

Rollin'

Newsletter of the Silver Wheels Cycling Club
April, 2012



Editors' Column

Larry Best

Helene Pasquin (going where no
coeditor has gone before)

So there I was, minding my own business as usual, when all of a sudden I looked at the ride calendar and there were actual rides on it. After *"the winter that never was"* so far it looks like *"the spring that was actually summer."* Not that I'm complaining.

The recent, almost unheard of, warm temperatures and sunny days have brought the fair weather riders out of their lairs to take a look around. Liking what they saw they decided to saddle up. If you haven't looked at the ride calendar you might want to take a peek. There are rides for all categories of riders and from short to long distances.

This will be the last edition of Rollin' I do until I return from my ride across our great nation. I'll be flying to San Diego, the start, early in April and won't return for around 50 days or so. In my absence the ~~culpable~~ er....capable Ed Stewart will be sitting in. Be nice. He means well.

Speaking of my trip I'm still in need of donations to the charity for which I'll be riding. It's called Ride For World Health. If you can donate anything at all I would surely appreciate it. To donate go to: <http://rideforworldhealth.org/~r4wh/?q=thriders/bio/124>. Then click on the link with my name. Under my name click on donate to this rider. You can use PayPal or credit cards. Thank you sooo much in advance.

I'll have a blog of some sort so you can follow my misadventures. Dan Roob will be joining us in St. Louis and will ride to Columbus, Oh. He wants to see how I'm keeping up with the rest of the R4WH team who are mostly in their late 20s and don't have an ounce of fat on their bodies. I told him if I wasn't there with the rest of the team to wait four or five days and I might be along.

The club's 15th anniversary will be celebrated on April 14th at Swerve Bicycle Shop in downtown Oberlin. There will be rides, refreshments and music. I couldn't help but notice how Ed made sure I'd be gone before staging this event. Apparently he doesn't like my sax playing.



Happy Anniversary To Us!

2012 is Silver Wheels 15th year and we plan to celebrate it in style. We are inviting all members, old and new, active or not, to come on out on Saturday, April 14 for our all-star event.

First we will have an all-star ride beginning at the CVS parking lot at 11:00 O'clock. Route maps will be available and online for you to choose a distance that appeals to you. We'll have ride leaders too if you want to follow a specific pace.

Then at 1:00 p.m. we all gather at Swerve Bike Shop on Main St. in Oberlin for a more formal celebration. We'll have free sandwiches and sides, soft drinks and a special cake for the event. If you prefer to have something alcoholic you can bring your own bottle.

The membership committee will be labeling each of you with a tag for the year you first joined the club. Then we'll have some "class photos" to show who joined and in what year.

We are working on some entertainment for the event. One member is a bagpiper and she is working on a rendition of the birthday song so we can try to out-noise her with our singing. We are looking for others who play instruments or have other talents... didn't someone take belly-dancing last year? It would be nice to have a multi-instrument "band" playing "A Bicycle Built For Two" or something equally silly. And we will not turn away any story-tellers who have tales from long ago about rides that should never have happened. We've never been partial to the truth so just about anything goes.

This is a time to celebrate our great club and all the wonderful times we've had together. If you are an inactive member or a new member or someone who doesn't ride much anymore, we want you there.

Since we will have some costs directly related to how many people are there we need to know if you plan to attend. Please email Ed Stewart at emsc0514@gmail.com no later than Wednesday, April 11 so we can make adequate plans for all. Additional information may be sent via the newsgroup in the next few weeks.

If the weather is not sure nice that day, we'll still meet at 1 p.m. at Swerve. Be sure to let us know you are coming and then show up.





Ooh La La Nina **By Ed Stewart**



I was going to do an article on the weather based on the Old Farmer's Almanac's predictions, rather than fall into the trap of thinking there is really anything real about global warming. But then I looked up what

The OFA had to say and it said March was going to be full of snow and winter storms. Well, so much for that!

What can we say about the weather? One thing that is fact is that there has been a La Nina effect in the Pacific over the winter and it has impacted all our weather so far this year. It was responsible for the mild winter and even the recent warming we've enjoyed. Will it last? Possibly, but probably not.

We cannot speak of the weather without bringing up the global warming concept. From all apparent sources it appears that our great polluters have had an effect on our planet that are playing some havoc with weather. My own tendency is to believe the smart guys who study this stuff. But global warming is a trend, not a day-to-day threat.

The scientists are saying we may be in for much of the same as last year, and in some ways a little worse even. Already this year we've had a huge number of tornadoes; and the hurricane season is supposed to be more "productive" than before.

Most of that means nothing to bikers of course, unless you want to ride in weather that falls somewhere between 70 and 75, with little chance of rain. If you have a narrow "comfort zone" for cycling, your biking days will be narrow also.

So, I am not going to make any predictions (I can only imagine how red-faced those old farmers are with the errors they predicted for March). But I will say that IF we have a lot of rain again this year and IF we have a lot of very hot days, we all need to do some re-evaluating of our ways. For more rain we need to get more wet gear, like rain jackets and pants. And it will be a good idea to have a dry change of clothes to get into after your ride. Riding in

warm rain is not bad; riding in your car in wet shorts is not pleasant.

For the hot days this summer it is difficult to wear even less clothing than we already do and for most of us we get enough weird stares when we parade by others on the street. So how do we enjoy more of the really hot days? One way is to do shorter rides or rides with more breaks in them. That way, you can let your body return to normal while you enjoy some cool beverages in the shade. Another way to enjoy the heat more is to get smarter about it – know how your body reacts to the stress of heat and learn to deal with it better. Usually that means more hydration and the occasional rest stop.

I'll be offering more tips for fun in the rain and sun in future issues. In the mean time, get out and ride while you can. Take advantage of all this pleasantness. Who knows what La Nina has in store for us and the old farmers?

March Membership Meeting Well Attended

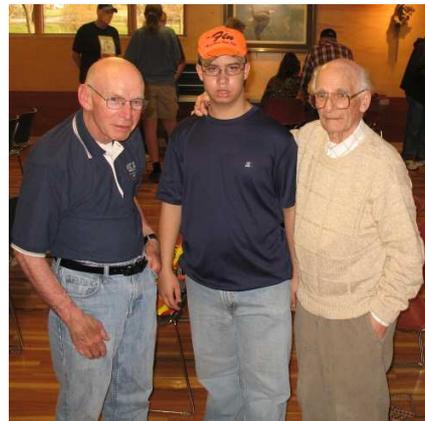
By Ed Stewart

Our first club meeting of the year, held Thursday, March 15 at Carlisle Visitor Center, was well attended by oldies and newbies alike. We estimated about 50 members showed up, with many coming early to meet our newest members who came to learn more about the club's website set up.



Vivian Atkinson is one of many new members introduced that night.

We had about 8 new members introduce themselves – one even joined that evening! We had a special guest visit us, someone who we had not seen in a year or more. Harold Copperman came in with Frank O'Dell. Harold had been one of our long-time members until recently when his vision was taken by macular degeneration. At 89, Harold would still love to ride with us he said, and he may be doing just that, believe it or not. He and Frank are looking into a 2-seater tricycle to use. That would be our first non-tandem 2-seater. Bring it on you guys – we make a ride for you.



Frank O'Dell, Tony Kolofer and Harold Copperman. Our oldest and youngest members.

The program presentation for the evening was by Larry Best, talking about tires, their construction and myths common to the tube. No one threw rotten fruit at him during the presentation so apparently it went okay. Actually, he gave us lots to consider about bikes, and it was not just hot air.

Our next club meeting will be Thursday, May 17, same place and time. Our presenter then will be member Ken Sloane, who has trekked the world on his bike. His topic will be – you guessed it – trekking. But he promises to keep it relevant to the newer rider interested in doing some overnight camping rides. We have begun planning some of these for this summer, at least short one-nighters to nearby parks or campgrounds.

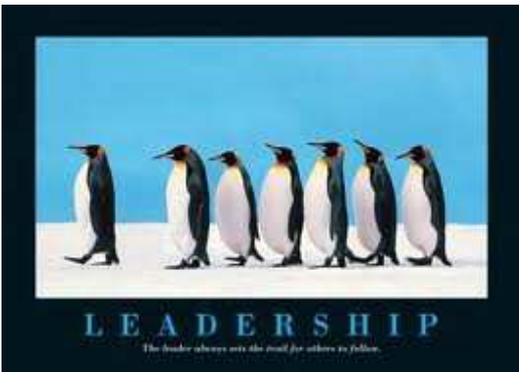


Larry Best and Dan Roob discuss their plans for their upcoming cross country trip to raise money for World Health. Dan will be riding from St. Louis to Columbus; Larry rides San Diego to Delaware.

“QUOTE”

When I go biking, I repeat a mantra of the day's sensations: bright sun, blue sky, warm breeze, blue jay's call, ice melting and so on. This helps me transcend the traffic, ignore the clamorings of work, leave all the mind theaters behind and focus on nature instead. I still must abide by the rules of the road, of biking, of gravity. But I am mentally far away from civilization. The world is breaking someone else's heart. ~Diane Ackerman

GOT A QUOTE? SEND IT IN.



RIDE LEADER SEMINAR
Saturday, March 24, 2012
9:00am
Oberlin Depot, R. Burkhardt

Are you new to the club? Have you thought about leading some rides this year? Would you like to find out what is involved in being a ride leader? Then plan on attending the Silver Wheels Ride Leader Seminar.

It will be held on Saturday, March 24th, from 9 a.m. to 1 p.m. at the Oberlin Depot.

We will touch on such topics as: Why lead a ride; The Responsibilities of a ride leader, before during and after a ride; Characteristics of a good ride; Making a ride more fun; Survey Results; and many other pertinent topics. If you plan to attend or have any questions, please R.S.V.P. to Bob Burkhardt, rburkhardt@roadrunner.com so we know how many to plan for.

HOW TO PREPARE FOR A LONG TOUR by Larry Best



I'm taking a very long tour this summer and I know some other Silver Wheelers have tour plans as well. I'd like to share with you some tips on how to prepare for cycle touring.

Step 1: Get a spaghetti-strainer and several small sponges. Soak the sponges in salt-water and paste them to the inside of the spaghetti-strainer. Place the strainer on your head. Find a busy road. Stand by the side of the road and do deep knee-bends for 8 hours. This will acclimate you to a day's ride.

Step 2: Take some 200-grit sandpaper and rub your rear-end and the insides of your legs for about 20 minutes. Rinse with salt-water. Repeat. Then, sit on a softball for 8 hours. Do this daily for at least 8 days.

Step 3: Each day, take two twenty-dollar bills and tear them into small pieces. Place the pieces on a dinner-plate, douse them with lighter fluid and burn them. Inhale the smoke

(simulating car-fumes). Rub the ashes on your face. Then go to the local motel and ask them for a room.

Step 4: Take a 1-quart plastic bottle. Fill it from the utility sink of a local gas-station (where the mechanics wash their hands). Let the bottle sit in the sun for 2 or 3 hours until it's good and tepid. Seal the bottle up (kinda, sorta) and drag it through a ditch or swamp. Walk to a busy road. Place your spaghetti-strainer on your head and drink the swill-water from the bottle while doing deep knee-bends along the side of the road.

Step 5: Get some of those Dutch wooden-shoes. Coat the bottoms with 90-W gear-oil. Go to the local supermarket (preferably one with tile floors). Put the oil-coated, wooden shoes on your feet and go shopping.

Step 6: Think of a song from the 1980's that you really hated. Buy the CD and play 20 seconds of that song over and over and over for about 6 hours. Do more deep knee-bends

Step 7: Hill training: Do your deep knee-bends for about 4 hours with the salt-soaked spaghetti-strainer on your head, while you drink the warm swill-water and listen to the 80's song over and over (I would recommend "I'm a cowboy/On a STEEL horse I ride!" by Bon Jovi). At the end of 4 hours, climb onto the hood of a friend's car and have him drive like a lunatic down the twistiest road in the area while you hang on for dear life.

Step 8: Humiliation training: Wash your car and wipe it down with a chamois-cloth. Make sure you get a healthy amount of residual soap and road-grit embedded in the chamois. Put the chamois on your body like a loin-cloth, then wrap your thighs and middle-section with cellophane. Make sure it's really snug. Paint yourself from the waist down with black latex paint. Cut an onion in half and rub it into your arm-pits. Put on a brightly colored shirt and your Dutch oil-coated wooden shoes and go shopping at a crowded local mall.

Step 9: Foul weather training: Take everything that's important to you, pack it in a Nylon

cordura bag and place it in the shower. Get in the shower with it. Run the water from hot to cold. Get out and without drying off, go to the local convenience store. Leave the wet, important stuff on the sidewalk. Go inside and buy \$10 worth of Gatorade and Fig Newtons.

Step 10: As Archimedes hypothesized: "Use a simple lever to move the Earth from one place to another". After doing that, go around your house and lift heavy things that you never imagined a person could lift. Surprise yourself. Do 1,000 sit-ups. Then 10,000. Eat lunch. Repeat. Argue with every girlfriend/boyfriend you've ever known and be RIGHT. Solve all the problems of politics, faith and economics. At the end of the day, get into a huge tub filled with hot soapy water and relax, because tomorrow is another BIG DAY ON THE BIKE!

Step 11: Headwinds training: Buy a huge map of the entire country. Spread it in front of you. Have a friend hold a hair-dryer in your face. Stick your feet in taffy and try to pull your knees to your chest while your friend tries to shove you into a ditch or into traffic with his free hand. Every 20 minutes or so, look at the huge map and marvel at the fact that you have gone nowhere after so much hard work and suffering. Fold the map in front of a window-fan set to "High".



**Got something you'd like
to sell?**

Looking for something?

Want to trade something?

This is the place!

**To place your ad send the
information to:**

cycletheus2012@gmail.com

**If you include pictures please try
to send them in MS Word Format**

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 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.

My price \$20 ea.



New price ~ \$100 ea.

Your price **\$20 ea.**

ALSO

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

Blue & white Trek/VW jersey size XL, but runs small.

Worn 3-4 times

Like new \$15

**CONTACT LARRY @ [440-288-8554](tel:4402888554) or
cycletheus2012@gmail.com**

REFERENCES USED FOR THE TIRE PRESENTATION, Larry Best

Optimum tire pressures: Jan Heine, Editor

Jan has been an avid cyclist since his childhood in Germany. Upon emigrating to the United States, he fulfilled his dream of racing bicycles on the road and in cyclocross for 10 years. Today, Jan prefers randonneuring and long-distance riding. He completed Paris-Brest-Paris in 1999, 2003 and [2007](#).

Jan studied geography, geology, and mathematics in Germany and at the University of Texas at Austin, before obtaining his Ph.D. from the University of Washington with support from a NASA fellowship. He then worked as a free-lance writer and translator for a number of magazines and companies, before starting Vintage Bicycle Press in 2002. Jan lives in Seattle, Washington, with his family.

Notes:

This article was reviewed by Frank Berto.

1. At higher pressures, internal losses due to flexing of the casing decrease, but suspension losses due to vibrating and bouncing of the bike increase. See Heine, J. and M. Vande Kamp, 2006: *The Performance of Tires*. BQ Vol. 5, No. 1, p. 1.

2 Berto, F., 2004: *Under Pressure*. Australian Cyclist March/April 2004

3 Heine, J., M. Vande Kamp, A. Wetmore and A. Spence, 2007: *Optimizing Bicycles for Carrying Heavy Loads*. Bicycle Quarterly Vol. 5, No. 3, p. 37.

4 For tires mounted on rims of appropriate width for the tire width.

Source: Frank Berto

http://www.schwalbetires.com/tech_in...ing_resistance

http://www.michelinbicycletire.com/michelin_bicycle/index.cfm?event=airpressure.view

<http://www.vintagebicyclepress.com/images/TireDrop.pdf>

As mentioned above, a narrower tire will have a longer contact patch than a wider one. Therefore, the force component in the direction of travel will be a larger fraction of the total force for the narrower tire. So if the sidewall flex for wide and narrow tires are equal, the wider one will produce lower rolling resistance. That force depends on many factors including tire construction, rubber compound and inflation pressure. There's a good explanation of it here:

<http://www.amazon.com/Bicycling-Scie...3366979&sr=8-1>

It's not precisely correct but close enough, to say that any two tires with the same pressure will have the same size (but not shape) contact patch. And generally, a short, wide patch deflects less, creating less loss from hysteresis than a long, narrow one.

Now, 'same pressure' does matter, but not in the way that has been assumed in some of the posts above.

Highest pressure does not equal lowest rolling resistance, because at too high a pressure, you force the bicycle over road imperfections rather than allowing it the tire to conform around them, and lifting the bicycle requires more energy than bending the tire.

The opposite end of the barbell is that with too low a pressure, too much energy is lost to sidewall flexion (hysteresis.) What's more, there's a necessary relationship between pressure and weight, as a narrow, high-pressure tire can't support a certain load without

risking pinch flats as well as a wider tire at a similar (or even lower) pressure can.

The \$7 Item Every Cyclist Needs

If changing a bike tire makes you sweat more than the workout does, a little plastic tool can change your life. The Crank Brothers Speed Tire Lever makes tire changing the easiest thing you'll do all day. Yes, even if your ride is 50 percent downhill.

Why I have a crush on this tool:

1. It's easy. The tool looks like a joke, but don't let it fool you.



There's a super small spatula-shaped bit of plastic at the end that makes it a cinch to scoop the tire off the rim.

After you scoop that under the bead of the tire, the real magic happens.

2. The telescoping body hooks onto the hub.

This is more revolutionary than you think. Once you have a bit of the tire off the rim, all you need to do is sweep the tool around the tire; the fact that it's anchored on the hub makes the work swift and easy.

It's kind of like sweeping your finger under an envelope flap that's not very sticky—a little pressure just lifts it right up.

3. It's especially chick-friendly.

You don't need to have thumbs of steel to get even tough tires back onto the rim. After you pull the old tube out and replace it, flip the tool over, and this tire lever tucks the tire right back into the rim. OK, sometimes it's not quite that easy and you need to use a little strength, but tires I have to fight with when I use regular tire

levers can be coaxed right back onto the rim by applying firm pressure to this tool.

4. It's cheap!

I've seen it sold for anywhere from \$3 to \$8. The downside to that? It's cheap. But in the four years I've been using them, I've only broken one (not at a critical moment, but others haven't been so lucky).

Oh, and did I mention that it makes tire changing really, really easy? There's that. Buy it now, thank me later.



LAST PAGE

