

**From:** Rob Hipskind hipskind@mac.com  
**Subject:** Fwd: January 2018 Rollin'  
**Date:** January 29, 2018 at 9:15 PM  
**To:** sjsaul@mac.com

RH

Here you go!

Sent from my iPad

Begin forwarded message:

**From:** Silver Wheels Cycling Club <[SilverWheelsCyclingClub@wildapricot.org](mailto:SilverWheelsCyclingClub@wildapricot.org)>  
**Date:** January 7, 2018 at 1:53:32 PM EST  
**To:** Rob Hipskind <[hipskind@mac.com](mailto:hipskind@mac.com)>  
**Subject:** January 2018 Rollin'  
**Reply-To:** Steve Osmialowski <[theozs@oh.rr.com](mailto:theozs@oh.rr.com)>

**January 2018**



**Rollin'**

**THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB**

**Your Current Leadership Team**

<b>President:</b>	<b>Bob Burkhardt</b>
<b>Vice President:</b>	<b>Sue Wells</b>
<b>Treasurer:</b>	<b>Betsy Nestor</b>
<b>Secretary:</b>	<b>Deb Wailes</b>
<b>Membership:</b>	<b>Randy Lottman</b>
<b>Website Coordinator:</b>	<b>Tom Weber</b>
<b>Merchandise:</b>	<b>José Morell</b>

Sunshine: Dennis & Eleanor Stout  
Newsletter Editor: Steve Osmialowski

Ride Committee: LaDean Hutter and Greg Orłowski

Social Committee: Sue Wells and Karen Hobbs

Directors: Cheryl Burkhardt, Rick Wells, Peggy Doheny, Rob Hipskind

*See the club roster for member contact information*

---

## From the Editor

---

**Hey, it's 2018 and I felt it was time to refresh the look of Rollin'. Not that much will change, I'm just trying out a different template. Rollin' is created and distributed in our Wild Apricot software. This is just one of many newsletter templates to choose from. There are some minor bugs in the system and I know sometimes the formatting doesn't publish the same way it looks when in draft mode. Also, there are times when photographs disappear in the final version. Let me assure you it all looks great when I preview each issue. Once I click on send, the system emails it to over 300 recipients. The ability to view it will depend on your email service and the device you view with. For those who have problems, you can forward it to another device (which is what I do) and it may download better. As a last resort, remember that Rollin' issues are archived in PDF format right into our website for viewing. This process is not automatic so it may not be available right away.**

**I will continue my third year of publishing Rollin' and remind everyone that I welcome your writing talents as a contributor. Many have been writing great articles for this newsletter and it is my hope that I continue to receive news items, biking tips, ride reviews and other creative articles for our members to enjoy.**

**Steve**



## New Year's Day Ride

**Not long ago the club held its first event of 2018. Traditionally, a few hardy riders take to the pavement to get some miles on this day. However, this time it was a bone-chilling 9 degrees outside with snow on most surfaces and only one went for a ride. Twenty-some others showed up for social time with friends and another classic SW potluck. 7 crocks of soup and lots of sides and desserts made for a great lunch.**



**Who is this masked rider? Answer is at the end of Rollin'**





---

## **The 2018 Silver Wheels Planning Session**

**The annual planning meeting is when your leadership team (plus any member) holds discussions regarding the upcoming year. This is when dates are assigned for most of our major club events and annual rides. We also make decisions about rule changes, the budget, new opportunities, non-club invitational rides and any problems that surfaced throughout 2017. This meeting is open to all members who want to learn about the club's operations and have some input on the upcoming year. Stay for the whole meeting or just for a portion.**

**The date is Saturday, January 20 at the Oberlin Depot.**

**We begin at 9AM and finish when we get through the agenda. See you there!**



## **Club Mileage**

**Congratulations to all Silver Wheels members. The 2017 riding year was a big success for the club. The total mileage was 154,789 miles! This was done with 60.8% of our membership logging miles.**

**If you wanted to drive that distance, it would take 107 days at 60mph!**

**It would take 61 coast to coast trips in the U.S. to equal that mileage!**

**For comparison, in 2016 the club recorded 149,483 miles.**

---

Back in time....

The first bicycle dates back to 1817. This scooter-like device made by Baron Karl von Drais of Germany had 2 wheels, a seat and a steering bar. Instead of pedaling, you straddle it while running and then lift your legs to coast. Pedal driven bikes did not come along until 1839.



## Helmet facts

**70% – 80% of fatal bike accidents involve a head injury. This is why it is crucial to always wear a helmet when biking. Nearly all cyclists who died (95%) in an accident were not wearing a helmet.**

**Human brains can be injured by direct impact, of course, or by sudden violent rotation of the head, when the brain remains stationary and the blood vessels and nerves get a damaging strain. A helmet is your best defense against a head injury. Each helmet has an outer layer of polycarbonate to protect your head from abrasions. Plus it is designed to crack on impact which reduces the impact to your head. The inner layer consists of a molded, crushable foam material. When you crash and hit a hard surface, the foam part of a helmet crushes, controlling the crash energy and extending your head's stopping time by about six thousandths of a second (6 ms) to reduce the peak impact to the brain.**

**All biking helmets are certified to pass certain standard lab tests, whether they cost \$25 or \$250. There are very few differences in performance among the helmets. When you pay more for a helmet you may get a better fit, more vents, lighter weight and snazzier graphics. But the basic impact protection of the cheap helmets equaled the expensive ones in lab testing. Just look for a helmet that fits you well. If you experience a crash and the helmet has sustained an impact (look for visible damage), that helmet should be replaced.**

**Think about this: Some riders are reluctant to replace a crashed helmet if it is a very expensive one, but would not hesitate to replace cheaper one.**

**A great source of helmet information and statistics can be found at**

[www.helmet.com](http://www.helmet.com)



**But it's so cold...**

**It would be great if we could ride our bikes all year in this area. Well, it is possible if you pick a day with clear roads or trails, and you can stay warm enough. The main trouble is keeping those extremities warm. Fingers and toes are usually the first to freeze when biking. Why is that? This happens because your body has bigger things to worry about, like your internal organs! On a comfortable day, blood carries heat from the center of your body out to your skin's surface. Heat from your warm skin then escapes through the air. And the quickest way for heat to leave your body is through all those parts that stick out, like your fingers, toes, and ears. But when it's freezing outside, your brain knows it's a good idea to prevent heat from escaping. So your body sends less blood to your fingers, toes, and ears. That way, it traps more heat in your torso to keep your vital organs cozy.**

**This means you should really pay attention to your fingers, toes, and ears! After all, if they remain without blood for too long, they can get frostbitten! That means your blood-starved tissues will get so cold that they'll freeze and die. Your body does its best to keep you warm with its emergency procedures, like shivering and breaking down food. But, you can easily help out by dressing warmly. Remember that multiple layers are best. It is also crucial to keep wind and moisture out. You may need to experiment to find what works best for you. Once you do, you may find your low temperature riding limits can be dropped further, allowing a longer biking season.**

**Bump shoulders with your friends,  
and handlebars with your good friends**





**Answer - Tim Creamer rode 10 miles on New Years Day!**

---

Copyright 2018 (Silver Wheels Cycling Club) All rights reserved  
P.O Box 867, Elyria, OH 44036 You are receiving this message because you opted in at  
<https://silverwheelscyclingclub.wildapricot.org/>

[Unsubscribe](#)

