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Subject: December 2017 Rollin'
Date: December 10, 2017 at 6:57 PM
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HAPPY HOLIDAYS!



December
Newsletter
2017

Rollin'

*Newsletter of the Silver
Wheels Cycling Club*



From the Editor

As I finish this December edition of Rollin', it is the first really cold and snowy weekend since last winter. Well, we did have pretty good weather for most of Fall and many rides were completed. The last official one for the season was at the Chili Wiener event. If you want to do some cold rides, check the calendar as they do happen if the roads are clear.

Don't forget, make plans for the annual awards banquet - January 13, 2018

The deadline to register is December 29. See the event listing in our club calendar for specific instructions on how to take part in the fun.

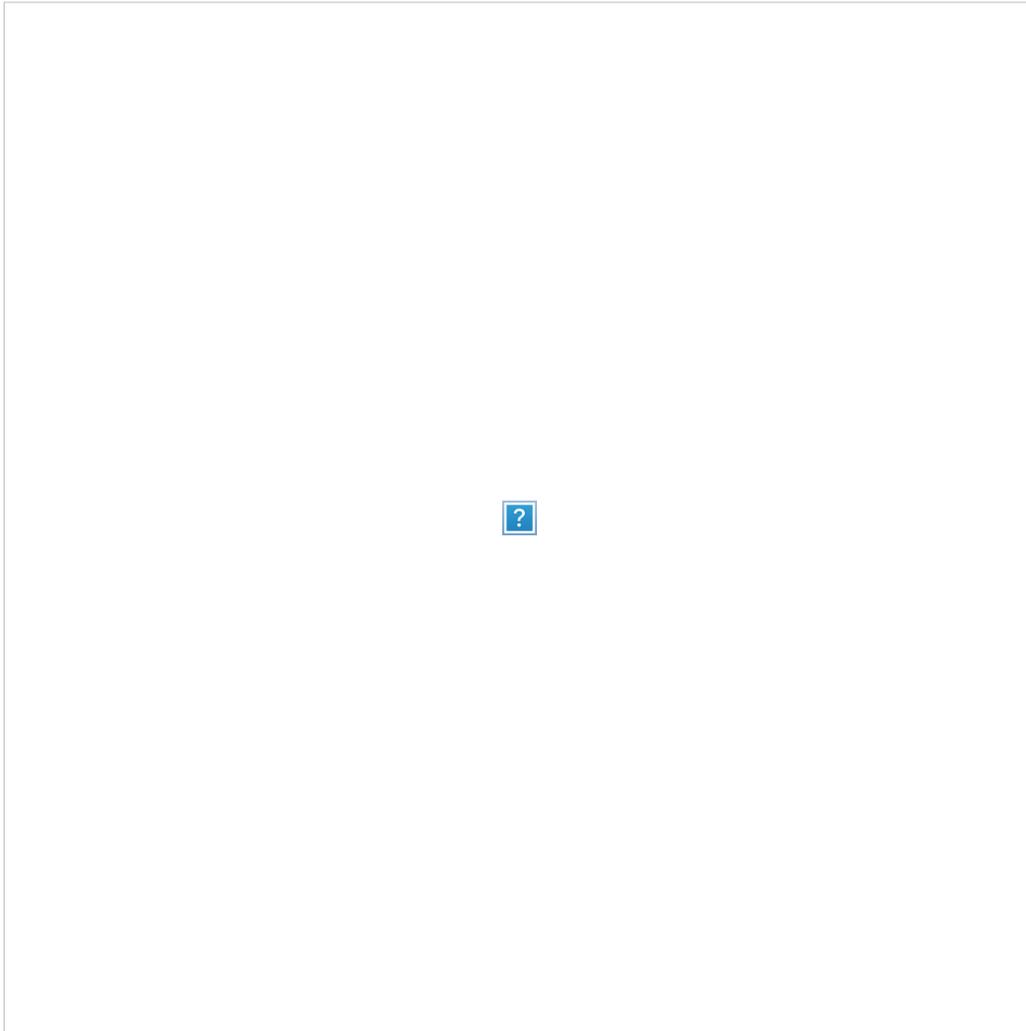
Steve

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Vice President: *Sue Wells*
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Mileage: *Bob Piccirilli*
Sunshine: *Dennis & Eleanor Stout*
Safety Education: *Ed Stewart*
Newsletter Editor: *Steve Osmialowski*
Ride Committee: *LaDean Hutter and Greg Orlowski*
Social Committee: *Sue Wells and Karen Hobbs*
Directors: *Cheryl Burkhardt, Dennis Stout, Rick Wells, Rob Hipkind*

See the club roster webpage for phone numbers/email

Recent Rides & Events:





The Fall Chili Wiener event was held on November 18. Due to the 38 degree light rain, not many were willing to ride. However, three did go out for a soggy trail ride. It was a full depot with about 40 others showing up to enjoy the potluck. Nobody goes home hungry at these events!



Gettin' dirty at salvage day at the Elyria Bike Center November 19

If you want to keep up with current club events and photos between issues of Rollin', visit the Silver Wheels Facebook page where several members post ride summaries, pictures and other news.

www.facebook.com/silverwheelsbikeclub/



SILVER WHEELS GOING GREEN

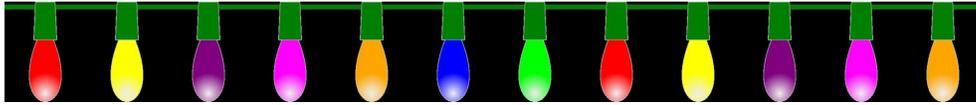
Most any member of the club knows that we like our social events as much as we like riding our bicycles. While consuming mass quantities of food we also create much waste from our dishware and serving ware. The Social Committee is encouraging the club to "reduce, reuse and recycle" not only at our events, but as a way of life.

A suggestion was given to me by one of our members. Instead of using disposable items we can all bring our own from home. We rolled this out at the November Chili Wiener Ride by asking everyone to bring a muffin tin to put all the chili samples in. About 50% brought their own tin. A few even "gilded the lily" and brought their own dishes, cups, and silverware. I was quite pleased with the response.

This will save the club some money, ease some of the work for the Social Committee, and do something to help mother nature. "When it comes to climate change, you must be the change you wish to see in the world." (Nature Quotes, www.geckoandfly.com)

Consider giving this a try. As creative as we are, I look forward to more ideas on this. Perhaps how to transport not so clean dishes home or creative identification of items. We will certainly not send anyone away if they choose not to do this. We will have the same disposables that we always have available. We need to thank a local hiking club for loaning us this idea. I am anxious to see how we do with this. Thank you for taking this into consideration. Happy Holidays to everyone.

Sue



Santa's Six Safe Sycling Stocking Stuffers

Be sure to check out the December Education and Safety article for some great ideas of what you can put in your favorite rider's stocking this year. The article was written by Santa Claus and the models even had familiar faces.

The email blast was sent out in early December with a link to the webpage. If you don't have the link anymore, you can go to the Silver Wheels web page, click on Resources, click on Education and Safety, and then click on Santa's Six Safe Sycling Stocking Stuffers.

The Education and Safety Committee thanks everyone for a great 2017 riding season and wishes you nothing but descending tailwinds for the New Year!



10 REASONS NOT TO BECOME A CYCLIST by Larry

- 1. You'll spend so much time in the sun that your tan lines will make you look ridiculous at the beach.**
- 2. You'll wear lycra and other tight clothing that will show every bump and wrinkle your body has. Not only that, but they'll be in neon bright, garish colors so the entire world will have no problem seeing you. Those aforementioned clothes are very expensive.**

3. When it rains you'll get wet and muddy. Climbing hills that seem impossibly steep, keeping up with, or even passing a friend that's been riding longer than you have, riding your first 50 miler, riding when it's really cold or windy, will of course, give you a feeling of supreme badassness.

4. You'll need to learn some mechanical skills. Knowledge of some fairly simple tools and how to use them is inseparable from cycling. So are dirty fingernails & grease stained clothes.

5. You'll be blocking out way more "me" time on your calendar. Where a trip to Starbucks for a latte and paging through a magazine for 30 minutes while you're there, might have been sufficient to recharge your batteries, you'll now need a bare minimum of two hours to get in a decent ride.

6. You'll quickly find yourself a member of a large social group (cycling club) with whom you'll need and want to spend time.

7. Dealing with awestruck family members and non-cycling friends will become a problem. When you say something like, I rode 100 miles last Sunday, you'll get expressions of disbelief, and questions about your mental health. Inquiries i.e. "What do you do when it rains?" or "You don't ride on the roads, do you?" or "I have a friend that just got a new bike and it cost over \$500! I hope yours didn't cost that much." will become a part of your daily life.

8. You'll quickly discover the edge of your physical boundaries. And you'll quickly find out what it feels like to exceed those boundaries. (Hint-breathing real hard hurts)

9. You'll be required to learn a new language that includes words like, headset, clinchers, presta valves, carbon fiber, clipless pedals, drafting, paceline, cassette, press fit, through axle, recumbent, and many others. It will be quite confusing at first.

10. You'll lose considerable amounts of sleep staying up late at night Googling sites like Nashbar, Performance, Bike Tires Direct, Park Tool, and others.

Despite all this, it's highly possible...no...probable, that you will develop a great hobby that will increase your life span, make you healthier, make you look better, take you places you've never been before, and bring more fun into your live than you ever dreamt possible. GO FOR IT!



A Bike trail made from toilet paper???

People in the Netherlands use an estimated 180,000 tons of toilet paper every year. Because this amounts to a lot of trees, last Fall the Dutch province of Friesland repurposed the product to make a bicycle highway. The stretch of roadway, about 0.6-miles-long, connects the Frisian capital of Leeuwarden to the town of Stiens. It is the first bicycle lane in the world to be paved with toilet paper - but few can tell the difference.

In the Netherlands, roads are typically paved with blacktop. Specifically, open-graded asphalt friction course (OGFC) is used because it is porous and water permeable. "When roads get wet, [they get] slippery, so we use this asphalt because it takes water away from the road surface quicker," said Ernst Worrell, Professor of energy, resources, and technological change at Utrecht University. The country sees an annual rainfall of 27 to 35 inches per year, so this safety measure is important.

While the method is effective, it isn't the only way to build safe asphalt-type roads, as the province of Friesland recently proved. Last fall, a bicycle highway was built using tertiary cellulose< extracted from waste streams. CirTec and KNN Cellulose developed the technology for extracting and cleaning the cellulose fibers. The process entailed sifting paper fibers out of wastewater< with a 0.35-millimeter industrial sieve. The fibers were then run through a series of machines, which cleaned, sterilized, bleached and dried them. This produced a fluffy, grayish material.

According to Chris Reijken, wastewater treatment advisor at Waternet, "If you look at it, you would not expect it to have originated from wastewater." Technically, the uses for the reclaimed< cellulose are endless. The product could be used in building insulation, biofuel<textiles, pulp and paper, filters - and more. But due to sanitization concerns, it cannot legally be used in products that come into direct contact with people.

As a result, the recycled< toilet paper was used to construct a bike highway. And so far, officials are reportedly pleased with the investment said to have held up well so far. The success of the project resulted in the same mixture being used to reinforce a dyke on the West Frisian Island of Ameland and to repave a parking lot of a children's petting zoo in Groningen. CityLab says the city of Amsterdam is now interested in using cellulose from wastewater in its roadways.

"It's a strange idea for people that there's [toilet paper] in the road," says Michiel Schrier, provincial governor of Friesland. "But when they cycle on it or feel it, they can see that it's normal asphalt." It's still too early to say whether products from recycled toilet paper will become mainstream, but, in the Netherlands, at least, they're off to a good start.

To repair all roadways in the Netherlands, 15,000 tons of fiber would be needed. From toilet paper alone, this wouldn't be possible. But using tertiary

cellulose from other waste sources, such as diapers and beverage cartons, two million tons could be created. Greener roads are just around the bend.



Yes, I do have a retirement plan - I plan on a lot of cycling!



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