

From: **Silver Wheels Cycling Club** SilverWheelsCyclingClub@wildapricot.org
Subject: September 2017 Rollin'
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When in doubt, pedal it out!



September
Newsletter
2017

Rollin'

*Newsletter of the Silver
Wheels Cycling Club*



From the Editor

September has arrived and there are some fun out-of-town events on the horizon. Starting September 12, Bob and Cheryl Burkhardt are hosting the Traverse City trip. With over 40 members going, it promises to be a memorable vacation. Also this month is the final self-contained bike camp trip for the season. Then, October brings the Shepherdstown/Antietam tour. Check out the club calendar for more details on these trips plus our daily rides put on by our friendly ride leaders. Also note that the shorter days have triggered the Wednesday All Star rides to move up to 5:00PM.

Also - Many thanks to those who send in articles for Rollin'

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 Hipskind*

See the club roster webpage for phone numbers/email

Recent Rides & Events:





Enjoying a meal at Wakeman Elevator on August 12. Photos by Ann H.



A BIG group preparing to ride from the Ciderhouse August 19



And of course eating after the ride!

RWGPS Update

By Rob Hipskind

We refreshed our RWGPS Club Welcome page content in mid August. (<https://ridewithgps.com/clubs/1137-silver-wheels-cycling-club>) We also looked at our route total and membership numbers and came away impressed! We now have 200+ routes in our Library and 70+ total RWGPS Club members. That means that about 30% of Silver Wheelers that have ridden at least once this year are RWGPS Club members! Over 50 members use RWGPS to review Club routes in advance, download routes to their phones or Garmins to get verbal turn by turn navigation, record their rides, and save their rides and monitor their ride statistics online. We have another 20 Route Managers who do everything that a user member does, but they can also prepare Club routes using the advanced RWGPS features. A big thank you to the Route Managers!

Social Media Updates



Facebook

Our Silver Wheels Facebook page is now being updated more frequently. You can use this link, even if you don't have a Facebook account, to see our posts and pictures <https://www.facebook.com/silverwheelsbikeclub/> .

The increased posting activity should keep us better connected and it can also be a great recruiting tool for attracting potential new members. If you are a FB user, please "Like" our FB page and like, share and comment on the posts and photos that you enjoy. If you really enjoy our page, you can also use the Following button's drop down menu to update your settings to mark our page to "See First" in your news feed

YouTube

Yep, there is a Silver Wheels YouTube channel.

12 videos can be found there. Steve Oz is the account manager and has

recently posted a video about the Lake Erie to Ohio River ride. Also posted are rides from Gettysburg, Marblehead, Downtown Cleveland and a couple night rides. A DDWT promotion video and several Christmas videos can also be viewed.

To see these videos, go to Youtube.com – then enter into the search bar “swbiking”. The search results page will contain these videos. If you click on the word “swbiking” next to a video, you will be taken to the actual Silver Wheels channel. If you have a club video you’d like to share, let Steve know and he can arrange to get it posted.

Membership Trivia – By Randy

As of August 1st, Silver Wheels had a total of 326 members. Did you ever wonder where all our members live? Well, they come from all over and even from out of state as the table below indicates. Review the list to see how many members reside within your community.

<u>City / State</u>	<u>Total</u>	<u>City / State</u>	<u>Total</u>	<u>City / State</u>	<u>Total</u>
Elyria	46	Rocky River	6	Olmsted Township	2
Oberlin	22	Sheffield Village	6	Ontario	2
Westlake	22	Olmsted Falls	5	Parma	2
Amherst	19	Sandusky	5	Valley City	2
Avon Lake	17	Berea	4	Westfield Center	2
Vermilion	17	New London	4	Berlin Heights	1
Bay Village	16	Garfield Hts	3	Berlin Hts.	1
Lorain	14	Medina	3	Columbia	1
North Ridgeville	13	North Olmsted	3	CT	1
Avon	10	Wakeman	3	FL	1
Grafton	9	Brecksville	2	Homerville	1
Columbia Station	8	Brook Park	2	Huron	1
LaGrange	8	Brunswick	2	Kenwood	1
Wellington	8	Hinckley	2	Litchfield	1
Strongsville	7	Lakewood	2	Middleburg Htgs	1
Cleveland	6	MI	2	Spencer	1
Fairview Park	6	Norwalk	2	Willoughby	1

Ride Leader Appreciation - By Rob

There are several ways to contribute to the success of Silver Wheels, like volunteering for a Committee, being a Board member, working on Dog Days, writing articles for Rollin', or even giving a donation. But without our Ride Leaders giving their time and efforts, we wouldn't be much of a bike club!

I imagine a Silver Wheels Ride Leader's job description might look something like this:

As a Silver Wheels Ride Leader, you will be expected to:

- 1. Provide leadership and guidance based on your extensive experience and knowledge of cycling, under all road conditions, while moving at speeds of up to 25 mph, over a 2-5 hour bike trip (aka, herding a group of cats).**
- 2. Plan new routes, or use existing routes, with perfect roads and bathroom stops. Never make a mistake.**
- 3. Submit ride information to Tom for inclusion on Wild Apricot on a timely basis.**
- 4. Monitor wind and weather conditions using at least 3 reliable sources.**
- 5. Cancel rides on a timely basis. Be aware that the weather will change once you make your decision and you will be held responsible by some members for Mother Nature.**
- 6. Always drive to the ride, even in the pouring rain, just in case someone shows up.**
- 7. Arrive early to the ride. Know all riders by their first and last name even if you have never met them.**
- 8. Provide pre-ride safety instructions to all riders, even those that are not paying attention. Lie about expected elevation gain; state the wind will be at our backs both ways.**
- 9. Show patience when riders are not 100% ready to go at designated ride time.**
- 10. Provide proper on road safety guidance, etiquette and decorum, while controlling traffic to the extent possible.**
- 11. Provide basic assistance to fix mid-ride mechanical issues.**
- 12. Ride in with the last riders, or keep them in view, or arrange for a Sweeper.**
- 13. During and after the ride, listen to unfounded complaints from riders, many who have never led a ride, while biting your tongue, nodding and smiling politely.**
- 14. Submit miles and rider's names via email to The Mileage Minder (a very special thanks to to Bob P. for doing this job!).**

As a Silver Wheels Ride Leader, you may also elect to:

- 1. Create hard copy cue sheets, printed at your own expense, and either have 12 extra copies to throw away or be short a few cues (see #13 above).**
- 2. Learn to plan routes in RWGPS, including the advanced planning features.**
- 3. Plan, lead, and provide tour assistance on out of town and/or out of state multi day events**

state multi day events.

Compensation - \$0.00, but you will incur small un-reimbursed expenses.

Please tell your Ride Leaders how much you appreciate them! And don't forget the Ride Leader's Appreciation on September 30th. Check the ride calendar for details.



Elyria to Lake Erie ride - 8/5/17



Are You Dehydrated?

By Cheryl Burkhardt

Recently, Better Nutrition magazine published a quiz about dehydration. Water is so important to our lives since it helps control body temps, gets rid of waste, lubricates joints, flushes toxins, helps make minerals and other nutrients absorbable, and keeps our tissues healthy. But are we getting all of the water we need? Here are some of the highlights from the quiz answers.

- **Water makes up about 60% of the human body.**
- **The common wisdom put forth is that we need about 8 eight ounce**

glasses of water each day. This is generally true, but can include water from juices, coffee, tea, fruits, etc. If you exercise, you need more, especially in hot weather. Illness, pregnancy, and breastfeeding along with dry, humid, hot weather up the ante.

- All of the following can be symptoms of dehydration, although they can be symptoms of other maladies also: muscle cramps, dizziness, low or high blood pressure, dry mouth, headache, confusion, and fatigue.
- Caffeine drinks can help you stay hydrated, but best to limit to 2 – 4 eight ounce cups of coffee per day or 200-300 mg of caffeine.
- In extreme and very rare cases, it is possible to drink too much water. This dilutes sodium levels and a condition called hyponatremia develops. It most likely affects endurance athletes such as marathon runners or very long distance cyclists. Drinking a drink which contains some sodium can help prevent this. Most of us need not worry at all about this condition though.
- Many fruits and vegetables contain water. About 20% of our daily water intake comes from food.
- The best indicator of dehydration is the color of your urine. It should be colorless or very light yellow. Anything darker indicates dehydration unless an illness is involved. Thirst and dry mouth are not always felt, especially when a person is slightly dehydrated.
- The highest water content of all fruits and vegetables is found in cucumbers. Cantaloupe, watermelon, tomatoes, radishes, and citrus fruits all contain high amounts also.

So fill up the water bottles, and get out the Camelbacks, and start drinking away! Oh, and don't forget the beer after the ride! Bottoms up!!



A friendly reminder to all ride leaders - from the Ride Committee

"Please drive at the posted speed limit!" Sounds familiar? Perhaps we should re-word this to read: "Please ride at the star level you have posted" As the cycling season progresses, most riders increase their average speed. This is great and our riders are to be commended. However, regardless of your abilities and improvement, it is important that if you are a ride leader, you keep your average speed at the star level that was posted on the calendar. We have had some members (new and old) mentioned that a ride they attended was faster than advertised. We greatly value and appreciate our ride leaders time and commitment as well as the participation of our members. But, we also want our riders to enjoy the rides they sign up for.

To refresh our memories, the star level speeds (average of the whole ride) are listed below:

1* 8 – 10.9 mph (revised 8/17)

2* 11 – 12.9 mph

3* 13 – 14.9 mph

4* 15 – 17.9 mph

Open 18+ mph

Of course it is acceptable to use + and – to indicate speeds at the higher or lower end of the scale. Thank you to our ride leaders for all they do for the club! Any questions can be directed to LaDean or Greg (Ride Committee chairs)

You can't buy happiness but you can buy a bike and that's pretty close



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