

**Newsletter of the Silver
Wheels Cycling Club Inc.
April 2024**

Rollin'



President: Steve Osmialowski

Vice President: Jose Morel

Treasurer: Norm Diederich

Secretary: Jan Friswold

Rollin' Editor Larry Best

So, there I was, minding my own business as usual, when all of a sudden, I got some more sad news. Bob Keiser, a former SWCC member and a personal friend of mine had passed away. He had a jovial personality, always smiling always laughing, always in a good mood, the kind of guy that couldn't possibly have an enemy in the world. together. He rode a recumbent bike and was good on it. Nobody used to beat me on downhills...except for Bob. I can descend like a boat anchor. Riding downhill I'd be all tucked in, then near the bottom Bob would come past me like

I was tied to a tree. I'd swear and shake my fist at him and he'd laugh like hell. The last few years he switched to an Ebike. He was a special friend and we rode together a lot. I'll miss you, Bob. R.I.P.

Lots of stuff on the calendar for April and May. Founder's Day: April 13th, a Special Club Meeting with Ken Knabe, aka The Cleveland Bike Lawyer, there are many, many rides both long, short, medium, slow, moderate, and fast posted on the calendar.

New Members



A warm SWCC welcome to:

Melanie Gerken and Donna Boucher

Founder's Day

April 13 is our annual Founder's Day ride to honor our bike club's birthday at Vermilion Valley Winery 11005 Gore Orphanage Rd. Wakeman, Ohio 44889. The building will open at 10:00 A.M. and rides will start at 10:30.

To celebrate we will have a taco bar for you to enjoy following the ride which is often on a sunny beautiful day. (No promises for this year) We'd also appreciate it if you would bring a side dish or dessert.

Ride leaders for all levels are still needed. So far Bob Burkhardt is leading a 3-* ride. Please let me know if you can be a ride leader. If no one steps up we will simply cancel that ride level and we will all ride Bob's 3-* ride! Please RSVP to Pat Serio, midwife@oberlin.net if you are going to attend.


Don't Miss Out on a Special Club Meeting with Ken Knabe!



We are thrilled to announce that Ken Knabe, renowned as Greater Cleveland's Bike Attorney, will be joining us as a guest speaker at our upcoming club meeting on May 16th. Ken has just wrapped up work on another insightful book and has actively participated in our ride leader's seminar, where he shared invaluable insights into the latest Ohio laws affecting cyclists and the critical first steps to take if a cyclist encounters an unsafe driver.

Given the significance of this meeting for all cyclists in our community,

If you are a Cyclist hit by an Unsafe Driver remember: P.H.O.N.E.



KEN KNABE
Greater Cleveland's Bike Attorney
Protecting Ohio's Injured Cyclists
from the Ground Up!

Knabe Law Firm Co., L.P.A.
14222 Madison Avenue
Cleveland OH 44107

216-228-7200 www.KLFOhio.com
Ken@KLFOhio.com

P Call Police: insist on a report!

H Health: seek immediate medical treatment if injured.

O Observe: driver's & witness info/insurance/license plate.

N Notify: call a bike injury attorney FIRST. Adjusters are insurance pros - hire a pro yourself!

E Evidence: keep & photograph ALL bodily, bike, & accessory damage.

we have extended a special invitation to LCBC to join us. This gathering promises to be an enlightening and crucial event for anyone passionate about cycling and staying informed about legal aspects impacting our rides.

Mark your calendars and don't miss this opportunity to meet and mingle with Ken Knabe, gain valuable knowledge about updated laws, and connect with fellow cycling enthusiasts. Let's come together to make our cycling experiences safer and more enjoyable for everyone!

That look you get when someone touches your
bike



Group Riding Benefits

By Larry Best

I believe that the good group ride, perhaps especially the good club ride, is where the heart of road cycling beats. It's where riders are formed, where technique is learned, where friendships are made, where riders learn to look after one another.

It's a world phenomenon, the group ride. Learn to ride on your club ride and you can take your skills anywhere and fit...right...in.

All SWCC group rides are excellent learning rides. You'll see that riders look back to see what's happening behind them, checking out the tail-enders to ensure they're doing okay. You'll see the leader, or "sweep riders" drop back to tow someone back up to the group in his draft, or just to ride with them, encouraging them. You'll see that the no-drop policy stated in the club newsletter and mentioned by the ride leader during pre-ride briefings.

No amount of effort spent finding a good ride is wasted. SWCC rides shouldn't just reflect the strengths of the ride leader. A possible exception to this is some 4* and open class rides. Commit to the good ride.

Because the abilities and commitment levels of cyclists vary so widely, we have a wide variety in an attempt to suit any rider.

Find a club ride and understand the dynamics of group cycling. OOPS! Found yourself that's above your ability? No worries. You will not ride alone. Someone will drop back and ride with you.

Club rides are great for learning to pedal and ride a straight line, riding in close proximity to others, watching how other (perhaps) more experienced riders handle intersections, traffic, calling out road hazards, and also for acquiring basic fitness or getting used to climbing.

That's why group rides are so important. You'll learn all aspects of road cycling, including safety.

Come on Out and Join Us.



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Hot weather will be here soon.

Remember...don't leave your carbon fiber bike out
in the sun

