

**From:** Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org  
**Subject:** November 2020 Rollin'  
**Date:** November 9, 2020 at 8:29 PM  
**To:** Sally Saul sjsaul@mac.com



## November 2020



# Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

### Your Current Leadership Team

|                             |                                   |
|-----------------------------|-----------------------------------|
| <b>President:</b>           | Sue Wells                         |
| <b>Vice President:</b>      | Cheryl Burkhardt                  |
| <b>Treasurer:</b>           | Rick Wells                        |
| <b>Secretary:</b>           | Sandy Lottman                     |
| <b>Membership:</b>          | Randy Lottman                     |
| <b>Website Coordinator:</b> | Tom Weber                         |
| <b>Merchandise:</b>         | José Morell                       |
| <b>Sunshine:</b>            | Dennis Stout                      |
| <b>Mileage Minder:</b>      | Wesley Simmons                    |
| <b>Newsletter Editor:</b>   | Steve Osmialowski                 |
| <b>Ride Committee:</b>      | Dennis Stout                      |
| <b>Social Committee:</b>    | Karen Hobbs                       |
| <b>Education/Safety:</b>    | Peggy Doheny                      |
| <b>Dog Days:</b>            | Scott Edmundson                   |
| <b>Physical Assets:</b>     | Emily Townsend                    |
| <b>Social Media:</b>        | Rob Hipskind and Cheryl Burkhardt |

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

*See the club roster for specific contact information*

## From The Editor

November brings cold weather, less daylight and maybe that four letter word: snow. We sometimes get a treat of a warm day and those that can will get out for some late season miles. If you have hung it up for the winter, don't forget to stay in shape on that trainer. Or, get some miles in while walking or hiking. With Covid-19 and the cold and flu season upon us, it is important to stay healthy and keep that immune system in top condition. Unfortunately, all the potential illness will continue to curb most indoor club activities. Nobody knows what we will be able to do next year but the club will move forward with hopes of a return to normal somewhere down the trail.

*Steve*

---

Congratulations on the Election to the 2021 Board of Directors :

|                |                   |
|----------------|-------------------|
| President      | Cheryl Burkhardt  |
| Vice President | Steve Osmialowski |
| Director       | Scott Edmundson   |
| Director       | Mel Cruzado       |

It is with gratitude and anticipation that the Nominating Committee welcomes these members to the Silver Wheels Board of Directors for a two year term beginning January, 2021. They have agreed to accept the work and responsibilities that these positions hold. It is a trying time during this pandemic, when so many of our normal activities have disappeared or been altered. We are looking forward to a year of new beginnings and fresh ideas as the club perseveres to regain the vision and purpose that we have cherished for many years. Our whole leadership team will spearhead this movement! Please commit to supporting all the board members by offering to help with the work they do. Participating in club activities and attending club meetings will help ensure a successful bicycle club! And a big THANK YOU goes out to those stepping down from the board (Sue Wells, Rob Hipskind) for their excellent service over the years.

**Good Luck and God Bless!**

**The Nominating Committee:**

**Susan Schneider (chair), Eva Weber, Ron Townsend**

---

### **The Mission of Silver Wheels Cycling Club, Inc.**

**is to create and provide an environment where members and guests can:**

- Ride for exercise and health
- Enjoy the social side of cycling
- Improve cycling skills
- Learn more about cycling and educate the community
- Promote cycling in our area



---

**Newer riders often ask members of the safety committee as well as other riders who use clipless pedals what they think about using them and if they are a good idea. So, if you are thinking of upgrading from your flat platform**

pedals to clipless pedals, but are not sure where to start, this article we posted a few years ago may answer some of your questions.

## To Clip or Not to Clip

Thinking of upgrading from your flat platform pedals to clipless pedals? Here is some information on the subject. If you're cycling short distances and casually, basic rubber pedals work fine. As you pedal more seriously, there's a risk of your feet slipping off the pedals. Talk with your fellow riders, get their thoughts on the different styles available and why it works for them.

### Features and Benefits:

Clipless pedals keep your feet in place making it easier to pedal at a good cadence (the speed you pedal measured in revolutions per minute; a good goal is 70-90 rpm).

They optimize the connections between feet and pedal. The position of your feet won't slip. More of your energy makes its way into every pedal stroke, which is great for climbing, accelerating and long rides.

Most modern systems provide some degree of float allowing your feet to self-align on the pedals. This feature is like a buffer that helps prevent knee problems. They also help when you're trying to hop the bike to clear obstacles such as curbs, logs and rocks. With a little practice, they are safer to get into and out of than toe clips and straps because the release motion is simpler and more natural.

There are two styles of clipless pedals: road and MTB. Mountain bike style uses a small cleat that sits up inside the sole of the shoe. It is easier to walk around in when off the bike. Road pedals use a wide cleat that makes walking difficult but provides good power transfer and is comfortable on long rides.

Before you start, decide which foot you are going to put down to dismount. Go to a park or grassy area to practice, so you don't injure yourself or damage the bike. Ride on top of the pedals wearing running shoes to get used to balancing the bike before you attempt the clipless pedals. You may also want to temporarily lower your seat while acquiring this new skill. Most clipless pedals have adjustable release pressure, and while you are getting used to them, the pedal release pressure should be set lightly so it's easy to unclip. You can tighten them later if needed.

Clipless pedals are designed to hang down at the back, so you can hook the front of the cleat in, then press down to engage the rear of the cleat. When the pedals are new, they may be a little stiff and not hang correctly, but they will loosen up quickly with use. To start off with clipless pedals you clip in one foot, push away, and once rolling, clip in the other foot. You have to get this done while you still have enough speed to maintain balance. This is what causes beginners the most problems, as they can't clip in quickly. The trickiest thing the first couple of times is remembering to swivel your heels to get out instead of pulling back (the toe-clip motion). Practice until you can do it without looking at the pedal.

### Practice, practice, practice!

A final thought – if you are really struggling to come to grips with your clipless pedals, there are pedals which have a SPD clipless mount on one side and a flat platform on the other. It's easy to get up to balancing speed using the platform side then you flip them over with your toe and clip in.



**Images of cycling in October**





**We have begun the cold weather riding season. When temperatures drop, some say NO WAY – I'M NOT RIDING! Then there are others who are willing to ride anytime there isn't snow on the roads. Everyone has their "low temp" limits. Is it 60° 50° 40° 30°? Riding in just about any temperature is**

**LIMITS. IS IT 60~, 50~, 40~, 30~? RIDING IN JUST ABOUT ANY TEMPERATURE IS POSSIBLE WITH THE RIGHT EQUIPMENT. ON A COLD, SUNNY NOVEMBER DAY, WHY NOT RIDE? SKIERS DRESS FOR THE COLD FUN AND CYCLISTS CAN TOO. HERE ARE SOME TIPS TO HELP YOU VENTURE OUT INTO THE CHILL.**

**Dress in layers.** For best warmth while riding, dress in layers, especially on your core. Three thin layers works better than a single thick layer. If you need to adjust for temperature changes, it is easy to do. Layer your core by using:

- A quality base layer that wicks away moisture
- A mid layer with thermal properties to retain heat
- An outer layer with fabric to block cold air, wind and precipitation

When it's really cold (under 50 degrees) you may also want to consider layering your legs with leg warmers over (or under) your winter tights and arm warmers under your jacket.

**Use shoe covers.** Layering is always a good idea but layers of socks might be too tight on your feet causing poor circulation. A waterproof cycling shoe cover will help keep your feet warm and dry.

**Don't forget your head.** As with the core, hands and feet, layering on your head is a good idea. Thirty percent of your heat can be lost through the head. A cycling cap can be used under your helmet. Make sure it is thin enough to provide protection but not interfere with the helmet fit. At a bare minimum, make sure your ears are covered with the cap, muffs or headband. Remember to consider the wind chill when riding.

**Bring a spare jacket.** If the forecast shows changing conditions, an extra layer may be very welcome. Pack a lightweight windbreaker in case conditions get bad or it gets colder than expected.

**Get a mid-ride warm up.** If you're heading out for a ride more than a couple hours, plan to take a break mid-ride. A restaurant or coffee shop is an ideal place to warm up and take a break. You can also use this opportunity to change any damp clothing and get something warm to drink.

**Don't hydrate with cold water.** Cold and even room temperature fluids aren't a good idea when it's really cold. Instead, stay warm by filling an insulated water bottle with warm water or tea.

**Shield your eyes.** Always wear eye protection while cycling. Exposing your eyes to cold, dry wind can be uncomfortable. Use sunglasses for bright, sunny days regardless of the temperature. For those cold, cloudy days, use glasses with a clear lens.

**Fuel Up.** It's always important to eat before a ride, but it's especially important during the winter. Not only will you need extra fuel for cold weather exercise, but the caloric intake will go a long way toward keeping you warm in the coldest temperatures. Make sure to eat a hearty meal (such as oatmeal) before you ride, and carry additional food with you on the bike to stay topped off

**Whoever invented the bicycle deserves  
the thanks of humanity**



Copyright 2020 (Silver Wheels Cycling Club) All rights reserved  
P.O Box 867, Elyria, OH 44036 You are receiving this message because you opted in at  
<https://silverwheelscyclingclub.wildapricot.org/>