnuts, which was to start at the Darke County Fairgrounds in Greenville on Sept. 9. It was advertised as a 30-mile race, with your riding time being decreased based on the number of doughnuts you ate at the rest stops.

There were plaques for the winners, with four groups for women: the fastest woman under age 50 without considering doughnuts, the fastest woman over 50 without considering doughnuts, the fastest woman under 50 considering doughnuts and the fastest woman over 50 considering doughnuts. Men had the same groupings.

I decided my strategy would be to eat doughnuts, since I am not a very fast rider. I also decided to carry a thermos of coffee. Also, I did not eat breakfast. I really wanted to enjoy the doughnuts, since normally I never eat them. (This year was unusual because I had two doughnuts fairly recently in honor of Homer Simpson while watching "The Simpsons Movie.")

I intended to leave early so I could have plenty of time to prepare at the race's start. That didn't happen, because my bike had a flat — on the rear wheel, no less. So I decided to try to change it and was amazed that I did it. I had to rush to the race and arrived only 20 minutes early.

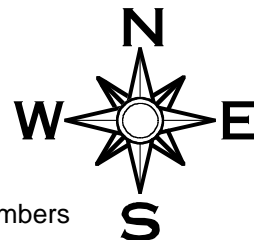
I was in the back of the pack at the start. Riding to the first rest stop, I said hello to two riders I know from Wright-Patterson Air Force Base and managed to draft. At the first rest stop, I broke open my thermos and enjoyed four doughnuts and took one "for the road." My race number was punched for each doughnut.

I got on the road again but noticed one of my gloves was missing. I returned to the rest stop but didn't spot it. (I had left it in my car.) I then figured I would have to eat a bunch more doughnuts at the next rest stop to be competitive.

So that is what I did. I ate four more doughnuts and took one "for the road." I finally had my fill and did not want to look at another doughnut. When I crossed the finish line, I heard a comment that I had eaten a ton of doughnuts. That sounded great to me. I knew I had a chance at a win.

# DCC Travelogue

Descriptions of bike trips by DCC members



For every doughnut eaten, a rider had 5 minutes deleted from his or her overall time.

I came home with two plaques — one for the woman over 50 who ate the most doughnuts (the winning woman under 50 ate the same amount, with the winning men eating 13), and one for the fastest woman eating doughnuts.

The fastest woman over 50 without considering doughnut time ate only one doughnut, while the fastest woman under 50 didn't eat any. There were 107 riders and 100 dozen doughnuts.

No one wanted a doughnut at the end of the race. I didn't get sick and was not hungry for most of the day.

For a good time, sign up next year for this tour. 

The **Spoke 'N' Link** is printed by  
thiNK Graphics and Printing,  
131 N. Ludlow St., Dayton, OH 45402; telephone  
(937) 228-6265.

The **Spoke 'N' Link** is mailed by  
Early Express, 1333 E. Second St., Dayton, OH  
45403-1020; telephone (937) 223-5801.

# Commuter Chronicles

By Chuck Smith, DCC Commuter Committee chairman  
(937) 890-6689; chuck@ohiobike.org



## To become comfortable with riding on the roads, learn to ride safely in traffic

I encourage almost everyone I know to ride their bikes where they would otherwise drive their cars. This usually means riding in traffic, which many people are not comfortable doing.

I am happy to announce a course that will help make more of us more comfortable and safer when riding in traffic. The course will be offered at the Yellow Springs Library on Oct. 6 and 13. Two League of American Bicyclists-certified instructors who are also Dayton Cycling Club members will teach it. If you are interested, please e-mail me at chuck.smith@juno.com.

### Good engineering makes a difference

Downtown Dayton bicycle commuters will one day face a new traffic scenario, with one-way streets becoming two-way streets and one north-south and one east-west bike lane. The Dayton city engineers are in the process of designing this project. We are providing information that will help them engineer bike lanes that are not subject to hazards such as “dooring” by parked motorists.

Great care in engineering is extremely important to our safety on two wheels. My son, Casey, working as a co-op civil engineering student from the University of Cincinnati, just completed a nice bikeway following the Miami and Erie Canal through Butler County. It is part of an “H” connector that will connect the Great Miami River Recreation Trail with the Little Miami Scenic Trail.

### DCC area commuting coordinators

- NE:** North of U.S. 35 and east of I-75; Tom Ensminger, 879-7006 (call between 4 and 7 p.m.)
- NW:** North of U.S. 35, west of I-75, and north of Salem Avenue; Shahid Raki, 275-4386
- SE:** South of U.S. 35 and east of I-75; Kay Wert Minardi, 299-2454
- SE suburbs:** Mark Feighery, 495-3319
- SW:** South of U.S. 35 and west of I-75; Dwaine Wheeler
- NV:** North of Vandalia; Chuck Smith, 890-6689
- SD:** Sidney area; no coordinator
- SU:** Springfield/Urbana area; no coordinator

### Commuting record within reach

I am happy to report that DCC bicycle commuters have ridden 58,714 miles through August, which is 78 percent of our record 75,394 miles set last year. The high gasoline prices are keeping us pedaling and giggling as we pass gasoline stations!

Keep us on track to beat our record by sending your September bicycle commuting miles by Oct. 2 to Dennis.L.Pohl@lexisnexis.com. Remember to include errands, appointments, trips to school and other trips during which you substituted a bicycle for a motor vehicle. Please round all figures to the closest whole number.

## Dayton Cycling Club 2007 Commuter Miles

Name	August	Total	Round Trip	Name	August	Year to date	Round trip
Tom Holmes	834	5,040	Varies	Dan Carrigan	375	2,395	20
John Horanyi	286	3,178	56	Lynn Brucker	315	2,260	17
Kevin Dobo-Hoffman	462	2,756	20	Dan Hepp	252	1,902	Varies
Mark Reitz	320	2,595	20	Roger Rizzardi	123	1,863	Errands
Patrick Murphy	750	2,532	Varies	Janusz Kossek	697	1,804	Varies
Mike Williams	455	2,502	20				
Craig Hambrick	336	2,451	33				
Ned Pennock	478	2,448	Varies				

See Commuter Miles/13

Commuter Miles/From Page 12


<u>Name</u>	<u>August</u>	<u>Year to date</u>	<u>Round trip</u>
Mark Perun	264	1,634	12-14
William Wilkes	296	1,583	7
Ken Holt	NA	1,542	
Kenny Wysong	160	1,442	26
Lee Crawford	269	1,321	
Phil Blosser	190	1,304	8
Tom Wilson	172	1,251	12
Jim Morgan	240	1,170	30
Warren Gardner	168	1,044	24
Allen Knisley	180	907	Errands
Jim Manda	230	887	Errands
Raymond Goecke	58	791	10
Paul Day	168	771	13
Shahid Raki	NA	669	Varies
Dwayne Wheeler	224	636	
Frank Crabtree	85	624	Errands
Chris Brown	NA	551	34
Norman Harbaugh	273	536	25
Jim Foster	78	534	Varies
Ken McCall	137	516	25
Kirk Links	182	479	
Gary Cochran	19	472	19
Anita Patten	NA	420	Varies
Dave Stacy	95	355	
Bob Tackett	NA	350	
Kay Wert Minardi	20	285	Errands
JoDee Russo	NA	248	Varies
Mark Minardi	20	238	20
Frank Mlinar	NA	206	31
Brian Davis	45	188	Errands
Edward Witte	70	179	
Dickie Wilson	2	177	Varies
Marilyn Corbin	28	161	
Clara Minardi	6	149	4
James Young	20	127	Varies
Jeff Ruffing	NA	122	Varies
John Wren	63	103	8
Richard Tool	24	102	Varies
Rick Phillips	NA	88	Errands
Steven Joyce	8	86	Varies
William Saylor	29	79	Varies
Valerie Van Griethuysen	NA	79	Varies
Fran Phillips	NA	77	15
John Belt	NA	72	Errands
Bob Hartman	NA	64	Errands
Mark Jurkovich	NA	62	12-13
Dan Chivers	59	59	7
Ron Curtis	NA	57	Errands
Chuck Smith	0	45	40
Heyward Burnette	NA	36	
Teresa Winner	NA	32	
Dianna DeLong	9	27	Errands
Woody Ensor	9	24	Errands
Thomas Hoffmann	NA	18	Errands
Quentin Hoffmann	NA	10	
<b>Totals</b>	<b>9,583</b>	<b>58,714</b>	

**Commuter Mileage Report**

Include all miles you otherwise would have traveled in a motor vehicle (errands, doctor appointments and school as well as work).

Name \_\_\_\_\_  
 DCC number \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
 Commuting area \_\_\_\_\_  
 Round-trip commute \_\_\_\_\_  
 Year to date commuter miles \_\_\_\_\_  
 Month \_\_\_\_\_  
 Miles this month \_\_\_\_\_  
 Lifetime commuter miles \_\_\_\_\_  
 Years commuted \_\_\_\_\_

Signature \_\_\_\_\_  
 Date \_\_\_\_\_

Send this completed form to Dennis Pohl, 14100 Lower Gratis Road, Farmersville, Ohio 45325; or send e-mail to Dennis.L.Pohl@lexis-nexis.com. All information is generally due by the fifth of the month. Feel free to send tips or tales of your commuter adventures. 



**WORK TO LIVE; LIVE TO BIKE; BIKE TO WORK!**

**Chain Mail**

Letters received by the DCC

**DCC members enhanced XOBA experience**

A note of thanks to members of your club who made the Across Ohio Bicycle Adventure (XOBA 2007) a ride full of good memories, laughter and learning opportunities. Without them it would not have been as easy.

Special thanks to Myrna Hayward, Dale Williamson, Beverly Owens, John Sundermeyer and our fellow rider Louis Pastor for making the ride an enjoyable adventure.

Noreen Ondrusko  
 Chesterland, Ohio

## DCC Members' 2007 Touring Miles

Following are miles credited to Dayton Cycling Club members for miles pedaled on rides that have been listed in the *Spoke 'N' Link*, the DCC's Web site or the Ohio Bicycle Federation's *Bicycle Events Calendar*. These totals reflect data from all tour rosters received by Sept. 15.

**Ride leaders:** Tour rosters must be received by the 10th of the month in order for the information on them to be published in the next month's newsletter. Please submit rosters within 30 days in order for the miles on them to be credited to your riders. Be sure to check your rosters before turning them in. Make sure riders have entered their DCC member numbers and the miles they rode. Finally, be sure to send tour rosters to DCC, c/o Sally Pinnell, 2474 Banyon Drive, Beavercreek 45431-2612.

If you have any questions, contact Sally Pinnell at (937) 426-7274 or [spinnell@ameritech.net](mailto:spinnell@ameritech.net). 

Abbott, Dan	303	Cooley, Theresa	365	Gardner, Warren	141	Joyce, Steven A	1,124
Abbott, Dawn	303	Corbin, Marilyn	4,868	Gaughan, Max	19	Keller, Tom	28
Acuff, Dan	236	Cornell, Robert S	1,531	Gaughan, Christopher	7,790	Keller, Carolyn	45
Adams, Aileen	46	Cox, S Clayton	1,107	Glaser, John	422	Kemphues, Mary	83
Anderson, Penni	421	Cox, Jerry A	98	Glover, Kenneth F	144	Kessler, Douglas J	535
Anzalone, Ann	350	Crabtree, Frank D	395	Goecke, Raymond	2,376	Kiesel, Brad	505
Arentsen, Scott	97	Crawford, Lee	200	Gray, Duane	1,726	Kiesel, Harv	3,259
Askren, William B	41	Cretcher, Charles	1,053	Green, Dennis	2,913	Kincaid, Nate	212
Auman, Andy	511	Crockett, Connie	639	Griessmann, Scott	78	King, Ron	112
Beall, Robert E	768	Currence, Arthur	198	Griessmann, Dorothy	78	Kinzer, Paula	302
Beecroft, William G	719	Czarniecki, Charles	95	Griessmann, David	78	Kistner, Fred G	35
Bell, Bud	3,951	Damewood, Hank	1,134	Groeber, Michael J	885	Klosterman, Joe	2,074
Bentley, Barrie	350	Davis, Mark A	1,482	Hall, Brian	561	Knackstedt, Heinz	36
Bernhardt, Jeff	812	Davis, Debora	32	Hansen, Janet	260	Knappke, Daniel	910
Berry, Jerry	1,624	Davis, Ed R	344	Harbaugh, Norman	156	Knisley, Allen	395
Blacke, Cliff	153	Davis, Brian D	615	Harpel, Carolyn	497	Kossek, Janusz	214
Blue, Robert Mark	1,561	Davis, Bob	1,729	Harpel, Gary	497	Kottmyer, Steven L	307
Bowyer, Gary W	370	Deis, Tony	213	Hartman, Bob	812	Le Blanc, Felix	33
Bowyer, Jason	440	DeLong, Dianna L	503	Hassett, Dayne	493	Le Blanc, Robert A	303
Boyd, Conley	466	Dierking, Justin	40	Hayward, Myrna	1,362	Lemaster, Mary	196
Brademeyer, Diana	301	Diller, David	697	Hazel, Donald	916	Liesch, Bayard	87
Brademeyer, David L	361	Dillinger, Shayne	1,645	Heath, Beth	30	Lindemann, Ray	1,115
Breeding, Scarlett	60	Dillinger, Haley	517	Heath, Frank	30	Loveless, John M	377
Breeding, Dean	1,482	Dittrick, Robin	32	Hepp, Dan	445	Manda, Jim	1,567
Brinkman, Charles	260	Dobo-Hoffman, Kevin	569	Hertert, Dean	95	Marmar, Mike	970
Brislawn, Roger	23	Doles, Delbert	216	Hickey, Gary S	63	Marr, Deborah	669
Brooks, Daniel	218	Downie, Elizabeth	119	Hickey, Glenda	63	Marsh, Melinda	67
Brooks, Frank	1,093	Drozd, Don	923	Hill, Doris E	216	Martin, Jr, Paul E	182
Brown, Christopher B	81	Ducker, Eugena	4,116	Hiller, Jim	20	McPherson, Craig R	50
Buchwalder, Mary	23	Ducker, John T	2,131	Hines, Nancy	49	McPherson, Kathleen L	50
Buchwalder, Mark J	238	Eley, Robert	1,078	Hitch, David C	40	Mesure, Craig	35
Buckley, Parker	62	Eley, Marian	831	Hoban, John	560	Miller, Mike	3,520
Burton, Katie	77	Eliason, Bruce	122	Hoffmann, Thomas P	1,369	Miller, Judy	18
Bustos, Moe	133	Elliott, Clifton J	1,452	Hoffmann, Quentin	541	Minardi, Mark	78
Caldwell, Joan	2,810	Erbaugh, Phillip D	30	Holt, Kenneth E	1,239	Minardi, Clara	78
Caldwell, Vince E	2,879	Eresman, Arthur	1,110	Homan, Carol J	257	Mlinar, Frank J	62
Campbell, Bruce	1,660	Evans, Robert	222	Horanyi, John	3,057	Moltz, Steve	470
Carrigan, Daniel	40	Evans, Jeanne	182	Horton, David R	1,233	Moltz, Rosa	250
Carter, Pat	296	Fanelli, Mike	407	Hucks, Jae	116	Morgan, Jim	712
Casey, James	1,059	Fanelli, Sue	355	Huffman, Stanley	561	Murphy, Patrick	563
Chivers, Dan	63	Fitzpatrick, James	198	Hunter, Hal	325	Myers, Richard E	486
Cochran, Gary P	275	Fraas, Art	160	Huntsman, Brent E	227	Myers, Scott A	674
Collins, Larry M	35	Frabott, Phillip	154	Johnson, David P	2,413	Myers, Stephanie L	470
Collins, Beryl Binkard	35	Frabott, Linda	154	Jordan, Bradley	59		
Cooley, Frank	158	Frillman, Jack	672	Jordan, Gayle	59		

See Touring Miles/15

Touring Miles/From Page 14

Myers, Solomon	250	Ramsby, Bonnie	86	Taulbee, Brenda	1,145	Whitaker, Mark	20
Myers, Silas A	250	Ramsby, Ron	278	Taylor, Walter	1,194	Wieland, George	1,472
Naber, James	1,754	Raskay, Joe	5,497	Test, Lee	1,707	Wigger, Gail Sue	334
Naber, Ann E	696	Rizzardi, Roger N	1,795	Test, Vickie	651	Wilkes, William R	1,149
Nickerson, Steve	456	Robbins, Steve	80	Thornburg, Dyke	2,431	Williams, Tim	617
Nickerson, Jane	2,008	Rohal, Jim	37	Thornton, Mike	272	Williams, Dorine	417
Novicki, Christa	535	Rudy, Joan S	3,030	Todd, Susie	180	Williams, Michael L	206
Owens, Beverly	2,154	Ruffing, Jeff	50	Todd, Jim	288	Williams, Kathy	15
Pace, Ben	567	Russo, Jo Dee	82	Tolly, Linda	1,309	Williamson, Dale	1,387
Pace, Alice	371	Rutan, Rick	159	Tool, Richard	177	Willoughby, Geoffrey M	1,405
Pace, Mark	391	Sandhop, Paul D	440	Townsend, Eric	17	Willoughby, Elizabeth J	30
Pace, Montgomery	342	Sayler, William	44	Trainor, William	643	Wilson, Tom	639
Paoloemilio, Jim	308	Schlosser, Bob	62	Van Griethuysen, Valerie	18	Wilson, Dickie	2,805
Paoloemilio, Valerie	430	Schneider, Aloysius J	42	Van Wye, Ben	104	Wilson, David L	4,207
Patten, Anita	1,029	Schrimsher, Chris	496	Van Wye, Sheri	104	Wilson, Julia	2,101
Pearce, Jeffrey	2,359	Shafer, Mary Lou	50	Vermillion, Cindy	213	Windholtz, Mike	625
Perry, Jim	974	Shafer, John	230	Voytko, Steve M	1,855	Wise, Michael	105
Perun, Mark	1,036	Sideras, George M	94	Wagner, Herbert S	309	Wise, Marie	105
Peterson, Lynn S	65	Simon, Trudie A	1,246	Wahler, Thomas W	193	Witte, Ed	1,824
Phillips, Richard	58	Smith, Geoff	341	Walling, Jerome J	405	Wolski, Dan	350
Phillips, Frances	58	Spence, Scott R	324	Walters, Steve	128	Wren, John	30
Pinnell, Ronnie	47	Spurlin, John	189	Warrell, Daniel E	984	Wymer, Larry L	1,927
Pinnell, Bob	4,193	Stacy, Dave	105	Warwick, Betty	1,185	Wysong, Kenneth L	94
Pinnell, Sally S	1,475	Staley, William	287	Watern, Kathy	312	Young, Bob	2,356
Poe, Joseph K	240	Stoops, Glenn A	69	Watson, Richard	718	Zantal, Nick	261
Poe, Belinda K	176	Strong, Scott	403	Weber, Connie	1,489	Zelik, Stephen M	191
Poling, Carl R	160	Stum, George R	292	Weber, Don F	2,390	<b>Total</b>	<b>209,830</b>
Powers, Henry	1,467	Sundermeyer, John	1,876	Weiss, Brian	580		
Powers, Patricia A	506	Tackett, Bob	664	Wert Minardi, Kay	427		
Price, Mackie	44	Taft, Bob	35	Wheeler, Dwaine	442		



**ABBEY WRODE** by Rick Edsall



# Touring Talk

By Tom Wilson, DCC touring captain  
(937) 320-0272; ptjib@yahoo.com

## Be sure to fill out and sign forms at club rides

The Dayton Cycling Club carries insurance for DCC members on club rides. This is handy because if you have an accident that requires your hospitalization, your health insurance might not cover your entire hospital bill. The DCC insurance could really help in this instance.

Insurance companies, being insurance companies, really like paperwork, specifically the tour rosters. Get those forms filled out. Ride leaders who can't be at a scheduled ride should designate a couple of other riders who will bring the forms and a pen.

Contact me or Treasurer Michele Rizzardi if you need an insurance claim form or more information.

### If it ain't broke, don't fix it — yet


Fall is upon us. Keep riding till winter, and save repairs and upgrades for the cold, unrideable days. Several riders I know have swapped out drive train parts, only to create shifting problems.

You won't enjoy being stuck on your much slower secondary bike because your primary bike is in the shop getting a complete drive train overhaul. This isn't a big problem in the winter, but a major bummer when there are only a few good riding weekends left.

### Anybody have a recumbent for sale?

My wife, Penni, had a great time on our Washington-to-Pittsburgh bike trip, and we are planning to do it again next summer. We are also planning to drag a son along, and are looking for a recumbent for him. His biggest problem with biking is the little seat.

### 2 months of rides needed for next newsletter

The next Spoke 'N' Link will be a combined November/December issue, so be sure to submit rides for both months plus the first week of January by Oct. 3. 

## Area Touring Coordinators

North of Vandalia	Walter Burton wburton@att.net	677-8951
Springfield	Rick Rutan rr1248info@gmail.com	399-8749
Northwest	Dale Williamson jdwbiker@juno.com	833-5680
Don Weber	426-0572 dfweber@earthlink.net	Northeast
Jim Morgan	435-3215 beelzemorgan@hotmail.com	Southwest
Southeast	Jeff Pearce pearceja@yahoo.com	272-6005

## Join us for the DCC's

# Morrow Wine Ride

**When:** 8:30 a.m. Saturday and Sunday, Nov. 3-4

**Where:** Young's Jersey Dairy to Loveland (and back)

- \* Dinner @ Morrow (Valley Vineyard)
- \* Overnight "camping" indoors

**Mileage:** 50-60+/day

**Price:** Pay as you go.


**Contact:** Joan S. Rudy at (937) 898-7482



## How to select a club ride

Monthly *Spoke 'N' Link* ride lists include an area, length and speed classification for each ride. The area column gives a general indication of where each ride starts and ends. All rides are in Ohio and are loops, unless otherwise noted.

Ride classification (Class) and length (Miles) of the ride

are important considerations for riders when selecting rides to participate in. The speed classification gives a general idea of the speed riders will be expected to maintain during a ride. Ride leaders are responsible for providing maps and/or accompanying riders unfamiliar with the route. 

### Class average speeds

<u>Class</u>	<u>Average riding speed</u>
D	9 to 12 mph
C	12 to 15 mph
B	15 to 18 mph
A	18 to 21 mph
A+	22+ mph
O	off road
TT	time trial

**Note:** Average riding speed is total distance divided by total riding time. Time stopped is not included.

### Defined areas

NE	North of U.S. 35 and east of I-75
NW	North of U.S. 35 and west of I-75
SE	South of U.S. 35 and east of I-75
SW	South of U.S. 35 and west of I-75
NV	North of Vandalia
SD	Sidney area
SU	Springfield/Urbana area
OA	Out of area
LN	Leader needed

### Notes

Although this list is checked for errors, its accuracy is not guaranteed.

In the NOTES column, **CTC** means "call to confirm" and indicates that riders should call the leader prior to the ride to confirm that the ride will occur as scheduled.

In the LEADER, PHONE column, **LN** means a DCC member is needed to provide a tour roster at the ride listed. All area codes are 937 unless otherwise stated.

All Dayton Cycling Club rides are loops and return to the starting point unless otherwise noted. All rides are in Ohio, unless otherwise specified.

Some ride information is obtained from the Ohio Bicycle Federation's *Ohio Bicycle Events Calendar*. See <http://www.ohiocycling.info/> for more information on these rides.

**Ride leaders:** Tour rosters must be submitted to Sally Pinnell at 2474 Banyon Drive, Beavercreek 45431-2612, within 30 days of the ride. Mileage on rosters not returned on time may be forfeited.

# OCTOBER RIDE LIST

Time	Area	Miles	Class	Leader, Phone	Starting Point	Notes
<b>Monday, Oct. 1</b>						
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:30 pm	SW	19	D	Carol Homan, 277-2974	Miami-Erie Canal Pk, 5457 Marina Dr, W Carrollton	Dry roads
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredsride.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Tuesday, Oct. 2</b>						
9:00 am	NV	35-50	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; dry roads
9:00 am	NE	35+	C	Don Weber, 426-0572	University Bapt Church, 2223 Hanes Rd, B'creek	CTC; no rain; food stop
6:00 pm	NW	20-30	All	Dale Williamson, 833-5680	Wolf Creek Trail pkg lot, Arlington Rd, Brookville	Tandem-friendly
6:00 pm	SE	17-24	B	Charley Cretcher, 258-8004 ccretcher@daybag.com	Oak Creek Plaza, 5655 Bigger Rd, Kettering	Dry roads

Time	Area	Miles	Class	Leader, Phone	Starting Point	Notes
<b>Wednesday, Oct. 3</b>						
8:30 am	NE	50+	C/D	Eugena Ducker, 299-9028	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain or shine
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Thursday, Oct. 4</b>						
10:00 am	NE	40-50+	C	Harv Kiesel, 885-2544 Bob Young, 429-3620	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	CTC; no rain; food stop
4:30 pm	SE	20+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
6:00 pm	NW	20-35	All	Geoff Willoughy, 273-5150	Mabel Wilt Park, Eldorado	CTC
6:00 pm	SE	17-24	B	Charley Cretcher, 258-8004 ccretcher@daybag.com	Oak Creek Plaza, 5655 Bigger Rd, Kettering	Dry roads
<b>Friday, Oct. 5</b>						
9:00 am	NW	20-25	D	Myrna Hayward, 687-1830	Rob's Restaurant, 705 Arlington Rd, Brookville	Bikeway
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Saturday, Oct. 6</b>						
7:30 am	SE	50+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
8:30 am	SE	45	C	Ray Lindemann, 848-3058 rwlpt@hotmail.com	Cross Pointe Center, 291 E Alex-Bell Rd, Centerville (behind LaRosa's)	Dry roads
9:00 am	SU	40-60	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
9:00 am	NE	30	C	Marilyn Corbin, 882-6559	CVS, 415 N Main St, New Carlisle	CTC
<b>Sunday, Oct. 7</b>						
	OA	Varies	All	R Lindemann, 848-3058	Spain; Tour de Mallorca	10/7-14; rwlpt@hotmail.com
8:00 am	SU	40-60	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
8:30 am	NE	40+	C/D	Tom Wilson, 485-9676	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain/shine; Young's Dairy
8:30 am	SW	35	B/C	Jim Casey, 847-7474 Larry Wymer, 231-3153	Miamisburg municipal parking lot, north side of 27 W Linden Ave	CTC; breakfast ride wareagle72@msn.com
9:00 am	NV	30-40	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; breakfast ride Dry roads
10:00 am	NE	40	C	Mike Marmar, 429-0484 www.geocities.com/mdmarmar	Beavercreek Senior Ctr, 3868 Dayton-Xenia Rd	Young's Dairy Ride
<b>Monday, Oct. 8</b>						
9:00 am	NE	30	C	Marilyn Corbin, 882-6559	CVS, 415 N Main St, New Carlisle	CTC
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
6:30 pm	SW	19	D	Carol Homan, 277-2974	Miami-Erie Canal Pk, 5457 Marina Dr, W Carrollton	Dry roads
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Tuesday, Oct. 9</b>						
9:00 am	NV	35-50	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; dry roads
10:00 am	NE	35+	C	Don Weber, 426-0572	Xenia Station, 150 Miami Ave, Xenia	CTC; no rain; food stop
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:00 pm	NW	20-30	All	Dale Williamson, 833-5680	Wolf Creek Trail pkg lot, Arlington Rd, Brookville	Tandem-friendly
6:00 pm	SE	17-24	B	Charley Cretcher, 258-8004 ccretcher@daybag.com	Oak Creek Plaza, 5655 Bigger Rd, Kettering	Dry roads
<b>Wednesday, Oct. 10</b>						
8:30 am	NE	50+	C/D	Eugena Ducker, 299-9028	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain or shine
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	

Time	Area	Miles	Class	Leader, Phone	Starting Point	Notes
<b>Thursday, Oct. 11</b>						
10:00 am	NE	40-50+	C	Harv Kiesel, 885-2544 Bob Young, 429-3620	Xenia Station, 150 Miami Ave, Xenia	CTC; no rain; food stop
4:30 pm	SE	20+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
6:00 pm	NW	20-35	All	Geoff Willoughy, 273-5150	Mabel Wilt Park, Eldorado	CTC
6:00 pm	SE	17-24	B	Charley Cretcher, 258-8004 ccretcher@daybag.com	Oak Creek Plaza, 5655 Bigger Rd, Kettering	Dry roads
<b>Friday, Oct. 12</b>						
9:00 am	NW	20-25	D	Myrna Hayward, 687-1830	Rob's Restaurant, 705 Arlington Rd, Brookville	Bikeway
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Saturday, Oct. 13</b>						
7:30 am	SE	50+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
9:00 am	SU	40-60	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
8:30 am	SE	45	C	Ray Lindemann, 848-3058 rwlp@hotmai.com	Cross Pointe Center, 291 E Alex-Bell Rd, Centerville (behind LaRosa's)	Dry roads
<b>Sunday, Oct. 14</b>						
8:30 am	NE	40+	C/D	Tom Wilson, 485-9676	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain/shine; Young's Dairy
8:30 am	SW	35	B/C	Jim Casey, 847-7474 Larry Wymer, 231-3153	Miamisburg municipal parking lot, north side of 27 W Linden Ave	CTC; breakfast ride wareagle72@msn.com
9:00 am	NV	30-40	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; breakfast ride Dry roads
10:00 am	NE	40	C	Mike Marmer, 429-0484 www.geocities.com/mdmarmer	Beavercreek Senior Ctr, 3868 Dayton-Xenia Rd	Young's Dairy Ride
<b>Monday, Oct. 15</b>						
8:30 am	OA	40+	B	Joe Raskay, 609-2460 cyclejoe66@yahoo.com	19335 Water Oak Dr, #204, Port Charlotte, FL	Oct 15-Dec 31
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
6:30 pm	SW	19	D	Carol Homan, 277-2974	Miami-Erie Canal Pk, 5457 Marina Dr, W Carrollton	Dry roads
<b>Tuesday, Oct. 16</b>						
9:00 am	NV	35-50	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; dry roads
10:00 am	NE	35+	C	Don Weber, 426-0572	University Bapt Church, 2223 Hanes Rd, B'creek	CTC; no rain; food stop
6:00 pm	NW	20-30	All	Dale Williamson, 833-5680	Wolf Creek Trail pkg lot, Arlington Rd, Brookville	Tandem-friendly
<b>Wednesday, Oct. 17</b>						
8:30 am	NE	50+	C/D	Eugena Ducker, 299-9028	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain or shine
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Thursday, Oct. 18</b>						
10:00 am	NE	40-50+	C	Harv Kiesel, 885-2544 Bob Young, 429-3620	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	CTC; no rain; food stop
4:30 pm	SE	20+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
6:00 pm	NW	20-35	All	Geoff Willoughy, 273-5150	Mabel Wilt Park, Eldorado	CTC
<b>Friday, Oct. 19</b>						
9:00 am	NW	20-25	D	Myrna Hayward, 687-1830	Rob's Restaurant, 705 Arlington Rd, Brookville	Bikeway
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	

Time	Area	Miles	Class	Leader, Phone	Starting Point	Notes
<b>Saturday, Oct. 20</b>						
7:30 am	SE	50+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
7:30 am	OA	23-100	All	LN; Info: (859) 215-3369	St. Leon, IN; CCC's Great Ghost Rider Ramble	www.GreatGhost.org
8:30 am	SE	45	C	Ray Lindemann, 848-3058 rwlpt@hotmail.com	Cross Pointe Center, 291 E Alex-Bell Rd, Centerville (behind LaRosa's)	Dry roads
9:00 am	NE	30	C	Marilyn Corbin, 882-6559	CVS, 415 N Main St, New Carlisle	CTC
9:00 am	SU	40-60	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
<b>Sunday, Oct. 21</b>						
8:30 am	NE	40+	C/D	Tom Wilson, 485-9676	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain/shine; Young's Dairy
8:30 am	SW	35	B/C	Jim Casey, 847-7474 Larry Wymer, 231-3153	Miamisburg municipal parking lot, north side of 27 W Linden Ave	CTC; breakfast ride wareagle72@msn.com
9:00 am	NV	30-40	C	Bob Cornell, 339-4723	CVS Pharmacy, 914 W Main St, Tipp City	CTC; breakfast ride
9:00 am	SU	40-60	C	Vince Caldwell, 236-0436	(east of OH 571 exit off I-75)	Dry roads
9:00 am	SU	40-60	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
10:00 am	NE	40	C	Mike Marmer, 429-0484 www.geocities.com/mdmarmer	Beavercreek Senior Ctr, 3868 Dayton-Xenia Rd	Young's Dairy Ride
<b>Monday, Oct. 22</b>						
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
6:30 pm	SW	19	D	Carol Homan, 277-2974	Miami-Erie Canal Pk, 5457 Marina Dr, W Carrollton	Dry roads
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredsride.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Tuesday, Oct. 23</b>						
9:00 am	NV	35-50	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; dry roads
10:00 am	NE	35+	C	Don Weber, 426-0572	Xenia Station, 150 Miami Ave, Xenia	CTC; no rain; food stop
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:00 pm	NW	20-30	All	Dale Williamson, 833-5680	Wolf Creek Trail pkg lot, Arlington Rd, Brookville	Tandem-friendly
<b>Wednesday, Oct. 24</b>						
8:30 am	NE	50+	C/D	Eugena Ducker, 299-9028	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain or shine
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredsride.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Thursday, Oct. 25</b>						
10:00 am	NE	40-50+	C	Harv Kiesel, 885-2544 Bob Young, 429-3620	Xenia Station, 150 Miami Ave, Xenia	CTC; no rain; food stop
4:30 pm	SE	20+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
6:00 pm	NW	20-35	All	Geoff Willoughy, 273-5150	Mabel Wilt Park, Eldorado	CTC
<b>Friday, Oct. 26</b>						
9:00 am	NW	20-25	D	Myrna Hayward, 687-1830	Rob's Restaurant, 705 Arlington Rd, Brookville	Bikeway
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredsride.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Saturday, Oct. 27</b>						
7:30 am	SE	50+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
8:30 am	SE	45	C	Ray Lindemann, 848-3058 rwlpt@hotmail.com	Cross Pointe Center, 291 E Alex-Bell Rd, Centerville (behind LaRosa's)	Dry roads
9:00 am	NE	30	C	Marilyn Corbin, 882-6559	CVS, 415 N Main St, New Carlisle	CTC
<b>Sunday, Oct. 28</b>						
8:30 am	NE	40+	C/D	Tom Wilson, 485-9676	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain/shine; Young's Dairy
8:30 am	SW	35	B/C	Jim Casey, 847-7474 Larry Wymer, 231-3153	Miamisburg municipal parking lot, north side of 27 W Linden Ave	CTC; breakfast ride wareagle72@msn.com
9:00 am	NV	30-40	C	Bob Cornell, 339-4723	CVS Pharmacy, 914 W Main St, Tipp City	CTC; breakfast ride
9:00 am	SU	40-60	C	Vince Caldwell, 236-0436	(east of OH 571 exit off I-75)	Dry roads
9:00 am	SU	40-60	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com

Time	Area	Miles	Class	Leader, Phone	Starting Point	Notes
10:00 am	NE	40	C	Mike Marmer, 429-0484 www.geocities.com/mdmarmer	Beavercreek Senior Ctr, 3868 Dayton-Xenia Rd	Young's Dairy Ride
<b>Monday, Oct. 29</b>						
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
6:30 pm	SW	19	D	Carol Homan, 277-2974	Miami-Erie Canal Pk, 5457 Marina Dr, W Carrollton	Dry roads
<b>Tuesday, Oct. 30</b>						
9:00 am	NV	35-50	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; dry roads
10:00 am	NE	35+	C	Don Weber, 426-0572	University Bapt Church, 2223 Hanes Rd, B'creek	CTC; no rain; food stop
5:00 pm	SU	20-30	C	Rick Rutan, 399-8749	3129 Baker Rd, Springfield	CTC; rr1248info@gmail.com
6:00 pm	NW	20-30	All	Dale Williamson, 833-5680	Wolf Creek Trail pkg lot, Arlington Rd, Brookville	Tandem-friendly
<b>Wednesday, Oct. 31</b>						
8:30 am	NE	50+	C/D	Eugena Ducker, 299-9028	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain or shine
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	

## FIRST WEEK OF NOVEMBER

Time	Area	Miles	Class	Leader, Phone	Starting Point	Notes
<b>Thursday, Nov. 1</b>						
10:00 am	NE	40-50+	C	Harv Kiesel, 885-2544 Bob Young, 429-3620	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	CTC; no rain; food stop
4:30 pm	SE	20+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
6:00 pm	NW	20-35	All	Geoff Willoughy, 273-5150	Mabel Wilt Park, Eldorado	CTC
6:00 pm	SE	17-24	B	Charley Cretcher, 258-8004 ccretcher@daybag.com	Oak Creek Plaza, 5655 Bigger Rd, Kettering	Dry roads
<b>Friday, Nov. 2</b>						
9:00 am	NW	20-25	D	Myrna Hayward, 687-1830	Rob's Restaurant, 705 Arlington Rd, Brookville	Bikeway
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredside.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Saturday, Nov. 3</b>						
7:30 am	SE	50+	B	Jack Frillman, 429-2439	1026 Firewood Dr, Beavercreek	CTC
8:30 am	NE	50-60+/day	C	Joan Rudy, (937) 898-7482 rudysjl2@core.com	<b>DDC's Morrow Wine Ride</b> ; Young's Jersey Dairy, 6880 OH 68, Yellow Springs	CTC; Nov 3-4; pay as you go; "camping" indoors
9:00 am	NE	30	C	Marilyn Corbin, 882-6559	CVS, 415 N Main St, New Carlisle	CTC
<b>Sunday, Nov. 4</b>						
8:30 am	NE	40+	C/D	Tom Wilson, 485-9676	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain/shine; Young's Dairy
8:30 am	SW	35	B/C	Jim Casey, 847-7474 Larry Wymer, 231-3153	Miamisburg municipal parking lot, north side of 27 W Linden Ave	CTC; breakfast ride wareagle72@msn.com
9:00 am	NV	30-40	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; breakfast ride Dry roads
10:00 am	NE	40	C	Mike Marmer, 429-0484 www.geocities.com/mdmarmer	Beavercreek Senior Ctr, 3868 Dayton-Xenia Rd	Young's Dairy Ride
<b>Monday, Nov. 5</b>						
9:00 am	NE	30	C	Marilyn Corbin, 882-6559	CVS, 415 N Main St, New Carlisle	CTC
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
6:30 pm	SW	19	D	Carol Homan, 277-2974	Miami-Erie Canal Pk, 5457 Marina Dr, W Carrollton	Dry roads

Time	Area	Miles	Class	Leader, Phone	Starting Point	Notes
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredsride.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	
<b>Tuesday, Nov. 6</b>						
9:00 am	NV	35-50	C	Bob Cornell, 339-4723 Vince Caldwell, 236-0436	CVS Pharmacy, 914 W Main St, Tipp City (east of OH 571 exit off I-75)	CTC; dry roads
10:00 am	NE	35+	C	Don Weber, 426-0572	Xenia Station, 150 Miami Ave, Xenia	CTC; no rain; food stop
6:00 pm	NW	20-30	All	Dale Williamson, 833-5680	Wolf Creek Trail pkg lot, Arlington Rd, Brookville	Tandem-friendly
<b>Wednesday, Nov. 7</b>						
8:30 am	NE	50+	C/D	Eugena Ducker, 299-9028	Fifth Third Gateway Park (gazebo), 4222 Dayton-Xenia Rd, Beavercreek	Rain or shine
2:15 pm	SE	23-28	B/C	Dyke Thornburg, 252-4580 Hank Damewood, 299-0947	Harrigan's Tavern, 4070 Marshal Rd, Kettering redbison241@woh.rr.com	Dry roads; dog count
6:00 pm	NV	24-32	A/B	Frank Cooley, 698-6216 www.fredsride.com	Process Equipment Co, 6555 OH 202, Tipp City Southeast corner of Studebaker Rd and OH 202	

## LOOKING AHEAD

Date	Area	Miles	Starting Point; Event Name	Notes
Dec 9	SE	10	Marion's Piazza, 711 Shroyer Rd, Dayton; <b>DCC's Christmas Lights Ride</b>	Kay Wert Minardi, (937) 299-2454; kay.minardi@earthlink.net Lights required; decorations optional; ride @ 6 pm; dinner @ 7 pm



## Joan Rudy's Rear-View Mirror

### Insurance help available for injured riders

By Harv Kiesel, DCC webmaster  
(937) 885-2544; webmaster@daytoncyclingclub.org



**Leaders of the pack**

The 1991 Great Ohio Bicycle Adventure took participants through Washington Courthouse, Circleville, Logan, Chillicothe, Waverly, West Union and Hillsboro. DCC members Joan Rudy, Howard "Ty" Tyson and Carol Minges (left to right, not waving) lead some of the 2,600 riders grinding up one of the many hills along the route.

Part of the funds collected annually by the Dayton Cycling Club are used to purchase liability insurance. The insurance policy is specifically designed for bicycle clubs by the League of American Bicyclists and is administered by American Specialty Insurance & Risk Services Inc.

All members who sign tour rosters at advertised DCC rides are covered by accident insurance paid for by part of their annual membership fee. Note that non-members also must sign tour rosters but are not covered by the club's insurance.

At the DCC's invitational rides (Huffman Spring Classic, Wright Wride, etc.), all riders — whether they are members or not — are covered by accident insurance paid for with part of the ride registration fee.

If you are injured during a DCC ride, contact Treasurer Michele Rizzardi at (937) 890-6301 or quiltingbear2@woh.rr.com for more information about the club's insurance and to get the appropriate forms.

### Can cycle tracks help us pedal out of obesity?

By Ken McCall, DCC member  
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Friday, Aug. 31, 2007 — Here’s a sobering statistic: Two-thirds of Americans are overweight or obese.

The cause, according to the Centers for Disease Control and Prevention in Atlanta, is simple: too much food and too little activity.

We need to be more physically active, but many of us can’t find the leisure time to do anything about it.

If we want to reduce obesity and diseases such as diabetes, stroke and cancer, says Anne Lusk, a research fellow at the Harvard School of Public Health, we need to help people make activity a part of their everyday routine.

To do that, Lusk says, people need more than trails built along rivers and bike lanes painted on streets. Lusk advocates what are called cycle tracks, separated bike trails along main thoroughfares that get people to and from important or popular destinations (work, the grocery, the ice cream store, the coffee shop) without cars.

Cycle tracks are popular in Europe and other countries where large portions of the population bike. In Odense, Denmark, for example, 50 percent of the city-center residents ride bikes.

But cycle tracks are nonexistent in the United States, Lusk says. She has co-written a booklet, “Pushing the Design Boundaries,” available at [www.hsph.harvard.edu/healthdesign](http://www.hsph.harvard.edu/healthdesign), that shows how they work.

“The recreation paths are great,” she says, “but if we can only use them Saturday morning by driving our car there with our bike rack, we will not be a healthier population, because we are not engaging in routine physical activity five to seven days a week.”

Bike lanes also help get people onto bikes, she says, but they require riders to know and obey all the rules of the road.

Lusk spent the summer studying bike paths around the country, and says some of the most popular bike trails are even becoming unsafe for kids, walkers and slower riders, because they’re so popular with faster touring cyclists.

“If you bike with a child, you put them on a tandem



bicycle,” she said of people on the high-traffic trails. “They’re not on a little bicycle because they weave side to side, and they could get run over by a faster touring bicyclist.”

If we want to reduce obesity and chronic diseases, she says, we need places for everyone to get out — every day.


Lusk is familiar with experienced cyclists who insist that bike lanes are unsafe and would rather have the money spent on replacing drain grates and installing share-the-road signs.

“It’s the skinny white guys,” she says. “And I adore the skinny white guys, but if we only provide on-road bike facilities, including bike lanes and recreation paths, we’ll never have greater than 1 percent of the ride share in biking.”

Much less the numbers in Odense and other cities.

“That’s not to say everybody has to bike,” she says. “You yourself might not bike. But imagine if all your friends and neighbors bike. It would lessen the demand for the road. It would lower smog and pollution and congestion.”


It would make people healthier and happier, too.

• Ken McCall, a DCC member, is a reporter for the Dayton Daily News. To read more of his “Get Out” columns online, go to <http://www.daytondailynews.com/content/oh/index/opinions/columns/>.

**DCC on the Internet**

To view the Dayton Cycling Club Web site, point your browser to: <http://daytoncyclingclub.org>.

To join the DCC e-mail list, send a blank email to [dcc-subscribe@topica.com](mailto:dcc-subscribe@topica.com). Once subscribed, post to the list by sending your e-mail to [dcc@topica.com](mailto:dcc@topica.com).

To add something to the DCC home page, contact DCC Webmaster Harv Kiesel at [webmaster@daytoncyclingclub.org](mailto:webmaster@daytoncyclingclub.org).

# Dayton Cycling Club Membership Application

Please send entire page (including mailing label) when renewing.

- Renewal — DCC # \_\_\_\_\_  New member  
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## Family Information

For family memberships, please list all family members' names (plus club numbers for renewals).

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 Do not share my name/address with anyone.

## Type of Membership

- Junior (up to age 18) \$10   
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## Other Items/Merchandise

- First-class mailing of newsletter \$ 11   
 Dayton Cycling Club patch Quantity \_\_\_\_\_ \$ 2   
 Medical information kit Quantity \_\_\_\_\_ \$ 2   
**Total** \$ \_\_\_\_\_

Make check payable to **Dayton Cycling Club**.

- I would like to help with:** Banquet \_\_\_\_\_ Picnic \_\_\_\_\_  
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**All adult applicants must sign the release below. Junior applicants must have a parent/guardian's signature.**

I do, hereby, for myself, my family, my heirs, my executors or administrators, release and forever discharge any and all rights and claims, for, or to be, for which I or members of my family may have or which may hereafter accrue to me or my family against the **Dayton Cycling Club** and/or any other person connected with scheduled club activities, individually or collectively, for all responsibility for injury to persons during these activities.

Signed (applicant) \_\_\_\_\_  
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