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Subject: July 2021 Rollin'
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To: Sally Saul sjsaul@mac.com



July 2021



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:	Wesley Simmons
Newsletter Editor:	Steve Osmialowski
Ride Committee:	Dennis Stout
Social Committee:	Karen Hobbs
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, Bill Mansfield

See the club roster for specific contact information

From The Editor

Summer has arrived with a lot of heat and storms so far. Due to the heat, it is recommended to start rides early if possible to avoid the hottest part of the day. Stay hydrated and remember the sunblock!

On Thursday, July 15 we will have a very special event at the Carlisle Nature Center. First, come on out to the Silver Wheels Swap Meet. Think of it as a flea market with nothing but biking gear. The sale starts at 5:30PM and goes until 6:45PM. Bring some cash and shop over a dozen member vendors. You will find some great bargains! At 7PM, our general membership meeting starts and will include a special program on bike fitting. These meetings are always a good opportunity for new members to meet the others in the club.

Steve

Ponderings From The President

By Cheryl Burkhardt

Over the years in Silver Wheels, we have sometimes celebrated privately those who have reached their 80th birthday. Sometimes it is with a group of friends going to dinner, sometimes with a ride of birthday miles and a meal afterwards, and sometimes it is just with a shared bottle of wine after a ride. As I was talking with some riders who turned 80 years old within the last few years or who are about to turn 80, I noted that these were riders who are role models for all of us. They are riders of all levels, a surprising number of them capable of 2, 3, and 4 star rides.

So, the question began to form in my mind – is cycling responsible for the clear minds, strength, and longevity which is very evident in our club? It seems that there is growing evidence that it is a definite factor. Here are some points I garnered through research:

1. Chronic, long-term stress is a precursor to many chronic diseases. Cycling, and especially the regular cycling and socializing that is part of most of our rides is a strong antidote to this stress.

2. Tour de France riders in general live an average of 8 more years that other folks in their age group. While we probably will only experience the Tour as a rider in a Walter Mitty dream, no one can deny that regular exercise that

Under the water they dream, no one can deny that regular exercise that strengthens the cardiovascular system and muscles helps our cells ward off disease. Those who exercise have stronger immune systems.

3. In an article by Jeffrey Stein in Bicycle Weekly, he says, "In a study by the University of Glasgow and published in the British Medical Journal. 264,337 people took part and researchers found cyclists actually had a 41 per cent lower risk of premature death in comparison to those who regularly travel to work via a vehicle. On top of that, the avid riders in the study had a 46 per cent lower risk of cardiovascular disease and a 45 per cent lower risk of developing cancer.

4. According to a study by Brigham Young University, regular exercise can help to slow the biological ageing process, making athletes' bodies effectively up to nine years younger than those who are sedentary. The study measured the length of the telomeres (a part of a chromosome which gets shorter with ageing) of nearly 6,000 people, also assessing their level of activity over the course of a month. The results showed that sedentary participants had 140 base pairs of DNA less at the end of their telomeres compared to highly active participants, with those who carried out low or moderate levels of activity faring only slightly better. That means that those who were classified as highly active - i.e., carrying out the equivalent of 30-40 minutes jogging/cycling five times per week - had longer telomeres, apparently showing a link between high levels of exercise and a slowing of the ageing process.

So, the more active we are, the more our ageing process seems to be slowed. Another study recently found that just 52 minutes of higher intensity cycling per week was enough to slow ageing.

Then there is HIIT – High Intensity Interval Training. In a study in the British Heart Journal comparing different forms of exercise to the length of life, HIIT was found to have a significant positive effect on anyone, but especially those folks over 60 years of age. What is it in relation to cycling? Short periods of 15 seconds to 4 minutes of the hardest, fastest riding a person can do followed by a rest period of working at about 50 – 60 percent of capacity. Repeat several times during a workout. Exercising in this fashion was found to produce the most anti-aging benefits for our cells. Sounds like a ride with several steep hills to me!

So, do Silver Wheels members have a jump on the general population as far as living longer, more productive lives? Research seems to back up the fact that we are well on our way to being centenarians.....as long as we stay on our bikes. Keep on pedaling!





From the Education and Safety Committee

Now that we are all back to riding there is a newer law (2017) that some riders may not know about. It is referred to as the Dead Red Exception and pertains to intersections with traffic signals that are not usually triggered to change by bikes.

The “dead red exception” is explained in the Ohio Revised Code:

<https://codes.ohio.gov/ohio-revised-code/section-4511.132>

This law is also covered in Ken Knabe’s book *Cycling Rights: Bicycles, E-Bikes & Micro-Mobility Devices*

Dead Red Exception: Ohio’s “dead red” exception permits a cyclist at a red light to stop, then safely enter the intersection on “dead red” which occurs only when a red light malfunctions or doesn’t trip to green when failing to detect a bicycle’s presence (many intersections only detect motor vehicles). The cyclist must make sure it is safe to go, since the cyclist won’t have the right of way because the oncoming traffic light will still be green. Allow enough time to be sure the light will not change.

This is not a law that allows cyclists to proceed through red lights unimpeded. Don’t become a “dead” red statistic by misinterpreting this law! Please – each rider is responsible to make sure the intersection is clear before proceeding. Do not follow the leader without looking. We are all responsible for our own safety.



Swap Meet and General Membership Meeting

Thursday, July 15, Carlisle Nature Center

Swap meet open 5:30pm - 6:45pm

Club meeting starts at 7:00pm

It has been TWO YEARS since our last club swap meet. Here's your opportunity to shop for gently used (or maybe heavily used) bike clothing, bike accessories, parts & pieces, bikes, bike tools, tires, tubes, bicycle themed decorative items, books/manuals with a bike theme, bicycle puzzles, gear for bike camping, etc. Who knows what you will find! Club members will be selling. Come with cash for buying!

At the end of the swap meet time, sellers pack up their unsold goods to take back home, or can donate items to the Elyria Bicycle Education Center, or to Bay Village Bike Co-op. The committee will have boxes for depositing donated items to either of these bike entities.

If you are a Silver Wheels member and aren't selling items, but simply wish to bring bike items to donate, that's great too!

Our presenter will be Tom Wiseman of Akron, OH

His business is "Cycling Solutions" which offers bike fitting, cyclist coaching, bike maintenance and consulting. With over 20 years of experience, Mike can help the cyclist with any problems related to the bike or the rider. He brings services once limited to professionals to the mainstream rider. Tom will focus his presentation on bike fitting and you will see that there is much more to it than adjusting your seat. You will learn the importance of a proper bike fit to one's overall health and enjoyment of riding. Visit his website for more information and to inspire questions for Tom.

<https://cyclingsolutions.net/>





The classic Schrader valve, threaded Presta valve and smooth Presta valve

A bit about tire valves: Schrader and Presta types

By Steve Oz

Schrader valves were invented by a German-American man named Schrader back in 1891. They were originally called "American" valves and are shorter and wider than Presta. They are threaded on the top and rubber wrapped on the bottom. An internal spring holds the valve shut. This design is simply a check valve meaning it only allows air to flow in one direction. In order for air to pass through, you must apply pressure to the inner pin first.

You will currently find Schrader valves on car and motorcycle tires. Bicycle manufacturers usually install these on lower-end department store bikes, kids bikes, BMX bikes, and sometimes mountain bikes.

Early on, Schrader valves were much more common on bicycles. However, as road bikes became popular, the skinny tires and wheels demanded a narrower valve. Thus, the Presta valve took over and gained popularity. These days, Presta valves are used almost exclusively on bicycles.

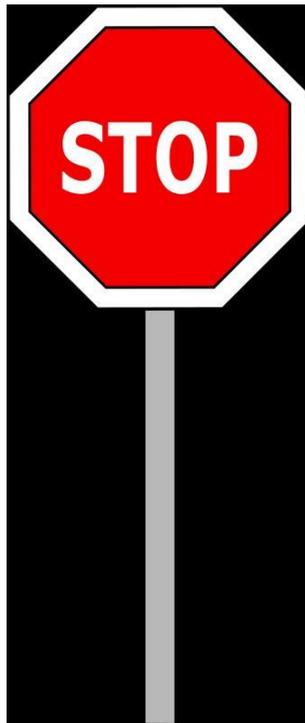
Presta valves were invented sometime in the 1920s by a French man named Claverand. Presta valves are also known as "French" valves and are longer and more narrow than Schrader. They are usually threaded all the way down although some have smooth sides. Presta valves work by using the pressure in the tube to hold the valve pin shut. A lock nut at the top holds the pin closed. There is no internal spring. Manufacturers usually install these on road bikes and higher-end bikes.

There is a plastic cap screwed over each valve, no matter which type. This is important for Schrader valves by keeping dirt and water from the internal spring mechanism. In Presta, it not only keeps things clean, but it prevents the lock nut from unscrewing itself while riding.

The “Idaho Stop”

Taken from a recent **Bicycle and Retailer News** article.

A controversial bicycling law was created and adopted in Idaho a few years ago. Now, Washington, Delaware, Arkansas, Oregon, Utah and North Dakota have passed a similar law. And, other states are considering what is known as the “Safety Stop law”. The new law allows cyclists to treat stop signs at intersections as yield signs. This is something many cyclists do to avoid losing momentum with a complete stop. In Delaware, the new law has actually made intersections safer for cyclists. More data needs to be collected to determine if there is a safety benefit and exactly why this could be safer than a full stop. It is unknown how this law will spread to other states. NOTE - This does not apply to Ohio.



Shed Speaks

Did you know that the club has a storage shed? The shed is maintained on a members' property and is primarily used to store the many items collected over the years for our Dog Days event along with other club property. As the "property asset manager", I am tasked with inventorying and keeping track of their comings and goings.

Sandy Woosley has graciously donated a Bob Yak Bike Trailer (a tow behind trailer), as well as front racks. So if you've considered joining the camping group but do not have the panniers & or racks, this trailer might work for you.

If you would like to borrow the trailer or need to get something out of the shed, PLEASE email me FIRST for record keeping and pick up instructions. When it has been returned, email again so that my record can reflect that you have returned the borrowed item. Also, if you purchase something for club use, please notify me so that I can include it on my inventory list.

Thank you,

Your Silver Wheels Property Assets Manager

Emily Townsend emron82@roadrunner.com

*Ride as much or as little or as long or short as you feel
but get out and ride!*



