

# The Bike Writer

Volume 21, Number 2  
Cincinnati Cycle Club, PO BOX 9, Maineville, OH 45039  
[www.CincinnatiCycleClub.org](http://www.CincinnatiCycleClub.org)

Summer 2021

**FREE**

## Are You Ready for the Licking Valley Century?



### We check all the boxes!

- ✓ Beautiful Low Traffic Roads
- ✓ Route for Everyone!
- ✓ Fresh Baked Goodies from Millstone Cafe
- ✓ Cold Kona Ice Treats
- ✓ Great scenery for pictures
- ✓ Finish Line Meal
- ✓ Live DJ at start and Finish
- ✓ Stuffed Rider Packets
- ✓ KOM/QOM challenge
- ✓ 29, 41, 66, and 100 mile routes
- ✓ Alexandria Brewing Truck at finish line
- ✓ Winery Rest Stop at 12 Mile Creek
- ✓ Infinit Nutrition drink at all rest stops
- ✓ Themed rest stop hosted by the Great Pumpkin Roll Ride
- ✓ Massages available at the finish line
- ✓ Reser Bike shop mechanics ready to help

### Thank you to our ride sponsors!



# President's Message



The **Licking Valley Century** is almost here! **Have you registered?**

You do not want to miss this extremely beautiful and fun ride. Do not let the title scare you. **The Licking Valley Century** also has fantastic 29-, 41-, and 66-mile routes in addition to the 100.

Register early and come enjoy the ride. Our club is working overtime to ensure this event is memorable. A few of us went out in small groups and previewed the ride and rode the century route. I can personally testify that the route is very scenic and a lot of fun.

The Licking Valley Century is part of the KY Century Challenge which is new and improved with Bike Walk KY taking over and bringing new energy to managing the five-ride series. More info at [Kycyclingchallenge.com](http://Kycyclingchallenge.com)

Make sure to register early, some KYC rides have already sold out. [www.LickingValleyCentury.com](http://www.LickingValleyCentury.com)

**On July 3<sup>rd</sup>** is 18th Annual Chili Repeat Presented By Roxie Benefiting JDRF. This is a club favorite, and everyone loves the flat and rural routes this ride has. Make sure to come out and support JDRF.

**In August** we plan to have a big blast at the ALL-Club Picnic and have great routes, FREE picnic post ride, and LIVE Music to make this a super fun event. The picnic is a club member only event so make sure to get a CCC membership or renew your membership.

**If you like bicycle touring**, you will like our new cluster led by Robert Kissinger with over 30 years of bike touring experience. Check out the club website for details and to receive ride notifications. Bob has some fun overnight and week-long touring rides planned!

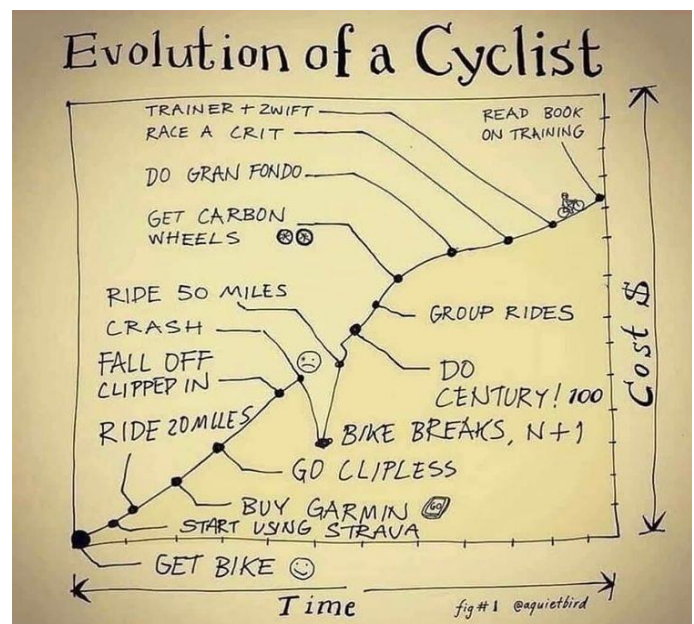
Save the date for this September 25<sup>th</sup> for the **10<sup>th</sup> annual Great Pumpkin Roll Ride**. This year's ride will again benefit the **Hamilton County Special Olympics**. Post ride there will be a fun post ride feast and a LIVE band called Southern Comfort. The Blue Note now has a fabulous large outdoor patio. This year's event will be the best GRR yet! Please come out and support a wonderful charity and enjoy a fabulous ride on some very low traffic roads.

If you have a friend, neighbor, or fellow coworker who is getting a bike introduce them to the club and the benefits of riding with others in a group.

**If you are just hearing about the club now, I hope you will join.** The club belongs to everyone. We are an all-volunteer organization, and we have rides for every level. Come and help us create. Now is a great time to become a Cincinnati Cycle Club Member. Many local bike shops offer discounts to CCC Club Members and you are covered by supplemental accident insurance as a member on club rides.

**Ride Safe.**

Fred Ferguson  
President



# Ask Mr. Cranky

In case you missed me, my friends call me Mister Cranky. Each newsletter I will try to offer worthless advice to your insincere cycling questions. If you have a few worthless questions about riding a bike you have come to the worst possible place for advice.



Dear Mr. Cranky,  
What is this I hear about Shimano Cranks suddenly breaking?  
Thanks,  
Harry Coover Jr.

Well Harry, I know you are a fan of bonding parts, but it seems that Shimano has an issue with their bonded Ultegra and DuraAce cranks cracking or coming apart at the seams. A couple years ago I saw a youtube.com video where a bunch of Australians ran into a problem where multiple Shimano Ultegra cranks failed. At first, I just assumed it was because they pedal backwards, in case you did not know everything the Southern Hemisphere rotates in the opposite direction, even the toilet water. They also ride on the wrong side of the road and if that is not bad enough, they are always riding upside down in relation to the rest of the planet! So, I figured it was not a problem we would face. About a year later I saw another youtube.com video of a cycling group in the UK that had the same issue. I still was not worried because to quote that famous author who boarded on Walnut Street in Cincinnati when he worked here (he might have been a CCC member back then), "When the end of the world comes, I want to be in Cincinnati because it's always 20 years behind the times." So, I figured if Sam were right, we had at least 18 more years before it would show up around here. Sadly, we just are not that lucky. So far, I know of several recent cases where CCC members have had their cranks crack and/or break off during a ride!

So, listen up if you own a hollow tech bonded Shimano crank. Before every ride you need to look at the Spider fingers in the crank to make sure they are completely aligned with minimal gaps between the components. You should also look at the inner side of the crank (side closest to the bike) and look for small cracks in the material. Most of the failures are occurring on the drive side – the side with the chain so be sure to look closely on that side. The current thinking is that moisture is causing the bonding of the inner and outer crank parts to fail allowing the parts to separate and then crack under pressure. The video on youtube.com explains this in more detail. Please watch the video by the Oz cycle channel at the link:

<https://youtu.be/FkEkQV-zK0s>

If you cannot get the link to work, go to Youtube.com and search on "Shimano cranks breaking – You need to know! "If that still doesn't work search on Oz cycle and Shimano Cranks breaking.

I have not heard of anyone getting seriously hurt when the crank failed but if it cracks mid-ride, you may be pedaling one legged for a very long time. I highly recommend talking to your local bike shop if you find a crack to see if Shimano will warranty it. Be sure to catch a cracking crank pre-ride because I am the only one who can be Cranky on a ride.

Happy Cranking,  
Mr. Cranky

Do you have a question you need help with? Ask Mr. Cranky by sending a self-addressed email to [AskMrCranky@gmail.com](mailto:AskMrCranky@gmail.com) and watch for a response in an upcoming newsletter. Disclaimer: The advice provided on Ask Mr. Cranky is, at best, of a general nature and cannot substitute for the advice from a knowledgeable bike shop or cyclist. Neither the individual contributor nor the Cincinnati Cycle Club nor anyone else connected to this newsletter can take any responsibility for the results or consequences of any attempt to use or adopt any of the information or disinformation presented in this article. ;-)





## The Licking Valley Century

Part of the Kentucky Challenge Series

June 26, 2021

**[www.LickingValleyCentury.com](http://www.LickingValleyCentury.com)**

Saturday, June 26, 7:30am

Enjoy the beauty and challenge of riding the ridge tops and valleys of Northern Kentucky. See for yourself why many cyclists call this area "God's country". You will enjoy beautiful valleys and amazing vistas while pedaling along roads with little traffic.

So much fun packed into one ride!

- LVC themed drawstring bags courtesy of our title sponsor ABCO Safety
- Live DJ at start and finish line
- Strava Segments on three hill climbs
- Fresh baked goodies at the first rest stop courtesy of Millstone Café in Butler.
- Themed rest stop in Lenoxburg courtesy of the Great Pumpkin Roll Ride.
- Kona Ice truck at the last rest stop to cool everyone down.
- Post ride meal provided by Four Mile Pig
- Alexandria Brewing Co offering post ride brews for purchase.

Our ride features rolling terrain over low traveled roads. Ride distances of 100, 66, 42, and 29 miles.

Make sure to check in at the KY Century Challenge table and record your mileage to get credit towards the 2021 challenge.

**Registration limited to 800 cyclists.**

Day-of registration opens 6:30 am.

First group leaves 7:30am

**Start location:**

Knights of Columbus Hall  
11186 S Licking Pike,  
Alexandria, KY 41001

**Friday Early packet pickup:**

New Riff Distillery in Newport, KY

Event proceeds benefit the Henry Hosea House in Newport, KY a wonderful local food bank that fed over 48,000 meals in 2020.



# The John Bryan State Park Overnighter

By Bob Kissinger at [rdkissinger@cinci.rr.com](mailto:rdkissinger@cinci.rr.com)

The CCC Bicycle Touring Group had our first event of 2021 on May 1-2. We cycled 53 miles from Loveland to the John Bryan State Park campground on Saturday, camped overnight, and returned to Loveland on Sunday. Thirteen cyclists rode to John Bryan SP, and eleven camped overnight.



The weekend weather was perfect - cool and dry (perhaps a little too cool for some with temperatures in the 40's on Saturday morning). With fully loaded bikes, we did not ride fast, averaging 10-12 mph. We made plenty of stops along the way, including Morrow, Corwin Peddler for lunch, and Devil Wind Brewery in Xenia, before arriving at the campsite.

With two adjacent sites, we had plenty of room for the eleven 1-2 person tents. After setting up the tents, some of us rode into Yellow Springs for dinner, followed by a well-deserved beer or two at the Yellow Springs Brewery. The rest of the group cooked dinner at the campsite and relaxed for the evening.

With no defined departure time on Sunday morning, the early risers were on their bikes by 8am, while others departed as late as 10am. Most of us took breaks at the same locations we enjoyed the previous day. For those who had the time to socialize at the end of the ride, food and more beers were enjoyed in Loveland.

If bike touring sounds like something you would like to try, please subscribe to the Bicycle Touring Group email. We have an Extended Weekend tour planned for June 11-14. Go to the CCC Calendar to learn more about the daily routes and campsites. Email any questions you might have to Bob Kissinger at [rdkissinger@cinci.rr.com](mailto:rdkissinger@cinci.rr.com).



# One Death is too many.

by [Katie Vogel](#)



Crossing the street should not involve taking your life into your hands. Riding a bicycle should not be an act of bravery. But far too often, participating in traffic as a vulnerable road user results in senseless loss of life.

It is easy to become numb to the news alerts on our phones and the 20-second recaps of the life of someone who was just trying to get across the street, or to school, or home at the end of a long day of work. But we cannot stand idly by when these deaths represent unnecessary voids in our communities.

April 7, Tri-State Trails, together with their partners at VisionZero NKY and VisionZero Cincy, united to say “one death is too many” at a [Day of Remembrance](#) at the foot of the Purple People Bridge in Newport, Kentucky. The event was open to the public and memorials of individuals lost to car crashes were placed on the Purple People Bridge through April 11, 2021.

“No one should have to fear for their life while walking or biking in their community,” said Wade Johnston, Director of Tri-State Trails. “These tragic deaths are entirely preventable if we design our streets to be safer and all roadway users follow the rules of the road.”

Shawna Rodriguez, who [lost her daughter Gabby to a car crash in 2018](#), represented bereaved families at the [Day of Remembrance](#). “If one life can be saved because someone pays more attention while driving after hearing Gabby’s story, then Gabby’s memory will be honored.”

Part of raising awareness around this critical issue is tracking the data in a central location. Tri-State Trails has unveiled a new [crash dashboard](#) visualizing traffic injuries and deaths on our roadway network. The data excludes crashes that have occurred on the interstate highways. Over the past decade, 1,163 individuals were killed while walking and biking on our local streets. Another 65,931 individuals were injured. “This tragic loss of life is entirely preventable if we design our streets for slower speeds and create a culture of following the rules of the road.” said Johnston.

## Here is how you can take action to end traffic fatalities:

1. Don’t drive, bike, or walk distracted.
2. Drive the speed limit.
3. Always yield to pedestrians.
4. Give bicyclists 3 feet of space when passing.
5. Come to a full stop at stop signs.
6. Don’t accelerate through a yellow light.
7. Drive carefully in inclement weather.
8. Make yourself visible when walking and bike.
9. Be patient when you are driving.
10. Remember the humanity of other road users.

## We all must be part of the solution.

*Please contact Wade Johnston at [wade@greenumbrella.org](mailto:wade@greenumbrella.org) if you have any questions about the event or Tri-State Trails*

You are part of our wonderful walkable and bikeable community. Either you are active yourself or you know someone who is. We’re committed to supporting emerging trail and bikeway projects around the Tri-State—and we need your help to do it. <https://tristatetrails.org>





## Join team CCC at Bike MS: Oxford

When: Saturday, July 24, 2021

Where: Millett Hall, 500 E Sycamore St, Oxford, OH 45056

One day event with 25, 75 mile routes and an “unofficial” 100-mile route option.

**There are several covered bridges on the 75-mile route and super rural low-traffic roads.** Bike MS: Oxford 2021 is a ride that will take you farther than you have ever gone before. What makes this ride so special? A classic Ohio Valley ride of rolling hills, covered bridges, open farms and fields, and valley descents and climbs, combined with top-notch accommodations at Miami University. In addition, you will experience an incredible level of camaraderie as you embark on a journey filled with laughter, excitement, support, and a profound sense of accomplishment. This ride is fully supported with Support and Gear, Roving First Aid, Bike Shops, fully stocked Rest stops and SAG support. Use the discount code, BikeVIP, to save 25 % on registration or call Steve Niemann (steven.niemann@nmss.org) directly at 513-657-7005, **mention the Cincinnati Cycle Club**

**Join Team CCC:** <https://mssociety.donordrive.com/team/CCC2021>

## Club Officers and Directors

### Officers:

<b>President:</b>	Fred Ferguson	president@cincinnatiCycleClub.org
<b>Vice President:</b>	Patrick Henry	vp@cincinnatiCycleClub.org
<b>Secretary:</b>	Sheila Boggs	secretary@cincinnatiCycleClub.org
<b>Treasurer:</b>	Kevin Bates	treasurer@cincinnatiCycleClub.org

### Directors:

**Memberships:** Wayne Glover membership@cincinnatiCycleClub.org  
**Safety/Education:** Jim Lindner safety-edu@cincinnatiCycleClub.org

**Club Liaison (clubs outside metro):** Jonathan Katz  
Katz5h@gmail.com

**Club Liaison (clubs inside metro):** OPEN

### Cluster Ride Leaders

**Northern Kentucky:** Susan Tomboly  
**Northeast:** Susan Hoffmann  
**Warren County:** Mike Schuessler  
**Hyde Park - Oakley:** Kitty Johnson ohio Starr@yahoo.com  
**Westside Spokes In Motion:** John Heim  
**Easy Riders:** Bob Myers  
**Tandems:** OPEN  
**Gravel - Off Road - MTB:** Sherman Butler  
**Bike Touring:** Robert Kissinger

**Communications:** Tracy Ortmann  
**Community Outreach:** Tracy Ortmann

**Volunteer Director:** Terri Williams  
volunteers@cincinnatiCycleClub.org

**Charity Director:** Fred Ferguson  
president@cincinnatiCycleClub.org

**Social Director:** Sheila Boggs sheilaboggs73@gmail.com



# THE GREAT PUMPKIN ROLL RIDE

**10th Anniversary —September 25, 2021**

**Limited to 600 RIDERS • LAB SANCTIONED**

**[www.GreatPumpkinRollRide.com](http://www.GreatPumpkinRollRide.com)**

**Saturday, September 25, 8:30am**

9660 Dry Fork Rd, Harrison, OH 45030

Join us for the 10<sup>th</sup> Anniversary Great Pumpkin Roll Ride benefiting the Hamilton County Special Olympics!

This is the Queen City's BIGGEST ANNUAL RIDE and we roll out the orange (fall) carpet! Enjoy cycling through the scenic hills and valleys of Southwest Ohio on low-traveled roads. The ride is fully supported with three super-stocked rest stops. After the ride, dig into a FREE catered feast and relax with LIVE music from the band Southern Comfort.

All registrations include fully stocked rest stops, SAG, route markings and maps and a wonderful hot catered post ride meal.

COVID Protections will be in place at the ride with individual packaging at rest stops, staggered start, and there is brand new outside seating at the Blue Note.

## Registration

GPRR 2021 is limited to 600 cyclists.

Day-of registration opens 7:30 am, first group leaves 8:30am

Our ride features rolling terrain over low traveled roads. There are ride distances of 62, 50, 40, and 25 miles.

- Covered bridge on the 40, 50, and 62 routes.
- **Strava segment on the Peppertown Leg Burner**
- Cool rider packet at registration
- fabulous catered post ride meal
- **Live music by Southern Comfort**

**Event proceeds benefit the Hamilton County Special Olympics**

**HAMILTON COUNTY**  
**Special**  
**Olympics**  
**Ohio**





# How to Fuel Ride of Every Length

At a past ride, I was talking with Jeff, a 50-year-old father of three who was training for the **Licking Valley Century** with friends. He was making progress but was frustrated with his performance during long rides—once he passed three hours, he started having stomach trouble. As he rattled off a list of what he consumed each hour on the bike—[half an energy bar](#), one gel, a bottle of sports drink and a bottle of water—I realized that despite riding for years, he was eating and drinking too much. He needed to revisit his [cyclist nutrition plan](#) and how exactly he fuels for each ride.

The American College of Sports Medicine recommends 30 to 60 grams of carbohydrate per hour of exercise, but few athletes understand the reason for this amount. The average person can process, or oxidize, only about one gram of carbohydrate per minute, no matter how much is consumed. The bottleneck is not your muscles; it is your intestines, which can transport glucose from food you eat into your bloodstream only so fast. Dumping more carbohydrate into your gut does not necessarily increase the absorption rate, but it can increase your chances of an upset stomach.

It is easier than you think to overload on carbs. Take Jeff as an example: His half an energy bar (23 grams of carbs), one gel (27 grams of carbs), and bottle of sports drink (about 50 grams of carbs) meant he was taking in about 100 grams of carbohydrate every hour. Early in his rides, he was doing great because he was getting all the fluid, energy, and sodium his body could handle, but after a few hours the excess carbohydrate sloshing around in his system was making him nauseous, bloated, and ill.

One of the easiest ways to optimize your carbohydrate intake during rides is to drink a low-carb, electrolyte hydrating drink while you are eating light, digestible snacks, like fig bars and bananas. Simply separating these two categories—hydration and solid food—typically brings people back into the range of 30 to 60 grams of carbohydrate per hour, while also ensuring they get adequate sodium and fluids.

Also, research suggests that by consuming energy foods that contain a mix of sugars (such as glucose and fructose, or glucose and maltodextrin) instead of just one type of sugar, you can bump oxidation to as much as 1.7 grams per minute. Translation: The sugar leaves your gut and enters your bloodstream faster, so you'll have more readily-available energy when you need it most.

Over the course of three days at camp, Jeff made subtle changes to his on-bike eating habits. He set an alarm to beep every 15 minutes as a reminder to drink, instead of guzzling an entire bottle at once. He added granola bars and fig bars to his stash of energy bars and gels for variety. As we rolled past the four-hour mark, Jeff was taking long turns at the front and chatting happily in the paceline as if the ride had just begun.

To find the same success as Jeff, here's an overview of the best cyclist nutrition—what to eat and drink on rides of various lengths—so you can pedal farther, faster, or ideally, both.

## How to Fuel Short Rides

Ride Duration: 1 hour or less

Primary Concern: Fluid replenishment

What to Drink: Plain water or a low-carb, electrolyte hydration drink

What to Eat: Most people start with enough stored energy for a 60-minute workout, but carry a banana just in case you're out longer than expected or you start to fade.

Bonus Tip: For optimal recovery, eat a full meal within an hour of finishing an intense workout.

## How to Fuel Medium-Length Rides

Ride Duration: 1 to 3 hours

Primary Concern: Carbohydrate replenishment

What to Drink: 2 bottles low-carb, electrolyte hydration drinks, at least

What to Eat: 30 to 60g of carb per hour from food.

Bonus Tip: Don't wait until you're hungry or thirsty to eat and drink. Take small nibbles and sips from the get-go.

## How to Fuel Long Rides

Ride Duration: 3 hours or more

Primary Concern: Carbohydrate and electrolyte replenishment; food boredom or palette fatigue

What to Drink: 2 bottles low-carb, electrolyte hydration drinks, at least

What to Eat: 30 to 60g of carbs per hour, total. Digestion can get harder as rides get longer, so eat more solids at the beginning of the ride, and switch to blocks, chews, and other easily digested foods during the final part of the ride. Just be sure to drink plenty of fluid to chase down gels, so you do not get GI upset.

Bonus Tip: Supplement bars and gels with carb-rich, low-protein, moderate-fat "real" foods. Do not worry about specific amounts of protein or fat; just eat what tastes good so you keep eating.



## Why is that bicyclist in my lane?

For any or all of the following reasons:

1. **To avoid glass and dangerous debris** on the shoulder or in the bike lane.
2. **To avoid the door zone** of parked cars.
3. **To alert you** because you have to use the adjacent lane to pass because **the lane is too narrow** for both of you to safely fit side-by-side.
4. **To give you more time and distance** to prepare to slow or pass safely.
5. **To improve the cyclist's vantage and safety margin** to hazards ahead.
6. Riding on the sidewalk is impractical and unsafe if not unlawful.
7. **To share the road** by using only one lane, just like you.
8. **To prepare for a left turn**, moving over one lane at a time instead of swerving across the whole road.
9. **It's the safest place to be and the cyclist has the legal right to be there.**

A Public Service Announcement from *Bicyclists Belong in the Traffic Lane*. rev 2 <http://www.facebook.com/BicyclistsBelongInTheTrafficLane>.

## Super Cycle Shops

Support your local bike shop. They not only support the CCC but also promote safe bicycling for all. Some of these shops give a discount on parts and accessories to CCC members. Show your valid CCC membership card.

### BIKEWISE OXFORD

9 N Beech St  
Oxford, OH 45036  
513.523.4880  
[www.bikewiseoxford.com](http://www.bikewiseoxford.com)

### BIOWHEELS \*

6810 Miami Ave.  
Cincinnati, OH 45243  
513.861.2453  
[www.biowheels.com](http://www.biowheels.com)

### BISHOPS BICYCLES \*

313 Main St.  
Milford, OH 45150  
513.831.2521  
[www.bishopsbicycles.net](http://www.bishopsbicycles.net)

### CAMPUS CYCLERY

241 W McMillan St.  
Cincinnati, OH 45219  
513.721.6628  
[www.campuscyclery.com](http://www.campuscyclery.com)

### ELEMENT CYCLES

2838 Observatory Ave.  
Cincinnati, OH 45208  
513.871.2453  
[www.elementcycles.com](http://www.elementcycles.com)

### FAIRFIELD CYCLERY \*

4860 Dixie Hwy.  
Fairfield, OH 45014  
513.829.7586  
[www.fairfieldcyclery.com](http://www.fairfieldcyclery.com)

### FIFTY WEST CYCLING

7668 Wooster Pike  
Cincinnati, OH 45227  
513.731.9111  
[www.fiftywestcycling.com](http://www.fiftywestcycling.com)

### JIM'S BICYCLE SHOP

8015 Plainfield Rd.  
Cincinnati, OH 45236  
513.793.1163  
[www.jimsbicycleshop.com](http://www.jimsbicycleshop.com)

### MONTGOMERY CYCLERY

9449 Montgomery Rd  
Cincinnati, OH 45242  
513.793.3855  
[www.montgomerycyclery.com](http://www.montgomerycyclery.com)

### MONTGOMERY CYCLERY

116 Karl Brown Way  
Loveland, OH 45140  
513.583.8600

### RESER BICYCLE OUTFITTERS \*

648 Monmouth St.  
Newport, KY 41071  
859.261.6187  
[www.reserbicycle.com](http://www.reserbicycle.com)

### SPOKEN BICYCLES \*

1201 Central Ave.  
Middletown, OH 45044  
513.997.1230  
[www.spokenbicycles.com](http://www.spokenbicycles.com)

### TEAM CYCLING & FITNESS

7765 Colerain Ave  
Cincinnati, OH 45239  
513.522.1551  
[www.teamcyclingandfitness.com](http://www.teamcyclingandfitness.com)

### WEST CHESTER CYCLERY

9304 Cincinnati Columbus Rd,  
Unit 2  
Cincinnati, OH 45241  
513.777.9742  
[www.westchestercyclery.com](http://www.westchestercyclery.com)

### TREK BICYCLES STORE \*

9695 Kenwood Rd  
Blue Ash, 45242  
513.745.0369  
[www.trekstorecincinnati.com](http://www.trekstorecincinnati.com)

### TREK BICYCLE STORE \*

1999 Dixie Hwy  
Fort Wright, KY 41011  
859.331.2482

### TREK BICYCLE STORE \*

7576 Voice of America Centre Dr West  
Chester, OH 45069  
513.755.3773

*Shops denoted with an \* also lead CCC Club rides. Visit the calendar on [cincinnatiCycleClub.org](http://cincinnatiCycleClub.org) for ride details.*

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### CHANGED YOUR ADDRESS?

Update your address in your membership account at [www.cincinnatiCycleClub.org](http://www.cincinnatiCycleClub.org)

Login to your profile and update your mailing address.

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The Bike Writer is the official publication of the Cincinnati Cycle Club and is published quarterly around March, June, September, and December each year. Contributions must be received by the first week of the second month of each quarter and will become the property of the newsletter. Send submissions to [President@cincinnatiCycleClub.org](mailto:President@cincinnatiCycleClub.org)



Cincinnati Cycle Club  
PO BOX 43441  
Cincinnati, OH 45243-0441

Tentative Future Large Ride and Event Schedule - See CCC website and calendar for official details.

Month	Date	Ride Title	Ride Start	Distances
June	Saturday 26 <sup>th</sup>	Licking Valley Century part of the Kentucky Century Challenge	Knights of Columbus Hall 11186 S Licking Pike Alexandria, KY 41001	29/41/65/102
July	Saturday 3rd	18th Annual Chili Repeat Presented By Roxie Benefiting JDRF	Goshen Elementary 6696 Goshen Rd Goshen, OH	25/30/38/52/65
August	Sunday 15 <sup>th</sup>	CCC Club Picnic Ride	Pendery Park in NKY	20/40/60
September	Saturday 25 <sup>th</sup>	Great Pumpkin Roll Ride <a href="http://www.GreatPumpkinRollRide.com">www.GreatPumpkinRollRide.com</a>	9660 Dry Fork Rd, Harrison, OH 45030	25/40/50/62

**Thank you to our Bike Writer sponsor**

