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December 2021



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, Bill Mansfield

See the club roster for specific contact information

See the club website for specific contact information.

From The Editor

I want to wish all our members and friends a Merry Christmas and Happy New Year! While 2021 was a sort of rebound year after a greatly restricted 2020, we were still hampered by this ongoing pandemic. We will soon begin a new year with hopes that we can have even more events and get closer to normal. Note that because of the continuing virus outbreak, we will not have our winter awards banquet.

The cold weather has set in and we now have to resort to trainers and spin classes, or do we? Check out the winter cycling information in this issue. Maybe you can have a cold weather riding adventure in the great outdoors!

And, save the date of January 29, 2022 for our annual planning session. Watch for details on this important meeting.

Steve

Ponderings From The President

By Cheryl Burkhardt

Today I turned 70 years old! As I pondered life these past few days, one thing stands out – bicycles and cycling. Being a December baby, I often received combination birthday and Christmas gifts when an item was more expensive. The first one that I remember was my first two-wheeler. We weren't a poverty-stricken family at all, but money was always somewhat tight. I really wanted a bicycle, so my dad secretly refurbished a 20 inch Huffy and painted it forest green. It matched the Christmas tree quite well. As soon as the snow melted, I rode that bike in circle after circle on the large black topped area behind our house. Summer arrived, and that area became a raceway. One friend's mom sewed a set of racing flags and all the kids in the neighborhood became bicycle racers extraordinaire. A yellow caution flag was waved when I took a turn too sharply and went down necessitating a trip to the doc's. That ended my racing career because Mom closed the raceway fearing that someone else would get hurt. A few bikes and many, many years later, I got a Giant OCR Touring bike for my Christmas, birthday, Mother's Day gift from my husband. That bike carried me through numerous club rides, invitationals, and OCR's for 17 years. It's now been converted to Bob's commuting bike and I

GOBA'S FOR 17 years. It's now been converted to BOB'S camping bike, so I never had to have a sentimental goodbye moment. My Covid Christmas gift to myself a couple of years ago was a women specific Felt carbon fiber road bike. It's by far my favorite bike ever – so light weight and well, just pink and purple pretty.

Through all of these bikes, I've realized the absolute joy in being free. Freedom to travel to the city park in my younger days and live at the pool, tennis courts, or golf course there. (It's still the only free golf course in the United States.) Freedom to set goals and push myself to achieve them. Freedom to visit other areas of the country and see them through eyes as a cyclist rather than whizzing by at 65 miles per hour. Freedom to escape the turmoil in our world by immersing myself in nature with friends.

May you all find the peace and joy in cycling this holiday season. Happy holidays, Silver Wheelers!

Some applause.....

Congratulations! to the following board members recently voted in for the next two-year term

Secretary: Sandy Lottman

Treasurer: Rick Wells

Director: Peggy Doheny

Director: Bob Burkhardt

From the Education and Safety Committee

The Education and Safety Committee is always on the lookout for good articles. This one was posted on the club site a few years ago about hills. It is a good review and something to think about while our bikes take a rest in the

cold.

<https://silverwheelscyclingclub.wildapricot.org/Hills>



The following tips can help you continue riding happily through the winter:

- **Ease into winter riding.** Conditions are more challenging than riding in warmer seasons, so start with shorter rides to get acclimated and get your gear worked out.
- **Ride the bike you already know.** You're used to how your bike handles; no need to buy a winter-specific bike.
- **Gear up to see and be seen.** Prepare for riding in darker conditions by significantly beefing up your lighting, including bright headlights, safety lights and reflective gear.
- **Check and adjust your tire pressure.** Air pressure loss happens faster in cold temps; inflate tires to the low end of the recommended range. Consider switching to grippier tires.
- **Dress for warmth.** Wear layers so you can adjust to changing conditions; you will also need head and ear covers, gloves, and covered hike shoes

covered bike shoes.

- **Winterize your riding tactics.** If a bike lane or shoulder has muck or ice, take the right traffic lane instead. Ride relaxed to improve handling on bumpy, icy or wet roads.
- **Clean and cover your bike.** Grime and/or ice can build up quickly on winter roadways and, in turn, on your drivetrain, frame and other components. Clean it up after a wet ride.
- **Keep electric bike batteries warm.** Cold temps drain the battery quickly, so store yours indoors and use riding tactics that conserve power.

Some Interesting Winter Facts:

The southern hemisphere has winter when we have summer. Their winters are generally milder due to less land mass and more ocean.

The highest recorded one-year snowfall was at Mount Rainier, Washington. From February 1971 to February 1972, an amazing 1224 inches of snow fell. That's over 100 feet!

The coldest countries during winter are Russia and Canada.

There are more weather-related car crashes on wet pavement during rainfall than during snowy days in the U.S.

From Dr. Mirkin M.D.

In cold weather your heart has to work two and a half times harder to pump blood through your arms than your legs because smaller blood vessels have greater resistance against blood flow. Breathing cold air further decreases exercise capacity and makes your heart work even harder by constricting the bronchial tubes that carry air to and from your lungs, and the arteries that carry blood to your heart. Lack of oxygen increases risk of clotting and irregular heartbeats. Cold air on your face causes a reflex that closes blood vessels leading to your heart to reduce the oxygen supply to the hearts of people who already have blocked coronary arteries. If you have heart disease, do not exercise in the cold.



Ebikes, electric assisted bicycles, are becoming very popular. Though many are used for commuting to work, especially in other countries, they are often seen on our roads and trails. They are even appearing more frequently on club rides. The motor-assist technology gives a whole new aspect to bike riding. Being able to ride farther and easier just may make one want to ride more often. Plus, they are a lot of fun to ride! If you were good and happen to get one for Christmas, Silver Wheels has guidelines for those who use ebikes on club rides:

- **CLASS 1 ebikes are welcome on club rides. These are bikes that need to be peddled with or without using the peddle assist feature in order to move forward. Their maximum speed is 20 miles per hour, after which the assist feature no longer helps the rider.**
- **CLASS 2 ebikes cannot be ridden on club rides without the rider signing a waiver, which can be found on the club's website, which has them assuming all responsibility for accidents or damage to themselves or others on the ride. These bikes can go 20 mph, but do not need to be pedaled to move. They are in essence a small moped. Our club insurance does not cover these types of ebikes and the riders must assume all legal responsibility as detailed on the waiver developed by the League of American Bicyclists and their insurance company. We strongly discourage Class 2 bikes on club rides due to the liability being placed on the individual rider.**
- **CLASS 3 ebikes need to be peddled to move forward, however, they are capable of going 28 mph. While these bikes are covered by our club insurance, it is imperative that these as well as all ebikes ride within the ride speed category and stay behind the leader.**
- **Only class 1 and 2 ebikes are allowed on the Lorain County Metroparks bike trails. Because of the high speed, Class 3 bikes are NOT ALLOWED on the trail.**

If you have an ebike, and several of our members currently do, please inform the ride leader when you check in for the ride and let them know the class of your bike. If you have a class 3 ebike, check the route ahead of time. Remember, this class of bikes cannot be used on LCMP trails.

To recap:

Class 1: LCMP acceptable and covered by club insurance.

Class 2: LCMP acceptable and waiver required by the club..

Class 3: LCMP not acceptable and covered by club insurance

This link has a good general description of ebikes

<https://silverwheelscyclingclub.wildapricot.org/E-bikes>

Comments from a recent (December 2nd) ride:

"It was the best of rides, it was the worst of rides, it was a tale of two rides. The valiant trio of riders, Bill Mansfield, Wynn Gerber and myself (Tim Creamer) braved fierce winds & monstrous hills for 25 miles. Gnashing of teeth was heard with the turn on Pitts Rd after conquering the 30 mph headwinds for 12 miles. But at the moment we were saved by the same winds, now pushing us forward towards our final destination. A trio of shouts let loose for our sudden fortunes from the hearty men in tights riding their bikes."

A Christmas Poem by Larry Best

Tw'as the day before Christmas, And the weather was good.

I hopped on my bike for a ride outta the "hood."

Crusin' down Broad Steet, my spirits were high.

I was feeling so good, I thought I could fly.

Going down W. 3rd with the wind at my back.

I passed two cars, there was no looking back.

At the bottom of the hill, I used all the reindeer.

But when I got to the top, I clicked down 3 more gears.

Swerved onto the trail, and saw no one there.

I could make it to Oberlin, without so much as a care.

I slowed for Murray Ridge, bad intersection there.

Saw a rider ahead, dressed in all red.

I decided to match'em, I knew I could catch'em.

Away in the distance, I could see he was movin'.

There was no doubt about it, that cat was groovin'.

Christmas decorations, burst into sight.

As we passed downtown, everything was alight.

I saw the depot, flash by on the right.

I knew by then, this guy could take flight!

It was all I could do, just to keep him in sight.

Then all of a sudden, he slowed for a bit.

I was glad I could finally quit. I pulled along side,

And to my surprise. It was Santa on his pre-Christmas ride.

His 2 wheeled sleigh, being pulled by the Deer

He said "Nice try son, you ride pretty good".

Then as he took flight, and pulled out of sight.

He said "Maybe next year, you'll time it just right."

Merry Christmas to all, And to all, happy cycling!

I don't ride a bike to add days to my life, I ride to add life to my days!

