

**From:** Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org  
**Subject:** March 2018 Rollin'  
**Date:** March 7, 2018 at 6:56 PM  
**To:** Sally Saul sjsaul@mac.com

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**March 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>
<b>Sunshine:</b>	<b>Dennis Stout</b>
<b>Mileage Minder:</b>	<b>Bob Piccirilli</b>
<b>Newsletter Editor:</b>	<b>Steve Osmialowski</b>
<b>Ride Committee:</b>	<b>LaDean Hutter and Greg Orlovski</b>
<b>Social Committee:</b>	<b>Sue Wells and Karen Hobbs</b>

Education/Safety: Rob Hipskind  
Dog Days: Scott Edmundson  
Physical Assets: Emily Townsend  
Social Media: Rob Hipskind and Cheryl Burkhardt  
Directors: Cheryl Burkhardt, Rick Wells, Peggy Doheny, Rob Hipskind

*See the club roster for specific contact information*

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 **From the Editor**

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**This roller-coaster weather we have been experiencing has allowed some successful club rides but others are still waiting for their first chance to get out. Our official ride-season opener is this Sunday - the spring Chili Wiener Ride! With some luck the weather will cooperate and we can ride and eat. If raining or snowing, we still get to eat. See the club calendar for complete details.**

**Many plans are in the works for club rides of all types this year. Local rides, rides outside of our area, camping trips and out-of-state adventures will be available. It will be a great 2018! If you have not renewed yet, what's up with that? It's really easy to renew on-line. If that doesn't happen by March 14, unfortunately you will be dropped from the roster and you will lose the members-only features of the website. Also, Rollin' will not be sent to non-members, and who wants to miss that?**

**And...A big welcome to our newest members:**

**Joe and Mary Jo Deucher Mark and Joyce Lange**

**Ilona Mansfield Erica Pesetsky**

**Joe Yourkiewicz Randall and Beth Weese**

**Debra Ehasz Heidi Laakso**

**Diana Goode Robert Vild**

***Steve***



**In order to be a bit more transparent, the board has decided to share notes from the latest board meeting when possible. This will be included in the Rollin' that follows each meeting. Of course any member is welcome at these meetings. You can then witness the exciting behind-the-scenes club operations and voice your opinion too. Below are notes from the annual planning session, followed by the March Board meeting.**

## **2018 January Planning Meeting Summary**

**Each year in January, the officers, board members, and interested club members hold a day long planning meeting to set goals, get a picture of our finances, approve a budget, and plan for the upcoming year. What follows is a brief summary of the information from that meeting.**

**Appointments were approved for the following positions:**

**Membership - Randy Lottman**

**Mileage Minder – Bob Piccirilli**

**Sunshine – Dennis Stout**

**Newsletter – Steve Osmialowski**

**Education and Safety – Rob Hipkind**

**Website – Tom Weber**

**Ride Committee Chairs – LaDean Hutter and Greg Orlowski**

**Dog Days – Scott Edmundson**

**Physical Assets Manager (stuff in the shed) – Emily Townsend**

**Social Media – Rob Hipkind and Cheryl Burkhardt**

**Golden Wheeler – Rick Wells**

**Historian – Linda Tucker**

**Merchandise – Jose Morell**

**Social – Karen Hobbs and ??? (WE STILL NEED SOMEONE FROM THE CLUB TO STEP UP HERE)**

**CLUB TO STEP UP HERE!)**

**We reviewed our 2017 goals and met or very nearly met all of them. New goals for 2018 were set and a plan of action approved. They include the following:**

- **Retain 80% of membership**
- **Continue to grow our reserve funds through donations and investments in CD's**
- **Encourage more folks to be ride leaders (Watch for ride leader training in April)**
- **Donate at least \$2,000 to bike advocacy/bike charity organizations**
- **Be involved in at least one community project**
- **Have at least 70% of the members involved in bike club activities**
- **Promote safe cycling practices**

**Ride Committee – LaDean and Greg reported on All Star Rides and other calendar rides that were planned. The MS charity ride was approved to put on the calendar. Several multi-day rides were approved including a trip to Niagara on the Lake, a trip to the New Bremen Bicycle Museum, and a trip in Michigan. Five camping trips are being coordinated by Rick Wells and Rob Hipkind. Other rides may be added throughout the year if planners present to the board. We are going to also do short instructional rides for new riders or those who want to get back into biking.**

**Dog Days – Scott updated us with info for this year's tour which is well underway in the planning stage. The 2019 tour next year will have a big change in venue. We are moving to the New Russia Township Hall on Butternut Road.**

**This is just a snippet of the major discussion points of the day. All club members are welcome at the planning meeting and any of the monthly board meetings which are held the first Thursday of the month at the Oberlin Depot at 6:30 PM. Please join us to discover the inner workings of how our club really functions. We welcome everyone!**

## **March 1, 2018 Board Meeting Summary**

**The Silver Wheels board met at the Oberlin Depot the evening of March 1<sup>st</sup>. Despite the ever worsening weather, we plowed through the agenda. Betsy, our treasurer, gave her report and mentioned that we are having some issues with Pay Pal. She will continue to pursue solutions. Sue, our VP, has been going through our Policies and Procedures manual trying to weed out ancient policies that have been superseded by newer rulings. It's a big job, so we will continue to go over this at future meetings. Randy, membership chair, presented the current member stats of 348 and talked about renewals. He also presented the Sunshine activities for the month. Please notify Dennis or Eleanor Stout if you**

know of a club member who is ill or has had surgery, or is in need of a card. Greg, one of the ride chairs, reported on a restructuring of Wednesday rides as far as planning. Ride leader training is April 8 at Twin Lakes. He also recommended that the Hancock Hundred not be renewed as a club ride due to lack of participation. The Horsey Hundred was voted to be put on the calendar as well as five camping trips on the following dates:

- 1. April 21 – 22
- 2. May 5 – 6
- 3. June 22 – 24
- 4. July 25 – 27
- 5. September 27 – 30

Jose, merchandise chair, brought samples of the new cue clip holders which will retail for \$5 and mirrors at \$20. He is going to look into possibly getting more of the Silver Wheels window decals since we are running low. Scott, Dog Days chair, reported that 200 pairs of DD socks have been ordered. They will be available to club members at a discount and on the day of the ride. Rob, the safety and education chair, gave a report on the videos and presentations which will be made at club meetings. The first is Group Riding Etiquette. Cheryl presented the banquet survey results which overwhelmingly told us to stay at Tom's and have the banquet in January. Finally, the club would like someone to coordinate our sponsorship drive. If anyone is interested, please contact Bob Burkhardt. Thanks.

Meeting adjourned and all ventured out into the blizzard and howling wind.



**No experience required, will train!**

I am looking for a willing volunteer(s) to head up the social committee. I will be needing a total knee replacement in the near, or not so near future, and am trying to get my ducks in a row.

Yes, I am concerned and maybe a bit (a lot) afraid of the surgery.

I am fortunate to have a top rated surgeon, medical insurance, and a great support group. There are many members in our club that have undergone this and many other major surgeries. It is amazing to me what strong riders the Silver Wheelers are after their injuries or surgeries. I can only hope to do as well.

**Enough about me. Karen Hobbs and myself will be handling the social events for the time being. We are working out some details to ease the workload for everyone on the committee. I will continue to arrange the snack volunteers for the club meetings. I will either take the supplies, or arrange to get the supplies, to the club meetings.**

**The position would mainly entail working with the ride leader coordinator for each event. The Ride Leader Committee will secure the venue for all events. We are looking into procedures for getting the party supply bin and coffee pot tote restocked and to and from events.**

**We would love to have a volunteer or two from the audience head this up for us. It can certainly be a shared job. We are willing to continue to help out in a lesser capacity. We will work with the new social guru to ensure a smooth transition, teach them everything we know about Silver Wheels social events, and share our extensive collection of past event need to know info.**

**To sign up for this amazing opportunity, please contact Sue Wells at [wellsfour@yahoo.com](mailto:wellsfour@yahoo.com). Thank you in advance for helping.**

*Sue Wells*

## **RideNews**



**Word on the street is that the popular Sweet Corn Challenge is not happening this year. Since it is always close to the DDWT event, we are hoping to attract some of those riders. We don't have as many big hills, but we do have corn!**

**Due to lack of interest, the Hancock Horizontal Hundred ride is no longer one of our automatic approved rides. This means it does not count for club mileage. However, like any other non-club invitational ride, it can become an approved ride. Someone must "sponsor" the ride and present the request to the board for approval. There must be at least 5 members committed to riding. Once approved, the ride will be placed on our calendar and all mileage will count. Keep this process in mind for any other rides that may be of interest this season.**

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## How Should You Respond to Road Rage?

### *Education and Safety Committee*

To bike or not to bike, it's not really a question. We are going to bike. But HOW we bike is the question. An interesting article popped up on Facebook this week that we thought we should share with the Club. Attorney Bob Mionske from Bicycle Law has some very interesting and somber things to say about interactions with Road Raging motorists. Bob is a cyclist - he was a two time Olympian, a national champion and former professional racer. We encourage you to read both parts 1 and 2.

In Part 1, he explains road rage from a legal perspective. He described what it is, legally as well as psychologically, and how it affects cyclists.

In Part 2, Bob explains how to handle road ragers. His first rule is don't engage with rage. The real life cases he uses as examples are riveting and should make you take some time to reflect on how you will handle the next time you get buzzed. Raising the finger or escalating the situation in some fashion feels really good and fully justified in the moment but it is not the answer. Your goal should be to survive the encounter and refuse to engage in conflict to prevent any escalation.

He also stresses that you should consider how to bring the road rager to justice rather than finding a way to retaliate. Don't be a mutual combatant. But you should get contact information from witnesses and report the incident to law enforcement. Independent witnesses are much better than club members riding with you. Even if the encounter has no actual violence, he suggests reporting it to law enforcement because it can make a real difference if something serious happens with the driver later with another cyclist. He also describes the legal limits on what you can and can't do to defend yourself if needed. And he is a big "bridge builder," like we should all be. Wave and smile at motorists, it may just help change the motorist's perception of us.

As you may recall, we had a similar article written by Jim Pankow in a Silver Wheels Education and Safety article late last year called Motorist's State of Mind - Why Do Cars Hate Us? Jim had a friend that was buzzed and extended the middle finger salute. His friend experienced the laws of physics when the car returned to run him down and his friend ended up in the hospital. We encourage you to re-read the article posted here - <https://silverwheelscyclingclub.wildapricot.org/Motorist-Mental-State>.

In conclusion, 1) Ride with courtesy, 2) Don't retaliate, 3) Stay smart and within the Law, 4) Document incidents, and as always - 5) Be alert and don't get hurt!

**Bicycle Law Links**

<https://www.bicyclelaw.com/road-rights-what-is-road-rage/>

<https://www.bicyclelaw.com/road-rights-how-should-you-respond-to-road-rage/>

<https://www.bicyclelaw.com/road-rights-when-temperatures-flare/>

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## **Tire Wear (or am I going bald?) By Steve Oz**

**Bike tires, like the tires on your car, will wear down over time. If you put a lot of miles on your bike each year, those tires can wear rather quickly. How often should they be replaced? Generally, you can expect 1000 - 3000 miles per set. Some high end tires can reportedly go 4000 or more miles. There are many variables involved so there is really no set number. If you see cuts in the rubber or threads start to show, it's definitely time to replace them.**

**One tip I read and recently confirmed is that your tires will wear differently between the front and back. To get the best mileage from your bike tires, they should be rotated just like car tires. On a bike, more weight is towards the rear causing a higher load and more wear on that tire. So, at some point you should move that worn rear tire up to the front, perhaps before the start of the new season. This, of course, means taking it off the rim and reinstalling it, but that is good to practice anyway. After all, why not learn how to do it in the comfort of your home or garage? Then, when faced with a flat while out, it won't be a big deal to fix it.**

**The pictures below show my two road bike tires which have about 1200 miles on them. The one on the right has a noticeable flat zone in the center. This tire was on the rear wheel. The one up front (left) is less worn and still has a rounded shape. Seeing this prompted me to switch the tires to gain the most life from them. Now the most worn is up front, taking it easy while the other can do its job in the back.**





## **Ride with GPS Training**

**Rob Hipskind**

**Have you ever been riding next to someone and heard their phone tell them that there was a left hand turn coming up on Parsons Road in half a mile? Well, that was one of the 75 cyclists that signed up last year to be part of our Silver Wheels Ride with GPS Club Account. There are many different ways our riders use RWGPS. Some users just go online using their home PC to look at a route to help them decide if they want to tackle a specific ride (Heck no, I am not going up those hills!). Others use their smart phone to download the map and cue sheets to use on their rides, either mounted on their handle bars or tucked safely in their back pocket. Some users have their smart phones set up to verbally announce turns, and/or announce their ride stats at pre-set intervals based on miles or minutes. Many download the routes to their Garmin. And some of us are planning routes and multiple day events in RWGPS using the advanced Club planning features.**

**If you want to use RWGPS this year on Club rides as either a rider or a Ride Leader, or you joined RWGPS last year but still have questions, there are at least two upcoming training opportunities for you to consider.**

- 1. After the Chili Wiener Ride on March 11th, several of us will be available to informally answer questions and help you get everything set up if needed. This will not be put on the ride calendar, just hunt one of us down after the ride to ask questions. FYI - The Depot does not have WiFi.**
- 1. Before the March 15th General Membership meeting at Carlisle Reservation, a few us will be available to help you set-up your RWGPS free Starter account, join our Silver Wheels RWGPS Club account, load the mobile phone app, and hopefully show you some tips and tricks. This session is on the Ride Calendar and we will be available between 5:30 and 6:30. Hopefully we will have WiFi access.**

**If you want to try to get set-up on your own, here is the link to the instructions, which includes the club Invitation Link and some helpful screen shots to show you what you should be seeing during setup. You do need to be signed into your Silver Wheels account on our website for this link to work.**

**<https://silverwheelscyclingclub.wildapricot.org/RWGPS>**

**Also, keep an eye on the Ride Calendar for other formal opportunities to learn about RWGPS this spring. I plan to have at least one advanced session for Route Managers about the Advanced Route Planning features sometime in mid to late April. The website and mobile phone app just had major upgrades so things will look a little different to you the year. I was very happy to see that the font size on the smart phone cue sheet is now much larger- I can now read the cue sheet page on my phone while riding! As always, RWGPS is optional to use, and is never required to ride with Silver Wheels or to lead a ride for Silver Wheels.**

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***Sometimes I ride my bike to nowhere, to see nothing,  
just so I can ride my bike -Anonymous***



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