

From: theozs@oh.rr.com
Subject: FW: October 2020 Rollin'
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To: sjsaul@mac.com



From: Silver Wheels Cycling Club <SilverWheelsCyclingClub@wildapricot.org>
Sent: Friday, October 9, 2020 7:10 PM
To: Steve Osmialowski <theozs@oh.rr.com>
Subject: October 2020 Rollin'

October 2020



Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

Your Current Leadership Team

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Vice President:	Cheryl Burkhardt
Treasurer:	Rick Wells
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Membership:	Randy Lottman
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Ride Committee:	Dennis Stout

Ride Committee: Dennis Stout
Social Committee: Karen Hobbs
Education/Safety: Peggy Doheny
Dog Days: Scott Edmundson
Physical Assets: Emily Townsend

Social Media: Rob Hipskind and Cheryl Burkhardt

Directors: Peggy Doheny, Rob Hipskind, Scott Edmundson, Bill Mansfield

See the club roster for specific contact information

From The Editor

As the days get shorter and the air gets colder, I realize how fast our cycling season can end. For those trying to keep riding in our coronavirus world, there is about a month before the time change and the weather gets really cold. Fall riding can be rewarding and refreshing. Just be aware of the extra hazards that the season brings. An informative older Rollin' article on the subject is in this issue. Another article on dealing with animals on the road is also included. Dogs, deer, chipmunks and squirrels – Oh My! Watch out for those critters that run into our path. And, watch for the roadkill that can't get out of our path.

Steve



Animals and Bikes

The Safety and Education Committee has been approached about what to do

when animals are encountered - especially dogs on the road. This can be a frightening situation. Lately, many owners have invisible fences so the dogs stop short of the road but occasionally they do come out barking. This article (originally published in 2016) provides some tips on what to do.

Dogs will be the most common animal that Silver Wheelers will have problems with on our rides. Deer crossings are also a fairly common occurrence, especially in the fall and spring, at dawn and dusk.

Doggie Tips: Announce to other riders if you see a dog that may be a problem. (DOG LEFT!!!) If the dog runs toward the group, all riders should use a loud, aggressive voice and say "NO!!!" Many dogs will just run to their fence line and never come out on the road, but you may not know this until it is too late, so stay ready to react. Also, be aware that the "quiet dog" may actually be more aggressive than a "barking dog". We've all done it, we all know it. If you can take the dog in the field sprint, do it. It's better for everyone involved. Please don't leave a rider to fend off a dog by themselves, especially if you are the more experienced rider. You may want to consider unclipping your foot on the dog side in case you need to kick the dog. Squirting the dog with your water bottle may work. Some riders carry pepper spray, but this should generally only be used only after you have stopped your bike. An air horn is often effective. A dog horn is a smaller can-sized version and it delivers a loud burst that will shock most dogs. If you can't deter the dog and confrontation is imminent, stop, put the bike between you and the dog and avoid direct eye contact. Most times, if you stop moving, it will mitigate the dog's aggression – but having an air horn or repellent could make a difference. If all goes well and the dog gets bored, slowly back away until it's out of sight. If the worst thing happens and you are under attack with no other options, one option is to be as unlike prey as possible and play dead. The Humane Society recommends curling into a ball with your hands over your ears and staying still. Try not to scream or roll around. If you do get bit, the Humane Society advises:

- Immediately wash the wound(s) with soap and warm water.
- Get medical assistance.
- Report the bite to your local animal control agency. They will come and do a basic investigation. If possible, someone in the group should take photos of the dog.

Personal Testimony: Following is the testimony from Karen Hobbs, a Silver Wheels' member who was chased and bitten by a dog while on a ride with the club: "When I encountered a dog, I was on a Silver Wheels ride out in the country and two dogs came running out onto the road. The riders ahead of me yelled at the dogs to GO HOME and the dogs turned away from that group, I had gone to the middle of the road to get away from the dogs but one came at me. I was preparing to kick the dog when he took a bite at my leg. I kept riding to get away. I don't think I could have taken a hand off my handle bars to grab something to throw or strike the dog with say a frame pump. I chose to keep control of my bike. I ended up with bite marks on my calf, a good size bruise, antibiotics and a tetanus shot. I am up to date on my shots as was the dog. I have to say my ride leader Cheryl and fellow rider Richard were the best. They made sure I was ok and rode with me back to Oberlin." **Bambi Tips:** If someone sees a deer, they should yell "DEER" at the top of their lungs. Also, it is wise to give a direction of your spotting, "LEFT or RIGHT. Immediately slow down and scan both sides of the road for additional deer, they usually come out in groups. Proceed with caution. This two-minute video is a compilation of traditional animal encounters like dogs and deer and also some more "unusual"

animal encounters.

<https://vimeo.com/174330944>



Bicycling in the Fall – By Ed Stewart

Bicyclists have this bittersweet love affair with autumn. You know what that means – we love the beautiful color in the trees, adding even more enjoyment to our favorite sport. You also know that with the arrival of fall comes Autumn leaves, adding an aroma to the air that’s special and unique. The temperature can be nice with a chance to wear a light jacket once in a while. The crisp sound of leaves crunching beneath your tires and getting caught in an onslaught of leaves blowing off trees will bring back memories of childhood and other fun times. Fall comes with a unique set of hazards as well. Fallen leaves will tend to collect in the holes and dips in the road, hiding a larger hole underneath. If the road you are riding on has other chuckholes and seam fractures, steer clear of the collected leaf piles. Layers of leaves can be slick – especially if wet beneath the top layer. It is safe enough to ride straight through these if they cannot be avoided, but use caution if you must ride through a pile on a turn. Try to keep your turn wide and avoid braking while in the pile. Treat this pile as though it were like ice... because it is just as slippery. Bike lanes can be problematic in the fall. Leaves are blown into the lane by traffic and will collect there to create a hazard for you. Also, residents will often rake their piles right out into the lane without realizing the danger it creates for cyclists. That pile may appear harmless, and often is, but it may also contain other lawn debris like branches or other litter you do not want to ride

in. Ride farther out in the road and stay on a straight line rather than swerving back and forth to dodge numerous piles which confuses motorists. Even bike trails can be a problem in the fall, despite how close you are to all that colorful nature. If the trail has overhanging branches – the ones that gave you nice shade in the summer – those branches will shed more than leaves in autumn. It's the larger twigs and branches on the trail that can get caught in your brakes and spokes and if that happens, you'll likely crash.

The drop in temperatures throughout the fall is usually gradual so we can become accustomed to it. Often, however, we are surprised one morning and the air is a lot colder than expected. That bit of a drop in temps can mean there's frost on the road – especially in the shaded areas. Frost on the road equals another slippery surface to respect. As soon as the sun hits it, it will melt rapidly but where the sun doesn't hit will stay frosty until the air warms enough to melt. If you're riding on a surface with broken sunshine like that, use extra caution and try to stay in the sunny areas when possible. Cooler temperatures also mean we have to bring out our extra wardrobe to keep warm on cooler rides. Everyone has their own preferences for which items they use for covering up and we also have our own interpretation of what is "cold." My wife will bring out a light jacket on days when I'm still riding in short sleeves; I will put on tights on days when some friends are still riding in shorts. There are few guidelines as to what is "needed" for comfort, but here are a couple that make sense:

- Additional layers will be welcomed if the wind picks up and temps drop any further.
- Arm, leg and knee warmers are some of the handiest items to carry.
- Having a way to cover your ears or head – or even your helmet – makes sense when the winds bring more chill.

Many regular roadies have an aversion to carrying extra weight let alone a trunk rack for hauling needed supplies and other things. Well, in times of changing conditions, a way to haul extra stuff becomes really valuable. What extra stuff?

The joint doctors tell us that we need to protect the ligaments that go across our knee caps once the temperature gets down below 60°F. That used to seem warm to me but the more I get out in temps at that level the more I believe them. Surely there are slight personal variables for this but it is a pretty good guide, and one that is easy to remember. Why take a chance with a damaged ligament that could end your season when you still have plenty of riding left – and possibly keep you from going to spin class in the winter? One thing that is often neglected in colder weather riding is to bring enough hydration. You may not feel as though you are perspiring that much but you are sweating a lot more than imagined. With loss of water in the body comes the need for replacing that water. You should still go by the general rule of a bottle of water per hour at the least, unless you are riding less than an hour, in which case it doesn't matter a whole lot if you bring water. The need for energy replacement continues also, so carry your favorite energy bar or other source of extra power.

Enjoy the fall riding season – it won't last long!

The bicycle campers in the club had a great trip to Maumee Bay State Park about a month ago. The group of eight started on a Friday in Fremont and rode with all their gear about 35 miles to the park. A scenic ride in the area was held on Saturday and the group went back on Sunday. The weather was quite good except for a brief rain shower on Saturday night.



Trail update: The Black River Trail has just become one more mile longer. The pictures below show some of the just-paved sections. This is the link from Colorado Ave. going north along Kansas Ave, into a local park and then ending at Lake Rd. in Lorain. This makes for a nice 20 mile trail ride from High Meadows to Lake Erie and back.



Did you know?

**The bikes used in the Tour de France
cannot be any lighter than 6.8 Kg (15 pounds)**

Bicycles: The mobile device that charges you!





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