

**From:** Silver Wheels Cycling Club admin@silverwheelscycling.com  
**Subject:** April 2023 Rollin'  
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**To:** Sally Saul sjsaul@mac.com



**April 2023**



***Rollin'***

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB



**Rollin' Editor-Larry Best**

**I realized that winter was almost over. Oh sure, we can have some cold weather and even some snow in April, but after the non-winter we had this year I can see the light at the end of the tunnel. Flowers are already blooming; my grass is greening up & I'll have to cut it within the next couple of weeks.**

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**A couple of days ago I heard a strange noise coming from my garage. I went out to investigate and was surprised to find that it was my bikes calling out, "Clean me, lube me, check my tires, make adjustments, make sure I'm ready to ride." OK, OK, I'll get to it, but first I'll have to clean the garage. So, then I started to think hey, this is a good time to start teaching my classes because many of you are thinking about doing the same thing. NO, NO, NO!...not cleaning your garage, but your bike(s).**



## **CYCLING CLASSES**

**Care and Feeding of Your Bike will be held at my house on Saturday, April 29<sup>th</sup> at 6:00 P.M. The fee for the class is \$5.00 per person. If your significant or insignificant other wants to just come and watch...\$5.00 for them too. The class includes how to THOROUGHLY clean and inspect every part of your bike, how to clean it, and what cleaners to use. Carefully inspecting your tires, and what parts to lube, what parts you almost never have to lube, and what lube to use.**

**You MUST HAVE A REPAIR STAND to attend this class. I have 3 that anyone can use. (First come, first served) If you have one, great. If you need to borrow one, I can provide you with names, email addresses, or phone numbers of SWCC members who have one that might let you borrow theirs. What to bring? Your bike, a repair stand, a few rags, old clothes because you'll get dirty. \$5.00. Something to drink while you're working. My house is pretty modern and I do have running water if you're partial to that. Registration will be via email only. The class sometimes fills up within a few days and it's first come first served. Email has a time stamp, so it's easy for me to tell who's naughty and who's nice. Class size is strictly limited to 7 not counting watchers. Bribes, threats, weeping, and throwing tantrums will have no effect. We'll have a lot of fun with this class. We'll be there for a couple of hours, then we can stand around socializing and telling lies if you want.**

**Emergency Road Repairs will be held on Sunday, April 30<sup>th</sup> at my house at 4:00 P.M. This class will cover common stuff that can go wrong on a ride. Removing and reinstalling your wheels, changing tires and tubes, booting a tire, adjusting gears, tightening up loose things, dealing with broken spokes and truing a wheel, adjusting your seat and adjusting your bike's seat, what tools you'll need and what you should carry with you. The fee for this class is \$5.00, maximum number of students is 7, not including watchers. Watchers will also need \$5.00. What to bring...a couple of rags, your bike, and wear old clothes. You won't need a repair stand for this class. Registration will be the same method as the first class.**

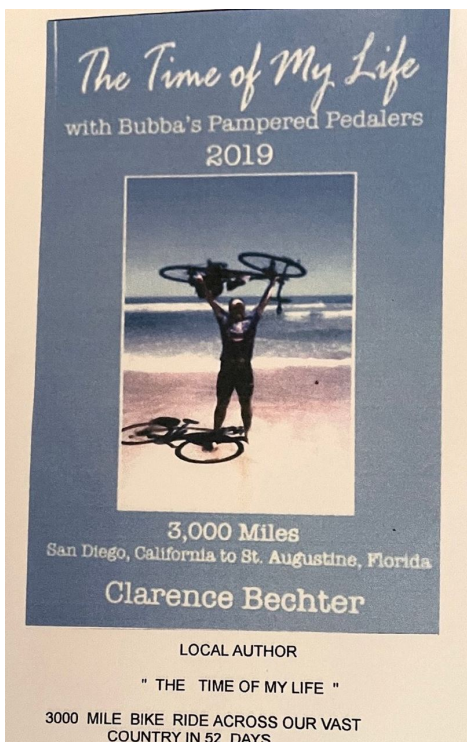
**A lot of club members have taken these classes and you should feel free to ask them how it went, and if it's worth your time to attend. I hope to see you**

them now it went, and if it's worth your time to attend. I hope to see you there.

Larry Best    246 Warren Ave.    Elyria, Ohio 44035    440-222-5406  
[cycletheus2012@gmail.com](mailto:cycletheus2012@gmail.com)

For our next club meeting, May 18, 2023 at 7:00 P.M. we invited Clarence Bechter, author of "The Time of My Life". He will be presenting a slide show of the trip that prompted his book writing. Clarence cycled across the country at the young age of 68 and will be sharing his adventure with us.

His book will be available for purchase at the meeting.



# Tires, Tubes, Rain, and Bags

By Larry Best

What a combination! I'll start with tires and tubes first. When you get a flat, and you will, it's sure easier if you have a spare tube along instead of trying to patch one on the road. Changing flats is always a pain, and here are a couple of ways you can make it easier when you're off the side of the road in a ditch somewhere. It's very unlikely that you'll change a tire on the road. You'll be removing the tire so you can install a new tube. We all say "I've got a flat tire" but unless you have tubeless, tires don't go flat, tubes do. Use your tire levers to remove the tire. You do have a set of tire levers that you carry with you at ALL times, don't you? Good! I carry my spare tubes in a zip lock bag for a couple of reasons. It keeps the tube from rubbing against all the other stuff in your seat bag. It's no fun when you put a new tube in only to find that it has a hole in it from rubbing against something in your seat bag. The second reason is I always put a little baby powder in the bag with the spare tube(s). This acts as a dry lubricant that helps your tire to slide on easier and helps the tube slide around in the tire. That lessens the chance that you'll get a wrinkle in the tube while you're installing it. That prevents a blow out when you're inflating the tire. This also makes your bike smell great. By the way, if you have a tight tire that just doesn't want to slide back on the rim, squirt some water on it to lube it a little. Don't have water? That's okay. Use Gatorade. You can clean up when you get home.

A little more about tires, then we'll move on the complicated subject of bags. When you're riding on pavement the tires that roll the easiest and give the most traction are slicks. They're called that because they're smooth and have no tread. Car tires have treads to keep them from aquaplaning on wet roads. Aquaplaning happens when the tires are going too fast to push the water out of the way so the tire can make contact with the road. If that happens your tire is literally floating on a thin layer of water and gets no traction. You're in for a wild ride if that occurs. Treads help this a lot because it gives the water a place to go so the tire can meet the pavement. Treads are also needed for traction on soft surfaces like gravel or dirt roads or snow. Bicycle tires are very narrow and to get them to aquaplane you'll need to be going about 75 to 80 miles per hour. Trust me on this...you're not going to be going that fast. Ever. Slicks will still give you more traction when it's wet than tires with tread. If you're going to ride on crushed limestone, dirt trails, or any soft surfaces, tires with treads will make a big difference. Why do tire makers make some road tires with tread? I don't know. Maybe it's because customers expect it. I'm pretty sure that some of you reading this are thinking, "I don't care what he says, tires with tread get better traction especially when it's wet." Well, they don't, but you can go ahead and think that if you want.

Bags. We were going to talk about them weren't we? Okay, I always carry a small, clean zip lock bag with me when riding. It comes in handy when it starts to rain and you have no place to put your cell phone, wallet, Bic pen, your first communion picture, or anything else you don't want to get wet. As mentioned above it's a good idea to carry your spare tube in a zip lock bag to prevent them from rubbing against anything sharp in your under seat bag and so you can put a little baby powder in with the tube. You'll be pleased when on a club ride someone pulls up next to you and says, "Wow! How do you get your bike to smell so good?"



## Come Tour Cleveland on Fantastic, Fully Supported Bicycle Routes!

The 2023 **Bike Cleveland Fondo** p/b **Knabe Law Firm** returns for riders on **Saturday, August 26th!** We will be back at beautiful Edgewater Park on the shores of Lake Erie! The Fondo is a ride for all ages and abilities through the best of Cleveland's expanding bike network. With clearly signed courses of 10, 30 and 60 miles, the Fondo has something for every cyclist, and lets you explore the city – and beyond – **by bike!**

This is a **fully supported ride** with rest stops and support vehicles along the routes to curb your hunger or alleviate any bike issues. The ride begins and ends at the beautiful **Cleveland Metroparks Beach House**, and your entry fee includes a **delicious post-ride meal** right at this lakeside gem!

**Best of all** – the proceeds from this ride benefit Bike Cleveland and the [work we do](#) on behalf of Cleveland-area cyclists!

### 2023 Fondo Options

- **10 Miles – 9:00am departure** Enjoy an easy pedal through some of Cleveland's newest and most exciting new bike networks!
- **30 miles – 8:30am departure** Expand your range and uncover parts of Cleveland you've never experienced before. Ride includes a well-stocked rest stop to keep you fueled.
- **60 miles – 8:00am departure** Looking for a bigger challenge? Tackle everything that the 30 mile has to offer – then conquer Cleveland's iconic bicycle friendly parkways.

With 3 rest stops along the route you'll have the energy you need to finish strong.

Each route is designed to explore Cleveland's expanding bike network and provide a **fun experience for a wide range of riders**. The routes from our 2022 ride are posted on our [Fundo Routes Page](#) for you check out to get a feel for what to expect. No matter what route you choose, you will find well-stocked rest stops to keep you going. Our Big Creek and Mastick **Rest Stops** are sponsored by the [Northeast Ohio Regional Sewer District](#):

### **Standard Adult Online Registration**

Early Bird (No Codes Accepted) > **\$40**

May 1st – June 30th @ midnight > **\$45**

July 1st – August 24th @ Noon > **\$50**

### **Youth Online Registration**

Through August 24th @ Noon > **\$10**

- 3 route options to choose from (10, 30, or 60 miles)
- Rest stops to keep you fueled for the longer loops
- Fully supported rider experience

**Class 3** E-bikes are not permitted due to our usage of Cleveland Metroparks All-Purpose trails.



**Celebrating the founding of Silver Wheels and its 25 years of recreational cycling, and another excuse to ride and eat - and the Club is buying! We will again meet at the scenic Vermilion Valley Vineyards, Saturday April 15.**

**Facility will be open at 10 a.m. and rides will begin at 10:30. If the weather is good or bad, we will still meet and eat - we always eat.**

**The Club will be providing a taco bar, ice, and cold drinks.**

**Dessert donations welcomed.**

**Wine - you're on your own.**

**Due to the Club supplying the food, we request that you register your intent to participate. Go to the club calendar, open up the event listing and click on the blue button to the left to fill-in the requested information. Registration is NOT required, but it certainly helps cut down of food waste.**

# LAST PAGE

**Congrats on finishing your 1<sup>st</sup>  
century:**



