

*Rollin'***Newsletter of the Silver Wheels Cycling Club,****October, 2013****Editor's Column****By Larry Best****So there I was, minding my own business as usual when, all of a sudden**

I realized that it was time for Dan Roob, Colleen Linn, and Wynn Gerber to start their transcontinental ride. Their ride started in Georgia and will end in San Diego. I've been in touch with them and have also been following their progress on their blog sites. In case you'd like to follow the intrepid trio there are two blog sites you can check. They are:

<http://brendagerber07.travellerspoint.com/>

and:

<http://crosscountrywithdan.blogspot.com/>

Dennis German recently had surgery for a torn meniscus in his knee. He seems to be recovering nicely and I hope to see him riding again soon. Kay Harrison had a total knee replacement a few weeks ago, and I've been having trouble with my "bionic" knee and am forbidden to ride for the next week or so. What is it about knees? Did you ever wonder if God goofed when he made knees? They seem to be a real trouble spot for a lot of athletic activities.

October is my favorite time to ride. The weather is cool, the air smells cleaner, and the foliage turns into amazing hues of color. I just

love the sights and smells. Many of you know that I'm a year 'round rider, but for those who aren't, October may be one of the last chances for you to get out and enjoy your bike, the company of other club riders, and the amazing sights mom nature provides.



How to be a better cyclist,

By Joel Edmonds

There I was sticking my nose in everyone's business when all of the sudden I heard someone ask, "How do I become a better cyclist?" As I listened to the discussion I said to myself "self, you should throw your two cents in" I had only a penny and thought better of it. I did however decide to write a newsletter article about it. So here goes nothing!

There are two things you must do first to be a better cyclist they are first to put an emphasis on safety and secondly on fun. Everything else will naturally follow. If you can put air in your tires and lube the chain you have enough knowledge to ride. You don't have to be a bike mechanic you just need to know where to find one. There is a plethora of bike shops in the area. Once you have mastered that you can focus on the real important parts of cycling. They are as follows but in no particular order. Be courteous when passing, be welcoming to newbies, show patience and understanding when riders bonk or can't figure out how to change a flat. Be willing to interrupt your riding pleasure to gawk at Richard the African Desert Tortoise in Columbia Station, or Sobczak Lake in Boston Township, or Marblehead Lighthouse. Another key component to being a better cyclist is to pretend that you want to stop at lighthouse or Subway for the 3,458time.

Be a friend to your fellow rider, actually caring about them and listening to them, laughing with them or at them, them laughing at you. Cheering them up when they are down. Complaining about politics or the world we live in. Then rejoicing in the world we live in. And be all ways grateful that we are still able to ride.

Let's not overlook perhaps the most valuable riding skill which is being a friend to your fellow rider, actually caring about them and listening to them, laughing with them or at them, them laughing at you. Cheering them up when they are down. Complaining about politics or the world we live in. Then rejoicing in the world we live in. And be all ways grateful that we are still able to ride.



Subway = #1



Halloween ride October 26

By Pat Serio

Silver wheels has lots of traditions, one of which is getting dressed up in even goofier clothes than we usually wear and riding our bikes in the Oberlin Halloween parade this year we will meet at depot at about 9:45 and as a group ride to the parade The parade starts at 10 at Eastwood school on college street. So wear your costume (make sure it's bike safe-- no fair scaring kids with your face all bloody as you kiss the pavement after your costume gets accidentally caught in your gears). We will return briefly to the depot to pick up maps for various length routes. It will be a yoyo ride (no leaders, just maps). You can take off your costume if you want and ride in bike gear then. Somehow we should all end up at the depot around noon-ish for pizza (club supplies) and other goodies that you can drop off before the ride. The depot will be open at 9:30. You can have a cup of coffee then or something to drink after the ride. We might even have a prize for

the best costume, you never know. So start dreaming of how wild you can make your costume!



Ace Hardware

By Eva Weber

In case you haven't seen it yet, Ace Hardware in Oberlin has added a bike service station to the front of their store –see attached photo of some of the Fall Farm Tour riders clustered around the red pole. You can use the pole as a work stand, and it has tire irons, hex wrenches, screwdrivers and a couple of other items cabled inside. There is also a tire pump capable of handling Schrader and presta valves. They are doing a great job showing Oberlin is a “bike friendly” community.



Member Chided For “Chicken Legs”

By Ed Stewart

While doing some research for a book, painfully going through numerous boxes of microfiche tapes, I accidentally came across an article in the Elyria Chronicle Telegram from May 15, 1999 that had the word “Cyclist” in its headline. When I read the article I felt it was humorous enough to include in Rollin' as well. Microfiche copies do not print out so clearly so I have retyped it here; the photo is too poor to copy also.

Cyclist gets a leg up on deriders

Jacquelyn Palfy, Chronicle Telegram,
5.15.99

Calista Flockhart – TV attorney and much-teased waif – is not the only public figure whose legs can stop city officials in their tracks. Before an informal meeting of Oberlin's Planning commission could begin last week, a weighty issue was examined.

Hoping the farmer's market would be granted a conditional use permit, Councilman Ken Sloane attended the meeting in eager anticipation – and wearing shorts. Frank Carlson, vice-chairman of the commission, publicly taunted Sloane for attending the meeting in running shorts and a T-shirt – not because the dress was so casual, but because of Sloane's skinny legs.

No, Carlson didn't ask if those were Sloane's legs or if he was riding on a chicken, but he did point and laugh.

Not missing an egg, er bet, Sloane accused Carlson of being “just jealous.” He said his skinny legs help him pedal his bike faster.

Sloane rides about 4,000 miles annually on his road bike.

But Sloane took the comments in stride – he's used to the joke. “I train with some racers, and they laugh about my skinny legs... until I pass them,” he said.

Membership Continues to Climb

By Eva Weber, Membership Chair

I didn't get my usual article into the September Rollin', so now I'll give you the welcome list of new members who have joined since the August newsletter. We now have a total of 324 members! Hope you have already met some of these new members:

Newbies



Allan & Julie Corral, Wellington

Tony DiVenere, Bay Village

Jack Lekan, North Olmsted

Sue Newcomb, Avon Lake

Bob Piccirilli, Bay Village

Gary Sherck, Moreland Hills (welcome back)

Dale Smith, Avon Lake

Mark & Ginny Steiger, Olmsted Falls

Hiking with Silver wheels

By Joel Edmonds

Each winter many Silver wheelers embark on a season of hiking through the various parks in North East Ohio. Last winter was an exceptionally good winter for exploring the trails and on many occasion a hiker would comment “this view be great in fall” or “we should do this when it is a little warmer” or “I wonder what this looks like with leaves on the trees?” so this year we will start our hikes a little early. Starting our hiking season early may also help hikers gradually work up to the cold winter hikes as many of us are inactive when late fall is too cold to ride while we hikers have been waiting for the snow and frozen ground.

Anyone who wishes to begin the hiking season “lostonthetrail@gmail.com” Our hikes will be labeled easy, moderate, and challenging. Most will be the easy and moderate while the challenging ones may be towards the end of winter or sooner if requested. Last year I led most of the hikes but we also had hikes led by Joe Etzler and Ed Stewart. Naturally Ed got lost a little on his own hike, and of course Joe fed everyone on his hike. I did not feed anyone and never let anyone know when I was lost. If anyone has a favorite hiking spot and wishes to lead a hike they may do so and are encouraged to do so as any new spot or new perspective is greatly appreciated.

Last year we visited the Castalia Quarry, Blue Hen Buttermilk & Brandywine falls, both sets of ledges in Hinckley as well as Ritchies Ledges in the Cuyahoga Valley. We have seen 30 foot icicles in the Vermilion Valley, We watched the blue Herons return to build their nests, and watched as Eagles, Woodpeckers, Owls, and other woodland creatures scurrying about their winter habitat. Sometime we offered back to

back hikes in the same park one moderate 6+ mile hike followed by one easy 4+ mile hike if you do both it could add up to over 10 miles for the day.

Hope to see you on the trails,

Joel Edmonds lostonthetrail@gmail.com



Chili Weiner Ride Coming Up!

Please note the date change:

FROM 11/20 TO 11/23



Yes, you can look like this too. Just come to the **Chili Weiner ride on November 23rd**. See the calendar for more info.

This Month's Recipe

By Ann Houser

Carrot Soufflé'

2 lbs. carrots, peeled and chopped
 1 cup white sugar or less
 2 tsp. baking powder
 1/2 tsp. nutmeg
 2 TBSP white flour
 2 tsp. vanilla extract
 3 to 4 eggs, well beaten
 1/2 cup (one stick) unsalted butter, softened

This dish is easiest made in a food processor.

Steam or boil carrots until soft. Meanwhile, begin preheating oven to 350 degrees. Grease a 2 1/2 quart casserole dish. In a medium bowl, mix together the sugar, baking powder and nutmeg; set aside. When carrots are soft, drain them well and put into the food processor. Add the sugar mixture and the vanilla and Process until smooth. Add flour and process until incorporated. Add butter in chunks and process until butter is melted. Add the beaten eggs and process. Pour into the greased casserole dish and bake, uncovered, for about one hour, depending on the depth of the dish used. A knife inserted in the center should come out clean. Serves about 8 (or less if they are members of Silver Wheels)

Love Those Sweet Spots

Ed Stewart

Sorry, this is not about ice cream or chocolates. Here we are talking about a couple of different types of sweet spots for cyclists.

Sweet Spot #1: The smoothest part of the road.

Have you ever noticed how, when you move around in a lane that some spots are darker than others? The tar has worked its way up through the stone chips, usually where auto tires have ridden the most. And when you ride there you notice a slight difference in how your tire rides over that darkness. That is a sweet spot on the road.

This is a sweet spot because it is a bit smoother than where the stone chips are, and being smoother your tire rolls on it more easily, allowing you to go just a bit faster or easier. Often this spot is about two feet away from the right edge of the road, a good place for you to be riding anyway. And sometimes the spot is closer to the centerline – it's okay to ride there, too, as long as no traffic is coming at you. Other times it may be right in the middle of your lane.

Why is the dark spot a sweet spot? Because you can ride faster there. On your next ride look for a darker spot where the tar has crept up through the stones. See for yourself how much easier it is to ride there.

Sweet Spot #2: The white line

Rarely do I ever condone riding the painted white line that separates the riding lane from the paved shoulder, unless that shoulder is pretty wide. There is another good reason to sometimes ride that line – it is smoother. The heavy paint they use to mark edge lines fill in the nooks and crannies between gravel or stones chips, making that a smoother place to ride. As with the tar dark spot mentioned above, you can ride just a bit faster if you can stay on that white line.

Do not ride that white line if it is less than two feet from the pavement edge however. When you ride too close to the edge you are just asking for trouble when vehicles come to pass you.

Sweet Spot #3: Dead Air Pocket When Drafting

I don't know if 'dead air pocket' is the correct term for this but that is what it seems like. This is the pocket of air behind a cyclist where you ride to avoid the drag of wind. The cyclist forms a pocket of slower moving air behind him. When you ride there you avoid the drag from a headwind. The closer you ride behind that cyclist, the less drag you experience hitting you. We call this drafting.

When you have a straight on headwind, your sweet spot will be directly behind the cyclist in front of you. When the wind comes at a slight to the left, your sweet spot will be slightly to the right behind that cyclist. Likewise when the wind is coming from the right, your sweet spot will be to the left. The farther to the side the wind comes, the more you need to move in the opposite side to find the sweet spot.

In a recent Modular Bike Ed class on group cycling we practiced drafting. It was wonderful to hear a member move in behind me and say out loud, "Oh wow. I can really feel the difference." She found the sweet spot.

WANT ADS!

Dog Days T Shirt

2013 -never worn-size small. Originally \$15 will sell for \$12.

s.ferroni1@gmail.com

Weyless Rollers



Are they used?	Yep.
Do they come with the steps?	Yep.
Is the belt OK?	Yep.
Do they work perfectly?	Yep.
Is there anything wrong with them?	Nope.

\$20 Contact Larry at 440-309-6449 or
Cycletheus2012@gmail.com

Last Page

"Let's make sure them bottles are full before we leave, OK?"

