



# Rollin'



## Newsletter of the Silver Wheels Cycling Club, Inc.

**December, 2012**



### Editor's Column

**By Larry Best**

**So there I was, minding my own business as usual when all of a sudden** an idea pops into my head. Is this unusual? Not for me. I've been out of money, out of gas, out of town, but I've never, ever been out of ideas. It's just that some of my ideas really stink. Some of them are good, too. Not bragging, but I'm a creative thinker who frequently likes to think outside the box. But I digress. The idea I had was to create a women's issue for the 2013 March issue. That's women's month in case you didn't know. Men don't get a month. I plan to research articles on women's cycling. That will include technical issues like women's specific bikes, clothing, riding, and so forth. Also interviews with a few of the club's women riders will appear in the March issue.

The Chili Weiner ride on Saturday 11/24 was well attended as usual. There were some riders who braved the 30F and 20 mph + winds. I was one of those who rode 26 miles. I dress appropriately, as I outlined in last month's edition. I stayed perfectly warm for the entire ride. Many members elected not to ride and stayed inside the depot to socialize, play cards, eat, and wait for us intrepid riders to return. It was a good time.

Speaking of cold weather rides, I have some on the calendar and I'll be putting more on the schedule. They'll be mostly on Mondays, Fridays and Saturdays. If the roads are clear and the temperature is 25F or warmer the ride will go. Almost all of them will be at a two star pace depending somewhat on who shows up.

As of now I haven't received any "letters to the editor" submissions and the "want Ads column has also been bare. If you have something to say or something to sell send it to me, along with photos if appropriate, and I'll make sure it gets in the next issue.





## Star Chasing

By Dan Roob

Now that the “good” riding season is over, it might be time to think about cycling goals for next year.

Many club members are satisfied with the speed and distance that they now ride. If that is the case, there are many club rides that fit that desire. Others might want to improve some aspect of their time in the saddle. The most common improvement that most seek is riding speed. It’s very important to realize that when you set out to increase speed, everyone, absolutely everyone, who has ridden with faster riders, knows the feeling of “Uh oh, I think I’m getting dropped.” Just knowing that others have felt the same can help power you through.

Improvement comes from putting in the miles and building better aerobic capacity. Books and articles on interval training are very helpful, but there’s no easy way other than putting in the saddle time or other aerobic activities. Many of us believe that, although other workout regimens are helpful, nothing is better than doing the miles.

Stay tuned for the possibility that Gregg Orłowski plans to put some interval training rides on the calendar. These will be very individualized and will work for any level rider.

The club star chase system is also a great way to build up speed and miles. It really takes the pressure off being dropped. Some club members have taken the next step by hanging on to a faster group for as long as possible and dropping back when they are at their aerobic threshold. It’s very rewarding to see riders lengthen the miles that they can stay with a faster group week after week.

Currently, the star chase concept is only being done in the longer daylight hours on Wednesday evenings. Since that time isn’t convenient for some people, perhaps a weekend ride would be another star chase possibility. Anyone interested in this, please respond directly to me, Dan Roob at [danderob@roadrunner.com](mailto:danderob@roadrunner.com), with suggestions on starting time and weekend day desired. We would also need ride leaders for each star speed. There is no rush for the response, since we’ll have a long winter to get our plans together. The most likely time to start the weekend star chase will probably be early April. One possibility might be to alternate between Saturday and Sunday, so everyone would have a chance to join in.

## Hiking

By Joel Edmonds

Anyone interested in hiking this winter with fellow Silver wheelers should contact Joel Edmonds at:

**lostonthetrail@gmail.com**

Last winter we had several hikes of varying degrees of difficulty. As easy as 3+ flat miles on bridle paths & all-purpose trails up to 6+ miles on hilly narrow winding trails. We have visited the Rocky River Metroparks area, Cuyahoga Valley, Vermillion Valley, Punderson State Park, most of the Lorain County Metroparks, and hopefully this year we will try somewhere we have never been. All are welcome and anyone can lead a hike or suggest a destination.

These hikes will not be emailed to the newsgroup or put on the ride schedule. If you wish to be on the hiking Email list please Email Joel Edmonds at **lostonthetrail@gmail.com**



## Annual Club Banquet

Don't forget to attend the annual banquet which will be held at Tom's Country Place on Stoney Ridge Rd. in Avon. The year-end event will be on Thursday, December 6<sup>th</sup>.



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