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June 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
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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
Past President: Sue Wells

See the club roster for specific contact information

From The Editor

Woo Hoo! Summer is only about a week away! And, we've had many days that feel like it already! Make sure you get out and ride but take precautions to stay safe in the heat. Read the tips in this issue so you stay as cool as possible on those hot cycling adventures. If you have not been on any club rides yet, don't miss out! The summer goes fast and our ride leaders continue to post fun group rides of all levels. Don't forget our Wednesday evening rides too. They continue to be popular (when it isn't raining) so come out and get some miles logged.

Steve



Ponderings From The President

By Cheryl Burkhardt

Last night, Bob and I watched the final episode of Grace and Frankie on Netflix. We have greatly enjoyed this comedy/slice of life show since we enjoy watching the four actors who play the main characters, Lilly Tomlin, Jane Fonda, Martin Sheen, and Sam Waterston. As the final few episodes drew to a finale, Martin Sheen's character began developing memory issues. So, on the bike ride today, I pondered about the effects of cycling on brain health.

My research in this area has touched on the effects of exercise in past articles, but I wanted to go a bit deeper. Yes, cycling enhances our cognitive functioning which in turn helps make us more resilient and less prone to depression, but some researchers have found evidence that strengthening our hearts and other muscles just might be side effects for the main event. They feel that exercise is really about our brains.

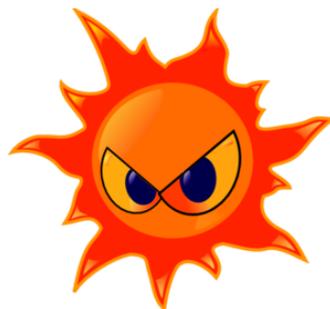
When we are chugging up hills or even just pushing ourselves to ride a bit faster, we get our blood pumping. This makes our brain function at an optimal

taster, we get our blood pumping. This makes our brain function at an optimal level according to John Ratey, MD, from Harvard Medical School and author of *Spark: The Revolutionary New Science of Exercise and the Brain*. Many studies support his views. Research has shown that exercise "heightens alertness and perception, reinforces movement and coordination, enhances attention and concentration, aids learning and memory, and keeps the brain young."

As if the above wasn't enough to keep us pedaling, research also shows that exercise protects our cognitive health. How? Glad you asked. It causes our brains to create enzymes that chew up the beta-amyloid plaque that is associated with Alzheimer's disease. It also reduces inflammation not only in our brains, where inflammation can speed cognitive decline, but elsewhere in our bodies. This inflammatory response, which is not normal, is considered to be the root of many diseases. A study done in Germany between 1997 and 2012 and published in the Mayo Clinical Proceedings journal found that aerobic exercise like cycling, walking, and running builds up gray matter in the brain. I need all the gray matter I can get!

Cycling, especially, has been shown to help our executive functions of working memory, coordination, and planning. A study from 2019, found that cycling boosts our overall sense of well-being along with aiding our cognitive function. Ratey says, "Cycling balances our brain by also regulating hormone levels, helping us deal with toxic stress, easing anxiety, helping to alleviate depression, protecting our mental health, and balancing our mood." The World Health Organization conducted a major study of research and in 2019 published recommendations that exercise, especially aerobic exercise like cycling, reduces the risk of a decline in brain health. They state in their guidelines called Risk Reduction of Cognitive Decline and Dementia, "In large observational studies with follow-up periods extending decades, physically active people seem less likely to develop cognitive decline, all-cause dementia, vascular dementia, and Alzheimer disease when compared with inactive people."

Is the research definitive that cycling will prevent dementia? A direct cause and effect has not been truly proven yet. More research is being done every day. But the inferences seem quite clear to many experts who study our brains. So hop on your bikes and keep on pedaling!



Summer cycling can be HOT!

By Steve Oz

With the hottest cycling weather almost here, make sure you are prepared for

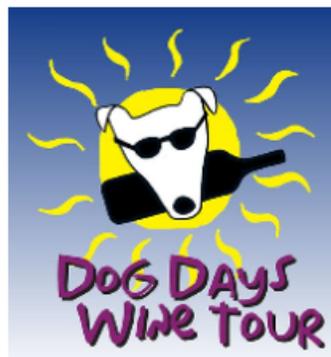
these conditions. Our climate tends to go from cool to hot rather quickly. In order to endure those long-distance hot rides, make sure you get acclimated to the warm weather with shorter rides. Don't just jump from a cold air-conditioned environment to a full sun hot ride. Becoming gradually used to the heat will make riding more comfortable. You can also start early when cooler and finish the ride as it becomes too warm.

Hydration is the key to a good summer ride. Use partially frozen water bottles to help your drink stay cool longer. Plan on consuming a full bottle every 20 – 25 miles. You can benefit from eating high-moisture fruits and vegetables before and during your ride. Apple slices make for a perfect snack on the go. Electrolytes are important too so don't forget those sports drinks. No need to drink them straight either. Mix your bottle with half sports drink and half water to make it go down easier.

Sun protection is a must on those clear, sunny mid-day rides. Cover up as much as possible and wear sunscreen on uncovered skin. Getting sunburn will make you tired and increase your need for fluids. Plus, getting a painful burn is no fun!

During your ride, if you are feeling overheated, cool down quickly by pouring cool water over your neck and arms. This can help get your core temperature down. Rest in the shade and keep drinking.

After a long, hot day in the saddle, a post-ride protein drink will aid in recovery better than a sugary drink. And, keep up with the hydration well after your ride.



As the Dog Day Wine Tour event nears, we have some positions that still need to be filled. We rely on our club members to help us put on this great event. This is the only fundraiser our group does. We use the funds to help run the club, keep membership fees down, fund events such as Ride Leaders Appreciation, Annual banquet, July fourth ride, and donating to cycling causes. The date for this year's event is July 9th.

Help is still needed with Registration (one person), SAG (one person),

Communications (this position is 7AM to 5PM and can be split into shifts), and Saturday afternoon clean up (two people).

I will be sending out an email in few weeks asking for a few more volunteers for road arrow painting. The date for this task will be June 20. I have always had a good time helping on the painting crew.

I would like to thank everyone who has already volunteered to help out. We certainly could not have Dog Days without our hardworking volunteers.

Please contact Sue Wells- wellsfour@yahoo.com to volunteer or to have any questions answered.

The annual Steve Woosley Depot Day ride was a big success! The riders were treated to comfortable, dry conditions with little wind. Overall, there were 70 riders accumulating 3633 miles!

Here is the breakdown of miles and number of riders:

100+ miles	11
76 - 99 miles	0
51 - 75 miles	30
26 - 50 miles	12
1 - 25 miles	17

Congrats to all the riders and a big thumbs up if you completed a personal best





Just a reminder

Not all summer days are sunny and bright. If you are out on your bike and the rains move in, don't forget that you need activated front white and rear red lights per Ohio Revised Code Section 4513.03:

(A) Every vehicle, other than a motorized bicycle, operated upon a street or highway within this state shall display lighted lights and illuminating devices as required by sections [4513.04](#) to [4513.37](#) of the Revised Code during all of the following times:

- (1) The time from sunset to sunrise;**
- (2) At any other time when, due to insufficient natural light or unfavorable atmospheric conditions, persons, vehicles, and substantial objects on the highway are not discernible at a distance of one thousand feet ahead;**
- (3) At any time when the windshield wipers of the vehicle are in use because of precipitation on the windshield.**

I only bike on days that end in “Y”

