

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

April, 2014



President: Ed Stewart, [440-365-6784](tel:440-365-6784)
Vice President: Gary Schmitt, [216-701-4283](tel:216-701-4283)
Treasurer: Rick Wells, [440-243-2726](tel:440-243-2726)
Secretary: Deb Wailes, [937-239-2643](tel:937-239-2643)
Membership: Randy Lottman, [440-322-5615](tel:440-322-5615)
Membership: Emily Townsend, [440-963-7180](tel:440-963-7180)
Ride Chair: Bob Burkhardt, [440-282-1122](tel:440-282-1122)
Website Coordinator: Tom Weber, [440-774 9034](tel:440-774-9034)
Newsletter Editor: Larry Best, cycletheus2012@gmail.com

Longtime member and ride leader Bob Gazer's wife passed away recently. Dan Martin lost his father not long ago and Lynn Cunningham's son died in March at a young age. We are also saddened at the loss of Karen Farago's

Our thoughts and prayers are with you in this time of hardship for you. We are all truly sorry for your losses.

Editor's Column

By Larry Best

So there I was, minding my own business as usual when, all of a sudden I accidentally looked out my window and saw pavement. You know the hard, black or gray

stuff that vehicles ride on. After I sat down with a glass of water and stopped shaking, I dared to look outside again. Yep! It was still there. I wanted to take a picture but my camera's battery was dead. In fact, the bare pavement has been there for a few days now. Because of this miraculous event I'm going to take a wild guess that people will start riding, rides will appear on the calendar, bikes will be tuned up, lubed, and cleaned. Look out! Here we come.

Just a suggestion before you hit the road; hopefully this suggestion will actually keep you from literally hitting the road. You've all heard the saying, "You never forget, it's just like riding a bike." Well...maybe. This is a perfect time to practice your skills before riding in that paeline or dodging motor vehicles. Go to an empty parking lot and practice your emergency stops. Practice your balance by doing a slow race between parking lines. See how long you can go before you have to put a foot down. Practice riding in a straight line by trying to ride on a painted line without veering off one side or the other. Work on your cornering skills-outside foot down, turn your head (not just your eyes) in the direction you want to go, and push forward just a little on the inside handlebar. Don't forget to practice your tight turns. A good rider ought to be able to make a "U" turn on the bike tail without putting a foot down. You say you can't do that? Well, that's

why I'm suggesting practice. These are all very usable skills when out on the roads or on the trails.

Practice makes better. Let's be safe out there this year.

It's Pot Hole Season, by Ed Stewart



Now that we're getting ride able weather it's hard to ignore that the nasty winter played havoc on our roads. The annual freeze/thaw we normally get has been exacerbated by the long deep freeze we had this year.

Most years we get some destruction of roadway surfaces but this year it's even worse. And to make it worse yet many of our cities have used up a lot of money allotted for roads to buy salt leaving less money for road repair.

What's a cyclist to do? Here are some tips and observations for those of you who prefer to stay upright when cycling rather than taking a nose dive into a hole filled with yucky stuff.

1. Not all potholes are created equal. Some are just surface blemishes and pose little danger to a cyclist. A very shallow hole can usually be ridden through carefully - but you must be certain the hole is only a shallow one.
2. A pothole that runs longer, parallel to the roadway is especially dangerous. These will often occur near where we prefer to ride, a couple of feet from the

edge. On many country roads this is where some extra pavement was added to make the road wider. The problem with a long hole is that you really cannot ride through it (if it is wide enough for your tire to fit inside). Instead, it will grab your tire and cause you to swerve; losing control of your steering and likely you will go down possibly head first.

3. A pothole that is wide but not too deep can be less bothersome. In many cases you can ride through or over these, if the size of the opening does not grab much of your wheel. It really depends on how big the mouth of the hole is.
4. A larger hole must be avoided. Part of the problem with these is that the back edge or rim of the hole is pretty sharp and when your tire hits it that can cause you to lose control and/or cause a "pinch flat." The photo at the right illustrates what is meant here. You can see how the back edge is pinching the tire against the rim - if that happens hard enough, the rim will punch right through your tube inside and cause a flat. When you take your tube out you will see two elongated slits (aka a snake bite) from the rim damage.
5. Most potholes are best avoided of course. To best prepare for this avoidance always look way ahead for potholes and move out into the lane or wherever you need to be to avoid the hazard.
6. If you find you cannot avoid the pothole, prepare for hitting it with less force by a) standing on your pedals and b) moving your weight backwards more toward your rear. This puts less weight on the front tire and reduces the chance of damage and a pinch flat.

7. Another way to minimize the possibility of a pinch flat is be sure you have enough air in your tires.

[This is part of what we cover in our Modular Bike Ed course in the Hazards and Crashes Module.]



Women riding on the towpath 1898

Why Women Bike, and Why They Don't



In Amsterdam, they say, cycling is like breathing - everyone does it and nobody really thinks too much about it. Kids learn to cycle before they are of school age - push cycles around - and ride (without helmets) to school with or without parent supervision. But we're not in Amsterdam, and women especially have myriad reasons why they don't ride a bike. To get to the heart of the reasons women do and don't cycle, The Association of Pedestrian and Bicycle Professionals has created a web-based survey around attitudes toward cycling. By word of social networking, 7,300 women have already responded to the survey, which will run through May 15. Some insights have already emerged, and what is startling is that the top reason (90% of respondents) women **do** cycle is because of the health benefits.



Wide separated bike paths in Amsterdam make biking a pleasure for women of all ages. Health benefits are definitely important - it's just amazing that it is the top respondent reason for cycling. And what's even more amazing is that (at least in these NYC numbers), it doesn't take all that much cycling or walking to have a positive effect."If more women and girls bicycled more places more often, they could achieve better health while having a very positive impact on their community and the environment." - Kit Keller, APBP executive director of the APBP.

The second most important reason women purported to cycle is to be in the outdoors (88% of respondents). This is also great reason, and while not knocking it, I found it a bit ironic, because among many non-riding women that I have spoken with, the outdoors (i.e. the weather) is a huge reason women say they don't ride. I'm not a competitive cyclist and instead consider myself a transport cyclist, and I don't like rotten weather or being miserable. But over time I've also realized I'd rather be out in weather on my bike (properly attired) than using any other means of transportation, including walking.



And that's probably due to the fact that I (along with 73% of respondents) feel that cycling is a real tension and stress reliever. I have far more mental freedom on a bike than driving a car, and it is exactly the right type of freedom, for while my body and the part of my brain controlling my reflexes are active, there's still a bit of the unconscious mind space left over to generate new ideas and solve old problems.

The last two most popular reasons women cycle, according to the APBP survey were; "It

saves me money" (72%), and, "It's very green and I'm doing my bit" (70%). Having taken the survey myself, I realize that these are choices that I likely put an "X" next to when thinking about the question of why I bike. Yet looking at them now, they seem quite abstract, and secondary to the joy of cycling (which in its own way may seem abstract to non-cyclists) and the fact that for me it's the most fun to be had while achieving transport. "Fun transport" was not one of the choices on the survey, however.



The future of urban biking is important to the important document to overcoming the hurdles of getting and keeping women cycling, so it will be very interesting next month to see the data and analysis of why women don't ride. Safety, we know, is a big hurdle. Here, for example, are urban issues' blogger [Mary Newsom's top necessary conditions](#) for her to cycle to work in Charlotte, N.C.:"1. First, safe bike lanes wide enough so I didn't feel I'd put my life in danger. 2. Second, a chain guard to keep the

grease from getting onto my office clothes. 3. Third, a good place to shower at the office."

Up Coming Rides and Events

April 12th

Founder's Day Ride by Bob Burkhardt

Founding Day 2014

Join the fun and frivolity at Vermilion Valley Vineyards on Saturday, April 12th 16th anniversary. Led rides will start from the parking lot promptly at 10 a.m. 1 stars will road ride 10 miles, led by Rich Kolofer. 2 stars will ride to Wakeman, a round trip of 20 miles. This ride will be led by Bob Burkhardt. 3 stars and 4 stars will ride 30+ miles. Brian Hickey will lead the 4*'s. Destination has yet to be determined.

Food will be provided by our esteemed Social Committee and will be served beginning at 12:30 p.m. They assured me that this mystery meal will be good and plentiful and will satisfy most everyone's pallet. Water, tea and coffee will be available to quench ones thirst. Also, wine is available for purchase by the glass or bottle.

Fund Raisers

Pinkie Ride by Pat Serio

Pat is organizing a ride to combat breast cancer. The date will be soon, but I don't have details yet because Pat is in Germany right now. I will E mail the date and other details to the membership as soon as I know more.

Tailwind



Tailwind is a fund that helps a cyclist like a tail wind does, it doesn't do all the work but helps out a lot. The purpose of the tailwind is to allow Silver Wheels members to go on a club ride that they might not otherwise be able to afford.

Eligibility for a tail wind:

Club member

Low income

Available for away club rides only, not away rides sponsored by other entities
Only one tailwind per year per club member

All applications are completely confidential. Only two club members who comprise the tailwind committee will know you applied. Tailwind awards remain completely confidential. The Tailwind committee will report to the board and the club only this information:

Number of tailwinds awarded

Amount of each award

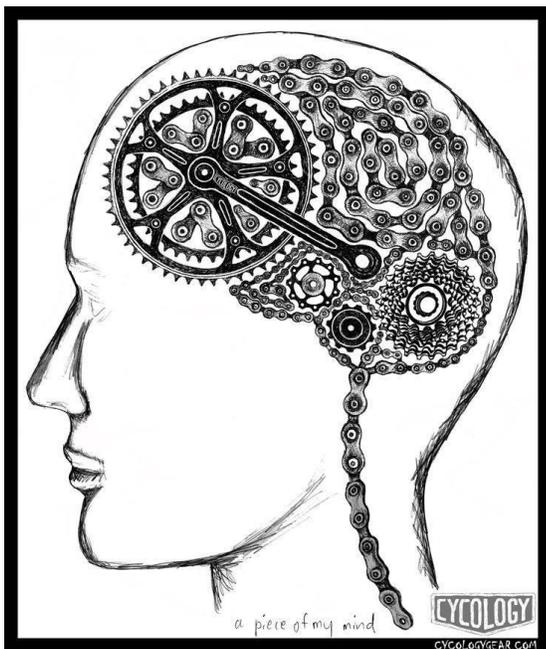
Number of applications received

Tailwind may be applied for until M 1, 2014 Tailwind applications can be accessed from the Silver Wheels website Applications for Tailwind will be discarded if writing is illegible. Preference will be given for applicants who have made a contribution to the club through service as a volunteer at Dog Days, Ride Leader, Club Officer or any other club contribution. Longevity as a club member is also given preference (a five year member has preference over someone who just joined) add to those funds by

donations from club members and friends of Silver Wheels. We are considering other ways to add to the Tailwind through raffles and other means. Any funds not awarded will be carried over to the next year.

Any suggestions concerning Tailwind should be addressed to

Rick Wells **Pat Serio**
530 Crossbrook Dr **82 Pyle Rd**
Berea, OH 44017 **Oberlin, OH**
44074
hogandprincess@aol.com **midwife@oberlin.net**
440-554-6517 **440-799-1712**



On a forthcoming ride, consider a charity that provides support to children and teens who are coping with serious illness. The charity, **Beads of Courage**, provides glass beads to children and teens, helping them create a tangible narrative of their journey through treatments. Currently more than 30,000 children,

primarily in the area of pediatric oncology, are participating in the Beads of Courage Program.

How it works: Upon enrollment each child is given the Beads of Courage bead color guide and a string of beads that spells out their first name. Then, colorful beads, each representing a different treatment milestone are given to the child by their professional health care provider. The beads become a symbol of human kindness and encouragement. In some cases the children amass multiple strings of beads, cherished reminders of their bravery and fighting spirit.

Beads of Courage encourage supporters to “carry a bead.” This could be a walk/run, special event, or even a trip around the world. Beads of Courage have been carried in events as diverse as the El Tour de Tucson, the Alaskan Iditarod, the International Space Station, and even Dancing with the Stars.

For Silver Wheelers, special events would, of course, include our Dog Days Wine Tour, as well as the Founding Day Ride, the Pink Ride, our Ride of Silence, Depot Day, Tour de Pittsfield, the Etzler Picnic Ride, our Halloween Ride, and the Chili Wiener Ride. But an important occasion might also include your first warm ride of the season, your first 100k or 100-miler, and, really, any one of the many, many good rides that we will soon experience.

For a modest contribution, Beads of Courage will send participants a matched pair of beads that would be carried on a ride. The program then asks that we complete a brief Story Card and a Note of Encouragement Card. We then return one bead, the Story Card and Note of Encouragement Card in an included mailer. All three items would then be given to one of the participating children. This represents one small way to give hope to children and to honor their Carry a Bead Kits can be obtained from

the Beads of Courage web site, listed below. In addition, I have several kits that would be immediately available.



James E. Zinser

51709 Becker Road

Wakeman, Ohio 44889

440-965-4362 or 440-567-4191

<http://www.beadsofcourage.org/>

http://www.beadsofcourage.org/item_139/TEAM-Beads-of-Courage-Carry-A-Bead-Kit.htm

Silver Wheels Fundraiser For Bike Trail Rest Area Platform

This is a fund raiser to generate money for a rest area platform to be constructed on the North Coast Inland Trail about midway between Butternut ridge Rd. and Russia Rd. - the longest stretch along the trail. The photo below is a concept of what that rest area platform will look like.

The project originated with Silver Wheels, with the intention to make it a memorial area where significant individuals would be memorialized

in some way on the trail they used and loved. Since its inception some years ago, the project has now grown to a partnership project that includes Silver Wheels Cycling Club, Inc., Lorain County Metro Parks, Lorain County Joint Vocational School, Swerve Bike Shop and Lowe's Department Store.

The ways the partners are involved is that the JVS students will design and build the platform, probably on school premises then bring the pre-fab sides, floor and roof sections to the trail for completion. Some materials will be deeply discounted by Lowe's. The property is owned by the Metro Parks and they are overseeing the site and assisting with transportation needs. Swerve Bike Shop is providing the prize item(s) and will be a major location for sales of tickets. Silver Wheels is providing the funding and hopefully assisting with some of the construction effort.

Our fund raising project consists of selling \$10 tickets for a chance to win a bike valued at around \$1000. Members who were in attendance at the March 20 club meeting took sets of ten tickets; some also took a poster that can be used in retail locations that would be convinced to sell tickets for us also.

How do you get your tickets to sell?

Simple: send an email or call Ed Stewart and make arrangements to get together or he will mail a set to you. When you sell a ticket to anyone, have them fill out the identification part (name, address, phone), let them keep the large part and you collect the identification stub to enter into the drawing.

Note - checks must be made payable to Silver Wheels cycling Club.

How do you return the drawing stubs, the unsold tickets and the money?

Again, simple: bring your materials to the club meeting on May 22 or send your materials along with someone else who is coming to that meeting. If neither option works for you, just put all the items in an envelope (including your unsold tickets) and mail to the club - P.O. Box 867, Elyria, Ohio 44036.

The drawing will be held at Swerve Bike Shop, on Saturday, May 31. We will have some sort of party there for the occasion, probably in conjunction with a ride. The winner does not need to be present - we will contact them by phone or email.

Other Questions About the Drawing

1. Does the winner have to take one of the bikes shown on the tickets?
2. NO. The bikes shown on the tickets are only representational of some bikes available. The winner will work with Swerve Bike Shop for a suitable bike and maybe some accessories as their prize. The final value would be around \$1000.
3. Can Silver Wheels members participate in the drawing? YES Members, their families, friends and work associates are all eligible to participate.
4. You mention that members might get to help in the construction. What does that mean? We do not have a definitive answer on that yet. What we do hope for is that our members have an opportunity to participate in some of the construction effort. We know this does not appeal to everyone but it does to

some. Since the JVS is actually in charge of the construction, the work will be done during the day. However, some work might be able to be done to the site before and afterwards that we can assist with. We will inform the membership as soon as we know more on that.

5. How much money do we have to raise? Again, no definitive answer. Since this project has come together rapidly over the last few months, we do not have an exact drawing or specifications yet. Thus, we have no precise cost figures either. We expect the cost to be somewhere around \$2000 (which is quite low for a project of this nature, but with so much donated time and materials the hard costs are low).
6. What if we raise a lot more money than the project costs? That would be a nice scenario if it occurs. Additional money could be used for additional accoutrements to the project with educational placards around the platform, floral plantings and other additions to the final project. There is no current plan for such but one would be developed if this becomes the situation.
7. Will Silver Wheels be recognized for doing this? Since it was our idea initially and since we are the driving force behind it, we will be recognized of course, probably with our logo somewhere significant. However, the more important aspect of this is that it is a partnership project among organizations that have worked together to make it happen. Each has its own vital role in the success of the project. Perhaps other projects would be

approached together in the future as well; there are none being discussed yet, however.

8. What will the platform look like? We don't know exactly yet. We would like to have a deck-like structure off to the side of the trail. A roof would be nice to give trail users shelter in rain. A place to sit would be good. A way to safely park bikes would be nice. But there will not be toilets or lights or water. Any of those would be very costly and greatly add to the maintenance costs too. We have added a concept photo of the platform on the tickets. This is only an idea of what it might look like.



If you have any other questions or concerns about this project and the ticket sales, either call or email

Ed Stewart

440-365-6784 emsc0514@gmail.com

Membership Committee Report

By Randy Lottman

So far 38 members haven't renewed their memberships for this year.

We have 25 new members bringing the total club membership to 288.

On the Disabled List



The Goepfert's are taking the year off for medical reasons. They plan to be back next year.

Eric Barns Broken Ankle

Mike Bokulich Surgery

Mary Dillon Ankle

Pat Habenicht Car Accident

Ron Townsend Muscle Tear

We hope you heal quickly. We'll miss you on the road.



WANT ADS

Free to good home...

A Minoura Magnetic Trainer

This item was **very, very lightly** used
(sometimes) by Steve Mette

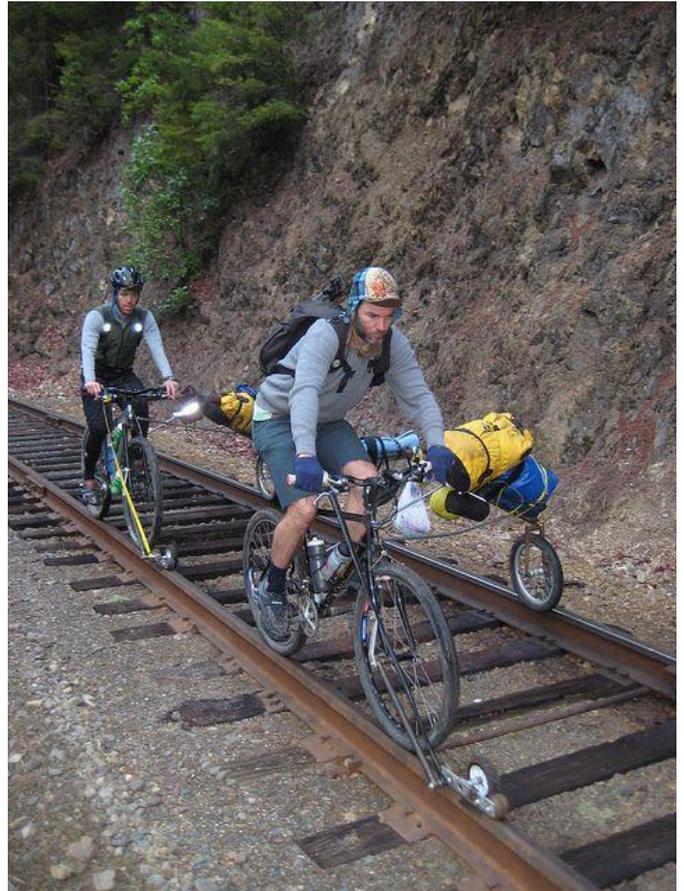


You like? You want? Be the 1st to call or Email
Steve.440-327-2218
pixelboss@netscape.net

Y'know, the price on this isn't too bad.

Yup!

**This new bike I bought last
week corners like it was on
rails.**



LAST PAGE

Our esteemed ride committee chairman, Bob Burkhardt, told me he was going to ride in last place to make sure nobody was disobeying the ride leader's rules.

I think he's serious about that.

