

Rollin'

News letter of the Silver Wheels Cycling Club

July, 2012



Editor's Column

By Larry Best

So there I was, minding my own business as usual, when all of a sudden somebody says, "Now that you're home you'll have to work on Rollin' again." "Oh yeah...OK, I'll get right on it assuming that I remember how to do it."

In case you've been living under a rock I'll let you know that I've completed one of my lifetime dreams of riding my bike across the U.S.A. I rode with a charity called "*Ride for World Health*." It's a very worthwhile cause. There were 19 of us who started by dipping our rear wheels in the Pacific, and all 19 of us finished by dipping our front wheels in the Atlantic. There's a column and a few pics later in this issue, but I wanted to tell you about the emotions I had at the finish. I was very glad it

was over. It was one helluva physical effort. I was so happy and proud that I had actually finished the entire ride. I was sad that it was over. Despite the huge difference between my age and the other riders I had made some friends that I may never see again. Yet another part of me was so excited I wanted to do it again. Right Away! Am I nuts? Well...have I ever denied that?

On the home front: What's up with Grafton? Maybe somebody put something bad in their Cheerios. They have a new sign up that bans bicycles from riding through the downtown area. More on that later in this issue.

I rode with the club for the first time on Saturday, June 16th. I was pleasantly surprised at the large turnout. It was a great ride, too. Thanks, Joel. And take a look at that calendar will ya? That thing is full to the point of bursting. It's a treat to see our club doing so well. Don't forget that the Dog Days Wine Tour is coming up. More volunteers are still needed. The people to contact if you can volunteer are listed later in this newsletter. Volunteering is not all work. You'll get to meet and chat with cyclists from over most of the north east part of our country. So please volunteer, do a little work, make a contribution, and kick some tires and swap some lies stories with other cyclists.

My thanks to Ed Stewart for filling in for me for the last couple of months, and a **HUGE, HUGE** thank you to all those who sponsored me, donated to *Ride For World Health* in my name, contacted me while I was on the trip, and encouraged me. You made a dream come true for me.

Pres. Ed Stewart sez:

New Club Website to be Premiered at July Club Meeting

At our next Club **Meeting, Thursday, July 19 at Carlisle Visitor Center at 7 p.m.**, Tia and Tom Andrako will unveil the new club website they have been working on over the past few months. While the new site will not go into official usage until after Dog Days (probably around August 1), members who show up will be able to see the new design and new features that are sure to please all.

The new site will have a totally new look to it, while keeping the most important features. The Andrakos have been working to make the new site function more smoothly and logically. There will be some new features as well, including.... Oops, almost let out the secrets. You will just have to show up to see them.

With change comes adjustments of course. The new site will cost the board \$10,000.00 to maintain per year, which means we'll have to raise dues to \$400.00 per member. But it should be well worth it to have a calendar that opens when we want it to.

Okay, maybe we won't raise dues because the new site doesn't really cost anything more than the current one. But it did make you pay more attention didn't it? However, some change will be necessary and that will be explained in some detail during the meeting.

This is also the meeting just two days before Dog Days so we will go over any important details regarding our only club fundraiser during the meeting too. And there will be food and drinks. So mark your calendar and make plans to attend this important meeting.

Dog Days Wine Tour Needs Your Help

Our annual invitational and the club's only fund raiser, Dog Days Wine Tour, is coming up soon: Saturday, July 21. This will be the 6th year for the event and it continues to grow each year.

Registrations so far are ahead of last year's record participation so it looks like we'll have another big one. For those of you who do not know much about Dog Days, here is a brief overview. Riders come from all over the region (Ohio, Pennsylvania, Michigan, New York, West Virginia, Indiana, Virginia) to ride one of five different routes (30, 40, 65, 90, and 125 miles). That long one we call the Double Dog Dare because it is a double metric century. Our guests travel to three different wineries, depending on which route they select, and stop for a rest stop served by our members. Most will sample a small amount of wine, and then ride on to the next stop. We have five different stops (Oberlin Depot and Wellington

Reservation also serve as rest stops) and we staff them with members who prepare food and serve beverages and make sure our guests are having a good time.

After the ride all guests come to the starting location for a cookout. Our members do the cooking and prepare all the rest of the food, including fresh corn on the cob, pasta salad and green salad. Our members do the serving and keep the cookout area tidy also. We have a crew of folks who start the day before 6 a.m. to get everything ready and register people as they arrive. We have a crew that guides folks to parking spaces and others who help with greeting guests and selling merchandise. We also have crews that drive the routes to make sure everyone is okay and safe. In the event of incidents our drivers are prepared to help with ice, water, food, simple repairs, and first aid, if needed. A couple weeks before the event we have paint crews go out and paint all the markers we use to guide people on the five different routes. It takes a least a dozen members at least three hours each to do that. The other pre-event activity is to prepare the site for our guests. We have a crew that goes to the park on the Friday before to do all the set up, hang signs and banners and make sure all is set for early the next day.

Since this year we expect it to be bigger than before, **we need lots of help from our members**. Many of the crews are already set up but we still can use more help. If you want to help your club, contact one of the leaders listed below and we will find a job for you.

Parking: Joel Edmonds
joel.traildude@gmail.com

Registration: LaDean Hutter
lhutter@windstream.net

Food Preparation-Pasta salad: Cindi Conrad
cynthia_conrad@yahoo.com

Food Serving: Cindi Conrad
cynthia_conrad@yahoo.com

Corn Husking: Cindi Conrad
cynthia_conrad@yahoo.com

Corn Cooking: Cindi Conrad
cynthia_conrad@yahoo.com

Grilling: Jim Wiley or Cindi Conrad
cynthia_conrad@yahoo.com

Rest Stop Worker: Gary Schmitt
gary.schmitt@att.net

SAG Driver: Dave Weber
dwbikingman67@gmail.com

Help on Friday, July 20 in the evening:
Ed Stewart emsco514@gmail.com

All members who volunteer to work at the event get a free meal at the cookout. You will be given a ticket by your shift leader and you go to the cookout back at Lions Park after your work is completed.

You, Too, Can “Ride The Dog”

One of our club’s traditions is to have members ride the routes of our dog Days Wine Tour the week before the event. This allows you to experience some of what our guests will enjoy when they come. Since we encourage members to work the event instead of riding on the actual day of the event, this way you can have your dog and ride it too.

We will meet at the LaGrange Community Park on Route 303 about a half mile west of downtown LaGrange (we cannot use Lions Park that day because it is usually booked). The routes for the event will still work because we will be very near the start. There are routes of 30, 40, 65, 90 and 125 miles. These will be posted on the club's map service. If you plan to ride the 90 or 125 mile routes you should plan to leave very early – before 7 a.m. Joel Edmonds will be riding one of those so contact him if you want to ride together. There are no real ride leaders for this event. For the sake of coordination, the 65-mile route will leave around 8 a.m.; the 40 and 30-mile routes will leave around 9 a.m. The wineries do not open until 1 p.m. on Saturdays. So there will be few services available to you. All routes do go through Oberlin and on the bike trail for a ways so you can stop at McDonald's if necessary. Also a cache of food and beverages will be in a cooler at the parking lot at Vermilion Valley Vineyards. This is about the halfway point for most routes other than the 30-mile. Everyone will be responsible for sending their own mileage in to Mikki Sobczak for recording.

Moondogs To Get Lit

Come on out and join the crazy moondogs on Saturday, July 7 for a special event. We will meet at Karen Paulsen's home, 48658 Garfield Road (between Gifford and Baumhart Rds.) and head out around 8 p.m. for our usual night ride. It won't be quite dark then but that's all right. After a short

casual ride of 20 miles or less we return for a bonfire and cookout if you are so inclined. This will actually be the first bonfire ride in the club's history, not counting the time Joel Edmonds went crazy in Lodi. This is a BYO everything. Want a hot dog? Bring it. Want s'mores? Bring'em. Want to drink? Bring it on and plan to share. Karen says the camping light is lit so if you want to stay the night, that's okay too. She'll keep a light on ferya. If you have firewood and cooking spears or anything else you think we might need, just bring it along and we'll find some use for it. Please do let Karen know if you plan to attend so she can warn the neighbors just how many cars will be strewn all over the fields. She can be reached at kjpaulsen73@hotmail.com.

Moondog Tee Shirts Can Be Ordered

By popular demand the bunch of moondogs have shown a desire for a tee shirt that tells the world just how dedicated they are to riding at night. Now you can order a Moondog Riders Tee Shirt for only \$10. These tees are the same wicking fabric as our nice 15th anniversary shirts, so you know what a good deal this is. Colors available white or black only. Order through Karen Paulsen. Orders will be taken now through July 14 at the Ride The Dog ride. Send money to Karen, checks payable to Silver Wheels.

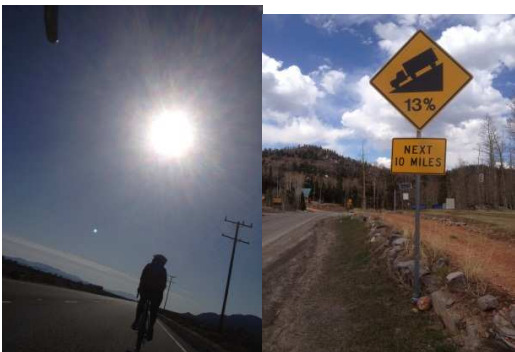


Here are a few pics and some facts from my trip:

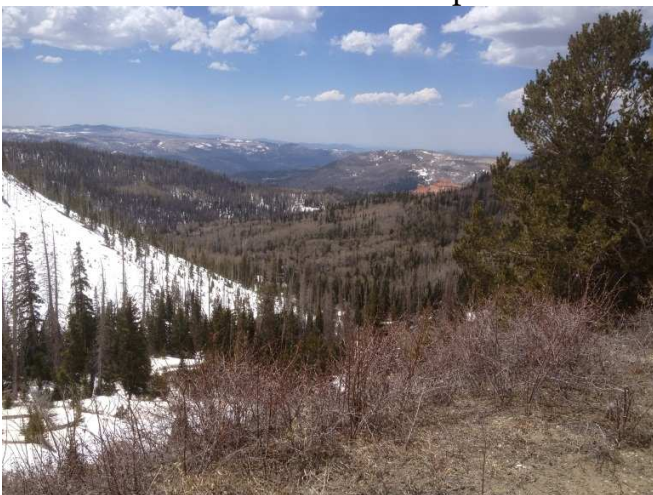
Larry Best



Starting by dipping our rear wheels in the Pacific at San Diego, Ca.



A little desert heat We went up this.



At the top of one of the climbs.



Entering Bryce Capital Reef Nat'l Pk in Utah



Going into Telluride, Co.



Yup! We rode up there. And up here, too.



My personal speed record going down a hill near Telluride.



The highest point we reached. Me?? I'm behind the camera.



Dipping our front wheels in the Atlantic at the end of the trip.

A few facts and opinions about the trip.

It was an unbelievable adventure.

It rained (hard!) the first 2 days of the trip, and we had only two more days of rain for the whole trip.

I had 2 flats on the entire trip & replaced 1 worn rear tire.

Most flats in one day...25. That was on Rte. 66. The worst pavement I've ever

seen. One poor guy got 5 flats on that day. I didn't get any.

Most scenic state: Utah and Colorado tied.

Least scenic state: Missouri.

Favorite city: Jefferson City, Mo.

Least favorite city: Denver.

Hardest climb: Brian Head-10 mi of unrelenting 13% grade. That's just 1% less steep than Mill Hollow.

Lowest point-sea level

Highest point – Monarch pass 11,312 feet.

Most hostile drivers: Nevada by far!

Most hostile cops: Utah we were stopped 6 times & threatened with citations.

Hardest one day ride: Tie - Missouri-80 miles of Mill Hollow hills spaced about a half mile apart, and Athens, Oh to Elkins, W Va. – 97 hilly miles and 98F and humid.

In nearly 3800 miles we were chased by only 1 dog.



LAST PAGE



Beat the heat!