

# Rollin'

Newsletter of the Silver Wheels Cycling Club - October, 2009

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BOO!

## 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

## What Goes On In Silver Wheels...

...should stay in Silver Wheels. While that phrase has a certain meaning for Las Vegas, it has a rather different meaning for our club goings on.

In fact, this will be an ongoing story line for our newsletter. We will feature photostories when we have the material to work with.

First up is a candid photo from the club's Special Ride last month to Michiana - the bottom tip of Michigan.



Cindi Conrad carries the first case of wine of the day while being guarded by Mikki Sobczak to assure it gets to where it is supposed to go without unauthorized sampling.

*Continued page 3*

## Here are the newest members of Silver Wheels

Here are our newest members who have joined the club. Welcome them when you see them!

Toni Cappuccio  
31651 Tradewinds Dr., Avon Lake 44012  
Ph: 440-933-2747  
cappucciotm@aol.com

Jack & Dottie Girard  
2205 Westwind Dr., Sandusky OH 44870  
Ph: 419-602-1393

John Hise  
PO Box 331 Lakewood OH 44107  
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Michael Morris  
31651 Tradewinds Dr., Avon Lake OH 44012  
Ph: 440-933-2747  
mkmorris24@mac.com

Tony Thomas  
11820 Lake Ave. #207, Lakewood OH 44107  
Ph: 216-221-4930

Marianela Zytowski  
27527 Laurrell, North Olmsted OH 44070  
Ph: 440-734-7488  
mzyt@hotmail.com

## We Have a Redneck Winner

The recent contest to come up with “Redneck Bicycle Terms” had a quite a handful of entries – over 30 in all and the decision to choose just one as a winner was next to impossible. So we had the membership decide through voting online. As you recall, members could vote for up to five entries. The one entry with the most votes would be the winner.

Well, we had some really good entries and some really bad entries and a few really stupid ones too. But at least they were all tasteless – the first criterion for inclusion. At the end of the day... or the voting in this case... one entry stood out with the majority of votes. In fact, our winner was selected by 60% of all the members voting. There were a few that also came close but not close enough.

And the winner is..... Drum roll please.....

### Sag Support Is Not An Undergarment

DO YOU  
HAVE A  
DRINKING  
PROBLEM?

THERE IS HELP  
FOR YOU  
BEGINNING  
ON PAGE 5

Our winning author is none other than our Merchandise Committee Chairperson Cindi Conrad. Here she is pictured wearing her prize long sleeve tee shirt with custom artwork.



A second tee shirt was made for the club. It is pictured below. This short sleeved tee is a size Adult-Large and can be purchased from the merchandise committee for only \$15. If you want it, contact Cindi and make arrangements for purchase and delivery.



## What Goes On...

continued from page 1

At our September Membership meeting we had a speaker from EMH Fitness Center in Avon talk to us about various stretching techniques. She had some of us trying the various maneuvers and seemed piqued that we were only able to go so far. As you can see from the top left photo she is about 30 years younger than most of us.

This particular stretch is helpful to relieve the stress of keeping your head in one angle for an extended time by stretching out the muscles on either side of your head slowly.

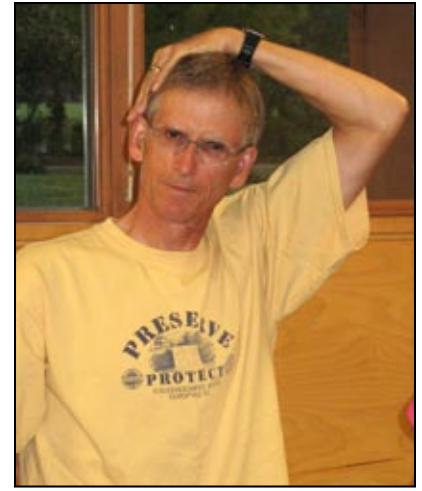
Most in the audience were convinced this was how Bobbleheads really got their start... but the exercise did feel good even with the accompanying cracking we heard throughout the room.

Still, it was a good reminder that we need to take care of our bodies better than we do.

EDITOR'S NOTE: There were some members who had no difficulty with the exercise and their memberships have been revoked.



Jackie showing us proper technique for this stretch.



Tom Weber asked if it's possible to do this and chew gum at the same time.



Lynette Paine said this gives her a headache.



Not all were successful at this simple exercise. Joel Edmonds was referred to the remedial class.

## Here are 5 ways to reduce lightning risk:

- **Obey the "30/30" rule.** When lightning is seen, count the time until thunder is heard. If it's 30 seconds or less, seek shelter immediately. Storms can move at 50 mph (80 kph). Stay protected for 30 minutes after the last rumble of thunder because lightning can occur 10 miles (16 km) from the storm center.
- **Get inside.** The safest places are a substantial building or a car with a metal roof. As the National Weather Service advises, "When thunder roars, go indoors."
- **Get down.** If you're caught in the open, get into a ravine or ditch. If there are none and bolts are hitting all around, get away from your bike and make yourself small by squatting on the balls of your feet or kneeling with your toes touching the ground. Experts say this posture may prevent lightning from passing through your heart. Get down right now if a thunderstorm is near and you feel your hair stand on end.
- **Avoid lone trees and isolated stands of trees.** Low bushes are safer shelter.
- **Avoid metal objects.** This includes fences, guardrails and especially anything tall such as flagpoles and power stanchions. It also includes your bicycle. Even carbon bikes still have some metal.

## Contest Number Three: Whose Legs Are Those?

This one is even more fun than the last one. Instead of searching your family tree for the answer, all you need to do is look at a picture and tell who is posing. Of course there's a little more to it than that or it wouldn't be a contest.

Here's all you have to do: correctly name the three Silver Wheels members from left to right. The person who guesses all three correctly is the winner. Since it is pretty obvious who they are, we need a tie-breaker: the person who also guesses WHERE they are will be the big winner.

Okay, here is how you enter the contest: using the link below, go to the contest and fill in the blanks as you are asked. You can only enter once but as you see we are giving you a few chances.

The people who are posing and the person who took the photo and any others on the same ride are not eligible to win. That eliminates an awful lot of people who already enter these contests so the odds are made somewhat better.

The prize... well, a suitable prize will be won but we don't exactly know what that is yet.

What happens if no one guesses all three? We'll settle for two out of three but they must be in the proper order.

This contest will also be available on our website – just check the contest link from the home page and it will take you there. You can see summaries and winners of all of our previous contests there too.

**This contest will end Friday, October 15.  
Good luck and have fun.**

Here's the link: Copy and paste it into your web browser and it will take you right to it.

[http://www.surveymonkey.com/s.aspx?sm=eD5GitPLZt5urjDxt1A0qg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=eD5GitPLZt5urjDxt1A0qg_3d_3d)



### Be A Sharp Lookout For Your Group

Besides setting the right tempo, the lead rider in a paceline or pack has another vital responsibility: warning those behind of dangers in the road.

For riders who are drafting, potholes and debris are hard to see. They shouldn't need to worry about being led into danger.

But some people overdo their warnings. They yell "Pothole!" "Rock!" or "Dead skunk!" at full volume or even for minor obstacles. Others point at the object with such a violent gesture that they swerve dangerously.

Here's a better way to be the eyes of a paceline:

- Alertly scan the road. You can't warn of dangers that you daydream out of existence. And if through inattention you spot something too late, your after-the-fact warning may do more harm than good. Surprised riders could veer in a panic, touch wheels and crash. So pay attention and look far enough ahead to smoothly lead the line past each hazard.

- Point, don't shout. There's usually no need to call out the name of the obstacle. Your yell probably won't be understood by riders toward the back, anyway. Simply remove one hand from the bar and point down toward the side where the danger will be when you pass it. (Point down at about 45 degrees, not out, so the warning isn't mistaken for a turn signal.) Do this 5-10 seconds in advance, then move over smoothly.

A related technique is to tap the saddle or snap fingers with the hand that's coming off the bar, then point. The sound is just enough to wake up the rider behind.

Tip! One time a yell is helpful is when nasty stuff like glass, gravel, sand or ice covers the lane, like part way through a corner, and there is no way around it. As soon as you realize the predicament, call out the hazard so riders behind can fend for themselves. Same goes when you spot a dog up the road.

# Drinking Problems

## Five common hydration mistakes-and how to avoid them

By Selene Yeager (From Bicycling Magazine)

Cyclists, like all athletes, need plenty of liquids. But beyond that basic tenet, things get murky fast—and for years, riders have heard conflicting reports about what, when and how much to drink. So we tapped our best resources, from the latest research to sports nutrition expert Monique Ryan, RD, author of *Sports Nutrition for Endurance Athletes*, to separate the facts from the hype. Here's what we found.

**Hype: REPLACE EVERY LOST OUNCE** For years cyclists have been told to drink enough on the bike so they weigh the same after the ride as they did beforehand. The truth is, your body can't absorb fluids as fast as it loses them, and not every ounce of weight is lost through sweat anyway.

**Truth: KEEP UP WITH SWEAT LOSS—MOSTLY** Replace about 75 percent of lost sweat during a long ride. "To do that, you need to know your sweat rate," says Ryan, who recently coached a heavy-sweating triathlete who routinely lost 40 ounces of fluid an hour. To determine your sweat rate, weigh yourself before and after a short ride. "An hour ride is a good indicator of what you're losing through sweat alone," Ryan says.

**Hype: OVERFLOW BEFOREHAND** Guzzling gallons of fluids before a ride or race will do little more than send you searching for rest stops.

**Truth: TOP OFF AS YOU GO** Sip a 16-ounce sports drink an hour or two before you saddle up. That's enough time for your body to absorb what it needs and eliminate what it doesn't. Then take in about six to eight ounces (two to three gulps) every 15 to 20 minutes while you ride.



**Hype: CAFFEINE WILL DEHYDRATE YOU** Caffeine has long been demonized as a diuretic. On paper, that means it should lead to dehydration and heat stress, especially when you consider that it also raises your heart rate and increases your metabolism.

**Truth: CAFFEINE IMPROVES CARB BURNING** A review of ongoing research recently revealed that caffeinated drinks don't make you pee that much more than equal amounts of beverages without the buzz. The stimulant also doesn't worsen the effects of summertime heat. In fact, caffeine makes you feel better. Numerous studies have shown that it lowers your rate of perceived exertion while improving your strength, endurance and mental performance. Even better, researchers from the University of Birmingham, in England, found that riders who drank a caffeinated sports beverage burned the drink's carbs 26 percent faster than those who consumed a noncaffeinated sports drink, likely because caffeine speeds glucose absorption in the intestine.

**Hype: YOU NEED MORE PROTEIN** Initially, carbohydrates were the essential building blocks of the sports beverage. Then protein muscled its way onto the scene, after early studies showed that carb-protein blends seemed to shoot into the bloodstream and enhance endurance cycling performance better than carb-only beverages.

**Truth: YOU NEED A LITTLE PROTEIN. . .MAYBE** Recent research on 10 trained cyclists performing an 80K trial showed that riders drinking carb-only beverages did just as well as those drinking carb-protein beverages, and both groups did better than those consuming flavored water. However, the International Society of Sports Nutrition recently reported that taking in branched-chain amino acids (BCAAs) during vigorous aerobic exercise can decrease muscle damage and depletion. "If you're on a long ride where you're also eating, you'll be taking in protein already," says Ryan, "so it's likely not necessary to also have it in your drink."

**Hype: HYDRATION DURING EXERCISE IS THE BE-ALL AND END-ALL** Big beverage companies would have you grabbing your sports drink during every ride, no matter how long or short the effort, lest you suffer the ill effects of dehydration.

**Truth: DRINKING EVERY DAY IS ESSENTIAL** "Your first priority should be staying on top of your daily hydration," says Ryan. Research on gym-goers found that nearly half began their workouts in a dehydrated state. "Many people don't consume enough fluids during the day," Ryan says. "If you hydrate properly on a regular basis, you won't need to worry as much about getting dehydrated during a typical moderate ride." The old eight-glasses-a-day dictum is a good guidepost.

# **Biking the Trails of the Allegheny Area, Oct. 16 -19**

Note: This trip is ALL TRAIL RIDING to see the sights and fall colors. The pace will be \* or \*\*, but ALL RIDE LEVELS are welcome! BIKERS, HIKERS, and KAYAKERS are welcome.

**QUESTIONS? Call BOB GAZER at 440-453-4302.**

## **AGENDA:**

### **Friday, October 16, 2009, 3:15 p.m.**

Pre-Allegheny Bike / Hike with Marilyn & Naaman Torres.

Check in at the Super 8 before 3:00 and leave promptly at 3:15. Location to be announced.

Call Marilyn's cell if you want to discuss this: 440-567-7262.

### **Saturday, Oct. 17, 10 a.m.**

Gazer/Perkins

Morning: Meet at the trailhead in downtown Franklin by 8th St. Bridge. (See \*\*\*)

Ride the ALLEGHENY TRAIL to the KENNERDEL TUNNEL to the dirt road - 28 MILES roundtrip.

\*\*Directions: Trailhead is at east end of 8th Street Bridge over Allegheny River on PA Route 322.

## **LUNCH**

Afternoon options: BIKE or KAYAK or HIKE.

Bikers will meet at 2:15PM at the FRANKLIN TRAIL HEAD, see directions above. Ride the JUS-TUS TRAIL, 16 MILES roundtrip.

### **Sunday, Oct. 18, 8:30 a.m.**

Gazer/Perkins

(Option 2: 9:30 departure with the Torres)

Leave motel at 8:30, drive to Belmar trailhead to ride the scenic Sandy Creek Trail - 22 miles round trip.

Directions: The Belmar trailhead is at Belmar Village, 3 miles south of town on route 8 on the west side of the River.

Turn on Pone Lane and go past the Franklin High School to Belmar Road.

Turn right and follow it to the parking area at the foot of the hill with the river and bridge in sight.

## **Afternoon options: BIKE OR KAYAK ETC.**

1:30 p.m. Bikers meet at Oil Creek Trailhead by the Petroleum Center. Ride to TITUSVILLE - 10 MILES.

Directions: Trailhead is on PA 8, going north. TURN-OFF IS NORTH OF PA 8 BRIDGE OVER CHER-RYTREE CREEK - SIGN PETROLEUM CENTRE AT OIL CREEK STATE PARK

OIL MUSEUM is open till 5 pm in Titusville, \$5.00 adults RETURN BACK HOME 10 MILES MC D IN TITUSVILLE BY MUSEUM

## **Monday, Oct. 19, RIDING CHOICE**

8:30AM LEAVE MOTEL, DRIVE TO EMELTON 25 MILES

BEST ROUTE TO BE DETERMINED. EMELTON EXIT 42 OFF I 80 RIDE TRAIL AT CHOICE OF MILES TOWARD TUNNELS

EMELTON 1 MILE FROM INTERSTATE 80 QUICK SHOT HOME

Emlenton - At the northern end of Main Street, the trailhead is straight ahead through the parking area. Emlenton can be reached from exit 42 on Interstate 80. Come toward town, down the hill and cross the bridge into Emlenton.

Turn left at the end of the bridge and continue to the trailhead.

## **LODGING:**

Super 8 Franklin

847 Allegheny Blvd

Franklin, PA 16323 US

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# HALLOWEEN RIDE

**Saturday, October 31      3:30 P.M.      Oberlin Depot      All-Star (or) All Witches and Warlocks**

We will ride out from the depot, using the route of your choice so you can get back by around 5:30. Routes of 15, 20, and 25-miles will be available. Each route allows you to visit a local cemetery –where we all will go to first then head out our various routes.

Once back at the depot, a scary meal will be provided consisting of Witch's Stew, a brew concocted of ground up fruits squeezed of their juice and warmed and culled with the dead bark of an exotic tree. Also offered as a sacrifice to the demons who come will be a plate of leaves torn from plants and tossed with the fermented fruits and grease of others. Fungi may be lurking among them.

After dinner a second ride will be offered but in the dark! Sunset is at 6:25 so headlights and taillights are required. All riders will be provided with lightsticks just for the fun of it.

Costumes are optional but expected. However: No masks (wigs and make-up is okay but nothing to interfere with vision). Also no dangly clothing that might get caught in spokes or chains or derailleurs. Basically this means anything from the mid-thigh to neck is okay.

Registration is a must. Send an email to Ed Stewart at [emsbiker514@gmail.com](mailto:emsbiker514@gmail.com) no later than Wednesday, 10/28 so all preparations can be made. We need to know if you are coming to dinner and if you plan to ride at night.

Anyone wishing to bring Halloween desserts are thanked in advance.

