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Subject: December 2019 Rollin'
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To: Sally Saul sjsaul@mac.com



December 2019



Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

Your Current Leadership Team

President:	Sue Wells
Vice President:	Cheryl Burkhardt
Treasurer:	Rick Wells
Secretary:	Sandy Lottman
Membership:	Randy Lottman
Website Coordinator:	Tom Weber
Merchandise:	José Morell
Sunshine:	Dennis Stout
Mileage Minder:	Wesley Simmons
Newsletter Editor:	Steve Osmialowski
Ride Committee:	Dennis Stout
Social Committee:	Karen Hobbs
Education/Safety:	Peggy Doheny

Dog Days: Scott Edmundson
Physical Assets: Emily Townsend
Social Media: Rob Hipkind and Cheryl Burkhardt
Directors: Peggy Doheny, Rob Hipkind, Scott Edmundson, Bill Mansfield

See the club roster for specific contact information

From The Editor

We are now into the holiday season and most of us are focused on all the festivities instead of riding. Plus, the weather seems to be on a roller coaster trajectory these days. Of course, there are not many riding opportunities when the snow flies but on dry mild days, check the calendar and you might see a club ride available. On January 1 we will have our annual New Year's day ride. Who knows if any riding will be done but there will be socializing and eating! There are several non-riding events approaching too. The popular awards banquet is on Saturday, January 18. A week after the banquet is the annual planning session. As always, check the club calendar for more details.

Congratulations to all club members for another successful year! 64% of our membership rode for a grand total of just under 150,000 miles! That's enough for 300 round trips from Cleveland to Cincinnati!

Oh - If you see your Rollin' looking different, it's because of software changes in Wild Apricot. It may take my brain some time to learn the new process.

Merry Christmas!

Steve

Board Election Results

Eva Weber, Nominating Committee Chair, Jack Lekan, and Sue Schneider

Congratulations to our four newly elected or re-elected board members. These officers and directors were elected by members attending the November 21 membership meeting in an uncontested election:

Secretary: Sandy Lottman

Treasurer: Rick Wells

Director: Peggy Doheny

Director: Bill Mansfield

These two-year terms start January 1, 2020. Please support them and the other board members by offering to help with the work that they do and all club functions. Your suggestions and frequent attendance at club meetings and activities will ensure that we will continue to have a great cycling club!



The 2019 season ended in fine fashion with the Fall Chili Wiener event on November 16th. About 50 were in attendance and half of those rode to claim some end-of-season miles. The weather was cold (upper 30's) but roads were dry and clear which enabled the morning rides. Once everyone returned, it was time for another amazing potluck. Our home cooks really stepped up and brought a dozen crocks of chili. It was like a chili cook off with all the varieties to taste! Hot dogs, sides and desserts rounded out the lunch. A big thanks goes out to all who brought food and to the ride leaders for the routes.





2019 Advocacy Contributions Summary

Your Board of Directors is pleased to announce the Club's 2019 charitable contributions. The six groups below make a significant difference in people's lives through biking related activities. Your annual dues and your volunteer hours on the Dog Days Wine Tour makes these contributions possible so please take a moment to click the links and marvel at what these organizations do to make the world a better place.

1. The [Bike Lady Inc.](http://www.bikelady.org) provides bikes, helmets and locks to Ohio youth served by county child protective services (foster care placement). Volunteers from Ohio prisons assemble the bikes providing the inmates a valuable service opportunity. <http://www.bikelady.org>
2. Cycling Schools provides a day of Towpath biking for 4th, 5th and 6th grade students from Cleveland & Akron urban schools. <http://cyclingschools.org>
3. The [Elyria Bicycle Education Center](https://elyriabikecenter.org) is a co-op that gets bikes back into the community and teaches mechanical and safety skills. <https://elyriabikecenter.org>
4. [Firelands Rails To Trails Inc](https://www.firelandsrailstotrails.org) (FRTI) designs, constructs and maintains the North Coast Inland Trail in Huron County. <https://www.firelandsrailstotrails.org>
5. The [Friends of Lorain County Metro Parks](http://www.metroparks.cc/volunteer_opportunities.php) support the park staff through volunteer efforts, materials, and financial support. http://www.metroparks.cc/volunteer_opportunities.php
6. The [League of American Bicyclists](https://www.bikeleague.org) helps create safe roads, stronger communities, and a Bicycle Friendly America. <https://www.bikeleague.org>





Bike Lady, Inc.



<https://www.facebook.com/silverwheelsbikeclub>
<https://silverwheelscyclingclub.wildapricot.org>

The Bike Lady

By Rob Hipskind

Silver Wheels' recently made a donation to The Bike Lady, Inc. to help kids in the Ohio foster care program. In just 20 days, 24 new Huffy bikes were assembled and delivered to the Lorain County Children Services (LCCS) offices. Here is the timeline showing just how The Bike Lady rolls:

1. 11/2 - I saw a post on Facebook about The Bike Lady. I did some online research and sent an email to The Bike Lady with a few questions.
2. 11/3 - Kate Koch called and told me all about this incredible organization. In the previous 11 years, they had given away over 10,000 bikes to children in Ohio's foster care system.
3. 11/7 - The Board authorized a donation for children serviced by LCCS.
4. 11/20 - Kate emailed me that between the club's contribution and personal club member donations we provided the entire LCCS bike request.
5. 11/22 a.m. - The bikes were assembled by juvenile prisoners sentenced as adults at the Correctional Reception Center in Orient, Ohio.
6. 11/22 p.m. - The bikes were loaded into a van and a volunteer driver was on her way. At 2:30, I was notified that the bikes had arrived.

As I walked up to the van, excited LCCS employees were unloading the bikes. They were brightly colored, all shiny and new, with beautiful bows, some with training wheels, bags full of helmets, locks, safety information, and even a letter to the child from the prisoner that built their bike. On your behalf, I accepted handshakes and thank you comments from the staff. I learned that because of neglect or abuse there are almost 300 children in the LCCS program. Many of the bikes were going to kids now living with their grandparents in the unpaid Kinship Care program. One caseworker told me that bikes are the best gift for a child and that they are rarely donated. She said that "her bikes" were going to older children that had never had a bike,

let alone a brand new bike.

Based on how excited the caseworkers are in the picture, I can only imagine how excited the actual kids are going to be! Thank you for working on Dog Days to help make this possible! Additional photos were posted to our Silver Wheels FB page on November 22nd. For more information, The Bike Lady's website is <http://www.bikelady.org> and their FB page is <https://www.facebook.com/BikeLadyInc>.



THE STATE OF THE BIKE CLUB

As my first year as president of the club comes to an end, I am reviewing how the year went. In my opinion, it was a good year. I hope you all agree. As I have said before, my job has been easy due to the very helpful, competent, generous, benevolent, and diligent board members, committee chairs, committee members, and club members.

We rode 149,948 miles this year! We rode these miles locally, at multi day trips in Ohio, Michigan, Spain, and camping trips in Ohio and Pennsylvania. There was a New Member/Guest Ride added this year which was well attended. One Sunday in July had six rides listed on the calendar. So ride we did!

The Dog Days Wine Tour was held at a new venue this year. It was a success, once again. We couldn't do it without the hard work of our members.

It takes over 230 members helping out the days before and day of the event to pull it off. The committee meets monthly for nine months prior to the event to make sure all details are in order. (Cheryl and I thank everyone for volunteering to help; we know you want to hide when you see us coming).

The money we make on Dog Days has enabled us to increase our advocacy giving this year. This year's recipients were The Bike Lady, Cycling Schools, The Elyria Bike Education Center, Firelands Rails to Trails, Friends of the Lorain County Metro Parks, and the League of American Bicyclists. The funds also allow us to keep our membership dues and banquet costs to our members low.

We had interesting speakers at our club meetings. They spoke on a variety of topics and we certainly thank them for their time. As always, the snacks did not disappoint. Our club members were very generous with their food donations to the Lorain Food Bank.

As we move into 2020, I welcome our new board members and wish them well and thank them for willingness to serve. I invite any and all members to become more involved in our club. With over 350 members, we can always use the help. Talk to any board or committee member. Their names are listed on Rollin' and the club website.

Our next upcoming event is the Awards Banquet on January 18th at Tom's Country Place. Yes, some awards will be given, but this is a fun event for everyone to get out of the house, socialize, enjoy a good meal, and see if you can identify everyone without their helmet on. Watch for an email letting you know when you can register. The next event is the Annual Planning Meeting on January 25th at the Oberlin Depot. All are welcome to attend. There will be a continental breakfast and lunch served. Be on the lookout for an email regarding this.

This may be disappointing news to some, but you are stuck with me as president for another year. I will continue to do my best. I welcome any suggestions you may have. I can be reached by email, phone, or in my bikefice. No appointment needed for bikefice visits, we usually just drop to the back of the ride and conduct our business. I thank those of you who have given suggestions and compliments. They have been appreciated. Wishing the happiest of holidays to everyone and a safe and healthy New Year.

Sue Wells

Silver Wheels Cycling Club Awards Banquet - January 18, 2020

Theme: Celebrate the Oberlin Depot and some favorite rides that start at this location. Dress for your favorite ride, or not.

New Year's Day Ride the Dog Halloween Chili Weiner

One thing that Silver Wheelers love to do is gather, eat, talk, eat and celebrate! We love to see our new members (friends) as well as our old members (friends). Oops! Forgot, we love to ride our bikes!!

January 18, 2020
Tom's Country Place
3442 Stoney Ridge Rd. Avon, Ohio 44011

The cost is just \$15.00 per person, payable in advance only.

1 PM – 1:30 PM Social time & slideshow presentation.

1:30 Welcome & Awards

2:30 Dinner is served with more

Awards & Year Recap following the meal

Regular Buffet Menu:

- Bourbon Glazed Pork Tenderloin
- Baked Atlantic Salmon
- Garlic Roasted Red Bliss Potatoes
- Broccoli Au Gratin
- Cauliflower Au Gratin
- Tossed Salad
- Dinner Rolls & Butter

Vegan Menu:

- Teriyaki Vegetable Stir Fry with Tofu, White Rice,
- Mixed Steamed Vegetables with Teriyaki Glaze
- No substitutions

Desserts & Refreshments:

- Cake
- Cookies / Brownies
- Sodas, Water, Coffee and Tea
- You are welcome to bring your own wine or beer

TO REGISTER:

Please ***go to the event page on the Silver Wheels event calendar to reserve*** your spot. There will be a link to sign up using PayPal. You do not need a PayPal account to be able to enter your credit card information. You will choose your menu option when you register.

If you prefer to pay by check it should be sent to 530 Crossbrook Dr., Berea, OH 44017 with a postmark no later than January 3rd. Do Not send to the club's PO Box!! Checks received after that date will be returned! ***Positively no payments at the door as we must give Tom's a head count before the event.***

NOTE: Tom's is unable to accommodate switches from the regular menu choice to the vegan the day of the banquet.

Registration Deadline is January 4th, 2020

Most Important:

- This is BYOB event
- Don't let the awards part fool you. This banquet is for everyone. Some will receive awards, everyone will eat, socialize, and maybe imbibe.
- Come enjoy the presentations by our own exciting speakers!
- There will be a slideshow presentation during social hour with Silver Wheel highlights from 2019.

From your Silver Wheels Awards Banquet Committee:

Karen H., Eleanor S., LaDean H., Gary S.,

Steve O. (Slide Show) and Cheryl B. (Program)

Questions regarding payment or registering: Contact Rick Wells

Any other questions: Contact Karen Hobbs

Cold Rides:

By Steve Oz



Now that winter is upon us, most will put the bikes away and stay inside for the next few months (not a bad idea!). But, there are some hardy folks who will keep riding as long as the roads are clear. There are cyclists who won't ride below 60 degrees and others who ride even if it's nearly freezing! Everyone has their limits and the proper riding gear is needed no matter what the temperature. Knowing how to dress for cold cycling is the key to an enjoyable ride. Here are some pointers if you want to get out and ride during the winter months in frigid northeast Ohio.

Ideally, your attire should have you feeling a little chilly when prepping your bike in the parking lot. Once you start riding, you will warm up. Having the right amount of clothing may take some experimentation though. While riding you want to be comfortable and not chilled or overheated. There are 3 layers

you should consider for a cold ride. Wick) A lightweight, polyester performance fabric should be next to your skin to wick away moisture. A cotton T-shirt is not a wise choice as it will get damp and make you feel cold. Trap) This layer should have thermal qualities that insulates but also breathes. The idea is to contain any heat you are giving off. Block) The outer layer should block the cold air and moisture from getting in. A nylon windbreaker is great for keeping the cold wind out.

Don't forget your head! It is reported that 30% of heat loss is through your head because of the huge amount of blood that circulates there. If you keep that blood supply warm, it will help keep your body warm. Make sure you cover your head and ears. Ear covers are an absolute necessity when riding below 50 degrees. Skull caps help prevent head heat loss and heavy cycling caps can be used for even more insulation. In extreme cold situations, you want to be sure to cover all exposed skin due to the wind chill effects. There are products that cover your face, chin and neck. Also, don't forget the glasses. Clear cycling glasses (or sunglasses for those rare sunny days in Ohio) or wrap-around safety glasses will protect your eyes from the stinging cold wind which causes your eyes to water. You should always wear eye protection when cycling anyway.

Fingers and toes are the first parts to get cold and are susceptible to frostbite so pay extra attention to them. Full fingered gloves (double layers help too) are a must. For really cold days, cycling mittens might be a good choice. Doubling up on thermal socks is a good idea as long as your shoes are not too tight. Toe covers or cycling booties are a great help too especially if road spray is present.

Of course, your legs need protection too. Wear full length tights at a minimum and thermal base layer underneath when really cold.

These suggestions vary with each rider as some are able to handle the cold more than others. Once you figure out what works best for you, you too can enjoy a longer riding season. A good time to test your winter gear is on our upcoming New Year's Day ride – see the calendar for more details.



Did a cartwheel the other day thinking that it was like riding a bike.

It's not.



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