



A Developmental Bicycle Racing Club

Summit Freewheelers



Letter from the President

The winter months are some of the busiest for the club. Lots of stuff is happening. So much, there isn't room to go into all the details in a newsletter. This newsletter summarizes the many things going on. You can get more detail on the website. If you still have questions, drop me an email or catch me on a ride.

I want to express a sincere **Thank You!** to our 2002 sponsors. We have received strong support from many sponsors. The help we get from sponsors makes a significant difference in how the club can function. We want to welcome new sponsor **Certified Payroll Services**, brought to us by Nathan and Becky Blice. Returning sponsors are **Munroe Falls Dentistry** (Dr. Mike Evan), **French Coffee House** (Mike Smith), and **Skyway Drive-In** (Jerry Large). I hope all members do everything they can to show their appreciation for our sponsors.

We're also excited about our new shop sponsor, **Marty's Bike Shop** in Stow. Stop in and get to know owner Tom Denholm. You will be happy to learn about the service and equipment that he can help you with. We also have another store, **Second Sole Running Shop**, on RT 82 in Northfield Center. Amy Rak carries quality running clothing at Second Sole and she is adding cycling clothing in February. She is offering attractive discounts to Freewheelers.

We are ordering the uniforms this year from Garneau. **Uniforms must be ordered now!** You can download a uniform order form from the website. The deadline to get your order in will be February 2nd. Also, it is time to renew your club membership. An application is enclosed. Please be sure you put a correct, legible, email address on the form.

The race team is another hot topic again this year. Last year was the first time in a few years that lots of quality Cat 2/3 racers raced in Freewheeler jerseys—and it was great to see! However, the new racers didn't make much progress in racing as a "team." This year we will have a smaller but more focused group that will actually function as a team. Our racers abilities are more closely matched and they have committed to race together. We will provide more upfront support to the team and in return the club will benefit from having a quality race team. Returning to anchor the team will be Jim Gilmore, Bryan Huntley, Denis Osowski, and Scott McBride. Jim Mullins rode with us last year and will be a new addition to the team this year.

(Cont. on Page 2)

Jan 25, 2002

In This Issue

1. Letter from the President
2. Important Club News

Club Officers

President
Ted Ingraham

VP – Membership
Angelo Catalano

VP – Racing/Coach
Dave Cockley

VP - Sponsors
Dave Osowski

VP - TOP
Tom Collier

VP - Treasurer
Joanne Liolios

Letter from the President (Cont. from Page 1)

Lastly, please join us at our **Winter Training Clinic**. Bring your bike, rollers or trainer. We'll test such things as watts, lactate threshold, max HR, etc. on Computrainer Racermates. Bryan Huntley will tune your bike if it needs it or true wheels. We will also have a bike fit check up. There will be presentations on training and race technique. Of course if the weather is too nice, we'll have to go outside for a ride also! The clinic will be February 2nd, starting at 9:00 and last until early afternoon. Location is the Cuyahoga Falls Police Lodge at 3963 Hudson Dr.

Keep Pedaling!!!
Ted Ingraham

Freewheeler Races

The club is working hard to do lots of quality races this year. As far as major races, once again, Rick Schwarz (with the help of Dick Lott) will be doing the great Race at the Lake Series. The four crits are scheduled for April 13, 20, 27, and May 4. We also plan to repeat our Fall Challenge race that we did last year. It was so successful we hope to make it a series of three races this year. Denis Osowski will be organizing the series. Also, we are trying to do the USCF Ohio State Crit Championship in downtown Akron in June. This race will only happen if we are able to come up with sufficient sponsorship, so it is still tentative at this point.

Of course our biggest series—and the one that offers club members to best opportunity to develop race skills—is TOP. Tom Collier has again volunteered to run the 12 – 14 TOP races from June through August. There will be lots of quality racing opportunities, so make your preparations now to be ready! (TOP schedule can't be done until the last minute to avoid conflicting with other CVNP events.)

Newsletter Distribution

Its not that we don't love the US Postal Service, but if you depend on them to get your SFW cycling news, you will be out of luck in the future. This is the last edition of the Freewheeler newsletter that will be snail mailed to members. The newsletter will continue to be done, but in the future it will be emailed and a copy will be posted to the website. Please be sure we have your correct email address.

Summit Freewheeler Bicycle Club
Membership Application

Name: _____ Birthdate: _____

Address: _____ City/State: _____ ZIP: _____

Home Ph: _____ Work Ph: _____

Email: _____

Are you USCF or ABR licensed? _____ License number(s) _____ Racing category _____

Do you plan to renew or obtain a USCF or ABR license this year? _____

Approximate number of races participated in last year _____

I wish to join Summit Freewheelers of my own free accord. As a member I agree to absolve Summit Freewheelers, all club members, club officers, sponsors, and affiliates, individually or collectively, from any responsibility for any accident, mishap or injury to myself or my bicycle while in an organized or unorganized club race, ride or other event.

SIGNATURE: _____ Date: _____

If under 18, signature of parent or guardian: _____ Date: _____

Annual dues are \$20.00 per person, or \$25.00 per family.
Make check payable to Summit Freewheelers and mail to:

Summit Freewheelers
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