

# Rollin'



## Newsletter of the Silver Wheels Cycling Club, Inc.

February, 2016

### Contact List

President:	Gary Schmitt
Vice President:	Deb Wailes
Treasurer:	Betsy Nestor
Secretary:	Larry Best
Membership:	Randy Lottman and Emily Townsend
Website Coordinator:	Tom Weber
Merchandise:	Cindy Pesta
Sunshine:	Mary Minter
Newsletter Editor:	Steve Osmialowski
Ride Committee:	LaDean Hutter and Greg Orlovski

See the club roster for phone numbers/email

### **From the Editor:**

**By Steve Oz**

By now you all should know about the new club website. A lot of effort has gone into making the site vibrant and modern. If you have not explored it, give it a look. One nice feature is once signed in, you can find contact information for all our members. Can't get signed in, well maybe you have not renewed yet. That's easy to do, just click "Join Us" and follow the instructions. You can pay on-line now or send a check as usual. On-line payment with a credit card is quick, easy and safe. Once your renewal is complete, you will have access to the whole website. The site is not quite fully populated yet, but you will find the most important features such as the club event

calendar, mileage log, maps and Dog Days tour info. There is also a "For Sale" section. Check it out!

[www.silverwheelscycling.org](http://www.silverwheelscycling.org)



If you see a page that looks like this – you have found our new website!

Reminder – Your 2015 membership will expire February 28 so renew soon!

### **How Much Do You Hate Your Trainer?**

By Rob Hipkind

When it's just too cold to ride outside, you probably trudge downstairs or maybe out to the garage and jump on your trainer and either watch Netflix or listen to a podcast. It can get real boring on a trainer and unless you are talking to the cat, it is not a social activity. Zwift is a way to actually have fun on a trainer and enjoy our Ohio winters a bit more.

Zwift is a multi-player online “game” that lets you ride, race and communicate with riders from all over the world in a virtual 3D world. A course is open 24 hours a day and in my rides there have been at least 500 real riders and this morning there was over 1,000. Zwift currently offers 2 courses on the fictional island of Watopia and also the UCI 2015 Road World Championships course held in Richmond last September. Much like Silver Wheel rides, they have scheduled rides with ride leaders with a targeted pace, there are some race nights, and you can always just jump on and ride regardless of what others are doing. Zwift also recently launched extensive workout training modules.

You can setup Zwift in three different ways but you will need a computer that has good graphics capabilities and an ant+ dongle. The Basic setup uses a classic trainer and a speed sensor. The Flexible setup uses a classic trainer and a power meter. The Premium setup uses a smart trainer and has the most road-like feel as Zwift actually changes your resistance based on the road grade and let me tell you, there will be hills, oh there will be hills.

Go to [zwift.com](http://zwift.com) or search for their great youtube videos to see if you have the components to take advantage of this great online game. The free trial is good for 50 kilometers. After your free trial ends, Zwift costs \$10 a month. Unfortunately, trainer miles do not count as 2016 Silver Wheels miles....

### **2016 Planning Retreat Results**

The annual planning retreat took place on January 23. More than 20 members spent the day discussing club functions and events. This is where many of the special rides get their start by choosing dates and getting them on the calendar. Club goals are also reviewed and any other important business decisions are made. Watch for the ride calendar to be filling up as decisions are finalized in the coming months. Keep watch for news about our early season rides such as Chili Weiner and the Pie ride.



### **My First Bike** *By Naaman Torres*

My first bike was a 16 inch sidewalk bike, with hard tires and training wheels. I immediately fell in love with being on a bike and tooling around with it. It was an off green color and I can still picture when my dad brought it home when I was five. My dad never learned to ride a bike but someone told him his kid ought to. I was laughed at for riding a girl’s bike, I didn’t learn till a year later that it converted to a boy’s bike with one wrench and moving the bar up.

I rode all over the neighborhood and one day, euphorically, was gone half a day riding and couldn’t be found. My mom beat the tar out of me, as they were allowed to do in the 50’s. In fact, if police had been called they would have insisted I be beaten senseless. But the love of riding never left me. I earned money and obtained a sleek Schwinn 5 speed with thin tires. I’d ride with friends out to Mill Hollow when I was 12, about a 26 mile round trip. By this time my parents had six kids and didn’t care I was gone all day as long as I showed up at night and didn’t bother them.

In my early teens I worked selling ice cream from one of those 3 wheel rolling bike ice boxes. I bicycled the city 8 hours, sometimes over the 21<sup>st</sup> Street Bridge or under the up the 28<sup>th</sup> Street underpass. I developed some humongous legs but ate a percentage of my profit. I did sell so much I won a bike 2 years running.

I continued riding cheap steel frame bikes for exercise, probably because I was monetarily challenged, and just didn’t know any better. Fast forward a number of years riding and I was doing a power circuit in town, riding

a steel bike 5 to 6 miles full tilt in 15<sup>th</sup> gear, which is all the bike had, right over the 21<sup>st</sup> Street Bridge, when I was invited to ride with Marilyn with a person from a bike group she belonged to. This was during the period she and I knew each other, but I had no idea we'd ever get together. We had met on the LCCC running track and were just occasional workout pals. On this heavy steel bike I left the woman on the Merlin and Marilyn behind as the 30 mile mark approached even though I hadn't ridden over 6 miles in a decade. Short story long, this led to more riding and eventually, not only did I continue to love biking, but got tangled up with the love of my life through biking. We were among the first year group to join Silver Wheels; we are still members.

We do know a few more that have met through biking. Does it happen often, not necessarily so, but it can happen, so keep riding, you never know who is watching.

What is your story about getting into cycling?



### **??? Did you know ???**

Last year (2015) Silver Wheels members logged 145,412 miles. That's enough to travel around the planet nearly 6 times at the equator! There were 579 club rides led by 45 ride leaders. Those are some impressive numbers!

### **Golden Wheeler Award**

Ed Stewart and Bob Burkhardt received the Golden Wheeler Awards at the banquet. However, there was no rational mentioned for the third recipient. Here it is:

He has been a member for 16 years (life time membership) and President for 2 years.

Membership chairman - 7 years.

Chair of Nominations Committee (election of officers) 5 years.

Chair of Golden Wheeler nominations Committee 3 yrs.

Banquet Committee chair 2 years.

Initiated the buddy system for new riders.

Written several operating procedures for the club director positions.

Received the Silver Bullet Award in 2013.

Maintains the reserve dates list, awards records, and the officer history list

He has a park bench named in his honor.

Rides about 2700 miles a year.

Authored a "special rides" guide for extended rides.

Led the week long South Bend ride in West Virginia

Co - led the Michiana and Ride Around Lake Erie rides.

Received the Silver Wheeler Award in 2006

Wrote several Rollin articles.

Host many meeting such as WACO, LAB Webinars, etc.

Contributed to the Lorain County Bicycle Map publication.

Worked with Ed Stewart and LCMP on the design of the platform on the trail

Electrician for the holiday lights project for several years.

On committee for selection, purchase and placement of the clubs storage shed.

Attended all planning meetings since joining in 2002.

Hosted the "Almost Yearly Etzler Picnic Rides".

Yep! The third recipient is **Joe Etzler!**

## New Technology

Would you like to be alerted when traffic is coming up behind you, and getting too close? During the recent Consumer Electronics Show in Las Vegas, Garmin unveiled a Varia Vision headset that not only gives you vital cycling data (directions, notifications and performance), but teams up with the Varia rearview radar to warn about traffic behind you. You'll know about trouble right away without losing focus. It won't be cheap when it ships this quarter for \$400, but it could be justifiable if you regularly bike on traffic heavy streets.

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Years ago, PumpTire developed a self-inflating bicycle tire that used the compression of the tire on the ground to suck air inside. Unfortunately, the entire tire had to be replaced once it wore down. Now the developers have used the same principles to create a self-inflating bike tube – and it's compatible with standard bike tires. The mechanism is similar to the original idea, in that a valve outside the tube draws air into a pumping device that uses the rhythmic compression of the tires rolling on the ground to pump air into the tube. Once the preset, desired pressure level is reached, the mechanism shuts off. This means there will never be the need to over-inflate your tires as a safety precaution before hitting the road. The developer, Benjamin Krempel, hopes to launch a Kickstarter for the project soon. It is estimated to cost between \$30 to \$55 for a kit, which will fit third-party 700c and 26-inch bicycle tires. While the system takes a load off the mind of the rider, keep in mind that significant rips and holes that occur still need to be patched, though everyday air seepage will be a thing of the past.

Coming soon.....



## Ride Committee

Please note that our ride committee has two new chairpersons: Greg Orłowski and LaDean Hutter will manage this important group. If you are interested in being part of this committee, let one of them know. Someone who rides or leads 1 star rides is especially needed so all ride levels are represented. A big THANK YOU goes to Bob Burkhardt for his past leadership.



### Sunshine

Mary Minter has accepted the Sunshine role for 2016! If you know of any Silver Wheels members that are ill, need surgery, just got married, or had a baby!!! Please let her know so she can send out a card. Here is her email: [mminter1@mac.com](mailto:mminter1@mac.com). Thanks Mary!



Here's someone in need of some sunshine:

Larry Best is going to be in rehab approximately 5 more weeks, until he can have his knee implant re-implanted.

Anyone wishing to connect or send a wish:

Larry Best, Room 207

Brookdale Westlake Village

28550 Westlake Village Drive, Westlake, Ohio  
44145



## **The Oscars, aka The Merckx**

By Rob Hipkind

Our club seems to like awards and the 88th Academy Awards will be held later this month. Breaking Away, the best cycling movie and eighth best sports movie ever, was nominated for five Oscars in 1979 and won for Best Screenplay. So feel free to read this article in your best "Italian cutter" accent as we present the 2015 Silver Wheels cycling version of the Oscars, aka the Merckx. After the road carport festivities, the following winners were announced by host Chris Gravel:

### **Best ride start location, aka Best Cyclotography:**

Oberlin "Dura" Ace Hardware

### **Best Editing, aka Best Editing:**

Larry, aka So there I was, minding my own business as usual, when all of a sudden...

### **Best insult by a Ride Leader, aka Best Cyclist in a**

#### **Supporting Role:**

Will you be my sweeper because you really suck?

### **What were they thinking, aka Costume Design:**

Most of this year's Halloween riders....

### **Best road hazard warning announcement, aka**

#### **Best Directing – tie:**

"Fresh road kill up" and "horse poop - left, right, and center"

### **Best Ride Leader Nickname, aka Best Actress in a**

#### **Leading Role**

Cindy "Presta"

### **Best Pitcher, aka Best Picture – tie:**

Wednesday night Bud (Ennis) drafts at Lorenzo's or a 5 mile draft into a stiff wind behind either Rick Wells or Jim Gipper!



## **Bike Cleanup**

Here's a reminder that this is a great time to do some maintenance on your bike(s). Whether you take it to a bike shop or do it yourself, get that bike in shape for the upcoming season. The groundhog did not see his shadow, so maybe an early spring?

### **Hold this date**

The 2016 Dog Days Wine Tour is set for Saturday, July 16. Mark your calendars and please consider donating your time to help in our main fundraiser. There will be many opportunities to help make this another successful event. Stay tuned.....

### **Call for Artists**

Would you like to participate in a local bike art exhibit? The Elyria Public Library System will have an art exhibit featuring bicycles to honor the history Elyria has with bikes and to celebrate Bicycle Month in May.

Each artist will receive a bicycle in March. The bikes can then be altered in any artistic way.

The bike must be returned by April 29.

Artists of all mediums are invited. If you have questions or would like to be a featured artist, contact the Adult Services Coordinator, Debby Krejsa at 440-324-3863 or email

[debby.krejsa@elyrialibrary.org](mailto:debby.krejsa@elyrialibrary.org). The bicycle exhibit starts May 25 at the West River Branch Library in Elyria.

