

Newsletter of the Silver Wheels Cycling Club, Inc.

December, 2023

Rollin'



President: Steve Osmialowski
Vice President: Jose Morel



Treasurer: Rick Wells
Secretary: Sandy Lottman
Rollin' Editor: Larry Best

By Larry Best

Editor's Column

So, there I was, minding my own business as usual when, all of a sudden, a friend of mine asked about my Christmas shopping. He was gloating because he was finished. I, on the other hand not started yet. Many people think that Black Friday is an ideal day to shop. Normally, on Black Friday I hide under the bed until it's over. I don't like crowds. I'm not expecting to receive any bike related stuff this year. There's a chance that's because I didn't ask for any. Oh well! I'd like to wish everyone a Merry Christmas and a Happy, safe and healthy New Year. Hopefully, you'll get the bike related stuff of your dreams.

State of the Club

By President Steve Oz

State of the Club

As the last few weeks of 2023 are upon us, it's time to reflect on the year. Overall, things went smoothly for me as President. What really helped is our dedicated board members that manage the club and help make the decisions that keep us successful. I believe the club is thriving and ready to take on 2024! One important observation is that there were no serious cycling accidents this year! Well done everyone! And there was no shortage of riding opportunities. The club hosted over 400 rides and

members logged just over 86,000 total miles. Way to go!

I am always impressed by the folks that step up and volunteer their time as a board member, committee chair or committee member. And of course, all those who give their time and talents to our Dog Days Wine Tour. Thank you and let's keep it going!

Our executive board is losing three hard-working volunteers. Bob Burkhardt, Sandy Lottman and Rick Wells are stepping down. Thanks for your efforts all these years!

And welcome three new volunteers to the board: Pat Serio, Jan Friswold and Norm Diederich. Their term starts January 1.

Every year, our club takes a big chunk of funds and donates to cycling advocacy groups. These funds are from membership dues and DDWT profits. I'm happy to report that since we had a successful year, we have donated \$6300 to groups we interact with as a club. Each of the following received a donation from SWCC:

- League of American Bicyclists
- Ohio to Erie Trail
- Lorain County Metroparks
- Cycling Schools
- Oberlin Library
- Bike Cleveland
- First Church of Oberlin
- Firelands Rails to Trails

Regarding the Firelands Rails to Trails; we have made a donation as a "trail

sponsor" for 2024. Our club's name will be on a trail marker (mile marker 52, west of Monroeville) The sponsorship is for one year. Look for some rides out that way this summer to see our trail marker.

Thanks goes to all our active members for making 2023 a success. For those members who joined but didn't get to ride with us, please stay and join in the fun next season. We'd love to have you ride with us!

And, plan to join us at these upcoming events:

New Years Day Ride/potluck

Annual planning session

Awards banquet



Congratulations to the new 2024 Silver Wheels Board members!

At the club meeting on November, 16, the club unanimously elected a slate of officers for four positions open on the board. Treasurer, secretary and two director positions were open. Peggy Doheny decided to remain for 2024 in her position as director. The nominating committee searched the club for candidates for the other three positions. The results are below. Thank you for the work and dedication of the outgoing officers. And thank you to the new board members! We really appreciate their willingness to step up and participate in the direction and operation of the club for the next two years! The positions are:

Position	Incumbent	2024 Officer
Director	Peggy Doheny	Peggy Doheny

Director	Bob Burkhardt	Pat Serio
Treasurer	Rick Wells	Norm Diederich
Secretary	Sandy Lottman	Jan Friswold

Winter Riding

By Larry Best

I was a year 'round commuter for many years before I retired. IMO, it's easy to wear too many layers or overdress. If you're just standing around you should be cold. The part of my body that suffers the most in frigid temps are my hands. I still ride when it's 20F or warmer & the roads are clear. Whenever I say that, many people have asked me, "What about the ice & snow?" I said if the roads are clear. So, depending on the temperature, here's what I wear from the top down. My helmet with nothing blocking the vents, a light weight balaclava made from wicking material. The balaclava is flexible enough that I can either pull it down beneath my chin, or pull it up so that it comes up to the bottom of my glasses. That way my entire face will be covered & not exposed to the wind. On my torso

a fleece pullover from Sahalie. It's long enough, including the sleeves & zips up into a nice, snug turtleneck. It's not bicycle specific but is also inexpensive. Note that I wear no base layer under that. Over that, depending on the temp, I wear either a team cycling jacket that's not windproof, or if it's below freezing, a yellow, lightweight rain jacket that completely blocks the wind. It has pit zips so if I get too hot, I can regulate the temp. On the bottom I start wearing tights when it's about 60F or colder. When it gets below 40F I wear tights that are wind and water proof in the front, and a breathable stretch fabric on the back of the legs. These are so warm that I find them uncomfortable to wear if the temps are approaching the mid-40s. They are the warmest tights I've ever tried in my 58 years of riding. I wear wool knee socks of medium thickness. Either smart wool or dumb wool are all right. If the socks are too thick they'll make your shoes too tight. That will cut off circulation to your feet & make them even colder. I wear booties over my shoes if it's mid 30sF or colder. I don't know what brand they are, but over the years I've

found that they're pretty much all the same.

My fingers are the body part that bothers me the most. I have a glove fetish. I have 2 pairs of Grandoe ski gloves that I bought from sierratradingpost.com. I also have lighter weight, full finger gloves that I use when the temps are in the 40sF. Even the ski gloves are not warm enough for me. I bought nice pair of mittens, which was a mistake. Mittens are clumsy & won't let you shift gears or brake reliably. The mittens are so warm that I hardly ever use them. When riding in any temperature above 20 they're so warm it's really uncomfortable. I've never tried "lobster claws". Those are gloves with thumbs & only 2 finger compartments. The index & middle finger are together as are the ring finger & the pinky. People say they're really warm. That's about it. As always, YMMV. (your mileage may vary) I hope this helps you out some.

Jingle Bike

By Larry Best

I made up a little seasonal ditty for winter riding. I call it "Jingle Bikes".

Dashing through the ice, on a skinny
tired bike

I slowly rode away, my friends just
rolled their eyes.

Wheels on pavement hum, making
fingers freeze.

My wheels whine to hold my line at
twenty five degrees.

Oh, Jingle Bells cold as Hell,
I don't know when to quit.

I'm pretty sure there is no cure,
I'm crazier than s**t

Determination reigns as o'er the road I
go,

Cranking up the hills, in fifteen pounds
of clothes,

Full bottles in their cage, my lights in
grand array,

Oh what fun it is to ride and sing this
merry song today!

Oh, Jingle Bells, almost fell,
I guess I'm out of luck,

When it's this cold I ought to fold,
I'm loonier than..... oh never mind.

I know I like to gripe, it's not my finest
trait

But same as all the rest, this ride was
really great!

There's no bad biking day, there's joy at
every turn

Not to mention good fresh air and all the
fat I burn.

Oh, Jingle Bells, truth to tell
I'm very glad I went.

I had to smile through every mile,
But now I'm really spent.



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