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To: Sally Saul sjsaul@mac.com



March 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
Merchandise:	José Morell
Sunshine:	Eleanor Stout
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

See the club roster for specific contact information

From The Editor

Spring is only a couple weeks away and that's always welcome news. I'm sure everyone is anxious to get back on two wheels! Your club's leaders met on January 29 and spent many hours planning out the 2022 year. We are expecting (hoping) that Covid will fade to a point that it no longer causes event cancellations. Just completed was the well-attended Rider/Ride Leader seminar to help insure a safe and fun riding season. That season officially starts on March 12 with our spring Chili Weiner ride. On top of that, many of our members are busy planning out future events for those warm weather months. Watch for more details on club rides, special events, meetings, Dog Days Wine Tour and self-contained camping trips.

Steve



Ponderings From The President

By Cheryl Burkhardt

Todav. March 5th, I attended the Ride/Ride Leader Trainina Seminar. A hearty

thanks' to Dennis, our Ride Committee Chair, the Ride Committee, the panel speakers and Ken Knabe, and especially to everyone who coordinated and prepared food. It was delicious! An extra special thanks goes to Pat Serio for arranging the meeting room at her church and for doing lots of dishes along with clean up at the event. You all are the folks who make this bike club special!

After the meeting, the warm weather and sunshine led me to think about a ride the next day. Hmm...check the weather...and there's a wind advisory. Southwest winds of 20 to 30 mph with gusts to 55 mph. Is it safe to ride? That is the question to ponder. This led me to research the topic of riding with the wind. Here are some of the interesting facts that blew my way.

Cycling with the wind at your back is so much fun. A strong wind can boost my speed into the 3+ category (generally I'm a 1+ to 2+ rider). Riding into a headwind, though, can cut a rider's speed in half making a cyclist work twice as hard. There are some things that can counter the effects of a brisk wind though. First of all, stay down low. Riding on the drop bars means less wind resistance. Secondly, gear down. You might be riding much more slowly, but the resistance of pedaling will be less. This makes for far less wear and tear on your muscles and joints. Next, think about what you are wearing. A loose-fitting shirt or jacket will inflate like a parachute and provide more drag. Finally, if you are comfortable riding with others in a pace line, drafting can save up to 20% of your energy. If you take turns, everyone wins. Of course, always plan the route so that you get a tailwind on your way back home.

So, am I riding tomorrow? Sadly, no. The wind advisory that is posted warns of wind gusts to 55 mph. Gusts at this speed (anything over 35 mph) can easily be dangerous to cyclists. They can blow you across or off the road. Not only that, but high winds can also cause falling branches and blowing debris, not to mention the dust which seems to find its way past my sunglass lenses. Alas, some days it's just better to opt for the trainer in the basement. Hope to see you on the road soon!



As Cheryl wrote, cyclists are happy when we have a brisk wind at our backs to help us move along. And when we have to ride into a strong headwind, we have to grit our teeth, mumble some choice words and pedal harder. The next time you face a tough wind situation, think about what some hard-core cyclists do each year. I'm referring to the Dutch Headwind Cycling Championships in the Netherlands. It is a time trial event that only happens

during specific fall and winter storms on a course facing the North Sea. The brave riders only travel 8.5 km but directly into the wind on identical single-speed bikes. This contest is announced only 3 days prior to the storm if certain conditions are expected. The event is only held during nautical wind force of at least 7 which is 32-38 mph!

I wonder if they get to ride back to the start?

Steve Oz



The Spring Chili Wiener Ride and Potluck is almost here! If your bike has collected cobwebs during the winter, it's time to get it ready for the riding season, and the annual Silver Wheels Chili Wiener.

Date: Saturday, March 12

Place: Oberlin Library, 65 S. Main St. (Rt. 58), Oberlin

Library Opens at 10 a.m. to drop off food, use restrooms, help set up the community room, etc.

Rides will start at 10:30 a.m. from the library parking lot (parking at east end of lot is suggested).

Currently we have ride leaders confirmed for 1*, 2* and 3* rides, and hope to confirm a 4* leader. Check the calendar information for further ride information or weather cancellations.

After the ride, we'll enjoy chili and hot dogs and a potluck in the library Community Room (just inside the front doors on the right).

NOTE that due to a wintery weather forecast and probably not many riders, we

will be eating around 12 noon.

Contact Kathy Yourkiewicz kyourkie@yahoo.com if you are willing to bring a crockpot of chili and let her know the kind of chili. The club will provide the hot dogs and buns. Members are invited to bring other side items for lunch such as salads, breads, crackers, chips, relish plate, desserts. Friends of Norm Diedrich are providing a birthday cake for Norm's 80th birthday! Please come to eat and enjoy the company even if you don't want to ride. You are NOT required to bring anything for the potluck, and there is no advance registration. If you wish to be environmentally "green" bring your own reusable tableware, however the club will also be providing tableware.

The community room has been reserved until 3:00 p.m. so if you'd like to socialize after lunch, bring your favorite table games to play.



NOTE: The library currently is not requiring face masks, but as we know, that can change.

Hope to see you March 12th.

Kathy Yourkiewicz kyourkie@yahoo.com

Eva Weber weber.1@osu.edu



DID YOU KNOW?

The Silver Wheels website has a blog where members can see posted, known or upcoming road closures/hazards. It can be found under Calendar Ride Information > Road Closure Information. Folks can see the items posted, and if subscribed to the blog, you can also post information and will be notified of additions. Did you run into some new chip-n-seal? This is your chance to warn others.

Tom Weber, website administrator



Silver Bullet Awards 2021

The Silver Bullet Award is given to one or more club members who have shown a willingness to really step up and do their part to keep the club going at a high level. The awardees for 2021 are Karen Hobbs and Dennis Stout. Karen stepped into our Mileage Minder role and learned all the technology needed to keep our club mileage log. In fact, Karen has stepped in when needed for many years in several club roles. Dennis is our Ride Committee chair. This past year, he has taken on the Herculean task of updating and collating the various ride policies into a handbook that tells us all we need to know about how to get a ride approved for the club. This is now posted to the website. A hearty thanks to both of these club members who have gone above and beyond to make our club great.

From the Education and Safety Committee

The Safety and Education Committee would like to invite you to see a webpage on Intersections. There are many great graphics and videos to explain how dangerous intersections can be and how to minimize the danger with some good heads-up riding. As we start to resume club rides being mindful of our safety role when we approach an intersection is very important for our own safety as well as that of the other riders and drivers.

<https://silverwheelscyclingclub.wildapricot.org/Intersections>

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Bicyclists and Intersections by Ed Stewart

I was asked to write a "short" article on intersections. I cannot do that.

However, I can talk about what happens at intersections when cars and bikes conflict and what bicyclists can do to manage or prevent the conflict. Why do car-bike collisions occur? Here are some major reasons:

A. Motorist does not 'see' the bicyclist.

A motorist might not see you, or be aware of your presence, because you are not in a good position. As you approach an intersection, move your bike more toward the center of the lane.

If you intend to make a left turn, move your bike to the left side of the lane and make your hand signal obvious.

If you are going straight, place your bike in the center of the lane and keep pedaling. Turning right? Stay in the right part of the lane – but never at the

~~peuamny. turning right: Stay in the right part of the lane - but never at the edge. Use right hand signal.~~

If you can obtain eye contact with the motorist, you know he sees you. If no eye contact, keep pedaling and maybe wave to create a movable object presence.

B. Motorist does not yield to bicyclist.

If the motorist is not yielding and you are able to, just slow down and let him go. If you are into the intersection first, wave a friendly 'thank you' and proceed. If it looks as though things might get close, look for a 'plan B' escape route.

C. Bicyclist does not yield to motorist.

If you are not yielding the right of way to the motorist and horn blowing begins, try to gesture a "I'm sorry" or some other form of etiquette. If you have entered an intersection without stopping at a stop sign or red light, well.... We would hope any Silver Wheeler knows better than ignoring traffic signals.

This was the short version. For a more complete discussion on this and many other safety topics, read with understanding the section on the club website called "Standards for Bicycle Safety" under Resources.

One does not learn to change from unsafe biking to being a safe cyclist by reading a short article, looking at a photo or watching a video. You will not learn from other cyclists who do not know - or care about - the difference. If you want to be a safer cyclist you should ask for classes and rides designed to help you learn the nuances of bicycle safety. Silver Wheels has trained instructors that can make you a better cyclist. You owe it to yourself to learn how to ride safely and your club is able to help you attain that goal.



Spend some time behind bars, ride a bike



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