

Rollin'

Newsletter of Silver Wheels Cycling Club, Inc.

March, 2011

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**We Want You
and You and You**

Welcome To 2011

The last time most of us saw each other was at the **2010 Annual Banquet**. That event saw about 95 members and guests – an all-time record – enjoy the numerous recognitions of all the accomplishments of our members. All agreed it was our best banquet ever.

Over the winter, aka the “off” season, many members participated together in some cross training activities like hiking and cross country skiing. Some kept in shape at local workout centers and “enjoyed” spinning classes. And some called it quits to the winter blues and headed south; we have snowbirds like the Woosleys and the Clines who head for Florida as soon as they can and return sometime in the spring. Then we have others who go down south for shorter periods to get in some miles – Dan Roob, Larry Best, Carol Harrison and Carl Panek, and Dale Yearick.

The Annual **New Years Day Ride** came off without a hitch again. Weather is always a determiner for what this ride yields. This year our ride had some numbers going for it – hopefully this is a good omen: on 1/1/11, 11 cyclists headed out at 1:11 (rain delay) and rode 11 miles. We didn't realize all that until the next day.

Oh No!

Larry's What?

Hide The Children!

After a year's absence, Rollin' is back. The plan as of now is to publish Rollin' about 5 times a year on alternating months, hopefully at the beginning of the month in which we have a club meeting. We'll try to include club news, rides, member gossip, and - gasp - humor.

I volunteered to serve as Editor for the 2011 year. I swear I don't know what gets into me sometimes. This is a new venture for me and I'm looking forward to it. I welcome your suggestions and articles and input.

We really want and need new information submitted for the newsletter. All you need to do is send your article to me at bikespokin@gmail.com and our staff of monkeys will pin it to the wall and see how many banana peels stick to it. Send any related photos too -they should be only about 1 Mb in size.

Welcome, continued

Two **Bike Maintenance Classes** have been held at Marty's Cycle Center in Avon Lake. Six members in each class have worked with Marty's staff to totally take apart their bikes, clean every little nook and cranny, then put it all back together again. Hopefully with no parts left over. It is a great way to get to know your own bike and to learn more about maintenance in general. Thank you, Marty Hausenstaub for a great service to our club.

And now the season is about to reopen. Our first event of the "official" season is the annual **Spring Chili Wiener**. We're not sure when these first started – probably in 1999 or 2000. And we've held one each year faithfully, regardless the weather. It's always held on the first Saturday in March, about two months earlier than most bikers are ready to start. And it's usually one of our better attended events. That one we cannot figure out. Spring Chili Wiener will be held on Saturday, March 5 at the Oberlin Depot. This is an **All-Star Ride** and we'll head out at 10:30 a.m. When we return we'll be treated to the goodies brought in by members – chilies of various forms, cornbread, and desserts and who knows what all folks will bring in. It's always a fun time to catch up with each other and comment on how much out of shape we all are and some will even show off new bikes.

Our **first club meeting is coming up on Thursday, March 17**. Our special feature of the meeting will be how to change a flat tire. We'll have different members demonstrate some of their techniques and tools that make it easier. There will be a short ride before the meeting too so bring your bike. Maybe you'll want to try a new way to fix a flat on your own tire. The first meeting of the year is always a fun one – you get to see old friends and make some new ones, sample some goodies, and get the latest word on what's in store for the season. This is where it's learned first.

Looking ahead into the spring you will see not many rides have yet made it onto the March calendar – a gap that will slowly fill as the weather improves. And then on **Saturday, April 2 we have something called the April Fools Ride**. This event is another All-Star Ride, held at Grafton Willow Park. This ride is goofy at its worst. Not only are you to come out and ride, you also are expected to wear or do something foolish – for most of us that's behaving normal, for others it means they'll have to think about it. Also you are expected to tell a joke afterwards. It's up to you what the joke is about; good taste might have to fit into the picture somehow. AND this is a pot luck event. Bring something to share with others. Could be something foolish – one beverage that will be offered is Mango Fool (tastes better than it sounds).

Keep checking the website for updates on all calendar happenings.

DAN & LARRY'S EXCELLENT ADVENTURE PART III

The date: 2/12/11

The destination: Florida

The riders:

Dan (big ring) Roob.

Colleen (Help! I'm dying from testosterone poisoning) Linn

Larry (OMG! I didn't mean to do that) Best

Steve (this is like hell week) Woosley

Sandy (you go ahead – I'll meet you at lunch) Woosley

Day 1: After lengthy negotiations via phone and email, all rife with friendly insults and sarcasm, we decided to meet at Colleen's house. We loaded everything in Dan's van and everything fit perfectly. Then we remembered we were supposed to take Colleen, too. More negotiations. Dan promised me that if things got tight I could ride strapped to the roof. As usual he reneged on this and suggested jet-tisoning me completely. He and Colleen finally relented when I began to weep uncontrollably. With the 3 of us in the car the remaining Linn family members shouldered the doors and hatch shut and we were off. Also along for the ride was Jane, Larry's Garmin GPS. Jane is rarely a loss for words. She frequently snaps off catchy phrases like, "Drive 2.7 miles down this road, then turn left on that road." What Jane lacks in good looks she makes up for in personality. The roads were snow covered and slippery until we got to I71. The drive was mostly uneventful until we reached our night's destination in Nashville after, of course, stopping for a hearty lunch at a newly discovered restaurant called Subway. Sleeping arrangements were a cause for concern because we were an odd lot... well not THAT odd. We had planned on 3 of us in one room, but we found adjoining rooms for a bargain so Colleen slept in the princess suite.

Continued

Board Retreats, continued

In some of those topics, the purpose was to have a unified understanding among the leaders as to what was being done and why. In other topics, decisions were made that will affect change in the club's operations in a variety of ways, mostly small ways. Every leader present had an opportunity to listen and be heard on every topic. A summary of the retreat will be presented online after the board has an opportunity to review and approve it at its next meeting, March 3.

One of the important outcomes of the retreat was the preparation of goals for 2011:

1. Retain 80% of the existing (1/1/11) membership
2. Increase total membership by 10%
3. Secure Twenty-five discreet topics that govern the operation of the club were discussed in great detail. income that matches our expenses
4. Upgrade the website with leadership information and a photo gallery
5. Reach 40 individuals through our education programs
6. Offer a minimum of one all-star ride each month (March-November)
7. Increase percentage of membership that rides
8. Donate 10% of our income toward advocacy causes/organizations
9. Increase participation in community events
10. Resume publication of the club newsletter, Rollin'.

These goals are consistent with the club's Mission, which was also reviewed during the retreat.

It speaks highly of our club that we have such a dedicated group of leaders who are willing to volunteer such a significant amount of time toward making sure our club runs well. This was pretty intense during most of our time. While we did take some time to play, by far the majority of time was spent working for the club. Members are encouraged to discuss the value of this time with any of our leaders – the elected Officers and Directors, plus our Committee Chairpersons, and others who have assumed leadership responsibilities. A few were unable to attend due to inflexible work or family commitments.

Webinar – Webinar

by Joe Etzler

What is a webinar? It turns out that a webinar is a seminar on the World Wide Web, also referred to as the Internet. A group of people can communicate with each other just as you do in a seminar, but they can be miles apart. All you do is sign up ahead of time and connect your computer to their webinar site at the time of the event.

The League of American Bicyclists hosted a webinar on Tuesday, February 22, covering the topics of marketing and newsletters. Featured presentations were from the leaders of WABA (Washington Area Bicycle Association) and a Bike Club from Kentucky.

Participants from Silver Wheels included Ed Stewart, Tom and Eva Weber, Rich Kolofer and Mikki Sobczak. I supplied the snacks and the TV monitor. Everything worked well except for the audio connection which was a little garbled. We learned about how a very large organization (WABA) maintains contact with over 25,000 supporters and 9,000 members through the use of "social media" and other means. They had a lot to say about the value of social media for their purposes.

While it was interesting, it is difficult for us to apply some of their practices to such a smaller group that we currently have. The Kentucky Bike Club has about 650 members so we were more in tune with what they had to say. This is the group that hosts the Horsey Hundred in the summer. Their primary tools for communication were their newsletter and email and their website.

All in all it was a worthwhile experience especially for our first try at it. Supposedly LAB will be hosting another Webinar in the near future. We will let all of you in on it when we get the word.

A Word About Dale's

Ed Stewart

On my first ride of the season, I headed out from the Elyria NCIT Trailhead and headed toward Oberlin. My destination was to drop off the latest envelopes from member renewals to Eva Weber. On my return trip I thought I'd drop by Dale's Bike Shop on Oberlin-Elyria Road and see what the latest scoop was.

Rumors had been abundant about Dale quitting the bike biz and a new shop opening in downtown Oberlin. I wanted to confirm what we had been hearing. February is a slow time for most bike shops so the place was still closed at 10:20 when I arrived. But there was a car in the lot that hadn't been there when I rode past earlier so I knew someone was there. I chawed on a powerbar and drank a few sips from my waterbottle and finally the door opened – to reveal Joe the Wrench.

Joe and I talked a little about the club and his mountain biking club, which now has over 50 members. Then I dug into the big question – “What's this I hear about a new bike shop opening in town?” Joe explained it all: Dale Winfry, the longtime owner of Dale's Bike Shop, is planning to enjoy partial retirement. He will stay at the Oberlin-Elyria Road location but probably be open only on Saturdays. Dale will be dropping the Trek line of bicycles. Nothing else specific was said about Dale's shop. Joe will be joining Josh, the owner of The Feve in Oberlin, to open a new bike shop in downtown Oberlin – pretty much across the street from The Feve. Plans are for the new shop to open April 1. They will be carrying the Trek line for sure but other lines have not been decided yet as of this writing.

Dale Winfry – not related to Oprah – has been a longtime figure in Lorain County Cycling. He's been a reliable provider of good bikes for many of us, and always ready to help someone in need. He's been a good friend of Silver Wheels. Maybe with retirement he will have some time to ride with us once in a while.

Years ago there had been another bike shop in Oberlin, The Bicycle Emporium, run by Larry Funk. That was where I purchased my first adult bike, around 25 years ago. My Buddy Mike Bokulich bought his first adult bike there too and that was when we began riding together. A few years later Mike and I started Silver Wheels. Bicycling brings people together in ways they never would have imagined. Let's hope big things happen as a result of this new shop in Oberlin too. Good luck to Josh and Joe. And especially good thoughts for Dale and his new lifestyle.

Dan And Larry's Adventure

continued

Day 2: The rest of the trip down was pretty routine. It took a little longer than we expected. GPS Jane had some things to say that we didn't especially like, so we ignored them. We ended up going about 100 mi. farther than we had to. Moral of the story...? Don't mess with Jane. She doesn't like it when you call her a liar. We stopped at a Perkins for dinner before arriving at the Woolsey's. I ordered a veggie omelet that came with only lots of onion and some chopped up pieces of celery. I was hungry so I ate it, but I wasn't happy and even though my travel mates didn't say anything, try to imagine riding in a tightly packed minivan for 2 hours with the windows up sharing space with somebody who just ate an onion omelet. Whew! We arrived at the Woosley's after dark and once again it was Jane to the rescue. As we were cruising the place looking for the right home, out of the corner of my eye I spotted a bizarre looking figure waving his arms frantically. It turned out to be Steve, half of our amiable hosts. They were glad to see us...even Dan. We stayed up chatting and deciding who was going to sleep where. They had a queen sized fold out couch and a 2nd bedroom with a regular sized bed. Once again Colleen got the princess suite while Dan and I had to share the queen sized bed in the living room. There were more than a few warnings about making sure each of us kept our hands to ourselves.

Day 3,4,5,6, & 7: I lumped these all together because each day was essentially the same; that is to say, terrific! Last year we discovered that the weather forecasts must have been made by the Florida Dept. of Tourism. It was chilly and rained or drizzled nearly every day. We were always encouraged by the forecast of 20% chance of rain each day until we figured out that in Florida speak that means 120% chance of rain. Apparently it's a southern custom to omit the first number. This year the weather was perfect. Every day was bright sunshine with temps in the mid to upper 70s, low humidity, and virtually no wind. Sure it was tough, but the 3 of us seemed to adapt fairly well. Steve had beautiful routes mapped out for us. Smooth as glass secondary roads with very little traffic that ambled past orange groves and bright blue water lakes. We were all surprised to learn that Florida has Subways. Naturally, we all flocked there for lunches. Steve knew that we were couch spuds from the great white north so he planned shortish rides at the beginning of the week culminating with a 52 miler on Friday.

WANT ADS

Writers

We obviously need more - and better - writers for this publication. Members can submit any article on just about any topic related to cycling and we'll probably run it. If you want help finding a topic or help in finishing it, just ask. Send your stories of around 500 words in a MS Word format to Larry Best: bikespokin@gmail.com. He'll take it from there. Deadline for articles is the third Thursday of the month preceding our club meeting month (April 21, June 16, August 18, and October 20). Any questions, contact Larry - he's the Editor.

Photographers

All season long, at every event - rides, meetings, parties or other get-togethers - we want members taking photos and sending them to Gary Porter to be placed in a new feature we're putting together for the website. Try to limit your photos to around 1 Mb or 1,000 Kilobytes, whichever comes first. When you send them be sure to tell Gary what event they belong to so he can digest them properly.

Ride Leaders

We will have many more new members joining soon and we'll need some fresh legs to lead rides. The Ride Committee is working on a new Ride Leader Seminar for Saturday, April 9 and that will be a perfect time and place to get ideas for rides, how to get it scheduled on the calendar, and what all - or little - is needed to be a good ride leader. Also a good refresher for all you experienced leaders and so you can meet and help out those who want to help. Our club is only as good as the rides we have and the more varied the rides, the more interesting it becomes for everyone. Let Bob Burkhardt know you are interested and he'll take it from there.

Dan and Larry Adventure

Continued

Day 8: came way too soon. We said thanks and goodbye to Steve & Sandy, who actually thanked US for coming to see them. They told us they had a great time. (Sometimes I think these people are not quite right) To be fair though, we did try to repair most of the things we trashed when we were there. Except for Colleen. She had her own room so we couldn't be responsible for any damage she might have caused. We were on the road by 8:00am, this time listening to Jane's directions verbatim. No exceptions. Yes Ma'am Jane sir...err..Ma'am, umm, Your Highness. We stayed overnight in Chattanooga but failed to hear any choo choo. All of us were hungry except Jane. That chick has no social skills, period. She's worse than Ed Stewart if you can believe that. Going to several restaurants, we quickly discovered that all of them had a wait time from 30 min. to over an hour to get a table. Finally one of us got smart (Colleen was the only one that had any chance of this) and suggested that we eat at the bar. Luckily there was no waiting there, so we had a descent meal and retired to the motel. Well, sort of. Dan had a problem finding his way into the restaurant parking lot, and then had trouble finding his way out. So, back to the motel it was. Almost. Seems Dan turned into a nearby Appleby's Restaurant by mistake. After about a half hour we got him straightened around. Oh yeah! By the way, the princess, err, Colleen slept in the luxury suite yet again.

Day 9: This was the hardest day. Travelling north the skies became gray, a few raindrops splattered the windshield, the temperature got significantly colder, and the 3 of us watched as the trees went from beautiful brilliant, leafed out green, to buds, and then the dead sticks typical of our winters. It was mostly quiet in the car. The three of us had run out of lies to tell each other. Colleen and I spent most of the time reading and Dan didn't say much because he was hoarse from telling us to behave ourselves. Rain started in earnest around Cincinnati, and then turned to freezing rain at Mansfield, and snow shortly thereafter. Interstate 71 was more than a little slippery. We turned north at West Salem on SR301, which was in perfect shape. The road crews had done a wonderful job there. It was clear sailing to Colleen's house. We all said goodbye there and with fingers crossed behind our backs told each other how much we'd enjoyed each others company. But seriously, it was an EXCELLENT ADVENTURE. I was fortunate to have shared it with the best friends and riding partners that anyone could ask for. I'm grateful I had the chance.

Will there be an EXCELLENT ADVENTURE IV? Dunno, but I wouldn't bet against it.

COLD WEATHER RIDING TIPS

Larry Best

Yeah, yeah...I know. Most of you say, "I'm not riding if the temperature goes below 45-50 degrees. You're missing a lot. I'll admit it; I'm one of the cyclists that ride all year. Believe it or not (and I suspect most of you won't) you can stay very comfortable at temps of 25 degrees. As a former commuter I learned how to dress. I could ride my 18 mile one way commute at 5:00am with temps in the 20s and be sweating by the time I got to work. The parts that are the hardest for me to keep warm are my fingers, ears, and toes.

Here's what I wear when it's cold:

First off, it's not a good idea to wear too much. If you do you'll be really uncomfortable. If you're just standing around you should be chilly. Once your "motor" warms up you'll be fine. The parts that get cold, at least on me, are the extremities. Fingers, toes & ears hurt when they get too cold. A good pair of gloves is essential, as are socks. Smart wool socks are very good and "dumb" wool is just as good. You won't want really thick ones. If they make your shoes too tight it'll cut off circulation & your tootsies will freeze off. When it's around 40 F or less I won't go out without a balaclava (ski mask). For me, the neoprene balaclavas are waayyyy to hot. There are two made from Cool Max polyester that I wear regularly one is light weight and the other is a medium thickness. When buying one be sure to get one you can breathe through. There will be times when you might want to pull it up over your nose. It doesn't have to have an opening for your mouth. Mine doesn't. I just breathe right through the fabric. When buying winter wear you'll probably want it to be wind proof, or at least wind resistant (except for the balaclava). A good way to test clothing for wind resistance is to hold it up to your mouth and try to breathe through it. If you can't, that's good.

I used to commute 36 mi/day all year 'round. I'm also a cheap-skate, so I don't go nuts buying things from Assos, etc. I wear Performance Triflex windproof/waterproof tights for really cold days with no long johns or other base layer. IME these are too hot to wear above ~ 40 F. Other tights are all right above that. On top I wear a pullover from Sahalie made from Polartec. They call it "butterfleece." No pockets, but they are very warm & zip up into a nice turtle neck. I wear no base layer with that unless the temp goes into the low 20s. Over the jersey, I wear a Performance unlined, windproof jacket with Illuminite. I bought a pair of gloves from Sierra Trading Post. They're the warmest I've ever had...Primaloft insulation, with 2 pair of removable liners. If goes into the low 20s, I have a pair of Gortex mittens that I wear. I wear smart wool knee length knee socks, and below 30* I wear Performance neoprene booties. Glasses with at least 2 sets of interchangeable lenses are a must. Dark lenses are great for sunny days. Yellow or orange lenses increase contrast, brighten, and increase vision on cloudy, dreary days.



Survey Says... What?

The highly paid and technical staff at Rollin' would like to offer a survey in each issue. That is, assuming we can figure out what to ask. Here is our first attempt to tap into the cumulative knowledge of our members, or at least those read this far into the newsletter and actually will click on the clicky thing.

Our first survey has to do with frame materials. Here is the link, which will take you to where we do all our monkeying around, called SurveyMonkey.com. We'll let you know the results in the next issue of Rollin' and ask you another set of questions, equally earth-shattering.

<http://www.surveymonkey.com/s/HG2KPPQ>

How's the Dog Doin'?

Silver Wheels' primary fundraiser and high point of the season is the annual Dog Days Wine Tour, also referred to as just "The Dog". So what's up with "The Dog" this year?

A few things have changed: first the **date**. This year we are offering the invitational much earlier than before, on **Saturday, July 30**. We felt we had a lot of competition with the MS150, which ran at the same time, it seemed no matter when we tried to modify our date in August. So, we switched to July. How much difference that makes is yet to be proved. No matter which weekend we go with during the summer, we'll run up against some other event.

The second change is an addition. This year we are trying a **Double Dog Dare** - a double metric century of 125 miles. This is an extra long route that we hope will appeal to a new level of rider we have not reached ever before. There are some implications to this of course - this will add to our time on duty, add a little to our time for marking, and add one new winery.

The third change is that **all participants get a meal**. This adds to the cost for them, by \$10, but also reduces a lot of confusion and potential conflict during registration. It also adds to our food preparation concerns. Instead of preparing 150 meals we may be making 300 to 400 meals. But we also make a little more revenue.

A fourth change is that we have **five routes** this year - 30, 40, 65, 90 and the 125 DDD. This makes our route marking all the more important. We'll also need to find a fifth color to use and easily identify.

So, **what does all this mean?** It means we'll need all the more help from our members. We've had pretty good assistance in the past - last year had around 45 volunteers helping out - more than one-fourth of the membership. This year we can use even more help. We need all members to figure out a way to help. **If you want to help, just contact Ed Stewart at emsbiker514@gmail.com. We'll find a job for ya.**



Notes from the Historian: Joel Edmonds

What do the following have in common: a derailleur gear, an aluminum frame, the free-wheel, disc wheels, anatomical saddles, clip-less pedals, suspension, folding bikes? Answer: they were all ideas that originated in the late 1800s.

What do the following have in common: a derailleur gear, an aluminum frame, the freewheel, disc wheels, anatomical saddles, clipless pedals, suspension, folding bikes? Answer: they were all either broken, poorly maintained, misaligned, or improperly installed, by a Silver Wheels member.