



# Rollin'



*News letter of the Silver Wheels Cycling Club*

*December, 2011*



## **EDITOR'S COLUMN** **Larry Best**

**So there I was, minding my own business as usual, when all of a sudden I** realize it's nearly Christmas. WOW! I gotta get shopping. But before I do I want to wish everybody a very Merry Christmas from the entire staff at "Rollin'." The entire staff, by the way, = me.

### **In other matters:**

Folks...I need your help...no kiddin'. I've been asking 1, 2, 3, and 4 star riders to contribute something to Rollin'. I got something from Dan Roob a couple of months ago and a very nice piece from Betsy Nestor which appears in this issue. As far as I can remember there's been little, if anything, else. Here's my mission. I want to serve the membership of Silver Wheels. The problem is I have trouble doing that alone when everything in the entire newsletter comes from me. As much as I try to include every angle and to publish articles which will interest all members, everything comes from me. I've got biases and so do you. Here's yet another plea to send your stories, opinions, experiences, technical articles, rotten tomatoes, or whatever is on your mind to me so I can include them in Rollin'. This is not my

newsletter. It doesn't belong to any club officer(s). It's yours.

Take a look at our new **Classified Ads** section. Many of us have large parts bins full of bike stuff that we're (ahem) sure we're going to use someday. Yeah...right! 😊 Here's your chance to sell some of it. Is there something you need? Send the info to me and it'll get in Rollin'. As you can see in this month's column we can also include pictures. Sorry, noises and smells are not yet possible.

Looking for me? I'll be out of action on the cycling scene for awhile. I have a saddle sore that has to heal completely before I can ride again. That might be a month, maybe two months, maybe longer. But never fear, I'll be around, attending club functions, talking, dreaming, and being grumpy about not riding.



## 14<sup>th</sup> Annual Banquet Was Full of Attaboys and Attagirls

By Ed Stewart

The Fourteenth Annual silver Wheels Banquet was held on Thursday, December 1, 2011 at Tom's Country Place in Avon. The purpose of the event is to eat as much as we can put on our plates. The other purpose we get together at the end of the season is to recognize the cycling accomplishments among members – and there are always many.

Starting from the top, our most prestigious award goes to the member who has shown outstanding service to the club in many ways, through involvement and leadership. The award is selected by the previous recipients, each of whom nominate people they believe are worthy. There were many nominated as you might guess. That list is then filtered down through consecutive voting until we get one person who stands out from the crowd. This year's **Silver Wheeler** is our treasurer, **Kathy Yourkiewicz**. Her award is an embroidered jacket that she has been wearing all over town already.

Another prestigious award goes to the ride leader who was voted on by the Ride Committee. To earn this recognition the leader is one who makes rides pleasurable and is willing to the "extra mile" so to speak to create interesting and fun rides. This year's **Ride Leader of the Year is Dan Roob**.

Each year we also select a newer member who stands out from others by becoming very active in the club and helping out whenever and wherever needed. We go back 18 months each year so a wide span of newer members can be eligible. From a list provided by the Membership Committee of all those eligible (around 110 this year) the board of directors nominates likely candidates and these are then whittled down to one outstanding Rookie. This

year's **Rookie of the Year is Karen Paulsen**, our merchandise coordinator.

Of the unique awards each year we also select someone who showed gusto and strength in the face of adversity. This year's awardees had a great fall and it took most of the king's men to put her back together again. The awardee is selected by the previous year's recipient (Larry Best). This year's **Tough Old Bird** award went to **Marilyn Torres**.

The Ride Committee, chaired by Bob Burkhardt, has a huge part of the ceremony because most of our awards are related to rides. The first group to be recognized was the members who completed their first century ride (100 miles) with the club. This **Century Club** group includes: **Robin Cohen, David Hershiser, Emily Townsend, Ron Townsend, David Weber, and Ben Zagorski**.

The Ride Committee also recognizes the efforts of ride leaders when they attain levels of accomplishment.

**Master Level - 30 rides led (new this year): David Hershiser and Joel Edmonds**

**Master Level -30 rides led – Repeat: Larry Best, Dan Roob, Bob Burkhardt, Bob Gazer**

**Level I –15 rides led: Tia Andrako, Hank Baum, Dennis German, Ed Stewart, and Steve Woosley**

And the committee recognizes members who have completed many rides during the season:

**25 or more rides: Tia Andrako, Tom Andrako, Robin Cohen, Cindi Conrad, Joe Etzler, Dennis German, LaDean Hutter, Dan Maddock, Tina Maddock, Betsy Nestor, Steve Osmialowski, Lynette Paine, Karen Paulsen, Pat Perkins, David Rauschenbach, Evelyn**

**Roob, Gary Schmitt, Ed Stewart, Marilyn Torres, Rick Wells, Sandy Woosley, Kathy Yourkiewicz**

**50 or more rides: Bob Burkhardt, Bob Gazer, Ed Rowe, Mikki Sobczak, Ron Townsend**

**75 or more rides: Larry Best, Joel Edmonds, Sandy Edmonds, Dave Hershiser, Emily Townsend, Eva Weber, Tom Weber, Steve Woosley,**

**100 or more rides: Dan Roob (!)**

**Members with the most miles: Top male rider – Dan Roob; Top Female Rider – Emily Townsend**

Altogether the club amassed about 90,000 miles this year.

## **What's In YOUR Bag?**

**By Betsy Nestor**



What's in Your Wallet? Or should that be bike trunk?

After being put on a "do not ride your bike for the rest of the year" order by my Dr. I thought it would be a good time to clean out my bike trunk. I have always told Steve "The Oz", my ride buddy, that if there was a contest for the most junk I bet I would win. Here is what I discovered:

1. Gloves (an extra in case I grow a second set of hands?)

2. Sweatband (x2)
3. Kleenex (2 packs. One must be for my nose and the other for my butt. I didn't know my body parts could distinguish the difference)
4. Cable & lock
5. Chap Stick (not so much for the sun drying out my lips, but because I talk too much)
6. Pepper spray (I hang it on my handlebars when riding)
7. 3 pairs of glasses (1 tinted for the sun, 1 for reading the fine print, and 1 clear Winchester for shooting the S\*\*\*)
8. Sunscreen
9. 2 band aids (Steve has 2 on his bike so we figure we are covered for 2 elbows and 2 knees)
10. Alcohol pads (for minor boo-boo's, not to drink)
11. Eye drops (they didn't make my vision any clearer. I still hit a few trees)
12. Off pads (You really need a fire extinguisher full when riding at Rocky River in the evening)
13. Gum
14. Advil
15. Potassium tabs (takes up less room than a jar of pickle juice, but doesn't work as quickly)
16. Trail mix (expiration date rubbed off so I guess they are good indefinitely)
17. Benadryl tabs (looking out for the other guy in case a bee should hit)
18. Electrical tape (I'm hoping someday my bike will look like Gazer's but I haven't used it yet)
19. Comb (don't know why I even carry that)
20. 1 bobby pin (I don't even know where it came from! Maybe a friend of the comb?)
21. Pepcid tabs (for after I eat the expired trail mix someday)
22. Flashlight (In case of a total eclipse of the sun)
23. Extra red flashing tail light (I did intend on doing the Weds. night bike rides. Thanks Doc.)
24. Finger nail clipper (I'm beginning to wonder if I lead a secret life. A flashlight, a bobby pin, and clippers. Any bank heists when we were riding? Plus I accused my husband of taking it when I couldn't find it in the house!)
25. Ear warmers (doubles as a sweatband giving me 3)

26. Camera tri-pod (now to remember to take my camera)
27. Snap-lite light-stick (see #22 or #23)
28. Reflective vest
29. Rain poncho (Never used. Got soaked before putting it on. What's the point then?)
30. Rain coat (see #29)
31. Shower cap (doesn't even fit my helmet)
32. Paper and pen (Needed it twice and now that I have it, I haven't needed it. Murphy's Law)
33. Small bottle of water (Spare. emergency use only)
34. Wheat seeds (Had to explain 'farm stuff' to a city slicker and they fell off the stems)
35. And the best for last. \$50. I knew I stashed \$15 away for 'parfait stops' etc. but I forgot I had a secret compartment which is no longer a secret)



I do have another bag on my bike that carries all the "tire stuff" and another dollar (WOW \$51) in case you are wondering. For those interested or not, it weighed in at 8 pounds. I wonder what I will amass next year? I could always open the panniers!  
See you then!  
Betsy Nestor

## **NEW YEAR'S DAY RIDE**

### **By Pat Serio**

The next "special" club ride is sooner than you think. Our annual New Year's Day ride will soon be upon us. You don't want to miss it as

we head out from CVS at 1 p.m. on Thursday, January 1. The tradition is that we'll ride at least one mile no matter what the weather. The shortest I recall is 7 miles when one of our new members needed that number of miles for her 50-mile tee shirt. We helped her achieve that goal (begrudgingly, as it was in deep snow and cold wind that we rode in that day; but we felt if it was that important to her, it would be that important to us as well).

**PLEASE** RSVP me so I know how much soup to make and how much dog hair I have to vacuum up.

**Pat Serio:** [midwife@oberlin.net](mailto:midwife@oberlin.net)

## **MOVE OVER!**

### **PAY ATTENTION!**

**By Larry Best**

Several club riders with whom I regularly ride, and an anonymous person who's not a club member have spoken out about **PAYING ATTENTION** and **MOVING OVER** when riding in a group. On a recent ride a group of presumably Silver Wheels riders was riding on the bike path. A rider approaching from the opposite direction was nearly hit head on because the group was taking up the whole path and somebody failed to notice the oncoming rider. The rider in question finally yelled and what could have been a nasty head-on collision was narrowly avoided.

Other Silver Wheels riders have commented on failure to move over when there's a car back. If it's just 2 or 3 of us, and the car has plenty of room to pass safely, I'll move over a little and wave them by. It'd different in a large group. If someone calls, "Car Back" move over to the right and make the line single file. Even if there's room for the car to pass safely it's courteous to take that action if nothing more than to acknowledge the car's presence. Everybody likes to ride side by side and chat, but pay attention. It might save your live someday

## CLASSIFIED ADS

### FOR SALE

Bianchi bicycle-----Boardwalk model-----20.5" (52 cm)



Female-1 owner  
Low mileage  
New Spiderflex Saddle  
New gear shifter

**\$275**

**CONTACT CINDI @ 440-934-6232**

### FOR SALE



Raleigh SC 40 Bike....about 6 years old  
lightly used used on canal bike paths  
26"x1.95 (50x 559) trail tires **\$75**

Avenir (comfort Plus) bike seat  
**\$ 5.00**

One Bontrager Sport Bike (26" x 13/8" ) tire  
NEVER used..... **\$2.00**

**CONTACT GARY SCHMITT [216 701 4283](tel:2167014283)**

**FOR SALE** Two identical Sella Italia Turbomatic black saddles Both are in excellent condition. One has slight scuffing on the nose of the saddle



New price ~ \$100 ea.  
Your price **\$25 ea.**

ALSO

Brand New Shimano Ultegra Front Derailleur  
in box, never mounted. \$20

**CONTACT LARRY @ 440-288-8554**



# LAST PAGE...

Winter Is Upon Us



Merry Christmas



WAIT A MINUTE!



Is that Gazer?