



Spokin' Word

The voice of cycling in greater Stark County



December 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

December 2025

Volume LVII Issue 12

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
Roving Photographer	Debbie Mohler	330-575-1399
Statistician	Bruce Treiber	330-844-1434
Web Page Manager	Paul Schroedl	330-575-3547
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.

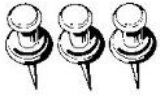
Dave Cardarella - Editor -

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!

No meeting until March 2026

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



inside this issue...

Sally Sez So	4
Welcome New Members	4
It's Banquet Reservation Time!	5
Banquet Reservation Form	6
Thank You Dr Kayla Kerek	8
Thank You from Friends of Starks Parks	9
New Wheels - Larry Pretrasek	10
Road ID discount	11
SCBC Patrons and Legacy members	12
December/January birthdays	13
December ride Schedule	15-16
December Map News	17
January 2026 Florida Hotel Update	18
Insurance Waiver Reminder	18
New & Featured Members Articles Wanted	18
November Meeting Minutes	19-21
RWGPS Mileage Statistics	22
Commuter Mileage Report	23
Mystery Photo	26
Classified Ads	28

December is here, and another year is coming to a close. I want to wish all our club members a very Merry Holiday Season!

This has been a great year, though not without challenges—particularly with declining attendance at monthly meetings and lower participation in our Club Riding Challenges. However, many members have shared that what they truly want is a consistent ride schedule and opportunities to simply get out and ride. The board has listened, and after thoughtful discussion, we're moving forward with several changes for 2026.

2025 Board Accomplishments & 2026 Updates

Here's a summary of what your board accomplished this year:

- ◆ \$1,675 donated to various charities that support and promote cycling
- ◆ Member meetings reduced to 6 per year (starting in 2026: March, April, May, September, October, and November)
- ◆ Meeting locations updated:
- ◆ Returning to Walthers in North Canton for 3 meetings
- ◆ October meeting combined with Oktoberfest
- ◆ 2 meetings at the Canal Grill
- ◆ Website updates completed
- ◆ 2025 Banquet moved to LaPizzeria
- ◆ 2026 Banquet moved to November to align all annual expenses within the same fiscal year
- ◆ Riders' Responsibilities updated in the club guidelines
- ◆ 2026 Riding Challenge simplified to Total Open Road Miles only due to low participation
- ◆ New E-bike Policy adopted
- ◆ New Club Jersey created – artwork designed by members Rick and Marjorie Parr

For more in-depth details of the work that the board has done this year can be found in each addition of the Spokin'Word.

2025 Ballot

This year's ballot has been finalized and reformulated to include a new category: **Ride Leader of the Year** – please take a moment to vote!

Ballots will be available on the SCBC website, emailed to all members, and posted on our Facebook group page.

Voting will be open Dec 1 through Dec 19, 2025.

Final Reminder: Island Sun Reservation

Last call to reserve your room at \$119 + tax per night at the Island Sun! Reservation deadline: December 15, 2025.

I would like to thank Dr. Kayla Kerek, Physical Therapist, for her outstanding and motivating presentation at our November meeting on mobility for the cyclists.

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

Sally G



Welcome New Members

One new member joined SCBC in November
Please take time to make them welcome

Kevin Nanna - Clinton



It's Banquet Reservation Time!

Make your reservations now for the 58th Annual SCBC Awards Banquet! The banquet will be held Saturday, January 10, 2026 at La Pizzeria on Dressler Rd in Canton. Reservations must be mailed no later than January 2. The cost this year is \$35 and includes appetizers, family style meal, dessert, and non-alcoholic beverage.

This year's theme is "As the Wheels Turn". Social Hour begins at 5 PM, dinner is at 6 PM and the program, including awards and prizes, begins at 7 PM. Dinner will be served family style, eliminating the need to choose your entree in advance. Guests will be able to enjoy both sliced Roast Beef au Jus and Parmesan Crusted Chicken, as well as Penne Pasta Marinara, Salad, Fresh Italian Green Beans in Garlic and Olive Oil, Roasted Potatoes, dessert, soft drinks, coffee and tea. There will be a cash bar.

This year's clever theme was suggested to the committee by Fran Shaeffer (is she a closet soap opera fan?). Truly, this club has created an enduring storyline over the years, with many plot twists, as our wheels have turned. The members are the stars; the roads, our set; our bikes, the props; cycling jerseys and shorts, our costumes. Join us as we look back on our favorite episodes!

All attendees will automatically be entered into a drawing to win one of a number of door prizes provided by SCBC. Additionally, tickets will be sold for the very popular Triple Crown drawing, and three lucky participants will share the pot.

We have a New Class of 80 Year Olds (Members Emeritus) being inducted. Qualifying for both free membership in SCBC and a complimentary banquet meal are Don Burrier, Paul Larsen, Wayne Prazak and John Shaeffer. We will be contacting the new 80 Year Olds with details.

To Reserve your seat:

Make reservations online and pay using PayPal at: [Banquet Reservations](#)

Or mail the reservation form and check to:

SCBCBanquet
PO Box 592
Uniontown, OH 44685-9998

Forms must be mailed no later than January 2, 2026.

If you think you've missed the deadline, contact Fran Massaro to see if you can still make a reservation:

fam554africa@gmail.com - (330)285-0809.

SCBC Annual Awards Banquet



As The Wheels Turn

Saturday, January 10, 2026

La Pizzeria
3656 Dressler Rd NW
Canton, OH 44718

- 5:00 pm Social Hour (Appetizers and Cash Bar)
- 6:00 pm Family Style Dinner
- 7:00 pm Introduction of Officers and Awards

Banquet Dinner — \$35

Family style meal includes sliced Roast Beef au Jus, Parmesan Crusted Chicken, Penne Pasta Marinara, Salad, Fresh Italian Green Beans in Garlic and Olive Oil, Roasted Potatoes, Dessert, Non-alcoholic Beverages.

Name

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total	\$ _____

Make Check Payable to: Stark County Bicycle Club

Mail Reservation Form and Check to: SCBC Banquet
P. O. Box 592
Uniontown, OH 44685-9998

Reservations must be mailed no later than January 2, 2026

Questions: Fran Massaro - fam554africa@gmail.com - 330-285-0809

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Thank you Dr Kayla Kerek, Vitality Physical Therapy, for your continued support and for sharing mobility exercises for cyclist at our November meeting.

From: **Friends of Stark Parks** <receipts@ggiv.net>
Date: Mon, Nov 17, 2025 at 3:53 PM
Subject: Thank You for Your Donation!
To: <roy.schlabach@gmail.com>

Thank you for supporting Friends of Stark Parks General Giving!

Thanks to you and your generous donation of \$150.00 to Friends of Stark Parks, we can continue funding projects throughout Stark Parks and so much more! Recently supported projects include new adaptive kayak launches at Deer Creek and Sippo Lake, a new bridge along the Sippo Valley Trail, and dedicated funding towards the Stark Parks Summer Serenades program. We are thankful for supporters like you who choose to give back to Stark Parks!

In keeping with Internal Revenue regulations, Friends of Stark Parks is required to inform you that we have provided no goods or services to you in return for your donation. Therefore, the entire amount of your donation is fully deductible for federal income tax purposes. To substantiate your charitable deduction, this letter should be kept with your tax records. [IRS Code Sec. 170 (c.)(1)]

Should you require more information about becoming a member, volunteer, or additional giving opportunities, please do not hesitate to contact our office at 330.477.3552 or email us at friends@starkparks.com.

Thank you again for your generosity and for supporting Friends of Stark Parks. We look forward to seeing you biking, hiking, and enjoying Stark Parks!

Sincerely,



William J. Regula, President

Friends of Stark Parks

Your donation details have been provided below.

Date: November 17, 2025

Trans ID: 34201615

Name: ROY SCHLABACH

Amount: \$150.00

Payment Type: E-Check

New Wheels



Larry Petrsek with his new Cannondale Synapse Neo Allroad 1 Gravel e-bike

A fine looking bike

SCBC Membership Report 11/28/2025



<u>Current Memberships</u>	242
Approximate Total Members	309
Legacy Patron (\$500+)	5
Triple Chainring Patron (\$75)	16
Double Chainring Patron (\$55)	10
Single Chainring Patron (\$45)	5
Family (Including 11 Patrons)	67
Individual (Including 25 Patrons)	175

The last mail pickup was Friday, November 28
New memberships since October 1, 2025 = 4

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)

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
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
David McKinley
Kevin & Theresa Mikesell
Larry Petrasek
Chris Redmond
Michael Reed
Sandy Robitz
Denny Simon
Stephen & Carol Spring
Bruce Treiber
Benjamin Young

SCBC Legacy Members

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



December Birthdays As of 10-29-2025

	Birthday	Spouses Birthday
Dennis Updike	12/02	
Earl Pitzer	12/07	
Mary Gaiani	12/08	
John Ebel		12/09
Mary Boron	12/13	
Joe May	12/14	
Robert Spalding	12/15	
Sherry Jennings		12/17
Ann McHale	12/17	
Rick Parr	12/17	
Judy Snyder	12/17	
Gail Fahrney		12/18
Robert Imler	12/18	
Michael Jones	12/18	
Lark Dickstein-Rienerth	12/19	
Greg Dyer	12/19	
Robert Eicher	12/19	
Don Royer	12/19	
Anthony Sablar	12/20	
William Jennings	12/21	
Pamela Sayre	12/22	
Elaine Snively		12/24
Janice Spalding		12/24
Alan Fritts		12/25
Robert Zehnder	12/26	
Chip Klingaman	12/27	
Diane Mizer	12/27	
Nate Stuyvesant		12/28
David Swinehart	12/28	
Linda Christman		12/29
Ron Ingersoll	12/30	
Treva Aeling		12/31

January Birthdays As of 10-29-2025

	Birthday	Spouses Birthday
Richard Hoffman	01/01	
Gordon Wyles	01/01	
Lillian Oberjohn		01/03
Kellie Ochs		01/07
Ernie Jr Lehman	01/08	
John Schumacher	01/08	
Clyde Steiner	01/08	
Joe Carpenter	01/10	
David Kulik	01/10	
Thomas Kinney	01/11	
Paul Borowski	01/13	
Claire Knott		01/13
Molly Lehman	01/13	
Sue Bruce		01/14
David Cassel	01/14	
Jerry Daniel	01/16	
Christine Hamilton	01/16	
David McCuen	01/18	
Janice McWilliams	01/18	
Sara Schroedl		01/19
Tim Conley	01/20	
James Ruberti	01/20	
Ken Knabe	01/21	
Jodi Taylor	01/21	
Bill Oberjohn	01/22	
Larry Petrusek	01/22	
Mary Lou Safran	01/25	
Shauna Masonbrink	01/27	
Jim Benzing		01/28
Glen Whipple	01/28	
Sandy Robitz	01/29	
Paul Tucci	01/30	
Eric Whittington	01/30	
Leurene Hildenbrand	01/31	

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.



December 2025 Ride Schedule

Editor's note: this schedule was copied on 12/04/2025
Please check online as changes happen often

Thu, 12/4, 8:45 AM LAT 606-26, 8:45 AM Treiber B ride Lake Ave Trailhead
Thu, 12/4, 10:00 AM AL LENO, 131-22, 10AM, DM 330-5756-1399 CL O Al Leno Park
Thu, 12/4, 2:00 PM LOK 104 22 miles 2:00 pm M Burns O Loyal Oak Park M Burns 330-754-8753
Fri, 12/5, 10:00 AM CANCELLEDJCPA, 526-26/30 Peg S 330-575-5334. JCPA Peg S 330-575-53334
Fri, 12/5, 1:00 PM LCP 452 25/30 1:00 pm Lake Community Park
Fri, 12/5, 1:00 PM Canal F 378-30/47; 1:00pm SF Canal Fulton Park Sharon 330.418.5285
Sat, 12/6, 11:00 AM ALP 248 23/26 11a Sally G Al Leno Park
Sat, 12/6, 12:00 PM Dalton 517-56, 12:00pm SF Open Dalton Village Green Park Sharon 330.418.5285
Sun, 12/7, 8:30 AM NPS 146-45, 8:30 AM Treiber B ride New Philadelphia Southside Comm Pk,
Bruce Treiber (330) 844-1434 B ride
Sun, 12/7, 11:00 AM LCP 452 25/30 11a Sally G Lake Community Park
Sun, 12/7, 2:30 PM LAT, 182-16/27 2:30 PM Bobby D 330-484-5902 Lake Avenue Trailhead
Mon, 12/8, 10:00 AM CLN 568 26 miles 10:00 am M Burns O Clinton Trailhead M Burns 330-754-8753
Mon, 12/8, 10:00 AM LCP 564 29 10a Lake Community Park
Tue, 12/9, 3:30 PM AL 248-26, 3:30 PM Treiber B ride Al Leno Comm Pk, Bruce Treiber (330) 844-1434
Wed, 12/10, 1:30 PM CPP 274 18 miles 1:30 pm M Burns 330-754-8753 Craig Pittman Park
Wed, 12/10, 1:30 PM AL 472 26 1:30p Al Leno Park
Thu, 12/11, 10:00 AM LOK 310 30 miles 10:00 am M Burns O Loyal Oak Park M Burns 330-754-8753
Thu, 12/11, 10:00 AM JCPA, 287-25, 10AM DM, 330-575-1399 Jackson Community Park
Fri, 12/12, 10:00 AM LCP 12/0 29/35 10a Lake Community Park
Sat, 12/13, 9:30 AM Dalton 586-42/54, 9:30 SF Open Dalton Village Green Park Sharon 330.418.5285
Sat, 12/13, 11:00 AM ALP 472 26 11a Sally G Al Leno Park
Sun, 12/14, 8:30 AM MAL 425-39, 8:30 AM Treiber B ride Malvern Village Park, Bruce T (330) 844-1434
Sun, 12/14, 11:00 AM LCP 513 25 11a Sally G Lake Community Park
Sun, 12/14, 12:00 PM CPP 515-28, 12:00 PM, MBurns, O CPP, M Burns, 330-754-8753
Sun, 12/14, 2:30 PM LAT. 182, 16-27 Bob D 2:30PM. 330-484-5902 Lake Avenue Trailhead
Mon, 12/15, 10:00 AM CLN 420 21 miles 10:00 am O Clinton Trailhead M Burns 330-754-8753
Mon, 12/15, 10:00 AM LCP 513 25 10a Lake Community Park

December 2025 Ride Schedule

Editor's note: this schedule was copied on 12/04/2025
Please check online as changes happen often

Tue, 12/16, 3:30 PM MTZ 367-27, 3:30 PM Treiber B ride Metzger Park Louisville, Bruce T(330) 844-1434

Wed, 12/17, 1:30 PM CPP 436 18 miles 1:30 pm M Burns O Craig Pittman Park M Burns 330-754-8753

Wed, 12/17, 1:30 PM AL 248 26 1:30p Al Leno Park, 3059 Alpine St NE, Canton, Ohio 44721, USA

Thu, 12/18, 10:00 AM MTZ 367 27 miles 10:00 am M Burns 330-754-8753 Metzger Park

Thu, 12/18, 10:00 AM AL LENO,403-24,10AM,DM,330-575-1399 CL O Al Leno Park

Fri, 12/19, 10:00 AM JCPA, 526- 26/30 10:00 AM Peg S 330-575-5334 Jackson Community Park

Fri, 12/19, 10:00 AM LCP 253 29 10a Lake Community Park

Sat, 12/20, 9:30 AM Dalton 537-55, 9:30 am SF Open Dalton Village Green Park Sharon 330.418.5285

Sat, 12/20, 11:00 AM ALP 246 21 11a Sally G Al Leno Park

Sun, 12/21, 11:00 AM LCP 562 22 11a Sally G O Lake Community Park

Sun, 12/21, 1:00 PM AL 255-40, 1:00 PM Treiber B ride Al Leno Community Park,
Bruce Treiber (330) 844-1434 B ride

Mon, 12/22, 10:00 AM CLN 423 26 miles 10:00 am M Burns O Clinton Trailhead M Burns 330-754-8753

Mon, 12/22, 10:00 AM LCP 401 21 10a Lake Community Park

Tue, 12/23, 6:15 PM JCP 567-24, 6:15 PM Treiber B ride Jackson Community Park,
Bruce Treiber (330) 844-1434 B rid3e

Wed, 12/24, 10:00 AM CFP 303 28 miles 10:00 am M Burns O Canal Fulton Park M Burns 330-754-8753

Thu, 12/25, 10:00 AM LAT, 182 - 16/27 10:00 AM Peg S 330-575-5334 Lake Avenue Trailhead

Thu, 12/25, 1:00 PM CFP 545 30 miles 1:00 pm M Burns 330-754-8753 Canal Fulton Park

Fri, 12/26, 10:00 AM LCP 245 23/30 10a Lake Community Park

Sat, 12/27, 10:00 AM Dalton 242-27/51, 10am SF Open Dalton Village Green Park Sharon 330.418.5285

Sun, 12/28, 8:30 AM FL 573-42, 8:30 AM Treiber B ride Fort Laurens Bolivar, Bruce T (330) 844-1434

Sun, 12/28, 12/:00 PM CPP 585 28 miles 12/:00 M Burns O Craig Pittman Park M Burns 330-754-8753

Mon, 12/29, 10:00 AM CLN 447 21 miles 10:00 am M Burns O Clinton Trailhead M Burns 330-754-8753

Mon, 12/29, 10:00 AM LCP 449 23 10a Lake Community Park

Tue, 12/30, 3:30 PM SGP 174-28, 3:30 PM Treiber B ride Southgate Plaza, Bruce T (330) 844-1434

Wed, 12/31, 9:00 AM CFP 344 18 miles 9:00 am Canal Fulton Park M Burns 330-754-8753

December 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.



Routes added to Ride with GPS:

335-Heading to Homeworth

Route starts at Metzger Park in Louisville.

A 39 mile route with 2229' of elevation, 57' ascent per mile.

The route was revised to reduce over 9 miles on state routes.

Ride with GPS Link: <https://ridewithgps.com/routes/53248401>

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





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 send 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 send in with your 2024 membership form, please do so as soon as possible. You may also give it 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.

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

New & Featured Member Representative

SCBC Membership Meeting Minutes

November 4, 2025 @ 7:00PM
Canal Grille, Canal Fulton OH

Attendees:

Sally Griffiths, Fran Massaro, Dave Swinehart, Roy Schlabach, Sharon Fritts, Bruce Treiber, Thom Spellman, Rob Stewart, Debbie Mohler, Jim Weinschenck, Thom Spellman, Karen Erdos, Elaine Snively, John Snively, Bob Evans, Bob Valentine, John Shaeffer, Karen Schlabach, Janice Spalding, Rob Spalding, Peg Stoner, Bill Mishler, Tom Sinacore, Beth Sinacore, Ron Curati, Margaret Curati, Raymond Durkee, Bill Simons, Richard Manson, Kayla Kerek (guest speaker)

Birthdays - Fran Massaro

Birthdays for the month of November are as follows: Taylor Orvosh, Karen Mueller, Marilyn Perdue, Jill Smiley, Theresa Mikesell, David Hunter, Joyce Flaherty, Laurie Skul, Mary Ellen Valentino, Karen Erdos, Debbie Vogt, Dave Novak, Peg Stoner, Sharon Fritts, Kate Potashnik

Birthdays for the current and upcoming month are posted in each edition of the Spokin' Word (Thank you Dave Cardarella.)

Sympathy/Get Well announcements - Fran Massaro

We are wishing a speedy recovery to the following members: Bill Mishler, recovering from back surgery; Leurene Hildebrand, recovering from aortic heart valve replacement; Mindy Borowski as she recovers from surgery for breast cancer; Mary Gaiani who had retinal and cataract eye surgery and is doing well.

Advocacy

The Ohio Bicycle Federation (OBF) is actively working to tweak laws for bikes in Ohio to make it safer for cyclists. Current issues include:

Asking that the "ride as near to the right side of the roadway as practicable" language be removed from Ohio Revised Code.

Increasing penalties for drivers hitting vulnerable users (walkers, cyclists, etc).

SCBC is a lifetime member of OBF, and Dave encourages all members to join OBF as individuals as well. As a member, OBF will notify you when legislative bills are pending, and provide you with the opportunity to sign letters to your representatives in support/opposition.

Newsletter - Dave Cardarella

Spokin' Word has been posted to the website as of November 2, 2025. It is a shorter issue, but full of good photos due to Deb Mohler's diligent photography work.

New Member Rep - open position

This position remains unfilled. Sally has reached out to several of the newer members and ridden with them.

Membership Chairman - Thom Spellman

As of October 29, 2025 there are 308 current members (241 memberships); a decrease of 7 members from a year ago. We have a total of 36 Patron Memberships (unchanged from September), broken down as follows:

Legacy Patron (\$500+): 5
Triple Chainring Patron (\$75): 16
Double Chainring Patron (\$55): 10
Single Chainring Patron (\$45): 5

Family Memberships (including 11 Patrons): 67

Individual Memberships (including 25 Patrons): 174

There were 4 new members (3 new memberships) in October. They are Sam Olesky and Nathan Thiel of Magnolia, Carl Swigart of North Canton, Shauna Masonbrink of Canton. Dave and Jen Novak of Akron joined in September, but missed the cutoff for last month's Membership Report.

Cartographer - Rob Stewart (report submitted in advance)

Routes added to Ride with GPS:

261- Robertsville Loop

The route starts at Metzger Park in Louisville. The route originated in 2003.

Rolling terrain, 1,591ft ascent for 56ft per mile.

Ride with GPS Link: ridewithgps.com/routes/53149137

Meeting Minutes continued...

Statistician's report - Bruce Treiber

Bruce went over the current SCBC Club Miles Challenge statistics on November 1, in consultation with Mike Johnson. He edited these to the best of his ability. There are likely some errors but overall should not affect the standings.

He is finding that there are participants that have trouble editing and verifying actual club rides. This falls into 3 categories.

- 1) negligence in editing rides
- 2) inability to edit rides and using consistent titles
- 3) duplication of rides

SCBC Club Miles (as of Oct 31, 2025)

13 listed participants

13 active participants (3 female, 10 male)

Sharon Fritts is overall leader.

Male leaders

Bruce Treiber 3,500 miles

Thom Spellman 2,367 miles

Jim Herberger 2,268 miles

John Shaeffer 1,745 miles

Scott Young 1,307 miles

Female leaders

Sharon Fritts 7,913 miles

Deb Mohler 3,607 miles

Mary Ellen Valentino 1,604 miles

Total Miles

54 listed participants

25 active participants (6 female, 19 male)

Sharon Fritts is the overall leader.

Male leader

Dave Cardarella 8,450 miles

Female leader

Sharon Fritts 14,100 miles

Club Tours

The Florida tour dates are January 17-31, 2026. There are still rooms at \$119+tax/night. If you have not done so already, please book your room soon.

Sally has created a contact list of all who have notified her that they are going. If you are going, but have not let Sally know, please do so to ensure you receive all pertinent communications.

SCBC Plus - Sally Griffiths

No report

Vice-President - Dave Swinehart

November - Kayla Kerec of Vitality Physical Therapy is tonight's speaker. She will discuss Mobility for the Cyclist.

December - no meeting

Treasurer - Roy Schlabach

The Key Bank checking account and cash balance as of October 31, 2025 was \$1,6057.18. We took in \$176.00 in dues for the month. Total disbursements were \$258.89 (banquet deposit - \$50, jerseys - \$20, PayPal - \$8.89).

Road Captain - Sharon Fritts

There are 53 rides on the November schedule hosted by 7 ride leaders.

Sharon reviewed guidelines for Pop-Up Rides for 2026. These are the same as for 2025. She will email these to all ride leaders, post in the Spokin' Word and on Facebook. The guidelines are as follows:

- ◆ Avoid scheduling at the same time and same general location as existing rides.
- ◆ Give at least 24 hour advance notice.
- ◆ Post the ride notice on FB and RWGPS.
- ◆ Send notice to all the other ride leaders.

OLD BUSINESS

Website Update

Bruce and Ben have met with Les Lehman and have begun the process of defining the specifics of the website needs. Bruce is waiting for a response from Les in regards to a few questions, but overall, work is progressing.

Ballot for 2026/Club Meetings

Sally discussed that no one has stepped up to run for club president for 2026. Many people have been approached, but no one is willing to serve. Sally's 2nd term is over at the end of this year, and after serving in several positions over 6+ years, she is stepping down. We need people who are willing to step up and do the administrative work that keeps the club viable.

Meeting Minutes continued...

Sally also discussed the Board's decision to reduce monthly meetings from 9 to 6 per year, due to poor attendance at meetings. The Board discussed this at each of the exec meetings beginning in May 2025, and at club meetings beginning in June 2025. There was also a member survey conducted in June regarding attendance and frequency of club meetings. Only 40 (out of 300+) members responded to the survey. The Board voted unanimously at the October exec meeting to amend the constitution to state "There will be 5-6 Members' Meetings per year at the Board's discretion." The amendment was made to the constitution and updated on the website. The decision was announced at the Oktoberfest meeting. Attending members did not express any concerns/dissatisfaction at that time, but it has been brought to Sally's attention that some members are questioning the decision and lack of full-member vote.

A general discussion ensued with all who spoke up voicing support for fewer meetings. Some expressed that the club is experiencing a natural progression as long-time members age, and family/work responsibilities prevent younger members from being more active in non-riding activities. Members just want to ride. Sharon Fritts stated that the Board has worked very hard to make the administrative functions of the club as efficient as possible, and the most important thing is providing a means for members to enjoy an active, healthy lifestyle; meetings are secondary.

John Shaeffer asked if we should hold a membership vote on the issue. Bruce Treiber motioned that club meetings be reduced from 9 to 6 annually. Deb Mohler seconded the motion. The motion passed with all present voting yes.

Sally said that she will have Ben Young put a ballot together for election of officers and Ride Leader of the Year. There will be a link on the website and Facebook. Sally will ask Paul Schroedl to email the ballot and link to all members.

NEW BUSINESS

Riders' Responsibilities When Leaving a Ride

The Board has made the following amendment to Riders' Responsibilities under the Ride Leader Qualifications and Responsibilities. New Item #13

13. Any rider that does not plan to stay on the scheduled route shall communicate to the Ride Leader prior to the start of the ride. Should a situation occur after the ride has started and a rider leaves the route that rider is responsible to contact the ride leader as the ride leader may be waiting for them at the break or end of ride.

Current Item #13 will become #14

The website has been updated to reflect these changes.

Banquet - Date Change for 2026 Awards

The Board voted to change the date of the awards banquet from January to early November for the 2026 awards.

The 2025 Awards Banquet will still be held January 10, 2026.

Moving the banquet to early November:

- Helps the treasurer with the budget because it wouldn't span two budget years.
- Allows those that leave early for Florida a chance to attend.

RWGPS tracks mileage by calendar year. For simplicity, it was decided that mileage awards will include miles ridden January 1 through October 31. November and December miles can be tracked separately for "Most Miserable Rides" awards.

2026 Meeting schedule

March - Walthers

April - Walthers

May - Canal Grill

September - Walthers

October - Oktoberfest

November - Canal Grill

Mystery Photo

Tonight's Mystery Photo winner was Richard Manson. He correctly guessed that the photo depicted members stretching prior to a club ride.

Adjournment

Sally asked for a call to adjourn the meeting at 7:30 pm. Thom Spellman motioned for adjournment. Bob Evans seconded.

Program

Following a brief break, Kayla Kerec of Vitality Health discussed Mobility for the Cyclist. The focus at Vitality Health is to keep clients moving, and leading a healthy, active lifestyle. She pointed out common areas where we lose mobility and strength, and demonstrated a number of exercises we can do to stretch and strengthen at the same time. Click here to see those exercises:

<https://www.canva.com/design/DAF7pq8zA4A/SDOTFBIP0IRJzLhLAsnFuA/view?utlId=hca7ebf3659#2>

She emphasized the importance of consistency in building our strength reserves. She offers a \$100 Initial Evaluation (following a free phone consultation).

Submitted,

Fran Massaro, Recording Secretary

Ride With GPS - Year To Date Mileage

SCBC Club Miles 29906 Total Miles as of 11/28/2025

Sharon Fritts	9681	Mary Ellen Valentino	1805	Carl Humenik	227
Bruce Treiber	4056	Scott Young	1436	Paul Larsen	210
Deborah Mohler	4011	John Shaeffer	1387	David Kulik	150
Thom Spellman	2502	James Ruberti	1231		
Jim Herberger	2385	Mark Bruce	825		

Total Miles 165664 Total Miles as of 11/28/2025

Sharon Fritts	15064	Andrew Hodgson	3867	John Snively	1084
Marilyn Perdue	9262	Mel Siebert	3595	Matthew Brown	872
Dave Cardarella	9165	Mary Ellen Valentino	3371	Phil Christman	833
Roy Schlabach	8903	Robert Valentine	3369	Dave Swinehart	675
Steve Silver	7015	Mark Coventry	3206	Karen Schlabach	572
Rob Stewart	6512	Thom Spellman	3155	Lindsay Hart	477
Peg Stoner	6288	Scott Young	2928	Linda Christman	458
Deborah Mohler	5467	Nick DiMauro	2802	Frances Massaro	388
Mike Figg	5210	Jim Herberger	2542	Larry Petrasek	357
Bruce Treiber	5040	Tom Sinacore	2346	David Kulik	341
Bill Mishler	5037	Paul Chip Klingaman	2270	Paul Larsen	229
Karen Mueller	4837	Thomas Allchin	2157	Carl Humenik	227
Chuck Knott	4674	James Ruberti	2076	Benjamin Young	204
Jim Weinschenk	4517	Matthew Long	1604	Steve McGinnis	190
Tom Bower	4302	Beth Sinacore	1520	Monica Coventry	188
Don Royer	4275	Donna Benzing	1480	Diana Stutzman	169
Dirk Doverspike	4250	Dennis Updike	1128	Nate Hand	37
Bob Evans	3979	Bill Simons	1116	Vicky Mundt	34

E-Bike Miles 0 Total Miles as of 11/28/2025



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 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	268	275	167	196	209	188	429	251			2237
Dave Cardarella	190	343	443	449	234	431	144	319	533	555	373		4014
Rich Grella		22	292	448	530	410	697						2399
Ken Hlavac	291	373	329	65	8	55	47	45	102				1315
Mary Hlavac	21	47	47	9		4							128
Marilyn Perdue	190	343	446	454	244	431	162	319	533	555	373		4050
Toni Powell	110	78	142			23		23					376
Don Royer	384	422	644	10	73	111	118	191					1953
Linda Shaheen							15	60	120				195
Paul Tucci													0
Benjamin Young													0
SCBC total													16667

**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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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.*

The Mystery Photographer is on winter break.



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