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June 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

~~See the club website for specific contact information.~~

From The Editor

We are just a couple weeks away from Summer, although some days are hot enough to feel like it already! A good example was our Depot Day event. The early June date felt more like mid-July with the heat and humidity. Hydration was important on that day! We had about 70 riders get out and enjoy the day's riding. Lots of miles were logged and 9 completed a century! A big thanks goes to Dennis Stout for organizing the event and to all those who helped log in the riders at the pavilion.

It's good to see so many rides being posted and club members participating. As we get out and ride more, let's remember to ride safely. Be aware of nearby traffic as not all drivers know how to correctly navigate around bicycles.

Steve



Depot Day riders taking a break in the shade on June 5

Ponderings From The President

By Cheryl Burkhardt

How's Your Urine?

Yes, this is the question my health-conscious husband brought up as my friends and I were seated in a cafeteria on one of the first days of GOBA many years ago. These friends were experiencing bike touring for the first time, and the weather was unusually hot. He then proceeded to expound on biking and hydration and the color of urine. My friends still chuckle at the memory!

Seriously, though, the weather has taken some turns in the high 80's with high humidity levels – quickly. We haven't had much time to adjust. Some riders have had some difficulty coping with the temperatures, exertion, and staying adequately hydrated. Here are some hints garnered from various websites such as Harvard Medical, Bicycling Magazine, Mayo Clinic, and others.

- Water makes up about 60% of your body's weight, and although you can survive without food for weeks, dehydration can kill you within days or even hours, depending on the temperature and your environment.**
- Dehydration means more water is moving out of your body's cells than into them. And as this happens, it's not just water that you lose. Small amounts of electrolytes critical to cell function and energy, such as sodium and potassium, are lost along with the water**
- You're constantly losing water and electrolytes throughout the day via breath, sweat, urine and bowel movements, so even mild dehydration can exhaust you and affect many of your body's daily functions.**

Drinking enough water each day is important to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Also, our kidneys and liver work hard to get rid of toxins in our bodies. They depend on water to do their job.

Being well-hydrated improves sleep, cognition, and mood.

Older adults (and that's most of us) lose their thirst rating capabilities. They often mistake thirst for hunger and gain weight. Or they just forget to drink. Fortunately, just drinking more water can pare off the pounds in many cases.

Adults show much different signs of dehydration, including fatigue, dizziness, confusion, less-frequent urination and extreme thirst – except for us older folks who do not seem to recognize thirst as much as when we were young whippersnappers! That's why one of the best ways to tell whether you're lacking fluids is by the color of your urine. When you pee in the morning, and your urine looks more like apple juice than lemonade, you are not hydrated enough. If you go to the bathroom throughout the day, life is good.

Here are some suggestions for staying hydrated while cycling:

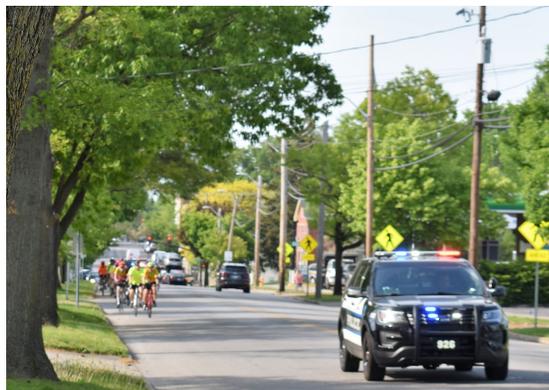
Pre-hydrate – sip water throughout the day before a ride. Drink a bottle of water – perhaps diluted with an electrolyte drink if it's a hot day – about an hour before the ride.

Drink during the ride – a few sips every 15 minutes. Most riders need a 28 ounce bottle about once an hour on warm days. This does vary based on temperature and the weight of the rider. If the weather is steamy, some sources recommend four 16 ounce bottles per hour for hard riding. On hot days, consider a Camelback or other brand of water carrier. Yes, they look rather dorky on your back, but when filled with ice, they help keep you cool. The water tube is really handy to sip from every few minutes while keeping both hands on the handlebars, and the water stays cold for 2 hours.

Hydrate after the ride as well. No matter how much you have consumed during the ride, your system is always running behind in processing it. Some folks swear by chocolate milk as a post ride drink to replenish lost stores.

Finally, be aware of the signs of heat exhaustion. They can include heavy sweating, cold, pale, clammy skin, fast weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, dizziness, headache, and fainting. This is nothing to mess with. Get to a cooler spot and sip water. Take off any excess clothing and put cool cloths on your body. If you are throwing up or fainting, or if your symptoms last more than an hour, get medical attention.

Let's be safe out there this summer. Carry extra water! Stay hydrated!



On Wednesday evening May 21, a group of 24 Silver Wheels Riders set off on a Ride of Silence around the City of Oberlin. The group was escorted on a 6 mile loop around the town center by the Oberlin Police

Department. As a club, we are proud to support this annual, international event that draws attention to bikes and cars sharing the road.

Bob Esper



Ken Knabe, Cyclist and Bike Attorney

Greater Cleveland's Bike Attorney/Cyclist Ken Knabe believes that cycling knowledge equals power AND protection in our modern cycling world. With decades of experience as a highly qualified trial lawyer, Ken is also an avid cyclist who embraces it all – commuting, road, gravel, and riding with friends, including adventures such as traversing the Ohio to Erie Trail (OTET) and the *Great Allegheny Passage*® (*GAP*) in Pennsylvania.

Ken supports the bike community through membership in, and corporate sponsorship of Bike Cleveland and Silver Wheels in addition to co-authoring the Bikes & the Law section on its website. However, his involvement in the cycling community goes well beyond his support of Bike Cleveland. Ken serves on the boards of the Ohio Bicycle Federation (OBF) and the Ohio to Erie Trail (OTET), and co-chairs the Maintenance & Vehicle Fleet subcommittee of Cleveland's Vision Zero Taskforce, which is focused on reducing to zero the number of traffic fatalities and severe injuries on our roads, for all users.

In September 2020 Ken's book *Cycling Rights: Bicycles, E-Bikes & Micro-Mobility Devices* became available to help Cleveland cyclists (and motorists!) understand their rights and responsibilities. His goal is to bridge the gap between motorist/driver education regarding cycling, and the absence of cyclist education. With *Cycling Rights* Ken provides legal and practical advice for cyclist safety, reviews Ohio cycling case law, and helps motorists better understand our collective behavior as we all strive for calmer, safer roads

where bikes and motor vehicles share the road as co-equal users. All profits go to local bike organizations such as Bike Cleveland and our Silver Wheels Cycling Club.

Ken has represented numerous cyclists injured in bike crashes. His legal practice has a dual focus: safety and crash prevention via knowledge of the law for cyclists and walking injured cyclists step-by-step through the legally complex process on their road to recovery.

Ken's commitment, empathy and zest for cyclist justice and safety are the driving forces of his law practice. Bike event sponsorship, publishing, and teaching bike education and safety classes are further ways he actively advocates for the cycling community. Ken can be reached through his firm's website [Knabe Law Firm Co., LPA](http://KnabeLawFirmCo.com), directly at ken@klfohio.com or call him at his Century Law Office on Madison Avenue in Lakewood at 216-228-7200.

The first self-contained bike camping trip of 2021 was a success. Ten members traveled to the small community of Collins, Ohio for one night at Camp Conley. The weather was cool and dry but rather chilly at night. This trip was an easy test to get ready for the longer trips that are planned. The campers have one trip scheduled for each month through September. Check the club calendar for details if you want to go on any of these trips.



**The League of American Bicyclists has ranked all the states for being
"bicycle friendly"...**

According to the list, there are 21 communities, 46 businesses and 7 universities in Ohio that meet their definition of bike friendly. This gives Ohio an overall ranking of 18 out of 50.

And yes, Oberlin is listed as one of the communities!

Get ready to watch the pros!

The Tour de France takes place June 26 - July 18

Communication! (reprint from 2019 and updated)

By Steve Oz

For those new to the club, or if you have not experienced cycling with a group, you need to be aware of the many verbal call-outs used on a ride. These callouts, or shout-outs, are words or short phrases that give the other riders a warning about possible dangers. The ride leader will use them the most but any rider in the group can yell one out. All riders are expected to call out hazards. If the group is spread out, make sure you relay these warnings to others so that everyone hears it. Here are the common ones you will use or hear when group riding:

"HOLE" – This is used on every ride, especially on Ohio roads and more frequently in the spring before the road crews have made repairs. "HOLE" means there is a pothole in the road big enough or deep enough to cause problems. Often the spotter will also point to it. A big hole can cause a crash or flat tire. The really big ones can swallow you up, never to be seen again! If you hear that word, be extra alert to avoid it. There are countless holes out there, but the dangerous ones need to be pointed out. The same can be said for a "branch", "glass", "roadkill" or any other hazard in the road.

"GRAVEL" – Another hazard on the road is gravel, especially on a turn or intersection. If a large patch of gravel is ahead, go around if possible. If you have to get through it, avoid sharp turns, braking or any sudden movement. Just coast through it and steer gently if needed. You will often see gravel piles on roads recently chip sealed.

"CAR BACK" – This is another common term meaning a car is behind the

CAR BACK – This is another common term meaning a car is behind the group, most likely about to pass. While legally the car should pass us at no more than the posted speed limit, often they punch it and fly by at high speed. When they do pass, you can yell out “CAR PASSING”. It is always wise to alert fellow riders of approaching cars.

“CAR UP” – Yep, this means a car is approaching from the front. Make sure you are not near the center line when they pass by.

“CAR RIGHT / CAR LEFT” – When at an intersection, alert others if cars are approaching from any direction. Never yell “CLEAR” as it may be OK for you to cross but not safe for someone further down the line. Look for yourself and proceed when you are convinced it is safe.

“DOG” – Or it can be a “chipmunk”, “deer”, “squirrel”, “snake” etc... A warning that a live animal is nearby. Dogs can run up to a rider and chase or bite. Sometimes they cause a crash. Small critters can run in front of a cyclist too, and they don’t fare well when run over. Try not to swerve too much that causes harm to yourself or other riders.

“SLOWING / STOPPING” – Very critical commands when riding in a group. Please let others know when you are dramatically slowing or coming to a stop. This prevents rear ending bike pile-ups. This is also important when going up tough hills. If you have to slow or stop, let it be known!

“ON YOUR LEFT/RIGHT” – If someone ahead of you is slowing or stopping and you intend to pass, shout it out so the rider knows they are being passed.

“BIKE UP / BIKE PASSING” – Most likely heard on a bike trail. Be cautious of other riders coming from the front or back.

“WALKER / RUNNER” – Pedestrians sharing the road or trail must be watched for. Be careful passing them as they often use earbuds and can’t hear your warnings.

“OH SH#%!” – This shout-out is frequently used on very steep hills. This is often followed by “slowing”, “stopping”, “on your left” and other colorful terms not covered in this article.

In closing, please don't rely on everyone else to alert you of road hazards. Enjoy the ride but also pay attention! You are responsible for you own personal safety.

Yes I recycle – I use my bike every day

