

Rollin'



Newsletter of the Silver Wheels Cycling Club, Inc.

March, 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
Social Committee:	Sue Wells

See the club roster for phone numbers/email

From the Editor:

By Steve Oz

Well, the biking season is upon us! Actually the spring opener was this past weekend with our ever famous chili-weiner ride. It was a wintery day and only a handful of riders ventured out.



But, about 30 others showed up to socialize and eat. It's always great to see fellow members even if not riding. The next event is a sweet one – the Pie ride! See complete details in this issue.

SOCIAL NEWS FROM SUE WELLS

For those of you who don't know me, I am the chair of the Social Committee. This is the second year that I have agreed to do this job (What was I thinking?) Last year being my maiden voyage seemed to go well as I did not receive any complaints. I figured out pretty quick that if I showed up to events with food the Silver Wheelers were more than pleased with the way I was handling things and did not utter a peep in the way of a complaint. If you do have any suggestions for the social committee please put them in the suggestion box. Oh wait, there is no suggestion box! Seriously, as I have just been making this up as I go along (Bob Burkhardt and the entire board were a great help last year) I would love to hear your comments or suggestions. My email is hogandprincess@AOL.com.

I want to thank my official helpers Sandy Edmonds, Sandy Lottman, Betsy Nestor, Cindy Pesta, and Evelyn Roob. They all graciously stepped up to help me last year when I said yes to this job. Maybe they felt bad for me (I think I had that deer in the headlights look). I also

want to thank everyone else who magically appeared when I pulled into the parking lot and just started unloading my car, hauling the bins, the coolers, helping to set up and clean up, and then hauling everything back to the car for me. (Maybe it was the lure of the food, if you feed them they will help!)

I have only been a member of this club for 3 years. While observing the behavior of the members in this short time frame I have learned that in addition to riding their bikes they also enjoy eating (and imbibing)! This is where my job comes in. The ride committee coordinates the special event rides along with me. We will send out notices to the group about the potlucks or club catered events we are planning along with a ride. Please look for these notices and join us if able.

Another service the social committee provides is refreshments at our club meetings. Some of our members come straight to the meetings from work. We like to provide light snacks for them and as previously mentioned, most of us just enjoy eating! This brings me to the next item on my agenda. I am asking for volunteers to bring snacks to the meetings. The first meeting is March 17 at 7 pm at the Carlisle Visitor Center and we hope to see everyone there. Cindy Pesta and myself will be bringing the snacks to that meeting. I will have a sign-up sheet at the refreshment table to sign up for the remaining meetings. If you are willing and able to bring a snack to one of the meetings it is greatly appreciated. I bring the water and all serving items (cups, plates, bowls, utensils, etc.). I will also email you a friendly reminder near the date you sign up for and can help you with food suggestions. So stop at the table to eat, chat, introduce yourself if we have not met, sign up to bring snacks to a meeting, or tell us what a great or terrible job the social committee is doing. (If it is terrible, we won't listen to you, but you can say it anyway!). Looking forward to a great biking and party season! *Sue*



Pi Day Returns



Put on your apron, dig out your wooden spoon and find your favorite pie recipe. We are going to celebrate Pi Day again! No advanced mathematical skills required.

Ed Steward thought of the novel event last year and it was such a baking hit that we are having Pie II on Sunday, March 13.

It will be held at McBid Hall, 107 Island Rd located in the Twin Lakes Development at 42660 Albrecht Rd. Elyria. Doors will open at 11:30 to drop off your pie and the ride will begin at noon. It is a YOYO ride. Maps will be provided with 5 routes from 4.4 miles to 22 miles. If the weather cooperates parking might be at a premium. If the parking lot is full when you arrive, you may drop your pie off and drive to Murray Ridge School at 9750 Murray Ridge Rd. to park. You will then ride your bike to Twin Lakes to pick up your map and friends. The distance is just about a mile each way so you will get bonus mileage for the ride! Dennis also has kindly offered to 'shuttle' if you don't want ride your bike from the M.R. parking lot. For those parking at Twin Lakes please park close to make room for others.

Once again there will be judging of these culinary master-pies and 'major' prizes awarded. Categories will be announced after the ride. We hope to start cutting slices around 1:30ish or when all return.

We are looking for all types of pies. Meat, veggie, fruit, cream, sweet, sour. You name it. Whatever you can bake up and call a pie we will devour! Not a baker? Pick up a pizza pie! Just a reminder so you won't be late. Spring forward and re-set your clock the night before. Daylight saving time begins.

We can't wait to taste what you bake!!

Your hosts: Dennis Stout & Betsy Nestor



A view of some yummy pies from 3.14.15

Why Riding Makes You Happy

Cyclists may be wired to seek and reap the rewards of long, hard rides

By Selene Yeager. Published in Bicycling magazine, September 14, 2015

It's the feeling that pulls you out of bed to saddle up before anyone else is awake. It's what beckons you to strap on your shoes and go for a ride when the day is done. It's that happy, relaxed state of mind we seek when we roll out of our neighborhoods and tick off miles any chance we get.

Runners call it the "runner's high." Cyclists feel it, too. And now, researchers are one step closer to understanding why. Like so many of our biological urges, the urge to ride is likely a function of our survival instincts—a primitive signal inside your brain to seek sustenance.

It comes down to two key brain chemicals: leptin, a metabolic hormone, and dopamine, a neurotransmitter. Leptin, which is derived from fat cells, tells our brain when the body has enough energy. When leptin levels are low—as research has shown happens frequently in people who do lots of endurance exercise like cycling—you get the urge to perform physical activity. When we get off the bike and have our post-ride snack, the brain shoots out the pleasure chemical dopamine to reward us. It turns into a self-perpetuating cycle of

happiness that keeps us coming back for more.

Researchers at the University of Montreal recently discovered this neural feedback mechanism in a study on mice. Simply, mice that lacked a leptin-sensitive protein ran on their wheels twice as much as mice that didn't. "We think that a fall in leptin levels increases motivation for physical activity as a means to enhance exploration and the pursuit of food," says lead author Dr. Stephanie Fulton. Whatever the motivation, we like the satisfaction cycling brings—especially the reward from post-ride beers or brunch.



What is the Old Bike Hanging in my Brother's Garage?

Part 1 - The Bike-Boom Frame from the Early Seventies

By Carl Gonzalez

Curiosity is a wonderful thing. After discovering a true and honest answer, all preconceived notions and biases tend to evaporate. Many riders in Silver Wheels are veterans of decades cycling covering thousands of miles. There are many members, however, that have recently discovered cycling and are not aware of what sequence of events and technology used to manufacture bikes prior to purchasing their latest and greatest pride and joy. This series of articles, covering the next few months, will take you back to the early 1970s through the early 1990s. What I hope to share is historical and useful information about older bikes and how the progression of frame design, materials used, components, and wheels evolved to what you are riding today.

These articles will help you look at old bicycles with a more informed eye and be able to assess for yourself whether that old bike hanging in your brother's garage is worth fixing up, reconditioning, refurbishing, restoring to original, or recycling. My articles will focus on road bikes, or 'ten speeds' as they were commonly called back then.

The frame is the most important part of the bicycle. Its size, dimensions, and tube angles play a critical part in the bikes comfort and performance. Arguably, of lesser importance, is the weight of the frame. Human workmanship and craftsmanship played a very important role in the longevity and aesthetics of the steel bike. This is true for today's modern bike as well. (Although today's carbon bike is not brazed or lugged, craftsmanship is measured by carbon fibre quality, the way the carbon fabric is wrapped during manufacturing, precision of the molds used, robotics, and other factors.) How old the bike is and where the bike was manufactured can also tip the scale on whether there are benefits in attempting to make the bike roadworthy again.

During the bicycle boom of the early seventies, virtually all bikes were made of various qualities and grades of steel tubing. A tsunami of bikes were built for the swarm of people wanting them. This high demand created a huge capacity problem for manufacturers. When you depend on craftsmanship to remain consistently high during the manufacturing process, high demand creates a shortage of skilled craftsman and materials. Consequently, some bikes from that era were made using shoddy practices and materials. Back in the day, scores of small cottage factories including massive plants all over the world such Raleigh, Peugeot, and Schwinn worked around the clock, answering demand, and delivering their products to market. Contrast that to today's factories building robotically manufactured aluminum bikes and carbon bikes. These monster factories depend less on human intervention (= mistakes) and more on increased factory capacity and production. Today bikes are generally manufactured by a

handful of highly efficient automated manufacturers, largely in Asia. You will learn next month how some builders of steel bikes were using modern frame building techniques back in the seventies.



Hi folks,
FYI - In case you have not been on the website recently, one of the benefits of the new site is the ability to have a Club "For Sale" page under the Membership area. Currently there are no restrictions as to what kinds of items you can post, cycling, non-cycling, etc. (This area is only accessible to members, so any expectations of 100,000 views are probably somewhat optimistic!) You will need to contact the member directly to negotiate a purchase and pick up/delivery. Silver Wheels has no connection to these offers other than providing the listing opportunity on this website. Listings will continue for about a month, after which time they will be removed unless the owner requests a continued listing. For each item (topic) you should list the following:
Item name, model numbers, condition, price, who to contact, email/phone, any additional important information.
If you have it and want to get rid of it, post it. Email notification of additions to the page can be received by clicking the Subscribe link.

Tom Weber
Webmaster

And don't forget – our first general membership meeting of 2016 is Thursday, March 17, 7PM at the Carlisle Nature Center

Some Myths About Women and Cycling

Women are not concerned about biking in their communities:

Surveys show two-thirds of women have positive views of cycling

Women are not interested in cycling:

About 47% of cyclists are women

Not many women bike to work:

From 2007 – 2011, the number of women commuters grew by 56%

Biking isn't a popular form of fitness for women:

Cycling ranked #9 out of 47 popular sports and activities for women

Women don't spend money on cycling:

In 2011, women spent 2.3 billion on cycling – 37% of the market



Maple Syrup Energy

Real maple syrup is a great natural energy gel. It contains natural electrolytes, minerals and trace vitamins. Loaded with sucrose, maple syrup breaks down easily into glucose and fructose for a quick surge in power. It also has antioxidants similar to red wine, tea and berries. Just remember to buy the natural, pure variety which is produced every spring, even locally.

Here's a sports drink recipe to try:

- 3½ cups cold water
- ¼ cup maple syrup
- ¼ cup orange juice
- 2 tablespoons lime juice
- A pinch of salt
- Makes 2 16 oz bottles

HAM'R Time

By Rob Hipkind

Two years ago when I joined the club my primary goal was to gain enough confidence to stop riding on the sidewalk. Last year my goal was to ride my first Century. I am still looking for a worthy goal for this year, but it will be nothing like these two guys.....

Last year, Kurt "Tarzan" Searvogel (52) rode 76,076 miles over a 365 day period and the UltraMarathon Cycling Association (UMCA) certified him as the Highest Annual Mileage Record (HAM'R) holder. He stopped his ride at 76,076 miles because it took 76 years to take the record from the British record holder Tommy Goodwin. See <http://www.bicycling.com/rides/people/kurt-searvogel-breaks-the-year-mileage-record> for additional details on the "Babe Ruth of cycling".

The UMCA also certifies state records and city to city records. Matt Bond (32) set the Ohio record when he rode southbound on May 23, 1992 and then back north the next day. His trip took 21:59 hours and he averaged 18.12 mph (a solid 4 star pace...). A year earlier, he set the Cincy to Cleveland record and two days later on his return trip he set the south bound record. He did the first leg in 13:09 while averaging 19.16 mph, and the return trip in 14:25 while averaging 17.47 mph.

So, who wants to tackle the Double Dog Dare with me this year?

