

## Newsletter of the Silver Wheels Cycling Club, Inc.

March, 2024

# Rollin'



**President: Steve Osmialowski**  
**Vice President: Jose Morel**  
**Treasurer: Norm Diedrich**  
**Secretary: Jan Friswold**  
**Rollin' Editor: Larry Best**

### Editor's Column

By Larry Best

**So, there I was, minding my own business as usual when, all of a sudden,** I received some very sad news. Naaman Torres, a longtime member of SWCC passed away early this month. I've known Naaman and his wife Marilyn for about 25 years. He was a good friend, a good rider, a good club member, as well as being a philanthropist. I, along with everyone who knew him will miss him.

The ride season has begun in earnest. The calendar is populated with rides of various dates, times, and star levels. The Chili Weiner ride is over. I don't know how many attended or if anyone rode. I found it curious that all the rides were cancelled. It's the **Chili Weiner**, but when it got chilly all the rides were called off. **What the????**

Some important events are upcoming very soon. On March 21<sup>st</sup> there is a club meeting at 7:30 P.M. at the Carlisle Visitors Center. Before the meeting there will be a swap meet where members can buy and sell bike related stuff. More on that later. That's all from me this month except to say if you'd really like to support the club get your bike out of the garage and come ride with us.



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**Hey, look everybody. We got newbies.**

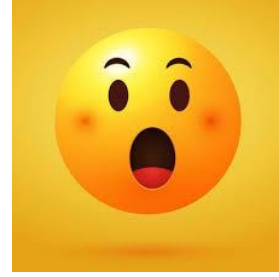


**A warm welcome to our newest club members:**

1. Trish Lazar
2. Kenneth Harwood
3. Margaret Glenn
4. Robin Dickson
5. Melanie Gerken
6. Eric Newsome
7. Veronica Newsome
8. Sean Nagle

Hello everyone,

I just wanted to let you know that **Sean Nagle** just joined the club. If his name sounds familiar, he is the gentleman who road all three loops of Dog Days last year.



**Silver Wheels 2024 Swap Meet is Coming!**



**By Eva Weber & LaDean Hutter**

It's happening prior to the regular club meeting on Thursday, March 21 at Carlisle Visitor Center. Sort out that bicycle stuff that you are no longer using, price it, bring it to the Swap Meet, and hopefully someone else will "just have to have it". Don't forget to bring your checkbook or cash because you might want to buy something too.

**Swap Meet Time Schedule:**

6:00–6:30 p.m. Members who have items to sell set up their table space in the Black River Room

6:30-7:30 p.m. Swap meet open for purchases

7:30-7:45 p.m. Club meeting

7:45-8:15 p.m. Sellers pack up unsold merchandise

### Swap Meet Guidelines:

1.) Only Silver Wheels members may sell items in the swap meet. If you have a friend or neighbor who has bicycle items to sell, bring it under your name.

2.) You need to price your own items and handle your own sales. Sellers need to take their own cash box.

3.) Items should be bicycle related. For example: Bikes, bike accessories, bike tools, bike parts, cycling clothing, decorative items with a bike motif, books, puzzles, games related to bike topics, gear for bike camping, bicycle art, etc. are acceptable items.

4.) Table space will be available at Carlisle Visitor Center in the Black River Room (larger room) on a first come, first served basis. Tables are provided.

5.) At the close of the swap meet, sellers can take their unsold items home, or tentatively donate them to the Bike Education Center in Elyria or to the Bay Village Bike Co-op. Members of our bike club are involved in both of those entities. Representatives from the Co-op and Bike Ed Center are being confirmed to pick up donated items at the close of the meeting.

6.) By March 14th, notify LaDean Hutter if you intend to sell items, and also let us know of any large items you wish to sell to help us

better plan the amount of table space, and display space needed.

If you have questions, contact one of the Swap Meet Committee coordinators.

LaDean Hutter 440-371-6538 [lhutter@windstream.net](mailto:lhutter@windstream.net)

Eva Weber 440-774-9034 or 440-935-6385 [weber.1@osu.edu](mailto:weber.1@osu.edu)



**MILESTONES**



**“56” Silver Wheelers  
Achieved Milestones  
During 2023**

**The following SWCC Members  
have been in the club for the  
following years**

**25 Years**

Mike Bokulich  
Bud Ennis  
Pati Habenicht  
John Secrist  
Kathy Secrist  
Ed Stewart  
Marti Stewart

Marilyn Torres  
Naaman Torres  
Sandra Woosley

**20 Years**

**Visobe Welch-Burnett**

**15 Years**

Mikki Mette  
Steve Osmialowski  
Dennis Stout  
Eleanor Stout

**10 Years**

Richard Assaf  
Michele Cold  
Norman Diederich  
Tony DiVenere  
Brenda Gerber  
Wynn Gerber  
Carl Gonzalez  
Ann Hauser  
Jack Lekan  
Greg Linn  
Randy Lottman  
Sandy Lottman  
Kathy Martin  
Duane Mills  
James Pankow  
Bob Piccirilli  
Rebecca Riley  
Lila Robinson  
Dale Smith  
Mark Steiger  
Virginia Steiger  
Sue Wells

**5 Years**

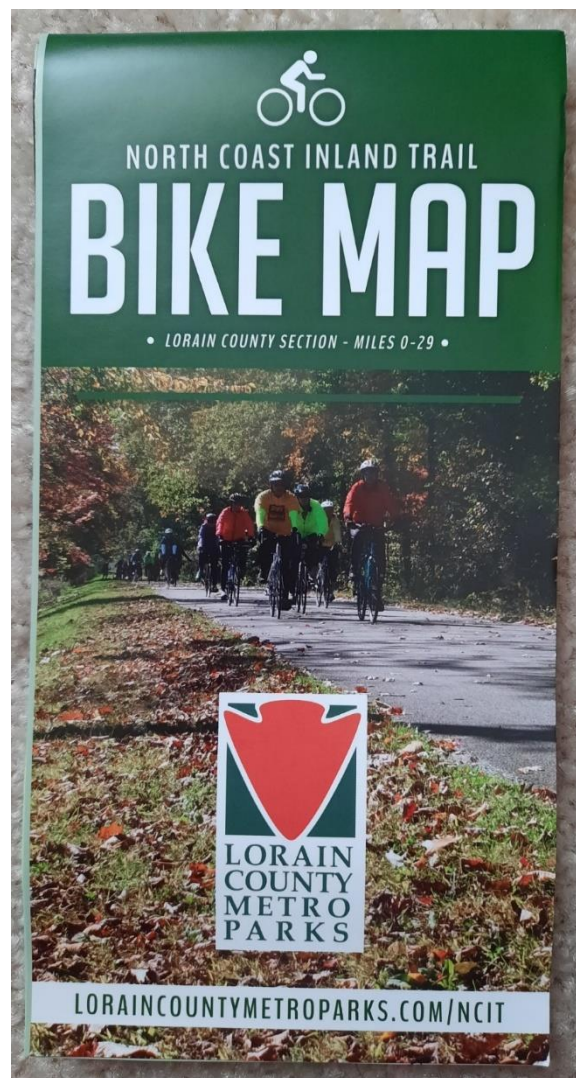
William Beasley  
 Rob Boas  
 Rick Bouch  
 Sherry Bouch  
 John Delzani  
 Kathy Dugan  
 Debra Ehasz  
 Judy Goble  
 Mary Johnson  
 Kenneth Knabe  
 Helen Mansfield  
 Liz Miller  
 Clifford Prusinski  
 Joan Prusinski  
 Maggie Savoy  
 Edward Schlichenmayer  
 Pam Schlichenmayer  
 Sandra Torres  
 Joe Yourkiewicz

## **North Coast Inland Trail Map**

**By Steve Oz**

The Lorain County Metro Parks has created a new full-color, fold-out map of the Lorain County portion on the NCIT. The map details the first 29 miles of trail, beginning in Lorain and ending at Green Rd. You will find specifics on how to navigate the tricky portions such as getting through Elyria (miles 10-15). This high-quality map even has a picture of Silver Wheels cyclists on the cover! The club is proud to have made a donation to the park system which was specifically used for map printing costs. For a paper copy, visit the Nature Center and ask for one. Due to high printing

costs, these maps will not be left out for visitors to take. The NCIT was created in 1992 when seven local park districts agreed on developing a system of connected trails. Over the years, it has grown to nearly 100 miles in length, from Lorain to the Toledo area. This trail is widely used by Silver Wheels club members.



## 2023 Awards Banquet

By Steve Oz

State of the Club by Steve Oz

The worst of winter is behind us and spring is just around the corner! That means

our cycling opportunities will be on the increase. Many members have been riding

over the past few months when the weather does cooperate. If you have not

thought about riding much yet, here is your reminder. The local bike shops will be

getting busy with maintenance and repairs. If your bike(s) need attention, now's

the time to get to the shop or do it yourself. Most times, a bike just needs a good

washing and chain lube. Don't forget to check the brakes and shifting action. And,

those batteries in your computer and sender might need to be replaced. Once you

have everything checked and ready, you will have a more pleasant (and safe) first ride.

If you need an excuse for a first ride, why not come out to the popular Chili Wiener

ride on Sunday, March 10. We will ride (if the weather is acceptable) and of course

eat. See the club calendar for all the details.

The annual planning session was held on January 27. The board members and

committee leaders are now ready to lead the club to another successful year. We

have a great team that gives their time and talents to make sure this club stays

vibrant. As usual, there will be many special club rides as well as daily rides added

to the calendar.

About 60 attended the awards banquet on February 4. Congratulations to all our award recipients for 2023:

**Golden Wheelers: Karen Farago and Greg Orłowski**

**Tough Ol' Bird: Marilyn Torres**

**Top Miles – Female: Susan Schneider**

**Top Miles – Male: Norm Diederich**

**Ride Leader of the Year: Rob Hipkind**

**Silver Bullets: Sherry Bouch and Jose' Morell**

**Silver Wheeler: Peggy Doheny**



## Gear Up for Spring: Get Your Road Bike Ready to Roll!

By Mel Cruzado

Spring is in the air, and with it comes the irresistible urge to hit the open road on your trusty bike. But before you clip in and zoom off, it's important to give your road bike some TLC after its winter slumber. Here's a quick and easy guide to get your bike rolling smoothly and safely:

- **Clean Machine:** Give your bike a good scrub down. Remove dirt, grime, and road salt buildup that can accelerate wear and tear.
- **Safety First:** Inspect your tires for cracks, cuts, and proper tread depth. Ensure your brakes are functioning properly and replace worn-out pads. Don't forget to check your lights – fresh batteries

are essential for increased visibility.

- **Shifting Gears:** Lubricate your chain, cassette, and derailleurs with a dedicated bike lube (avoid WD-40!). This will keep your gears shifting smoothly and efficiently.
- **Tighten Up:** Go over all the bolts on your bike, checking for proper tightness. A loose bolt can lead to major problems down the road (pun intended!).
- **Test Ride Time:** Take your bike for a spin to listen for any unusual creaks or grinding noises. Ensure your gears are shifting smoothly and your brakes are responsive.
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By following these simple steps, you can ensure your road bike is in top shape and ready to conquer those spring miles. Happy riding!





# LAST PAGE

*r.i.p. Naaman*



