

From: Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org
Subject: May 2018 Rollin'
Date: May 9, 2018 at 8:04 PM
To: Sally Saul sjsaul@mac.com



May 2018



Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

Your Current Leadership Team

President:	Bob Burkhardt
Vice President:	Sue Wells
Treasurer:	Betsy Nestor
Secretary:	Deb Wailes
Membership:	Randy Lottman
Website Coordinator:	Tom Weber
Merchandise:	José Morell
Sunshine:	Dennis Stout
Mileage Minder:	Bob Piccirilli
Newsletter Editor:	Steve Osmialowski
Ride Committee:	LaDean Hutter and Greg Orlovski
Social Committee:	Sue Wells and Karen Hobbs

Education/Safety: Rob Hipkind and Peggy Doheny

Dog Days: Scott Edmundson

Physical Assets: Emily Townsend

Social Media: Rob Hipkind and Cheryl Burkhardt

Directors: Cheryl Burkhardt, Rick Wells, Peggy Doheny, Rob Hipkind

See the club roster for specific contact information

From The Editor

The club's 20th anniversary was celebrated at our Founders Day event at Vermilion Valley Vineyards on April 14. And like many of our spring weekends, the day was cold and rainy. Actually, the rain held out long enough to get the rides in although some were shortened after looking at the radar. The heavy rain didn't hit until we were eating. And speaking of eating, there was plenty for all including two cakes! Rob also premiered his latest SW video. This one was a 20 year anniversary salute which included many old photos of the early club days.



For those members who still have not renewed for the 2018 cycling season, this is your final reminder. Anyone not renewed by May 17th will be removed from the membership database. Good weather is coming (promise) - so make the most of it as an active member.

WELCOME to our newest members:

**Norine Doria Chris Schweder Rob Boas
Suzanna Theobald Tim Jankowski
Robin Jankowski Susan Blouch
Edward Nemeth Theresa Wilde
Julie Tucker Jamie Keiser Lucinda Keiser**

There is a lot of information in this issue thanks to our contributors - Enjoy!

Steve

All-Star Ride this Saturday!



MAY 12,
2018 @
Wakeman
Elevator

5 of a Kind	A♣	A♦	A♥	A♠	J♣
Royal Flush	10♥	J♥	Q♥	K♥	A♥
Straight Flush	3♠	4♠	5♠	6♠	7♠
4 of a Kind	10♦	10♠	10♥	10♣	4♦
Full House	J♥	J♣	7♥	7♦	7♣
Flush	2♥	6♥	9♥	Q♥	K♥
Straight	3♥	4♣	5♦	6♣	7♠
3 of a Kind	9♣	9♦	9♥	6♣	2♥
2 Pairs	4♦	4♠	J♣	J♥	9♥
1 Pair	6♣	6♥	3♣	Q♦	10♦
High Card	A♣	K♦	4♣	10♦	8♥

# Card	Location	Description	Mileage 1*	Mileage 2*	Mileage 3*	Mileage 4*
1	Wakeman Elevator	Tire Check	0	0	0	0
2	Burnham Orchards	Surprise Check	6.5	6.5	6.5	6.5
3	Trailhead	Chain Check	12	16	16	16
4	Bridge	Brakes Check	16.5	22	25	28.5
5	Wakeman Elevator	Clean and Lube Chain	17	22.5	26	29

★ 1, 2, 3, and 4 Star rides start at 10:00, but your first Check Stop should be completed before the ride starts. Pump your tires up!

★ *After you complete the task at each stop, the volunteer will draw a card for you and put your initials on the face of the card. You will carry your own poker hand so have a jersey pocket ready.*

★ *If you get the exact same card (suit AND rank) you received at a previous Stop, you will be given a replacement card. You can however keep any duplicate Jokers!*

★ *After you have your fifth card, give your hand to the Master of Ceremonies for official review. You will be given a chance to "Buy A Card" to replace one card in your original hand for a \$5.00 donation to Silver Wheels. Only one "Buy A Card" can be purchased per rider.*

★ *PRIZE #1 - The highest ranking poker hand using the ranking chart wins the **grand prize**. If there is a Tie, each rider will cut for high card to determine the winner.*

★ *PRIZE #2 - The second place poker hand will receive a consolation **prize**.*

★ *PRIZE #3 - A random drawing winner from all submitted hands will receive a **prize**.*

★ *PRIZE #4 - The lowest ranking hand will receive a rousing round of applause!*

★ *Stay for Lunch at the Wakeman Elevator!*



Just a reminder that the annual Ride of Silence will be Wednesday May 16, preceding the normal Wednesday club rides. As in prior years, the route will begin and end at the Oberlin Depot with a six mile circular route. This ride is part of a nationwide Ride of Silence to bring focus on riding safety. Each year many bike riders are killed in road accidents. We hope that this Ride brings the concept of sharing the road into focus for car drivers and bicycle riders. Hope to see you there. Any questions call

car drivers and bicycle riders. hope to see you there. Any questions call me at 440 453 3863.

Regards, *Bob Esper*



From Pat Serio



Silver Wheelers are known not only for being the friendliest folks on two wheels but the most generous as well. This year the board decided our charity ride should benefit Firelands Rails-to-Trails. This all-star Star Chase ride on Saturday May 19 starts at 10 am with a lunch to follow. If you've thought about moving up to a faster group but worried about being dropped if you couldn't keep up, this is your chance! And for all your hard work pedaling you will be rewarded with lunch afterwards. Pat Serio, ride coordinator is looking for all levels of ride leaders from 1* to open. Please email her at midwife@oberlin.net to volunteer to be a ride leader. Everyone is invited to bring a dish to share so this might be the ideal time to try out that new recipe or bring an old favorite. Anyone who chooses to make a donation to Firelands Rails to Trails can do so but donations are not required to attend the event.

Come out, hang out with your bike buddies, and with any luck we will finally have a little springtime weather!

Thanks. Comments welcome

Dog Days Wine Tour - Routes Subcommittee



We are happy to announce the five wineries participating on the 2018 Dog Days Wine Tour. Matus Winery, Vermilion Valley Vineyards and Redhead Ciderhouse are returning this year and they will be joined by our two new wineries - D&D Smith Winery and Paper Moon Vineyards.

Our 100 mile and 125 mile riders will have rest stops at the two new wineries.

D&D Smith Winery is located in Norwalk and overlooks a stream. They offer 30+ wines and a food menu. They are currently undergoing major renovations that will add extra seating and a brick oven for pizza, pasta and homemade breads. We held our April DDWT meeting at D&D and we had a great time.

Paper Moon Vineyards sits on 50 acres of land in Vermilion, less than 2 miles from Lake Erie. They have a great tasting room with a large fireplace, a covered patio, and a grassy courtyard with a view of the vineyard and pond. Besides 16 varieties of wine, they also make their own hard cider and have a menu that includes paninis, pizza, soup, and fantastic cheese plates.

In mid-April, we had a club ride that went from Vermilion Valley Vineyard up to Paper Moon for a nice rest stop, and then back to VVV for even more fun. Many of the 28 miles of roads we used will be used on the DDWT. Yes, there were a few hills. Yes, it was early in the year for said hills. And yes, there was both wining and whining on the ride.

If you missed that winery ride, on May 20th there is a 37 mile DDWT winery ride scheduled with a 3- and 2 star groups. The route will be using the DDWT roads that the 100 and 125 mile groups will be using to get to Norwalk. We will be leaving from the Wakeman Elevator, riding out to D&D Smith Winery for lunch, on to Redhead Ciderhouse for a rest stop and then back to Wakeman.

When you frequent these wineries, please mention that you are part of Silver Wheels!



PEP

Perceptions Emanating from the President

Our club will only be as strong as the involvement of the membership. Listed below are several opportunities for club members to get involved in the behind the scenes operation of the club.

First - We are in need of a volunteer who will assist Tom Weber in editing and monitoring the Ride Calendar. We need another person who is trained in this day to day operation as a backup to Tom. Tom does go on vacation from time to time, and I'm sure he would like to not have to work on the calendar during this time. Also, in the event Tom should take ill or be incapacitated, we need someone trained to take over his duties. If interested, contact Tom directly. His contact information is available through the website directory.

Second - Currently, we anticipate that 2% of our club's income will come from sponsorships. We would like to reach this goal and even exceed it, but the Board needs a volunteer who would serve as the club's Sponsorship Coordinator. This individual would work with the Board on developing policy and procedures concerning Sponsorships, implementing such policy and procedures, finding volunteers to contact vendors, and monitoring the program. If interested, contact President Bob Burkhardt. My contact information is available through the website directory.

Third - Anyone interested in serving on the 2018 Nominating Committee should contact President Bob Burkhardt. This year's nominating committee will be selecting candidates to run for the office of President, Vice-President, and two at-large Board positions. These positions will be effective January of 2019 for a two-year term.

Fourth - The social committee chairperson plays an extremely important role in our club. Sue Wells has done a wonderful job! She has developed a notebook with "Everything You Want to Know about the Social Committee but Were Afraid to Ask." She always has helpers, but we need someone to step up and serve as the chairperson. Sue will work along with this person to assure a smooth transition. Contact Sue Wells if you are interested.

Thank you in advance for your interest in the club.

Bob Burkhardt, President



Riding to Wakeman



I borrowed a nice carbon fiber mountain bike from Joe at Swerve Bicycle Shop in Oberlin to ride from Oberlin to Wakeman. It was a very nice bike with front suspension, hydraulic disc brakes and several other great options. I ordered one for camping and some light off road cycling. Thanks Joe.

The trail is paved except for the section between Baird road and County Line (Green) road. I met with Don Kasich from Lorain County Metro parks. He said the paving was supposed to happen last year but it went over budget so is out for bids for this year. I hope paving takes place sooner rather than later as this is a great way to get to Wakeman.

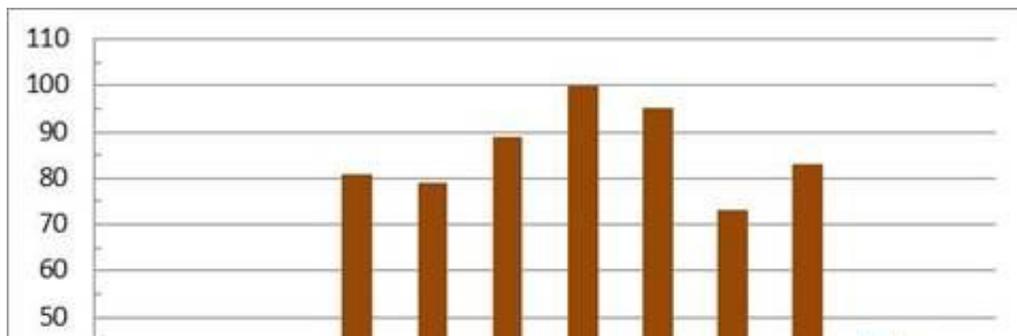
The trail along Rt. 20 is paved and easy to ride. Some mud and stone has washed onto the trail but should be cleaned up by Haynes Construction when they do the final grading and re-seeding.

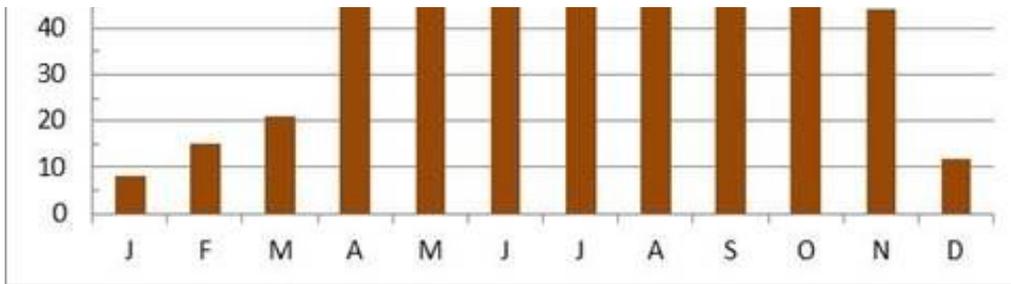
The minimum distance from the road to the trail is about 12 feet with a swale between the path and road in most areas. There is some occasional truck noise.

The paved trail ends at Rt. 60 in Wakeman at the Redcap Park trailhead. The Firelands Rails-To-Trails people are working to connect the trail head to their Bruce Chapin bridge, about 200 feet way. Silver Wheels is a supporter of the Firelands Rails to Trails Inc. I talked with Joe Missler, owner of Excel bike shop in Norwalk and with Lance Franke, of FRTTI. For now you must cross Rt. 60 and a 50 Ft. section of grass to get to the beautiful stone bridge. Not a big problem. Negotiations are in progress for a way to cross the grassy area. Plans are in the making for a grand opening later this year.

I'm sure this is going to be a popular (10 mile - one way) ride between Oberlin and Wakeman when the paving and cleanup work is completed. I can taste the food and drink at the Wakeman Elevator already.

Joe Etzler





You can see by this chart of 2017 data, April really kicks off the riding season. This chart shows the number of club rides that occur each month. 2018 is shaping up to be similar. We have so many biking opportunities thanks to our dedicated leaders!

Silver Wheels May Board Meeting Minutes Summary

Cheryl Burkhardt

The board met at the Oberlin Depot on Thursday, May 3. Below are the summary of points that were discussed and/or acted upon.

- We invested some funds in a CD for one year to increase interest payments.
- Membership gave a report that we have about 350 members, but some have not renewed and will be removed from our list by the next meeting. If anyone has ideas on how to get people to renew on time (March 1st of each year), please talk to someone on the board or to Randy, our membership chair.
- Ride Committee – LaDean said that about 20 folks attended Ride Leader Training. Guidelines for ride leaders will be on the website. Ride leaders can also pull these up on their phones if needed. The Ride of Silence will be May 16th. This is a police-escorted ride around Oberlin before our regular Wednesday ride to honor those members who have passed. LaDean also reported that the Wednesday rides seem to be working better with coordinators in place. Pat Serio is organizing a charity ride for May 19th, but no details were available.
- Education and Safety – Rob reported that our safety videos are getting a good amount of views. The latest on bike fit features club supermodels, so be sure to tune in. He also checked with a bike lawyer to see if waving cars around the group is okay. It is.
- Website/Technology – Tom requested that ride leaders NOT use ride numbers from the route library when sending him routes for the calendar. Instead, highlight the url when on the route and send

the calendar instead, highlighting the air when on the route and send that to him.

- **Dog Days – Scott ordered business cards advertising our change of venue for Dog Days in 2019. These will be passed out at this year's ride.**
- **Social Media - Rob reported that we have close to 300 followers on the Silver Wheels Cycling, Inc. site, our official club Facebook page.**
- **Newsletter – Steve reported that folks from the club are sending in articles – keep them coming!**
- **Physical Assets Manager – Gary donated a ladder for use at our club shed storage facility.**
- **Sponsorships – Our president, Bob Burkhardt, is still hoping a sponsorship coordinator will step forward to organize efforts. We rely on sponsorships for some of our income. Any volunteers out there?**
- **Gas House and Pavilion Update – bids were sent out for restrooms and a picnic pavilion by the city of Oberlin. No bids were received, so they will be sent out again.**
- **New Business – The board voted to join VisitLorainCounty.com for \$50 to advertise Dog Days and club activities. The Portage River Ride on June 24, and Sunday in June on the 10th were approved as club sanctioned mileage rides.**
- **Our next meeting is June 7th at the Oberlin Depot at 6:30 PM. All are welcome.**

Thoughts of the Century - By Steve Oz

A century ride is known as a 100 mile ride. It can also be done as a 100 kilometer ride but that is only 62 miles. Either way, the end result is a big ride in one day! Sorry, but riding two 50 mile rides on a weekend does not count. Typically we are talking about 100 miles in one day.

Completing a century is quite an accomplishment. It's something to tell your friends and family and also get a sense of satisfaction that you were able to finish such a ride. I'm not an expert on the subject but have completed 3 centuries and failed at one (details and lessons learned later).

Not many can just jump on a bike and go 100 miles with ease. The casual rider needs to plan it out and know what to expect. Keep in mind that an average speed of 13mph requires nearly 8 hours of biking to go that distance! Rest stops, water and food breaks add even more time resulting in a big chunk of a day to complete the challenge. You shouldn't try that distance too early in the season. Give it some time to get those biking legs back in shape after the winter. Go on as many long rides as possible in the weeks before the event. Once you commit to the task, get an early start and ride with others for encouragement and support

start and ride with others for encouragement and support.

You will burn a lot of calories so it is crucial to have enough fuel throughout the day. Staying hydrated is very important too, especially on a hot day. Just don't spend the day nibbling on granola bars and Gatorade. You may feel full but that may not be enough fuel to get the job done. My first attempt was on a hot day and I did not eat enough. Dizziness set in at mile 72 and I almost fell over!

After resting (on the ground) and eating more, I was able to return but was well short of my goal. Remember to eat a large but healthy lunch and keep up with light, nutritious snacks throughout the ride.

That much time in the saddle can give you a sore butt too! To help, at the halfway point, you can change your shorts with different padding so your pressure points are not the same for all 100 miles. Also, a fresh, clean shirt feels great on hot days. To get through the day, break up the ride into segments and focus on completing each segment. A good way to try a century is with our upcoming June 2 Depot Day event. We have four 25 mile routes that all start and end at the Oberlin Depot. You can stash supplies at the depot or your vehicle and concentrate on your ride. You are welcome to do one, two, three or all four routes during the day. You may also repeat your favorite route or just log trail miles. This is also our member swap meet so you can shop between ride segments. See the club calendar for more information.

What goes on in your mind?

After 25 miles: Hey this is easy! Just another ride.

After 50 miles: That was a lot of riding but still only halfway done. Do I continue?

After 75 miles: Getting tired but with a rest and more food, what's another 25 miles? Yeah right!

After 99 miles: OMG! This is tough but I can finish this!

Miles 99 – 100: The end is near. Celebrate the final mile!



The next general membership meeting is Thursday, May 17 at Carlisle Nature Center. You will enjoy a recap of last years Antietam/Harpers

Ferry trip and learn about self-contained bicycle camping.

*Bump shoulders with your friends,
and handlebars with your good friends*



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