

Rollin'

Newsletter of the Silver Wheels Cycling Club,
September, 2013



Editor's Column

By Larry Best

So there I was, minding my own business as usual when, all of a sudden I realized it was Labor Day and I hadn't completed one word for the September issue of Rollin. So...it's a little late. Sorry 'bout that.

Inside you'll find an article about women's cycling and how the number of women cycling has skyrocketed not just in the States but worldwide. Just a small aside...don't get outta shape guys, or you're likely to get dusted.



The annual Etzler picnic is coming up on Saturday, September 14th. That's where everybody socializes, plays games and sits around eating "health food." There are rides for everybody before the picnic that will include all star levels and various distances. So come one come all. You're welcome to come alone or bring your significant or insignificant other. Kids are welcome too. And **PLEASE** RSVP to Joe by **SEPTEMBER 9TH**. Parties take lots of effort and planning so an RSVP is only good manners. To make it easy to respond, here's Joe's email address: joetzler@gmail.com.



Got a ride you want to go to but it's not on the calendar? If it's not on the calendar it won't count for club miles. Well, don't worry your little head punkin'. It just so happens that the on the calendar, SWCC Ride Committee Chair Bob Burkhardt has an article that will clear up all rumors, lies, exaggerations, hearsay, innuendos, gossip, and things your mother told you that just aren't true.

There's no Bike Guru or Want Ads in this edition because nobody submitted anything. I can only come to the conclusion that everyone in the club knows everything to know about all

things bicycle, and that nobody out there has one single thing they'd like to sell. OK.

ETZLERS ANNUAL PICNIC

By Joe Etzler

The picnic will be held on **Saturday September 14, 2013**. This is a multiple star ride with food and h. It's a great way to meet more of your fellow riders. Just bring your tired and hungry self to this **All American** ride and feast. Barbecued chicken, vegiburgers and dogs along with marguerites will be supplied. Just bring a side dish like a salad, snack, casserole, or desert to share. If you like a special drink, bring that also. All the riders should end up at my house at around 12:00. If you can't ride, just come for the picnic. Here is the schedule:

- * 25 mile ride starts at 9:00 at Willow Park l
- ** ride starts at Willow Park
- *** 28 mile ride starts at 9:30 at Willow Park led by Bob Burkhardt
- **** 45 mile ride starts at 8:30 at Willow Park led by

You can park at Willow or my place both before and after the rides. If you would like a map of the Grafton parks and my house just let me know and I will mail one to you.

Please call or e mail your reservations to Joe at joetzler@gmail.com or 440 926 3309 by **Sept 9th**. *Hope to see you here on Sept.14th*

Joe Etzler

GETTING INVITATIONAL RIDES POSTED ON THE RIDE CALENDAR by Bob Burkhardt

This article is my attempt to clarify the Silver Wheels club procedure for getting non-club invitational rides posted to the club's ride calendar.

Invitational rides are those offered and promoted by another bicycle club or entity (e.g. Medina Ice Cream Odyssey, Hancock Horizontal Hundred); the ride is generally listed in a ride publication (e.g. Ohio Bicycle Events Calendar); the ride may be a one day event or a multi-day event; the ride usually charges a participation fee.

Invitational rides must receive Board approval at a regularly scheduled Board meeting (Board meetings are held the first Thursday of each month) and the meeting must be held at least 72 hours in advance of the start of the ride for the Invitational Ride to be posted to the club ride calendar. Thus a ride being held the Saturday or Sunday after a Board meeting would not meet the 72 hours criteria.

For Invitational Rides to be considered for approval by the Board the following criteria must be met:

- A person or persons championing the event or a designee must present the proposal before the Board
- The proposal must show that five or more club members are committed to participate in the ride or event

The intent of this policy is to allow the Board to do the following:

- Discuss the merits of the proposal in an open forum

- Determine that the Invitational will not adversely affect club events already on the calendar (e.g. Dog Day's Wine Tour ride)

- Keep the club calendar from being overwhelmed with outside rides (after all the primary intent of the club calendar is to promote club rides and functions)

The Board over the years has approved certain Invitational Rides to be placed on the calendar yearly. These include the following: the Lorain Wheelman's AFROST, Roast Your Buns, JJJ, and Red Flannel rides; Pedal Erie County Parks; and the Great Ohio Bicycle Adventure (GOBA). Each year the Board has an open planning meeting in January or February at which time other such rides would be considered for inclusion to this list.

We the Board support and encourage members to attend Invitational Rides. However, we also encourage those members who want to see certain Invitational Rides included on the club's calendar to pre-plan and get your idea before the Board as soon as possible. This gives the general membership a better opportunity to plan to be a part of such adventures (getting time off from work if needed; sending in their registration; getting a motel room if needed, etc.).

Club members who wish to plan club multi-day events or club events outside the state of Ohio only need to submit their proposal to the Ride Committee for consideration. Again we encourage you to plan ahead and to submit your proposal well in advance of the event. It takes time to get the committee together or to even consider proposals via email.

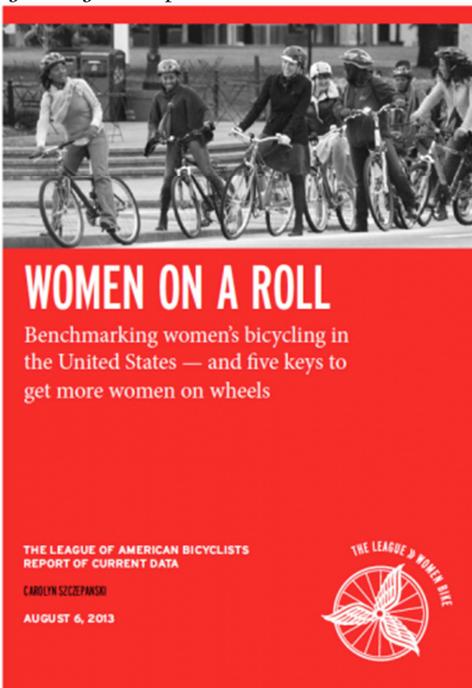
Women's Cycling

U.K. Prime Minister David Cameron announced an investment of almost \$100 million per year to "start a cycling revolution." While I hope we can build that kind of national momentum for the next federal transportation bill, the League's latest report showcases a cycling revolution already afoot here in the United States: the growing power and potential of women bicyclists. With more than 100 data points and inspiring profiles, Women on a Roll is a must-read for bicycle advocates and comes at a key moment. With Congress in recess, your members of Congress are back home, holding town halls and coffee chats. Does your Representative or Senator know that 2/3 of American women -- a powerful voting constituency -- think their community would be a better place to live if biking were safer and more comfortable? Keep reading to download the report and tips for meeting with your member!

NEW REPORT: WOMEN ON A ROLL

Women Bike

by Carolyn Szczepanski



As the summer riding season peaks, the League has released a first-of-its-kind report showcasing a trend seen on streets nationwide: Women are changing the face of bicycling, and bicycling is transforming the lives of women.

"Women on a Roll" -- a product of the League's Women Bike program-- compiles more than 100 original and trusted sources of data to showcase the growth and potential of female bicyclists in the United States. It also suggests five key focus areas -- the 5 Cs -- to increase women's ridership:

Comfort

Convenience

Consumer Products

Confidence

Community

Increasingly, advocacy groups and industry leaders are recognizing the gender gap as a clear -- and critical -- limitation to growing the bike movement and the market. This report puts hard data behind that imperative -- and reveals what's working in getting more women on bikes and where there is clear opportunity to increase female leadership and participation.

According to the report:

82% of women have a favorable opinion of cycling. From 2003 to 2012 the number of women cyclists increased by 20% compared to a .5% decline in men cyclists.

5

Women are the new majority: 60% of bicycle owners aged 17-28 years old are women.

Women accounted for 37% of the bicycle market in 2011, spending \$2.3 billion.

45% of local and state bicycle advocacy organization staff are female.

89% of bike shop owners are male, but 33% of shops are run by a husband/wife team.

Women are still underrepresented in leadership positions, including the boards of national industry and advocacy organizations -- and their membership.

THAT'S RIGHT!



IT'S BACK TO SCHOOL TIME.

Once again it's time to teach some classes on cycling. And remember they're all taught by a friendly, kind, patient, understanding teacher.



HEY KIDS! GUESS WHAT TIME IT IS?



HERE ARE THE CLASSES AND DATES, TIMES AND LOCATIONS

Care and Feeding of your bike

Tuesday evening 9/17 from 6:00pm to 8:00pm

This class includes a near microscopic safety inspection of your bike. What to lube, what kind of lube to use, and what not to lube, what do with your bike if you get caught in a rainstorm, and how to put your bike away for the winter.

ROAD EMERGENCIES 101

Thursday evening 9/19 from 6:00 to 8:30pm

Learn what the most common emergencies are and how to fix them thereby saving yourself a long walk or calling your spouse and asking them to come and get you while they're on the golf course or at book club. This is NOT an I demonstrate while you watch class. This is an I show you how to do it, then you do it without any help from anybody. Trust me...you'll be glad you took this one.

ROAD EMERGENCIES 102

Tuesday evening 9/24 from 6:00pm to 8:00pm

A brief review of the prerequisite 101 class, then taking a look at what else could go wrong and how to deal with it on the road so that you can ride home.

BASIC ADJUSTMENTS

Thursday evening 9/26 from 6:00 to 8:30pm

Derailleur bikes are fussy machines. They like to have their parts adjusted just right and if they're not they'll make funny noises, won't shift right, won't stop well, parts will drag, slowing you down, and basically your bike won't like you at all. You'll learn how and make all the basic adjustments yourself

including brakes, front and rear shifters, handlebars, stem, seat, and truing wheels.

All classes are taught at 174 Georgia Ave in my spacious and well lighted garage. The cost for each class is \$5.00, and yes, I still have my 90 days same as cash deal...

All classes require you to bring your bike and for some you'll need to bring a repair stand. In case you don't have a stand I have a list of club members who do and you can probably borrow theirs. I have 2 stands and they can be borrowed on a first come first served basis.

All classes are strictly limited to 6 students-no exceptions. In past classes over the years they tend to fill up quickly, some the same day they're advertised. So I guess I'm telling you, "You snooze, you lose." Signup for the classes is easy. You can call me at 440-309-6449 or email me at cycletheus2012@gmail.com.

These will be the last classes I teach this year. My next classes will be in late April or May.

I'll look forward to seeing you in class.

Larry Best.



Last Page

Women cyclists are not to be trifled with!

