

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

March, 2014



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Editor's Column

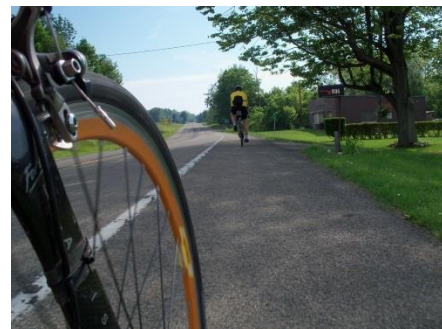
By Larry Best

So there I was, minding my own business as usual when, all of a sudden it dawned on me that it was time to take my annual trip to Florida to stay with Steve and Sandy Woosley for a week or so. Hopefully the weather will be dry so we can get six or seven days of riding in the book. Last time I checked it was in the mid-70s to low 80s. Yes, I realize that will be tough to take, but I intend to do my best.

The Chili Weiner Ride is this Saturday, March 1st. Look for more details inside.

I've checked the weather for this coming week and it looks like it's going to get cold again. In my opinion this winter is like the winters we used to have. I'll admit it's been colder than normal, but the rest of it has been about par. We've been spoiled by the last several winters which have been very mild as Cleveland winters go. Cleveland is one of the top five snowiest cities in the U.S., and that includes Alaska.

Inside this issue you'll find an article by the chairman of the ride committee explaining how to get a non-club ride on the calendar. There's also a recipe from Betsy, and a chart on what people wanted to see in Rollin' and some other articles. So enjoy and if you ride this month...be careful out there.



GETTING INVITATIONAL RIDES POSTED ON THE RIDE CALENDAR

By **Bob Burkhardt, Ride Committee
Chairman**

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 would be 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 generally charges a participation fee.

Invitational rides **must receive Board approval** at a regularly scheduled Board meeting (Board meetings are generally 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:

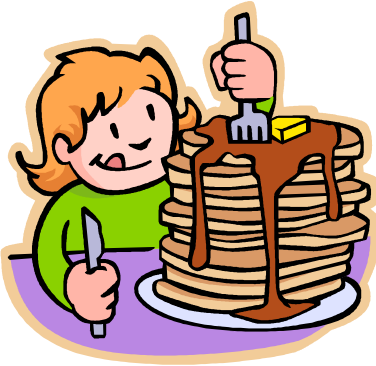
- Discuss the merits of the proposal in an open forum
- Determine that the Invitational will not adversely affect club events already on the calendar (e.g. Dog Day's Wine Tour ride)
- Keep the club calendar from being overwhelmed with outside rides (after all the primary intent of the club calendar is 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.

If you cycle, you gotta eat.



Monthly Recipe by

Betsy Nestor

Start your biking day off with a great breakfast.

Pancakes seem to be a favorite and this recipe lets you use up those ripe, black bananas. Did you know bananas are the sweetest when over ripe?

Oat-Banana Pancakes

3 small ripe bananas, mashed
2 Tbs butter, melted
1 Tbs lemon juice
1 Tbs sugar
2 eggs
1 cup oat flour (take oats and grind in your food processor or coffee grinder)
1/2 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
1/4 cup nuts (optional and added with the dry mixture)
Mix together the mashed bananas, butter, lemon juice and sugar. Beat the eggs into the banana mixture. In a separate bowl, whisk together the oat flour, baking soda, salt and spices. Pour the wet mixture into the dry, stirring until just moistened. Let batter rest for 10

minutes. You might need to add a little bit of milk or water to achieve pancake consistency.

Use a nonstick griddle or pan coated lightly with oil. These pancakes take a little longer to cook all the way through so make sure your heat is medium to low so not to burn them. I store the leftovers in the refrigerator and pop them into the toaster the next day.

Eventbrite registration in the works

By Ed Stewart

For those of you using the club's newsgroup (swnews@silverwheelscycling.com) you have noticed recently we have been using a new program for some of our events. The program is called Eventbrite and is a free service provided (free as long as you do not charge any admission) and manages much of the registration paperwork often accompanying an event.

We entered into the Eventbrite scene as a way to make life more manageable for Dog Days, which has a level of complication that has some pulling out hair and grinding teeth. We have also used it for the Valentine's Day dinner recently and now we are using it for the Chili Wiener event. It's nice because it gives the organizer of the event an instant view of who is coming and you can build in some other variables that are good to know sometimes.

But it is not the sort of thing we will use for all of our rides. Instead we will use it only special events and those that require some extra planning and purchasing or other financial commitments. Still, members should become accustomed to seeing the word Eventbrite more often.

This is another reason why members should sign on to the newsgroup, since that is our main means of sending out such information. If you are unsure how to sign up for the newsgroup, check our website. If you still need help, contact Tom Weber – he's always ready to help.

Your Preferences

By Larry Best



You voted, we counted. We sent out a poll on what you, the membership, wanted to see in Rollin'. Here's what you said you wanted in most to least order.

1. Articles on upcoming rides and events
2. Safety and skills articles
3. Mechanics and how to
4. Articles on past rides
5. Interviews with ride leaders
6. Interviews with members
7. Humorous photos and jokes

Your wish is our command. From now on the priorities of the newsletter will be as those listed above. There might not be enough room to fit everything you said you'd like to see, but when space permits they'll be included.



**All* Chili Wiener, Oberlin Depot@
March 1, 2014 10:00 am – 10:00
am Special Event**

Enjoying this winter weather? – tough. The Chili Wiener Ride is the traditional kickoff event for the 2014 riding season. Let the sun begin! If you are a new member, come and see what you have gotten yourself into. Current member? See if anyone gained more weight than you did over the winter.

Rides scheduled for the day are as follows:

Star Miles Leader

1* ?? Rich Kolofer

2* 15 Pat Serio

3* 20 Ron Townsend

4* 25 Dan Roob

Acknowledging the uncertain weather conditions and recognizing the lack of current “saddle time” for most of us, the miles indicated are upper limits, with leaders intending to achieve low end of the bracket speeds. This is your chance to ease back into riding, just like everyone else.

If the conditions are poor, any or all of the leaders may shorten or cancel their rides.

March 6, 2014 6:30 pm – 6:30 pm meeting:

Monthly meeting of Silver Wheels Board of Directors. All club members are welcome to attend.

6195 Otten Rd. North Ridgeville OH, 44039

Club Meeting, Carlisle Visitor Center@

March 20, 2014 7:00 pm – 7:00 pm meeting. General membership meeting. Visitors welcome. Program details to follow.

12882 Diagonal Road LaGrange OH, 44050

Ride Leader Seminar, Oberlin Depot@

March 29, 2014 9:00 am – noon

RIDE LEADER SEMINAR 9 a.m. - noon

Are you new to the club? Are you a past ride leader? Have you thought about leading some rides this year? Would you like to find out what is involved in being a ride leader? Would you like to share your expertise with other members? Then plan on attending the Silver Wheels Ride Leader Seminar.

We will touch on such topics as:

Why lead a ride;

The Responsibilities of a ride leader, before during and after a ride;

Characteristics of a good ride; Making a ride more fun; Survey Results; and many other pertinent topics.

If you plan to attend or have any questions, please R.S.V.P. to Bob Burkhardt, rburkhardt@roadrunner.com so we know how many to plan for.

240 South Main Street Oberlin OH, 44074

Safety First

By Larry Best

What's that you say? You haven't ridden in a while? Well considering the winter we've had it's no wonder. At the first sign of spring you'll be anxious to hop on your bike and ride. My suggestion is, "Don't do that. "First make sure your bike is ready to go. You don't have to take it to a shop because checking it out is easy. It's unfortunate that many riders don't do it. Here's what to do.

1. Inflate the tires to their recommended pressure, and then while spinning the wheel very slowly look for any big cuts in the treads and the sidewalls. Also look for cracks in the sidewalls due to the rubber drying out. Any bulges? On the tread look for any threads showing. The threads will be at an angle and will be a different color. If you find any of the above change the tire, **right now** before you ride.
2. Put the front tire between your knees and try to turn the handlebars. They shouldn't budge. If they do, **DO NOT RIDE THE BIKE** until you tighten them or have somebody who knows how do it for you.
3. Standing **next** to the bike, grasp the seat and try to turn it. If it moves even a tiny bit it needs to be tightened.
4. Pick up the front wheel and spin it hard. Squeeze the front brake. Do the same with the rear wheel.

5. Check to see if there's any side to side wobble. If it's 1/8" or more the wheel should be "trued." Good idea to take it to a competent bike mechanic to have this done.
6. Look at your cables and check to see if any of them are frayed. If they are it will most likely to be at the end of the cable where the pinch bolt is. If any of them are frayed they should be replaced. Check your brake pads/shoes and see if they are contacting the rims. If they're crooked they might wear a hole in your tire when you apply the brakes, or you won't get full braking power.

Just a little about bike handling

By Larry Best

When you first start to ride it's an excellent idea to brush up on your bike handling skills. I'm not going to go into great detail, but there are some simple things you should practice.

1. Tight turns. There are some very experienced riders in our club that can't turn around on a two lane road without putting a foot down. Practice this in a deserted parking lot so you won't have to deal with traffic. Get up just enough speed to carry you through the corner. About 5 or 6 mph will be about right. As you approach the turn **DO NOT LOOK WHERE YOU'RE GOING.** Instead look where you want to go. It's not enough to move your eyes to look in that direction. You have to turn your entire head. You looked at the turn as you approached it, right? You know there's nothing dangerous there, right? So quit looking at it. Turn your head-don't just look-turn your head and make your turn. Practice this turning right and left. When I taught bike handling my students, members of Silver Wheels,
- were able to make a U turn within the lines of 1 parking space.
2. Practice doing the same thing at higher speeds. Get going about 12-15 mph & make a tight turn. The real secret to doing this is to **TURN YOUR HEAD AND LOOK WHERE YOU WANT TO GO.** Everyone has some degree of eye-hand coordination. When you're on the bike where ever you look is where you'll go. If you're flying downhill and there's a little turn at the bottom with a guardrail on the opposite side, for goodness sake don't look at the guardrail because that's where you'll go. Never look where you're going. Always look where you want to go.
 3. The emergency stop is something everyone has to know how to do. And no, I don't care if you're a 1* rider or a 4* rider, you need to know how to do this. In an emergency stop if you just squeeze both brake levers hard, chances are excellent that you'll go right over the bars head first. That's going to hurt. A lot. Here's how you do it. You see you're going to have to stop or hit something. With your pedals level at 3:00 and 9:00 push forward with both arms, hard, on the bars. Move your butt back as far as you can on the seat, in fact move your butt clear off the seat to the rear of the bike. Squeeze the brakes as hard as you can. That sounds like a lot to remember, but with a little practice it becomes second nature.
 4. Practice makes better. I've been riding for many years. I won't say how many because Joel Edmunds slaps his forehead and rolls his eyes whenever I do. Practice these. **Practice them because when it comes to an emergency situation, you'll always do what you've always done.**

Last Page

My good friend, Harold Smith, likes to ride all year. Here he is, testing his latest winter bike design.

