

From: Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org
Subject: September 2021 Rollin'
Date: September 10, 2021 at 6:32 PM
To: Sally Saul sjsaul@mac.com



September 2021



Rollin'

THE NEWSLETTER OF SILVER WHEELS CYCLING CLUB

Your Current Leadership Team

President:	Cheryl Burkhardt
Vice President:	Steve Osmialowski
Treasurer:	Rick Wells
Secretary:	Sandy Lottman
Membership:	Randy Lottman
Website Coordinator:	Tom Weber
Merchandise:	José Morell
Sunshine:	Eleanor Stout
Mileage Minder:	Karen Hobbs
Newsletter Editor:	Steve Osmialowski
Ride Committee:	Dennis Stout
Social Committee:	Sherry Bouch
Education/Safety:	Peggy Doheny
Dog Days:	Scott Edmundson
Physical Assets:	Emily Townsend
Social Media:	Mel Cruzado and Cheryl Burkhardt

Directors: Peggy Doheny, Mel Cruzado, Scott Edmundson, Bill Mansfield

See the club roster for specific contact information

From The Editor

In August, there were about 90 club rides on the calendar (Thank you ride leaders!) About 10 were canceled due to rainy conditions. In fact, last month was the sixth wettest August on record for the Cleveland area! Nevertheless, club members logged more than 19,000 miles for the month! The Depot Day Redux event attracted over 50 riders and nearly a dozen completed a century! It certainly was a busy month! Even with that, only 47% of our members have participated in a club ride this year. If you are one of those who have not yet joined in the fun, there is still time. As the much welcome cool temperatures of fall arrive, riding opportunities will continue. Check the club calendar often to find a ride that fits your abilities. If you are a little nervous about doing that first club ride, just show up and the leader will help you as needed.

Steve

Ponderings From The President

By Cheryl Burkhardt

Women and Cycling

When you think about the history of cycling, the 1880's were paramount years for women and bikes. These were the years of the "New Woman Movement." Women were fighting for voting rights and beginning to work outside the home AND beginning to ride bicycles. Of course, hoop skirts and layers of petticoats and corsets were just not conducive to pedaling around town. Women shed their old styles and began to wear clothing that was designed for cycling – split skirts and trousers (Oh my!). This caused more than a few raised eyebrows. As women gained more freedom and began to appreciate their athleticism, warnings of harm were published by doctors of the time. Cycling was thought by these educated men to lead to damage of internal organs and menstruation problems. Conservative men felt that straddling a bike seat would lead women to become overstimulated. Women were not having any of this. They loved the new sense of freedom and empowerment. Bicycling was here to stay for us girls!

Susan B. Anthony, who was a leading advocate for women being able to vote at the time. said it best. "I'll tell you what I think of bicycling. I think it has

done more to emancipate women than any one thing in the world. I rejoice every time I see a woman ride by on a wheel, it gives her a feeling of self-reliance and independence the moment she takes her seat; and away she goes, the picture of untrammelled womanhood."

Today there are over 48 million cyclists in the US. According to Bicycling magazine, about 45% of these are women. If you look at the stats for those under the age of 28, more women than men now own bikes. Because women are different than men in weight distribution and measurements of torso, arm and leg length, bike manufacturers are now making women specific bikes with different geometry. These can make a real difference in riding comfort. Saddles have been developed which consider the wider "sit bones" of women. It has taken a while, but women are finding more and more avenues for comfort on their bikes. More comfort means more riding.

So, a hearty "thank you" to all those pioneering women who had the audacity to begin riding bicycles long ago. I wonder what they would think as they see Silver Wheelers pedal down the road.

Happy cycling!

MEETING ANNOUNCEMENT

The next general membership meeting will be Thursday, September 16 at 7PM, at the Carlisle Nature Center. The presentation will be from our own Christi Banasek. Christi, a physical therapist, will discuss ways to maintain better balance and strengthen our core as we age. She will focus on posture and core strength and its importance for better balance both on the bike and on the ground. Some exercises will be highlighted and there will be plenty of time for questions.





One day last month, it was Friday the 13th with a scary weather forecast as well. Dozens of club members gathered in Oberlin, and most had dressed in a unique way. And it was a birthday, number 80 to be exact!

It was Gazerfest!! This event celebrated Bob Gazer's birthday. A long-term member with possibly more ride leads under his belt than anyone, Bob had a great time celebrating his milestone with the club. A brief rain finished a half hour before ride time and then it was clear and warm. Of course, Bob led a ride that day with 14 riders. Several other rides happened at the same time too. After the rides, everyone gathered under the pavilion for a lunch and birthday cake. There were about 40 in attendance for the festivities. As intended, many paid tribute to Bob by dressing in his trademark attire. Normally looking like typical spandex riders, this time the dress included knee socks, baggy shorts, plenty of sunscreen and a little duct tape. It was a fun way to celebrate birthday number 80 with Bob.



Karen Hobbs is now our new mileage minder (Thank You!)

Attention ride leaders; since ride reports are now automatically entered into the mileage chart, a standardized format is needed to process them correctly. Please use the below format for all report submissions, as not doing so may cause errors or delays in getting your miles posted. Your cooperation is much appreciated! More detailed information can be found at this link:

<http://bit.ly/sw-rg>

Send your finished report to Mileage Minder Karen Hobbs
hobbskaren53@gmail.com

Format: Ride date Starting location Star level Route mileage Ride leader's name Rider 2's name Rider 3's name ... Guest: Guest 1's name Guest: Guest 2's name	Example: March 10 AutoZone 2+/3- star 15/25 miles John Doe (leader) Jane Doe Richard Roe 15* Guest: Mary Moe <i>*Specify miles for non-finishing riders</i>
--	---





A group of 7 members took part in the latest self-contained bike camping adventure. Riders left with all their gear from Fremont, Ohio and traveled 35 miles north to Maumee Bay State Park. During the two night stay, the group sat out an unexpected heavy rain, toured the area on another 35 mile ride, had a snack at the campground ice cream social, cooled off in Lake Erie (yeah the water was a bit green!) explored the park and enjoyed the evening campfires. The trip back allowed us to check out the new portions of the NCIT. For a long time, the trail abruptly ended in Elmore, Ohio. In April 2021, 4 more miles of paved path was added which takes riders to Genoa. Future plans have the trail continuing a bit further northwest to Millbury.



LET'S THANK OUR RIDE LEADERS

It is almost that time again, time for us to show our appreciation to all of our hard working Ride Leaders. Bicycle riding is what our club is all about and we do appreciate them stepping up to lead the rides. Being a Silver Wheels Ride Leader can be a fairly laborious task. A good reference of what a Ride Leader's job entails can be found in the article Rob Hipskind wrote in the September 2017 archived issue of Rollin'. It seems that along with cycling, Silver Wheelers enjoy eating. We will show our Ride Leaders our appreciation by having a party in their honor and we will feed them. It will be held at the Yourkiewicz residence at 12837 Diagonal Road in LaGrange. The date is Saturday, September 25th at 4 pm. We would like all club members to attend this event to thank our Ride Leaders. The club will provide Lorenzo's lasagna and pizza. We are asking everyone to bring a dish to share. This is your time to try out that new recipe. If it doesn't turn out well, we will eat it anyway.

to try out that new recipe. If it doesn't turn out well, we will eat it anyway. You are asked to bring a beverage of your choice; beer and wine are always good choices. You may want to bring a chair too. All the information you need is on the Silver Wheels event page. There is a spot in the blue box to register for the event. Registering for the event helps the Social committee with food planning. We won't kick you out if you forget to register but you may have to take out the trash or clean the tables. Mark your calendar so you don't miss this. It is always a nice event. Let's have a big turnout to show the Ride Leaders that we appreciate all they do. A big thanks to Kathy and Joe Yourkiewicz for hosting this. Let's try to not trash their house too much.

Sue Wells

Enjoy the world from the seat of your bike!