



Spokin' Word

The voice of cycling in greater Stark County



April 2025

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





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April 2025

Volume LVII Issue 4

2025 Club Officers

President	Sally Griffiths	330-705-4435
Vice President	Dave Swinehart	330-940-9810
Recording Secretary	Fran Massaro	
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	open	
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	Donna Benzing	330-354-6185
	James Ruberti	832-605-0581
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!

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

May 6 —Eddy's Bike Shop, topic TBA

June 3— Rails to Trails of Wayne County

August 5—Stark Parks

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



inside this issue...

Sally Sez So	4
Welcome New Members	4
Cycling Tips for Sun Glare	5
Bicycle Poker Ride - May 17, 2025	6
Renew Your SCBC Membership	7
March Meeting Report	9
Navigating SCBC Ride With GPS	10-11
New Wheels - Phil Christman	12
New Wheels - Karen Mueller	13
Membership Report	14
ROAD ID discount	14
Patrons and Legacy Members	16
April & May birthday lists	17
April ride Schedule	19-20
April Map News	21
2025 Ephemeral Ride - April 26, 2025	22
EMPOWER 25 Ride Challenge May 10, 2025	23
January 2026 Florida Tour Update	24
New & Featured Members Articles Wanted	24
RWGPS Mileage Statistics	25
SCBC Commuter Mileage Report	26
March 4, 2025 meeting minutes	27-29
Mystery Photo	32
Classified Ads	34



Sally Sez So...

from SCBC President Sally Griffiths

Spring has finally arrived however you never know what to expect in Northeast Ohio. Hopefully the worst of the weather is behind us and we can start looking forward to a great riding season.

The March meeting gave a lot of information with a hands on application for Ride with GPS. We were also able to show members how to put RWGPS messages on their phone home page for easy access. In the past we have had some members stop getting messages due to a glitch in RWGPS. If you are one of those members that has an issue receiving messages, please reach out to me and I will send you the format. There are two versions, one for Apple and one for Android.

I want to thank Sharon Fritts for her presentation of Understanding Ride with GPS, this was a very informative program. Please see details of her presentation in this edition of the Spokin' Word.

Please plan on attending the April 1 meeting Ern Jr will be presenting his epic cycling adventure in South America.

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

Five new member joined SCBC in March
Please take time to make them welcome

Robert Imler—Minerva

Mary Boron—Canton

Scott Young—Uniontown

John Boyce & Sara Heid—New Philadelphia

CYCLING TIPS FOR SUN GLARE

Ken Knabe, Greater Cleveland's Bike Attorney

Knabe Law Firm
14222 Madison Ave
Lakewood, Ohio 44107

☎ (216) 228-7200

01

Wear Polarized Sunglasses

Sunglasses especially with polarized lenses and/or a helmet visor can help reduce glare and improve visibility.

02

Know Your Blind Spot to Motorists

Glare can make it harder to see obstacles or traffic. Your shadow identifies your blind spot to oncoming motorists.

03

Adjust Your Route

Plan your rides to avoid peak glare times, sunrise or sunset. Choose routes with tree cover or buildings that provide shade.

04

Increase Visibility

Wear bright fluorescent contrasting clothing. Consider using day activated lights on front (white) and back (red) of bike, as those required at night.

05

Ride Defensively

Be extra cautious at intersections. Leave extra space between you and others.



Disclaimer: These are suggestions for cyclists on the road facing sun glare. This in no way negates a motorist's responsibility and their legal duty to see what is on the road, be aware of their surrounds and be mindful of cyclists.

BICYCLE POKER RIDE



SATURDAY
MAY 17
2025

**LAKE AVENUE
TRAILHEAD**
RTE 21 & LAKE AVENUE
MASSILLON • OHIO

18 or 22 MILE RIDE on TOWPATH TRAIL
START ANY TIME BETWEEN 9am & 1pm
\$5 per HAND • PLAY ONE HAND or MORE
NOT a RACE • RAIN or SHINE

GREAT PRIZES

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◆

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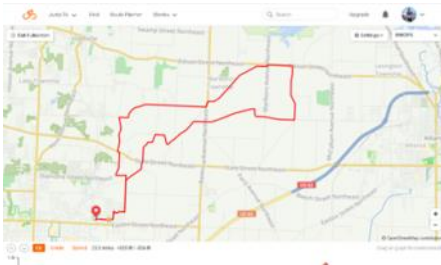


Renew your SCBC Membership

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 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.

BIKE FITTING

can improve comfort and efficiency for all riders, from beginners to experts. Set up your full fit session for

\$99.99

Submit your fit request at [erniesbikeshop.com/bikefit!](https://www.erniesbikeshop.com/bikefit/)

ERNIE'S BICYCLE SHOPS

Initial Side View
Oct 4, 2024 at 10:39 AM



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



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AKRON
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NORTH OLMSTED
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STAY CONNECTED & UP TO DATE



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March meeting program

Sharon did an informative presentation on Ride with GPS. Many questions were answered to get a better understanding of the many functions and uses of the system.

Thanks Sharon.

Navigating SCBC Ride With GPS

New Member or New To Ride with GPS?

Thom Spellman can send you a link to the club Ride with GPS account that let's you join Ride with GPS for free. Ride with GPS is the way you can see the club schedule live, read messages about route changes, see the club maps and hear cues during the ride, save you miles, etc.

The Magic Yellow Banner

When you open Ride with GPS you may see the backs of 2 riders in SCBC jerseys riding along water.

If you do, then you are not actually signed into Ride with GPS.

In the upper right corner of the screen there is a **round biker silhouette**. Click on it.

Two dropdown options appear: One is you specifically under you Ride with GPS name, the other is the club.

Click on the **SCBC logo**. The magic yellow banner appears along with the Club specific menu items.

View the Club Schedule

Click on the word "EVENTS" on the menu

The list that appears is all rides currently scheduled. If this list is not in date order simply click on the orange word that says "Starts On". If it is in reverse order, click it again. You can sort the list by any header word on the event list.

If you want to learn more about the ride click on the **VIEW** button at the end of the line. That shows you everything you need to know about the ride and map.

Calendar View

If you want to see the schedule overview of the month in calendar form click on **Calendar View** from the **Events button**.

Scroll all the way to the bottom right of the screen and click on **Create Embed**.

Click on any calendar listing to be taken directly to all the route information.

See Messages about Ride Cancellations or Changes

From the main menu screen with the Yellow banner, click on the word **Messages**. A list of any messages relating to ride time or location changes appears. **ALWAYS check messages if the weather is questionable.**

CLUB CHALLENGES

Join A Challenge or 2?

Click on the **SCBC Icon** on the upper right of the screen

Click on the word "**Challenges**" on the menu list going across the screen

Carefully read the words describing the rules for the challenge.

Click on the Challenge you wish to join

In the upper right of the screen 2 boxes appear. Click on "**Preview**"

Click on "**Join Challenge**"

SCBC Club Miles Challenge

If you have opted to join the SCBC Club Miles challenge please do the following after each ride:

From the yellow banner screen, **click on the arrow by the SCBC logo**. That gives you a menu with both your rider name and the SCBC icon. **Click on your rider name**. Scroll down to the club ride you just road. As you hover over the ride, a pencil icon will appear.

Click on the Pencil. That takes you into the specific ride information. Please type the ride map # into the name. **Click Save**.

This is a necessary step for the statistician to validate club miles.

Navigating SCBC Ride With GPS continued

Self-Monitoring Challenge Data:

Please help our statistician by reviewing your challenge data.

If you are signed up for multiple challenges you will need to remove some miles periodically that don't meet the specifications of a challenge.

To edit a ride in a challenge:

From the SCBC logo, click on the **Challenges** Menu item. A list of your rides should appear once you've selected a challenge. For duplicates or rides that don't meet the challenge criteria, Click the **EXCLUDE** button. A line will appear through the ride.

REMINDER: No trainer miles may be included.

Basic Navigation

When feeling a bit lost in Ride with GPS:

The guy on the bike gets you to the club screen.

The SCBC club icon gets you to the Yellow Banner with the Club Menu.

Navigating with Ride with GPS

To Navigate from your phone

From the Ride with GPS app on your phone, Click on SCBC emblem

Click on Events and select the ride

Click on the mileage option map.

Click **Navigate**. You will now see the map and receive voice cues.

Navigate from a Garmin or other Device:

(This allows you to Save the route ahead of time to a Garmin or to ensure you have downloaded the map ahead of time in case WIFI doesn't work at the start location.)

From the Ride with GPS app on your phone, Click on SCBC emblem

Click on **Event and select the ride**

Select the mileage option you are riding

The map will open.

Click **SAVE or PIN**. This should load the route to your device.

New Wheels



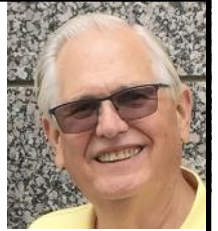
Phil Christman with his new Specialized Diverge Sport Bike

New Wheels



Karen Mueller with her new Trek Domane SLR 9

SCBC Membership Report 03/28/2025



<u>Current Memberships</u>	258
Approximate Total Members	328
Legacy Patron (\$500+)	5
Triple Chainring Patron (\$75)	18
Double Chainring Patron (\$55)	10
Single Chainring Patron (\$45)	7
Family (Including 13 Patrons)	70
Individual (Including 27 Patrons)	188

The last mail pickup was Thursday, March 27
New memberships since October 1, 2024 = 12

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 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
Tim Robison
Tom & Beth Sinacore
Jodi Taylor



Karen Erdos
Carl Humenik
Eric Johnson
Ken Knabe
Steve McGinnis
Erik & Georgeta Nedelcu
John & Fran Shaeffer
Robert & Janice Spalding
Bob & Valerie Valentine
Dwight Witte



Lark Dickstein-Rienerth
Dirk Doverspike
Raymund & Dawn Durkee
Robert & Cindy Eicher
Sharon & Alan Fritts
Sally Griffiths
Lindsay & Tim Hart
David McKinley
Kevin & Theresa Mikesell
Larry Petrasek
Chris Redmond
Michael Reed
Scott Rini
Sandy Robitz
Denny Simon
Stephen & Carol Spring
Bruce Treiber
Benjamin Young

SCBC Legacy Members

Mike & Peg Abrams
Rich & Treva Aeling
Bob & Shelly Doerschuk
Bob & Dorothy Forney
John & Elaine Snively



April Birthdays As of 03-28-2025

	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	
Sara Heid		4/22
Lauren Hart	04/22	
Leonard Ciccone	04/23	
Jason Hull	04/24	
Larry Ward	04/24	
David Yoder	04/29	

May Birthdays As of 03-28-2025

	Birthday	Spouses Birthday
Steve Kosunick	05/01	
Beth Sinacore		05/04
Thom Spellman	05/04	
Dave Cardarella	05/05	
Stephen Spring	05/05	
Stephanie Vinci	05/06	
Emily Helms		05/07
Nikki Deligny	05/09	
Bob Mueller		05/09
Erik Nedelcu	05/13	
Andrew Hodgson	05/14	
Marshall Leininger	05/14	
Tamara Jorgensen	05/16	
Patrick Keenan	05/16	
Bill Allen	05/18	
Eric Johnson	05/20	
Tom Lytton	05/21	
Cindy Eicher		05/22
Nate Hand	05/22	
Carolyn Burrier		05/23
Jim Baker		05/25
Paige Haley		05/25
Bruce Treiber	05/26	
Fran Massaro	05/28	
Bruce Saddler	05/29	

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.



April 2025 Ride Schedule

Editor's note: this schedule was copied on 3/30/2025
Please check online as changes happen often

- April 1 MTZ 601-28, 3:30 PM Treiber B ride Metzger Park Louisville Bruce Treiber 330 844-1434 Class B
- April 1, 10:00 am CrP 515 28 10:00 O MCoventry 330-639-8432 Craig Pittman Park
- April 2, 9:00 am LAT 801-24,9:00, MF 323-7039, O, Wed 4/2 Lake Avenue Trailhead (towpath north)
- April 2, 9:30 am Quail H 457 - 23 9:30 AM O Shaeffer Quail Hollow Park
- April 2, 1:15 pm Craig Pittman 203-18 1:15 O MBurns Craig Pittman Park
- April 3, 10:00 am Lake Ave,507-25/43, 10am, PegS,575-5334 Cl. O Lake Avenue Trailhead
- April 3, 12:00 pm CF 545-30 12:00 O MBurns Canal Fulton
- April 4, FPS 189-42, 9:00 AM Treiber B ride Franklin Park Strasburg Bruce Treiber 330 844-1434 Class B
- April 4, 9:30 am LCP 452 - 25/30 - 9:30 AM Lt John 354-9971 O Lake Comm Park
- April 5, 10:00 am Dalton 242- 27/52,10:00 am Fritts open Dalton Village Green Park
- April 5, 10:00 am AL 248 26 CW 10a Sally O Al Leno Park
- April 6, 10:00 am Dalton 537-55, 10am SF O Dalton Village Green Park SF 330.418.5285
- April 6, 10:00 am LCP 513 25 10a Sally O Lake Community Park
- April 6, 12:30 pm Canal Fulton 344-18-12:30pm O MBurns Canal Fulton
- April 6, 2:30 pm Lake Ave182-27,2:30pm.PegS. 575-5334, Cl O Lake Avenue Trailhead
- April 7, JCP 287-25, 5:45 PM Bruce Treiber B ride Jackson Community Park, Bruce Treiber 330.844.1434, Class B ride
- April 7, 9:00 am Lake C 449-23, 9:00 AM Lt John Lake Community Park
- April 7, 12:00 pm Clinton 210-25 12:00 O MBurns Clinton Trailhead
- April 8, 10:00 am FtL 604 30 10:00 O MCoventry 330-639-8432 Fort Laurens
- April 9, 9:00 am LAT 801-24,9:00, MF 323-7039, O, Wed 4/9 Lake Avenue Trailhead (towpath north)
- April 9, 9:30 am - Quail H 464 - 24 9:30 AM O Shaeffer Quail Hollow Park
- April 9, 1:15 pm Craig Pittman 466-21 1:15pm O MBurns Craig Pittman Park
- April 10, 9:00 am NEW PHIL 136-29 09:00 O MBurns New Philadelphia Park
- April 10, 9:30 am Craig Pittman, 269-33, 9:30AM, MFigg 330-323-7039, Open class, Thur 4/10 Craig Pittman Memorial Park
- April 11, 9:30 am Lake C 506 -34, 9:30 AM Lt John Lake Community Park
- April 11, 10:00 am CF 559-41, 10am SF O Canal Fulton Park Fritts 330.418.5285
- April 12, LAT 444-34, 7:30 AM Treiber B ride Lake Ave Trailhead Bruce Treiber 330 844-1434 Class B ride
- April 12, 9:30 am Dalton 517-56, 9:30 am, SFritts O Dalton Village Green Park SF 330.418.5285
- April 12, 10:00 am AL 472 26 10a Sally Al Leno Park
- April 13, 9:30 am CF 578-29/63 9:30 am SF O Canal Fulton Park Fritts 330.418.5285
- April 13, 10:00 am LCP 452 25/30 10a Sally O Lake Community Park
- April 14, 9:00 am Lake C 513-25, 9:00 AM Lt John Lake Community Park
- April 14, 12:00 pm Clinton 568-26 12:00 O MBurns Clinton Trailhead
- April 15, CPN 585-28, 3:30 PM Treiber B ride Craig Pittman Memorial Park Bruce Treiber 330 844-1434 Class B ride
- April 15, 10:00 am CrP 300 41 10:00 O MCoventry 330-639-8432 Craig Pittman Park

April 2025 Ride Schedule

Editor's note: this schedule was copied on 3/30/2025
Please check online as changes happen often

April 16, 9:00 am LAT 801-24,9:00, MF 323-7039, O, Wed 4/16 Lake Avenue Trailhead (towpath north)
April 16, 9:30 am Quail H 458 - 22/29 9:30 AM O Shaeffer Quail Hollow Park Hartville

April 16, 1:15 pm Craig Pittman 515 28 1:15pm O MBurns Craig Pittman Park Navarre

April 17, 9:30 am JCP, 526-30,9:30,MFigg, 323-7039,Thur 4/17 Jackson Community Park

April 17, 12:00 pm Mtzc 367 27 12:00 O MBurns Metzger Park

April 18, 9:00 am Wooster 914-32 09:00 O MBurns Wooster Church of the Saviour

April 18, 9:30 am Lake C 563-28, 9:30 AM Lt John Lake Community Park

April 19, 12:00 pm AL 138 28 10a Sally O Al Leno Park

April 19, 9:00 am Dalton 529-50, 9:00 am SFritts O Dalton Village Green Park SF 330.418.5285

April 20, 10:00 am LAT 801-2410:00 MF 323-7039 O Sun 4/20 Lake Avenue Trailhead (towpath north)

April 21, 9:00 am Lake C 253-29, 9:00 AM Lt John Lake Comm Park

April 21, 12:00 pm Clinton 420-21 12:00 O MBurns Clinton Trailhead

April 22, CF 303-28, 3:30 PM Treiber B ride Canal Fulton Park Bruce Treiber 330 844-1434 Class B ride

April 22, 10:00 am NP SP 146 44 10:00 O MCoventry New Philadelphia Southside Community Park

April 23, 9:00 am LAT 801-24,9:00, MF 323-7039, O, Wed 4/23 Lake Avenue Trailhead (towpath north)

April 23, 9:30 am Al Leno 248 26, 9:30 AM- Lt John Al Leno Park

April 23, 9:30 am Lake CP 563-28/47 9:30 am Lake Community Park SFritts 330.418.5285

April 24, 9:30 am Crg Pit, 515-28, 9:30 AM, M Figg 323-7039, O, Thur 4/24 Craig Pittman Memorial Park

April 25, 9:30 am Dalton 558-33/61, 9:30AM SFritts Open Dalton Village Green Park SF 330.418.5285

April 25, 9:30 am Lake C 245-23/30, 9:30 AM Lt John Lake Community Park

April 26, 9:30 am Ephemeral Ride 0930 Open Rob 330-518-7430 Mill Creek Park, 232 S. Market St., Lisbon, OH 44432

April 26, 9:30 am Ft Laurens 473-50 9:30 am SFritts Open Ft. Laurens Park Bolivar SFritts 330.418.5285

April 26, 10:00 am AL 389 29 10a Sally O Al Leno Park

April 27, CF 584-34/56, 9:30am SFritts O Canal Fulton Park Fritts 330.418.5285

April 27, NPS 598-48, 8:00 AM Treiber B ride New Philadelphia Southside Community Park Bruce Treiber 330 844-1434 Class B ride

April 27, 10:00 am LCP 563 28/4710a Sally O Lake Community Park

April 28, 9:00 am Lake C 564 29, 9:00 AM Lt John Lake Comm Park

April 28, 10:00 am LakeAv 478-51/29, 10AM SF Lake Avenue Trailhead Sharon 330.418.5285

April 29th MTZ 600-32, 3:30 PM Treiber B ride Metzger Park, Bruce Treiber 330 844-1434 Class B ride

April 29, 10:00 am CRP 215 46 10:00 O MCoventry 330-639-8432 Craig Pittman Park

April 30, 9:00 am LAT 801-24,9:00, MF 323-7039, O, Wed 4/30 Lake Avenue Trailhead (towpath north)

April 30, 9:30 am Al Leno 472 26, 9:30 AM- Lt John Al Leno Park

April 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.



Revised Routes:

Route 513- Three Churches Ride, SCBC
Minor revision to remove a stretch of busy road. Mileage increase of 1 mile.
Starts at Lake Community Park in Hartville, OH
Originated by Bob Valentine January 2015
Last update Feb 2015, March 2025
Elevation gain 541 ft Average gain/mile 30 ft.
Mostly rural. Flat to rolling.
RideWithGPS Map: ridewithgps.com/routes/49863197
Revision suggestion by Sally Griffiths

Route 348- West to Crown Hill, Clockwise and Counter Clockwise
Major revision to remove routes off of State Routes 93 and 57.
Starts at Canal Fulton Community Park.
Mostly rural and rolling with a few hills.
Originated prior to 1997. Latest update Jan 2020 & March 2025.
Elevation Gain 1436 feet. Average gain/mile 46 ft.
CW, RideWithGPS Map: ridewithgps.com/routes/31692739
CCW, RideWithGPS Map: ridewithgps.com/routes/49916493
Revised by Rob Stewart

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



2025 Ephemeral Ride - Saturday, April 26, 2025

It's Spring! Time for our trip to Lisbon, Ohio, to see the trillium and other ephemeral wildflowers on the Greenway Trail! In my humble opinion, this trail is the prettiest rail-trail in the area, especially when the flowers are in bloom.

Like last year, the plan is to have 2 rides, one in the morning and one in the afternoon. A 1-mile hike in Poland Woods (Bluebell Trail) is an option that is open, but not on the schedule due to the added time that it takes. The walk is gorgeous when the Virginia bluebells are in bloom - they cover the forest floor.

The rides are on paved surfaces, including trails and roads. The rides are no-drop and listed as Open classification. They are easy (the rail-trail) to "moderately" hilly (the park roads).

The plan is:

- 9:30 a.m. - Start time at the Little Beaver Creek Greenway Trailhead (aka P.L.& W. Railroad Station) located in Lisbon at 232 S. Market St., Lisbon OH. Very nice restrooms with flush toilets! It is an out and back 25-mile ride through the forested Little Beaver Creek valley, with the 12.5-mile turn-around at the Washingtonville trailhead. Most parking areas along the trail have port-a-johns. Sights include the Teegarden covered bridge, the Leetonia beehive coke ovens park, and if we are lucky, a beautiful ephemeral wildflower display - mostly trillium - between mile markers 4 to 6. www.trailink.com/trail/little-beaver-creek-greenway-trail/

- 12:00 (estimated) - Riders will be on their own for lunch and other side trips. It's about a 35-minute drive from Lisbon to Fellows Riverside Gardens. My favorite lunch stop is at Inner Circle Pizza in Canfield (about a 25 min. drive). There are picnic areas close to Fellows Riverside Gardens at the intersection of Price Rd and Milton Ave near the Boathouse at Glacier Lake. Nice place to eat outside by the water.

In this time slot, riders can take a tour of the gardens. Admission is free. There are beautiful displays of tulips, daffodils, hyacinths and spring-flowering shrubs.

- 2:00 -2:30 p.m. - Start time at the parking lot at Fellows Riverside Gardens. I'll confirm the time with a SCBC FB post, because it's dependent on how the morning goes. This is a 16-mile loop ride through Mill Creek Park. There are some hill climbs and scenic overlooks mixed in. We'll be on park roads and trail segments. Historic sights are Lanterman's Mill and Falls (c.1845), the Silver Suspension Bridge (c.1895), the Mill Creek furnace (c.1830's), the Old Log Cabin (c.1814) and the Parapet Bridge (c.1913). We should finish by 4:00, which will leave plenty of time to visit the gardens after the ride. The history of this area and the park is really interesting. www.millcreekmetroparks.org

The two bike routes are map 951-1 and 951-3 in SCBC Ride Maps. I'll be happy to share our favorite restaurants in the Y'town area for those interested in having dinner before heading home. I'm sure our Mahoning County Out-Spokin' Wheelmen members will be happy to share their recommendations! Our favorite is Caffe Capri in Boardman.

If the 26th is a rain-out, I'll make the decision Friday night and post on our FB page.

Rob Spalding

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

Ride With GPS - Year To Date Mileage

SCBC Club Miles 7159 Total Miles as of 03/29/2025

Sharon Fritts	2200	Bill Mishler	660	John Shaeffer	238
Deborah Mohler	886	Donald Richards	454	Paul Larsen	187
Bruce Treiber	879	Mary Ellen Valentino	413	James Ruberti	109
Jim Herberger	769	Thom Spellman	308	Mark Bruce	56

Total Miles 32578 Total Miles as of 03/29/2025

Sharon Fritts	3465	Thom Spellman	882	Mark Coventry	257
Marilyn Perdue	2864	Lucy Figg	881	Paul Larsen	187
Dave Cardarella	2834	Jim Herberger	785	Nick DiMauro	149
Roy Schlabach	2218	Karen Mueller	759	James Ruberti	109
Bill Mishler	1885	Rob Stewart	676	Matthew Brown	97
Pamela Sayre	1653	Robert Valentine	647	Tom Sinacore	79
Don Royer	1602	Mary Ellen Valentino	590	Beth Sinacore	79
Steve Silver	1509	Mel Slebert	524	Benjamin Young	63
Mike Figg	1468	Andrew Hodgson	398	Paul Mallue	62
Dirk Doverspike	1297	Karen Schlabach	381	Steve McGinnis	32
Peg Stoner	1231	Paul Chip Klingaman	359	Dave Swinehart	21
Bruce Treiber	1029	Jim Weinschenk	312	Nate Hand	8
Deborah Mohler	886	Bob Evans	300		

E-Bike Miles 0 Total Miles as of 03/29/2025



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

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	142										330
Don Royer	384	422	644										1450
Linda Shaheen													0
Paul Tucci													0
Benjamin Young													0
SCBC total													3705

**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.

SCBC Membership Meeting Minutes

March 4, 2025 @ 7:00PM Canal Grille

Attendees: Sally Griffiths, Fran Massaro, James Ruberti, Thom Spellman, Deb Mohler, Peg Stoner, Bill Johnson, Carol Johnson, Mike Figg, Lucy Figg, Dave Swinehart, Phil Christman, Mindy Clancy, Rob Stewart, Roy Schlabach, Karen Schlabach, Ray Durkee, Ben Young, Sharon Fritts, Bruce Treiber, Karen Erdos, Dirk Doverspike

Presidents Opening Remarks:

Sally opened the meeting by welcoming all attendees, then introduced this year's board members and appointed chairs. She let attendees know that throughout the year the board and chairs will strive to best serve the interests of club members. Sally outlined her two main goals for the year:

Educate members on usage for Ride with GPS to help provide a more satisfactory user experience.

Give the members a monthly Ride Schedule that is user friendly. Hopefully, the Spokin' Word schedule listing beginning with the March will meet this need.

Significant Dates and Birthday: Fran

Fran read the birthdays of members present at the meeting. Attending members with birthdays are as follows: Rob Stewart, Phil Christman, Carol Johnson

Those members with birthdays who were not in attendance: Diana Stutzman, Rob Stewart, Tom Horwood, Jan Kidd, Karen Palmer, Jim Dobran, Lyn Baker, Don Richards, Erin Ford, Rick Davis, Michael Reed, Phil Christman, Pauline Caley, Cynthia Cienkowski, Joe Clarke, Ed Dolby, Brenda Lewis, Erika Stephan, Monica Coventry, Carol Johnson, Denny Simon, Paul Smith, Chuck Puglisi, Tom Sinacore, Sharon Updike, Ron Curati, Marjorie Parr, Barb Howley. All the birthdays are on the website under the Member Directory Tab. Birthdays for the current and upcoming month are posted in each edition of the Spokin' Word (Thank you Dave Cardarella.)

Get Well & Sympathy: Linda Christman had tendon-release surgery on her wrist and arm yesterday, and is doing well. David and Debby Hunter were in a biking accident in Florida. Both were hospitalized and will be moved to rehab soon. Watch out for dogs - and all the unexpected hazards!

Vice President: Dave Swinehart

Tonight's Sharon Fritts and Ben Young will conduct an educational session on the features and usage of RWGPS.

Future programs scheduled to date are:

April - Ernie Lehman Jr. Argentina-Chile bike trip

May - Eddy's Bike Shop

June - Orrville Cycling and Fitness

August - Stark Parks

May 17th is the Poker Run - going north this year - and Dave circulated a volunteer sign-up sheet. Volunteers are needed for both first and second shifts.

Treasurer's Report: Roy

The club started the month of February with a bank balance of \$13,735.94. Income for the month was \$3123; receipts were \$2,948.81 and \$221.69 in uncleared transactions. The Key Bank checking account balance as of February 28, 2025 is \$14,131.82.

Officers and Appointed Reports

Road Captain & Safety: Sharon

There were approximately 51 rides in January, and 37 rides in February. Rides were allowed to be added to February with only one week's notice due to bad weather requiring so many rides being canceled. The March schedule has 45 rides. Ride counts for January and February are approximate due to bad weather resulting in many canceled rides, and pop-up rides being scheduled.

SCBC Plus:

Eddy's Bike has renewed, Micheal Jones renewed and we have one new SCBC Plus member James Ruberti.

Advocacy: Dave - No report submitted this month.

Newsletter: The March Spokin' Word is out and posted on the website. This edition includes the newly formatted Ride List which allows members to view/print a 2 page listing of the month's rides.

March 4, 2025 Meeting Minutes continued...

Statistician: Bruce Treiber

Registration for the three RWGPS club challenges:

E-Bike: 0 registered

SCBC Club Miles: 10 registered/10 participating (3 females/7 males)

All rides are validated through 1/31/2025

Total Miles: 32 registered/25 participating (7 females/18 males)

New Member Rep: Sally announced that this position is open, and interested persons should contact her. This New Member Rep should reach out to the new members to get a feel for what kind of riding they like to do, and provide guidance to help the rider be successful at fitting into the club.

Membership: Thom Spellman

As of February 27, 2024 there are 253 current Memberships, resulting in approximately 323 total members. This is up 6 members from a year ago. We have a total of 41 Patron Memberships, broken down as follows:

Legacy Patron (\$500+): 3 (Thank you)

Bob & Dorothy Forney - new

Mike & Peg Abrams - new

Triple Chaining Patron (\$75): 22

Double Chaining Patron (\$55): 8

Single Chaining Patron (\$45): 8

Family Memberships (Including 14 Patrons): 70

Individual Memberships (Including 27 Patrons): 183

Cartographer: Rob Stewart

Rob has added one new map, and revised three others. New and revised Ride Maps are listed on the Homepage and are as follows:

New Map 606 PONDER-THIS starts at Lake Ave Trailhead. 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,

Revised Map 967 SARASOTA LAKES starts at Island Sun in Venice. Route starts at the Island Sun in Venice, total mileage 74 miles. A 49 mile route also available. Rest stop at mile 40 at Publix.

Revised Map 968 BOCA GRANDE starts at Island Sun in Venice. Island Sun to Boca Grande-No Manasota key.

Revised Map 969 CAPE HAZE LOOP starts at Island Sun in Venice. Island Sun Cape Haze loop via Pioneer Trail.

Rob also mentioned that he has working on the High Country Tour completed so far. A pause was put on planning this tour due to the hurricane damage, but it roads continue to be opened up, so planning may resume.

Community Outreach:

North Canton Kids Tri: Donna Benzing and James Ruberti will be co-chairing this event

N. Canton Bike Rodeo: Lucy Figg

Club Tours: Florida Tour dates are set for 2026 starting Sat. Jan 17, 2026 to Sat. Jan 31, 2026. Sally was able to negotiate at a price of 119.00 per night, (we have not seen the rate since before COVID) deluxe rooms at 149.00 per night. Rooms available at negotiated price until Dec 15th, also any changes to your reservation need to be made by Dec 15. Anyone securing a room will be subject to the current rate at the Island Sun. If you reserve a room please let Sally know so she may add you to the communication list and your room number. Currently we have 14 rooms reserved for 2026.

Other Tours:

If any members are planning on any bike club tours let us know so we can let membership know and have an opportunity to participate. It has been suggested if you have a tour you are participating in send me the link and I will post in the Spokin' Word, you never know who might be interested in joining that tour.

I know several members are planning on the Horsey 100 over memorial weekend and registration is open.

Ray Durkee mentioned Lakeside 120 - From Delaware, OH to Lakeside Chautauqua in 1 day. The pace is 16-18 mph. Capped at about 85 riders with police escort the whole way.

Sally recommended Ride for Missions which takes place July19 - 23. Participants meet in Columbus, OH, and will be bused from Columbus to Goshen, IN. They then bike back to Columbus.

Sharon recommended Cycle North Carolina's Mountains to the Coast ride. This takes place Oct 4-11 and goes from western NC to the coast. The first few days are a little hilly, but the remaining days flatten out as you approach the coast.

March 4, 2025 Meeting Minutes continued...

Old Business:

There was no Old Business this month.

New Business:

There was no New Business this month.

Membership Comments/Concerns

Lucy mentioned that there are ride leaders who share the same two initials on the Ride schedule, making it confusing to know who the actual ride leader is. Sally said this field is being expanded to help eliminate that confusion.

Sally let members know that Dave's ride sheet in the Spokin' Word is a close approximation of the previous spreadsheet version. It is printable and navigates to the corresponding rides in RWGPS. Members must keep in mind that this listing is a snapshot of the ride schedule as it existed at the time of publication of the Spokin' Word. It will not reflect any changes made by leaders throughout the current month. Always check RWGPS Messages for the most up-to-date information on ride changes.

Mystery Photo:

This month's photo was the RWGPS Logo. Mindy Clancy guessed correctly and won a \$20 gift certificate to the Canal Grille.

Sally moved the meeting complete at 7:27pm. Dave Swinehart seconded.

Tonight's Program

Sharon Fritts and Ben Young conducted training for using RWGPS. Notes from this training session will be posted on the club website and published in the Spokin' Word.

Remember: The #1 benefit of RWGPS is that everything is live. The schedule on the website and in the Spokin' Word are NOT live, and therefore not always up-to-date.

Respectfully Submitted
Fran Massaro
Recording Secretary



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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.*



Guess Who?

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Wall Bicycle rack holds 2 Bikes, leans against the wall \$50.
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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
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1-performance quick stand for road bike
1-Park Tool bike holder to fix or wash bike
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1-Magturbo home trainer
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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

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Valkyrie Airborne titanium frame and fork, 58 cm frame
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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.
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Northwave Origin Plus cycling pedal cleat shoes. Men's size 11. Almost
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Great Condition
This consist of computer and speed sensor transmitter, Time, RPM/
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GIANT DASH 2 bicycle with straight handlebars, 26 inch frame. It's in
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Bicycle in Girard. It's Ohio University colors (green, black, white) It
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Thule Force Roof Cargo Box
Condition: Like new - original box
Volume: 16 cu ft; External dimensions (LxWxH): 74.75 x 33 x 18 in.;
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Load capacity: 165 lbs.; Weight: 41 lbs.
Asking \$250; Text 330-285-0809 if interested

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Please notify editor when item is sold.



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