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Subject: August 2022 Rollin'
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To: Sally Saul sjsaul@mac.com



August 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
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
Past President: Sue Wells

See the club roster for specific contact information

See the club website for specific contact information.

From The Editor

July was a big month for club rides, as it usually is. There were 61 individual rides in July! Much thanks goes to those who step up and lead routes for our members. August will be busy too so check the club calendar frequently and find a ride that suits you, and do it! Want to complete a long ride? Maybe set a personal record? You will have your chance at the Depot Day Redux event. See the notice below and make plans to come out a ride!

Also, in this issue you will read a few articles submitted by club members. This is great to see as I always feel this is a newsletter for and by the members. Submit articles to me by the 5th of the month for inclusion in the next Rollin'.

Keep on writing and riding!

Steve

Ponderings From The President

By Cheryl Burkhardt

Our camper is in the far southern part of Lorain County. We have enjoyed staying there these past two summers for days at a time. This location has also challenged me to ride more hills – still not a real fan – and a variety of road surfaces. As we rode the backroads from the camper to Dairy Queen in Wellington this past Saturday (after all, there must be some reward for hillier rides), I pondered the difference in road surfaces and decided to take a closer look.

Some of the roads are asphalt. This material has been used for approximately 2,500 years. Beginning in the 18th century, it was used as a paving material for roads. What are the pros of asphalt paving for cyclists? The one I notice the most is the smoothness of the ride. Old age has made my hands much more sensitive to road vibrations from trails like the unpaved Towpath or chip and seal. As a paving material, asphalt should last anywhere up to 30 years. That does not seem to be the case locally as cracks are affected by moisture and the freeze/thaw weather we have in winter. Heavy traffic can also cause road wear as well as oxidation from the sun. The number one cause of

road wear as well as oxidation from the sun. The number one cause of disintegrating asphalt is lack of maintenance. Cracks and potholes that are not filled in promptly lead to road breakdown, and we've all experienced bumpy asphalt roads. Not fun! Although some cold patching can be done, asphalt repairs can only be done in the warmer months. On my Wellington journey, I appreciated the older but smooth asphalt roads. Newer roads are much darker and reflect the heat more.

Many country roads are chip and seal. This is done for expense – ODOT can chip and seal 4 times the miles of roadways compared to the cost of asphalt. To use this product, the road surface is prepared, liquid asphalt is smoothed over the road, and stone is then rolled into this. Some roads are "fog sealed." This means a final layer of asphalt emulsion is applied to extend the life of the road and solidify the stone. For cyclists, chipped and sealed roads are absolutely awful for at least a few weeks until loose stone is brushed away or ground in by heavier vehicles. On hot days, liquid asphalt seeping through can provide a road hazard for sure. After about a year, chip and seal roads are fairly smooth and easier to ride upon. They provide a bit more traction in wet weather or on downhills and turns once the loose gravel is gone.

Concrete is another paving material. I didn't experience this on the Wellington ride, but it is used in my development. The plus side of concrete is its longevity. Of course, to achieve this, the cost is much higher than asphalt. It's also a smooth riding surface. The downside is that salt in winter corrodes the concrete. When a development does not allow salt trucks, the roads stay icy and hazardous.

The Wellington ride was on newer and older asphalt and newer and older chip and seal. It was actually a very fun ride from New London to Wellington since it was a gradual downhill all the way with some fun rollers. I thought about asking Bob to ride back, get the car and pick me up at Dairy Queen, but knew better than to even voice that request. We made it back just fine, a little slower, but I felt I earned the root beer float.





Remember to share the trail with all, especially if they can outrun you!



Depot Day Redux 4 x 25 miles

SATURDAY AUGUST 20TH, 7:00 AM TO 5:00 PM

WAKEMAN ELEVATOR

This event is similar to the June Depot Day, but later in the year to give those that have progressed over the season a chance to achieve personal goals in the same rider friendly setting.

Several loop options are offered. (both clockwise - CW - and counter clockwise - CCW). Do as many loops as you want, quit when you have had enough. Trail riding will also be accepted. All routes start and end at the Wakeman Elevator.

This is a Map/YOYO (You're On Your Own) ride. There are no designated ride leaders. The routes are not marked and there is no SAG support. It is strongly recommended that you print your own using the RWGPS Event link on the club calendar. Riders are encouraged to ride with a partner and carry a cell

and children. Riders are encouraged to ride with a partner and carry a cell phone.

Participants should sign in at the Elevator prior to riding. Riders should also check back in when they are finished riding and to record their mileage for the day and indicate they are no longer on the road.

If any folks indicate a "request for riding companions" on the newsgroup, their announcements indicating intended star level, distance and start time will be posted here.

There is limited parking behind the storage facilities behind the restaurant, at the Wakeman Community parking lot and the gravel lot next to Affordable Storage on Railroad Ave.

PLEASE DO NOT PARK IN WAKEMAN ELEVATOR'S FRONT LOT-THAT IS FOR THEIR CUSTOMERS

The Elevator kindly lets us use their facility for this ride so please patronize them throughout the day. Good food and cold beer!

There is also the Wake Up Coffee House on Main St. 6:00 am to 2:00 and the Cream of the Ice Cream Shop on Pleasant St. 12:00 to 9:00

I am looking for Elevator sitters to sit at the sign in table to assist riders coming and going. Any amount of hours or time of day is needed and welcomed. Please contact me if you can help.

Thanks,

Rick Wells, Event coordinator



The article below is from the Lorain County Pulse Magazine, June 2022

Life Cycle

A local bike club focuses on fitness and fun through the ages.

What started as a group of friends who were thinking about forming a bike club in 1998 has evolved into the 350-plus member Silver Wheels Cycling Club with riders in their teens to well in their eighties. “It’s a very



diverse group — and when you see some of the older members who can ride 50 miles at a good pace, you’d be amazed,” says president Cheryl Burkhardt. She and her husband have been involved in the club since its early days.

Typically, the club hosts more than 600 events per year, including rides all over Lorain County, across state lines and abroad. One of the group’s most popular outings is its annual Dog Days Wine Tour where riders stop at area wineries to rest their legs, dine and sip. It can draw several hundred riders from a five-state area, says Ed Stewart, the group’s founder and director of the Elyria Bicycle Education Center.

The club is a nonprofit recreational organization that invites anyone who wants to ride to join in. (A full calendar is listed on silverwheelscyclingclub.com.) “The North Coast Inland Trail through Lorain County is a big part of many of our rides,” Burkhardt says, relating how trail connectivity allows the club to create shorter and longer rides that suit members’ pace, stamina and schedule.

The social component of the club is just as important as the biking, she adds. “You get to know the people in the group you ride with and you find your niche,” she says. “We have different riders ranging from pedal-pusher to four-star [faster] riders.”

Burkhardt, 70, says, “There are so many people in the club I look up to. I see them riding, staying healthy, enjoying each other and that freedom biking offers is something to be treasured in the county.”

How Many bikes End Up Underwater?

Joe Etzler, NPR and YouTube

One of the best ways to free yourself of an unwanted bike is to sell it on the club website or on-line. If it has less value you might want to give it to a relative or neighbor. The Elyria Bicycle Center will refurbish your bike and sell it at a deep discount to a good home. The Ohio City Bike Co-op and the Village Bicycle Co-op also recycles bikes. You can turn parts from your bike into works of art such as bracelets from the chain or decorate your yard with a bike. Check on the internet for (for profit) recycling yards near you.

One other novel way to dispose of your bike is to throw it into a river, canal or lake, (not recommended). Think it is a crazy idea? A rental company in Rome stopped doing business there because so many of their bikes ended up in the

Tiber. A company in China was forced to fish out thousands of their bikes from local rivers. Guess how many bicycles are fished out of the canals in Amsterdam each year? 1000, 5000, more? They have a municipal crew called bicycle fisherman that fishes 15000 bicycles out of the canals yearly. So many bikes and so many canals, a perfect storm.

The reasons for this behavior are not fully understood. Some people treat it like a sport. Amsterdam partly blames it on drunkenness. People in China say they do it because bicycle rental companies track their movements through their cell phone app. Invading their privacy. There is also some resentment from car drivers that think bicycles are taking over "their" roads.

Here is hoping that most of the drowned bicycles are recycled for scrap as they are in Amsterdam.

Please remember to lock your bikes. They can't swim.

WHILE ON A BIKE!

by Rick Wells

One of my favorite things about bicycling is enjoying the scenery and nature while on a ride. I have been lucky, as a member of Silver Wheels to see so much of this area, of other parts of Ohio, different states, and even a couple of different countries. While on the bike I have visited historic battlefields, canal locks with lake ships going through them, Niagara Falls, groves of olive trees, and many beautiful bike trails-just to name a few things.

One experience I often think about is, a group of us were riding (can't even remember which trip it was) and suddenly a large group of emus started running alongside us. We were all quite shocked and surprised. Apparently we were riding alongside an emu farm. We also had a herd of cows run alongside us. I believe that was in Indiana.

This past month I had three great animal experiences. First a group of us were Riding the Dog and we passed a house where a lady was with her dog and another animal. After we passed, we slowed up and everyone was saying "Did you see that?" or "What was that?". It was the size of a big dog with what looked saddlebags around its stomach and short legs. Nobody knew what it was. Sue googled it when we got home. It was a pregnant pygmy goat. They carry their babies out on the sides instead of underneath.

Next, I was on one of Eva's rides and as we were coming down the road, we saw a large bird eating some road kill. As we got nearer it didn't fly off. Nancy said, it's an eagle. It then took off and flew right over us. It was a beautiful eagle and it was so low I felt like I could almost reach up and touch it. It was breath-taking to see it up so close..

Lastly, I was on a ride Rob put together to visit a couple of alpaca farms. The first farm had around 25 alpacas with five being babies. They let us go in the fenced in area and get as close as we wanted. When we went to the second

reached in area and get as close as we wanted. When we went to the second farm a gentleman was wiping off and blowing drying a baby. We asked when it was born and he said twenty minutes ago. It was squinting and making little noises. What an experience.

THE BEST WAY TO SIGHTSEE IS FROM YOUR BICYCLE SEAT AT A NICE LEISURLY PACE!!!



A bicycle is a curious vehicle as its passenger is also the engine



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