

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

April, 2013



It's spring tune up time

Editor's Column

By Larry Best

So there I was, minding my own business as usual when, all of a sudden the weather came on while I was in the car. Some meteorologist was comparing last March to this March. In March 2012 we had 18 days of 60 + F, one of which was 83 F. This year, March 2013 we had one day of 60 + F. This is a good thing because it proved that I wasn't hallucinating. My wife, Helene, had been vacationing in Australia for the Month of March. She experienced some rugged weather down under. It was mostly 80s and sunny. I picked her up at the airport early this morning amid 30 degree temperatures and heavy snow flurries. It was kind of a shock.

Despite the weather people have been riding. There was a big crowd for the Saturday March

30th ride from CVS. The weather was good, sunny and 50s. The ride calendar is beginning to fill up so dust off your bike and get out there.

Need help with getting your bike in road worthy order? You might want to consider one or more of the classes I'll be teaching in April.

On April 18th **Care and Feeding of Your Bike** which includes close inspection, what to lubricate, and what lubricant to use, and cleaning.

On April 25th I'll teach a new class **called Basic Adjustments**. It will cover basic adjustments of brakes, derailleurs, cables, handlebars, stem, and seat. Take your bike to a shop for a tune up? Why? This stuff is very easy even if a wrench has never touched your hand.

In early May I'll be teaching **Surviving Road Emergencies 101 and 102**. Those dates will be decided shortly. All classes are **STRICTLY** limited to 6 students and they all cost \$2.00 per person. As in years past I'm offering my famous 90 days same as cash. My classes usually fill up within a day or two so if you're interested I'd suggest contacting me right away.

Membership Report

By Eva Weber

Silver Wheels started a new membership year beginning March 1st. We reached a high membership of 312 on February 28, 2013 ... and subsequently we dropped to 260 members as of March 19th due to the folks who did not renew. Some moved away, some lost interest, some are no longer riding, some dropped for health reasons ... and **SOME ARE PROCRASTINATORS** and just haven't gotten around to writing that dues check, filling in a membership renewal form, and mailing it in. If you are in that last category, I hope to hear from you soon!

What does our club look like?

Our average member's age is 59

Our youngest member is 9

Our oldest member is 90

The most populous group is the 50 something's with 78 members

Only 7 of our members are age 19 and under (included in family memberships)

So, now you know a few stats about our current membership. Next month I'll share some stats on where we live.

We have welcomed the following new members since the March edition of Rollin' was published. Hope you'll seek them out on rides and get acquainted.

Newbies:



Sharon David, Middleburg Heights

Mary Ference, Middleburg Heights

Jim Habenicht, North Ridgeville

Bethany Hobbs, Oberlin

Jim Knoble, Wellington

Tom Papish, Strongsville

Rachel Pustulka, Lorain

John & Doreen Turk, Westlake

Deb Wailes, Lorain

Jeff & Diane Wervey, Fairview Park

What I like about Silver Wheels

By Joe Etzler

Everyone has a different idea about why Silver Wheels is a great club. I happen to believe it is because:

We have many good rides both in the area and around the country. Some worthy examples are the winter rides, the covered bridge tour on May 25th and the Three Rivers invitational on May 18th. The Founders day ride and the chili wiener ride are both exceptional rides.

We have some of the most dedicated volunteers you can find in any club. From the president to the board members and the various committee members you will not find a harder working group. The ride leaders that comprise about 10 % of the club membership are the greatest.

Our riders are probably the most highly trained, skilled and thoughtful people you will find in any cycling organization. I agree with some of our most senior members that say it is a pleasure and a privilege to ride with such people.

There is something for everyone in our club. We accommodate all kinds of riders and non-riders. We have outstanding training, bountiful social events, and exceptional relationships with other clubs and the surrounding communities. We advocate for cycling with several local and national organizations.

We do all this because we love cycling and would like to see others benefit from what we have to offer.

I would like to hear from anyone that would like to add any comments or that disagrees with my thinking.

Respectfully

Joe Etzler joetzler@gmail.com
Past President and, as you can tell, a solid supporter of Silver Wheels.

Hey Bike Guru!!

We are all familiar with the advantages of drafting off another rider ahead of you, to have less wind smack you in the face and essentially being able to pedal easier because of how well the rider makes the wind go around you more or less. That works well in a headwind or some winds coming a slight angle. My question is what happens in a tailwind? Is there any benefit of "drafting" with a tailwind? If there is, will the benefit come for the person riding in front or behind?

Good question. The answer is yes, there's definitely a benefit in drafting or riding in a paceline even when going downwind. Here's why. Wind speeds can be quite high, but it's unusual when the wind exceeds 20 mph.

Riding into a 12 mph headwind is a real grunt. It feels like riding through molasses. If you turned around you'd have a 12 mph wind at your back, but it's likely your speed will be more than 12 mph. For example with a 12 mph wind at your back if your speed was 13 mph you'd effectively be going into a 1 mph headwind. You wouldn't even notice it. But if you were going 18 it would be the same as riding into a 6 mph head wind. It's likely you'd feel that. Feeling frisky? Let's go 22 mph. Then you'd have an effective headwind of 10 mph. You'd definitely notice that! It's a fairly substantial workload. So by riding in a paceline and changing places every few minutes the speed could be much faster. Just as riding into the wind, the lead rider is doing at least 25% more work than the rider behind him. That can be done at a fairly fast pace for a short time. When the first rider in line tires he pulls off to the left and the rest of the group comes by on his right. He then becomes the last rider in line and is able to rest (relatively) until it's his turn at the front. A group can always ride faster than an individual rider whether into the wind or with a tailwind.

Send your cycling related questions to; cycletheus2012@gmail.com. They will be referred to club members who are expert in the subject.

SWCC member wins a place in the Lorain Sports Hall of Fame

By
Dan Hornbeek



On March 7, 2013, Mr. Dan Hornbeek was inducted into the Lorain County Wrestling Coaches and Officials Association Hall of Fame. The induction was held at the Lorain County All-Stars meet with the presentation being made by Mr. Ray Anthony, the Rules Interpreter for the State of Ohio and long-time friend.

Mr. Hornbeek was the head wrestling coach at Elyria Catholic High School from 1974 thru 1978. During that time, he had eight wrestlers qualify for the state wrestling tournament in Columbus. Four of the eight qualifiers placed in the top five at Columbus. In 1976, Jim Reighley won the 167 pound championship, becoming Elyria Catholic's first individual state champion. In 1975, Elyria Catholic won their first Wrestling Conference and Sectional titles qualifying all 13 wrestlers for the District tournaments.

Currently Mr. Hornbeek teaches Business classes at Elyria Catholic and Holy Name High Schools. He has stayed involved with wrestling by running tournaments for the last 19 years. He has run the Division One Sectional, Division One and Three Districts, the Catholic Invitational Tournament as well as numerous tournaments held throughout the wrestling season.

Web site News

By Tom Weber

There have been some reports of people unable to see the event/ride detail pop-ups from the Ride Calendar. I know, I was one of them. My browser, (Internet Explorer 8), needed to be upgraded to handle the newer software. With the options of updating my operating system to get an updated browser - pay to do so, update my browser alone – pay to do so, or download a different browser from the web - free, I choose to try the different browser. A suggestion to download Firefox by Mozilla was followed and it seems to work fine. (There are others that probably work as well or better). A link to Mozilla is: <http://www.mozilla.org/en-US/> Click on the “Firefox Free download” to get started.

Questions?

Answers?

Contact me.

I'll try - no guarantees



LAST PAGE

Hot weather will be here before you know it. You might want to plan an efficient way to keep your drinks cool.

