

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

April, 2015

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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 I found myself on the safety committee. We never had a safety committee before and I thought it would be fun to serve on it. **HAH!** There have been some accidents during the past few years. Most of them have been the type that I call “Oh hell, I fell & scraped my knee accidents.” We’ve also had some serious falls that involved broken bones though. I’d be surprised to learn that

anybody has been keeping stats, but the consensus is that there too many accidents and that they were increasing. The safety committee was told that our mission-should we choose to accept it, is to cure the world of all kinds of accidents regarding bicycles. Well, we’re good, but we ain’t that good.

We’ve been meeting once per week at Dunkin Donuts (hey don’t laugh, can you think of a better place?) Discussing the freshness of their pastries, whether or not chocolate covered was better than maple. But I digest-uh- I mean digress. We’ve talked about what we think the major errors are. Personally, I don’t believe in accidents. I believe they’re errors; they are mistakes made by riders. Now we’re trying to decide how best to convey this information to the club members in a form that will make an impression. Hopefully we’ll have that done before Dunkin Donuts kicks us out for stealing too many of their pastries.

Cycling classes are back!

By Larry Best

Twice per year I teach three classes on how to care for your bikes, how to adjust them, and how to repair them. A brief description of the classes follows.

The first class is “Care and feeding of your bike.

This class will be held at **6:30 on Monday, April 20**. This is a perfect class for a beginning cyclist as well as those who are experienced. The class covers a few mechanical things/adjustments that are easy to make. It also includes what to lube, what not to lube, and what lube to use. By the way, the best lube you can use is one you make yourself. It's easy to make & it's cheap as dirt...I'll show ya. Just like cars, a clean bike rides better, so I'll show you the proper way to clean up your ride. Tuition for this class is **\$4.00**. I know that's a lot of money so I reinstated my famous 90 days, same as cash if you need it.

Class 2 is OVERCOMING ROAD EMERGENCIES 101

This is a good class for inexperienced or experienced cyclists. If you find yourself at the corner of Rattlesnake Ave. and Tarantula Blvd. and something broke on your bike, you're going to want to fix it and hightail it outta there. Mechanical adjustments, changing flats, booting tires, truing wheels, weeping, cursing, and throwing tools are all part this class. This will take place on **Tuesday, April 21**. Tuition **\$4.00**. You can get the 90 days same as cash **only** if you bring an apple for the teacher.

The third class is OVERCOMING ROAD EMERGENCIES 102

This class features a brief review of 101, then goes on to tackle how to repair more serious problems like a broken chain, a seriously out of true wheel, broken cables, and a garbage truck running over your bike while you're in a cornfield taking care of business. Well okay...forget the garbage truck. This class will be held on **Wednesday,**

April 22 at 6:30. I figure if you've made it this far, you don't deserve to get 90 days same as cash.

All three classes begin at 6:30 pm at Ed Rowe's house. He has a beautiful, spacious garage and workshop. The address there is: **45485 Hughes Rd. Oberlin, Ohio. To register for the classes or for further information please send an email to me at cycletheus2012@gmail.com.**

You Won't Want to Miss These Meetings!

By: Cheryl Burkhardt

The Silver Wheels Club has an exciting line up of programs for our club meetings this year. Please mark your calendars now to attend. Meetings are held at 7 PM at the Carlisle Visitor Center of the Lorain County Metro parks. They are a great time to socialize, have a snack, hear about upcoming events, and learn a few new things.

May 21st – Pat Humphries - The topic is titled "How Going Plant Based Saved My Life." Pat, a member of our club, will share his story, how he transitioned, the results, the pitfalls, and basic steps. He will bring a number of well researched handouts, a library of other resources, and a variety of plant based foods for sampling. (Sort of a one person pot luck). Cindy Pesta will give a short overview of our club merchandise.

July 16th – This meeting features Guy and Carolyn, the husband/wife team behind the website IGotABike.com. What originally started as a blog to document their trip on the Ohio to Erie Trail has morphed into official trail guides commissioned by the Ohio to Erie Trail administration and more. They will do a visual presentation and talk about their travels. Visit the website beforehand to appreciate all that they can offer.

September 17th – SWALE – Ed Stewart will present a program about the club's tour around Lake Erie which will have been held earlier in the summer. This is a 10 day tour circling the lake, traveling about 50 miles per day. Come hear the stories of those hardy cyclists from our club who completed this trip.

Stats from the ride committee

By Bob Burkhardt

Ride Committee Report April, 2015

16 club calendar rides were ridden in March as compared to 5 last year. These rides were led by 7 different ride leaders as compared to 4 in 2014. 66 members rode a total of 2,538 miles compared to 22 members who rode a total of 681 miles in 2014. Total mileage for the year is 3,621.

Upcoming Dates of Note:

- April 18 Ride Leader Seminar
- April 25 Founders Day Ride at Vermilion Valley Vineyards
- May 20 Ride of Silence?
- May 23-24 Horsey Hundred - Georgetown,

RIDE LEADER SEMINAR

By Bob Burkhardt

April 18, 2015

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.

It will be held on Saturday, April 18th, from 9 a.m. to noon at the Oberlin Depot. 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; Safety Issues; 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 I know how many to plan for.

SWALE

Silver Wheels Around Lake Erie

This is a 10-day tour that leaves from Oberlin Area on Friday, **July 31** and tours along the south side of Lake Erie to Buffalo, crosses the Peace Bridge, then follows along the south shore of Lake Erie in Ontario, hops on a ferry from Leamington to Pelee Island then another ferry to Sandusky and back to Oberlin. Our return date is Sunday, August 9. The total miles ridden will be about 550, averaging around 50-60 miles per day. We have three SAG vehicles to haul all our gear and to haul riders who poop out or just need to take their turn driving. These same vehicles will be our limos for taking us to interesting places each evening, if we have any energy for doing this.

We are not really going around Lake Erie; we are avoiding the density and extra time and distance of traveling through Detroit/Windsor. That would be about 175 miles longer plus have us ride in some pretty dense urban traffic. We are still calling a trip around the lake. We have rooms set aside for the club at each stay over town

Mentor OH, West Springfield PA, Westfield NY, Hamburg NY, Port Colborne ONT, Simcoe ONT, St. Thomas ONT, Chatham ONT, Pelee Island ONT). Some days are shorter at around 40 miles and a couple approach 70 miles, so it is varied for what all we do and see.

Some are considering doing some camping along the way also and our routes actually permit that. But this is mostly an inn-to-inn type of tour. The SAG vehicles will be carrying our gear so we do not have to worry about all that extra weight. The SAGs will also carry food and water and be able to rescue us when we get too tired or hungry.

The terrain we will ride is a mixed bag of rolling but mostly flat areas. Up in Canada it is all quite flat; the most rolling area in the states is around Westfield, NY. So it will be enjoyable from that perspective. We'll have an interesting mix of small towns and farmland. We do need to get through Cleveland and Buffalo but they will not be much of a bother. Of course we'll get lost but that is a big part of the fun on a trip like this. Perhaps the best part of longer tours with the club is that you get to spend some extended time riding with people you might not know well at first but get to know all about them through the time on the road. When you sweat, get drenched, eat and drink together like this you can't help but become closer friends. The memories you collect together become stories you share together later – sometimes even without exaggeration.

Anyone still interested in joining us on SWALE should contact Ed Stewart at emsco514@gmail.com.

Pie Contest

Because of the special date which mimicked the mathematical π SWCC decided to have a pie contest. There were between 20 and 30 pies entered. I'm not sure how many were eaten, but supposedly everyone who attended was to bring a pie. So you do the math on how many pies were actually sampled. The winners were from left to right: Sue Wells, Ann Hauser, Larry Best, Betsy Nestor, and Ev Roob.

theYeyes



Break the Cycle

This is not an official SWCC ride and miles will not be awarded

The Break the Cycle Benefit Bike Ride is interested in attracting teams from the Oberlin area to participate and would like to advertise in regional publications to attract riders. Can anyone offer suggestions for where we can most effectively do this? This year's event is August 22 and has 3 routes offered (25, 50 and 72 Mile). All are through rural Wayne and Holmes counties, covering beautiful, Amish hoping to break all records.

Please respond with your suggestions. Our web site is: youngt@steps-ewh.org for more info about the ride.
Thank you in advance.

Regards,
Ty Young

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Treat Osteoarthritis with Exercise

By Gabe Mirkin, Md.

Osteoarthritis means that you have pain in a joint and your doctor does not know the cause. Eighty percent of North Americans have X-ray evidence of osteoarthritis by age 65, and sixty percent have significant pain. Osteoarthritis usually starts around age 40 with gradually increasing pain in the knees, hips, hands or spine. Osteoarthritis more commonly affects the joints at the ends of the fingers and at the base of the thumb

Not Exercising Increases Joint Damage from Osteoarthritis

Adults with osteoarthritis of the knee usually walk far more slowly than people without joint pain and spend more than 70 percent of their days sitting. People with knee osteoarthritis who spend a lot of time sitting develop more joint damage and far more disability, even if they exercise (*Arthritis Care & Research*, March 2015;67(3):366–373). The authors recommend that people with osteoarthritis, “need pre-planned activity to strengthen, tone, and become more flexible. That includes walking, yoga, parking your car farther away from the store, walking to the mailbox, going up and down stairs, doing laundry, etc.”

Exercise Treats Osteoarthritis

One year of exercise therapy decreased pain and increased range-of-motion and function of the involved joints (*Osteoarthritis and Cartilage* 2013;21:525-34), and the improvements in joint function were even greater at two years (presented at the annual meeting of the American College of Rheumatology, November 17, 2014). For this study, the exercise therapy program included:

- muscle strengthening,
 - range-of-motion drills,
 - neuromuscular coordination exercises, and
 - aerobic activities. Osteoarthritis can follow trauma such as a football injury or just falling. You are at increased risk for osteoarthritis if you have:
- joint cartilage fractures,
 - trauma to your knee that tears ligaments or

damages cartilage, or

- one leg longer than the other, which causes excess force on the shorter leg.

Recent data shows that long-term exercise or joint loading does not increase risk for osteoarthritis. Lifetime runners are at decreased risk for osteoarthritis. No good data show that people with regular joint loading, such as farmers or manual laborers, are at increased risk for osteoarthritis. However, if you have hip or knee pain, you are probably better off avoiding impact sports such as running or jumping. Instead, concentrate on sports with low impact such as pedaling a bicycle or swimming.

Joint Replacement

Try to delay replacing a knee or hip joint as long as possible. An artificial joint has no local immunity, so if you get an infection anywhere in your body, you are at increased risk for that infection ending up in the replaced joint. A general rule is to put off replacing a joint until it hurts so much that you cannot sleep at night.

An artificial joint is held in place by a spike that is driven into the middle of a long bone. This markedly weakens that bone. If you fall with a replaced joint, you are at high risk for cracking the bone around the spike of the joint replacement. The broken bone around the spike may never heal so that you lose the ability to exercise that joint forever. If you have a joint replacement, you should restrict running and jumping and exercises that put you at high risk for falling. Choose exercises that use smooth motions such as elliptical machines, cycling or swimming.

Coming soon to a neighborhood near yours.



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Got something to sell?

Need something bicycle related?

Find yourself with way too much money?

Want Ads

Got something to sell?

Need something bicycle related?

Find yourself with way too much money?

Send it to Rollin
cycletheus2012@gmail.com and it will
get in the newsletter.

You may also send photographs
either/or color or B&W.

**TREK T-200 Tandem 56 front x 51
rear center to top 2 sets of cranksets, new
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Brand new, never mounted
MSRP \$59.00 They're yours for \$15 each.
Contact Larry Best
Cycletheus2012@gmail.com or
440-309-6449



Spring pot holes? You ain't seen nothing pal.



Put your fat bikes away. It's spring time.

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Wanna Be!

