

Rollin'

Newsletter of the Silver Wheels Cycling Club - May, 2009

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Silver Wheels Mission

To create and provide an environment
for members and guests to:

Ride for exercise and fun

Enjoy the social side of cycling

Improve bicycling skills

Learn more about bicycling and
educate others

Promote bicycling in our area

Who Are We ? What Are We ?

Obviously we are young and old, small and tall, and fast and slow, etc.. We are also adventurers and explorers every time we select a new ride destination. We are forever curious about what is there versus what is here. We are dreamers when we think about riding across the country or buying that perfect bike (I got mine in December). Our persistence and grit is demonstrated when we challenge ourselves by riding long distances or in poor weather. Often we are teachers and coaches when someone is lost or has a flat tire. When we refrain from trashing the trails or when we pick up other people trash we are concerned citizens. Ride leaders and those folks that pitch in and help, exhibit an unselfish and caring attitude toward others. Our club donations and participation in charity rides proves our concern for our fellow man. We are optimistic about the future and believe that what we do for ourselves is also good for others. We are a happy (except for hills and rain), colorful and diverse group.

I'm sure you can think of many other good things we are, but in short we are what most people admire, and respect in their fellow citizens. We are what we say and do. We are Silver Wheelers.

I was not taking pain killers when I wrote this.

Joe Etzler
President

*Editor's Note -
Wine is not a
pain killer.*

Hills are just bumps to those who think big.

Special Events Lining Up

May Day -
Lost Weekend - oops
you missed that one

Ashtabula Covered
Bridges Tour -
25 members had fun,
got wet.

Poker Run - Sat. 6/6

Oberlin Depot 9 AM
*Ride your bike,
lose your shirt,
win a prize,
enjoy potluck.*

GOBA 6/21-27
Ride, Eat, Sleep,
Repeat.

FAMILY RIDE Sunday 6/28, Bur Oak 9-1

Got kids?,
Grandkids, relatives,
neighbors?
Bring any and all.
*See description
inside and online.*



Let your body weight help you climb.

Normally, weight isn't considered a good thing when you're riding uphill. But it can actually help you climb better if you know how to use it. When you stand on a hill, pedal action changes.

It's hard to pull up with one foot to lighten the load for the foot pushing down. Because you aren't in contact with the saddle there's nothing to brace your hips to pull against. You can easily use more energy trying to get the non-pushing foot "out of the way" than the benefit is worth. But when you're standing you can use your body weight to drive the pedals down. Let the bike rock rhythmically side to side in an arc of about 6 inches (judged by the movement of the handlebar stem). This gives each leg a direct push against its pedal so your weight can help you climb.

At the same time, be careful not to lean too far forward. This overly weights the front wheel. It presses the tire into the pavement, scrubbing off speed. Stay back a bit to find the front-to-back sweet spot that centers your weight over the crank to drive the pedals.

On short, rolling hills, the trick is to click to the next higher gear (smaller cog), then stand and pedal up and over with a slightly slower cadence. This keeps quads from loading up with lactate because it helps you pedal with body weight. In fact, it can actually feel like you're stretching your legs and giving them brief relief.

Next Trash Triathlon June 15

Eva Weber and Marilyn Torres, *Trash Chicks*

Thanks to all the members who helped with the April 25th trash pick-up. Sixteen members picked up seventeen bags of trash! We enjoyed a windy ride afterwards.

Our next Trash Triathlon is:

Monday, June 15

First Event: 8:30 a.m. Trash pick up starting at Oberlin Drug Mart (Rt. 58 and Butternut Ridge Road)

Second Event: Eat at Oberlin McDonalds

Third Event: Map rides from CVS parking lot with several ride length options.

We hope you'll join us. The rewards from the last pick up included a \$1 bill (Marilyn Torres) to a new Moen faucet repair cartridge kit(Steve & Sndy Woosley).

New Members

Eva Weber, Membership Chair

Since the April newsletter, the following new members have joined the club. Look for them on the rides and welcome them into the club.

James Crawford, Port Clinton
Edward & Teressa Nemeth, Lorian
Bill & Mary Ann Trost,

James McCullough, Sr., Oberlin
Roy Smith, North Ridgeville



SHOULD CLUB MILEAGE BE LIMITED TO CLUB ORGANIZED RIDES ONLY?

At the May 2009 board meeting, the ride committee proposed a motion to limit the charting of ride mileage by the club to only those rides organized by a club member(s) and listed on the ride calendar. This motion was tabled until the July board meeting to allow the board members to gather membership input. Another motion to open club mileage to any ride listed on Ohio Bicycle Federation calendar was not passed by the board.

A little history:

Presently rides that are not Club organized (rides sponsored by other clubs or organizations) do count toward club miles: 1.) Provided the ride is in Ohio. 2.) At least 5 members participate in the event. 3.) The ride is approved by the board for inclusion on the ride calendar prior to the event. These criteria are based on a board approved motion in January of 2006.

Originally only club organized rides were charted. The intent of the board at that time was to encourage the membership to participate in and to lead club organized rides. In March of 2004, due to the popularity of this ride within the club, the board approved GOBA (Great Ohio Bicycle Adventure) as an official Silver Wheels ride. Thus it is included on the calendar yearly and counts towards club miles ridden.

Each year more requests came to the board for inclusion on the calendar of rides sponsored by other clubs and organizations. The board thought long and hard on how to balance the Club's calendar so that we are showing support to other organizations and clubs but not to the detriment of our own Club rides. Thus the motion of January 2006 (see paragraph two, above) came about.

Another recent motion which affects ride mileage charting was approved by the board in January of 2008. The motion changed the ride calendar year for mileage charting to December 1st through November 30th of the following year (this allows for compilation of mileage for the annual Club banquet each December). Thus mileage is charted year round. Previous to this it had been charted only from March 1st through November 30th of the same year.

Before the board can act on the motion to limit the charting of ride mileage to only Club rides, the board must first rescind the motion in paragraph two by a two-thirds vote. So if you have feelings about this issue one way or another, please let your board members know before the July 2nd board meeting.

Submitted by Bob Burkhardt (Past President)

Michiana Special Ride – September 11-14, 2009

Michiana is that special area where the states Michigan and Indiana come together at the base of Lake Michigan. Our tour will really focus on a small part of that area, in the New Buffalo, Three Oaks, and Dowagiac area. If you Google any of these cities you will be able to see clearly where we will be playing around.

Our central point of operation would be the Super 8 Motel in Sawyer.

12850 Super Dr.
Sawyer, MI 49125
269-426-8300

This is a decent place with a small indoor pool, about 80 or so rooms, free continental breakfast (includes French toast and waffles, sausage gravy), refrigerator and microwave in rooms. The room cost is \$115 per night at that part of their season – still in peak for them. AARP discounts are 10%. This is very reasonable compared to others in the area that will be nearly double that. One place was less (Bridgeman Inn) but it didn't look so hot. We recommend that you place your reservations as soon as possible to assure your stay.

Camping is also available at the Warren Dunes State Park. This is about 3 miles north of the Super 8. The campground itself is nothing special but the dunes there are huge and you're very close to Lake Michigan – we couldn't get into the park itself to see if any camping is allowed near the beach... probably not. There is a \$5 park fee for all vehicles but not for bikes. We did not check for camping fees – the park was closed when we were there.

We have a number of rides planned so far: One day we'll ride down to New Buffalo. This is a tourist town with a yacht harbor and shops and galleries. It has a bike shop that specializes mostly in rentals – so don't plan on repairs there. Probably would need to go to nearby larger cities for bike service. New Buffalo has a feel like Vermilion and is about the same size but with a much larger marina. Interesting restaurants in town for us to taste when we ride there and its close enough to drive in for a supper too – 12 miles or so.

Just outside New Buffalo is the Four Winds Casino. We figured we'd not have a ride there to play but we could ride there to just gawk at it while we're riding somewhere else. The casino is just one exit away from where we're staying at the motel so it's an easy drive down for an evening of lost money. It's a nice casino of the native American type, with a décor of open beams of cedar and pine. Lots of slots, a couple of restaurants, a few shops, four parking levels. Big enough to lose all you bring.

An interesting place to visit will be Three Oaks. This town is home to the Three Oaks Cycling Club that hosts a huge invitational called the Apple Cider Century. The ACC as they call it will be run the last weekend of September. Because of this event the area is bike friendly. It draws about 7,000 cyclists. The story of the bike club is pretty fascinating too. Joe and I met the club president during our stay there. Quite an operation – we'll save the details of that for when we go visit. We were duly impressed.

Another place for us to visit on a ride is the Warren Woods State Park. This is not a very big park (500 acres) but it has some attractions. Short trails lead to virgin forests of maple and beech. Some of the beeches are 5 feet across and reach 300 feet tall. That's some beech! The trails also lead across a river with casual hiking there – the only photo I saw was very picturesque of the river.

One ride will be to the Warren Dunes State Park of course. There we will be able to swim or wade in Lake Michigan – by then the lake temps should be as high as maybe 60. The dunes are huge and continue to shift, drowning the trees in their way. The park is only 3 miles away from our motel so this could be done more than once if desired.

There are a number of wineries in the area. I have bike routes to two of these if we choose to ride there. Joe and I sampled wines from these and we liked... but then we like most wines. I brought back three bottles to enjoy at home.

There are specialty shops in many locations in the area. Running parallel to the shoreline is a road called the Red Arrow Highway, which was the main route everyone used before the interstate was built. Now it's a 4-lane road with very little traffic. All along it are these interesting stores and restaurants. We'll include them on at least one ride in the area. We found a deli that sells all local stuff – wines, microbeers, and these homemade potpies that were really hard to resist, as well as cheeses and other stuff. We really hoped our motel was next door but it's close enough to ride over for a quick cheese fix.

We did our best to find the canoe/kayak livery. There's only one listed – Doe Wah Jack – up in the town of Dowagiac (www.paddledcri.com). I prepared a bike route to it – 32 miles of rolling terrain – which some may want to tackle. Before September we'll have a better handle on this operation. We did spot it but it was obviously closed – we only saw canoes but maybe they have kayaks stored somewhere else (their season doesn't resume until May). After May we'll be better able to find out prices and distances and all that. Parts of the river that we saw looked quite like the Mohican.

There are no bike trails or paths in the area. There are plenty of signed routes that are used by the Three Oaks club and their Apple Cider Century. The roads are all good however. Traffic is very light to non-existent. Even the Red Arrow Highway should be pretty rideable, although we don't plan to use it that often. The terrain is pretty flat with the occasional low roller. Farther inland and the lumps begin but only the ride to Dowagiac has any hills that we saw. We're not talking Pennsylvania here. This is more like Lorain County.

At this time we do not have any specific daily itineraries. We are planning to be there Friday, September 11 through Monday, September 14. Assuming a 5-hour drive up there, one would expect to arrive in the area around noon or 1:00 PM (check-in is 3). We would plan on some short ride that afternoon, to get our bearings. That evening we would likely plot out the rest of the weekend, based on weather and member preferences.

This is the sort of weekend that members could partake in total or in bits and pieces. Some will want to make the most of it and come up for the four days. Others may choose to come up on Saturday and leave late Sunday, staying only one night. We recommend you buddy up with someone to make the most cost effective trip – carpooling is recommended. In the past we've had members riding up with one group and back with another. We haven't lost anyone yet.

To get there you can take turnpikes about all the way. I think the fees total about \$5 each way. Then take I-94 north to Exit 12-Sawyer. The motel is about 1000 feet from the exit.

We do not have any rooms blocked off for the club. You must make your own reservations at the motel or campground. We will warn them we will have a number of folks from the club staying there – I think they said if we had 10 rooms we might get some sort of discount. Most rooms had two beds but not all. You could share a room with others... depending on your level of friendliness and snoring decibels.

We would appreciate it if you would let either Joe or Ed know if and when you are going up so we can plan accordingly.



All-Star Poker Run

**Saturday, June 6 – 9 to 2
Oberlin Depot – Potluck Picnic**

On Saturday, June 6 at 9 a.m. we will initiate our club's first ever Poker Run. We will head out from the Oberlin Depot using maps of different lengths according to your distance of choice (25 – 35 – 45), riding at your own pace. Each map will have required stops – the same stops for all actually – where you will pick up a playing card. There will be three stops for each map. You will also draw a card before heading out and again after returning.

Once we all return and all riders have 5 cards we have a showdown for the best poker hand. The winner of that hand gets a prize (yet to be determined). But don't quit just yet... we'll also have showdowns for other options with the same hands – five different prizes will be offered – some you might even like!

To add to the event we are asking folks to bring a potluck dish to share with others. The club will supply plates and plasticware. You just bring yourself, your dish and your appetite. We'll have some beverages available too but if you need something special, bring your own. No alcoholic beverages at the depot though.

After the card playing is done we'll have our picnic.

If anyone has a prize they would like to donate please contact Ed Stewart or Joe Etzler soon.

Family Ride

Sunday, June 28 Bur Oak – 9-1

It's been a long while since we had our last family ride. As I recall our last one was in 1999 or so and was attended by a huge crowd of Silver wheelers and their families. Who knows why we haven't had another in 10 years but we're gonna this year.

So, what's a Family Ride for Silver wheelers? First off, our members will bring their kids, grandkids, nieces and nephews – maybe even a neighbor's kid. We meet at Bur Oak, down in the valley off Ford Road, at 9 a.m. and head off on the beautiful trail, following the Black River, taking the interesting side trips of the waterfall and back off the side to view the rapids. Kids new to the trail will marvel at the bridges and the breathtaking views of the river, no matter how high it might be.

The trail is only about 3 miles if you stretch it a bit, with the last couple hundred yards up a pretty good slope. Most kids – and some members – will walk up it. Those who are still energetic may choose to travel the next 1.5 miles on the new Steel Mill Trail across 31st St. This is one of the most unusual trails in the area.

Then we all come back for fun and games. There is a rumor there will be squirt guns to use, maybe some water balloons to toss, probably some organized games to play. Marge Goelz challenges all to Cornhole, LaDean Hutter threatens to challenge us all in "Are You Smarter Than A Fifth Grader?", Ed Stewart just might do some artwork on kids – and adults' faces, and who knows what all else we might cook up.

Speaking of food, this is a potluck picnic so bring a dish to share. The club will supply all the extras like plates and stuff. If you need a special beverage bring your own – otherwise the club's version of drinks will be supplied.

This promises to be a good time for all members, regardless of whether you bring any kids. After all, we're pretty much just big kids ourselves when we ride our bikes. So plan to attend and bring some family too. No cost but donations will be accepted.

Any questions, call Ed Stewart – 440-315-3012.