

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 that this was my last issue of Rollin'. I have bitter sweet feelings about leaving. Oh yeah, please don't think I'm leaving the club. I

plan to be around for eternity making as much trouble as I can, which is usually quite a bit.

OK...the bitter part. Putting this rag together involves a lot of work and time. When you read one of these issues, like this one for example, it's almost 100% written by me. It's rare when somebody sends an article to be included and when I do get one it's usually from that other trouble maker Ed Stewart. So I have to search the web for articles that I think might be of interest and if I don't find any I resort to my motto which is, "*Never let the truth get in the way of a good story.*" Anyway that takes a lot of time. Another thing that comes into play is that I'm the world's slowest typist. This is a fact that you can look up in the Guinness Book of World Records. If you can't find it there look on the label of a bottle of Guinness. Surely it will be one of those places.

The sweet part: I'm proud of the work I've done and the service I've given to SWCC. I've received more than a few kudos for every issue for which I thank you very much. Those compliments made me feel wonderful.

So here I am saying goodbye as the editor. I'll be replaced by the uber capable Steve Oz. Be kind to him. If his first two or three issues are screwed up, it's because I helped him. But seriously (am I ever?) I know Steve will do a fine job, and whatever you do for God's sake send him some articles, recipes, bicycle news stuff, a comparison of clipless systems, what color hankies you got for Christmas. It doesn't matter as long as he doesn't have to write every word of this himself.

OK Steve, it's all yours after this short issue.

Ghost Bike

By Larry Best

Ghost bikes are bikes that are placed where a cyclist has died. They don't have to be in a club as long as cyclists know about it. The bikes are junkers that were headed for the dumpster. Here are a few examples:



Unfortunately I've seen some of these in my travels. Unfortunately because I know that a human being died there and that he was a member of the fraternity of cyclists like we all are.

Recently a cyclist, Mr. Startup, was killed by a hit and run driver on Butternut Ridge Rd between Rte. 58 and Oberlin Rd. Our club has placed a Ghost Bike in his honor at the spot of his demise on the south side of the road about half way between 58 & Oberlin Rd. I'm not sure how long it will be there, but it will be at least through the spring. Fortunately the hit and run driver has been found and I assume that whatever legal machinery is needed is now in motion. When you ride by there whether in your car or on your bike, glance at the bike, it's on the south side of the street, and give Mr. Startup a positive thought. Tell him you hope he's in a good place.

Since I was the one who brought up the idea at a board meeting, I got the bike & painted it. Bob Burkhardt was there and helped me carry the bike and provided a secure way to lock it in place.

Well Isn't This Special?

by The Standard

Warrnambool, Australia

A driver in South Australia who used her mobile phone behind the wheel 44 times before running down a cyclist near Koroit has been fined \$4500 and lost her license for nine months.

Kimberley Davis, 21, of Grant Street, Port Fairy, yesterday pleaded guilty in the Warrnambool Magistrates Court to dangerous driving.

She was originally charged with 47 offences covering each time she had used her phone.

The cyclist suffered a spinal fracture which required surgery and placement in a spinal cage at Melbourne's Austin Hospital. He was originally told he could be left a paraplegic and spent three months recovering. He also suffered a broken big toe and lacerations to his head and body.

The court heard that the victim couldn't believe that Davis rang triple-0 (equivalent to 911 in the U.S.) after the accident but refused to offer him help after she parked 100 meters, about the length of a football field, up the road.

Even more stunning was Davis' answers when interviewed by police two days after the accident and asked about using her phone.

"I just don't care because I've already been through a lot of bullshit and my car is like pretty expensive and now I have to fix it," she told a police officer.

"I'm kind of pissed off that the cyclist has hit the side of my car. I don't agree that people texting and driving could hit a cyclist. I wasn't on my phone when I hit the cyclist."

Davis had driven from a supermarket in east Warrnambool to just west of Koroit when she hit the cyclist at 7.20pm on September 20 last year on the Penshurst-Warrnambool Road.

The cyclist was on the edge of the road heading west when Davis hit him from behind, despite there being lights on the back and front of his bike.

Records showed Davis used her phone 44 times in her drive from east Warrnambool to Koroit, sending and receiving 22 text messages to seven different phones.

At 7.18pm she received a text message and 51 seconds later made the call to triple-0 after hitting the rider.

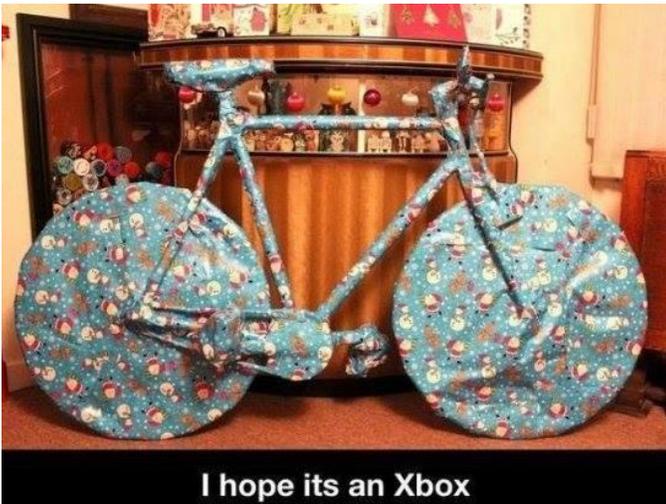
Magistrate John Lesser said there were issues surrounding the case of great community significance, especially drivers using mobile telephones.

He noted that Davis' comments were poorly put when she was interviewed by police.

Mr. Lesser noted that yesterday a Terang family business was fined \$17,500 with more than \$3000 costs after a workplace accident and the injuries caused were not as significant as those suffered by the rider.

The wife of the bike rider was in court for the hearing yesterday and was deeply disappointed Davis did not lose her license for longer.





Winter Cycling

By Larry Best

Despite the extraordinarily warm November those who haven't dug your tights and winter gear out from the bottom drawer beneath the rags used to wash the car...it's time. Those who know me are aware that I'm one of the crazies who rides all winter. My criteria for riding are clear roads, no precipitation, and at least 20F. I used to ride when it was a bit colder but then I was a bit younger. Now that I'm as old as I have ever been I won't go out unless it's a balmy 20F. Hell, at 30F I can almost get a tan.

Here's what I like to wear for the worst weather starting from the bottom up.

Socks: Sorry, but I've been incapable of telling any difference between smart wool and dumb wool. Lots of people don't like wool because they say it's itchy. I like it. I try to find medium thickness knee socks made from sheep hair. I don't like the thick ones because they make my shoes too tight. Not only is that uncomfortable, but it cuts off the circulation and makes your feet cold. This handily defeats what you were trying to do in the first place.

Shoes: I wear my regular summer shoes. You can buy winter shoes but they're pricey. I went to my local Mercedes dealer to buy a car and took my shoes as a trade in. He said "Sorry, but you'll need another \$50. I didn't have it so I left.

Booties: Y'know, maybe it's just me but doncha think they couldn't have come up with a better name than booties? So you're having lunch with some friends at Subway and someone asks what you got for Christmas and you smile real wide and say, "Booties!" Then you notice that several of your friends have moved to a different booth and you're sitting there alone. Booties are shoe covers that come up over your ankles. The good ones are made with neoprene liners and are water proof;

Tights: Triflex tights from Performance Bike. These are wind proof & waterproof in the front. They're a little bulky for some people's taste but these things keep you warm with a capital "W."

Shorts: none. Some folks like to wear shorts under their tights. That way they can buy tights without a chamois and save money. I don't like this because when I ride my tights slide down the back of my butt and it's not comfy. This is especially true when a school bus with a girl's high school hockey team passes you and all the girls are leaning out the windows laughing and jeering.

Jersey: I never buy long sleeved jerseys. I use short sleeved jerseys with arm warmers. They're warmer and cheaper than long sleeved jerseys. But that's for when it's cool. When it's cold I eschew cycling tops and use a Butter Fleece top from Sahalie in Washington State. It's a nice ride out there but if you don't have the time, fortunately you can get them via

internet. They look like this and come in about



fortyseven colors.

They cost \$15.99. They're very soft, very warm, zip up into a nice snug turtleneck. Picking one up is a little surprising because they're nearly weightless. Great stuff. The only thing I wished they had is pockets. There are none.

Jacket: I'll tell ya, I'm one cheap ass son- of- a gun. I usually get mine from Performance & I get their rain jacket. It's not only waterproof but it's also wind proof. It's unlined-just a shell. It has a Velcro turtleneck closure and adjustable Velcro wrist closures. Is it as comfy as the high priced spread? Nope, but it's OK. I find I have to buy a new one every 10-15 years or so.

Base Layer: None. Yes, I can hear you gasping but I've never felt the need for one. I'm perfectly warm at 20F with what I described above. I used to commute 18 miles one way to work leaving around 5:00am. By the time I got there I'd be sweating.

Gloves: Watch out-I've got a glove fetish. My hands are almost the only thing that bother me in the cold. Honestly I've never tried winter cycling gloves. They may be terrific for all I know but to me they look wimpy. I like stuff

like this: I like water proof, insulated



and long gauntlets so those freezing winds can't blow up your arms. I also have a couple of pair of mittens. But I almost never wear them. If I was riding to the top of Mt. Everest I might consider taking them along. They're just too hot for almost any riding above zero

Balaclava: Also called a ski mask. You've no doubt seen them on terrorists. It's a one piece garment with a hole for your head and one for



your face. I've heard it said that you head loses more heat than anywhere else on your body. Actually that's not true. It doesn't lose any more heat than anywhere else. Be that as it may it's nice to keep it warm. I bought a neoprene balaclava

once. BIG MISTAKE! When it's very cold I pull the opening up over my mouth and nose so only my eyes are uncovered like the guy in the picture above. I was on my way to work trying out my new mask and I was really out of breath. It was about then I realized that I couldn't breathe through it. I like thin knit ones. Type of fabric doesn't seem to matter much to me as long as I can breathe through it.

Helmet cover: I don't wear one. Never felt the need to.

That's it. If you're buying winter clothes pick them up and breathe through them. That'll tell you how wind proof they are. What's that? You say you're buying gloves and you want them to be water proof? Keep the receipt and when you get home put the gloves on and run them under a faucet for five minutes. Feel any water? No? Great! If you don't have running water put them on and dunk your hands in a pail of water. If that works call the plumber because you really should have running water. Really.



Happy Holidays Everybody

LAST PAGE

HEY STEVE...GIMMIE a HAND OVER HERE, WILL ya?

