



# Spokin' Word

The voice of cycling in greater Stark County



March 2025

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



**SCBC at Myakka River State Park**



# Spokin' Word

The voice of cycling in greater Stark County

March 2025

Volume LVII Issue 3

## 2025 Club Officers

President	Sally Griffiths	330-705-4435
Vice President	Dave Swinehart	330-940-9810
Recording Secretary	Fran Massaro	330-285-0809
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 Schroedel	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](http://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.

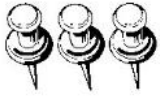
**Dave Cardarella** - Editor-

Articles should be sent to: [davecardarella@gmail.com](mailto: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](mailto:sagriff64@gmail.com)



## Meeting Programs:

See you there!

**March 4—Reviewing and education  
of Ride with GPS**

**April 1 —Ern Jr talking about his Epic  
Adventure in South America.**

**May 6 —Eddy’s Bike Shop, topic TBA**

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



### inside this issue...

Sally Sez So	4
Renew Your SCBC Membership	5
Florida 2025 Report	7
Florida photos	7-12
Membership Report	13
Road ID discount	13
Introducing the Legacy Patron Membership	14
SCBC Patrons and Legacy members	15
March/April birthdays	16
March ride Schedule	18-19
March Map News	19
EMPOWER 25 Challenge	20
January 2026 Florida Hotel Update	21
Insurance Waiver Reminder	21
New & Featured Members Articles Wanted	21
RWGPS Mileage Statistics	22
SCBC 2024 Final Commuter Mileage Report	23
Mystery Photo	26
Classified Ads	28

# Sally Sez So...

from SCBC President Sally Griffiths

Want to know more about Ride With GPS?

Our March program we will be offering an informative and educational program to help our members have a better understanding of Ride with GPS. We will be reviewing several aspects of Ride with GPS for ride leaders and members, with opportunities to answer your questions.

We recognize that when Ride with GPS was introduced to the membership, we could have done a better job of educating our members and allowing for hands-on learning. Therefore, one of my goals this year is to provide that education to our membership. I know this is a little late, but I say better late than never!

We are also looking into booking a meeting room at the Jackson library for members to bring their laptop or login and get hands-on experience and gain better knowledge of RWGPS. More information on this opportunity to come.

February has been another cold snowy month, but we are close to turning the corner to warmer weather. I look forward to getting out there with all of you and riding in the warmer temperatures and sunshine!

If you have any ideas, concerns and/or issues that you would like your board to review please submit an email or letter to any of the board members to present at our meetings so we can address them. We value our members and would really like to see more club member involvement! This is your club. So help us to make it the club you want it to be!

As always, we want all our members to be safe and enjoy their rides! Let's be proactive 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

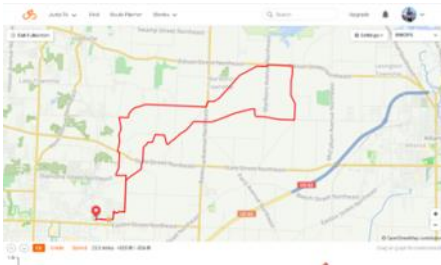
Chuck Peal—North Port, FL  
David Eargle—Murfreesboro, TN

# 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](http://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 our 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.

**ERNIE'S** BICYCLE SHOPS PRESENTS

CRANKY PEDALER  
**SWAP MEET**

**BUY & SELL**  
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MARCH 15TH  
10AM-4PM

<https://www.ErniesBikeShop.com/>



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# Florida 2025 Report

We had another great trip to Florida this year, with 36 members attending this year's Venice Tour! Although the weather our first week was not ideal, a couple rainy, windy, colder days, we still got out on some good rides. Due to the weather, we also had to modify the ride schedule quite a bit so we could really enjoy the longer rides in warmer temperatures the second week of the trip.

Casey Key has a lot of rebuilding and construction going on and still has a bit of sand on the roads, however it is still an enjoyable ride.

Manasota Key has a long way to go in their repairs. Unfortunately, many homes were destroyed and a road was washed out just a few miles from the turn to Manasota Key. Road crews are working on this area but for this year we removed this ride from the schedule as it was only 24 miles round trip.

Our second week brought warmer temperatures and plenty of sunshine! Our Boca Grande ride was a very enjoyable day with good weather and low traffic and we were excited that the Bakery that had been destroyed in last year's hurricane was up and running by Gasparilla Inn.

We enjoyed several group dinners out and card games in the evenings. As always, we had a great time riding and socializing! Looking forward to next year. We were able to negotiate a great rate for next year, so we hope to see more of the SCBC join us, please see details in this edition of the Spokin' Word.

Sally

Thanks to Debbie Mohler for all the awesome photos.





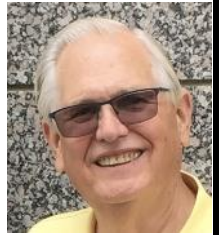








# SCBC Membership Report 02/27/2025



**Current Memberships** 253

**Approximate Total Members** 323

**Legacy Patron (\$500+)** 3

**Triple Chainring Patron (\$75)** 22

**Double Chainring Patron (\$55)** 8

**Single Chainring Patron (\$45)** 8

**Family (Including 14 Patrons)** 70

**Individual (Including 27 Patrons)** 183

**The last mail pickup was Thursday, February 27**

**New memberships since October 1, 2024 = 8**

**Thom Spellman**

**Membership Chairman**



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](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 1<sup>st</sup>) 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

## SCBC Legacy Members

Mike & Peg Abrams  
Rich & Treva Aeling  
Bob & Dorothy Forney



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

April Birthdays As of 02-27-2025

	Birthday	Spouses Birthday
Lee Swan	04/01	
Sharon Ann Swartz	04/02	
Lori Swan	04/03	
Dean Herrick	04/05	
Mike Abrams	04/08	
Dirk Doverspike	04/09	
Bill Mishler	04/09	
John Ebel	04/12	
Mary Reed	04/12	
Hugh Sommer	04/12	
Chris Redmond	04/13	
Narasimha Rao	04/14	
Linda Shaheen	04/14	
Paul Mallue	04/15	
Toni Powell	04/15	
Don Eagon	04/16	
Todd Kustra		04/16
Edward Howley	04/17	
Robert Sr Vogt	04/20	
Rich Aeling	04/21	
Matthew Long	04/21	
Gavin Roberts-grandson	04/21	
Linda Zaleski	04/21	
Lauren Hart	04/22	
Leonard Ciccone	04/23	
Jason Hull	04/24	
Larry Ward	04/24	
David Yoder	04/29	

# Stark County Bicycle Club Ride Schedule Information

## SCBC RIDE GUIDELINES HELMETS ARE REQUIRED ON ALL CLUB RIDES AND INVATIONALS

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.

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

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

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

Non-Members are always welcome on club rides

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 encouraged 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.



## March 2025 Ride Schedule

Editor's note: this schedule was copied on 3/1/25  
Please check online as changes happen often

- March 1, 11:00 am [AL 246 21 Sally G O](#) Al Leno Park  
March 1, 12:00 pm [CF-378-30/47 12PM SFRITTS O](#) Canal Fulton Park  
March 2, [FL 154-30, 9:00 AM Treiber B ride](#) Fort Laurens Bolivar  
Bruce Treiber 330 844-1434 Class B ride  
March 3, [CLN 210-25 12:00 MB 330-754-8753 O](#) Clinton Trailhead  
March 3, 10:00 am [LakeCP 513-25 10:00 DonR O](#) Lake Community Park  
March 4 [JCP 283-27, 3:30 PM Treiber B ride](#) Jackson Community Park  
Bruce Treiber 330.844.1434, Class B ride  
March 4, 12:00 pm [LakeAv 478-52/29 12PM SF](#) Lake Avenue Trailhead  
March 5, [Craig Pittman 203-19 1:45 MB O](#) Craig Pittman Park  
March 5, 10:00 am [LakeCP 245-23/30 10:00 ThomS O](#) Lake Community Park  
March 6, [Canal Fulton 545-30 12:00 Open MBurns](#) Canal Fulton  
March 7, 10:00 am [LakeCP 253-29 10:00 ThomS O](#) Lake Community Park  
March 8, [FPS 231-30, 8:30 AM Treiber B ride](#) Franklin Park Strasburg  
Bruce Treiber 330 844-1434 Class B ride  
March 8, 12:00 pm [LakeAv 478-51/29 12PM SF](#) Lake Avenue Trailhead  
March 9, 12:00 pm [Dalton 518-50, 12:00 PM](#) Dalton Village Green Park  
March 9, 12:00 pm [CF-344-18 12:00 MB 330-754-8753 O](#) Canal Fulton  
March 10, [Clinton Trailhead 568-26 12:00 MBurns](#) Clinton Trailhead  
March 10, 10:00 am [LakeCP 449-23 10:00 DonR O](#) Lake Community Park  
March 11, [CPN 274-25, 3:30 PM Treiber B ride](#) Craig Pittman Memorial Park  
Bruce Treiber 330 844-1434 Class B ride  
March 11, 12:00 pm [CF 559-41 12p SF O](#) Canal Fulton Park  
March 12, [Craig Pittman 466-21 1:15pm MBurns](#) Craig Pittman Park  
March 12, 10:00 am [LakeCP 125-24 10:00 ThomS O](#) Lake Community Park  
March 13, [Canal Fulton 378-31/47 12:00 Open MBurns](#) Canal Fulton  
March 14, 10:00 am [LakeCP 569-32 10:00 ThomS O](#) Lake Community Park  
March 14, 10:00 am [Jack P, 526-26, 10:00 AM, Peg S. 575-5334 CI O](#) Jackson Community Park  
March 15, 12:00 pm [CF 349-27/48, 12pm Fritts O](#) Canal Fulton Park  
March 16, [CPN 269-33, 8:30 AM Treiber B ride](#) Craig Pittman Memorial Park  
Bruce Treiber 330 844-1434 Class B ride  
March 16, 11:00 am [Dalton 537-55, 11AM SFritts](#) Dalton Village Green Park  
March 17, 10:00 am [LakeCP 564-29 10:00 DonR O](#) Lake Community Park  
March 17, 12:00 pm [Clinton Trailhead 420-21 12:00 MBurns](#) Clinton Park Trailhead  
March 17, 4:00 pm [Lake Ave. 442-22, 4:00PM, Peg S 575-5334 CI O](#) Lake Avenue Trailhead  
March 18, [MTZ 368-31, 3:30 PM Treiber B ride](#) Metzger Park,  
Bruce Treiber 330 844-1434 Class B ride  
March 19, 10:00 am [LakeCP 592-35 10:00 ThomS O](#) Lake Community Park  
March 19, 1:15 pm [Craig Pittman 515-28 1:15pm MBurns](#) Craig Pittman Park Navarre  
March 20, [MTZG-367-27 12:00 MB 330-754-8753 O](#) Metzger Park  
March 20, [LAT 478-29, 8:00 AM Treiber B ride](#) Lake Ave Trailhead  
Bruce Treiber 330 844-1434 Class B ride  
March 21, 10:00 am [LakeCP 513-17/27 10:00 ThomS O](#) Lake Community Park

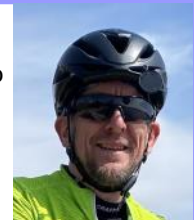
## March 2025 Ride Schedule

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Please check online as changes happen often

March 21, 10:00 am [LCP 563-28/47 10am SF](#) Lake Community Park  
March 22, 12:00 pm [CF 559-41, 12p SF O](#) Canal Fulton Park  
March 23, 10:00 am [CF 584-56, 10am, SF](#) Canal Fulton Park  
March 23, 12:00 pm [CF-348-27 12:00 MB 330-754-8753 O](#) Canal Fulton Park  
March 24, 10:00 am [LakeCP 125-24 10:00 DonR O](#) Lake Community Park  
March 24, 12:00 pm [Clinton 423-26 12:00 Open MBurns](#) Clinton Park Trailhead  
March 25, 12:00 pm [LakeAv 478-52/29 12PM SF](#) Lake Avenue Trailhead  
March 26, 10:00 am [LakeCP 452-25/30 10:00 ThomS O](#) Lake Community Park  
March 27, 12:00 pm [CF 559-41, 12p SF O](#) Canal Fulton Park  
March 28, 10:00 am [Al Leno , 472-26, 10:00 AM. Peg S. 575-5334, Cl. O](#) Al Leno Community Park  
March 28, 10:00 am [LakeCP 120-29/35 10:00 ThomS O](#) Lake Community Park  
March 28, 11:00 am [Dalton 560-26/53, 11 p SF 418.5285](#) Dalton Village Green Park  
March 29, 8:30 am [AL 488-40, 8:30 AM Treiber B ride](#) Al Leno Community Park,  
Bruce Treiber 330 844-1434 Class B ride  
March 29, 10:00 am [Dalton 586 42/54 12:00 pm Fritts Open](#) Dalton Village Green Park  
March 30, 10:00 am [CF 351-54, 10am, SFritts O](#) Canal Fulton Park  
March 31, 10:00 am [LakeCP 592-35 10:00 DonR O](#) Lake Community Park  
March 31, 12:00 pm [Clinton 447-21 12:00 Open MBurns](#) Clinton Park Trailhead

## March 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](http://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.



### New Routes:

606- Ponder This, SCBC  
Starts at Lake Ave. Trailhead in Massillon, Oh. A nice mix of roads in the area. 26 mile route with 1132' of elevation gain for an average of 43' per mile.  
Originated by Tom Kinney, Feb. 2025  
RWGPS Link: [ridewithgps.com/routes/49739520](http://ridewithgps.com/routes/49739520)

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

Rob Stewart  
[bikerstew@icloud.com](mailto:bikerstew@icloud.com)  
330-807-5594  
Map Librarian/Cartographer

# 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](mailto: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 10<sup>th</sup> 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

# Ride With GPS - Year To Date Mileage

SCBC Club Miles      4215 Total Miles      as of 02/28/2025

Sharon Fritts	1341	Deborah Mohler	545	Paul Larsen	187
Bill Mishler	779	Jim Herberger	494	Thom Spellman	49
Bruce Treiber	606	Mary Ellen Valentino	214		

Total Miles      20048 Total Miles      as of 02/28/2025

Sharon Fritts	2230	Pamela Sayre	822	Mel Slebert	243
Marilyn Perdue	1725	Bruce Treiber	679	Bob Evans	202
Dave Cardarella	1722	Thom Spellman	596	Paul Larsen	187
Roy Schlabach	1526	Deborah Mohler	545	Rob Stewart	168
Bill Mishler	1427	Jim Herberger	510	Andrew Hodgson	137
Bill Allen	1239	Steve Silver	445	Mark Coventry	127
Dirk Doverspike	1136	Karen Mueller	393	Nick DiMauro	88
Mike Figg	1131	Karen Schlabach	381	Nate Hand	8
Don Royer	911	Robert Valentine	333	Steve McGinnis	7
Lucy Figg	847	Mary Ellen Valentino	283		

E-Bike Miles      0 Total Miles      as of 02/28/2025



## 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](mailto: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

### 2025 SCBC Commuter Miles

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Mark Bruce	127												127
Dave Cardarella	190	343											533
Rich Grella													0
Ken Hlavac	291	373											664
Mary Hlavac	21	47											68
Marilyn Perdue	190	343											533
Toni Powell	110	78											188
Don Royer	384	422											806
Linda Shaheen													0
Paul Tucci													0
Benjamin Young													0
SCBC total													2919

**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 <sub>2</sub>
Midsize car	20 mpg	124 gallons of gas	1.3 Tons of CO <sub>2</sub>
SUV or 4x4	14 mpg	170 gallons of gas	1.9 Tons of CO <sub>2</sub>

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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Can you guess the person, place or thing?  
Where was this picture taken?  
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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.*



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, Parkinson's, Reflex Sympathetic Dystrophy  
(complex regional pain syndrome)  
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# 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](mailto:royerdon@sbcglobal.net)

## FOR SALE

Tandem carrier for roof rack. \$59.  
Don Royer 330 605 7305 [royerdon@sbcglobal.net](mailto: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.  
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if interested or if you have any questions about the trainer  
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## 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 scratches  
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-Surface 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  
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## FOR SALE

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Michael Steward 330-478-2402

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new in box. \$85. Call 330 327-5979 or 330-497-9092.

## FOR SALE

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Great Condition  
This consist of computer and speed sensor transmitter, Time, RPM/  
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asking 300.00. Great indoor spin bike, just like at the Y.  
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## 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  
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Mary Lou Safran 330-727-1644

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## FOR SALE

Saris two bike roof rack.  
Includes all mounting hardware, wind fairing,  
wheel mounts, and locking cable. \$80.  
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## FOR SALE

Women's Specialized Cycling Shoes Size 39. Gray with red accents.  
Good condition. \$20  
If interested call or text Margie Baker 330-265-7890.

Classified ads are free for members and can be  
e-mailed to [davecardarella@gmail.com](mailto:davecardarella@gmail.com)  
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Please notify editor when item is sold.



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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!*