

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

February, 2014



Editor's Column

By Larry Best

So there I was, minding my own business as usual when, all of a sudden I realized I'd only ridden twice since the banquet. Those of you who know me know that I'm an all year 'round rider. As long as the roads are clear and the temp is at least 20F I'll ride. There haven't been many days like that since deepest, darkest December rolled in. I'm itching to get back in the saddle so I'm taking spinning classes at the gym. I have a trainer, too, but you have to be careful with those. I have it on good authority that for every minute after the first thirty of riding on the trainer your I.Q. drops 10 points. Ah well...nothing to do but wait for more spring like weather.

The annual retreat where club officers, leaders, and some regular shmoe get together to decide what direction the club will take in the

current year, is over. It was well attended and some interesting discussions were held and voted upon. There are reports later in this issue and you can read all about who did what and what was done to them after they did it.

There was at least one survey sent out ahead of the retreat, and part of it was about Rollin'. It asked what you, the membership, wanted to see more of and less of in future issues. The #1 thing you wanted to see more of was ***safety articles**. Going down the list from there came **2. Riding skills, 3. Bike maintenance and mechanics, 4. Interviews with members, 5. Interviews with members, and 6. Humor.**

As editor I will try to comply with your requests, although if you talk to Ed Stewart he'll tell you it's very hard to get me to comply

with most anything. But starting with the March issue I'll try my best.

MILEAGE CHALLENGE

**BY Bob Burkhardt, Ride Committee
Chairman**

For all you mileage minders out there, here's a challenge.

The 2013 National Bike Challenge charged past the finish line last September, uniting nearly 35,000 bicyclists across the country to pedal 18.5 million miles. The friendly competition, for novices and veterans alike, encouraged riders from coast to coast to pedal for fitness, sustainability and fun! The League of American Bicyclists and Kimberly-Clark are looking toward even bigger numbers for 2014. Check out www.nationalbikechallenge.org For more information on how you can get involved.

Annual Board Retreat Very Productive and Well-Attended by Ed Stewart

Two dozen board members and others attended the annual board retreat held recently on Saturday, January 25 at the Grafton Township Hall. This article is a brief summary of the major activities that took place. These are not minutes but highlights from the meeting. Any member who wishes to receive a copy of the actual minutes can request that of Secretary Deborah Wailes.

Bites for Bikin' by Betsy Nestor

Cabin fever has set in! I've been eating my way through the winter. I keep telling myself to get on my bike or I will never fit into my biking clothes. Here's my final indulgence before the word DIET takes over.....

Cherry Amaretto Brownies

Start by soaking 1 cup dried cherries in 3 Tbs. amaretto, set aside.

Melt 2 cups chocolate chips and 1 stick unsalted butter in a saucepan over low heat, stirring constantly. Remove from heat and whisk in $\frac{3}{4}$ cup light brown sugar and $\frac{3}{4}$ granulated sugar; cool slightly. Whisk in 4 eggs, one at a time, and 1 tsp. vanilla. Stir in 1 cup flour, $\frac{1}{2}$ tsp. salt, the cherries, and 1 cup slivered almonds. Spread into a 9 X 13 pan coated with cooking spray or line the pan with foil and spray. Bake in preheated 325* oven for 1 hour. These make a fudgy brownie. Can be frosted if desired with a simple cream cheese icing.

(For those going on the Annual Etzler Picnic Hike....these are it!!)

Chili Wiener Ride By Tom Weber

Mark your calendars for the Saturday, March 1st Chili Wiener Ride, a traditional kick off to the 2014 ride season. Held at the Oberlin Depot, in any weather, we get together to eat, rekindle/start friendships, and see who gained the most weight over the winter. The menu has been upgraded to chili and brats to be served around mid-day, with the usual arrangements for Club supplied brats, water, tea, coffee, plates

and utensils. As in the past, members are encouraged to volunteer their unique recipe chilies, side dishes, and desserts. Food co-ordination contact information will be posted on the newsgroup and calendar. Please note this portion of the event is weather independent – we eat no matter what.

There will be rides for star levels 1 through 4 prior to lunch. Details will be posted to the newsgroup and calendar as they become available.

New Event Registration System Being Tested

Ed Stewart

Members will soon see something new for us when asking you to commit to an event. We are trying out a registration system called Eventbrite, which is an online system for coordinating communication between an event host and an attendee.

Our first foray into the system was for the Valentine Dinner scheduled for Saturday, February 15. We sent the announcement out via the club newsgroup and the 30 seats available were filled in less than 48 hours. The system allows us many options for keeping track of information, such as who is attending, email, and other info we might need.

We are also using the system to register guests for Dog Days Wine Tour. Last year we had about 85% of our guests use Pay Pal for registration and that worked great. But we had other challenges within the procedures we had set up and needed to find a better way to manage all the info we gather from registrants for that event. We looked at a few and Eventbrite looked to offer us what we needed so that is the one we will use.

When we saw how easy and valuable it was we decided to use it for more events. So, look for more uses of Eventbrite this year. We will be using it for the upcoming Spring Chili Wiener for sure. It will be valuable for any event we have when it would be helpful to know before the event how many are coming and what they might be bringing or needing. We will not be using it for ordinary rides.

Thank you to Rich Exner and Tia Andrako for all their work on helping us through this new system.

It IS a Small World After All!!

So there I was, minding everyone else's business, which is unusual, when all of sudden we discovered all three of us had...

But I am getting ahead of myself. First a little of the back story: We were at the Silver Wheels dinner at Don Ramones, organized by Mark Kasmak, who did an admirable job. The event was well attended; the food excellent and the wait staff did remarkable for a crowd of our size. 35 people, I believe.

It was only by chance that Mikki and I were sitting with Rick and Sue Wells, talking about kids, grand kids, biking, new and old times. The topic got around to high school. Sue and Rick said they had known each other since high school, and had graduated in the same class.

"What school?" I asked.

"Strongsville High. Go Mustangs!" was the reply.

"Strongsville?!! I graduated from Strongsville, too!" I quickly replied, "What year?"

"Nineteenseventytwo!"

"THAT'S WHEN I GRADUATED!" I shouted. The three of us just stared at each other in disbelief, 41 years later we were trying to picture each other from the past and recollect if

we even knew each other from days gone by. Mikki, being more than a few years younger, was astonished and amazed. We all said we were going to run home and find our yearbooks and look for pictures.

It **IS** a Small World!



Let's See You Break This Record!

By Larry Best

Robert Marchand, a **102-year old rider from France**, beat his own hour record on the newly opened cycling track in Saint-Quentin-en-Yvelines on Friday. Marchand rode 2, 5 kilometers more than he did when he had just turned 100 years old two years ago.

The new hour record for the UCI 100-plus category which was created especially for Marchand now stands at 26 kilometers and 927 meters.

Marchand was born in 1911 in the northern French city of Amiens. **He started riding when he was 14 years old**; in 1925, but during his long working career he didn't have time anymore. **He took up the bike again when he was 67 years old.** **When he was 89 he finished the 600-kilometre race between Bordeaux and Paris in 36 hours.**

He set his first hour record to mark his 100th birthday. In 2012 he rode 24 kilometers and 251 meters in Aigle. Two years later he rode 10 per cent faster than he did when he was 100 years old.

The veteran Frenchman who lived through two world wars in France also holds the record for 100-kilometres in his age group. On the track in Lyon he finished his 100 kilometer race in four hours and 15 minutes, averaging just over 23 kilometers per hour.

"If they weren't checking for drugs so carefully these days I could have ridden faster," Marchand joked. "But there is no doping. I only have water with some honey in my bottle here."

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LAST PAGE

Rick Wells seems more determined than ever to ride this winter.

