

From: Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org
Subject: April 2022 Rollin'
Date: April 10, 2022 at 6:40 PM
To: Sally Saul sjsaul@mac.com



April 2022



Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

Your Current Leadership Team

President:	Cheryl Burkhardt
Vice President:	Steve Osmialowski
Treasurer:	Rick Wells
Secretary:	Sandy Lottman
Membership:	Randy Lottman
Website Coordinator:	Tom Weber
Merchandise:	José Morell
Sunshine:	Eleanor Stout
Mileage Minder:	Karen Hobbs
Newsletter Editor:	Steve Osmialowski
Ride Committee:	Dennis Stout
Social Committee:	Sherry Bouch
Education/Safety:	Peggy Doheny
Dog Days:	Scott Edmundson
Physical Assets:	Emily Townsend
Social Media:	Mel Cruzado and Cheryl Burkhardt

Directors: Peggy Doheny, Mel Cruzado, Scott Edmundson, Bob Burkhardt

See the club roster for specific contact information

See the club roster for specific contact information.

From The Editor

Well, the weather roller coaster we've experienced isn't exactly new for this area, but it is frustrating. One day is warm and sunny and the next is blustery cold. There have been some club rides completed and some have been canceled. The spring Chili Wiener rides were not held due to wintery conditions. And, it seems to be raining nearly every Wednesday for those evening rides. You just never know what Mother Nature has in store for us when plans are made. The next big club ride is the Founding Day event. This is the birthday celebration for the club that is always well attended. There will be rides at all levels available, provided the weather is good enough.

Also, thanks to all who participated in the March 24th Safety Expo. It was a fun event and most likely everyone learned something.

Steve



Ponderings From The President

By Cheryl Burkhardt

Sorry but Ponderings will return next month





It's time to celebrate the founding of the club: 23 years ago! Come to the Vermilion Valley Vineyards on Saturday, April 16, 2022.

Rides start at 11AM, social hour upon rider return, around 1:30 p.m. Toilet facilities will be available before and after the rides.

Actually, it's just an opportunity to ride and eat, both things that we enjoy. The VVV has a great selection of wines and food available for purchase. It is also a chance to meet club members who ride at different levels than you do. If you are new to the club, this is a good opportunity for you to meet some of the members and see what you have gotten yourself into. If the weather is poor or you prefer not to ride, come for the social hour, we can pretty much guarantee you a good time. Birthday cake will be served of course!

The Vermilion Valley Vineyards is a great venue for this ALL STAR ride. They have a paved driveway and parking lot to make your exit and entry smooth. Check the calendar entry for specific details about the available rides.

Here are a couple photos from the March 24 Safety Expo





Smart Cycling Is the Way to Go

Do you encourage others to experience the joy of cycling? Do you want to share with others in the general community your knowledge of safe cycling? Would you be interested in becoming a League of American Bicyclist (LAB) Cycling Instructor?

LCI's or League Cycling Instructors are ambassadors for better cycling through education.

After earning certification through a 3-day, LAB Coach - led seminar, LCI's may then teach Smart Cycling classes to adults and children.

Their goal is to help people feel more secure about riding and ensure that people on bikes know how to ride safely and legally.

Candidates must first take the Smart Cycling Complete class (Traffic Skills 101) and pass with 85% or higher. Our club (Silver Wheels) can help you with locating an LCI in the area. The class can also be taken on-line, but the road portion of the class, plus the exam must be completed with an LCI.

Once certified, LCI's must complete 12 hours of documented annual in-service which can be accomplished by teaching classes and/or bicycle related activities. LCI's must also retain membership in LAB and pay an annual LCI fee of \$25 (this fee would most likely be reimbursed by Silver Wheels).

The Silver Wheels Board of Directors is interested in having at least one active (preferably two) LCI's within our membership fold. Currently LAB is not offering any seminars in Ohio, but new seminars are scheduled throughout the year. Presently the Silver Wheels budget does not have a line item to reimburse an LCI candidate for their expenses, but with a successful Dog Days Wine Tour this year, that should change. If you would be interested in being considered as a club sponsored candidate in the future or have questions, please reach out to Bob Burkhardt (rburkhardt@roadrunner.com).

For more information about The League of America Bicyclists and LCI's go to bikeleague.org and click on Smart Cycling in the drop-down menu.

Bob Burkhardt, Board Director

Something new on the trail!

These new maps are
now affixed to the
mileage posts on the
North Coast Inland
Trail



Is a road bike in your future? By Steve Oz

Many cyclists start their hobby with a low-cost department store bike. It is common to see many of these bikes with wide, knobby tires. They look impressive and you can certainly go over most terrain on these tires. However, keeping up with others that are riding road bikes will be difficult. A road bike is typically 10% to 30% faster than a mountain bike. On average, the road bike is 15% faster at the same power output on smooth paved surfaces. This is due to the road bike having high pressure, narrow, low resistance tires. Also coming into play is the riding posture, frame design and overall weight.

For higher speeds, riding position is a big advantage with a road bike. When hunched over on a road bike, wind resistance is reduced and your pedaling is more efficient. While a more upright position certainly is comfortable, you will be slower overall.

The bike's rolling resistance is affected by tire width, tread and inflation pressure. Wide tires have better gripping ability but since more rubber contacts the road, resistance will be higher. A knobby tread is helpful in off-road situations but on a smooth surface it will slow you down. Wider tires have lower pressure and since the tire will deform more, there is more rubber contact and more resistance. High-pressure road tires are narrow, have little (if any) tread and will hold their shape more when contacting the surface.

Bike weight is another factor in overall speed. A steel framed mountain bike can weigh in at about 30 pounds while a carbon road bike is under 20 pounds. This factor alone can give the road bike a 1 mph advantage.

These reasons contribute to serious cyclists eventually migrating to a road bike. If you want to go faster, easier and complete longer rides, a road bike may be what you need. If you enjoy the comforts of a heavier, upright bike, stay with that. Maybe own both? In the end, it doesn't really matter what you ride, just get out and ride!

thank
you!

A big Thanks goes out to all who renewed their membership for 2022. And an even bigger THANKS goes to those who included an extra donation. These funds go a long way to making the club great!



Rider Responsibilities

- **To be on time, so the ride can leave as scheduled.**
- **To sign the registration waiver form.**
- **To wear a helmet while riding.**
- **To come with your bike and equipment in good operating condition.**
- **To carry your own repair tools, tube, and tire inflation device.**
- **To inform the ride leader if you plan to leave the route before the end of the ride.**
- **To carry emergency contact information.**
- **To ride in a safe manner and follow traffic regulations/laws.**

