

THE ROAD RUNNER

<http://www.greaterlima.com/limaayh> email: limaayh@greaterlima.com

VOLUME 41 ISSUE 1

FEBRUARY 2001



MDMC 2001

Date: Sunday July 8th

Where: Bellefontaine St. in Wapakoneta
(Next to Dairy Queen)



A sleeveless orange mesh jersey with 3 back pockets has been selected for MDMC 2001. This jersey will be available for \$15 if ordered before June 17, 2001. The jersey will increase to \$20 after June 17th. There may be a limited supply at registration, based on how many are pre-sold. Additional orders will be taken at registration and the price will include shipping. Club members, if you are interested in this jersey, please contact Barb Robison (419-999-2091) to order so you can get it early.

The MDMC flyer will be ready soon. If you know of other places or people we should send flyers to, please let Barb Robison (419-999-2091) know as soon as possible so they can be added to the mailing list.

We will need volunteers! Please be willing to help! Those who think we should keep doing this ride should be the first to volunteer!

40th Annual Tour of Scioto River Valley (TOSRV)

The 40th annual TOSRV will be held this year on Saturday and Sunday, May 12th and 13th. If you are interested in participating in the grand ole ride, you can either write to: Columbus Outdoor Pursuits, PO Box 14384, Columbus, OH 43214 or visit their web site at www.tosrv.org for details and to download a ride application.



13th Annual Great Ohio Bicycle Adventure (GOBA)

The 13th annual Great Ohio Bicycle Adventure will be held June 16-23, 2001. Several of our club members will be participating in this event. For more information, contact Columbus Outdoor Pursuits, PO Box 14384, Columbus, OH 43214, or visit their web site at www.goba.com for details and to download a ride application.

Elton Hammond Recovering from Surgery

Elton Hammond is recovering from colon cancer surgery. The surgery was a success and his prognosis is very good. All our best wishes are with Elton and his family.

Cards may be sent to:

Elton Hammond Jr.
2024 Lakewood Ave.
Lima, OH 45805

Be a Board Member!

Are you interested in what goes on with the Lima Council of HI-AYH??? We are looking for people who would like to be considered for a position on the Board of Directors. If you have any interest, please contact Howard Foltz (419-225-7819).

Leaders for Cycling Events Wanted!

We need leaders for upcoming cycling events. If you are interested in helping by leading a ride, please contact Dan Best (339-7211) or Neal Kingsbery (229-3516)

TOP HIKING MILEAGE THROUGH FEB 4TH

1. Ray Baker	84
2. Neal Kingsbery	69
3. Elton Hammond	60
3. Linda Murray	60
5. Tony Pranses	45
6. Nelson Morales	44
7. Dan Best	21
7. Barb Robison	21
9. Leslie Berggren	11
9. Alex Kingsbery	11

SPECIAL POINTS OF INTEREST:

- *New Photo Album on the Club Web Site* — We have created a new photo album for the club. If you have pictures that you want added to the album, get them to Doug Robison, or you can just email them to limaayh@greaterlima.com.
- *New Event Calendar on the Web Site* — The club's events are now listed on a new interactive calendar. Check it out!
- *Participation Points* Remember that each member should keep track of their participation points. After an initial 30 points you earn a t-shirt. When you have earned a total of 60 points you earn a cycling jersey. Additional awards can be earned each time you earn an additional 60 points. Notify Dan Best when you have reached an award level.

SEASON STARTS WITH MAINTENANCE OF BIKE, BODY

by Greg Sowinski

It's that time of year again. Time to roll off the couch, dust off the bike and get back on the road to shed that 10+ pounds you've put on.

Don't worry, it'll come off.

But before you get back in the saddle you will need to do a quick safety check. After all, nothing would spoil the start of the season more than a crash that leaves you with a broken bone. Start with checking all bolts to make sure nothing is loose. Next, check your tires. You may need new ones or just a little air in the old tires. You'll also want to lube the chain and all pivot points. Last, give the brakes a squeeze to make sure both still work. If you don't want to go through all this, your local bike shop can do it for a reasonable price.

Now it's time for the fun stuff. But don't get on the bike and expect to bang out that first century all in one day, especially if you've done next to nil this winter. You'll need to start easy and slow, especially to avoid the injury bug.

Start with rides of 25 miles at least three times a week. You'll want to do this for at least the first month. And don't forget to eat after the ride. You'll want to get some carbs down to replenish your energy storage and a little protein to repair your sore muscles. The key to this is eating within 30 minutes after the ride but no more than two hours.

After you build up a base of 300 or more miles you'll have prepared yourself for longer distances and a faster pace. Begin working in the longer rides once a week to add the ever-important endurance miles. After each ride don't forget to

stretch. You'll want to stretch the quadriceps, hamstrings, glutes, calves, groin and back. Don't forget this, it's as important as getting in the miles.

As the days become longer and warmer, you'll be on the bike more and getting in shape for that first big ride, which for many is TOSRV in May.



MDMC 2001 Sunday July 8th

Please volunteer your efforts to one of the following committees:

Marketing & Communications
Barb Robison (419) 999-2091

Food & Jerseys
Leslie Berggren (419) 229-5823

Route & Markings
Neal Kingsbery (419) 229-3516

We are a very small club and need virtually EVERYONE'S support to make this event successful. Please donate your time!

LOCAL TRIP RULES

1. All trips are open to all, unless listed as "Members Only".
2. All trips go regardless of weather.
3. Leader may cancel if less than six trippers. (Trippers ready to go receive 1 point.)
4. Non-member Fees: Individual \$.50 Family \$1.00.
5. **HELMETS ARE REQUIRED** for all bicycle rides.

Lima Council AYH Meetings Schedule

American Mall Meeting Room, near Anderson's.

- **Tuesday February 27th**

MDMC 2001 Planning Meeting	7:00 p.m.
Executive Committee Meeting	7:30 p.m.
- **Tuesday March 27th**

MDMC 2001 Planning Meeting	7:00 p.m.
Executive Committee Meeting	7:30 p.m.
- **Tuesday April 24th**

MDMC 2001 Planning Meeting	7:00 p.m.
Executive Committee Meeting	7:30 p.m.

2000-2001 Board of Trustees

Term Expires '01

Leslie Berggren
Neal Kingsbery
Linda Murray
Rick Siferd
Tim Weitz

Term Expires '02

Elton Hammond
Jim Newcomer
Kay Nolte
Tony Pranses

Term Expires '03

Dan Best
Howard Foltz
Jim Prichard
Rodger Rex
Barb Robison
Loire Taylor
Gene Wright

2000-2001 Executive Committee

President	Barb Robison
Vice President & Communications	Rodger Rex
Secretary	Linda Murray
Treasurer & Finance	Tony Pranses
Organization	Elton Hammond
Service	Howard Foltz
Program.....	Dan Best
Program.....	Leslie Berggren
Program.....	Neal Kingsbery
Newsletter.....	Barb Robison

AMERICAN YOUTH HOSTELS MEMBERSHIP APPLICATION

Make check or money order payable to Lima Council, AYH.

Membership (AYH Handbook & Road Runner newsletter are free to members.)

Mail to: **Lima Council, AYH** Check One
PO Box 173 New Membership
Lima, OH 45802 Renewal

Name _____

Address _____

City _____ St _____ Zip _____

Birthdate ____/____/____ Phone (____) _____-

Annual Membership valid for 12 months from end of purchase month. Supporting and Sustaining Member fees are partially tax deductible. Donations are fully tax deductible.

	<u>FEE</u>	<u>TOTAL</u>
YOUTH (17 and younger).....	Free	_____
SENIOR CITIZEN (55 AND OLDER)....	\$ 15	_____
ADULT	25	_____
LIFE.....	250	_____
SUPPORTING.....	50	_____
SUSTAINING.....	100	_____
DONATION to American Youth Hostels, Inc..		_____
International Handbooks \$13 ea. (\$11 if no postage)		_____
Sheet Sleep Sacks \$15 ea. (\$13 if no postage)..		_____
TOTAL	\$	_____

Activity Schedule

February – March 2001

All trips are **Free** to **AYH Members**, except as noted. Non-Members pay 50¢ each or \$1.00 per Family.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Leader</u>	<u>Miles</u>		<u>Points</u>
				<u>Hike</u>	<u>Bike</u>	
Saturday Feb 17 th	1:00 PM 	Laurel Oaks Opening (5 miles) <i>Channel 44 parking lot on Baty Rd.</i>	Leslie Berggren 229-5823	_____	_____	_____
Sunday Feb 18 th	2:00 PM 	Delphos Canal Hike (5 miles) <i>Firestone parking lot in front of Lima Mall.</i> <i>Transportation is \$1.00</i>	Barb Robison 999-2091	_____	_____	_____
Saturday Feb 24 th	10:00 AM 	Kossuth to Lock 14 (10 miles) <i>Senior Citizens Center on W. Elm St. Bring lunch.</i> <i>Transportation is \$1.00</i>	Neal Kingsbery 229-3516	_____	_____	_____
Sunday Feb 25 th	2:00 PM 	Lima Lake Hike (5 miles) <i>Parking lot on South side of Rt. 81 across from Health One</i>	Tony Pranses 339-4751	_____	_____	_____
Saturday Mar 3 rd	10:00 AM 	Lock 14 to St. Marys (10 miles) <i>Senior Citizens Center on W. Elm St.</i>	Neal Kingsbery 229-3516	_____	_____	_____
Sunday Mar 4 th	2:00 PM 	Heritage Park Hike (4 miles) <i>Shawnee School on Zurmehly & Beeler Rd.</i>	Leslie Berggren 229-5823	_____	_____	_____
Saturday Mar 10 th	1:00 PM 	Wapak to Freyburg (8 miles) <i>Dicke Financial (old Bank One) on S. Dixie Hwy, N of Breese</i>	Neal Kingsbery 229-3516	_____	_____	_____
Sunday Mar 11 th	2:00 PM 	West End Hike (4 miles) <i>Faurot Park shelter house on S. Cole St.</i>	Elton Hammond 222-7301	_____	_____	_____
Saturday Mar 17 th	1:00 PM 	Faurot Park Hike (4 miles) <i>Faurot Park shelter house on S. Cole St.</i>	Tony Pranses 339-4751	_____	_____	_____
Sunday Mar 18 th	2:00 PM 	Beaverdam Shortie (16 miles) <i>Northland Plaza Huntington Bank parking lot on N. West St.</i>	Elton Hammond 222-7301	_____	_____	_____
Saturday Mar 24 th	1:00 PM 	Rimer Ramble (24 miles) <i>Channel 44 parking lot on Baty Rd.</i>	Howard Foltz 225-7819	_____	_____	_____
Sunday Mar 25 th	2:00 PM 	South End Exit (23 miles) <i>Central Services Building on S. Collett St.</i>	Leslie Berggren 229-5823	_____	_____	_____
Saturday Mar 31	1:00 PM 	Kossuth Turnabout (25 miles) <i>Bresler Reservoir parking lot on Kemp Rd.</i>	Neal Kingsbery 229-3516	_____	_____	_____
Sunday Apr 1 st	2:00 PM 	An Easterly Loop (25 miles) <i>Bath High School on Bible and Slabtown Rd.</i>	Tony Pranses 339-4751	_____	_____	_____

Lima Council HI-AYH

PO Box 173
Lima, Ohio 45802



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email: limaayh@greaterlima.com

NON-PROFIT ORG.
U.S. POSTAGE
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LIMA, OHIO
PERMIT NO. 210

Activity Schedule

April – May 2001

All trips are **Free** to **AYH Members**, except as noted. Non-Members pay 50¢ each or \$1.00 per Family.

Date	Time	Event	Leader	Miles		Points
				Hike	Bike	
Saturday Apr 7 th	1:00 PM 	Tour of N. Allen and S. Putnam Counties (37 miles) <i>Northland Plaza Huntington Bank parking lot on N. West St.</i>	Dan Best 339-7211			
Sunday Apr 8 th	2:00 PM 	Circle the City (28 miles) <i>Central Services Building on S. Collett St.</i>	Elton Hammond 222-7301			
Saturday Apr 14 th	10:00 AM 	50 in 5 Qualification (50 miles) <i>Bresler Reservoir parking lot on Kemp Rd.</i>	Barb Robison 999-2091			
Sunday Apr 15 th	2:00 PM 	Hobble to Hume (21 miles) <i>Shawnee School on Zurmehly & Beeler Rd.</i>	Leslie Berggren 229-5823			
Saturday Apr 21 st	10:00 AM 	North Side County Tour (60-75 miles) <i>Northland Plaza Huntington Bank parking lot on N. West St.</i>	Dan Best 339-7211			
Sunday Apr 22 nd	2:00 PM 	Glide to Grove (33 miles) <i>Northland Plaza Huntington Bank parking lot on N. West St.</i>	Neal Kingsbery 229-3516			
Saturday Apr 28 th	9:00 AM 	75 in 7 Qualification (75 miles) <i>Shawnee School on Zurmehly & Beeler Rd.</i>	Linda Murray 225-8241			
Sunday Apr 29 th	2:00 PM 	A-B-C Tour (31 miles) <i>Bresler Reservoir parking lot on Kemp Rd.</i>	Leslie Berggren 229-5823			
Saturday May 5 th	8:00 AM 	Circle the City (100 miles) <i>Central Services Building on S. Collett St. Bring lunch/money.</i>	Whoever Shows Up			
Sunday May 6 th	2:00 PM 	To Buckland (20 miles) <i>Shawnee School on Zurmehly & Beeler Rd.</i>	Dan Best 339-7211			
Sat-Sun May 12-13	6:00 AM 	TOSRV (210 miles) <i>Registration Ends April 16, 2001. Get an application at www.tosrv.org</i>	Report Miles to Doug Robison 999-2091			