

From: Silver Wheels Cycling Club admin@silverwheelscycling.com
Subject: November 2022 Rollin'
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To: Sally Saul sjsaul@mac.com



November 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:	Mel Cruzado
Club Calendar:	Tom Weber
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

November in our area means falling temperatures, short daylight hours and maybe the "S" word! But, so far the weather has been quite nice. Many of our members are getting those late season rides in. That fact shows by all the club rides that appear on the calendar when the weather cooperates. Make sure you get out before that "S" word makes a permanent appearance.

We still have some big club events coming up. The final general membership meeting for the year will be on November 17th and the Fall Chili Wiener ride is on November 19th. That is also the last day for 2022 club miles to be recorded. So, if you are trying to reach a specific mileage goal, you know what to do....get out and ride!

Also, thanks to all who completed the recent survey about club meetings. Results are being tabulated and will be shared soon.

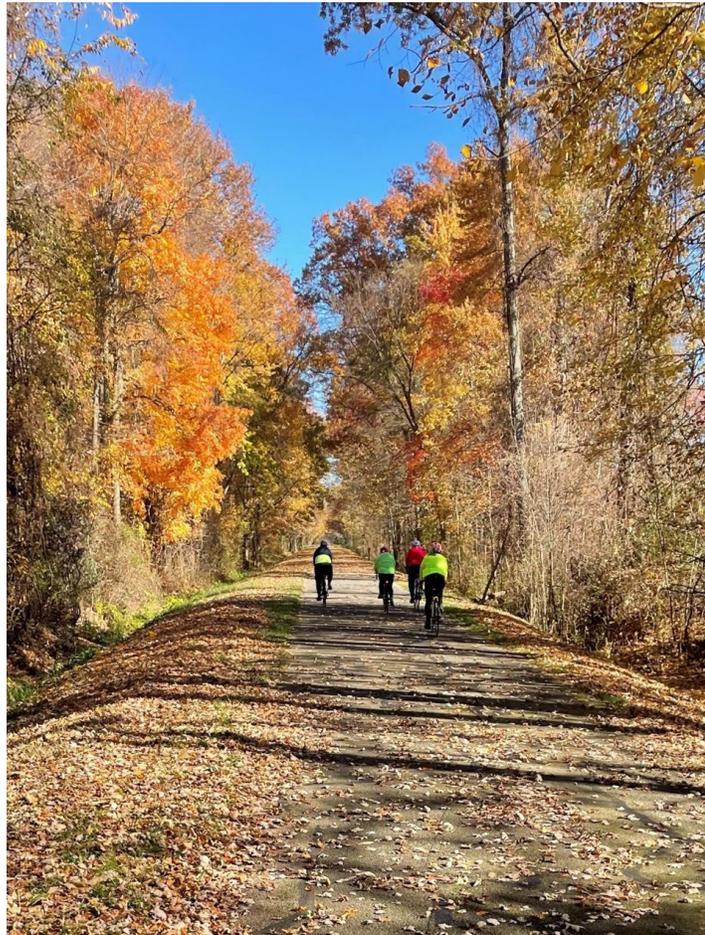
Steve

Ponderings from the President

By: Cheryl Burkhardt

As I rode the NCIT today from Oberlin, I thought about the many miles of beautiful trails available to us to ride here in Lorain County and neighboring counties – in fact in all of Ohio. The sun was shining. Wind was almost non-existent. The temperature was in the high 50's but felt much warmer. Our ride was an easy pace- just enough to get the heart rate going a bit but not too strenuous. It was more a day to just enjoy being out in nature and appreciate the beauty around us. It was a day to chat with a friend and solve the world's problems as if we were in charge. It was a day to be thankful for all of life's blessings.

As the riding season winds down for most of us, take the time to pedal along a trail and observe the wonders of nature. It refreshes our minds and our bodies. It will fill your hearts with peace. Happy cycling!



From the Education and Safety Committee:

Members of the safety committee often get asked about drafting. While this technique is not for everyone, knowing what drafting is all about can be helpful if you ever want to try it out – especially on those windy days. The technique can help conserve energy. The videos at the end of the article are great visuals for the technique. Some riders have tried the technique with 1-2 “friends” to see how it works and assess their comfort level.

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

Also, here is an article about about bike lanes. The committee thought that it is a worthwhile group of articles for our members. There is info for pedestrians as well as cyclists so take a look.

https://www.virginiadot.org/programs/bikeped/biking_and_pedestrian_treatments.asp?utm_source=BE&utm_campaign=20221027_USBR

Congratulations Tom Weber on your club milestone!

By Randy Lottman

Though Tom may not think what he achieved this year as a big deal, anyone who manages to hit the 50,000 mile mark in total* club miles is deserving of a shout-out. Cheers to you Tom!!! Well done!!!

**Note – This mileage is not reflective of Tom's or many other veteran members true totals. Club mileage records only go back so far and the earlier years cannot be accounted for.*

Some facts on riding 50,000 miles:

- You can ride from one US coast to the next 16 times and be a third of the way from completing your 17th trip.
- You can pedal around the world twice.
- You can ride all the officially designated bicycle routes in the US a total 2.8 times.
- You can ride 18.5 times the Great Divide Mountain Bike Route which is the longest bike route in the world measuring 2,700 miles in length. This continuous trail runs from Banff, Canada to Antelope Wells, New Mexico.

Tom has some work to do and needs to get busy to compete with Russ Mantle.

Nov 8, 2019 — Russ Mantle, an 82-year-old cyclist from England, reached an astonishing milestone: He completed *1 million miles* riding on a bike.

Hello Silver Wheels Cycling Club members,

We are excited to announce that our website will be getting an updated modern look, and will be mobile device ready. This project will take place between November thru January. As the building takes place some pages may temporarily be off-line, please be patient. We can't wait to show you the new and improved website. Stay tuned!

Mel Cruzado

Website Coordinator



Entertainment Junction is a museum with a huge model railroad exhibit in Cincinnati. The level of detail is amazing and it takes hours to view it all. In one section, there was even a miniature bike path with cyclists. However, I was surprised to also see a paramedic helping a cyclist who apparently was hit by a car (see the mangled bike). So, be careful out there, even if you are only three inches tall!

Steve





Next Club Meeting, November 17

Carlisle Nature Center, 7PM

All are welcome!

The November meeting will cover several topics:

- **The election process for the open leadership roles will take place.**
- **A review of the club's 2023 advocacy donations.**
- **Larry Best will present several short instructional safety videos.**
- **A guest speaker presentation**

And of course, some social time and snacks with your fellow members.



2022 Fall Chili Wiener Ride & Potluck

Oberlin Public Library, November 19

The annual event marking the official close of our 2022 riding season (Bummer!). Any mileage achieved subsequent to these rides will be posted for the 2023 riding season.

The weather is unpredictable this time of year. If the rides are cancelled due to bad weather we will eat at 12 noon; if folks ride as scheduled, we will eat at 12:30 p.m., so plan your routes accordingly. If we don't ride, we will enjoy each other's company, the usual war stories, and eat - we always eat. If anyone has a favorite game you might bring that as well.

If you don't plan to ride, you are welcome to hang out with the group to socialize or play games and eat. This might be your last chance to see riding buddies for a while, especially if going south for the winter, hanging up the bike for the season, and having to miss the wrap up banquet

The menu will be hot dogs and buns supplied by the club; and chili, sides, and desserts supplied by members. You bring it, we will eat it. Donations are needed. The library community room will be open at 10 a.m. for food drop off and room set up. Rides begin at 10:30 a.m. Dennis Stout is your event host. If you are bringing chili, please let me know at dbstout@windstream.net

See the club calendar posting to register for this event and learn which rides are being offered.



Great minds think a bike.

