

From: Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org
Subject: February 2022 Rollin'
Date: February 9, 2022 at 6:55 PM
To: Sally Saul sjsaul@mac.com



February 2022



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, Bob Burkhardt

See the club roster for specific contact information

See the club website for specific contact information.

From The Editor

As we trudge, shiver and shovel our way through winter, we can always reminisce about the great club rides of the past and prepare for the upcoming biking season. You can relive those SW events by visiting our Facebook page and scrolling down through the old postings. Another way to see some rides of the past is to view our YouTube videos.

Facebook: [facebook.com/silverwheelsbikeclub](https://www.facebook.com/silverwheelsbikeclub)

YouTube: search for "swbiking"

Indeed, the snow will melt and the temperatures will increase but will you be ready to ride? It's important to stay in shape during the winter so those first rides go smoother. It is also a good time to do that important bike maintenance. Give the bike a good cleaning and lubrication. Inspect the tires and brakes. If you don't have the mechanical skills, consider getting the bike to your local shop for a tune up and beat the spring rush.

Steve



Ponderings From The President

By Cheryl Burkhardt

My ponderings this past week relate to a Facebook Marketplace purchase of a used exercise bike. Willing myself to the basement to ride during the winter is a test of intense inner strength, and I often lose. However, part of the reason for the battle in my soul was the fact that my former stationary bicycle didn't really fit. I could not raise the seat high enough to avoid some knee pain the

day after riding 30 minutes or more, and the reach for the handlebars put too much weight on hands that rebelled because of arthritis. Since my road bike cannot be put on a trainer, I decided that the only way to actually make use of an exercise bike was to get one that fit better. After trying one out on a bitter cold night in the seller's garage, the purchase was completed. Jose, our neighbor, and a member of the club who has helped us lug numerous items up and down our basement stairs, was once again called into action. The bike weighs 100 pounds, so it was not an easy feat!

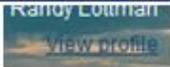
So far, I've managed to ride it 4 times for 30 minutes each time while watching HGTV. Somehow that makes the miles pass more quickly. But is 30 minutes a few times a week enough to stay in shape and jump on the road for a 20+ mile ride in the spring? For advice, I searched the internet and found a great link. Where? A Penn State site of course! It basically said that riding 30 minutes a day with varying resistance on a bike that fits you will maintain your current level of fitness, help your cardiovascular system, strengthen your leg muscles, and help you lose weight. It also warned that trying to keep up with a spin class that is above your level could cause injury. Stop if you feel any pain or aches. For those of you that may want to try classes in the privacy of your own home, there are lots of folks leading spin classes on YouTube. No one will know that you are not standing up in the pedals. The article goes into detail about cycling indoors and has suggested workouts for different levels of fitness. The link is:

<https://prowellness.childrens.pennstatehealth.org/7-great-benefits-of-a-stationary-bike-workout/>

Until the warmer weather hits, and we can get on the road and trail again. I will be watching more HGTV.....every single day. Ugh! Wish me luck!

Have you renewed your membership yet? Renew by March 1 and save \$5

How to Renew:

- Log in with your email and **password** at <https://silverwheelscyclingclub.wildapricot.org/>.
- Click the **VIEW PROFILE** button below your name. 
- Click on
- Your Profile will appear. Review and edit it from top to bottom.
- If you wish to donate, go to the bottom of the screen and look for **DONATION**.

Donation x \$5.00 (USD) = \$0.00 (USD)

- Back at the top of the page, click on "UPDATE AND NEXT".
- Review the Total. If wrong click BACK.
- If all is good select your payment choice.
 - Remember you need not be a member of PayPal to pay online.



The American Bicycle Industry: A Short History

The following is the beginning of a great article on the American Bicycle Industry. To read the whole article which has some interesting pictures, go to the link below:

There are an estimated one billion bicycles in the world today, almost half of them in China and another one hundred million in the United States. About one hundred million new ones are manufactured each year, over half in China and many others in Taiwan, around Asia, and in the Netherlands and Germany. The United States, despite buying fifteen to twenty million new bikes a year, is no longer a major factor in bicycle production. But it used to be. What follows is a brief look at the history of this once-vibrant American industry.

<https://americanbusinesshistory.org/the-american-bicycle-industry-a-short-history/>





Golden Wheeler Awards 2021

This prodigious award is given to persons who have provided significant long-time service to the club. Selection of the Golden Wheeler is made by the board. The president appoints a selection committee chairman who forms a committee which makes their recommendation to the board. The recipient(s) receive the title of Golden Wheeler, a lifetime membership in the club, their name on the golden wheeler plaque and a smaller plaque to take home. Selection of the golden wheeler is based on a point system with a minimum of 90 points required. One point is awarded for each year of age above 65. Points will also be awarded at the rate of one point for each year that the member has served as an elected official or chairperson of a permanent committee. Other significant contributions to the club may be taken into account. This year's Golden Wheeler Awards go to Pat Serio, Gary Schmitt, and Dan Roob. Congratulations to these three long time club members and thank you for your contributions.

From the Education and Safety Committee

Your safety committee recommends learning about the ins and outs of biking such as "drafting", not to be confused with a cold weather draft or draft beer.

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

And....Coming soon..... Attention riders of all levels!

To kick off the cycling season the Safety and Education Committee is planning a safety expo at the March 24th club meeting. We will have various safety stations including what's new with helmets, ABC's before a ride, routine maintenance, core exercises and balance, and tire and chain replacement. We look forward to seeing everyone after the long winter - so come for the information (always something new to learn) and enjoy door prizes and great conversation with your fellow members.

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BITS OF NEWS:

Mark your calendar:

March 5, Rider/Ride Leader Seminar

March 12, Chili Weiner Ride

March 24, General membership meeting and Safety Expo

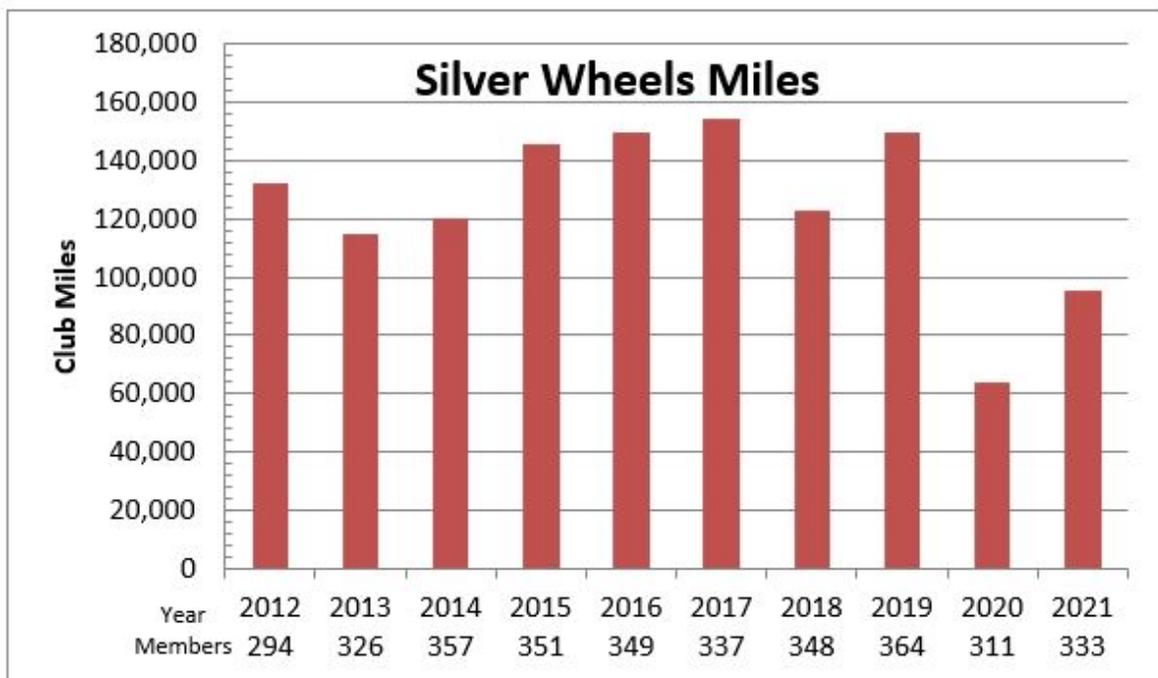
July 9, Dog Days Wine Tour

New club post office box address:

P.O. Box 242,

Vermilion, OH 44089

Total club mileage was improved from 2020. As covid rates drop, we should see even more miles in 2022



The Shed

Did you know that we have a club shed? No, it's not for secret meetings, but houses the club supplies. Most of these are for Dog Days, but we do have a variety of other things that club members can access if needed. For example, we have a set of panniers and a BOB trailer in case someone wants to try out bike camping with the campers. Emily Townsend is the Physical Assets Manager for the club. She is the grand poobah in charge of the shed and its contents. Please contact her via the club directory if you want to borrow some of our equipment for camping or rides.

Attention Silver Wheelers,

While it doesn't seem possible as I sit here watching the snow fall, club sponsored Special Rides will begin in about 6 weeks, Saturday, March 12, with the spring Chili Wiener followed by the start up of our Wednesday evening all-star rides the following Wednesday, March 16.

To get everyone primed and ready to take to the roads and trails the Ride Committee will present a "Rider/Ride Leader Seminar" on March 5 at the First Church in Oberlin, 106 n. Main St., Oberlin, Ohio 44074, 10 a.m. to 2p.m. As the title suggests, it is for riders and ride leaders and will present information of interest to both groups.

Our featured speaker will be Ken Knabe who with Parker Mulholland are the authors of the book "Cycling Rights" which is an "expansive overview of the rapidly evolving landscape of Ohio bike law, bike infrastructure, and what it means legally and practically for cyclist, pedestrians and motorists" and is available through Barnes and Noble. Ken is a long-time cyclist with an impressive biking resume, and a cycling advocate with connections to a number of cycling organizations including a membership to our club. When not cycling Ken is an attorney and owner of Knabe Law Firm and has represented numerous cyclists injured in bike crashes.

Additionally, there will also be an exploration on our recently rewritten "Ride Posting Procedures," a review of the club's "Ride Leader Guidelines," a review on signing in to the club's RWGPS site, and a presentation of what to do until the EMTs arrive after a serious accident. Beverages and light snacks will be available. Hope to see everyone there.

Dennis Stout

Chair, Ride Committee

A bike ride is a flight from sadness

