

From: **Silver Wheels Cycling Club** SilverWheelsCyclingClub@wildapricot.org
Subject: April 2017 Rollin'
Date: April 7, 2017 at 7:06 PM
To: Sally Saul sjsaul@mac.com

SW

Happy April - Let's ride!



April
Newsletter
2017

Rollin'

*Newsletter of the Silver
Wheels Cycling Club*



From the Editor

Our ride leaders are ready, the weather has improved, the calendar is filling....that can only mean the biking season is here! While we can still have some cool weather ahead, it is mild enough that we are seeing many rides pop up on the calendar. (Yeah, some get rained out too!) If you are new to the club, you are encouraged to ride with us. Simply check the calendar for a ride that suits you, pack up your bike and show up. We also have our Founders Day ride coming soon and that is a perfect time to get out and meet your fellow members. Remember the calendar changes rapidly, so check often for the latest news.

And - Welcome new members:

Henry Kowal Amherst

Phyllis Kowal Amherst

Patty Doheny Bay Village

Joe Belich Vermilion
Kate Terry Bay Village

Steve

President: ***Bob Burkhardt***
Vice President: ***Sue Wells***
Treasurer: ***Betsy Nestor***
Secretary: ***Larry Best***
Membership: ***Randy Lottman***
Website Coordinator: ***Tom Weber***
Merchandise: ***José Morell***
Mileage: ***Bob Piccirilli***
Sunshine: ***Dennis & Eleanor Stout***
Safety Education: ***Ed Stewart***
Newsletter Editor: ***Steve Osmialowski***
Ride Committee: ***LaDean Hutter and Greg Orlowski***
Social Committee: ***Sue Wells and Karen Hobbs***
Directors: ***Cheryl Burkhardt, Dennis Stout, Rick Wells, Rob Hipskind***

See the club roster webpage for phone numbers/email

Recent Rides & Events:

The annual ride leader training was held on April 1st (no foolin'!) and 23 attended to learn how to be a ride leader. Most were established leaders who discussed some critical issues and renewed the guidelines for leading a ride. If you missed out and would like a copy of the materials, see one of the ride committee members. Also, just because you missed the training does not mean you cannot become a leader. The more leaders we have the more

diverse our ride schedule will be.

Ride with GPS Committee Update

Our new RWGPS Club account already has 45 members and over 80 Library routes in various stages of completion. There have been 11 rides that used a Library route which allowed members to review the route in advance and to print their own customized cue sheet. Some riders are downloading the Club route and using the turn-by-turn verbal navigation feature on their smart phone or downloading to their Garmin.

If you have questions, please ask a RWGPS Committee Member for assistance. We held four training/help sessions since mid March but we know that the start-up process can be confusing. We will be available before the Founding Day Ride if you need help getting a route loaded to your phone. After the ride, we can answer questions, help get you set up, or demonstrate the online Club pages and smart phone features. Vermilion Valley Vineyards has public WiFi if you want to bring your laptop, tablet or phone.

Reminder about Wednesday All Star Rides

Starting this year, we are no longer doing the star chase concept and will instead have an All Star ride on Wednesday evenings. This just started on April 5 and will happen every Wednesday. The new format will be as follows:

- There will be one ride for each star level: 4, 3, 2, 1
- Each ride will be with a different leader, route and distance
- Routes will be between 20 and 30 miles (except 1 star routes)
- All rides will be posted on the calendar in advance
- Start times will be 5:00PM or 5:30PM depending on the amount of daylight that month

There will be a 4 ride slots open each week, and we need our ride leaders to step up and fill those slots so each star level is available. It is up to the individual leaders to plan the route and make cue sheets just like any other ride. Note that there is a chance a ride level doesn't have a volunteer leader. We are hoping every slot gets filled prior to each Wednesday (remember to send your ride plans to Tom Weber by Sunday night). An easy way to plan a route is to use one of our established ride maps in our website map folder, or in RWGPS. Due to changing weather conditions from area to area, we ask that if you choose to lead a ride, please show up even if weather is questionable at your home. The ride can always be canceled on-site if needed.

HUGE Club Merchandise Sale



Mr. Merchandise (aka Jose' Morell) is having an "On-Going 24/7 Sale"

On Sale: DDWT Jerseys \$60

DDWT wicking T-shirts \$5

Also, the Silver Wheels club has "I Ride Like a Girl" and "Where There's a Wheel, There's a Way" T-shirts (both wicking) \$12.50

But wait, there's more!

CueClips \$5

Helmet Mirrors \$20

Handlebar Mirrors \$2

Medical IDs \$1.50

Please contact Jose' at 440.308.9373 after 5pm



To all Ride Leaders,

The office of the City Manager of Oberlin would like for our club to use the new Gas House parking lot (situated behind McDonald's and north of the ACE Hardware store) as much as is feasible. The lot has 18 parking slots along with two handicapped slots. This amount of parking should be adequate for most of our smaller rides that start from ACE. Overflow could then use the ACE lot but park away from the store entrance so as to not disturb customers. Please consider using this lot for future rides starting in Oberlin. This also applies to Wednesday All-Star rides.

Gravel !

You've heard this warning many times on club rides as someone points out the loose gravel on a turn. To get through it safely, minimize your turn radius and keep the wheel straight as much as possible until you pass the gravel, then resume turning. Avoid leaning and strong braking on any loose surface and you'll stay off the ground.



A simple idea - Before taking anything apart on your bike, take some pictures first so you know how it should look when it's put back together. You don't get extra credit if you have leftover parts after the job is done.



My Biking Story: By Steve Oz

I suppose I've been a bike rider all my life. The photo above shows me testing out my older brothers cool new wheels. No, I didn't really ride it since I could not reach the pedals and didn't have bike shorts yet (unless diapers count!) For many of us, having a bike as a child was our main mode of transportation. I remember riding up to the local convenience store to buy candy with my friends. Back then, it wasn't uncommon to have young kids riding out of the neighborhood without adult supervision. As long as we were home by suppertime – or dark! As a young teen, I would ride with my friends nearly 10 miles to go fishing. Somehow we strapped our poles and tackle boxes on the bikes and made our way to the Metropark without crashing. Biking around town to visit friends meant personal freedom and not having to rely on a ride from my parents. Of course, once I was able to drive, my biking miles plummeted. Being the first of my buddies to have a car (a well-worn Toyota my Uncle gave me) meant going out on four wheels instead of two.

Fast forward to getting married - I had started a new chapter in my life with a wife, house and different neighborhood. Also having a good job meant I could afford a new bike. So, off I went to Kmart (known for top quality bikes) and purchased a pair of shiny new Huffy bikes. It was a matched his/hers set, both made of steel with 10, yep 10 speeds! Riding did not happen too often though as the busy streets of Cleveland's near west side were not very bike friendly. After a year of living in this unsafe area, we moved to Sheffield Lake. The streets near this home were much better for biking. I'd take the Huffy up to the shopping area or cruise along Lake Road for great views of Lake Erie. However, my riding was only a few miles at a time and I never did any long rides. Life, work and other hobbies kept riding to under 100 miles per year.

A desire for a bigger yard in a more country setting led to building a new home in Carlisle Township. Living only 500 feet from the NCIT gave me a safe place to ride. I did more and more riding on the trail and realized I was due for a new bike. I still knew nothing about bikes and planned to get another department store special. It was then I reached a 25 year anniversary at my job. I was able to pick a gift from a catalog, compliments of my employer. Clocks, watches, TV's, stereos and other gifts filled the pages, but there was also a bike. Hey I needed one, and this was much better than I planned to get, so I did it. It was a Trek comfort (hybrid) bike, aluminum frame and 24 speeds! This bike was a huge improvement to the old Huffy. I found myself riding faster and further each season. Now I was doing hundreds of miles each season and I loved it. But, since my wife no longer wanted to ride, I felt I needed some biking friends. I looked up bike clubs on the internet and found Silver Wheels.

I joined SW in 2008 and have since become a better, stronger rider. For a couple years I rode that Trek but struggled to keep up with the road bike riders. Seeing how much I was enjoying club rides, I finally purchased my first-ever road bike from a real bike shop. My Giant has held up well and I plan to ride it for many more years. The Huffy? that was sold in a garage sale but the Trek still comes out on occasion. Since it has shock absorbers, it's fun to ride off road.

I will continue to ride and am enjoying it more than ever, thanks to better bikes and Silver Wheels.

Have a story to tell? Send it in and don't forget those embarrassing photos!

Ohio's New 3-Foot Passing Law (Effective 3/21/17)

Sec. 4511.27. (A) The following rules govern the overtaking and passing of vehicles or trackless trolleys proceeding in the same direction:

(1) The operator of a vehicle or trackless trolley overtaking another vehicle or trackless trolley proceeding in the same direction shall, except as provided in division (A)(3) of this section, signal to the vehicle or trackless trolley to be overtaken, shall pass to the left thereof at a safe distance, and shall not again drive to the right side of the roadway until safely clear of the overtaken vehicle or trackless trolley. ~~When a motor vehicle overtakes a bicycle, the safe passing distance shall be not less than three feet~~

three feet, the safe passing distance shall be not less than three feet.

Why such a law?

The previous law stated only that a passing vehicle must do so “at a safe distance.” Obviously that vagueness leaves it open to debate as to what is a “safe” distance, both to law enforcement and to drivers who pass bicyclists ... and to bicyclists.

Ask any cyclist who has been passed very closely or even brushed against by a passing vehicle and they will say how scary that is. Plus, it is very dangerous to the cyclist because when a passing vehicle is very close, there is no lateral distance for correcting steering or to steer around hazards, such as potholes or debris. Three feet seems to be an accepted “safe” distance for most situations, as this is the language included in about 30 states’ vehicular laws.

How is that distance measured? The law does not say. Generally, that distance would be from the left side of the cyclist’s body to the right side of the passing vehicle, or any part of it, such as mirrors that protrude out the right, or wheels on trailers that are wider than the vehicle itself.

The problems with the law

The main difficulty with the new law is that it is difficult to enforce. No one carries a measuring stick while riding so it is hard to see if a vehicle was actually passing at less than three feet. In the event of an infraction that becomes public and the law is involved, it likely will become a matter of opinion as to just how close the passing vehicle was. Some vehicles use on-board cameras and a few bicyclists use cameras but those are very few, even rare.

How the new law is good for bicyclists

Since safe passing was already part of the law, this addition reinforces that bicyclists are legally part of traffic and that they have the right to be riding on the road. (There are many motorists who still do not believe or understand this.) Hopefully, our cities and counties and state will be using this new law to help educate motorists about cyclists rights. Many are posting billboards and signs along roadways where cyclists are commonly seen. Such information will slowly grind its way into the psyche of motorists. At least we hope so.



Prepared by Elyria Bicycle Advisory Committee, 2/22/17



Founding Day Event

It's a Silver Wheels Birthday Celebration!

By Sue Wells

Mark your calendars for this always popular event. We call it Founding Day because it is to commemorate the day our club was founded. This is the twentieth year anniversary! The date is April 15th and the rides start at 11 AM, we will eat at 1 PM. The club provides all of the food and non alcoholic beverages. Come ready to ride and eat.

You just have to show up with or without your bike (a bike is helpful if you plan on riding). Scott Edmundson is the ride coordinator for this event. Please contact him if you are interested in leading a ride at scott5089@oh.rr.com.

This event will be held at Vermilion Valley Vineyards. We want to thank the winery for being so gracious and accommodating to us. Please feel free to patronize them (after the ride of course)!

We are asking everyone attending to use our club's website to indicate that you will be attending. It is so helpful to the committee in planning for food (and the social committee always appreciates all the help it can get). We would hate to run out of the surf and turf or bananas foster. Go to the event on the event calendar. Click on the register link in the blue box on the left to register. If you have a problem registering contact Sue Wells at wellsfour@yahoo.com.

Hope to see all of you there and let's hope for a warm and sunny day! Look for more information on the Silver Wheel website. Perhaps there will be an Ed Stewart sighting. Maybe we can persuade him to give us an autograph in exchange for a glass of wine.



See the club calendar to register and get more details



BICYCLE CAMPING GEAR

by Rick Wells

I was asked to write a follow up article on what gear we took and how we carried it on our bicycle camping trip last fall. First let me say that I have only done three short bike camping trips so I am definitely not an expert.

We all rode our touring or comfort/hybrid type bikes. We all had rear cargo racks with panniers and Gary also had a front cargo rack with panniers. Some of also had a handle bar bag.

Here is a list of things I carried:

Tent-hung on corded long ways on rear rack

rent-bungee corded long ways on rear rack,

Rear panniers (I have a pair of Nashbar waterproof rear panniers):

Sleeping bag, Thermarest self inflating mattress, inflatable pillow, MSR pocket rocket stove(only about 4 in. x 2 in. and 3.2 oz.), fuel canister, mess kit, bath towel, 2 sets of cycling shorts and jerseys, rain jacket, pair of cotton shorts, couple of t-shirts, pair of pajama bottoms, toiletry bag, matches in a waterproof container, and cell phone charger. Food- oatmeal, coffee, instant mac and cheese, and tuna fish and crackers (which I ended up not using because the ladies kindly brought us pizza and snacks).

You want to evenly divide the weight between both panniers. If you don't have waterproof panniers it is a good idea to pack everything in plastic bags. I also have a set of panniers I made out of hard plastic kitty litter pails which make great panniers. (You don't have to spend a lot of money to cycle camp).

Handlebar bag: Phone, tablet, maps, wallet, snacks and repair kit.

The time of year you go can dictate what type of clothes you will need. We went the first part of October so we took some warmer clothes as it got a little cool in the evening. We all probably took too much stuff. One mistake we made was not coordinating what each of us were taking. I think we had 5 cooking stoves which we certainly didn't need.

Don't worry if you don't have all the equipment you need, someone in the club might have it and let you borrow it. On our trip a couple of guys borrowed panniers and a rear rack off of other members.

It is a different type of cycling than we usually do. We are in no real hurry, so we enjoy the scenery and if we see something interesting we stop and check it out. We plan on doing more bike camping trips so check the ride calendar and join us and give it a try! Perhaps you have a suggestion for a trip, let us know.

BEHIND THE SCENES OF A SELF-CONTAINED BICYCLE RIDE

By Sue Wells

I hope that all of you had a chance to read the articles my hubby wrote for the March and April 2017 Rollin' on self contained bicycle camping trips. As an impartial bystander I would like to add some of what happened behind the scenes during the preparation. I did not realize how much planning would be involved with this trip as I have never considered being a participant in one. All of the men going on the trip spent many hours over coffee and perhaps beer planning it. Once all the details were finalized, the chaos began at the Wells abode. First off the pool table in the rec. room was apparently designated by Rick as the main staging area. Over the course of a few weeks the piles of camping gear, clothing, food, and other assorted items grew by leaps and bounds. I believe it multifolded overnight! Due to my obsession

leaps and bounds. I believe it multiplied overnight. Due to my obsession with neatness and order, I found it quite challenging to overlook this rapidly growing mound on the pool table. To my credit, I think I did very well.

We had a party coming up in our house which meant addressing Mount Everest on the pool table. Me – “Rick you will have to move your stuff from the pool table for the party.” “Rick – Why can't it stay there?” Me – “I am trying to clean the house for the party and that is not in my decorating scheme.” Rick – “It gives the house a lived in look.” Me – my response to that is not suitable for printing in this family paper. Yes, the stuff was moved, man can move mountains!

Fast forward to the Big Day. Even with the months of preparation, there was still the last minute frenzy. I like to call it the Rick Riot. Where are my keys? Call my phone, I can't find it. Do you know where my bike shoes are? Did you see my sunglasses? Oh no, I can't find my wallet. The Rick Riot is a frequent occurrence in our house. I am working with him on this problem. I don't think it is going very well. At last, all items were located and loaded into the car. He was off to his adventure which he really enjoyed. I have advice to the spouses or significant others left at home during these trips. Get a supply of chilled wine or beer, a good book or DVD, and order dinner in. You have worked hard getting the cyclist prepared for his trip and you deserve some relaxation.

Trail Announcement

The official name of the North Coast Inland Trail was changed effective April 1st. It was officially renamed the Cyco-Path. Yesterday on a ride I saw a few of the signs had already been changed. Please update your maps as needed. April Phules!!!

Annual [an-yoo-uh l]: adjective, occurring or returning once a year

There are some things that happen annually on or near a specific date. Things like your birthday, the buzzards arriving at Hinckley, Dog Days Wine Tour, the swallows of Capistrano returning, Summer Solstice, paying your remaining federal income tax due, and Emily getting air in her tires. When a few of us observed full service ride leader Dan Martin putting air in her tires after a ride in late March, someone said “That’s odd, you don’t usually see that happen until the fall sometime”.





Sue Schneider showing one alternative to bicycling on her recent tripto Egypt



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