

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

February, 2013



#### **Editor's Column**

By Larry Best, editor

Helene Pasquin, asst editor

So there I was, minding my own business as usual when all of a sudden the phone rang. It was my doc telling me that my knee replacement surgery, scheduled for Feb. 12<sup>th</sup> had been moved up to Jan. 29<sup>th</sup>. I said, "Holy #%\$!" I'd better get to work on Rollin' before that happens.

I'm a little grumpy because I haven't ridden in a week. I was hoping for a winter like last year but Mom Nature apparently has other ideas.



Oh well,

there's always the trainer in the basement  $\bigcirc$  or

the gym. I'll probably take some spinning classes at the gym. If you're not a maniac like Rick Wells, Ed Stewart, and me, what do you do in the winter besides hike and ski? Write in and tell me. There will be a prize of a pat on the back from me for the most original answer.

Later in this issue is a great article on indoor cycling by Bicycle Bill's in Vermilion, Ohio. There's a plethora of information on the subject. Make sure to read through it. It will make your indoor training easier to bear.

As I'm writing this the leadership summit is beginning. Friday night, Saturday, and Sunday they will be discussing plans for the coming year. The club budget plans for improvement in all areas, membership committee, how to get more people out to ride, and whether or not we refer Bob Gazer to the nice folks on the TV

show "What Not To Wear." There will be a report on what happened at the meeting as well as what changes, if any, will be made to SWCC in the March edition.

Next month's issue will be a special edition. March is women's month and Rollin' will be dedicated to that. I plan to interview several women club members, one from each ride level and maybe a couple of club leadership type people, for their take on cycling. I want to know what it's like being a minority in cycling, what started them in the sport, what they'd like to see changed or continued, and why they're still planning to be club members given that I will still be in the club in 2013. Some things just can't be explained I guess.

## Letters To The Editor Life Is Not A Race

By Steve Woosley

When you ride so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry on your way
It is like an unopened gift....

Life is not a race. Do take it slower

Hear the music

Before the song is over.

Thrown away...



Don't forget Valentine's Day on the 14th.





#### Indoor Riding An Article by Bicycle Bill's

If you've got a bike and you've got an indoor trainer or some kind of exercise bike you can ride all year, right? Many people don't find it so easy. The problem isn't physical, it's motivational. On the trainer you don't get to enjoy scenery, you don't have the distraction of changing terrain, and friendly conversation with other cyclists.

Never fear. We're here to help with our best motivation ideas, tricks and distractions to ensure that you enjoy your indoor training, get the most you can out of it and end up having the best season ever because of it! Let's get started...



Get on the bike Don't let excuses keep you off the bike. Many riders moan about not being able to really ride on their trainer, to go for more

than an hour or to get a good workout. We can tell you from long experience that you can do as much intensity and/or volume as you would outdoors just so long as long as you don't convince yourself otherwise ahead of time. And indoor rides like this are quality rides that'll get you fit and make you feel great. All it takes is believing in them and committing to them.

In fact, you might even find, as we do, that it's a lot easier to ride the nowhere bike because all you need is a pair of shorts and your shoes, as opposed to outdoor rides where dressing for nasty weather takes seemingly forever.

**Prepare your body.** Make sure you're well-hydrated and have enough blood sugar to make it through your planned workout. If you start the ride shortly after you wake up, make sure to drink and eat a little extra to make up for the deficit you've incurred while sleeping.

**TIP:** No matter what time you start your indoor ride, if you drink either coffee or tea, you can pump up your excitement about the ride by having some, so this is the time to do it. The perky liquids will get you psyched to push the pedals and also enhance fat burning metabolism on longer

rides.

Have a goal and get excited about it. Having a set route or workout plan motivates you for outdoor rides. The same goes for indoor sessions.

Usually the best indoor goals are based on measurements of riding output, such as a given speed or perceived effort, or heart-rate zone, a set amount of time, or even a calorie

target. These all provide an excellent reason to keep pedaling. Any measurement can work, as long as it interests and motivates you. Find the one that's best for you.

Track your progress with training tools and a training diary. We find that it's helpful and important to be able to track workouts, which allows determining what's working and helps in planning the right indoor rides to achieve your goals. Whether you're using a cyclo-computer with a speedometer, heart-rate monitor, or best of all, a wattage display, regularly monitoring your progress with it and writing down your workouts and stats in a training diary provides a record of what you've accomplished so far, gives you a way to look back and see what worked and what didn't, and provides one of the best reasons to keep riding. Another great benefit of training tools like this is that they make it easy to break trainer sessions into smaller, more manageable intervals because you can so accurately quantify the intensity levels and time spent in each zone. Being able to focus like this ensures you get the most out of your rides and don't simply spin and sweat.



### Stay on the bike

Trainer time is TV time!
Watching TV is one of the best ways to make trainer time pass fast. And, we're not talking boring old ad-riddled network TV, though that can have its uses (ride

intensely during the show hard then rest during the ad/repeat). No, we use trainer time to catch up on all those favorites in our TiVo Season's Pass or cycling events caught on our DVR (digital video recorder). You could do the same with your VCR, remember those? These devices ensure that we always have a backlog of programs that we're looking forward to watching and lets us zap the commercials for

non-stop entertainment, letting us watch the shows in less time, too. Plus, it's great to be able to do two things we love at the same time: go for a ride **and** watch our favorite shows.

Don't have a way to record? Watch movies or cycling DVDs instead. There are also special indoor-training DVDs for excellent, short, intense workouts. And, 2- to 4-hour sporting events like the Tour de France or NBA games are a great choice for any type of workout. Before you know it, you've put in a good quality ride that'll make you proud.

**TIP:** One of the tricks of long indoor training rides is variety. We watch different types of shows that correspond to the workout we have planned (for example, sitcoms for easier rides, action films for harder rides), and use commercials or lulls in the action as breaks to get out of the saddle and stand a while, or to spin easy and read for a bit.

Reading works, too!

This might surprise you but books and magazines are great distractions, too. You can prop them on your



handlebars or hold them (photo) and unlike a movie or show that might slow or break for commercials, books will continue to engage you for as long as you want to ride (unless you're a speed reader). Consider starting with some pulp fiction. The light plots are engrossing and won't become too confusing if you miss a word or two due to your exertions. The limitation of reading is that it's hard to do while putting in a hard effort.

**Try tunes, too.** Cranking to your favorite tunes can be a great break from TV or reading. And, up-tempo beats are just the thing to



make you maintain your cadence and intensity.

Put a towel over the handlebars, which not only keeps sweat off the bike and floor, and keeps our hands dry, too, it also forms a simple pouch (photo) for holding a water bottle or a TV remote. The towel will also protect your bike from sweat dripping onto the top tube or worse, into your headset. Sweat is very caustic and will cause rust, ruining your expensive headset bearings much faster than riding on salt encrusted pavement all winter. Putting a rubber mat, like a Yoga mat beneath your trainer will quiet it down a lot. This might be especially helpful for apartment dwellers. Yoga mats are available from K Mart, Target, Dick's, etc. and are inexpensive.

#### Cool it!

If you've never ridden inside or taken a spin class you might not be aware of how much sweat your body can produce. A box fan or a fan mounted on a tall pedestal can help. Aim it at yourself for some sweet relief. Speaking of sweat, when you ride inside it gives you a good look at how much you perspire when riding,

Guess what? You produce the same amount when riding outside, but it goes unnoticed because you're riding through the air which helps it to evaporate. That's why it's important to hydrate. Those fluids must be replaced or you'll become exhausted or possibly ill in a fairly short time. Even if you ride in the winter the need for water is vital. I agree you should never drink and drive but please... drink and ride. Drink...a lot!



#### **Upcoming Rides And Events**

Ed Stewart and I have rides on the calendar during the winter months. Ed's rides leave at 10:00 AM on Tuesdays and Thursdays from either the trailhead of the bike path in Elyria or Willow Park in Grafton.

My rides leave at 9:30 AM on Monday, Friday, and Saturdays from either Amherst Township Park or CVS in Oberlin. The criteria for my rides are 25+ F and clear roads. If those two conditions are met the ride is on.

Check the calendar for more information on starting time and locations or contact Ed or me for details. \*\*Please note that my rides will be cancelled from January 29<sup>th</sup> through most of March due to my knee surgery.\*\*

Winter rides are slower than summer road burners. Ed generally rides at a 2\*\* pace and my rides are 2\*\*+ and 3\*\*\*-. The pace can be varied depending on who shows up. The speed is generally dictated by the slowest rider, but please looks at the posted speeds for different ride levels and don't get in over your head. If everyone there wants to ride at 14 mph but, all you can do is 11 it makes for an unpleasant ride for everybody.



SWCC has a ride/picnic event called The Chilly Weiner. No date has been set for that yet but it's usually held in late March or early April.

The Lorain Wheelmen Bicycle Club has a ride called "Freeze Your Buns" in April. It's free and no services are offered. Google their web site for more information.

Bike week is May 12<sup>th</sup> through the 18<sup>th</sup>. During that week we will have a "Ride of Silence" to honor those cyclists who have been killed while on the bike.

Don't forget to register for GOBA which will be from June 15<sup>th</sup> through June 22.

#### **Classified Ads**

Got any cycling related stuff that you'd like to turn into cash so you can afford that month in the Bahamas that you've been dreaming about? Well boys and girls...this is the place to do it. The ads are free for club members and will run in at least three editions. You can renew them after that if you'd like. We'll print exactly what you send in including photos in either color or black and white. I don't believe I know of a single cyclist that doesn't have something they'd like to sell. Send it in. What do you have to lose?

#### For Sale:

Al Kreitler Rollers ... VERY quiet and smooth

Solid aluminum 4 1/2 inch dia.

Extra belt

Front Fork stay up attachment

\$100

Steve Hill 440 967-0566



# Last Page

Special thanks to Ed Stewart and Dan Roob

