

From: Silver Wheels Cycling Club SilverWheelsCyclingClub@wildapricot.org
Subject: September 2022 Rollin'
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To: Sally Saul sjsaul@mac.com



September 2022



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:	Mel Cruzado
Club Calendar:	Tom Weber
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, Bob Burkhardt
Past President: Sue Wells

See the club roster for specific contact information

From The Editor

Here we are in September already! Yep, the summer does pass quickly! As the month progresses, we get relief from the hot and humid days (thank you!) and are treated to more comfortable riding conditions. So, check the calendar and join in on some rides. Don't see anything of interest? Why not try leading a ride? Anyone can do it and you can learn by following the link on the club's website.

Did you get out to ride Depot Day Redux? It was a beautiful day (August 20) to ride and 55 members did just that. Congrats to all the century riders and anyone who rode a personal best mileage that day.

100 Miles completed by Sue Wells, Tim Creamer, Tom Weber, Norm Diedrich, Sue Schneider, Jerry Gach, Terry Marquard, Rob Hipskind, Jan Hooks.

Steve

P.S. It's election season! Several positions are available for the next two year term. If you'd like to volunteer to help run this club, make your intentions known. All the information is below in this issue.

And....The Wednesday evening rides will switch to 5PM starting September 21 to make the most of the reduced daylight.



It is that time of year when elections for the Silver Wheels Board takes place.

This year, four positions are up for renewal. They are :

President, currently held by Cheryl Burkhardt

Vice President, currently held by Steve Osmialowski

Director, currently held by Scott Edmondson

Director, currently held by Mel Cruzado

All four positions were vacated. If you might be interested in one of these positions, please contact a member of the nominating committee for more information by email, text, or call.

Susan Schneider jns1146@hotmail.com 440-503-2034 chair

Kathy Yourkiewicz kyourkie@yahoo.com 440-785-7525

Lila Robinson lilar822@gmail.com 216-536-8216

From the Education and Safety Committee:

Now that the summer is almost a memory, our biking skills have improved and hills may not seem so daunting. Check out this previously posted article on hills to see if there are some hints to help your skills so you can "get over it"

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



Haven Brewing - A 2023 Post-ride Gathering Spot

By Rob Hipkind

Sometime next spring Haven Brewing will be open for business in downtown Oberlin. The brewpub, located at 29 Main Street, is right between Ratsv's and

Manuel's Barber Shop, and just a few doors down from the Oberlin Bike Shop. Some of you may remember it as Dave's Army and Navy Store. I reached out to owner and brewer Sam Foster to get some details as I am looking forward to post ride festivities.

Sam said he wants Haven Brewing to be a place where everyone is comfortable, where community can grow and establish connections that come with sharing food and drink. He plans to keep a variety of beers on tap like a pilsner or a blonde, a brown ale, an IPA, and a stout or porter. Plus, they will supplement core beers with a revolving list of seasonal additions, like a Winter Ale, Irish Red, Oktoberfest, etc.

Sam has been playing with fermentation since elementary school and is always thinking about microbiology. The oddest ingredient he ever successfully used was Koji, the fungus most well-known for things like sake, miso and soy sauce. It had a distinct green apple flavor. He unsuccessfully tried brewing a beet and buckwheat beer that was called "Marital Discord". It was a bright pink color, had both bitter and sweet flavors that confused the taste buds, and was quickly poured down the drain. I asked him what types of beers he picks up from the local beer store and he said he usually drinks the classics or the beers in the fringe. He called it "drinking for research" and I am definitely going to use that line in the future.

If you want more information, just let me know and I can fill you in on other things I learned about Sam, his triathlete wife and co-owner Abbie, and Haven Brewing. Also, it's not too early to start thinking of creative cycling themed beer names! In the meantime, please like and follow their FB page - <https://www.facebook.com/HavenBrewingInOberlin>.

Did you know? By Steve Oz.

Arthur Lovett Garford (1858-1933) was an industrialist, inventor and politician. His big break came as the inventor of the first padded bicycle seat known as the "Garford Saddle" This revolutionary idea netted over a million saddles sold in a few years by his American Saddle Company. With his newfound wealth, Arthur built a large home in Elyria in 1895. The property is known as "The Hickories" due to the number of hickory trees on the original lot. It is now the home of the Lorain County Historical Society and numerous events are held there as well as tours for the public.

The League of American Bicyclists (LAB) annually rates all 50 states for being "bike friendly". This is based on the following criteria (The 5 E's)

Equity & Accessibility

Engineering

Education

Encouragement

Evaluation & planning

Ohio's ranking came in at #17 (up from #24 last year). This includes 21 communities, 47 businesses and 7 universities that are rated bike friendly. Close by, that includes, Lakewood, Cleveland and Oberlin.



Next Club Meeting, September 15

Carlisle Nature Center, 7PM

Join us Thursday, September 15th for a presentation, “Go Faster, Try Harder”, on women in competitive cycling from 1970 through 1984. Learn about Dr. Martha Jack, an amateur competitive cyclist and Women’s Illinois Road Champion in the State of Illinois from 1970-1973, and her crusade promoting recognition of women in cycling. Other women competitors during that era will also be featured. Most importantly, witness how Martha’s embrace of life reflected upon others within and outside of her life.

This presentation will be presented by Carl Gonzalez on behalf of the Village Bicycle Cooperative. Martha’s Bob Jackson bike that she rode to her championships will be on display as well. The presentation will be about 30 minutes.

Also at the meeting, some safe cycling lessons from Larry Best, snacks and socializing with fellow members. See you there!

*The voices in my head won't stop saying
buy more bikes, buy more bikes.*



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