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Subject: March 2019 Rollin'
Date: March 9, 2019 at 7:58 AM
To: Sally Saul sjsaul@mac.com



March 2019



Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

Your Current Leadership Team

President:	Sue Wells
Vice President:	Cheryl Burkhardt
Treasurer:	Betsy Nestor
Secretary:	Emily Townsend
Membership:	Randy Lottman
Website Coordinator:	Tom Weber
Merchandise:	José Morell
Sunshine:	Dennis Stout
Mileage Minder:	Bob Piccirilli
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: Rob Hipkind and Cheryl Burkhardt
Directors: Rick Wells, Peggy Doheny, Rob Hipkind, Scott Edmundson

See the club roster for specific contact information

From The Editor

The 2019 ride season has officially started! Even though the weather is still frightful, we can be sure it will improve. The Spring Chili Wiener event was on March 2nd. We had to make it earlier in the month than usual because the Depot wasn't available. The temperature was just a tick above 30 but dry roads and little wind brought out a large group of riders.

Don't forget our upcoming Rider and Ride Leader Seminar that takes place on March 16. This interactive seminar will provide valuable information if you plan to ride with Silver Wheels and/or lead rides this year. You will learn how to lead a ride and also what to expect when you go on a club ride. Even if you never lead a ride, knowing what the leaders role is, will make a more enjoyable and safer ride. More details can be found in the article below.

Steve





Cold weather did not stop this crew from getting some miles in

Silver Wheels Awards Banquet 2019

The rescheduled awards banquet went very smoothly. The weather was calm and clear and the 80+ attendees had a good time. Congratulations to all of the award winners:

Golden Wheelers: *Ed Rowe, LaDean Hutter, Cheryl Burkhardt*

Tuff Ole' Bird: *Tim Creamer*

Rookie(s) of the Year: *Bill and Helen Mansfield*

Silver Bullet: *Betsy Nestor*

Ride Leader of the Year: *Dick Jacquemotte*

Silver Wheeler: *Randy Lottman*

Top Mileage (Female): *Sue Schneider – 4635 miles*

Top Mileage (Male): *Norm Diedrick – 5301 miles*



Many thanks goes out to the Banquet Committee for organizing this fine event once again:

Betsy Nestor, Steve Osmialowski, Cindy Pesta,
Gary Schmitt, Sue Wells

Greetings from your Ride Committee

With the arrival of March, hopefully we will soon be able to take our bikes out more often to hit the roads and trails - figuratively speaking that is - with our Silver Wheels friends. Although the March Chili Wiener all-star ride is behind us, we have the Rider, Ride Leader Seminar on Saturday, March 16 and the first Wednesday evening star chase on March 20th to look forward to. Rick Wells and Dick Jacquemotte are coordinating the Wednesday evening rides in March and April and you will see more about them from Rick and Dick in this issue so let me turn to the Rider, Ride Leader Seminar. First, note the name change. The Ride Committee decided that this valuable training should be offered to everyone in the club. The program will include a discussion with a panel composed of a ride leader from each star level and you, the audience, will get to ask them the questions. This will be followed by the presentation; "A Cyclist's Rights and Responsibilities", by attorney, Kenneth Knabe who is also a cyclist. Rob Hipkind will delve into the mysteries of RWGPS; and Sue Wells and Pat Serio, our resident medical experts, will present "First Aid until the Ambulance Arrives." So, join us at the First Church in Oberlin, 106 N. Main St., Saturday, March 16, 2019, 8:45 am to 12:30 pm as we prepare for the 2019 riding season which will soon be fully upon us.

Dennis Stout

Your Ride Committee Chairman

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THE BOARD



by Rick Wells

Have you ever heard the phrase "**Women Rule**" ? Well that phrase certainly applies to your 2019 Silver Wheels Cycling Club Board of Directors. We have our first female President in Sue Wells. The top four

Directors: we have our first female President in Sue Wells. The top four executive positions are all women with Sue, Cheryl Burkhardt as Vice President, Betsy Nestor as Treasurer, and Emily Townsend as Secretary. Peggy Doheny serves as one of our Board Directors and also is Committee chairperson of the Safety Committee. I am looking forward to serving on this board with all these hard working people. I just want to say to all of you:

GO GIRLS!!!



WEDNESDAY NIGHT RIDES

The Wednesday Night Rides will be starting back up on March 20th. They will start at 5:00 for the months of March and April then go to 5:30 starting in May. We are looking for ride leaders for all star levels. It would be nice to have a + or - ride for 2, 3 and even the 4 star levels.

RIDE LEADERS- you have the option of making your ride a star chase (if other ride leaders want to join you) or not do a star chase. If your ride is a star chase you are responsible to assure that every rider that started with you has returned to the parking lot. If your ride is not part of a star chase you are responsible for choosing the distance, mapping out the route and sending it to Tom Weber (spyderfolks@gmail.com) for posting on the calendar. If the ride is a star chase, one of the ride leaders takes responsibility for mapping and submitting the route to Tom. If you plan a route or use an existing route in RWGPS, please also send RWGPS route link to Tom. Riders then can look at the route ahead of time, print a cue sheet, or load the route into their Garmin or phone.

If you can lead a ride please contact the appropriate monthly ride coordinator listed below.

March/April:

Dick Jacquemotte rjacquemotte@hotmail.com

Rick Wells hogandprincess@aol.com

May:

LaDean Hutter lhutter@windstream.net

Gary Schmitt gary.schmitt@aol.com

June:

June:

Steve Osmialowski theozs@oh.rr.com

Scott Edmundson scott5089@oh.rr.com

July:

Tom Weber spyderfolks@gmail.com

August:

Pat Serio midwife@oberlin.net

Sept./Oct.

Eva Weber weber1@osu.edu

Thank you,

The Ride Committee



Silver Wheels Camping Trips



Rob Hipskind

The Camping Crew recently posted some exciting trips to the 2019 Ride Calendar. If you think you might be interested, look at the Ride Calendar for more details. On some of the trips the Ride Leader needs to have your firm financial commitment well in advance to arrange for the correct number of tent sites. Our loaded rides are listed as 2 star rides as we are heavily loaded with gear and tend to stop a bit more frequently to look at something and to regroup. Unloaded rides while camping may be a little faster and get into the 2+ / 3- range.

April 27th and 28th (Oz) - We start the season with a simple loaded overnight trip from Oberlin to Findley State Park, with a stop in Spencer for lunch. This is a good chance to try out bike camping without having to ride too many miles with all that extra weight.

May 17th - May 19th (Rob) - Leaving from Oberlin, we will ride 20 miles to Camp Conley in Collins and stay two nights. On Saturday, we ride a 45 mile loop to Norwalk to visit two DDWT wineries. You can drive to Collins on Friday if you don't want to ride loaded.

June 7th - June 9th (Rick) - We will drive to Elmore on Friday morning and then ride loaded 30 miles to Maumee State Park. On Saturday we will ride 43 miles to Mary Jane Thurston State Park to spend the night and then on Sunday, return 39 miles back to Elmore.

July 26th - July 28th (Rob) - This is a chance to camp without carrying your gear. We drive to Lake Erie Bluffs on Friday, with an optional ride before check-in. Saturday we ride an unloaded loop to Mentor on the Lake and return. On Sunday, we ride 37 miles to Geneva-on-the-Lake and back.

August 16th - August 18th (Oz) - On Friday, we have about 34 miles between Wakeman and Crystal Rock including a stop at the State Fish Hatchery after lunch in Castalia. Saturday will be a touring ride around the area with several stops including a winery and lunch near Sandusky Bay. On Sunday we return to Wakeman.

September 6th - September 10th (Ron) - This trip is on the GAP Trail with loaded bikes from Connellsville, PA, to the Continental Divide and back. There is an option to stop riding Sunday after we get back to Connellsville or you can continue on the trail west and camp two more nights. The short trip will be about 135 miles and the long trip will be a little over 200 miles. If you want to arrange for alternative lodging, you can meet us in the mornings and ride along with the campers.



Spring cleaning:

Want to wash the winter grime off your bike but your outdoor hoses are not connected yet? Try a garden sprayer pressurized with hot water, to blast the dirt and salt away. *Rob*

Don't neglect rubber parts such as tires and stretch connectors – wiping them down with Armor-All or a similar protectant will help prevent rubber from drying out and cracking.

Lightly sanding your brake pad surfaces will help remove any glazing. This will improve stopping power and eliminate squeaking.

A simple bike degreaser can be made with 1 cup white vinegar, 1 teaspoon dish soap, 1 tablespoon baking soda and 3 cups of water.

Check your batteries! Your cycling computer probably uses a CR2032 which can give about 2 years of service. If it has a wireless sensor on the wheel, that takes a battery too.

Don't throw away your worn toothbrushes. Re-purpose them for cleaning those hard-to-reach places on your bike.



Light Up Your Rear!

By Steve Oz

What I mean is the rear of your bike! Most cyclists choose to have a red LED tail light on their bike. It is a great little device to increase visibility to approaching motorists. And, it's not just for night riding. Experienced cyclists now use lights even during the day when overcast. Let's examine why this simple accessory is worth having when on the road.

Red light is a universal **warning indicator. While us cyclists are not inherently hazardous, there is a danger present when a moving vehicle is near us. A red light gives a warning to motorists that a cyclist is ahead, sharing the road. Anything we can do to be visible from a distance should be considered. Colorful clothing is great but adding a flashing red light is a smart move.**

Red tail lights come in a huge variety of shapes, sizes and cost. The simplest are powered by disposable batteries, have one or two modes and cost under \$10. You can also spend upwards of \$50 for a high end light with a rechargeable battery, many modes and higher brightness. No matter what you spend, the key is to use a light to help keep you safe on your ride. Let's consider some features to help decide what to buy.

Mounting – Most likely the light will come with a mount for the seat post. But you can put it anywhere with the right hardware. You can also mount it on a rear fender, luggage rack or saddle bag. You will want to consider if you want a quick release mount or something more permanent. Make sure you can access it easily to charge or swap batteries. Once it is mounted, stand back and make sure it is visible from a distance and won't be blocked by a bag or jacket. And, be sure it is securely mounted to prevent it from bouncing off and into the weeds!

Power source – There are pros and cons to battery options for these lights. Models that use disposable batteries can have long runtimes

lights. Models that use disposable batteries can have long runtimes, especially if the light is larger and uses AAA's or AA's. And, they can be easily changed when getting low on power. You can buy alkaline batteries just about anywhere or carry extras with you. If the idea of buying batteries (and throwing them away) is not for you, consider rechargeable lights. These are convenient in that you never have to replace the battery, but you do have to remember to charge it. If it runs down on a long trip you may have to do without until it can be charged. Rechargeable lights are getting more and more popular. The batteries inside are generally Lithium Ion type and should not be thrown in household trash at the end of their life.

Runtime – This depends on the size (mAH capacity) of the battery and the drain it is getting. The highest (brightest) setting will have a higher drain rate than a low setting. Want to double your runtime? Use the flashing mode instead of constant on. Flashing always uses less battery capacity and increases your overall visibility. Very tiny lights may only operate for a couple hours and may need to be recharged for each ride. A larger AAA powered light may last all season. So, buy a light with a runtime acceptable for your type of riding.

Brightness – Lighting brightness is measured in lumens. More lumens means a brighter light. However, you don't need to buy the brightest light for this application since red light is not the same as white light. Many low-cost red lights are not rated and are generally under 50 lumens, which is plenty. The red light is to make you visible, not light up the road behind you. Keep in mind if you do buy a very high lumen tail light, it may be too bright for your fellow cyclist when group riding. Use a lower setting if riders are behind you and save the high setting for solo rides.

Modes – As mentioned before, flashing LED's use less energy than a steady LED. So, your battery will last much longer when flashing. The flashing sequence will also gain more attention from motorists. Many lights have a variety of flashing patterns to choose from. Any flash pattern is acceptable so use what you like.

It's true, for added safety on your rides, make sure you use a tail light!



Remember to

REMEMBER TO:

Spring forward and change your clocks on March 10

Renew your membership for 2019

Attend the March 16 Rider/Ride Leader Seminar

Attend the March 21 General Membership Meeting

*A bad attitude is like a flat tire.... You can't go
anywhere until you change it*



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