

Roll

in'



Editor's Column

By Larry Best

So, there I was, minding my own business as usual when, all of a sudden, I got notice of the election results for club officers.

All were elected unanimously. The newly elected officers are **directors:** Peggy Doheny, Pat Serio, **Treasurer,** Norm Diederich, **and Secretary** Jan Friswold.

The SWCC annual banquet was well attended. New officers were introduced, and it was stated they will be receiving

**Newsletter of the Silver
Wheels Cycling Club, Inc.**

February, 2024

President: Steve Osmialowski
Vice President: Jose Morel
Treasurer: Norm Diederich
Secretary: Jan Friswold
Rollin' Editor: Larry Best

the same salary as the outgoing officers. The outgoing officers also received their pay for the last two years, which consisted of an empty envelope. If you haven't been involved in SWCC's management, you couldn't realize how many hours and how much work each of these positions require. Our club leadership does a terrific job!

On a very sad note, my friend, involved club member, and excellent cyclist, Dennis Stout, died suddenly on February 6, 2024. As of this writing I

haven't received any information regarding his obituary, visitation or services. Every club member will be notified as soon as this becomes available. God speed, Dennis. I draft on you still.



Bill Mansfield suffered a stroke in December. Thankfully, he's home from the hospital and receiving physical therapy several times per week. He's already seen some very significant steps toward recovery. I'm sure we'll all see you on the road this season.



Newbies

A warm welcome to our newest member, **Carol Kerlake** whose interests are bike safety, and touring.

2024 Planning Meeting

The annual planning meeting took place on January 27 at the Oberlin Library. The club officers looked at the goals from 2023 to see if they met their expectations and also made plans for 2024. The topics covered the treasurers report, rides to be placed on the calendar, the Dog Days Wine Tour, Education and Safety and lots more.

WINTER?

By Larry Best

What winter? I haven't seen any winter around here during the '23'24 season. Well, OK, we had some snow in early to mid-January, but that only lasted a few days, then disappeared. We had maybe 6-8 days of pretty darn cold temperatures in January as well, but all considered this has been a great winter season for riding. I'm surprised that there were virtually no rides posted on the calendar. I know that some riders consider any temperature below 55F is too cold to ride. I've barely ridden at all for a year due to health problems, but when I'm able my criteria for riding are temperature 25 or above, clear roads, and no precipitation. You'd be surprised at how warm/comfortable you can be.



It all comes down to what you wear. Most riders wear too much. They get too hot, find it's too clumsy to ride the bike with all those layers. They stop to remove some layers, get cold from standing around, and have no place to stash their extra layers. Even in temps in the low 50s, down to the mid-40s, they'll start a ride and within the first five to eight miles they'll stop to take some clothes off.

There's a lot of personal choice when it comes to cycling clothes. BTW, I should define what cold is according to me. Forty degrees to 50 degrees is what I consider cool. Anything in the 30s is cold, and below 30 it's very cold. I've ridden when it was in the teens and single digits and it was no fun. Here's what I wear when it's cold.

Starting from the bottom, I wear wool knee socks. Smart wool is great, but dumb wool is just as good. I don't wear socks that are really thick because it

makes my shoes too tight, cuts off circulation which + cold feet. If it's under 35 I also wear booties. I like Pearl Izumi's. Thermal tights to keep my knees warm. On top I wear a poly fleece thermal top that zips up into a nice snug turtleneck. Over that I wear a totally windproof rain jacket. Bothered by the wind? You won't be if you wear one of these. It has pit zips for ventilation & a generous rear pocket. I also wear a balaclava (ski mask). A thin one. They stretch so that you can put them under your chin, cover your mouth, cover your nose, & pull them up to cover everything but your eyes. They're also useful if you decide to stop to rob a bank during your ride. I never block off the vents in my helmet mostly because I've never felt the need. Hands. This is my trouble spot. I have a hard time keeping my hands warm. I have three pairs of ski glove that are "kinda OK." I've tried mittens, but they make shifting and braking quite clumsy. They make gloves that combine your index and middle finger, and your ring finger and pinkie in compartments together like a mitten. They're called lobster mitts. I've never tried them, but I'll likely be getting a pair.



As you can see, winter cycling clothing can vary quite a bit.



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