

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

April, 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 the phone rang. It was my close friend Dan Roob threatening me with great bodily harm if I didn't get out and ride...and soon. I told him I was working out at the gym and he said, "Jim who?" After explaining that the gym wasn't good enough, tossing some more threats in my direction I finally agreed to get out there. I'd been under the weather for a long time and just didn't feel like riding. So thanks Dan and others. I appreciate your support, encouragement, empathy, and yes, in jest, threats.

That's one of the unique things and as far as I'm concerned, the best thing about SWCC. We genuinely care about each other and when someone falls by the way side, literally or figuratively they can count on lots of members asking what they can do to help.

I'll see you on the road as soon as this monsoon abates. I plan to be on Sunday's ride. Look for me at the back of the pack trying to hang on.

In other news: The membership has had a huge increase of new members. There's a report later in this issue. If you spot a new member on a ride be sure to say, "Hi and welcome."

There's a new kid in town... (Can't you just hear the Eagles singing in the background?). Mikes Bike Shop had their grand opening in mid-April. Tim Wearsch, Jr. is the owner. He has been working with bikes much of his life as his father; Tim, Sr. did when he ran the previous Mike's Bike Shop. For many years it was located across from the new post office on Bridge St. The new store is located at the corner of Cleveland St. and Hawthorne St. in Elyria. It would be a nice idea to give him a warm Silver Wheels welcome.

There are some special rides scheduled for this month. The Pink Ride for breast cancer awareness and the ride of silence. Details for both are included in this issue.

When I first received this article I was suspicious of animal abuse, but no, I'll let Joe explain.

Cat Ears

By Joe Etzler

Yes! Cat Ears

I would like to wear my hearing aids while riding but the wind noise prohibits this. I have tried several devices such as ear muffs and ear buds. Although they worked, they were usually hot or uncomfortable.

Ed Stewart received some sample devices from "Cat-Ears". I tried the classic model as shown in the picture. They are just pieces of fur like material that attach with Velcro to your forward helmet strap. They are designed to block or deflect wind created while riding. I have found that they work very well. They seem to block about 80% of the wind noise coming from riding. They also work while standing still if you face the wind. They do not help with wind from the side or back. They are inexpensive and easy to use. I will try them out in warmer weather if we ever have any. So if you see someone with large sideburns riding next to you, don't laugh, they work. Their web site is www.cat-ears.com



Ride of Silence

Wednesday, May 21, 5:30 p.m.

Oberlin Depot-by Ed Stewart

This year Silver Wheels will participate again in the national Ride of Silence program on



Wednesday, May 21. Last year was the first time we had participated in a long time and we intend to make this an annual program. The program began in 2003 after the death of cyclist killed while riding. Since then it had grown to an international event, held on the third Wednesday of May each year. Our event is recognized among others in the world.

While we have had only two members die while riding – Brian Kennedy (hit by a vehicle while on his way home from work) and John Ducar (died of an apparent heart attack while riding with his son in Chicago) – we choose to also commemorate our many other members who have passed while as a club member. There have been quite a few.

The Ride of Silence will be held at the Depot in Oberlin. We will meet for a brief ceremony and reading of names inside the building then assemble for our ride. The ride is short, about 6 miles and we ride at a slower than usual pace in total silence. Armbands will be provided to wear. Also the names of our deceased members will be printed on sheets individuals may wear pinned to the back of their jersey.

After the Ride of Silence the regularly scheduled rides will occur – they will need to be a little shorter because of the time taken for this event. Ride of Silence miles will count for



The Pink Ride

By Pat Serio

Saturday, May 10 from 9:00 to noon from the CVS parking lot

Join the Silver Wheels Cycling Club on an All Star Pink Ride. The purpose of this ride is to raise donations for breast cancer care for women in Lorain and surrounding counties and to raise awareness about breast cancer. It will also offer club and non-club members to start riding with Silver Wheels. There will be a 3 mile ride for newcomers and a longer ride for more experienced cyclists.

We hope you can join us.



Founder's Day Ride

By Ed Stewart

It was far beyond just another Founding Day for Silver Wheels. Yes, we did celebrate the start of our 17th season with a ride and some partying but it seemed a lot more than that today.

The weather turned out to be quite nice and the cub turned out in numbers - we had nearly 70 members and a lot of guests too. Many new members and that is always wonderful to see.

Our hosts at Vermilion Valley Vineyards were happy to see so many of us - they really like our club and know we always are gracious diners and drinkers.

We had so many riders we had to platoon the 2 star group into 2 subgroups then they later splintered off to maybe four. There were a record number of 1-star riders today - about 20! [They were the first ones back and that might explain why some of the wines were already sold out when the rest arrived.]

Being the earliest ride for many, we heard some groaning on certain portions, namely the hill on Garfield Road and again the hill on Baird. But those pains were quickly forgotten after returning to the road and pedaling on. The nice tailwind at the end was greatly appreciated.

Thanks go out to the Ride committee for putting together good routes and especially to the Social Committee for their hard work in getting us properly fed. Theirs is a difficult task because you never know how much our clan will eat.

I've said it often and will say it many more times; Silver Wheels is an extraordinary organization. It often defies accurate description because it is much more than just a bike club; it is more than just a social club. It is a curious mix of some of the nicest, most interesting people I've been fortunate to know and enjoy.

Let the season begin.

Silver Wheels & Village Bicycle Cooperative

By Mark S. Kasmak

At our May club meeting last year, Jennifer Smillie gave a brief overview of the Village Bicycle Coop, a non-profit organization that offers classes and services to area bicyclists of all ages. Several of our club members volunteer at the coop and have repaired many bikes for resale. In 2013 Silver Wheels and Village Bicycle Cooperative participated in a neighborhood ride in areas that most of you have not ridden. There were about 20 members and guests. All had a wonderful time and the entire group stayed together and rode at a very leisurely pace.



In the beginning of 2014 the Coop offered

bicycle repair classes that many of our members took advantage of at a very reasonable cost. This summer Silver Wheels have 2 rides scheduled with the Coop. The dates are May 22 and July 31st. Check the club calendar for details.

A little more info about the Coop:

Although our work space is located in Bay Village, our organization is for everyone in the region, not just Bay Village residents. Village Bicycle Cooperative is a nonprofit volunteer based organization. It was formed in 2012, and is now located in the ground floor of the historic Community House in Bay Village. From the onset we have collaborated with local organizations and businesses to help build community and encourage people to use their bicycles more often. Our mission is centered on education and advocacy. Beyond that, and in line with our vision of creating a zero waste facility, the cooperative also repairs donated bicycles and sells them back to the community or donates them to local charities for fundraisers. This keeps bicycles out of the waste stream, provides educational opportunities for volunteers, and allows the public to purchase low-cost bicycles. All proceeds help fund the cooperative. We invite you to come visit our facility and encourage you to get involved!



Membership Report May, 2014

By Randy Lottman

On behalf of the Silver Wheels Cycling Club we like to welcome our 29 newest members who joined prior to April.

Newbies



Cindy Amos, Oberlin
 Lazarus Andrako, North Olmsted
 Anna Bianco, Amherst
 Randall Bott, LaGrange
 Carole Brown, Lakewood
 Dan Burlinghaus, Berea
 Susanne Dotson, Lagrange
 Dillon Exner, North Olmsted
 Julie Frederick, Vermilion
 Andy Higgins, Avon Lake
 Ann Higgins, Avon Lake
 Bob Kemmerle, Amherst
 Ray Ladd, Lorain, Jeanne LaGrotteria, Jr., Elyria
 Sharon Mack, Westlake
 Joe Mantey, Vermilion
 Patty Martin, Columbia Station
 Ray Puccetti, Lorain
 Don Rohde, Strongsville
 Amanda Roblin, Lorain
 Dana Roblin, Lorain
 Richard Rusnak, Elyria
 Yvonne Stell, Avon
 Chuck Sterls, Lagrange
 Sandra Torres, Lorain
 Sharon Vild, Olmsted Twp.
 Chelsey Wess, Grafton
 Annette Wey, North Ridgeville
 John White, Avon Lake

Membership Totals

Renewed	273
New	37
Grand Total	310

Ode to Swerve Bike Shop

By Mark Kasmak

Hi Joe,

I would like to thank you again for your help last Sunday on my club ride thru Oberlin. It started out with a beautiful ride with members from our club, Silver wheels. Things were going great I was riding at the end of our group with our sweep, Ed Rowe. I was having a little trouble with my knees so instead of turning left with the group, Ed suggested going straight to avoid the hills and that he would meet me at Whitehead & Parsons. That sounded good to me so I headed out on Parsons. Away down Parsons I noticed it was getting harder and harder to pedal, I thought boy was I out of shape. Then I glanced down at my rear wheel and found out why it was so hard to pedal, a flat. So I stopped, found a place on the side of the road and started removing the rear wheel.

> I removed the tube, checked the inside of the tire for debris and then got out a new tube from my bag. I thought I better check my old tube to see where the hole was. I found it, on the same side as the stem, not good. I removed the tire the rest of the way from the rim, thank god for

Ed Stewarts Bike Ed! I matched up the hole on the tube with the same spot on the rim to find a very small spot where the spoke access hole was. I removed the rim tape and tried to re install it. I had some spots where the tape was rolled over itself, which I did not like but reinstalled it any way. So I installed new tube, aired it up, thank god for Co2, reinstalled the wheel and was on my way to meet up with Ed at Parsons and Whitehead. I only took me a few minutes to get to the meet up point. Ed was not there so I waited. Being inpatient I rode up and down the road 500' of so and it happened again, another flat tire.

So I did the same thing and got down to the rim tape. As I suspected it was the rim tape again. This time it was a different spot on the rim where the tube sucked into the spoke access hole. Now what, I guess I walk 7 or so miles to Swerve with the bike, lifting the rear wheel not do damage to the rim. But I wanted to call Swerve first to see if they had rim tape and a tube. Joe was out but Chris told me that Joe would call me back in 5 minutes. Joe, you called me back in less than 5 minutes, even on one of your busiest days. You told me that you had everything that I needed and you would be at my location in 10 minutes. Well after dealing with many bicycle shops, I was in shock; no one has ever done something like this before for me. You arrived in 10 minutes, took the wheel out of my hand told me to relax and enjoy the sunshine, installed the new rim tape, tube, inflated and installed the back wheel on the bike, you even offered me a ride. I was such a nice day I decided to ride back. Joe, you went above and beyond and I will never forget what you did for me on

one of your most valuable sales days. I will pass on what you did for me to my friends and fellow club members. Also as we discussed, I will be happy to come in and help with customers in your showroom.

Thanks again,
Mark
Mark S. Kasmark

Every Which Way A “One Star”!

By Lila Robinson

Why am I a “one star” rider? Let me count the ways!

(1) I bought my much beloved bike in June, 2012 after not having ridden a bike in 40 or more years! What’s interesting about this fact is that I bought a bike not really knowing what I needed or wanted and only guessing at what I assumed I’d use it for and how I’d use it! Heck, I test rode probably only about 5 bikes in total over about a month of shopping because I was too embarrassed to mount and ride a bike in front of any one! So, if I have a decent bike, and if it fits me correctly or nearly correctly, it is purely by accident! Does this qualify me as a “one star” rider...I think YES!

(2) I know so little about the care and feeding of my bike, it’s almost frightening. Friends and family and I went for a drive to Presque Isle State Park because we heard it was a wonderful place to ride your bike. We didn’t even know how to correctly affix the bike rack to a friend’s Honda Civic and we then mounted it with our 3 bikes and embarked on the several hours ride. When we arrived, we were delighted to know and see that it was in fact a wonderful place to ride; then our ignorance began to take hold. A poorly mounted bike

rack and 3 new and probably heavy bikes actually pulled my friend's trunk out of shape. Not a good start to our ride. Then, when we set out to ride, we discovered that my tires needed air. None of us had ever seen (or heard of) a Presta Valve, nor did any of us have a clue how to inflate a tire with a Presta Valve. About 30 minutes effort later, we did get air in the tire and had a wonderful 15 mile ride. Does this qualify me as a "one star" rider...oh I do think YES!

(3) I changed my situation and got my little Subaru Baja and hitch and set-on bike rack and was much more confident to begin my wonderful 2013 riding season! I had the bike tuned up to start the season so I figured I was all ready to go! NOT!!!! After a 5k run at the Spring Classic in April 2013, I went to meet up with a new friend to ride my bike as well. We got about 4 miles to beautiful Brandywine Falls. After a mini picnic break of a shared bottle of wine and strawberries, we headed back toward the car and my chain broke! It was a LONG walk back and I finally started to realize that there was more to this bike riding than just mounting and riding and feeling the wind in my hair! I owned a bike helmet, but had never worn it yet either. Now do you believe I'm a "one star" rider?!!! Oh YES!

(4) Not deterred by any of this, I found (online) and registered for 3 bike rides, without having a clue what I was doing. I signed up for the 27 mile Medina Twin Sizzler (July 4th); the 35 mile Dog Days; and the 25 mile Richfield Sweet Corn Challenge! By the time I got back to the end of the Twin Sizzler, everyone was gone....the whole thing was packed up and OVER! This was my first bike riding event and the entire thing was shut down and only the finish line guy was there packing up the

remains of his equipment or I wouldn't have even known I was at the end. FINALLY I realized that maybe I was in over my head!!

(5) Scared of what was to come for me with the upcoming Dog Days, I dug up my registration and emailed furiously and fearfully inquiring about this event. A calm and kind Ed called me and talked me off the ledge of my insecurities! He assured me that Dog Days was nothing like I had just experienced. That there would be rest stops, support, a post-race meal and social and that I was in for the time of my life! He spoke with me more than once to allay my fears and I felt so comfortable that I JOINED Silver Wheels just prior to the Dog Days event. So, I rode that event, finished and did have that guaranteed wonderful time. Sure, I could barely walk afterward...that having been the farthest I'd ever ridden! But, I knew I had made the right decision by joining Silver Wheels and that I would make new friends and learn more about bicycling and, hopefully, how to care and maintain my bike and me in the process!

(6) I completed the Richfield Sweet Corn Challenge as well (25 challenging miles!) and again could barely walk afterward. But, lo and behold, a day or two later I was walking fine and well!

(7) I finally made it to an Eva Weber Sunday 1pm ride. I could only do the first half of the ride due to time constraints but left with a big old smile on my face. But between other schedules and well my life just not working well with the Silver Wheels ride calendar that was the only club ride I managed to get in. And I still feel bad about that...because it was a lot of fun. And Eva was very informative and even though we had a rider take a tumble when we stopped for a rest, it was otherwise a very

informative event. But my work and school schedule made it very difficult for me to make most rides. So I rode a lot all by myself in the Metroparks from Strongsville past Wallace Lake to Berea/Barrett Road (about 7.5 miles one way) and then back

(8) Determined that 2014 is going to be different, I have shown up to the non-riding socials to hopefully get to know people better and finally made it to my first ride on Easter Sunday. A 1* learner ride led by Mark. Here is where I realized once and for all that I am truly a “one star” rider. With his quick explanation and warning of parked cars and the possible opening of a car door, along with a few other riding tips and hints, I realized how little I do know and how much I have taken for granted that I would be fine riding.

I’m a “one star” rider because I have much to learn. I’m a “one star” rider because I have little experience. I’m a “one star” rider because even though I can ride farther, probably like the average 2* ride distance, I am not 100% confident that I can go that far EVERY time, nor keep up with that speed consistently. I’m a “one star” rider because I need the opportunity to get really really comfortable with all the different terrains and the rules that go with them; because I need to learn and understand how to change a tire, make adjustments to parts of my bike; because I need time to build up my confidence; because I want to be safe and have a good time and get to know my bike, my new friends in Silver Wheels and my limitations. I want to be a “two star” rider, but I am afraid that I will embarrass myself or frustrate my ride leader. I just need more time!

Thank you to those of you experienced riders who are willing to share your knowledge, expertise and love of cycling with those of us who so desperately need and want to learn from you!

Post Ride Stretching

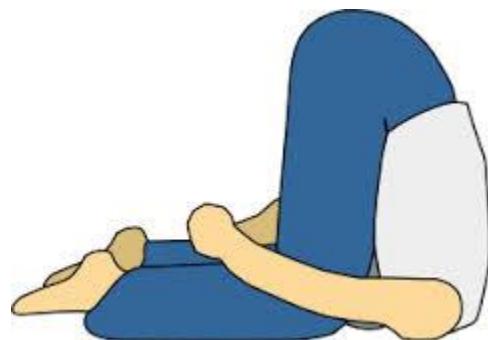
By Rudy Fox

I don't know about you, but I could do better with a good post-ride stretching routine. Here's a good article on the subject.

http://www.bicycling.com/training-nutrition/training-fitness/best-stretches-cycling?cm_mmc=BicyclingNL--1663970--04152014--best_stretches



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My friends Lynne Cunningham & Diane Williams are very fussy about what they eat. In fact both of them are vegans. Here's a picture of them on a recent SWCC ride.

