

From: **Silver Wheels Cycling Club** SilverWheelsCyclingClub@wildapricot.org  
Subject: October 2017 Rollin'  
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To: Sally Saul sjsaul@mac.com

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Enjoy Life, Ride a Bike!



October  
Newsletter  
2017

# Rollin'

*Newsletter of the Silver  
Wheels Cycling Club*



## From the Editor

**The days are getting cooler and shorter as we begin Fall. For some, the end of hot weather riding is most welcome. Others might ride less as it gets colder. I have learned that if dressed properly, temperature is not an issue - OK I do have my limits if it gets below 40. Hopefully those low temps are still way off. October rides may get chilly but the sights and sounds (and smells) of the changing season are worth the chills. There are still plenty of opportunities to get out and ride. Be sure to check the calendar often, since rides can appear quickly, especially when good weather is forecast.**

**And...We welcome two new members: Kevin Hobbs and Eric Hauser**

*Steve*

**President:** *Bob Burkhardt*

**Vice President:** *Sue Wells*

**Treasurer:** *Betsy Nestor*

**Secretary:** *Deb Wailes*

**Membership:** *Randy Lottman*

**Website Coordinator:** *Tom Weber*

**Merchandise:** *José Morell*

**Mileage:** *Bob Piccirilli*

**Sunshine:** *Dennis & Eleanor Stout*

**Safety Education:** *Ed Stewart*

**Newsletter Editor:** *Steve Osmialowski*

**Ride Committee:** *LaDean Hutter and Greg Orlowski*

**Social Committee:** *Sue Wells and Karen Hobbs*

**Directors:** *Cheryl Burkhardt, Dennis Stout, Rick Wells, Rob Hipkind*

*See the club roster webpage for phone numbers/email*

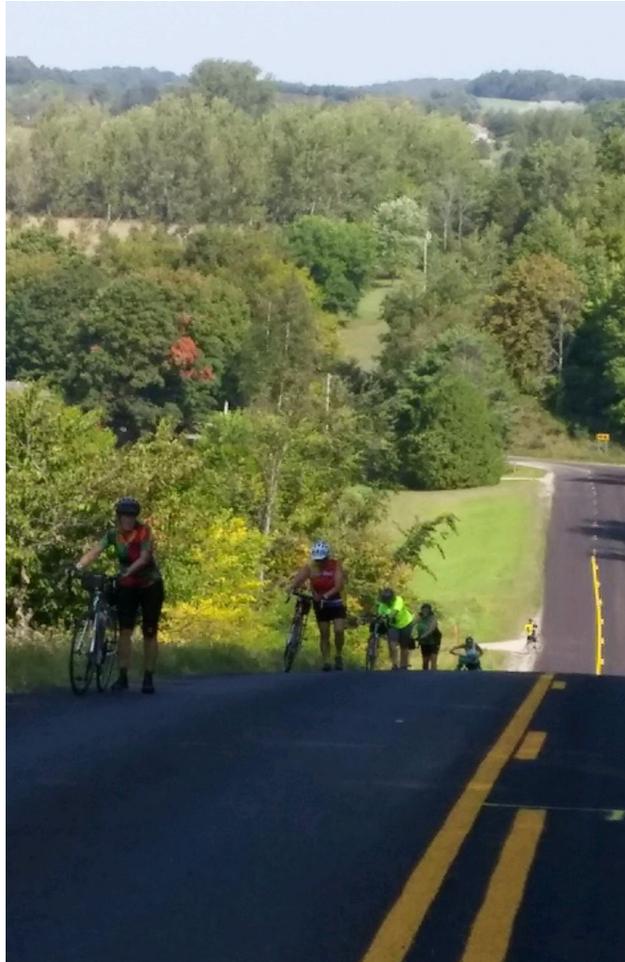
## Recent Rides & Events:





**Taking a snack break on the Leelanau Harvest Tour**

**Yep - it was a hilly area to ride!**



**There's no shame in walking some hills!**





**Self-Contained biking trip to West Branch State Park**

## **Club Elections**

**A notice of elections has been sent out to all club members by email or snail mail. If you did not receive the notice, please contact me.**

**The nominating committee made the following nominations for the following positions:**

**Secretary – Deb Wailes**

**Treasurer – Betsy Nestor**

**Director -- Rick Wells**

**Director -- Peggy Doheny, Dennis Stout is stepping aside.**

**These nominations have been accepted by the board and the individuals have all agreed to serve if elected.**

**If you are interested in running for any of these positions, nominations will also be accepted from the floor at the November meeting provided that (1) the nominee is present and accepts the nomination, or (2) in the absence of the nominee, a letter written and signed by the nominee accepting the nomination is presented.**

**Respectfully**

**The Nominating Committee:**

**Joe Etzler, chairman [joetzler@gmail.com](mailto:joetzler@gmail.com) 440 327 3185**

**Larry Best**

**Sue Schneider**

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## **New Procedures for Trip Planning Reimbursement**

**Multiple day in-state and out-of-state club rides have grown more popular in recent years so your board has decided to implement policy and procedures that will reimburse club members for some of the expenses incurred in**

planning and executing these rides. Beginning in January of 2018, members may apply for reimbursement of up to \$100 for in-state rides of three days or less and \$200 for out-of-or in-state rides of more than three days. The rides must be originated by a Silver Wheels club member(s) for Silver Wheels club members. They cannot be originated by another organization, and must be approved in accordance with existing club policy and placed on the club's calendar. The board will allocate up to \$1000.00 next year for this purpose with the reimbursements made on a first come first served basis until the fund is exhausted.

Some examples of expenses that may be reimbursed are fuel, lodgings, tolls and printing and copying fees. Meals are not included. Expenses should be submitted with a receipt or with a written explanation when a receipt is lost or unavailable. If there are expenses for a ride that is subsequently cancelled due to unforeseen circumstances club members may still be reimbursed provided the expenses were incurred in good faith. All such expenses are subject to Silver Wheels Board approval. If you have any questions or comments regarding this policy please feel free to contact a director or officer of the club.

Dennis Stout

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## **Tales from Traverse City.....**

I did not personally get to see the Great Oz in Traverse City, but in my condition I rarely travel the Yellow Brick Road.

We arrived a couple of days early to stay with friends and warm up the trails. On the 3rd day, and official 1st day of ride vacation, I remember riding with Cheryl and Mel a ways, it's a blur because I sort of overdid it. Arriving in Sutton's Bay after 21 miles, the plan was to ride the bus back. I said hello to those eating at 48th Parallel and proceeded to the library bus stop. I met a younger couple and chatted with them sharing my health plight. When the bus arrived I loaded my bike and showed them how to load up. It's only \$1.50 for seniors or disabled. Reaching in my bike shirt pockets, to my horror realized I'd lost my small wallet somewhere. At the mercy of the young couple I begged to pay my \$1.50, which they nicely did.

We continued in conversation on the bus and they explained how frightening riding M22 was. I exclaimed "You rode M22!" when the wife asked how I got there from Traverse City. "Well, I rode the trail"

She loudly exclaims, "THERE'S A TRAIL?"

At the transfer station there was still 5 miles to go, and since I had no money I couldn't take the bus to the Hampton.

Wait there's more, arriving at the Hampton I didn't have my hotel key, which I had on the bus. That wasn't a problem, obtaining a new one, I entered the room and housekeeping had found my wallet.

Later I got a message, the bus driver had found my hotel key and my phone.

Well, thankfully it wasn't my phone, someone else was having a bad day. Needless to say I was asleep by 9 till 9 and we took an off day to tour sleeping bear. All in all, a good vacation.

Naaman



### Did you know?

Bicycles are very efficient devices, both mechanically and biologically. In fact, the bicycle is the most efficient human-powered method of transportation in terms of energy a person must expend to travel a given distance. Mechanically, up to 99% of the energy delivered by the rider to the pedals is transmitted to the wheels (gearing mechanisms may reduce this by 10–15%). A human traveling on a bicycle at low to medium speeds (10–15 mph) uses about the same power required to walk but covers much more distance.



### Some More Thoughts on Tires

The last time I said anything about tires, which was a while ago, I talked about tires with and without treads. I said that treads on tires made specifically for road riding gave no advantage when riding on either wet or dry roads. In fact, tires with treads have more rolling resistance than tires with no treads (slicks). Treaded tires have an advantage when riding off road whether in dirt, mud, snow, gravel, or on various parts on the Martian landscape. I'm sticking with that opinion.

I want to discuss tire inflation, tire size, rolling resistance, and a couple of other related things. Over the years I've noticed that most riders inflate their tires to the maximum pressure stated on the tire's sidewall. Lots of times that's close to 120 lbs. When talking with riders it seems like the universal belief is that harder tires roll faster, which = less work to go a certain speed. Sounds right, huh? Sounds good, huh? But is it true? The answer is yes, no, and sometimes.

On a perfectly smooth surface like a wooden board racing track the answer is yes. More tire pressure means less surface contact with the riding surface. Pump those round, black things up to nearly the explosion point and they'll roll easier and faster.

**It's a different can of worms when riding on the roads. No road is as smooth as a varnished wood track. Even on the smoothest blacktop there are tiny imperfections in the surface. And we all know how rare those seemingly glass smooth sections are in these parts. Assuming a flat surface, wind resistance is by far the biggest hindrance to forward motion. Since no two objects can be in the same place at the same time, we have to push the air out of our way when we ride. Overcoming friction from our tires on the road is second. If your tires are inflated so they're as hard as rocks, when they roll over imperfections in the road surface they'll bounce up & down slightly creating friction. If the tires are softer the imperfections in the road will "punch" into the tire slightly, slowing you down because of friction. So...what to do? Hard tires bounce up and down, softer tires are deformed by the road surface. Here's a fact! It takes more energy for your bike to bounce up and down than it does for your tires to deform.**

**So, am I saying that soft tires roll easier than rock hard ones? Yes, but is the answer. If your tires are too soft you're likely to get pinch flats, also known as snake bites. If your tire hits an unyielding sharp edge, like a pot hole or railroad tracks, and the pressure is too low, the tire will deform so much that the tube will get (*scientific term coming up*) "shmushed" against the rim. That will cut the tube and you'll have to change it right there. OK smart guy, how much air should I put in my tires? There are two very definitive answers: 1. I don't know and 2. It depends. It depends mostly on how much you weigh. I'm a big guy and weigh close to 210#. I inflate my front tire to about 85 psi, and my back tire to 110-115 psi. If you're a light weight, you may be able to get by with 70-75 in the front and 90 in the back. Why does it say "inflate to 120 psi on the tire sidewall? That's the maximum psi that the tire can be inflated safely, it's not the recommended pressure. Go much farther and you may become intimately acquainted with "The Big Bang Theory."**



**Why the difference in pressure between the front and rear tire? The rear tire has significantly more weight on it when riding than the front does, so it needs more pressure.**

**So sure, there's a limit on how soft you should let your tires get. Snake bites are a limited factor as is the possibility of a tire rolling off the rim. You'll have to use your own judgement based on how and where you ride, your riding style, and your weight.**

**The bottom line is, if you use optimum pressure instead of maximum pressure in our tires you'll reap 4 benefits: 1. Your bike will roll faster and easier. 2. Your ride will be noticeably smoother with less vibration. 3. You'll get better traction in corners and on gravel. 4. You'll get fewer flats. 5. Your tires will last longer.**

**Tire size also comes into play in rolling resistance. I'll write about that in next**

month's edition.

*Larry Best*



**COMING SOON: The annual Halloween Event! October 28**

**This will be an All-Star ride along with a potluck feast.**

**Watch the calendar for details**



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### **Education and Safety Committee Update**

**The Education and Safety Committee wants to know if you "Can See Me Now?" We recently issued an article about cycling Visibility, which is very timely because the days are getting shorter. Visibility is the responsibility of the cyclist - it is your job to be sure you are as visible as possible to other roadway users. Never assume drivers can see you - make sure they do! Here**

roadway users. never assume drivers can see you - make sure they do! here is an example of what a motorist might see in partial sun and shady conditions approaching us from behind. What colors stand out the best to you? Watch the first video in the article to learn what color is scientifically the most sensitive to the human eye.



Our November article will be about how to clean your bike and perform some basic maintenance checks before putting it away for the winter. And then in early December, we will have several cycling stocking stuffer ideas related to bike safety - including a few great Silver Wheel specific coupons we negotiated with businesses to save you some money.

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## Upcoming Club Survey



After this issue of Rollin' comes out, watch for a newsgroup message that contains a link to Googledocs for a survey. The board has asked the merchandise chair to come up with some items to order for individual purchase through the club. We'd like to know just what items the club members are hankering for, dreaming of, just can't live without, or want included on their lists for Santa. A big thanks ahead of time to those who take the time to complete the survey.

## Say What?

Overheard at the back of the pack: "I wash my helmet straps once a month in

overheard at the back of the pack, "I wash my helmet straps once a month in soapy water and hang my helmet by the window to dry." Reply, "You must have an expensive helmet, mine only has these small vents."

"All cyclists should have a white light in front and a red behind." Might be time to get a new saddle...

**My bike can't stand on its own. It's two tired.**

**Attire is the only difference between a well-dressed man on a bike and a poorly dressed man on a unicycle.**



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