



Trail Matters...

Join us at our next meeting

Tuesday, June 1, 2010.

@ 7:00pm

Orwell Village Hall
179 West Main Street
(State route 322 West)
Orwell, Ohio 44076.

Summer Cycling Tips

It is finally here...SUMMER and you are ready to get out on the trail. Before you take off on your bike make sure you will have a safe and cool ride. Here are some tips to help you get the most out of cycling in the heat:

- Drink plenty of fluids: when cycling you will lose a lot of moisture through your skin. It is recommended that you sip (not drink) 8 to 12 oz of fluids every 20 minutes. Always take more water than you think you will need.
- Keep the sun off your head: wearing a cycle helmet is fundamental to road safety but in the summer sun it also helps provide shade. DO NOT store your helmet in a hot car. The heat will break down the glues in your helmet making it unsafe.
- Take breaks: If you feel you are getting too hot while cycling then stop. The Greenway provides lots of shady spots for breaks.
- Protect your skin: remember to use plenty of sunblock on your face, arms and legs. The moisture on your skin will act as a magnifying glass to the sun's rays, so you must protect your skin.
- Eat high energy foods: stay healthy and cycle for greater distances by putting the right kind of fuel in your body. Bananas are an excellent source of potassium and are handy to carry in your cycle bag.
- Dress for the weather. Wear moisture-wicking fabrics that will keep you cool and dry. Light colors reflect the sun and will keep you cooler.
- Be seen: although it does not get dark until late in the summer, do not get caught riding without your lights after dark.
- Prepare for emergencies. Remember to take a puncture repair kit and a mini frame pump with you.

"One of the most important days of my life was when I learned to ride a bicycle".

Michael Palin



WOW is Saturday June 12, 2010

Join us for the sixth annual World of Wildlife Bicycle Tour on June 12th. The tour begins at the Trumbull Campus of Kent State University in Champion. Registration will be open from 7:30 am to 10:00 am. The registration fee is \$20. You can ride 20/40 or even 62 miles along the asphalt paved Western Reserve Greenway.

Snacks (including homemade cookies) and beverages will be provided at rest stops along the way of the out and back tour. Pizza will be provided at the finish of the ride.

We will conduct a raffle sponsored by Bike Nashbar at the end of the tour. Many fantastic bike related prizes will be given away. Those who want to donate homemade cookies will receive a complimentary raffle ticket – one for each dozen donated. A limited number of T-shirts will be for sale the day of the ride. Make sure you mark your calendar for June 12th. Visit our website at <http://metroparks.co.trumbull.oh.us/WOW.htm>

Mosquito Lake Memos

By Michael Swiatkwich

Carol Parkes Caronite, President of the Cortland-Bazetta Historical Society and one of the supporters for the Mosquito Lake Greenway, came to me with an interesting story the other day. Her father, John (Jack) Edward Parkes, Sr. (1908-1998), was an avid cyclist as a young man. He and his friends loved to take long trips. One trip he often talked about, she said, was around Lake Michigan. She said, "He cautioned me not to tell my sons, how he and his friends slept in the fields along the side of the road on these trips. In his words, "it's a different time now."

He grew and came to be part of the accounting staff for the B & O Railroad, some of whose rail-bed now supports the Lake to River Greenway. She said, "When he and my mother visited my family in Cortland, OH, he would often talk about the rail lines coming through this area and was familiar with them. He was saddened by the decline of the railroads, but I think he would be happy now to see the vacated rail beds occupied by one of his own passions, a safe path for cyclers." Carol bought him a bicycle for his retirement at age 62 and he was seen pedaling for many, many years after that.

Carol was kind enough to share these pictures with us. She thinks that they were from somewhere between 1926 and 1928.



Jon (Jack) Edward Parkes, center



John (Jack) Edward Parkes, far right



ALIVE Ride Scheduled for July 17th



Ashtabula Lakes & Rivers In Geneva Vineyards Experience

On Saturday, July 17th, take a tour of picturesque Geneva & Harpersfield in Ashtabula County.

This is perfect cycling country with quiet roads, low hills and views of Lake Erie, the Grand River, wineries, and covered bridges.

SAG service, refreshments, road markings, and give aways.

Four routes are available (3.5/20/35/60). The ride starts and finishes from the Lodge at Geneva-On-the-Lake. Bike rentals are available.

The ride Benefits the Civic Development Corp. of Ashtabula County and other county non-profit agencies.

For more information contact
cdc@suite224.net,
 440.992.2336, or

www.civicdevelopmentcorp.org

Memorial Benches in Trumbull County

The current cost to put a memorialized bench in at any park owned or operated by Trumbull County MetroParks is \$300.

The \$300 provides the person/persons donating the following items:

1. One bench that is approximately 6 feet long.
2. Bricks as a pad around and underneath the bench
3. A memorialized brick underneath the bench, with the name of the person or organization engraved on it.

Once the decision has been made for you to donate to Trumbull County MetroParks please call Zachary Svette, Project Coordinator at 330-675-3072 or email him at Zachary.svette@trumbullmetroparks.org



More Parking Proposed for Sunside Trailhead

In April 2010, Trumbull County MetroParks submitted a project to ODOT to utilize road tax funds to double the current parking spaces at the Sunside Trailhead on the Western Reserve Greenway located on State Route 305 in Champion Township.

The proposed parking lot will be placed on the north side of the existing maintenance building and will extend north for about 200 feet. ODOT was looking at fiscal year 2013 for construction of this project.

Story submitted by Zachary Svette

Friends Officers
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Have a story you would like to share?
Send us an e-mail at friendsofwrq@yahoo.com.

Orwell Parking Lot

Charlie Kohli, Ashtabula County Metropark Vice President, and Janet Takacs, engineer for the Ashtabula County Engineer's Office, met on April 19, 2010 with Christine Surma and other District Four Ohio Department of Transportation (ODOT) officials in Orwell to review the site of the future parking lot on Penniman Road south of Rt. 322. The ½ acre, triangular piece of property was donated to the Ashtabula County Metroparks by the Village of Orwell, who in turn had received the property as a donation from Kennemetal Industries. Under Kennemetal's ownership, the property contained an abandoned water tower which was transferred to the Village of Orwell. In much better economic times, the Village of Orwell had the water tower removed.

The Ashtabula County Engineer's Office has designed a 20-car parking lot. The estimated cost of the parking lot construction is \$139,000 and will be paid with Road Tax Funds distributed to Ohio metroparks by ODOT on a biennial basis. At the ODOT/County Engineer's/Ashtabula County Metroparks' meeting in April, it was decided that the parking lot would be constructed next spring (2011).



417 Greenmont Drive
Canfield, Ohio 44406



Recycle *Share with a friend!*

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www.metroparks.co.trumbull.oh.us

Membership Form

Name: _____

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Donation Amount: _____

Individual (\$10-\$24)

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Trail Blazer (\$100-\$249)

Hero (\$250-up)

Mail checks payable to:

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