

Rollin'

Newsletter of the Silver Wheels Cycling Club, Inc.

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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 realized I'd only ridden about 80 miles all year and that includes non-club miles. Well, I've got a lot of excuses i.e. this happened, that happened, I've got this illness, I've had that illness, the weather has been lousy, the dog ate my route sheet, etc., etc. The bottom line is that I can justify almost anything as I think many of us can. In a club of about 350 members there are some who don't ride a single mile all year

and some who ride just a few. I'm determined I'm not going to let that happen to me. For the past 50 plus years (sorry Joel)* cycling has been a huge part of my life and I'm not giving it up. I've committed myself to ride at least two club rides this week. C'mon out and ride. It's good for you and good for the club. **My friend Joel Edmonds has seizures whenever I mention how long I've been riding*

Betsy's Bites for Bikers by Betsy Nestor

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Bike season has begun. Finally!! Here is a quick no bake energy ball to get you out of the kitchen quickly and onto your saddle.

No Bake Energy Balls

1 cup oatmeal
 1/2 cup flax meal
 1/4 cup chia (optional)
 1/4 cup or one scoop protein powder
 1 Tbs cocoa
 1/2 cup peanut butter
 1/4 cup honey
 1 tsp vanilla

Mix all ingredients together in a bowl. You can use a food processor but it's quicker with a bowl and you have less to clean up. Use a 1" scoop and then roll into balls.

If they are not sticking together, add a bit more honey or peanut butter.

They can be frozen. Makes about 24 balls

Mirrors: By Larry Best

Mirrors. Oh c'mon you've seen them. They're almost everywhere; your bedroom, the bathroom, the hall, at least 3 in every car and of course, you see cyclists using them as well.

When it comes to cycling there several types. The kind that fasten to the handlebar or some other part of the bike, the kind that fasten to your helmet, or the kind that fastens to your glasses, and the "dot" mirrors that stick to the inside of your glasses. Pros and cons. I only have had experience with helmet mirrors and the mirrors that fasten on your glasses.

The "**glasses**" **mirrors** fasten to the stem of your glasses usually with three little stubby, plastic coated bar thingies that grasp the stem of your glasses. They are said to work on both plastic and metal frames. They look like this:



The mirror part is hinged and moves up and down so you can adjust them for the maximum view. I've had a few of these and here's my experience. Your mileage may differ.

Pros: Very light weight, easy to adjust, fit the eyeglasses firmly.

Cons: The mirror part is acrylic and scratches easily, goes out of adjustment at the slightest touch, if, when you perspire your glasses slide down your nose you'll be adjusting it all day.

Handlebar Mirrors fasten to the end of the handlebar in a few different ways. Here are a couple of examples:



The top example slides over the bar and the bottom one is inserted into the bar and has a bolt that tightens the part that's inside the bar so the mirror doesn't move. Here's a neat trick. If your bike has flat bars instead of the drop bars, to install the bottom type of mirror you'll

have to insert the shaft of the mirror into the handlebar. That means you'll have to cut off the end of the grip. Instead of using a knife, chainsaw, or land mine, take a large hammer or mallet and hit the end of the bar you wish to insert the mirror. The sharp end of the bar will then make a nice clean cut like a cookie cutter. Use a pair of needle nosed pliers to pick out any rubber that's left and you're ready to stick the end of the mirror in. Easy peasy.

Pros and cons: I've never used one of these so the only thing I can say about them is that quite a few riders like them especially if their bike has flat bars.

Helmet Mirrors: There are various types. Some clamp to the helmet, some have a glued surface that sticks to the helmet shell, and some have a thin, flat piece of plastic that you jam between the hard shell and the foam beer cooler stuff that actually does the protecting of your noggin. Here are some examples:



The mirror on the top left has stick stuff on the pad that sticks the mirror to the helmet and the mirror can be adjusted via ball joints. The one on the upper right has a big flat piece of plastic

that you force into the space between the foam inner layer and the hard shell. The bottom one has a piece of very stiff wire than clamps on to the helmet. I have a lot of experience with helmet mirrors so I'll do pros and cons for this one.

Stick on

Pros. Inexpensive, easy to install

Cons. If you think that sticky stuff is going to last very long you must be smoking the stuff from Colorado. That means you'll have to glue it on with something stronger. The ball joints, especially the one near the helmet can loosen making frequent adjustments necessary.

Jam in

Pros Fairly easy to install, stays put (usually)

Cons Sometimes need to add glue to get it to stay in place. Must be careful about placement to make sure the stem is long enough for comfortable or convenient use. Ball joints used for adjustment can work loose.

Wire clamp on

Pros Stays in adjustment no matter what. Very rugged, nearly unbreakable.

Cons Most difficult of the three to install. I've never had one that installed properly. The wire is very thick and stiff. It's actually a spoke and the best way to bend it is to use needle nosed pliers. Expensive.

There's one more kind. It's a little plastic dot of a mirror that sticks on the inside of your



glasses. They look like this:

I have no experience with these and have never seen them. I did encounter someone who used it and liked it.

So that's it for mirrors. What do I have? I have the wire clamp on made from a stainless spoke like the club sells. I have it attached to my helmet with Shoe Goo, sort of an industrial strength rubber cement. It comes in a tube.



And true to its name it's real gooey. It's clear and will hold almost anything. If an aircraft carrier was ripped in half by a torpedo, this stuff would glue it back together. You have to clamp it over night before it's ready to go. It dries clear and you can get it off, but it's not easy. Just have to work on it a little. In my opinion every tool box should have a tube of this in it. It's cheap and you can buy it at the drugstore or hardware store.

Riding season is in full swing. I peeked at the calendar and saw five, that's 5 rides

scheduled on one day! There are many special rides coming up so remember to check the calendar for upcoming rides and other events. The July 4th ride should be a real bang. Wait...I didn't really say that did I?

Want Ads

6 - 700 x 25 Michelin Lithion Folding Tires

Brand new, in factory packaging. MSRP \$48.00 They can be yours for \$15 each.

Email Larry at cycletheus2012@gmail.com

LAST PAGE

As many of you know the newly formed safety committee has been working hard to improve safe cycling skills and recommendations for safety equipment. Here's one of the ideas for equipment being modeled by our own Mark Kasmark.

