Spokin' Word

The voice of cycling in greater Stark County

STARK COUNTY BICYCLE CLUB

February 2025

"Cyclists fare best when they act and are treated as drivers of vehicles." J. Forester

Spokin' Word

The voice of cycling in greater Stark County

February 2025 **Volume LVII Issue 2**

2025 Club Officers

President	Sally Griffiths	330-705-4435
Vice President	Dave Swinehart	330-940-9810
Recording Secretary	Fran Massaro	330-284-7780
Road Captain and Safety	Sharon Fritts	330-418-5285
Treasurer	Roy Schlabach	330-730-1722
Trustees	Donna Benzing	330-354-6185
	Ben Young	234-360-6081
	James Ruberti	832-605-0581
	Bruce Treiber	330-844-1434
	Don Richards	330-488-4303

2025 Appointed Positions

SCBC Plus Director	Sally Griffiths	330-705-4435
Advocacy	Dave Cardarella	330-417-2681
Cartographer	Rob Stewart	330-807-5594
Membership	Thom Spellman	330-807-7651
Featured Member Article	open	
New Member Mentor	Mike Johnson	330-806-5279
Newsletter Editor	Dave Cardarella	330-417-2681
Publicity	Open	
Statistician	Bruce Treiber	330-844-1434
Web Page Manager	Paul Schroedl	330-575-3547
	Bob Evans	330-571-1793
North Canton Kids Tri	open	
North Canton Police Rodeo	Lucy Figg	

SCBC Meetings

Canal Grille

2223 Locust St
Canal Fulton, OH

Date: The first Tuesday of the month
Time: 6:00 pm - Dinner (Optional, cost on your own)
7:00 pm - Business Meeting
7:40 pm - Program

Visit the Stark County Bike Club on the World Wide Web!

www.bikescbc.com

Join our Facebook group "Stark County Bicycle Club"
Set your notifications to stay in touch.
We have 96 group page members and counting!!!
It is a great way to keep up with club information

The Spokin' Word is a publication of the Stark County Bicycle Club.
Dave Cardarella ~ Editor~
Articles should be sent to: davecardarella@gmail.com
Submissions are due by the 25th of the month.

Sally Griffiths ~ SCBC Plus Chairman

Spokin' Word SCBC Plus membership
Small - includes 2 memberships & 1/4 page photo $50
Medium—includes 4 memberships & 1/2 page photo $95
Large—included 8 memberships & Full page photo $160

Questions regarding SCBC Plus should be directed to sagriff64@gmail.com

Meeting Programs:

See you there!

No meeting in January or February

March 4—reviewing and education of Ride with GPS

Programs needed, contact Dave Swinehart if you have a program idea.

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Sally Sez So...

from SCBC President Sally Griffths

December weather was challenging with the frigid temperatures and snow, and unfortunately January has not been any different. One day we will all thaw out and get back outdoors.

The SCBC Banquet was a big success! Several of the banquet committee members and myself received many positive reviews from our members that attended this year's banquet. We had many nice baskets for the basket raffle. The triple crown is always a hit! But I think the most fun of the evening was when Sharon Fritts pulled out her bag of "Fun" awards in the Open Mileage Category. I would like to thank this year's Banquet Committee, Karen Erdos, Deborah Mohler, Donna Benzing, Elaine Snively and Fran Massaro for putting on a wonderful and entertaining banquet,

Rides leaders, we will be sending out a notification soon with a day, time and place for the Ride leaders meeting in the second half of February. This is a very important meeting and will impact how we move forward adding rides to our monthly ride schedule. We want and need your input. I strongly encourage all ride leaders to attend.

Please give a warm welcome to Bruce Treiber as the SCBC Statistician and please take a moment to read his article in this edition of the Spokin Word outlining his goals in this position.

Safety: Riding on the snow

Snow - hard, soft, wet, dry, deep, shallow, slippery, surprisingly hard upon hitting it and most of all, snow is completely unpredictable.

Clipless pedals are great in warm months but not so much in the snow. Snow loves to pack into your cleats making it hard to clip in after a dismount. If riding in the snow, flat pedals are safer.

Dress in layers and be sure to wear a moisture-wicking base-layer, wool or merino insulating middle layer and waterproof outer layer otherwise your sweat soaked clothes become an icicle when slowing down or at a stop.

Don't underestimate how slippery it is! Ride with finesse, keep your weight balanced, lower your tire pressure to increase grip, and use brakes gently.

Don't forget to Hydrate.

Riding in the snow is like an adventure! The rules are simple. Know where you are going, know what to expect and expect the unexpected. It's all for fun and enjoying the outdoors.

As always, we want all our members to be safe and enjoy their rides! Let's be proactive for a positive and most importantly have a safe riding experience.

Sally G

Welcome New Members

Two new member joined SCBC in January
Please take time to make them welcome

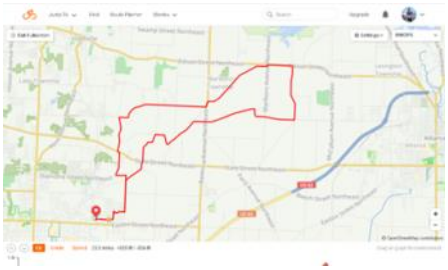
Kevin & Penny Reynolds—Louisville

Renew your SCBC Membership

In February or March

Stark County Bicycle Club Memberships Expire on

March 31, 2025



To Renew your SCBC Membership

•Go to the SCBC website, bikescbc.com

•Select the “Mem. Application” option on the left side of the page.

•At the bottom of the Membership page, select the “Mail in” or “PayPal” option.

•Fill in the form and complete the process.

•If your are using the mail option out address is
Stark County Bicycle Club, PO Box 592, Uniontown, OH 44685-0592

•Note that if there are no changes to your personal information you only need to fill in your name(s) in the Member Information area of the form.

https://www.ErniesBikeShop.com/

Cycling Is Our Happy Place

Annual SCBC Banquet: Celebrating 2024

The Stark County Bicycle Club celebrated the 2024 cycling year at the Annual Banquet on January 11, 2025. 55 members enjoyed another great evening at Tozzi's on 12th in Canton.

Highlights included Thom Spellman being selected by President Sally Griffiths for the President's Award of Special Recognition and Mark Coventry being voted Ride Leader of the Year by the membership. Kate Potashnik was the 2024 Rookie of the Year with 847 miles.

Sharon Fritts led the most rides in 2024 with 167, Bill Allen led the Male Road Challenge with 4747 miles and Sally Griffiths led the Female Road Challenge with 5820 miles. In the Open Challenge the top male was Bill Allen with 11,030 miles and Sharon Fritts was the top female with 16,725 miles. Dennis Updike led the Ebike Challenge with 676 miles. All the winners received plaques or certificates.

Road Captain Sharon Fritts gave some Special Awards this year in various categories not traditionally recognized. Centuries ridden and amount of feet climbed were two of them won by Steve Silver and Rob Stewart respectively. Others recognized were Sharon Fritts, Bill Mishler, Sally Griffiths and Peg Stoner. These winners received special Socks (Polka dot for climbing was one.)

Don Royer won the Commuter Award for 2024 which was presented by Debbie Lehman.

Sally remembered members who passed away in 2024: David Klausner, Carole Henderson and John Patterson.

The club welcomed 6 new members to SCBC Members Emeritus- the new 80 Year Olds: Ed Dolby, Karen Erdos, Mary Lou Safran, Sara Schroedl, Stephen Spring and Linda Zaleski.

The Banquet Committee was led by the Fab Five Chairmen: Donna Benzing, Karen Erdos, Fran Massaro, Debbie Mohler and Elaine Snively. Also helping with this event were Dave Cardarella, Paul Schroedl, Sharon Fritts, Sally Griffiths, Jim Weinschenk, Jim Benzing, John Snively, Thom Spellman, Lucy Figg, Paul Larsen, Roy Schlabach, Peg Stoner and Ernie and Debbie Lehman.

Sally welcomed this year's guests from Ernie's Bicycle Shop: Debbie Lehman, Chris Willems, Erin Ford and Liz Lindemood.

Favors this year were red and blue carabiner key rings inscribed STARK COUNTY BICYCLE CLUB, Cycling Is Our Happy Place, bikescbc.com.

Lady Luck was in the room as members participated in the Triple Crown Raffle again this year. The 3 winners were Jim Weinschenk, Mark Coventry and Dawn Durkee. Raffle Basket Winners were Gary Fahrney-Sara's Spendable Bouquet, Glen Whipple-Wine and Music, Lindsay Hart-Stark Parks & Bicycle Themed Plush Throw, Barb Larsen-Tea, Wendy Silver-Instant Lottery, Sally Trissel-Bath Refresh, Peg Stoner-Cleveland Cavaliers, Karen Schlabach-Ice Cream, Thom Spellman-Shearer's Snack Attack, Karen Mueller-Christmas Puzzles & Giant Eagle Gift Card, Bob Mueller-Coffee and Chris Willems-McDonald's. Debbie Lehman won the quilted wall hanging "Cycling is Our Happy Place" made and donated by Lucy Figg. Every attendee took home at least one door prize off the Prize Table. Congratulations to all! A great big Thank You to all the members and the bike shops (Ernie's, Eddy's and Brimstone) who donated items for the raffle baskets and the prize table.

Thank you to Peg Stoner for the Invocation and to Debbie Mohler for the slide show and for taking pictures all night.

Sally thanked outgoing Elected Officers VP Don Richards, Secretary Karen Erdos, Treasurer Paul Larsen, Trustees Mike Johnson, Nikki DeLigny, Paul Tucci and Jim Weinschenk. She also thanked outgoing longtime Web Page Manager Paul Schroedl and New Member Rep Linda Shaheen.

New and continuing Elected Officers for 2025 were installed. They are President Sally Griffiths, VP Dave Swinehart, Secretary Fran Massaro, Treasurer Roy Schlabach, Road Captain Sharon Fritts, Trustees Donna Benzing, Ben Young, Bruce Treiber and James Ruberti (At Large) and Don Richards (By Virtue of Past VP).

The 2026 Banquet will be Saturday January 10 at Tozzi's on Twelfth. Chris and Mike Tozzi recently sent the club a very nice note saying how they enjoy working with us and how inspired they are as they hear our members' accomplishments during the awards part of the program.

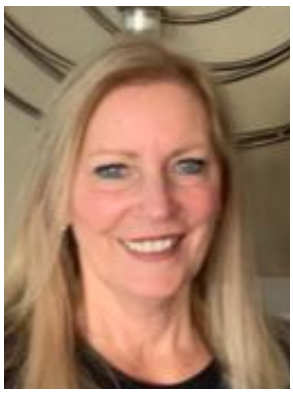
Karen Erdos

2024 2024

Glen Stow / Chuck Riley
Mileage & Ride Leader Awards

Top Mileage Male

Bill Allen	4,747
Bill Trissel	4,106
Bruce Treiber	3,501
Thom Spellman	2,502
John Shaeffer	1,899



Top Mileage Female

Sally Griffiths	5,820
Mary Ellen Valentin	2,057
Kate Potashnik	847

Rookie of the Year

Kate Potashnik	847

Rides Led

Sharon Fritts	167
Mike Burns	148
John Shaeffer	108
Sally Griffiths	84
Mike Figg	79

Past Rookie

2010	Tom & Donna Hensley	2017	Bob Grimm
2011	Bill Mishler	2018	Erik Nedelcu
2012	Elizabeth Marchand	2019	Sandy Robitz
2013	Bill Allen	2020	Sarah Barber
2014	Don Burrier	2021	Mike Johnson
2015	Richard Manson	2022	Jon Peterson
2016	Sally Griffiths	2023	Bob Evans

2024
President's Award
Of
Special Recognition
Thom Spellman

Past President's Award Recipients

2023	Sally Griffiths
2022	Mike Figg
2021	Don Royer
2020	Paul Schroedl
2019	John and Fran Shaeffer
2018	Dennis Updike
2017	Ed Schenck
2016	Al Jones
2015	Dave Hunter & Don Eagon
2014	Ernie & Debbie Lehmen
2013	Karen Erdos
2012	Bill Johnson
2011	John Snively
2010	Toni Powell
2009	Renee Clark
2008	Gary Hulett
2007	Wayne Prazak
2006	Dave Cardarella
2005	Debbie Mohler
2004	Dick Akers
2003	Herb Winters & Dave McKinley
2002	Mal Johnson
2001	Bob Gooding
2000	Jim Matthews
1999	Ed Grace
1998	Linda Zaleski
1997	Dick Morgan
1996	Marianne Gooding
1995	Barb Harvey
1994	Mike Abrams
1993	Linda Zaleski
1992	Sue Akers
1991	Dick Akers

Congratulations

Mark Coventry

Voted 2024

Herb Winters Ride Leader of the Year

Past Ride Leader of the Year

2023	Mike Figg
2022	Sally Griffiths
2021	Bob Valentine
2020	John Shaeffer
2019	Bill Johnson
2018	Dennis Updike
2017	Mike Burns
2016	Bill Mishler
2015	Bob Valentine
2014	John Shaeffer
2013	Donna and Tom Hensley
2012	Peg Stoner
2011	Al Jones
2010	Bill Johnson
2009	Bob Baker
2008	Ed Grace

Ride With GPS Final Mileage for 2024

SCBC 2024 Road 29777 Total Miles as of 12/31/2024

Sally Griffiths	5850	Mary Ellen Valentino	2057	David Klausner	602
Bill Allen	4747	John Shaeffer	1899	Beth Sinacore	558
Bill Trissel	4106	Bill Simons	1495	Matthew Brown	389
Bruce Treiber	3501	Kate Potashnik	847	Erik Nedelcu	366
Thom Spellman	2502	Mark Bruce	757	Dwight Witte	101

SCBC 2024 Open 229205 Total Miles as of 12/31/2024

Sharon Fritts	16725	Jim Vaccaro	4443	Mark Erzen	1630
Bill Allen	11031	Karen Mueller	4223	John Snively	1609
Bill Mishler	10335	Donald Richards	4023	Frances Massaro	1508
Roy Schlabach	9902	Bob Evans	3993	Dave Swinehart	1339
Peg Stoner	8523	Greg Dyer	3786	Benjamin Young	1283
Steve Silver	8126	Mark Coventry	3669	Carl Humenik	1130
Dave Cardarella	7687	Lucy Figg	3474	Linda Christman	1077
Deborah Hunter	7532	Nick DiMauro	3460	Kate Potashnik	847
Rob Stewart	7297	Ryan Grewell	3391	Steve McGinnis	757
Mike Figg	6876	Dirk Doverspike	3066	Diana Stutzman	660
Sally Griffiths	6522	Rick Davis	2545	Karen Schlabach	582
Jim Weinschenk	6449	Lyn Baker	2524	Don Kessel	522
Chuck Knott	6169	Matthew Long	2130	Phil Christman	505
Robert Valentine	5922	Steve Kosunick	2111	Erik Nedelcu	366
Deborah Mohler	5621	Barb Howley	2091	Buck Kidd	271
Bruce Treiber	5521	Donna Benzing	2030	Paul Larsen	236
Pamela Sayre	5086	Ed Howley	1973	Paul Mallue	218
Mel Slebert	5021	Paul Chip Klingaman	1871	Bruce Mencer	200
Tom Bower	4875	Jim Herberger	1709	Karen Erdos	82
Andrew Hodgson	4697	James Ruberti	1700	Monica Coventry	56
Don Royer	4521	Denny Simon	1677		

SCBC 2024 Ebike 678 Total Miles as of 12/31/2024

Dennis Updike	678		

STARK COUNTY BICYCLE CLUB

RWGPS Open Challenge Leaders

Top Mileage Male

Bill Allen	11,030
Bill Mishler	10,335
Roy Schlabach	9,902
Steve Silver	8,126
Dave Cardarella	7,687

Top Mileage Female

Sharon Fritts	16,725
Peg Stoner	8,523
Debbie Hunter	7,532
Sally Griffiths	6,522
Deb Mohler	5,560

RWGPS Ebike Challenge Leaders

Dennis Updike	676

SCBC Club Records

	Club Miles	Club Rides	Most Rides Led		High Mileage Male		High Mileage Female	
2024	25,030	946	Sharon Fritts	167	Bill Allen	4,747	Sally Griffiths	5,820
2023	108,105	1063	Sharon Fritts	179	Michael Johnson	8,795	Sally Griffiths	5,423
2022	202,056	973	Sharon Fritts	220	Jim Weinschenk	6,603	Sharon Fritts	12,095
2021	207,938	1199	Bob Valentine	224	Bob Valentine	10,140	Sharon Fritts	10,127
2020	202,656	1118	Sharon Fritts	214	Jim Weinschenk	8,996	Sharon Fritts	12,583
2019	273,040	**1573***	Bill Johnson	201	Bill Mishler	11,598	Sharon Fritts	**15,222***
2018	247,819	1482	Bill Johnson	206	Bill Mishler	11,598	Sharon Fritts	14,344
2017	273,969	1515	Bill Johnson	206	Bill Mishler	11,464	Sharon Fritts	12,623
2016	310,445	1565	Bill Johnson	208	Bob Doerschuk	12,580	Sharon Fritts	11,895
2015	282,533	1406	Bill Johnson	204	Bob Doerschuk	10,047	Peg Stoner	8,726
2014	265,717	1196	Bill Johnson	228	Bob Doerschuk	10,435	Peg Stoner	8,552
2013	328,229	1521	Fred Woodward	**284***	Bob Doerschuk	11,154	Margie Baker	8,863
2012	334490	1491	Bill Johnson	227	Bob Doerschuk	12,264	Margie Baker	9,411
2011	320,210	1507	Fred Woodward	230	Bob Doerschuk	10,964	Margie Baker	9,274
2010	332,203	1361	Bill Johnson	186	Al Jones	11,306	Margie Baker	11,462
2009	323,919	1513	Bob Baker	247	Al Jones	9,311	Margie Baker	11,332
2008	310,338	1519	Ed Grace	161	Al Jones	11,423	Margie Baker	10,937
2007	318,087	1392	Ed Grace	173	Jerry Ries	10,255	Margie Baker	8,958
2006	327,300	1490	Ed Grace	169	Ed Grace	7,954	Peg Stoner	8,758
2005	324,858	1540	Bob Baker	195	Bob Baker	10,277	Margie Baker	8,900
2004	**352,444***	1378	Bob Baker	160	Jerry Ries	**17,503***	Margie Baker	12,690
2003	284,923	1159	Bob Baker	153	Bob Baker	10,807	Margie Baker	7,227
2002	273,904	1182	Herb Winters	129	Bob Baker	11,806	Peg Stoner	6,344
2001	243,227	881	Herb Winters	118	Ed Grace	7,700	Peg Stoner	5,968
2000	228,227	930	Herb Winters	151	Herb Winters	7,618	Peg Stoner	5,486
1999	234,315	983	Ed Grace	131	Ed Grace	6,621	Peg Stoner	5,605
1998	280,467	1066	Herb Winters	163	Mal Johnson	8,043	Peg Stoner	5,661
1997	267,595	941	Herb Winters	162	Herb Winters	7,619	Diane Barkan	5,025
1996	257,134	844	Herb Winters	149	Herb Winters	8,171	Barbra Lewis	8,277
1995	240,527	796	Herb Winters	147	Herb Winters	8,073	Barbra Lewis	8,136
1994	239,242	770	Herb Winters	136	Herb Winters	8,531	Barbra Lewis	7,871
1993	180,060	709	Herb Winters	128	Herb Winters	8,199	Barbra Lewis	6,291
1992	180,256	653	Herb Winters	110	Herb Winters	7,477	Barbra Lewis	6,079
1991	207,308	679	Herb Winters	110	Jim Herrick	10,188	Linda Zaleski	4,478
1990	140,571	403	Jim Herrick	59	Jim Herrick	6,710	Linda Zaleski	4,119

* denotes club record

note: starting in 2015 the Club Rides are the scheduled rides, not the reported rides.

note: starting in 2023 mileage statistics are from Ride With GPS

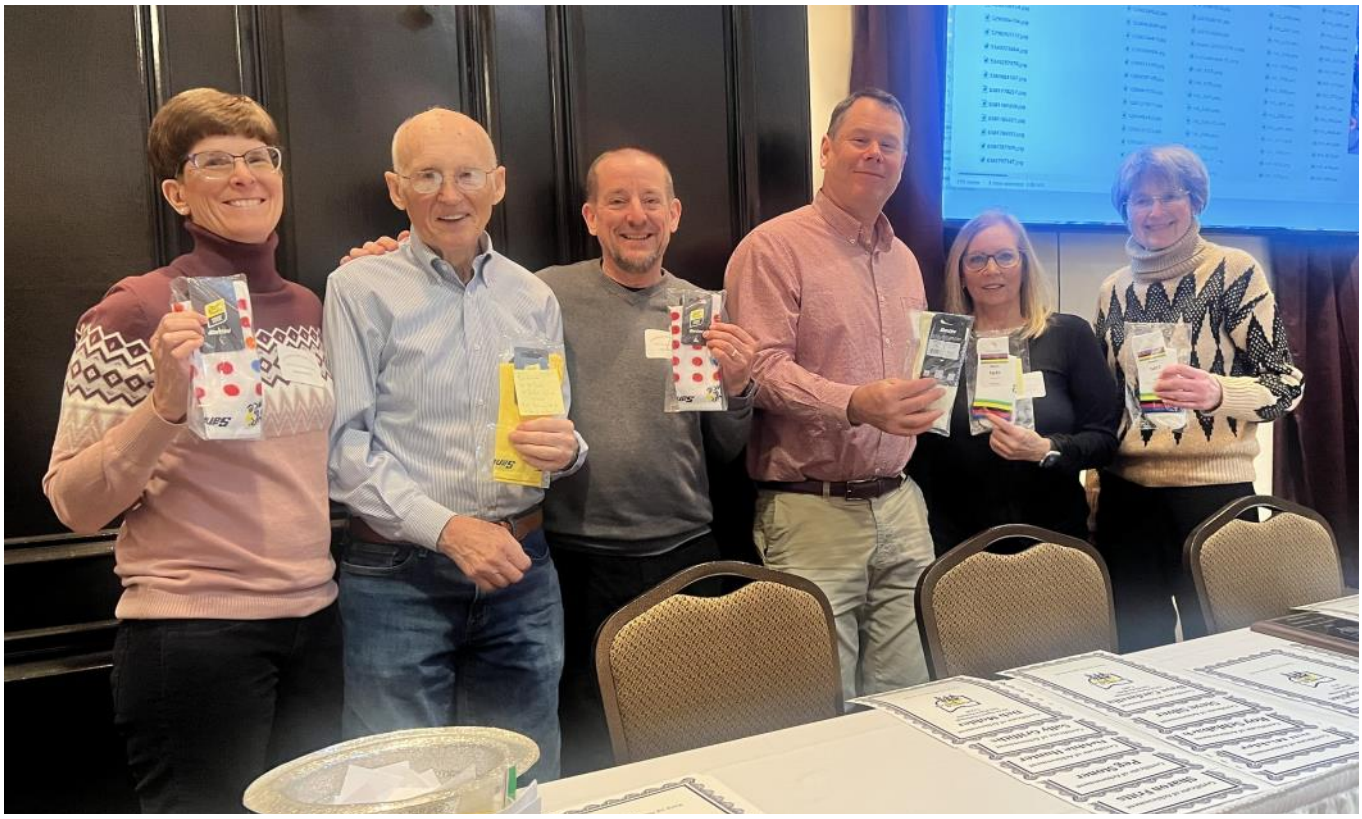
Photos from the Banquet

By Debbie Mohler

Top Mileage Male
Bill Allen, Bill Trissel, Bruce Treiber, Thom Spellman, John Shaeffer

Top Open Mileage Female
Sharon Fritts, Peg Stoner, Sally Griffiths, Debbie Mohler

Top Ride Leaders
Sharon Fritts, John Shaeffer, Sally Griffiths



Road Captain Special Socks Awards
Bill Mishler, Rob Steward, Steve Silver, Sally Griffiths, Peg Stoner

President's Award of Special Recognition
Thom Spellman

Ride Leader of the Year
Mark Coventry

Money Basket Donated by Sara Schroedl

Lottery Ticket Basket

Hand Made Quilt by Lucy Figg and donated as a raffle prize

2024 Banquet Committee

Special Thanks to members who provided input for the program.

Dave Cardarella, Paul Schroedl, Sharon Fritts, Jim Benzing, Sara Schroedl

Thom Spellman, Paul Larsen, Jim Weinschenk, Sally Griffiths, Lucy Figg

Peg Stoner, John Snively, Ernie and Debbie Lehman

Thank you one and all for your enthusiasm, dedication and hard work year after year
A big thank you to the many members who contributed items to the prize table

Thank You Thank You Thank You Thank You Thank You

Karen Erdos Elaine Snively

Fran Massaro Debbie Mohler Donna Benzing

STARK COUNTY BICYCLE CLUB

DEAR STARK COUNTY BICYCLE CLUB -

THANK YOU FOR YOU DONATION TO SUPPORT COLUMBUS OUTDOOR PURSUITS. WE VALUE AND APPRECIATE YOUR CONTINUED SUPPORT AND GENEROSITY.

- COLUMBUS OUTDOOR PURSUITS
LINDSEY UPPIKE

SCBC Membership Report 01/27/2025

Current Memberships	**251**
Approximate Total Members	**322**
Legacy Patron ($500+)	**2**
Triple Chainring Patron ($75)	**26**
Double Chainring Patron ($55)	**6**
Single Chainring Patron ($45)	**8**
Family (Including 16 Patrons)	**71**
Individual (Including 26 Patrons	**180**

The last mail pickup was Monday, January 27

New memberships since October 1, 2024 = 6

Thom Spellman
Membership Chairman

ROAD iD

The Stark County Bicycle Club now has 20% discount Link for ROAD ID.

Road ID has impacted over 5 million lives since 1999. Road ID's mission is to educate outdoor enthusiasts about the importance of wearing ID and to provide athletes with innovative identification products that they will want to include as part of their gear.

This ID can be worn on your wrist, watchband or shoe.

The information on your ID is customized to your needs: Name, address, emergency contacts, allergies just to list a few options.

So don't hesitate to click on the link below and give you and your family a peace of mind when you are out on the road or wherever your travels may lead you.

A special thanks to Nikki Deligny for applying for this discount for our club!

https://roadid.com/pages/groupdiscount?rfsn=7883216.ed270a4&utm_source=teamsprogram&utm_medium=affiliate&utm_campaign=teamsgroupsclubs-20percentdiscount

Introducing the Legacy Patron Membership

Many of you are familiar with the popular Patron Memberships that SCBC has offered the membership since Dick Akers introduced them a number of years ago. As of now there are 40 Patron Members in the club. These offer members the opportunity to support the bike club with a greater dues amount than the regular membership.

Recently the Board was approached by a member who wanted to give a larger donation to the club and wanted to be remembered by the club into the future.

After some preliminary discussion a motion was made by Karen Erdos at the December Board meeting to create a Legacy Patron Membership. It was "I move that SCBC establish an additional Patron Membership category: that of Legacy Patron. Any Individual or Family member can become a Legacy Patron/s with a one-time payment of $500.00 or more. That will entitle the member to a Lifetime Membership in SCBC and an "in perpetuity" listing in the Patron Membership List everywhere that list is published. Currently the list is on the homepage of the SCBC Website and in each edition of the newsletter the Spokin' Word. Friends or relatives of a current or past member may also purchase such a membership for the member. A Legacy Patron Membership would not be applicable to SCBC Plus members. (business members) The SCBC Code of Conduct would apply to Legacy Patrons. Donations made to the club for this new Patron Membership would be tax deductible." Don Richards seconded the motion. It passed unanimously.

The option of Legacy Patron or Supporter has been added to the Membership Application. Any member can upgrade their current membership to Legacy Patron at renewal time (the SCBC membership year begins on April 1st) or anytime.

See Membership Chairman Thom Spellman to do so.

Karen Erdos
December 2024

The Stark County Bicycle Club Patron's List

On behalf of the Membership,

we would like to thank the following people for their support to our club

Tim Conley
Joshua & Paige Haley
Patrick Keenan
Scott Low
Steve McGinnis
Tim Robison
Tom & Beth Sinacore
Jodi Taylor

Karen Erdos
Carl Humenik
Eric Johnson
Erik & Georgeta Nedelcu
John & Fran Shaeffer
Dwight Witte

Bill Allen
Lark Dickstein-Rienerth
Bob & Shelley Doerschuk
Dirk Doverspike
Raymund & Dawn Durkee
Robert & Cindy Eicher
Sharon & Alan Fritts
Sally Griffiths
Lindsay & Tim Hart
Ken Knabe
David McKinley
Kevin & Theresa Mikesell
Larry Petrasek
Chris Redmond
Michael Reed
Scott Rini
Sandy & Ed Robitz
James Ruberti
Denny Simon
Elaine & John Snively
Robert & Janice Spalding
Stephen & Carol Spring
Bruce Treiber
Bob & Valerie Valentine
Jim & Barbara Weinschenk
Benjamin Young

Legacy Members

Rich & Treva Aeling

Bob & Dorothy Forney

February Birthdays As of 01-27-2024

	Birthday		Spouses Birthday
Dale Seeds	02/01		
Mark Hoffman	02/02		
Mary Merritt	02/02		
Valerie Valentine		02/02	
Dominic Paglialunga	02/03		
Michael Burnett	02/04		
Roy Schlabach	02/05		
Chuck Knott	02/07		
Renee Clark	02/10		
Jimmy Seal	02/11		
Joshua Haley	02/12		
Bonnie Burns		02/13	
David Clark		02/15	
Jeffrey Smiley	02/15		
Mindy Borowski		02/16	
Barbara Weinschenk		02/16	
Chet Warren	02/18		
Stuart Hamilton	02/20		
Bill Trissel	02/20		
Janice McWilliams		02/21	
Ted Lawson	02/22		
Donald Bunker	02/23		
Mark Byrd	02/23		
Ken Hlavac	02/27		
Charles Johnson III	02/28		

March Birthdays As of 01-27-2025

	Birthday	Spouses Birthday
Greg Clark		03/02
Diana Stutzman	03/02	
Rob Stewart	03/03	
Thomas Horwood	03/04	
Jan Kidd		3/06
Karen Palmer	03/06	
Jim Dobran	03/08	
Lyn Baker	03/09	
Don Richards	03/10	
Erin Ford	03/13	
Richard Davis	03/14	
Michael Reed	03/15	
Phil Christman	03/19	
Pauline Caley	03/22	
Cynthia Cienkowski		03/22
Joe Clarke	03/22	
Ed Dolby	03/22	
Brenda Lewis		03/22
Erika Stephan	03/23	
Monica Coventry		03/24
Carol Johnson		03/24
Denny Simon	03/24	
Paul Smith	03/26	
Chuck Puglisi	03/27	
Tom Sinacore	03/27	
Sharon Updike		03/27
Ron Curati	03/29	
Marjorie Parr		03/29
Barb Howley		03/31

Stark County Bicycle Club
Ride Schedule Information

SCBC RIDE GUIDLINES
HELMETS ARE REQUIRED ON ALL CLUB RIDES AND INVITATIONALS

Participants under the age of 18 must be accompanied by a parent or other adult supervisor on all rides and at all Club activities.

Club rides are listed with letters denoting the Ride classification so riders will know if a ride is suited to their skill level.

Please call the Ride Leader or Road Captain if you have any questions about weather, route or difficulty of ride

Non-Members are always welcome on club rides

Registration for all rides will be 15 minutes prior to the starting time listed.

Most of our rides can easily be shortened, if you are looking for less distance. Just let the ride leader know your intentions.

Dress appropriately for the weather conditions.

CLASS A - Fast pace (over 19mph). An **A** rider is in excellent condition, can maintain a 19 mph pace for extended periods, and can complete a century (100 miles), even in adverse conditions of weather, traffic and terrain, in under 7 hours.

CLASS B - Moderately fast pace (15 -19 mph). A **B** rider is a strong rider, feels comfortable sharing the road with traffic, and can complete a century (100 miles) in under 8 hours.

CLASS C - Moderate pace (10 -14 mph). A **C** rider is a competent rider, in good conditions, can handle most traffic conditions, and can complete a 50 mile ride in under 6 hours.

CLASS D - Slow pace (5—9 mph). A **D** rider is a steady rider who may not feel comfortable in traffic and does not wish to attempt rides in excess of 20 miles. Should be able to complete a 20 mile ride in 3 hours

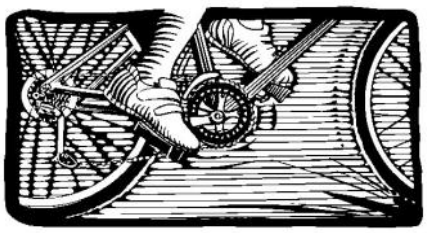
CLASS O - Open pace. Class **O** is given to a ride on which riders, including the ride leader, will be riding at whatever pace they choose.

CLASS MTB - Trail rides which may require technical ability or special bikes. These trails may have obstacles such as rocks, mud, logs or stream crossings.

CLASS NR - New Rider. Class **NR** is given to a ride specifically intended for new riders, who may be new to group riding. The ride leader will attempt to communicate “rules of the road” and will always stay with the slowest rider. Everyone is encour aged to ride together at the pace determined by those participating.

CLASS TRL - Rides which are entirely on trails or bike paths. They may be paved or hard packed

TOURIST CLASS - A special designation given to **C** and **D** rides which are designed to appeals to those who don’t mind riding long distances, but who also like to take their time and stop to see places of interest along the way. These rides will generally have a destination of special interest where time will be taken to explore, investigate and enjoy the sights. All riders will be encouraged to ride together in a group with the ride leader.



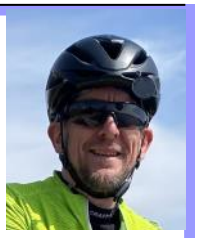
February Ride Schedule Update

Due to the continued WINTER weather, we are considering using February as a trial month for a more short-term schedule. Because we've cancelled most rides this month, if you want to wait and do your schedule by the week rather than the whole month that is fine. Please make sure you **put your rides in about 5-7 days out and continue to communicate any schedule changes** on both facebook and Ride with GPS. I know it takes a lot of time to do the schedule so for now it is fine to tackle one week at a time based more on the weather forecast.
If you prefer to do as you always have that is fine too.
This is not a permanent change - just through February for now.

Thanks,
Sharon

Editor's note: Please check the online schedule as there are a few rides being added.

February Map News



Ride with GPS Club Account If you want to join the SCBC RideWithGPS Club Account, which is where all our digital maps are stored and listed, send a request to the SCBC Membership Chairman, currently Thom Spellman. You will receive an invite link. Click on the link and follow the directions provided. There are a number of benefits to joining, including voice navigation as you ride using either your cell phone, Garmin, or other GPS device. You must be a club member to join. And don't forget that all of our "paper" maps are available in pdf format at bikescbc.com. Also a list of Starting Locations, a map of Starting Locations, and a complete downloadable Map List providing information about each of our rides can be found on the club website.

No updated or new maps this month.

If you would like to submit a new route or update an existing route please contact me.

Rob Stewart
bikerstew@icloud.com
330-807-5594
Map Librarian/Cartographer

Call for Applicants: Join the Ohio to Erie Trail Board of Directors!

The Ohio to Erie Trail seeks enthusiastic individuals to join our Board of Directors. This is a unique chance to play a key role in shaping the future of our 326-mile non-motorized trail, which stretches across Ohio, linking Cincinnati to Cleveland and enhancing the lives of residents and visitors alike.

We seek candidates who are enthusiastic advocates for trails and the outdoors. Ideal board members share our commitment to promoting trails as spaces for adventure and recreation, fostering a thriving outdoor economy, and enhancing the health and well-being of our communities by connecting people with nature and history.

Qualifications:

- A passion for trails and outdoor recreation.
- A strong commitment to achieving the trail's mission, vision, strategic pillars, and key strategies.
- A desire to actively contribute to achieving the trail's strategic goals.

Prior experience in board governance, trail advocacy, economic development, or related areas (preferred but not required).
Expectations:

- Serve as an advocate and ambassador for the trail.
- Actively participate in one or more board working groups aligned with the trail's strategic priorities.
- Attend and engage in three virtual board meetings annually (90 minutes each).
- Join additional meetings as needed to address specific issues or projects.

Commit approximately 4 hours per month to this volunteer role.
Application Process
Applications for Board of Directors positions are now being accepted. Please complete the Ohio to Erie Trail Board Member Application by March 1, 2025. Applicants will be notified of their application status on April 1st. We recommend reviewing our strategic plan and board member roles and responsibilities to prepare your application. Feel free to email any questions to president@ohiotoerietrail.org.

We are excited to welcome new voices and perspectives to our Board as we work together to support and grow this remarkable trail.

EMPOWER 25
SUMMIT AND CHALLENGE

fueled by **autism speaks**

DAY TWO
RIDE CHALLENGE

Saturday, May 10, 2025
Columbus Commons

FOR MORE INFORMATION & REGISTRATION:

rebecca.kirsch@autismspeaks.org

RISE TO THE CHALLENGE.

Get your adrenaline pumping on day two with the **Empower Challenge Ride.** Join with friends, colleagues and the autism community to raise mission-critical funds, drive awareness and demonstrate how together, we are creating a more inclusive world. Enjoy a dynamic festival site and resource fair – there's something for everyone!

10 MILE COURSE: $75 Registration Fee
FUNDRAISING MINIMUM: $500

30 MILE COURSE: $75 Registration Fee
FUNDRAISING MINIMUM: $750

Participants who reach their fundraising minimum will receive a Challenge t-shirt and medal.

WHAT TO EXPECT:

Fun, challenging cycle experience that impacts lives
A dynamic festival space
Activities for all ages
Access to a comprehensive Resource Fair
VIP Experience for top fundraisers
Refreshments and more!

January 2026 Florida

Stark County Bicycle Club Florida Tour dates for 2026 are Saturday Jan.17 to Saturday Jan 31, 2026.

The SCBC was able to negotiate and secure 18 rooms at the Island Sun for 119.00 plus tax for a standard King or Double Queen room. Rooms with Kitchenette are 149.00 plus tax and Deluxe Suites are 149.00 a night plus tax. These rates are only valid until Dec 15, 2025. After that all unreserved rooms will be released and the current rate change may apply.

Cancellation Policy: The guest can cancel free of charge until December 15th 2025. Should you cancel after Dec. 15th you will be responsible for charges of the first night room rate plus tax.

No Show Policy: No show policy applies to the guest who has a reservation at the Island Sun, who does not appear on the reservation date of arrival. No show will be charged a penalty equivalent to the 7 nights room rate plus tax and fees per room.

Once you have made your reservation, please sent me text or email with your room number so you may be added to communication list

Thank you

Sally

Insurance Waiver Reminder

All Club members must sign the insurance waiver in order to participate on SCBC rides.

You may find this form on the SCBC Web page on the left hand side 5th item down titled Insurance Waiver.

There are 2 insurance waivers, one for adults and one for a minor. A separate copy for each adult and minor is needed.

If you did not fill out an insurance waiver and sent in with your 2024 membership form, please do so as soon as possible. You may also give to any ride leader or mail in to SCBC, P.O. Box 592 Uniontown, Ohio 44685.

Thank you

New & Featured Member Articles

We all have a story to tell, New Members and Seasoned Veterans alike. What is better than sharing that story with other members of the Club in the "Spokin' Word". We need New and Existing Member articles to feature in our newsletter, so we can enjoy those stories and get to better know each other.

We always need articles for upcoming newsletters, so I urge anyone who would like to share a story about themselves with photographs to please contact me by e-mail or phone. The deadline for submitting articles is the 10th day of the prior month. My phone number is 330-453-6360 and e-mail lshaheen14@icloud.com. I look forward to hearing from you.

This position is open, Please contact Sally Griffiths if you are interested.

New & Featured Member Representative

Updated Statistician Guidelines

Bruce Treiber

I have recently taken on the role of Statistician for SCBC.

My role is to verify that the male and female mileage leaders in each of the Challenge categories have ridden miles that fit the requirements of each category. As leaders in the club, our goal is to be transparent and to ensure that the yearly awards are given fairly to the people who have worked hard to achieve them. I would like to share the following information in this article.

1) SCBC 2025 Challenges

2) Role of the Statistician and guideline

3) Directions on editing ride names on **Ride with GPS**

SCBC 2025 Challenges

SCBC Club Miles

Miles ridden by SCBC members as recorded on Ride with GPS on pre-scheduled club rides. Miles ridden to and from the ride as part of a bike commute may be included as we try to reduce our carbon footprint. E-bike miles are not included in this challenge. The 5 male and female riders with the most mileage will be recognized at the banquet.

Total Miles

Outdoor miles ridden by SCBC members on club rides, tours, and other cycling activities that may or may not be club sponsored as recorded by Ride with GPS. This category will give all our members their grand total miles ridden for the entire year. Top male and female riders are eligible for various categories of awards such as most miles, most elevation gain, most centuries etc. E-bike miles may be included in this category. Indoor miles on trainers are NOT included.

E-Bike Miles

Miles ridden by SCBC members as recorded on Ride with GPS on pre-scheduled club rides on pedal assist bikes. Miles ridden to and from the ride as part of a bike commute may be included as we try to reduce our carbon footprint. Awards will be given for top pedal assist riders.

Statistician Guidelines

-Statistician will review the top 5 contenders in all categories

at the end of each month to verify rides and rectify any

discrepancies. If a discrepancy is noticed the statistician

will contact the member whose ride is being questioned.

To be transparent to all members, the statistician will report each month at board meetings and monthly members meeting the current Top 5 contenders in mileage challenges, clarify miles have been verified and any discrepancies rectified.

At the year end, the statistician and one other member at large will review and verify the final mileage for Top 5 contenders in each category and identify any discrepancies. The statistician will send out a personal email to each member in the Top 5 for each category to have members verify their mileage and rectify any discrepancies that have been identified.

Please see the next page for details about updating RWGPS for mileage credit

This following information is really VERY IMPORTANT in helping us make sure that we (me...lol) can differentiate between Club Rides and Non-Club Rides in SCBC Club Mile Challenge. If you are in a challenge, it is important to edit your ride name after you complete that ride. Club Rides need to be named with the Map Number corresponding that ride. Non-Club Rides should just be named with a name that you would use consistently. I would suggest using "Non club ride".

Ride name editing instruction for Ride with GPS

-PC instructions

*go to Ride with GPS homepage where your personal account screen should be showing.
*scroll down slightly and click on **Routes & Activities** tab on the left side of screen.
You should see your rides listed below.
*to edit your ride, drag cursor across the specific ride you want and click on the **pencil logo.**
***** in the "**Name for this activity line**" Put down the ***Map number***
if this is a Club Ride or a name like ***Non Club Ride*** (or similar) if this is not a club ride.
* click on **Save**

-Ipad instructions

*open the **Ride with GPS App** and your personal account page should be showing.
You will see "**My Activity**" on the right side midway down the screen. Rides are listed below.
*Click on the pencil logo on the ride you would like to edit.
***** in "**Title**" line, write the ***Map number***
if this is a Club Ride or a name like ***Non Club Ride*** (or similar) if this is not a club ride.
* click on **Save**

-Iphone instructions (Android)

*open **Ride with GPS App** and you will see your personal account page.
*click on "**My Activity**" on the lower right hand side of screen. You will see rides listed below.
*Click on the pencil logo on the ride you would like to edit.
***** in "**Name**" line, write the ***Map number***
if this is a Club Ride or a name like ***Non Club Ride*** (or similar) if this is not a club ride.
* click on **Save**

I know this sounds complicated but once you do this several times it will become a very easy habit. It will be SO helpful if we can all do this. It will help immensely when verifying your club mileage.

On a personal note, I want to thank the work of my predecessors who carried on this role over the years. Their work allowed us to recognize people in our club for the hard work in achieving their goals. I know they had good intentions in this work and sometimes things didn't always go as planned. I'm sure that will happen to me as well.

We have a wonderful club. 2024 was a challenging transition for us with scheduling and recording rides. There have been moments of frustration. I've felt that myself and to be honest, I've done my share of complaining. Life evolves and changes and there are good things that have come with this change to a digital format even though it's been a difficult transition.

I love our club and the friends I've made and the memories that I have. I would ask you to consider putting aside personal frustrations for a bit and look at the good of our club.

Please think about joining one or more of the challenges in 2025. It will make our awards so much more meaningful and give everyone a chance to see what you've all accomplished. Thanks Al and Jim for laying groundwork for me.

Be safe everyone.

Bruce Treiber

Ride With GPS - Year To Date Mileage

SCBC Club Miles 1816 Total Miles as of 01/29/2025

Sharon Fritts	659	Deborah Mohler	385	Mary Ellen Valentino	95
Bill Mishler	421	Bruce Treiber	231	Bob Evans	25

Total Miles 7510 Total Miles as of 01/29/2025

Mike Figg	1018	Deborah Mohler	385	Mary Ellen Valentino	124
Sharon Fritts	971	Don Royer	356	Thom Spellman	102
Marilyn Perdue	677	Bruce Treiber	304	Nick DiMauro	88
Dave Cardarella	675	Pamela Sayre	184	Bob Evans	56
Bill Mishler	594	Steve Silver	170	Mel Slebert	36
Roy Schlabach	497	Karen Schlabach	159	Mark Coventry	11
Bill Allen	432	Robert Valentine	128	Nate Hand	8
Dirk Doverspike	409	Karen Mueller	126		

E-Bike Miles 0 Total Miles as of 01/29/2025

Commuter Miles

Commuting miles are defined as any miles on the bike during which you substitute a bicycle for a motor vehicle. You can include trips to work, school, appointments, errands and riding to a club ride (SCBC scheduled ride miles should not be included in your commuter miles).

Reporting will be on the Honor System. Send your miles via email to davecardarella@gmail.com once a month. I will track your miles and they will be reported in the newsletter. If you miss a month, just send me your miles and I will include them.

Dave

2024 SCBC Final Commuter Miles

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Mark Bruce	163	201	160	214	262	110	152	152	201	306	164	101	2186
Dave Cardarella	67	286	423	121	178	31	386	226	80	241	15	42	2096
Ken Hlavac	273	337	275	85	139	96	108	134	81	53	102	349	2032
Mary Hlavac	30	38	67	10	8	6	0	9	0	0	7	59	234
Marilyn Perdue	67	286	423	121	178	61	386	226	105	241	0	42	2136
Toni Powell		48	192	16	83	44			46	10		32	471
Don Royer	116	416	694	152	160	100	54	53	122	133	101		2101
Linda Shaheen					20		19		39				78
Paul Tucci			51										51
Benjamin Young		10		17		101	240	117	38				523
												SCBC total	11908

Congratulations to the 2024 Commuter Miles winner

Don Royer

Commuter miles	
2024	11,908
2023	17,657
2022	13,912
2021	22,728
2020	16,907
2019	11,852
2018	11,588
2017	18,747
2016	14,547
2015	20,164

How Much Air Pollution Is Prevented When Commuting by Bicycle?

10 mile round trip commute 5 days a week for a year (2600 miles annually)

Small car	35 mpg	68 gallons of gas	.7 Tons of CO_2
Midsize car	20 mpg	124 gallons of gas	1.3 Tons of CO_2
SUV or 4x4	14 mpg	170 gallons of gas	1.9 Tons of CO_2

And those are just the pollutants from fuel use. From the foam and plastic in its seats to the petroleum in its tires, each car is a small pollution factory. Several tons of waste and 1.2 billion cubic yards of polluted air are generated in its manufacture alone! In 2008 the US produced 1.6 million billion metric tons of waste mining ore for automotive production. In the US each year, painting and coating cars produces 40 million pounds of air releases and 24 million pounds of hazardous wastes.

During its lifetime, on the road, each car produces another 1.3 billion cubic yards of polluted air and scatters an additional 40 pounds of worn tire particles, brake debris and worn road surface into the atmosphere.

Bicycling significantly reduces transportation emissions while also reducing traffic congestion and the need for petroleum. The total number of pounds of pollutants, (comprised of hydrocarbons, carbon monoxide, nitrogen oxides and carbon dioxide), emitted per year is 12,140.30 lbs/year (or 0.97 lbs/mile) for passenger cars and 17,025.80 lbs/year (or 1.21 lbs/mile) for light trucks.

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Stark County Bike Club Members Receive:

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Orrville Cycling Club Rides every Wednesday. Depart from Orrville Cycling at 6:10 pm

SCBC Members Receive 10% Off Bikes & Accessories

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Mystery Photo of the Month

Can you guess the person, place or thing?
Where was this picture taken?
Win a $20 gift certificate for dinner
You must be present at the SCBC meeting to win
One winner will be drawn from all correct entries at the next club meeting.
Winners are eligible once in a 12 month period.

There are no meetings in January and February.

The Mystery Photo will return for the March Meeting.

LIFE HAS IT'S UPS AND DOWNS

- - -

GEMINI MAKES THEM FUN!

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Sat 10A-5P

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330-832-9999

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Canton, OH 44718
330-649-9870

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SUN : 12-5

Your one stop for all your running and walking needs.

Bring in this ad in for 10% off your next purchase of $50 or more. Or 15% off of your next purchase of $75 or more.

Classified Ads

FOR RENT
Professional bicycle traveling bag for airline travel $1.00 per day.
Pay before you leave. Michael Steward 330-478-2402.

FOR SALE
Yakima clamp on roof rack with 48" round bars.
Older, but good. $59
Don Royer 330 605 7305 .royerdon@sbcglobal.net

FOR SALE
Tandem carrier for roof rack.$59.
Don Royer 330 605 7305 royerdon@sbcglobal.net

FOR SALE
Racermate Computrainer. Excellent working order.
The original smart trainer.
Works with Zwift, the Computrainer Software and by itself.
Will help you set it up.
Asking $400.
if interested or if you have any questions about the trainer
Email s_birch@hotmail.com. Text at 330 966 6740

FOR SALE
2014 TREK LEXA SL 52"
Blk/Pink $900.00
Original Receipts from Orrville Cycling & Fitness
Owners Manuel, Serial #
Very few miles, like new
Shoes (women's Specialized size 39),
Medium gloves and any accessories wanted, included
Jodi 330-284-0483

FOR SALE
Wall Bicycle rack holds 2 Bikes, leans against the wall $50.
Phone 330-809-0232

FOR SALE
Bontrager Pro IsoCore VR-SF 40cm Carbon Road handlebar. Features IsoCore that reduces road vibration by 20%. Brand new 40cm online these bars are 340$ I am asking $150.00, what a steal to get carbon handlebars on your bike!
330-705-4435

For Sale
Trek T2000 Tandem, color gray, no scrathces
Carbon Fork, 700x28 tires, rear rack,
size medium, captain standover 31 inches, stoker 27 inches
$1000, Bill Trissel 330-268-2720

FOR SALE
1 Lightspeed Vela road bike with aerobars attached
1 Blue Sun Easy pacer recumbent trike
1-performance quick stand for road bike
1-Park Tool bike holder to fix or wash bike
1-Serface bike pump
1-Magturbo home trainer
1-Yellow and black baby carrier that attaches to bike
1- black metal bike carrier attaches to trailer hitch
Many other misc. bike accessories included
$2,800.00 OBO for all of the items listed.
Or will sell separately.
Please call Debbie Miller, 330-931-2901

FOR SALE
Valkyrie Airborne titanium frame and fork, 58 cm frame
Shimano Ultegra Triple Crank, Bontrager Race Lite Wheels
Look Spring Pedals (size 12 shoes included) Asking $1,000
Darwin K. Smith 304-374-1505 woodshavingsds@yahoo.com

FOR SALE
26" 14 speed Landrider Bike, new back tire, $250
Michael Steward 330-478-2402

FOR SALE
DIAMONDBACK FITNESS
MODEL #5101c Exercise Bike
Electronic display with many Workout programs.
Fully adjustable Seat & Handlebar positions.
VERY GOOD CONDITION
Used about 1 1/2yrs.
Listed on Amazon for $799.
An Excellent Value @ $395.
Don Royer 330 605 7305 royerdon@sbcglobal.net

FOR SALE
Trax Flux S Smart Trainer
Erin Twining setwining@gmail.com 330-936-3284

FOR SALE
Men's road bike 2020 Trek Domane AL3 (aluminum) 56cm viper red.
Like new with all manuals and materials.
Rode 1 season. Pd $1080 at Ernie's. Asking $800.
Will include bike helmet, gloves, re-chargeable flashing bike lights, size L reflective wind jacket, vest, seat bag, sun glasses with rear-view mirror. Call 330 327-5979 or 330 497-9092.

FOR SALE
Northwave Origin Plus cycling pedal cleat shoes. Men's size 11. Almost new in box. $85. Call 330 327-5979 or 330-497-9092.

FOR SALE
SB700 Sole Indoor Cycle 330-327-5979 or 330 497-9092.

FOR SALE
Great Condition
This consist of computer and speed sensor transmitter, Time, RPM/ Cadence, Distance, calories are estimated only. Sells for 699.00, asking 300.00. Great indoor spin bike, just like at the Y.
330-705-4435

FOR SALE
GIANT DASH 2 bicycle with straight handlebars, 26 inch frame. It's in excellent shape and 12 years old. I maintained it 100% at Frankford Bicycle in Girard. It's Ohio University colors (green, black, white) It would make someone a good commuter 2nd bike. $75.00
I also have a Giant THRIVE
Mary Lou Safran 330-727-1644

FOR SALE
Thule Force Roof Cargo Box
Condition: Like new - original box
Volume:16 cu ft; External dimensions (LxWxH): 74.75 x 33 x 18 in.;
Internal dimensions (LxWxH): 70 x 28.75 x 16.25 in.,
Load capacity: 165 lbs.; Weight: 41 lbs.
Asking $250; Text 330-285-0809 if interested

FOR SALE
Saris two bike roof rack.
Includes all mounting hardware, wind fairing,
wheel mounts, and locking cable. $80.
Call or text Rich Grella@ (330)224-6950 for info and pictures.

Classified ads are free for members and can be e-mailed to davecardarella@gmail.com
Deadline for submission is the15th of the month

Please notify editor when item is sold.

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Wabash & the Boulevard
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Portage & Pittsburg
330 494 5323

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Buy one tube at regular price.
Get second at 1/2 price
Redeem this coupon at any Ernie's location
SCBC BC 2012

Ernie's Bicycle Shops, Massillon Area Greenways, Inc, and the Stark County Bicycle Club have raised more than $10,000 for local trail development and bicycle advocacy and safety. *Thank you!*