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May 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
Past President: Sue Wells

See the club roster for specific contact information

From The Editor

In May, club activities really ramp up as long as the weather cooperates. A couple of weeks ago, the Founding Day event took place at Vermilion Valley Vineyards. A cold morning rain kept many riders away but it really dried up by the time our wheels hit the roads. Riding conditions overall were not too bad that day. After the ride, everyone enjoyed some social time at the winery (see photos below)

May promises even more rides offered from our great ride leaders. Check the calendar often as it can quickly fill up when the weather is good. The annual Ride of Silence is May 18 and the next club meeting is May 19. The meeting presentation is from a representative of Firelands Rails to Trails. We will learn all about the western part of the North Coast Inland Trail. Plus, news of completing the "last mile of trail" into Norwalk and being conjoined to the Buckeye Trail and US Bike Route Thirty. The May meeting will also have a "last chance" bargain sale of club clothing and merchandise. It's the place to be on May 19, at the Carlisle Nature Center at 7PM

Steve

P.S. Don't forget that our Wednesday evening rides now start at 5:30PM





Ponderings From The President

By Cheryl Burkhardt

"When spirits are low, when the day appears dark, when work become monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road without a thought on anything but the ride you are taking." This prescription for mental health was penned in 1896 by a medical doctor who pedaled on his daily rounds named Arthur Canon Doyle (yes, the Sherlock Holmes author).

So, when I know the many benefits of cycling including the fact that it cuts the risk of premature death by a myriad of causes by 40% according to a study of 263,450 people published in the BMJ, a premier medical journal, AND once I get out on the bike, I really enjoy myself, I ponder. Why is it so hard to overcome the inertia I feel to actually get out there?

Inertia – the idea that things stay the same – a body at rest tends to stay at rest. Sound like junior high science class? Unfortunately, it's something that we all suffer from at times. We want to do things to improve our health. We think about them. We read about them. We even make wonderful resolutions and set goals. Yet, despite these good intentions, we fall flat, and the bicycle remains on the hook in the garage.

To motivate myself, and hopefully I'm not the only one needing a bit of motivation, I decided to research some tips to turn inertia into movement. Here they are:

- **Let go of perfectionism.**
- **Set realistic goals. It's difficult to train for a century ride in two weeks. Maybe just getting to the Pavilion and back on the trail from Oberlin is realistic for you.**
- **Imagine what your life will be like in 5 years if you don't start moving? Kinda scary, huh? We only have a limited time on Earth, and some of us are closer to that limit than others. How do we want that time to be spent? What do we want to feel like?**
- **Take a small step – take a shower, go for a walk, ride a few miles. Any of these things can be the force that acts on the body at rest to get it moving. Once a body is moving, it tends to stay in motion. (Back to junior high science!)**
- **Take small steps. Ask yourself this week, "What is one thing that I would like to commit to improving? What is one thing that I could stop doing that would help my health?" As humans we tend to take on too much at once and get overwhelmed – then we are back to the body at rest.**
- **Connect with friends. It's so much easier for me to get on the bike when I know I'm going to be socializing with friends. Of course, if you sign up to lead a ride (hint, hint), you are forcing yourself to get on the bike!**

To quote one of the most brilliant minds of our time: "Life is like riding a

To quote one of the most brilliant minds of our time, "Life is like riding a bicycle. To keep your balance, you must keep moving." Here's to Einstein, Galileo, and Isaac Newton – let's keep moving!



May is National Bicycle Month, and along with the League of American Bicyclists we urge you to get outside and spend some quality time on your bike!



**I Wanna Know, Have You Ever Seen the Rain,
Coming Down on a Wednesday?**

By Rob Hipkind, with apologies to CCR. (TLDR - Rain is wet while riding a bike.)

As some of us found out at the All Star Ride on Wednesday April 13th, if you

ride often enough in Ohio during the springtime you are eventually going to get caught in the rain. We all looked at our weather apps and were more worried about the wind than the rain. Mother Nature had other plans though and about 7 miles out it started to rain. We braved on, eventually took a shortcut, and ended up riding 13 miles in the rain. Wednesday's ride made me think about my first club ride in the rain so I looked the ride up to refresh my memory.

It was in October 2014, just a few months after joining the club. It was a questionable looking Saturday and Sharon B. before she was Z. was leading a long ride out of Vermilion Valley Vineyards. I pulled into the parking lot with the wipers on, thinking we would just go out to eat. But, no, no, no - Sharon starts putting on rain gear! I was the only dummy one to show up but thought how bad could it be? We took off in a drizzle, got rained on, got pickup truck buzz sprayed on, watched the temperature drop, the wind increase, and we had fun. Back at the parking lot after 20 miles, we were wet and cold but the rain was gone. So I squeezed out my socks, put on a dry shirt, told Sharon "thanks" and took off riding into the sunshine.

Here are some things I have learned about riding in the rain. Pre-ride prep ideas when it might rain during a ride: Look over the route in advance and be ready with a few short cuts if needed. Where are the pavilions, stores, and friends' houses? In a bad storm, even a port-a-potty offers shelter if you need to pull off and wait it out. Not that I would ever... Consider letting some air out of your tires to increase the amount of rubber making contact with the ground. Science. Pro tip - I learned this from Dan M. or Emily on a week long touring ride - put Subway foot long sandwich bags under your socks to keep your feet dry. Also, a ziplock baggie, AKA a cyclist's wallet, keeps your phone and paper money dry. Rain resistant is not rain proof. The old Norwegian saying "Det finnes ikke dårlig vær, bare dårlig klær" translates to there is no such thing as bad weather, just bad clothing. During the ride if it starts to rain: Cuss. Question your sanity. Grimace. Smile. Hum Purple Rain or Singing in the Rain. Turn on every light you have at your disposal. Concentrate. Try not to think about why all the bad things that happen on a bike are four letter words. Rain, wind, flat, drop, lost, fall, rash, etc. Brake earlier and "lighter", especially on wet downhills. Rely more on the rear brake. If you use a mirror, it may be more trouble than it's worth. Turn your head instead. Talk more to other riders so they know where you are - don't assume they can see you. Pot holes are often hidden under a puddle. A flat tire in the rain is a real PITA. Hydroplaning is real. The solid white edge line is going to be even slipperier than normal. And don't get my wife started talking about the risks of riding over wet railroad tracks. While coasting, try to keep your pedals at the 3 and 9 o'clock positions rather than at noon and 6 o'clock. This helps avoid your 6 o'clock foot from getting soaked. Your new best friend might just be the rider in front of you who has fenders. Rain will take the sweaty salt from your head gear and drip it into your eyes. Ouch. A cycling cap with a brim is better than a skull cap for riding in the rain. Wearing glasses, do you take them off or leave them on. Life's true great mystery. If the sun comes out, look around for a rainbow. Legend has it that buried at the end of the rainbow are all the bike parts lost at sea due to the Covid logistical problems. Post ride, you are already soaking wet so now what? Captain Obvious says to get out of that wet spandex as soon as you can. I learned this trick on my first touring ride from Dan Rob, I think. Stuff newspaper into your wet shoes, wait, repeat, and then again overnight. Amazing life changing tip. Clean and dry your bike as soon as you can. Don't forget to re-lube your chain.

Conclusion: If you ride several times a week, or if you do touring rides or camping trips, you are going to get wet. People might call you crazy, but you'll know they wish they had been out there with you. Plus you will have another story to tell the next time you are waiting a storm out on a group ride. Do you remember that rainv dav on the Michigan trip headed into Holland - was that a

metric or a double metric day? Or the day we rode through Columbus on the way to Cincinnati and those wonderful bathroom hand dryers? Or that Wednesday night ride in 2022 on Gifford where we passed this guy named Noah in his boat with all his critters. Let me tell you about that one...



eMail eTiquette

Reminder – If you post a message to the newsgroup, make sure you add your name (and email address if you need a response) at the end of the text. If you don't, readers will have to guess who wrote the message.

If you want to reply to a newsgroup message, do not hit "reply" or the whole club will see your response. Send a separate reply directly to the sender of the message.

What's that gunk in my water bottle?

Bacteria can form in cycling bottles, especially if you use anything with sweeteners. A dark film can form on the plastic which isn't very appealing. For a clean, good tasting gulp on your next ride, don't forget to clean your bottle periodically. Here are some tips:

Wash by hand only with warm water and a mild dish soap. You can use a long-handled brush to get deep into those hard-to-reach areas. Make sure you rinse completely unless you are fond of a hint of soap flavor. And don't put your bottles in the dishwasher as the harsh detergents and very hot water can damage the plastics.

WANTED: Your stories and articles for Rollin'. Now that the ride season is here, why not share your adventures with the club? If you go on an interesting cycling adventure, your fellow members would love to hear your experience. It can be a simple one paragraph summary of the ride or a full report with photos. I can always use more content for this (your) newsletter. Email me your story and I will share it with the club.

Life is simple: Eat, sleep, ride

