

**From:** Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org  
**Subject:** September 2020 Rollin'  
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## September 2020



# Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

### Your Current Leadership Team

<b>President:</b>	Sue Wells
<b>Vice President:</b>	Cheryl Burkhardt
<b>Treasurer:</b>	Rick Wells
<b>Secretary:</b>	Sandy Lottman
<b>Membership:</b>	Randy Lottman
<b>Website Coordinator:</b>	Tom Weber
<b>Merchandise:</b>	José Morell
<b>Sunshine:</b>	Dennis Stout
<b>Mileage Minder:</b>	Wesley Simmons
<b>Newsletter Editor:</b>	Steve Osmialowski
<b>Ride Committee:</b>	Dennis Stout
<b>Social Committee:</b>	Karen Hobbs
<b>Education/Safety:</b>	Peggy Doheny
<b>Dog Days:</b>	Scott Edmundson
<b>Physical Assets:</b>	Emily Townsend
<b>Social Media:</b>	Rob Hipskind and Cheryl Burkhardt

**Directors:** Peggy Doheny, Rob Hipskind, Scott Edmundson, Bill Mansfield

*See the club roster for specific contact information*

See the club website for specific contact information.

## From The Editor

September, the last few weeks of Summer and the beginning of Fall! We sure have had a couple of hot, dry months for cycling! The next couple will be refreshingly cooler. Only a small portion of the club is group riding but I'm sure many more are out riding on their own. With the cycling season shrinking, make sure you make the most of it. It is unknown what next year will bring but we can hope the virus will diminish enough to get closer to normal activity levels. Below you will see an article about the upcoming election. No, not that one! It's time for the Silver Wheels Elections for 2020. There are some open positions that need to be filled. We would like members to step up and help out if possible. Only with a full team of leaders are we able to have a great club moving forward. So, if you would like to be on the board of officers, make it known to the Nominating Committee ASAP.

There are also openings for Facebook Manager, Ride With GPS coordinator and DDWT route manager. If you have any of these talents, please help.

*Steve*

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## 2020 Fall Elections for Silver Wheels Board

In November, club members will be electing a president, vice president and two directors to our board. The elected officials will serve two years starting January 1, 2021. The positions up for election this year are:

President, currently held by Sue Wells

Vice President, currently held by Cheryl Burkhardt

Director, currently held by Scott Edmundson

Director, currently held by Rob Hipkind

***As per our bylaws: ARTICLE III ELECTION OF OFFICERS The nomination of the elected officials shall be made at the last membership meeting of the year.***

***Nominations also will be accepted from the floor at the meeting provided that: 1) 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. All uncontested positions shall be voted by the membership attending the last meeting of the year. (Note: Uncontested positions have been voted in by acclimation in the past) In the event of a contested position, the Nominating committee's ballot, with write-in space, be emailed to all members with email addresses and mailed to those members who do not have email addresses.***

**The Nominating Committee has been making contact with the four individuals whose terms are expiring this year and will confirm a candidate for each of these four positions who is willing to be nominated. Tentatively, our slate of four candidates will be presented to the board at the September meeting for approval, and then be announced to the club in October**

**Due to Covid concerns, an exception has been made to the bylaws. An email will go out to all members, stating the current nominations recommended by the Nominating Committee and asking for any additional nominations for these positions from the membership. Any member interested in being considered for one of the above positions should contact the nominating committee soon. If there are any contested positions, a ballot will be emailed or mailed to all members. All uncontested positions shall be accepted by acclimation.**

**Respectfully,**

**The Nominating  
Committee**

**Susan Schneider, chair, [jns1146@hotmail.com](mailto:jns1146@hotmail.com), 440-871-5211**

**Ron Townsend**

**Eva Weber**



# SAFETY UPDATE

Keeping up with updates to bike safety gear can be a full time job. For example, many changes have happened to helmets with new and improved technology. If your helmet is getting on in years or you can't remember when you bought or you have dropped your helmet or had a crash it might be time to invest in a new helmet. The Education and Safety Committee has posted an article about bicycle helmets that should help you make this important personal safety investment.

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

We often get questions about how to safely navigate a railroad crossings or how many times have you crossed rail road tracks and thought – “I need to be careful and cross at right angle to the tracks”.

If you need a refresher - this link takes you to step by step directions.

<https://silverwheelscyclingclub.wildapricot.org/Crossing-Tracks/>

In addition this following video shows what can happen when you do not cross at right angles. The video is about 6 minutes but you will get the idea after a few minutes. You will see the riders start out at right angle but often turn their front wheel before the rear wheel clears the tracks resulting in a crash.

[Single Bicycle Crashes at Skewed Rail Crossing](#)

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## Where did my air go? By Steve Oz

Going on a bike ride with under-inflated tires will require more effort to move as the tires have more contact with the road. Your ride may also feel sluggish and unresponsive. But hey, you just pumped up the tires last week – where did the air go?

High pressure air will always find a way through the microscopic pores in the rubber. However, the diffusion process takes place at different rates depending on the tire. The tires on your car have a lot of volume at a relatively low pressure (about 45psi). They continually lose air but because there is so much, it takes months to notice the loss. High pressure bike tires (100+psi) lose air faster due to the increased pressure. Plus, the volume of air available is small so the loss can be noticeable in a few days.

The best advice is to top off your tires before every ride. You will have less rolling resistance and more efficient travel across the pavement. Remember to

**inflate those tires to the recommended pressure range, marked on the tire's sidewall. Bring a floor pump to every ride as part of your cycling gear.**

**Oh – if you had a flat and inflated with CO2, be aware that CO2 is more soluble to rubber and will lose pressure 5 times faster than air. When you can, replace the CO2 with air before your next ride.**

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**Trail update: The trail through Cascade Park in Elyria is expanding! The long awaited bridge over the Black River is now taking shape. This will give access to Elywood Park and help connect into Downtown Elyria. If you want some short but scenic trails to ride, check out Cascade Park. You can also practice hill climbing as the route in and out (60' elevation) of the park is quite a challenge.**





**These turkeys recently greeted a group of riders at High Meadows Reservation**

## **2020 Tour**

**The 107<sup>th</sup> Tour de France is now underway after a two-month coronavirus delay. The race continues until September 20. Did you ever wonder what the riders have for lunch during their grueling ride? You will see someone hand a bag to the riders when it's time to eat. What's inside the bag? While each rider has a customized bag of goodies, here is a typical assortment given to the rider as he passes by:**

**2 water bottles: May contain cool water or some type of energy drink. Maybe even a protein drink.**

**A few energy bars: Contain easy to absorb carbs. Some now are embracing protein bars for muscle recovery.**

**Energy gels: A dose of quick energy that is easy to eat.**

**Carbonated soda: A small can for a sugar boost when fast burning carbs are**

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needed.

**Small sandwich: Something savory and solid – choice of protein with toppings on bread.**

**Rice cakes: Easy to absorb carbs. Mainly rice, sugar, flavorings and something to hold it together (cream cheese)**

**It's just a hill, get over it!**

