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**Subject:** March 2020 Rollin'  
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## March 2020



# Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

### Your Current Leadership Team

<b>President:</b>	<b>Sue Wells</b>
<b>Vice President:</b>	<b>Cheryl Burkhardt</b>
<b>Treasurer:</b>	<b>Rick Wells</b>
<b>Secretary:</b>	<b>Sandy Lottman</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>Wesley Simmons</b>
<b>Newsletter Editor:</b>	<b>Steve Osmialowski</b>
<b>Ride Committee:</b>	<b>Dennis Stout</b>
<b>Social Committee:</b>	<b>Karen Hobbs</b>
<b>Education/Safety:</b>	<b>Peggy Doheny</b>
<b>Dog Days:</b>	<b>Scott Edmundson</b>
<b>Physical Assets:</b>	<b>Emily Townsend</b>
<b>Social Media:</b>	<b>Rob Hipskind and Cheryl Burkhardt</b>

**Directors:** Peggy Doheny, Rob Hipskind, Scott Edmundson, Bill Mansfield

*See the club roster for specific contact information*

## From The Editor

March is the month when we kick off the 2020 riding season. Just a few days ago, we had a good turnout for the annual Spring Chili Wiener ride. It was a cold but sunny day and 28 members completed a ride. This week also starts the Wednesday 5PM all-star rides from Oberlin. Of course, this time of the year can be really inconsistent as far as biking weather. Keep a watch on conditions and good weather days are sure to get the ride leaders posting to the calendar. Are you a ride leader or want to be one? Or maybe you just want to learn more about riding with the club. You can become a better cycling member by attending the Rider/Ride Leader seminar on March 21. See the details in this issue and sign up to attend. It costs nothing and you will become a better rider or leader – or both!

*Steve*



## Rider/Ride Leader Seminar

**March 21, 2019**

As we move forward and enjoy more riding opportunities with better weather and longer days, first let's shake off the rust and early season doldrums by attending the Rider/Ride Leader Seminar. Hosted by your Ride Committee, it is named this way because you do not have to be a ride leader to attend. It is open to all members on March 21st at Grace Lutheran Church , 9685 E. River Rd., Elyria, Ohio 44035.

The doors will open at 8:30 a.m. with light breakfast of coffee, juice and pastries available to quell the hunger pangs. The event will feature an

interactive discussion between a panel of ride leaders and the audience centered around but not limited to what we do, why and what we expect from those who ride with us. Additionally, there will be presentations by Larry Best, a newly minted League Cycling Instructor, Ken Knabe, a Bike and Car Accident Injury Attorney, cyclist, and club member, and Rob Hipskind, our resident Ride with GPS expert. Sue Wells, RN and Pat Serio, a long time medical professional, will also present on first aid immediately after an accident. We should wrap up around 1p.m.

There will be a limited number of copies of the club's "Ride Leader Guidelines," for anyone interested in becoming a ride leader, and copies of the club's "Safe Cycling Practices Quick List" which is recommended reading for anyone who rides. Both are also available on the club's website along with an unabridged version of "Safe Cycling Practices." You should review these documents prior to the seminar to promote a broader discussion.

Hope to see you there and don't forget to pre-register.

Dennis Stout - Ride Committee Chairman

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## **What is an e-bike?** by Steve Oz

An e-bike is a term for a bicycle with an integrated electric motor. They are powered by a Lithium Ion battery pack, much like today's electric and hybrid vehicles. These bikes are designed to pedal, ride and handle like a standard bike but with an electric assist. When the motor is engaged, the rider can travel further and faster with much less effort. Some have a boost option and others actually have a hand-controlled throttle. In most cases, you still have to pedal the bike when the motor is on. If your battery is depleted, you can still pedal the bike to get home, although they are much heavier than a standard bike. These are intended to complement leg power and not just be an electric motorcycle. E-bikes can allow higher speeds into the 20 mph zone with much less effort than pedaling alone.

Today's e-bikes have the motor, controller and battery fully integrated into the design. They are rather expensive because of the battery pack and motor, much like an electric car. Battery life would be like any Lithium Ion device, such as smartphone, where you could get about 1000 charge/discharge cycles before needing replacement.

So, if e-bikes can give a rider an advantage, how can they fit into our club rides?

Based on the information from the statewide law, the following parameters were approved by the board in June 2019 for Silver Wheel e-bike riders.

- Each rider of an e-bike shall ride the e-bike in a manner consistent with the rider's skill level and the club's safe cycling practices.

- Each e-bike rider shall ride within the ride level star chart parameters.
- The e-bike rider, during a club ride, shall not overtake the ride leader unless given permission to do so.

The e-bike rider is responsible for knowing the current state laws regarding restrictions allowed on shared pathways and trails and for the various "class" of electric bikes.

[https://www.bikecleveland.org/bike-cle/news/e-bike/2018/12/.](https://www.bikecleveland.org/bike-cle/news/e-bike/2018/12/)

The above link addresses the current policy in the Cuyahoga Valley National Park which has been recently revised. Class 1 and Class 2 e-bikes may be used on all the trails and roads that traditional bikes are permitted on (including the Towpath) All e-bikes are forbidden from using the East Rim Mountain Bike Trails.



## The Bike Lady, Inc. and Bike Love

Rob Hipkind

Last year between the club's donation and some personal donations, we supported The Bike Lady and paid for 24 bikes to be delivered to children in foster care or kinship care at Lorain Children Services. This year, the Board decided to step up our level of assistance by agreeing to pay for about 40 bikes and agreeing to supervise the assembly at Grafton Correctional. Bike Lady's overall goal this year is 2,020 bikes to kids in foster care and it is great that Silver Wheels is doing our part. More information will be communicated as we make our decisions, but we will be asking for your help with financial support, fundraising activities, the prison builds, and even food prep for the prisoners. If you are interested in helping in any of these areas, please let me know.

More information about The Bike Lady can be found [here](#)

More information about The Bike Lady can be found here  
- <https://www.facebook.com/BikeLadyInc/> and a great podcast interview with a Silver Wheels shout out is located here  
- [https://anchor.fm/heartshareit/episodes/Kate-Builds-Bikes-in-Prison-eajkpc?fbclid=IwAR2e3es8vP35XCBYGjQqmhTZldH\\_uVCWxASKXA97L4L1HjK-o5dDPDdEguw](https://anchor.fm/heartshareit/episodes/Kate-Builds-Bikes-in-Prison-eajkpc?fbclid=IwAR2e3es8vP35XCBYGjQqmhTZldH_uVCWxASKXA97L4L1HjK-o5dDPDdEguw)

In the meantime, if you are feeling particularly generous, you can make an early feel good contribution to The Bike Lady at this page - <https://bikelady.org/donate>. Please be sure to indicate that your donation is for Lorain County Silver Wheels by including it in the Add A Note field on your online donation or in the memo field on your personal check. We have arranged for a charitable trust to match the first \$1,000 of our total personal donations this year so it is important to get your contribution counted as part of the Lorain County Silver Wheels effort.

**Way to Roll!**

**General Membership Meeting: March 19, 6:30PM, Carlisle Nature Center**

**Includes our "Safe Cycling Expo"**

**Pizza, salad, beverages and door prizes too! Please register on the club calendar if you plan to attend.**

The expo will kick off with a short safety video to get us all up to speed with cycling safety after the long winter hiatus.

This will be followed by several bike safety stations. You can choose based on your interests for about 10-15 minutes each.

Topics:

- Whats new with helmets and helmet fitting
- ABC before a ride
- Routine maintenance (lubrication, cleaning)
- Core exercises and balance
- When to replace tires, chain etc

**See You There!**

## **Camping Crew News**

There are 5 camping trips already on the 2020 ride calendar. As the Ride

There are 5 camping trips already on the 2020 Ride Calendar. As the Ride Leaders finalize their tentative plans, updates will be added to the ride calendar. We are also working on adding a "Burkhardt Boogie" trip - a simple mid-week one nighter from Oberlin to Findley State Park for anyone that would like to try this type of bike touring (looking at late June for this one).

The Ride Leaders generally make the campground reservations in February or March because many campgrounds, especially the State Parks on weekends, fill up very early in the year. We make the reservation for each trip by estimating the number of campers expected and factoring in how many tents are allowed on each site. Please let the Ride Leader know as soon as possible that you are either seriously considering or fully committed on going on their trip. They will be able to tell you if there is a space for you left in the group reservation. Even if our sites are full, you can always try to book your own site.

Here are the tentative dates, destinations and Ride Leaders:

May 15 to 17 - Collins - Ron Townsend

June 12 to 14 - Mansfield - Randy Lottman

July 17 to 19 - Pymatuning - Rick Wells

August 28 to September 2 - Across Michigan - Rob Hipkind

September 11 to September 13 - Maumee - Steve Oz

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The 2020 Dog Days jersey is now ready for purchase.

The cost is \$55 for club members - what a deal! All sizes on the Silver Wheels website under Dog Days information are available as well as sizes 4x and 5x in both men's and women's. These jerseys are made by the same company as our Silver Wheel jerseys, so they do run small. Women, especially, were ordering 2 sizes up at times for a looser fit for our club jerseys. If you are interested in a jersey, you need to contact Scott Edmundson, the top dog, and let him know. The deadline for ordering is May 29<sup>th</sup>.

### **RWGPS Training Opportunities** **Rob Hipkind**

On April 9th before the Board meeting and on May 7th before the General Membership meeting, you are invited to drop in on a RWGPS help session. This is your chance to ask your RWGPS questions one on one to some of the club's experts, get help installing the phone app, get your RWGPS account setup and linked to the Club's account, or maybe just get a refresher on how to download a route to your phone, etc. At the Ride Leader and Rider Seminar on March 21st, we will be picking a date for an advanced session for Ride Leaders to present the advanced route planning features. Keep your eye on the ride calendar for more Ride Leader information as registration will be

the ride calendar for more Ride Leader information as registration will be required for this session and seating is limited.



*Life's a climb, but the view is great*



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