



Biking & Walking News

Ira S. Weiss, Editor

July 11, 2010

ANNOUNCEMENTS

Ineeda Bike Swap, July 16, Columbus Crew Stadium

Would you like to be a bike dealer for a day?

It's easy to sell your bikes, parts and accessories at the Ineeda Bike Swap at the BikeColumbus Festival, Friday, July 16, from 3:00 pm to 7:00 pm. You can purchase a space at the Ineeda Bike Swap to sell your gear in our bicycle corral for only \$10.00.

The Ineeda Bike Swap will be a lot of fun! It's at the Columbus Crew Stadium, and the Crew has generously donated the use of their VIP tent for the swap. You and your bicycle gear will have a shady roof and plenty of space.

Of course, this is a great place to buy a new bike from one of our dealer vendors or find a used treasure from another cyclist selling her great old gear to make some room in her garage.

After the swap, Mayor Michael Coleman will be leading The Mayor's Twilight Tour which will roll out from Columbus Crew Stadium about 8:00 pm, after a shorter family ride begins. The BikeColumbus festivities continue on Saturday, July 17, with the Barbour Memorial Tour which leaves from McPherson Park.

For more information on the Ineeda Bike Swap and the BikeColumbus Festival, go to www.bikecolumbusfestival.com.

BikeColumbus Festival, July 16 and 17 and August 1

Hey everyone, it is time to Crank it Up! and ride the BikeColumbus Festival, July 16 and 17 and August 1. This three day celebration of all things bicycling has something for everyone and is your chance to benefit cycling and healthy living in Central Ohio. Come ride with Mayor Coleman through the streets of downtown on Friday night for the Mayor's Twilight ride and get a free ticket to a Crew game as well as some cool Swag, great entertainment and best of all a swap meet where you can buy, sell, or trade your way to some classic gear. Then, hit the road the next day for one of the best tours in the area. Pre-register for the Barbour Memorial ride for a free pizza from Mamma Mimis, a Specialized water bottle, more Swag, and some amazing raffle items as well as a fully supported ride and post event entertainment. Finally, a few weeks later come out and test your legs in a classic downtown race, or just come watch some amazing high speed racing in the streets of downtown. No matter what your flavor, this fun filled multi-day event has something for everyone and best of all, the proceeds will go to benefit bicycling in central Ohio as well as promoting healthy active lifestyles. So, check us out online at www.bikecolumbusfestival.com or Register today! <http://www.bikecolumbusfestival.com/register/>

Consider Biking, Mayor Coleman and the City of Columbus, Columbus Outdoor Pursuits, Westerville Bicycle Club, and sponsoring partners AEP, BikeSource, Specialized, Trek, Trek Stores Columbus, Crew Stadium, and others are working together to present the festival and we look forward to having you as our guest at what we hope will grow into one of the biggest and best celebrations of two wheels in the US.

MORPC Seeks Community Input on Travel Survey

(Columbus – July 7, 2010) The Mid-Ohio Regional Planning Commission (MORPC) is seeking residents' input in an online survey about their travel experience in the region. The purpose of the survey is to help identify travel needs and to develop new travel services for the 12-county central Ohio region including Delaware, Fairfield, Fayette, Franklin, Knox, Licking, Madison, Marion, Morrow, Pickaway, Ross and Union counties.

MORPC encourages everyone in central Ohio to take the survey by Sunday, July 18, via the following link: <http://tdm.questionpro.com>. The survey will take about 12 minutes to complete and all answers are confidential.

“With gasoline prices expected to rise, many folks are finding reliable and affordable transportation to their jobs hard to come by. With air quality and climate change in the forefront, MORPC and our region must be creative in providing more transportation options to our residents,” states Robert Lawler, MORPC Director of Transportation.

This questionnaire is part of a larger study to assess attitudes and perceptions about transit, carpooling, vanpooling, biking and walking. The study also includes a comparison of transportation options provided in other similar cities and interviews with regional employers and governments.

The link to the survey can also be found at www.morpc.org.

MORPC is a voluntary association of 47 local governments in central Ohio serving the region through planning, direct service, public policy information and innovative programming and intergovernmental coordinating services in the areas of transportation, land use, energy conservation, the environment and housing.

Public Hearing on Proposed Phase 1 I-70/71 Split Improvement Plan

WHO: Councilmember Hearcel F. Craig, Public Service & Transportation Committee, Councilmember Andrew J. Ginther, Finance and Economic Development Committee, Councilmember Priscilla R. Tyson, Development Committee, Various Councilmembers, Representatives of the Ohio Department of Transportation

WHEN: Wednesday, July 14, 2010 5:30 PM

WHERE: City Council Chambers, City Hall, 90 West Broad Street

WHAT: The Columbus City Council will hold a public hearing regarding the Ohio Department of Transportation's proposed phase 1 of the I-70/71 split improvement project. The meeting will include a presentation by representatives of ODOT and public testimony will be accepted. Those wishing to testify should fill out a speaker slip on the day of the hearing between the hours of 8:00 am - 5:00 pm in the lobby entrance of City Hall located on the Front Street side of the building. Speaker slips will also be accepted in Council Chambers until 6pm. Free parking is available in the Gay Street parking lot on the north side of City Hall after 5:00 pm. The meeting will be broadcast live on C-TV, Columbus' government television station on all local cable outlets.

For More Information:

John Ivanic, (614) 645-6798

Nancy Burton, ODOT District 6 Communications, 205-3131

RIDES

BikeColumbus Festival, July 16 and 17 and August 1

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ride and post event entertainment. Finally, a few weeks later come out and test your legs in a classic downtown race, or just come watch some amazing high speed racing in the streets of downtown. No matter what your flavor, this fun filled multi-day event has something for everyone and best of all, the proceeds will go to benefit bicycling in central Ohio as well as promoting healthy active lifestyles. So, check us out online at www.bikecolumbusfestival.com or Register today! <http://www.bikecolumbusfestival.com/register/>

Glacier Ridge

DAY	TIME	EVENT DESCRIPTION
Jul 17 Sat	8:30 pm	Night Bike Ride Bike along fields and forest as we liste...

Three Creeks

DAY	TIME	EVENT DESCRIPTION
Jul 15 Thu	6:30 pm	Family Ride Night See June 3rd.

Pelotonia: To end cancer

(by Rick Palsgrove, Southeast Editor - July 06, 2010)

There are many stories of determination, strength, joy, and sadness to be found among the sea of riders in the annual Pelotonia bicycle tour, with each tale as important as the next. Here are the stories of two Pelotonia riders: Megan LaFollette of Groveport and Marie Gibbons of Canal Winchester...

<http://www.columbusmessenger.com/NC/0/8470.html>

SAFETY

CAR TALK

Apps can limit phone functions for those at wheel

Saturday, July 10, 2010 02:52 AM

Tom: A few weeks ago, we answered a question from Blair, the mother of a 16-year-old girl, who wanted to find a device that would help her keep track of her "spirited" daughter's driving.

Ray: We suggested a convent.

Tom: We actually suggested one of the Global Positioning System-based black boxes that can track a driver's speed and aggressiveness, and report violations to a parent instantly by e-mail or text message.

Ray: These devices are called Event Data Recorders, and there are a number of them on the market.

Tom: But driving fast isn't the only danger to new drivers. Cell phones provide a whole new smorgasbord of ways to crash a car. There's the distraction of conversations, and even worse, the sending and reading of text messages, which multiplies the risk of an accident many times over.

Ray: Well, now there are cell-phone applications that you can install on your kid's (or parent's, or spouse's) phone to cut down on these distractions.

Tom: They all work pretty much the same way. They use the phone's GPS to determine when the phone is moving faster than walking speed. Then, it presumes, you're driving...

<http://www.dispatch.com/live/content/business/stories/2010/07/10/apps-can-limit-phone-functions-for-those-at-wheel.html>

Pedestrians stumble along while texting or talking on phone

Published: Monday, July 05, 2010, 3:14 PM Updated: Monday, July 05, 2010, 3:22 PM

Associated Press

PALO ALTO, Calif. -- There's been much focus on the dangers of driving while using a cell phone, but experts say pedestrians are also suffering the consequences of mobile distraction. They're tripping on curbs, walking into traffic, even stepping into manholes as they chat or type while walking. Now, technology companies are stepping in to help these sidewalk stumblers step out more safely. The tools include earpieces that allow users to talk their text messages and applications that make a screen transparent. Still, some experts warn the mental distraction won't go away despite the technological advances...

http://www.cleveland.com/business/index.ssf/2010/07/pedestrians_stumble_along_while.html

July 6, 2010, 8:12 am

Lobbyists Try to Reframe Distracted Driving Issue

By MATT RICHTEL

2:09 p.m. | Updated *Adding mention of Transportation Secretary's plans for a press conference on this issue.*

A major electronics industry trade group and a Washington lobbying firm have been pushing separate efforts to reframe the debate over the dangers of distracted driving, in response to moves by state legislators and regulators to restrict motorists' use of cellphones and other devices. The efforts have angered public safety advocates, some legislators and the Secretary of Transportation, who say such restrictions would save lives. A document that has been circulating over the last week from a Washington lobbying firm, the Seward Square Group, has fueled the tension. The document, a copy of which was posted by the Web site FairWarning, says the distracted driving issue has been "hijacked" by national transportation authorities and celebrities like Oprah Winfrey, who has encouraged motorists to pledge to put down their devices. The document says that the auto and technology industries have become "collateral damage" in the debate. It urges the creation of a coalition called Drive, composed of car and device makers and wireless companies, but also safety advocates and emergency services personnel.

<http://bits.blogs.nytimes.com/2010/07/06/lobbyists-try-to-reframe-distracted-driving-issue/>

Council considering bike helmet law for children

Wednesday, July 7, 2010 12:54 PM

By TARA STUBBS-FIGURSKI

ThisWeek Staff Writer

Bexley City Council is expected to hear second reading July 13 of legislation that would require children under the age of 16 to wear a helmet while riding a bicycle. "I have seen the effects of traumatic brain injury," said council member Jed Morison at an earlier safety committee meeting. He is superintendent of the Franklin County Board of Developmental Disabilities. Bexley resident Tim Madison said that 22 Ohio cities have a law requiring children to wear a helmet while riding a bicycle. The city of Columbus passed legislation in 2008 requiring children under the age of 18 to wear a helmet "This is designed to protect children," he said. The sample legislation Madison provided to council was based on the Columbus law and allows a police officer to issue a \$25 fine. He proposed that children under the age of 16 be required to wear a helmet. Asked by council member Richard Sharp why 16 was the proposed cut-off age, Madison said if a child is old enough to drive he is old enough to decide whether or not to wear a bike helmet. Dr. Jonathan Groner is a professor of clinical surgery at Ohio State University and a board member of the Central Ohio Trauma System. He said he has been a Bexley resident since 1991 and rides his bicycle to work several times a week. "My wife and I met on a bike ride," he said. "I've been riding my all my life. The helmet issue is very close to us." Groner said he has a friend who sustained significant injuries after being involved in a bicycle wreck. The law encourages children to wear a helmet because wearing a helmet reduces the risk of serious brain injury, he said. "You can fix bones, livers, a spleen," Groner said. "You can't really fix a brain. It is a life-altering event for a child..." <http://www.thisweeknews.com/live/content/bexley/stories/2010/07/07/council-considering-bike-helmet-law-for-children.html?sid=104>

Parents may pay if child lacks helmet

* A proposed amendment that would charge parents a \$25 fine for a child under age 16 being found riding a bicycle without a helmet has support just as a way to urge safety.

By LAURA ENGLEHART

Published: Tuesday, July 6, 2010 6:18 PM EDT

Parents could soon be paying a fine if their youngsters are riding a bicycle in Bexley without a helmet. The city has proposed an amendment to its bicycle and motorcycle laws that would require children under 16 to wear a helmet while operating a bicycle on a city street, sidewalk or alley. Parents of children caught riding without a helmet would pay a \$25 fine; however the offense would not be considered criminal. Bexley City Councilman Jed Morison said last month that the rule -- much like the ban on texting while driving -- would provide parents with another means to promote safety. "If you can say to your family member that it's against the law to do something, it helps. (Bicycle accidents) can be life-altering and result in serious trauma for the child and family," Morison said. Columbus has a law on its books that requires children under 18 to wear a helmet with a strap secured under the chin. The fine for non-compliance is the same...

http://www.snponline.com/articles/2010/07/11/bexley_news/news/behelmets%2020100706_0949am_5.txt

BICYCLIST RECOVERING AFTER CRASH

July 8, 2010

LANCASTER --A bicyclist was injured at Walnut and Columbus streets about 2:10 p.m. Wednesday, when he was struck by a truck. Lancaster police and medics responded to the scene and said Bruce G. Wilcox, 61, of Lancaster, was heading north on Columbus Street, while the motorist, Herbert Young, 39, was heading west on Walnut Street driving a 1998 Chevrolet Silverado. The two collided in the intersection. Wilcox was taken by Lancaster medics to Fairfield Medical Center where he was treated and released. No citations were issued...

<http://www.lancastereagle.com/article/20100708/NEWS01/7080330/1002/NEWS01/BICYCLIST-RECOVERING-AFTER-CRASH>

HEALTH

Education alone will not end the obesity epidemic

By Dana Blankenhorn | Jul 6, 2010 |

Cures for the childhood obesity epidemic often come down to a chicken-or-egg question. That is, do lazy kids get fat or do fat kids get lazy. (Here is what looks like a healthy alternative, from Amazon.com. But read to the end before you buy.) The question is important, because the easy answer to obesity is that kids should just get out and play. Put down that video remote, get away from the game machine, go outside and run around. In fact, parents and the food system are the real culprits... <http://www.smartplanet.com/technology/blog/rethinking-healthcare/education-alone-will-not-end-the-obesity-epidemic/1367/>

Tuesday, July 6, 2010

Leisure-time physical activity benefits some more than others

In his study involving more than 12,000 people in a nationally representative sample of U.S. 20- to 64-year-olds, obesity expert Dong-Chul Seo found that obesity rates in general declined as the amount of weekly leisure-time physical activity (LTPA) increased. White women, however, saw the steepest decreases, particularly when meeting minimum national guidelines for weekly physical activity. This was not always the case for men and for women who were African American or Hispanic. "For the majority of health professionals, even health researchers, they say the more leisure-time physical activity you engage in, the less likely you'll get obese," said Seo, associate professor in the School of Health, Physical Education and Recreation's Department of Applied Health Science. "This is true, but it's probably only applicable to white women and some of the white men." Surprised by the results, Seo looked deeper and found that job-related physical activity might have influenced obesity rates. Studies have found, for example, that men and Hispanic women are more likely to have manually demanding jobs than white women, which could affect the amount of LTPA they accumulate. For Hispanic women, their obesity rates dropped as their amount of occupational physical activity (OPA) increased. However, a different pattern was seen for men. "This illustrates to me the importance of physical activity in the workplace," Seo said. "Workplace wellness programs should really be emphasized, especially for people who do sedentary work. To enhance their health, maybe employers could offer workout spaces and incentives to do physical activity during the work hours or right after. They can make it easier..." <http://newsinfo.iu.edu/web/page/normal/14779.html>

Letter: Fix school lunches, require exercise

Thursday, July 8, 2010 02:55 AM

I think the federal school-lunch legislation that is under consideration is a great idea because, frankly, the type of food we have in our school is disgusting. It should not be acceptable because of its proven lack of nutrition. School lunches today do not meet the standards of many fast-food restaurants. Some meat given to schools from the U.S. Department of Agriculture has even been from old birds, or hens that would have otherwise gone to compost or pet food. Children are more susceptible to food-borne illnesses because of weak immune systems, so the low-quality food is not cutting it. No matter how healthy school lunches are, students still will be making their own decisions for food at home. This is why the state of Ohio, in legislation recently passed, should not have dropped the mandatory 30 minutes of exercise for students each day. This activity could have taught youths healthy habits that will stick with them for the rest of their lives. Also, if we say we are trying to fight childhood obesity, these obese children can't lose weight only through a change in eating habits. They also need exercise, and many of them will not be getting it outside of school. Overall, the federal school-lunch bill could change the future of America...

<http://www.dispatch.com/live/content/editorials/stories/2010/07/08/fix-school-lunches-require-exercise.html>

Group pushes for healthful cafeteria options

By GREGORY L. JONES

Published: Tuesday, July 6, 2010 6:28 PM EDT

Some Grandview Heights parents are working to take the city's school lunch program a step in the right direction. Sustainability Through Education and Participation has come together to promote healthful living for all, said parent organizer Jim Yue. "We're working to make Grandview a more attractive place for everyone (by promoting healthful lifestyles)," Yue said... http://www.snponline.com/articles/2010/07/11/tri-village_news/news/tvlunch%207-20100702_0320pm_6.txt

LOCAL NEWS

City hands trail care to Metro Parks

Saturday, July 10, 2010 02:52 AM

By Barbara Carmen

THE COLUMBUS DISPATCH

Hikers, bikers and joggers will see safer and better-tended trails starting Monday, Franklin County Metro Parks officials say. That's when the agency takes over 45 miles of Columbus pathways along creeks and rivers. "I really do think there's a big benefit for all, which is one reason we agreed to do this," said Metro Parks Executive Director John O'Meara. "We're going to have unified management. ... The level of care will be more consistent." Metro Parks will spend about \$650,000 initially to take over maintenance of the trails, which wind their way through the county along city parks, creeks and rivers. O'Meara said those using the Blacklick, Scioto, Olentangy and Alum Creek trails should notice more patrols and better maintenance. The \$650,000 outlay will buy additional mowers and trail vehicles for patrols. Metro Parks also is hiring three new rangers; it had 38. And it created a position, greenways manager, to give the trails the attention they need. Previously, park managers oversaw trails in their area. "We're quickly more than doubling the size we're maintaining," O'Meara said. With the city's 45 miles, Metro Parks will now maintain about 85 miles of trails. The goal is to develop 160 miles...

http://www.dispatchpolitics.com/live/content/local_news/stories/2010/07/10/copy/city-hands-trail-care-to-metro-parks.html?adsec=politics&sid=101

Metro Parks takes over city trails Monday

Friday, July 9, 2010 04:32 PM

By Encarnacion Pyle

THE COLUMBUS DISPATCH

On Monday, Franklin County Metro Parks will take over maintenance of the entire 160 miles of trails that wend their way along city parks and county land. The project includes portions that previously had been maintained by the Columbus Recreation and Parks Department. An economic advisory committee appointed by Mayor Michael B. Coleman has recommended the partnership as a cost-saving measure. "We've already partnered on building some of the trails, so it made sense to take this relationship a step further and have one entity ensure that all of the trails are kept trimmed, cleaned of debris, and repaired whenever necessary," Alan D. McKnight, Columbus' Recreation and Parks director said in a written statement today. The Columbus Recreation and Parks Department currently keeps up 47 of the 160 miles of trails throughout the county. McKnight projects that the partnership will save the city about \$150,000 a year. Both departments will continue to build trails separately, as well as together. Recreation and Parks will still issue permits for special uses of the trails in city parks. And Metro Parks rangers will patrol the trails. "This will help us establish uniform standards for the protection and maintenance of the trails, while also enhancing the quality ... for hundreds of thousands of trail users," said John O'Meara, Metro Parks' director...

http://www.dispatch.com/live/content/local_news/stories/2010/07/09/metro-parks-takes-over-city-trails-Monday.html?sid=101

Teen stops in Chillicothe during cross-country fund-raising bike trip

BY JONA ISON • Gazette Staff Writer • July 9, 2010

A California teen will have quite a story to tell when he returns to school this year. Since June 5, Joseph Machado, 13, has been riding his bicycle across the country to raise money for disadvantaged children and families. The trip began in his hometown of Upland, Calif., and will end in Washington, D.C., next week -- quite a feat for someone who started on-road biking less than four months ago...

<http://www.chillicothegazette.com/article/20100709/NEWS01/7090307/Teen-stops-in-Chillicothe-during-cross-country-fund-raising-bike-trip>

Columbus heads tout renovated Morse Road

Wednesday, July 7, 2010 12:54 PM

By KEVIN PARKS

ThisWeek Staff Writer

Mayor Michael B. Coleman broke into a smile as the sun broke through cloud cover to smile down upon a ceremony last week commemorating the completion of the second phase of improvements to the Morse Road corridor. "Today is an important day in the city of Columbus," Coleman said. "We have completed one of our most important long-term projects in the last 10 years." The project included road resurfacing, new sidewalks and bike lanes along 2.9 miles between Interstate 71 and Cleveland Avenue. Coleman described it as a \$30-million project... <http://www.thisweeknews.com/live/content/westerville/stories/2010/07/07/columbus-heads-tout-renovated-morse-road.html?sid=104>

Council hears proposed initiatives for city's bicycle plan

By KATHLEEN L. RADCLIFF

Published: Tuesday, July 6, 2010 6:18 PM EDT

Dublin's Bicycle Advisory Task Force is cruising right along. "We're really having a lot of fun and, I believe, we're beginning to make some headway," task force Chairman Tom Merritt said as he presented the task forces' findings during Dublin City Council's rescheduled, regular meeting Thursday, July 1. The task force has been in the process of developing a more comprehensive bike plan for the city during the past several months. Proposed initiatives for 2010 include a signed bicycle route from Hyland-Croy to Coffman Road, using low volume traffic local roads, and connecting Dublin Coffman High School to Honda Wetlands Metro Park; a sharrows evaluation of Emerald Parkway and bike lanes for the entire length of Brand Road, from Hyland-Croy to Dublin Road, according to information from the city. "A sharrow is an application you put on the roadway to make sure the motoring public is aware you're supposed to share the road," Merritt said. "It's basically, a marking in the roadway to remind motorists they are to share the road." The proposed cost for the signed route connecting the high school and park is \$2,400, according to information from the city. For evaluation of sharrows at Emerald Parkway, the proposed cost is estimated at \$60,000, and the proposed cost for design and right-of-way and easement acquisition for the Brand Road bike lanes is estimated at \$400,000. The current five-year capital improvements program has \$400,000 programmed in 2010 and \$440,000 programmed in 2011 for a multi-use path on Brand Road, from Muirfield Drive to Dublin Road. "We think this is a fair assessment for the city," Merritt said. "What you are seeing is the tip of the iceberg, as we are trying to identify a few projects, and funding somewhere in the CIP for bike paths."

Councilwoman Cathy Boring said she has found people are really getting excited about the work of the task force, however, she was disappointed there was no mention of key areas in the city, notably Darree Fields and Balantrae Park... http://www.snponline.com/articles/2010/07/11/dublin_news/news/ducouncil%20_20100706_0420pm_2.txt

Taylor Road upgrades might be too costly for Etna

Friday, July 9, 2010 06:15 PM

By MICHAEL J. MAURER

ThisWeek Contributor

Etna Township zoning administrator Chris Harkness told trustees July 6 that the Mid-Ohio Regional Planning Commission had made preliminary cost estimates of improvements on Taylor Road. "We did submit an application for a potential Taylor Road improvement project, and we have received an estimate of about \$2.5-million that that would cost," Harkness said. The township's share of the project, however, likely would be cost prohibitive, he said. "The township would be responsible for between \$600,000 and \$700,000," Harkness said. "We should be hearing back from the MORPC staff in the next couple of weeks about the application and its feasibility. We'll know if it is feasible and if there are things to increase the likelihood of getting funding." Another possibility might be to apply for funding through the Ohio Public Works Commission, he said. The trustees are expected to consider that option over the next few months. "In an ideal world we would like to see it expanded to three lanes from new Taylor Road on the south end all the way up to where it has been expanded to three lanes in the city of Reynoldsburg on the north side of Etna Township," Harkness said. "It would include traffic signals and sidewalks for the kids, curb and gutter, street lighting. The finances will be the sticking point..."

<http://www.thisweeknews.com/live/content/lickingcounty/stories/2010/07/03/taylor-etna.html?sid=104>

City drivers seeing orange as construction work gears up

* Gahanna officials say there's more roadwork than usual this year, with funding for most projects covered by grants.

By PAMELA WILLIS

Published: Tuesday, July 6, 2010 6:18 PM EDT

Orange cones, barrels and closed lanes are not a driver's favorite sight, but road improvements are ongoing in Gahanna, with more than \$5 million being spent on roadway infrastructure... Upcoming projects include an overlay of Hamilton Road from Allanby Court to Sycamore Woods Condominiums and Stygler Road from Prince of Wales Drive to the northern city limits; along with intersection improvements at Hamilton Road and Granville Street. The project at Hamilton and Granville will include pedestrian refuge islands, additional lighting and wider crosswalks to enhance pedestrian safety near Clark Hall, the new high school learning center under construction at 83 N. Hamilton Road. Emery said the pedestrian improvements will be 90 percent reimbursable through safety funding being received by the project...

http://www.snponline.com/articles/2010/07/11/gahanna_news/news/ghroadwork_20100706_0902am_4.txt

Genoa's Trail Festival steps off July 17

Published: Wednesday, July 7, 2010 12:03 PM EDT

The annual Genoa Trail Festival is set for July 17 at McNamara Park, trustees announced last week. The festivities begin at 8:30 a.m. with a 1 kilometer "Beat the Chief" Race for youth, who will get a chance to race against Genoa Township Fire Chief Gary Honeycutt. The first 25 finishers get a medal. The race will be followed at 9 a.m. by a 5K-Run-Walk, with proceeds going to the Muscular Dystrophy Association. Both races are hosted by the Genoa Fire Department. Other aspects of the special day include a Bike and Car Cruise-In sponsored by the township police department, a dog show contest, Pilates in the park, inflatable games, balloon art, entertainment, raffles, door prizes, silent auction, music, artisans, crafts, farmers' market, flea market, exhibits, demonstrations and food. It will be held rain or shine. For more information, visit the township's website: [genoatwp.com](http://www.genoatwp.com).

http://www.snponline.com/articles/2010/07/11/westerville_news_and_public_opinion/news/webwgenoa_20100707_1136am_4.txt

Letter: Tour de Grandview shines light on a great community

Wednesday, July 7, 2010 12:54 PM

By To the editor:

Grandview residents should be proud of having hosted yet another first-class event, the 18th annual Tour de Grandview Cycling Classic. As the third leg of a three-city event, Grandview's hills saw more than 250 racers battle it out for the finish line in grueling conditions on Sunday, June 27. The junior racers and pro men and women racers come from all over the United States and several foreign countries, and they consistently comment on the caliber of the event and the hospitality of the community. We'd like to thank the hard-working men and women of the city's Parks and Recreation Department and safety forces for ensuring that the event goes off seamlessly. And of course, it couldn't happen without the help and support of numerous corporate sponsors and volunteers, many of whom come from our own community. So when all is said and done, why does the Grandview Community Association hold the race? Because this signature event draws attention to all that is good about this community, and helps position us as a competitive, vibrant first-ring community. Residents can help this effort by cheering on the racers, holding lawn parties at even more places along the race route, or hosting a rider in coming years. In addition, in the past six years the Grandview Community Association has awarded more than \$10,000 in student scholarships and grants to central Ohio nonprofits that support health and wellness initiatives. For more information or to get involved in the GCA, visit www.tourdegrandview.com.

<http://www.thisweeknews.com/live/content/grandview/stories/2010/07/07/tour-de-grandview-shines-light-on-a-great-community.html?sid=104>

Letter: Tour de Grandview support appreciated

Published: Wednesday, July 7, 2010 6:44 PM EDT

To the Editor:

Grandview residents should be proud of having hosted yet another first-class event: the 18th annual Tour de Grandview Cycling Classic. As the third leg of a three-city event, Grandview's hills saw over 250 racers battle it out for the finish line in grueling conditions on June 27. The junior racers and pro men and women racers come from all over the United States and several foreign countries, and they consistently comment on the caliber of the event and the hospitality of the community. We'd like to thank the hard-working men and women of the city's Parks and Recreation Department and safety forces for ensuring that the event goes off seamlessly. And, of course, it couldn't

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Editorial: Short takes

Tuesday, July 6, 2010 02:50 AM

• **PLANS THAT** will combine some undeveloped Grove City parkland on the east side of the Scioto River with 70 neighboring acres owned by Metro Parks will bring a new metro park to a corner of Franklin County that has few such parks in the vicinity. That's good stewardship on the part of the city and the parks system. Grove City hasn't had the budget to develop its parkland, tucked into a bend in the Scioto, but its City Council will consider an ordinance to give it to Metro Parks, which, thanks to voter approval of a 0.75-mill property-tax levy in 2009, has the resources to make it a real asset. <http://www.dispatch.com/live/content/editorials/stories/2010/07/06/short-takes.html>

Indiana bat won't increase Heath bike path costs

BY KENT MALLETT • Advocate Reporter • July 7, 2010

HEATH -- The city's bike path extension project will not increase in cost as previously feared because of effects on the habitat of the Indiana bat, an endangered species. Zoning Chief John Groff told City Council's Community Development Committee on Tuesday that the city must set aside some land as a bat reserve, but the cost remains the same. The bike path extension from the Heath City Waterpark to the Central Ohio Aerospace and Technology Center, a three-quarter-mile stretch, will cost the city even less than anticipated. The \$160,000 cost was cut in half when the Evans Foundation said it would pay 50 percent, leaving \$80,000 for the city to pay toward the \$640,000 project... <http://www.newarkadvocate.com/article/20100707/NEWS01/7070313/Indiana-bat-won-t-increase-Heath-bike-path-costs>

SCIOTO AUDUBON

City clearing clunkers to make way for park expansion

Columbus is preparing to move hundreds of abandoned vehicles to a new impounding lot by February

Tuesday, July 6, 2010 02:50 AM

By Mark Ferenchik

THE COLUMBUS DISPATCH

A green Volkswagen Jetta has been on the city's impounding lot for so long that a tree has grown in front of it - and died. "I sprayed it to kill it," said Sgt. Dan Hale, who helps run the operation and whose duties, yes, include weed control. The car has been held as evidence in a homicide since May 15, 2004, and is one of hundreds of vehicles that sit on the lot - at least until the city begins moving them later this year to a new South Side lot off Rt. 104. The city is to clear the Whittier Avenue lot by February to make way for an expanded Scioto Audubon Metro Park... http://www.dispatch.com/live/content/local_news/stories/2010/07/06/clearing-clunkers.html

Whittier peninsula

Cleanup for park gets EPA approval

Wednesday, July 7, 2010 02:54 AM

By Spencer Hunt

THE COLUMBUS DISPATCH

The Ohio Environmental Protection Agency has approved a third environmental cleanup on the Whittier Peninsula south of Downtown. Columbus and Franklin County Metro Parks cleaned up a 13-acre site where a Lazarus warehouse once stood and replaced it with a park that features a climbing wall, playground and sand volleyball court. The work involved removing 100 cubic yards of soil contaminated with lead. Previous cleanups were of 18 acres adjacent to the former Lazarus warehouse, and a 26-acre parcel now occupied by the Audubon Center. The approval means that the state considers the cleanup complete and won't sue the city or Metro Parks in the future over any pollution issues there. http://www.dispatch.com/live/content/local_news/stories/2010/07/07/copy/cleanup-for-park-gets-epa-approval.html

Resurfacing projects nearly finished

Off ramp from I-70 to Route 204 will be closed overnight July 13

Friday, July 9, 2010 01:45 PM

By NATE ELLIS

ThisWeek Staff Writer

Resurfacing work on state Route 204 and West Columbus Street will conclude this month, according to the Ohio Department of Transportation and the Fairfield County Engineer's Office. The resurfacing of West Columbus Street between Diley Road and state Route 256 began July 6 and is scheduled for completion by the end of this week. Jeff Beard, Fairfield County chief deputy engineer, said traffic has been maintained throughout the project, although he conceded some motorists experienced delays as workers moved into intersections. "It's been unavoidable, but nothing excessive," he said. "The road should be much smoother now." As part of planned upgrades to state Route 204, the off ramp from Interstate 70 East to Route 204 will be closed from 8 p.m. to 6 a.m. on Tuesday, July 13... <http://www.thisweeknews.com/live/content/pickerington/stories/2010/07/07/Resurfacing-projects-nearly-finished.html?sid=104>

City to seek OPWC grant for Brice Road

Wednesday, July 7, 2010 12:54 PM

By DAVID S. OWEN

ThisWeek Staff Writer

The city plans to seek an Ohio Public Works Commission grant that would pay for 75 percent of the costs of upgrading Brice Road from East Main Street to the corporation limit. Jim Miller, Reynoldsburg's director of engineering, said the price tag for the project is expected to be around \$4-million, although an exact figure isn't yet known. Reynoldsburg City Council gave the go-ahead June 14 for the engineering firm Bird Houk to assist Miller in putting together an application for the OPWC grant. The application must be submitted the first week of September. The city will be notified in January whether it will get the grant. Miller said the section of Brice Road slated for improvement is about two miles long. Work would begin at Main Street and run south to the city's south corporation line, close to the Home Depot near Interstate 70 is, or a little south of Eastgreen Boulevard. Miller said if the project wins grant funding, the design phase will start next year with construction beginning in the spring of 2012 and lasting until the end of that summer. "Right now, we anticipate milling, paving, storm sewer and curb and gutter improvements, and pedestrian improvements," Miller said...

<http://www.thisweeknews.com/live/content/reynoldsburg/stories/2010/07/07/city-to-seek-opwc-grant-for-brice-road.html?sid=104>

Auler named new director of parks and recreation

Wednesday, July 7, 2010 12:57 PM

The city of Westerville found its new parks and recreation department director in Michigan. Randy Auler has been director of Parks, Recreation and Cultural Services in Novi, Mich., since 2001. City Manager David Collinworth appointed him to the Westerville post after an extensive search that attracted 65 applicants from throughout the nation and as far away as Ramstein, Germany. Westerville City Council confirmed the appointment on Tuesday, July 6. "Randy's extensive management experience in Parks and Recreation over the past 20 years make him a strong candidate to take the helm in Westerville," Collinworth said. "His accomplishments in the areas of park development, strategic planning, fund raising and creation of public-private partnerships will serve our community well." Auler is expected to start work in Westerville late this month. He succeeds Jody Stowers, who retired in February. "Westerville has distinguished itself nationally with a reputation for excellence in parks and recreation, and I am grateful for the opportunity to become part of such a great community and department," he said. Auler has led parks and recreation departments in Indiana and Michigan. He earned a master's degree in parks and administration from Indiana University.

<http://www.thisweeknews.com/live/content/westerville/stories/2010/07/07/Auler-named-new-director-of-parks-and-recreation.html?sid=104>

SAFE ROUTES TO SCHOOL

New sidewalks, crosswalks expand walker area in Genoa

* Improvements have been installed for students living nearby to walk to school.

By BRETT NUCKLES

Published: Wednesday, July 7, 2010 12:03 PM EDT

A few more kids will be hoofing it to Genoa Middle School and Fouse Elementary next year, but parents can rest a little easier thanks to new safety installations including new sidewalks and crosswalks. In line with Westerville transportation policy, the non-transport boundaries for Genoa Middle School and Fouse Elementary have been expanded for the 2010-11 school year. That means that fewer kids will be riding the bus each morning, and more will be walking to school. Several new crosswalks have been installed to ensure a safe trip for new commuters, including a crosswalk across Old 3C Highway north of Freeman Road, and a crosswalk across Freeman Road west of Old 3C. New sidewalks also are among the improvements, including a sidewalk on the west side of Old 3C between Genoa Farms Boulevard South and Genoa Farms Boulevard North; a sidewalk on the east side of Old 3C from Covington Meadows Drive South to Freeman Road; and a sidewalk connecting the Freeman Road crosswalk to the Fouse school property sidewalk. "These completed changes were all the result of our additional safety needs," said Westerville City Schools Executive Director of Facilities and Operations Jeff LeRose. Westerville standards dictate that bus transportation be provided to any middle school students living more than 1.7 miles from their school, and to any elementary school students living more than 1.3 miles from their school. With the lack of sidewalks and crosswalks in the area, students living closer than the policy requires were bused to Fouse and Genoa. But now students in the nearby residences north of Freeman Road, east of Olde Worthington Road, south of Big Walnut Road and west of Tussic Street will fall into the non-transport zone...

http://www.snponline.com/articles/2010/07/11/westerville_news_and_public_opinion/schools/wesidewalk_20100707_1146am_4.txt

July SRTS E-News,

This month's articles include:

1. Local Host Sought for 3rd Safe Routes to School National
2. Update on the Partnership's 2011-2015 Strategic Plan
3. Attend the Partnership's Annual Meeting and ProWalk/ProBike
4. Safe Routes to School National Partnership's Federal Update
5. Safe Routes to School State Network Project Update
6. Connect with us on Facebook and Twitter
7. Six State DOTs Collaborate on Study
8. South Carolina Moving Safe Routes to School Projects Forward
9. Texas Awards More Than \$54 Million in SRTS Funding
10. SRTS News Throughout the Country

<http://www.saferoutespartnership.org/enews/july2010>

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New Safe Routes to School resources available,

<http://policy.rutgers.edu/vtc/srts/publications.php>

• Why Should a School District Adopt Policies on Walking and Bicycling?

School District policies that ban or provide other barriers to walking and bicycling to school undermine schools' work to promote health, wellness and environmentally sustainable transportation among students. The Safe Routes to School Resource Center at the Alan M. Voorhees Transportation Center has developed a fact sheet that explains how and why school districts should develop and adopt policies that support walking and bicycling to and from school.

- **Model Walking to School Policy**
- **Model Bicycling to School Policy**

Accompanying the fact sheet, we also have two model school district policies addressing walking and bicycling. Safe Routes to School proponents and policymakers can modify each policy to meet the specific needs of individual districts.

<http://policy.rutgers.edu/vtc/srts/publications.php>

The New Jersey Safe Routes to School Resource Center

Alan M. Voorhees Transportation Center

Edward J. Bloustein School of Planning and Public Policy

Rutgers University

33 Livingston Avenue

New Brunswick, NJ 08901

Telephone: (732) 932-6812

Fax: (732) 932-3714

<http://policy.rutgers.edu/vtc/srts/>

Call for 2010 James L. Oberstar Safe Routes to School Award Applications

Applications Due August 4

CHAPEL HILL, N.C. (July 8, 2010) – Applications are now being accepted for the 2010 James L. Oberstar Safe Routes to School Award. The 2010 Award will recognize outstanding achievement by a school or community in conducting a SRTS program that has greatly improved the safety or increased the number of elementary and/or middle school students walking and bicycling to school.

The James L. Oberstar Safe Routes to School Award recognizes Safe Routes to School (SRTS) programs for outstanding achievement in improving the health and well-being of an entire generation of school children. The award is given annually by the National Center for Safe Routes to School to an exemplary SRTS program in the United States.

For more information and an application, visit

http://www.saferoutesinfo.org/news_room/oberstar_award/oberstar_award_instructions.cfm.

Applications can be submitted by individuals or organizations such as schools, local SRTS programs, community organizations, local governmental departments, state SRTS coordinators, SRTS advocates, state Departments of Transportation, Governor's Highway Safety Offices, FHWA Division representatives, and NHTSA Regional Offices. The application deadline is Wednesday, August 4.

About the James L. Oberstar Safe Routes to School Award

The Safe Routes to School Award is named for Congressman James L. Oberstar, current Chair of the House Transportation and Infrastructure Committee, in order to honor his dedication to America's school children. During Chairman Oberstar's 35 years as a member of Congress, he has shaped the nation's surface transportation policies to support and encourage walking and bicycling as important alternatives to motorized transportation. As a champion of the SRTS program, Chairman Oberstar built bipartisan support to secure its inclusion in the 2005 Federal transportation bill named Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users (SAFETEA-LU). SAFETEA-LU included \$612 million over five years for SRTS programs in the 50 States and the District of Columbia. These federal funds are administered by each state's Department of Transportation.

Each year, the James L. Oberstar Safe Routes to School Award recognizes a particular type of accomplishment. In 2009, [Ben W. Murch Elementary School](#) (Washington, D.C.) received the award in recognition for excellence in building community support and infrastructure for safe walking and bicycling to school. In 2008, Bear Creek Elementary School (Boulder, Colo.) was recognized for outstanding achievement in increasing the number of students who safely walked or bicycled to school during the entire school year. Both winners were able to achieve their successes as part of a SRTS program that benefited from federal SRTS funding. The Michigan Department of Transportation received the 2007 award in recognition of outstanding achievement in establishing a state SRTS program.

OTHER NEWS (Includes Tour de France)

ODOT project spending up 30% in 2010 fiscal year

Friday, July 9, 2010 02:54 AM

By James Nash

THE COLUMBUS DISPATCH

Boosted by federal stimulus money, the Ohio Department of Transportation has spent more than \$2 billion on projects in the past year. That's a jump of about 30percent from the previous high. Between July 1, 2009, and June 30, the state transportation agency awarded 803 projects totaling nearly \$1.6billion. It also awarded nearly \$500,000 to cities, counties and other local governments for their projects, according to an agency news release. "These historic investments in transportation are helping to ignite the state's economic engine by creating jobs, modernizing our aging infrastructure, and giving our citizens and businesses real choices in travel and shipping," state transportation Director Jolene Molitoris said in the release. A construction union with headquarters in Cleveland and an Illinois-based builder had accused Gov. Ted Strickland's administration of dragging its feet on spending stimulus money, but the Strickland administration denied it. The Illinois lawsuit was settled last month. http://www.dispatch.com/live/content/local_news/stories/2010/07/09/copy/odot-project-spending-up-30-percent.html

Lots of road work in ODOT District 9

SPECIAL TO THE GAZETTE • July 11, 2010

The following traffic report includes road construction and major maintenance projects requiring lane restrictions and/or road closures along the state and federal highway system within certain counties of ODOT District 9. For additional information regarding projects throughout the state, visit www.buckeyetraffic.org. All work will take place during daytime, business hours Monday through Friday only unless otherwise indicated...

<http://www.chillicothe Gazette.com/article/20100711/NEWS01/7110311/Lots-of-road-work-in-ODOT-District-9>

End of the road for Ohio's tallest bridge

BY MATT LEINGANG • Associated Press • July 8, 2010

COLUMBUS -- Construction begins Monday on an \$88 million project to replace the tallest bridge in Ohio, an aging structure similar in design to the one that collapsed in Minnesota in 2007. The Jeremiah Morrow Bridge on Interstate 71 near Lebanon in southwest Ohio is considered safe but has enough structural deterioration it no longer can handle heavy loads. Oversize trucks carrying more than 120,000 pounds, such military or farm equipment, are prohibited... Plans also call for maintaining canoe traffic on the river during the recreation season, as well as keeping open a bike path that runs along the river, Price said.

<http://www.newarkadvocate.com/article/20100708/NEWS01/7080332/End-of-the-road-for-Ohio-s-tallest-bridge>

The incredible 'bendy bicycle': British designer, 21, invents a bike you can FOLD around a lamp post

By Daily Mail Reporter

Last updated at 11:46 AM on 8th July 2010

A young designer has invented a revolutionary folding bicycle that will stop thieves in their tracks. Kevin Scott, 21, designed the space-age bike that wraps around a lamp post so it can be locked-up safely - without the need for a lock or chain. The De Montfort University graduate used a ratchet system built into the frame of the bike to allow it to wrap around a pole, enabling the lock to be wrapped through both wheels and the frame...

<http://www.dailymail.co.uk/sciencetech/article-1292986/Young-designer-puts-new-twist-folding-bicycle-idea.html#ixzz0t6HLGHqt> Thanks to Nick Pedicini for the link.

County bridges all gaps but one in Pittsburgh-to-D.C. trail

Onorato wants it completed by 2011

Thursday, July 08, 2010

By Jon Schmitz, Pittsburgh Post-Gazette

Construction cranes on Wednesday eliminated two of the biggest obstacles to completing a 335-mile biking and hiking trail from Pittsburgh to Washington, D.C., a project that has been in the works for 35 years. Crews hoisted prefabricated bridges over active freight rail lines in Whitaker and Duquesne along the Monongahela River. Construction of a 2 1/2-mile trail segment linking the bridges to the existing trail will begin by fall, with completion

expected by January, said Jack Paulik, project manager for Regional Trail Corp. "This is a major milestone," Mr. Paulik said. All that will remain incomplete on the Great Allegheny Passage after that is a one-mile stretch through Sandcastle Waterpark. Negotiations with the park owners have not produced an agreement that will allow the trail to go through... <http://www.post-gazette.com/pg/10189/1071217-455.stm> Thanks to Bob Williams for the link.

Tour de France

Rain, oil blamed for crashes

Tuesday, July 6, 2010 02:51 AM

By Jamey Keaten

ASSOCIATED PRESS

SPA, Belgium - Lance Armstrong bloodied his thigh in a tumble to the asphalt yesterday, one of dozens of Tour de France riders ensnared in widespread nerve-racking crashes during a rainy second stage won by new race leader Sylvain Chavanel of France. Armstrong and defending champion Alberto Contador of Spain fell on a slippery descent from the mid-grade Stockeu Pass toward the end of the 125-mile run from Brussels to Spa. Both completed the stage and were OK, their teams said. Chavanel took the yellow jersey from Swiss rider Fabian Cancellara. The Frenchman finished in 4 hours, 40 minutes, 48 seconds, winning a Tour stage for the second time in his career. Armstrong is in fifth place overall, 3:19 behind. Organizers said they briefly considered canceling the stage altogether. But under the race rules, the spills were too spread out to warrant a cancellation...

<http://www.dispatch.com/live/content/sports/stories/2010/07/06/rain-oil-blamed-for-crashes.html>

Tour de France: Flat tire puts Armstrong behind

Cobblestones spell trouble for cyclists in the third stage

Wednesday, July 7, 2010 02:54 AM

By Diane Pucin

Los Angeles Times

ARENBERG, France - A punctured tire may have popped the balloon of Lance Armstrong's Tour de France chances yesterday. After an ill-timed flat left Armstrong pedaling furiously and ultimately alone, the seven-time champion fell from fifth overall to 18th after the 132.36-mile Stage 3 from Wanze, Belgium, to the finish line here, the first in France. Yet not even his ferocious efforts could save him from dropping chunks of time to some of his main rivals. He is 2 minutes 30 seconds behind Switzerland's Fabian Cancellara, who retook the yellow jersey and had won Saturday's prologue. Yesterday's stage carried the peloton, already bruised from crash-filled racing, through an early spill that Armstrong managed to avoid and then through seven cobblestoned sections...

<http://www.dispatch.com/live/content/sports/stories/2010/07/07/flat-tire-puts-armstrong-behind.html>

Tour de France: Cobblestones rattle Armstrong

Thursday, July 8, 2010 02:56 AM

By Jamey Keaten

Associated Press

REIMS, France - Lance Armstrong's flat tire has done more than just deflate some of his hopes for another Tour de France victory. It also has caused a bit of second-guessing within his RadioShack team. Before yesterday's flat fourth stage, won by Alessandro Petacchi of Italy in a sprint, Armstrong said he and his teammates could have better managed the cobblestones where he punctured a tire and lost time the previous day. Yesterday's ride didn't shake up the overall standings, with Fabian Cancellara of Switzerland retaining the yellow jersey, and many riders were still pondering the blows suffered by Armstrong and RadioShack on Tuesday. "In hindsight, as a team, I think we all agree we could have ridden differently," Armstrong said. "You can look at the position we went into the cobbles, you can look at perhaps the amount of the time we spent on the sides, which I think has an effect..."

<http://www.dispatch.com/live/content/sports/stories/2010/07/08/cobblestones-rattle-armstrong.html>

Tour de France: Winner weeps for joy

Cavendish wins stage, a day after angry outburst

Friday, July 9, 2010 02:54 AM

By Jamey Keaten

ASSOCIATED PRESS

MONTARGIS, France - Britain's Mark Cavendish broke down in tears after winning the fifth stage of the Tour de France yesterday for his first victory in this year's race. Defending champion Alberto Contador of Spain was 19th in the stage, and seven-time tour winner Lance Armstrong finished 30th. Cavendish, who won six stages last year and

four in 2008, broke through on the mostly flat, 116.3-mile trek from Epernay to Montargis. The main contenders for the overall title cruised home afterward in the pack, which clocked 4 hours, 30 minutes, 50 seconds. Fabian Cancellara retained the leader's yellow jersey. Among the top contenders behind Cancellara, Cadel Evans of Australia holds third place, 39 seconds back, and last year's runner-up, Andy Schleck of Luxembourg, is sixth, 1:09 back. Contador is ninth, 1:40 back, and Armstrong is 2:30 back in 18th...

<http://www.dispatch.com/live/content/sports/stories/2010/07/09/winner-weeps-for-joy.html>

Tour de France

Armstrong looks to the mountains

Saturday, July 10, 2010 02:52 AM

By Jamey Keaten

ASSOCIATED PRESS

GUEUGNON, France — Lance Armstrong has his mind on the mountains. The seven-time Tour de France champion is in 18th place after yesterday's stage, which was won by Brit Mark Cavendish for his second straight sprint-finish victory. If Armstrong is going to make a move, it may come in the climbs. The weather was hot — 95 degrees — for the 141-mile sixth stage from Montargis to Gueugnon. "Guys were suffering the whole stage," Armstrong said. Cavendish called the stage, the longest this year, his hardest ride so far. "For us, these days are days when you can't necessarily win the Tour, but you can certainly lose it," Armstrong said, warning as he often does of the dangers of flat stages that end in frenzied sprints...

<http://www.dispatch.com/live/content/sports/stories/2010/07/10/armstrong-looks-to-the-mountains.html>

Tour de France

Armstrong expects tough climbing

Sunday, July 11, 2010 03:00 AM

By Jamey Keaten

ASSOCIATED PRESS

LES ROUSSES, France - Lance Armstrong is predicting a shakeout among the top Tour de France contenders with the race heading to the Alps for its first serious climbing. The seven-time Tour champion and his main rivals struggled under hot, muggy conditions yesterday when French rider Sylvain Chavanel won a seventh stage that included six low- and mid-level climbs. The pack embarks on serious Alpine punishment today with a 117.4-mile jaunt that features two very difficult climbs in the run between the Les Rousses and Morzine-Avoriaz ski stations. If the Texan wants an eighth Tour crown, he'll need to excel in the mountains. The stages in the Alps today and Tuesday are important, but four leg-straining days in the Pyrenees in the third week may be decisive...

<http://www.dispatch.com/live/content/sports/stories/2010/07/11/armstrong-expects-tough-climbing.html>

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