

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

May, 2023



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Editor's Column

By Larry Best

So, there I was, minding my own business as usual when, all of a sudden, I heard a lot of hammering, sawing, and power drills. I looked out of the window and saw my next-door neighbor, Noah, building a giant wooden boat in his back yard. The thing was

enormous! I asked him what he was going to do with it, and he said he was planning to sail it with his wife and all of his pets. I asked if I could come along and he said, "No, I'll be the only man and my wife will be the only woman." He also told me that his pets were in pairs of one female and one male. I asked him how he was going to get that thing down to the water and he told me he wasn't worried because the water was going to come to him. I thought about that, and the fact that we had been in the Maytag for what seems like all spring, put two and two together, then started to be quite concerned. I'll have to wait and see what happens.

Be sure to check this month's calendar. The annual Ride of Silence will take place on Wednesday, May 17th at 5:00 P.M. The ride will leave from the depot. This will be our 11th Annual Ride of Silence. Along with hundreds

of other groups across the country we participate in this unique event. It originated to memorialize friends who were killed while riding and to bring to the attention of drivers that they are sharing the road with bicycles. We go one step further and recall all members who have passed while part of our organization. We have had two members die on bikes and quite a few more who have passed otherwise.

Every Wednesday, all * rides leave from Auto Zone at 5:30 P.M., and Monday night 3+ 4* rides begin at Sherod Park just west of Vermilion at 5:30 P.M.

I hope to see you on the road, and please...be careful out there.



Safety and Education Committee

by **Peggy Dohney**

Greetings from the Education and Safety Committee. We would like to draw your attention to a few years ago on "Spring Bike Tune Up". The video is very helpful. Since it is the start of the biking season and we want everyone to have their bikes in tip top riding condition.

<https://silverwheelscyclingclub.wildapricot.org/page-18240>

Riding in the Rain By Larry Best

I don't know many riders who would start a club ride in the rain. A sprinkle maybe, but not a good steady or hard, really coming down rain. I put myself in that group. If it looks like it's going to storm, I'm unlikely to leave. There have been some exceptions to that. I've started out in the rain when I'm riding an out-of-town century and I've already driven 150 miles to get there, and I've paid \$40. Aside from that...no. I should add that it's not really terrible being wet, and I'm pretty tolerant of the cold as well. However, I won't be cold **AND** wet. That's a particularly bad combination. Getting caught in the rain when it's 80 F is tolerable. It's not when it's 50 F or colder. When I used to commute to work via bicycle my fellow employees would ask me what I did when it rained. Well, you get wet. They were aghast! It's really very simple...you get wet. When you take a shower, you get wet. Of course, more than a couple of them wondered if I could ride the 18 miles to work on the sidewalk. They thought I should.

I own an inexpensive rain jacket, but I use it exclusively as an outer layer for cold weather riding in the fall & winter. I like it because it completely blocks the wind. Aside from that, I don't own any rain gear. I've found that rain specific clothing doesn't breathe well, if at all, and I get soaked with sweat. So, I get wet either with or without it. There's plenty of rain gear available both inexpensive and it can be very expensive, too. Here's an exception-glasses with yellow lenses. The brighter the lenses the better. They brighten everything so that it looks you're riding in sunshine. They also protect your eyes from the rain. A suggestion. Get some Rain X. It comes in a little yellow bottle & is a thin, clear liquid. Squirt just a little on your glasses, then wipe them dry until there's no visible haze on them. Rain X is hydrophobic and water will run right off any non-porous treated surface. I use it on my car windshield. When I'm driving in a moderate rain, I notice

other cars have their wipers on high. I have mine in intermittent.

Riding in the rain requires paying careful attention to some things you might take for granted riding when it's dry. If it hasn't rained for a while the roads are going to be especially slippery due to the oil and other fluids that cars lay down. There's a "grease strip" in the center of the road that's easily visible when it's wet or dry. When it rains, it gets washed to the side of the roads. If it's possible it's a good idea to duck in to a restaurant and have a coffee for a half hour when it first starts raining so the oil will have a chance to get washed off.

The water also washes pebbles, sticks, leaves and other detritus on to the road, which increases the chance of getting a flat. Stay off of road markings like lane divider lines, crow walk paint, painted arrows, etc. when it's wet. They're not really paint, but they're plastic strips that are as slippery as ice when wet. When you're in your car and run over them you can feel them. They're not paint. It's wise to go a little slower and maybe a **LOT** slower when cornering. Watch out when braking. Add a lot of distance between you and where you expect to stop. Rim brakes don't work well in the rain and stopping distances can more than double. Disc brakes work almost as well in the rain as they do when it's dry, but you have to be careful not to lock up one or both of your wheels. Locking up your front wheel is a guaranteed way to get up close and personal with the world's most effective tattoo remover, the pavement.

Some drivers don't look for us, and they **REALLY** don't look for us when it's raining. Bright clothes, a headlight, and a tail light are essential. I very rarely use a headlight, but I wouldn't ride in the rain without one.

About your clothes. If you don't have fenders, and hardly anyone does, you're going to get a stripe of dirt on the back of your jersey and shorts. To remove this (don't gasp) spray it heavily with full strength Simple Green and let

it sit for no longer than a couple minutes, then put it in the washer. When you take it out the stripe will be gone. The stripe has oil, gas and maybe tar in it from the road. from the road. No, it won't hurt your cycling clothes. I've been using it for 20+ years.

How about that zillion dollar bike you're riding. **DO NOT** let it sit overnight. At the very least dry and clean the running gear. The cassette, the chain rings, and especially the chain. When I started riding, we used to buy chains for \$8.00 to \$12.00. Now some are \$50.00+, and you'll have to put them on yourself or pay your local bike shop to do it for you.





Go to www.Loraincountymetroparks.org for more information including a mileage sheet.

200 Miles for 200 Years

Bicentennial Hiking Program

April 1, 2023 - April 1, 2024

Celebrate the Lorain County Bicentennial by trekking through some of the county's most captivating natural landscapes. The 200 Miles for 200 Years hiking program allows participants to earn a commemorative metal badge for hiking 200 miles through Lorain County Metro Parks.



Thanks to Peggy Doheny for this info

Click the button below for more information and to download a tracking log.

Participation Requirements:

- ***Hike, bike, or run 200 miles within the Lorain County Metro Parks from April 1, 2023-April 1, 2024***
- ***Submit a completed tracking log to the Carlisle Visitor Center (12882 Diagonal Rd., LaGrange 44050) by April 1, 2024, and pick up your***

commemorative metal badge

- ***Encourage others to participate and share snapshots of your journey on social media with the hashtag #LorainCounty200***

All ages are welcome to participate. Lorain County residency is not required. Miles accumulated through the LCMP 2023.

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My clothes after I
fall off my bicycle
at low speed



Movie characters
just after
fighting a dozen
Mercenaries with
weapons while
parkouring over
roof tops

