

From: **Silver Wheels Cycling Club** SilverWheelsCyclingClub@wildapricot.org  
Subject: June 2017 Rollin'  
Date: June 8, 2017 at 8:20 PM  
To: Sally Saul sjsaul@mac.com

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Feels like Summer already!



June  
Newsletter  
2017

# Rollin'

*Newsletter of the Silver  
Wheels Cycling Club*



## From the Editor

**Welcome to June, when warmer temps can only mean more biking! Many new events are posted on our calendar including daily rides and special location rides. If you have not been riding much yet, review the calendar and come ride with us. Check out the ride summaries below to see how much fun we have.**

**Remember that our annual Dog Days Wine Tour is fast approaching. This major club fundraiser needs you! If you have not volunteered yet, there is still time to secure your job. Whether a few hours or all day, we can use your help!**

**And....Welcome to our newest members:**

**Bob Haas    Jean Paris    Nancy Ross-Bell**

**Jim Bell    Diana Goode    Andrew Martin    James Labiszak**

## **Steve**

|                             |  |
|-----------------------------|--|
| <b>President:</b>           | <b>Bob Burkhardt</b>   |
| <b>Vice President:</b>      | <b>Sue Wells</b>   |
| <b>Treasurer:</b>           | <b>Betsy Nestor</b>  |
| <b>Secretary:</b>           | <b>Deb Wailes</b>  |
| <b>Membership:</b>          | <b>Randy Lottman</b>   |
| <b>Website Coordinator:</b> | <b>Tom Weber</b>   |
| <b>Merchandise:</b>         | <b>José Morell</b>   |
| <b>Mileage:</b>             | <b>Bob Piccirilli</b>  |
| <b>Sunshine:</b>            | <b>Dennis &amp; Eleanor Stout</b>                              |
| <b>Safety Education:</b>    | <b>Ed Stewart</b>  |
| <b>Newsletter Editor:</b>   | <b>Steve Osmialowski</b>                                       |
| <b>Ride Committee:</b>      | <b>LaDean Hutter and Greg Orlowski</b>                         |
| <b>Social Committee:</b>    | <b>Sue Wells and Karen Hobbs</b>                               |
| <b>Directors:</b>           | <b>Cheryl Burkhardt, Dennis Stout, Rick Wells, Rob Hipkind</b> |

**See the club roster webpage for phone numbers/email**

## **Recent Rides & Events:**





## RIDE OF SILENCE



**The 5th Annual Ride of Silence was held on May 17. The Silver Wheels version saw 47 riders pay homage to those who lost their lives in bicycle accidents. After a somber 6 mile ride escorted by Oberlin Police, most riders stayed to complete the Wednesday evening all star ride.**



## 2017 DEPOT DAY

**The annual Depot Day event was held Saturday, June 3. We were rewarded with spectacular weather all day! Sunny skies, light winds and comfortable temps made for great riding. Over 75 riders completed nearly 4400 miles! Four individual 25 mile loops were offered as well as unlimited trail mileage. Many groups formed to complete their rides, including one celebrating a birthday mileage. Happy Birthday Dennis! There were also 12 century rides completed!**

**Many thanks to those who provided snacks, drinks and donations plus those who volunteered to monitor the Depot during the event.**





**May 13 - A ride to visit the Elyria Arts Council which featured works by several Silver Wheels members. Plus, lunch was provided by Bike Elyria.**



**OIC**



**We all value our eyesight and we really need our eyes to perform well when cycling. So, it is very important to keep our eyes safe while riding, whether at low speeds or fast speeds. Delicate eyes need protection from wind, road debris, bright sunshine, and those pesky bugs!**

**If you normally wear glasses, your eyes already have some protection. If you don't wear glasses or use contacts, then added eye protection is a must. No rider should be cycling without eye protection. On a bright sunny day, sunglasses are a necessity. Sun glare can make you squint and not see road hazards. Plus, high brightness levels and UV rays are not healthy for eyes. Sunglasses are available in many colors too. Road riders may like grey tinted lenses to block out brightness and reduce glare while keeping colors normal looking. If you like to ride country roads, amber or brown tinted lenses may be perfect for you because they block blue light and heighten contrast. If you like to cycle in the evenings, a yellow or orange lens may be used because they allow a sharper focus in low-light conditions.**

**Wrap around goggle-type glasses, clear or tinted, will protect from debris kicked up by traffic, wind or your fellow riders. Also, good eyewear protects from the wind, which can irritate and dry the eyes.**

**You may need to experiment to find your preferred eyewear. Do they fit comfortably with a helmet, or are they so tight they give you a headache? Do they offer wind protection and some ventilation, or are they so snug they constantly fog over? Do you want to spend a bunch and get prescription cycling glasses or just buy low cost sunglasses? The choice is yours – just make sure you wear something.**

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**FREE EVENT ★ JULY 8**

**BIKE THE NIGHT**

PRESENTED BY  
Cleveland Clinic Children's

Rocky River Reservation • Mastick Picnic Area

- **FAMILY FRIENDLY • BIKE RODEO 5-8 p.m.**
- **FOOD TRUCKS • MUSIC • GAMES**
- **PLUS: A CAR-FREE NIGHT RIDE 8-10 p.m.**

Co. decorate your bike with lightel

**The Cleveland Metroparks is going to CLOSE Valley Parkway on Saturday, July 8th for a FREE bicycle night ride! Come down to South Mastick Picnic Area for an all-ages festival with a bike rodeo, Zumba, local bike shops, food, music, and more.**

**Repeat: They are closing a 3 mile stretch of Valley Parkway to cars, and BIKES will reign supreme!**

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### **Good news from Firelands Rails to Trails:**

**The North Coast Inland Trail will be extended by 4.3 miles this year (if all goes as planned). After terminating in Kipton for 20 years, the trail will soon continue out to Wakeman. Reportedly all paving will be completed by this November. There are currently 2 miles of stone trail heading west from Baird Road in Kipton out to Green Road. That section will be paved and connect with paved trail along Rt. 20, going all the way to Rt. 60 in Wakeman. This will open up many new options for club rides.**

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**Got cramps from that tough ride? It may be caused by dehydration or being low on electrolytes. Scientists don't exactly know what triggers a cramp, but there are some ways to calm it. Stop the activity and carefully stretch and massage the afflicted area. This acts as a reset button on the nerves. Dill pickle juice is known to help too. It is thought that the salt content is what**

relieves the cramps. However, a study published in *Medicine & Science in Sports & Exercise* found that cramps stopped within 90 seconds of ingesting pickle juice. However, the salt cannot enter the bloodstream that fast. The current theory is that the pungent, briny liquid triggers a nerve reaction in your throat, which tells your nervous system to stop contracting the offending muscle.

A tip for those who use a vehicle with a bike rack, whether strapped on or connected to a hitch: Check all the straps, nuts and bolts at least once per season. All that driving around could cause something to loosen over time, due to vibration and weathering. Better to be safe than have your bike fall off on the way to a ride.

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## **Education and Safety Committee Update**

**By Rob Hipskind**

The Education and Safety Committee issued their first 2017 article through an email blast on May 22nd. The topic was called "The Hills are Alive with the Sound of Cursing" and it described several hill riding tips and techniques. We included two helpful videos from those British GCN chaps about "How to Prepare for a Climb" and "Climbing Made Easy". The last video showed nine of the steepest hills from all over the world; number 2 was Canton Avenue of the Dirty Dozen Ride in Pittsburgh! Please use this link if you missed the Hills article.

<https://silverwheelscyclingclub.wildapricot.org/Hills>

I used a few of the hills tips and successfully stayed in the saddle all the way up Garfield Road Hill for the first time ever. While I may not be ready to try an Everesting, it felt good to spin right up the hill without having to stand up. (If you like to climb, google Everesting cycling climbs and be prepared to be amazed.)

If you want to learn more, all of our Education and Safety content is on the Silver Wheels Website, under the Resources section, in the Education and Safety folder. Here is the link to all of our Education and Safety articles and videos:

<https://silverwheelscyclingclub.wildapricot.org/Education-&-Safety>

We will be issuing an article on Intersections in just a few days so keep your eyes open for our "Yellow Email Newsflash". In early July, we will have an article about Drafting, and in late July you can find out about Bonking. If you have any education or safety topics that you would like to see covered, please let us know.

## Safe Cycling!



**Yep - there are plenty of potty stops on the Depot Day routes!**



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