

From: **Silver Wheels Cycling Club** SilverWheelsCyclingClub@wildapricot.org  
Subject: Rollin January 2017  
Date: January 2, 2017 at 10:27 AM  
To: Sally Saul sjsaul@mac.com

SW

Happy New Year!



January  
Newsletter  
2017

# Rollin'

*Newsletter of the Silver  
Wheels Cycling Club*



## From the Editor

**Welcome to the New Year!**

**Our first club ride for 2017 was on New Years Day and a large group showed up to ride and eat. It was a sunny 38 degree day with dry roads and not much wind. Thanks goes to Terry and Karen Hobbs for opening their home to the hungry and and Ed Stewart for keeping this club tradition going.**

**The Silver Wheels Awards Banquet will take place on January 14. By now the deadline has passed so if you did not sign up you will need to catch it next year. A summary of the big event will be in next month's Rollin'**

**Don't forget, the annual planning session will be on January 28. The location is McBid Hall at Twin Lake Home Park. This is when many of the major club events are planned for the upcoming season. We will decide who, what, when and where! If you want to see a specific ride on the calendar, especially non-club invitational rides, be there to bring it up. All members are welcome to**

attend.

See the club calendar for more specific details.

**Steve**

***President: Bob Burkhardt***  
***Vice President: Sue Wells***  
***Treasurer: Betsy Nestor***  
***Secretary: Larry Best***  
***Membership: Randy Lottman and Emily Townsend***  
***Website Coordinator: Tom Weber***  
***Merchandise: Cindy Pesta***  
***Sunshine: Dennis Stout***  
***Safety Education: Ed Stewart and Mark Kasmark***  
***Newsletter Editor: Steve Osmialowski***  
***Ride Committee: LaDean Hutter and Greg Orlowski***  
***Social Committee: Sue Wells***  
***See the club roster webpage for phone numbers/email***

## Recent Rides & Events:





## **Chilly everything at the New Years Day ride**

### **Six Stretches Every Cyclist Should Do**

**Marc Lindsay, Scottsdale Arizona**

Give these six stretches a try to improve your flexibility and prevent common cycling injuries.

#### **Downward-Facing Dog**

**What it helps:** Since power is generated from the core and lower back during cycling, these areas can become fatigued and tight. This stretch releases tension along the entire spine and opens the hips while stretching the calf and hamstring muscles.

**How:** Begin on your hands and knees. Raise your hips up by straightening legs, keeping your hands on the ground and slightly in front of your shoulders. Contract the quadriceps, and push your hips back. Concentrate on pushing your heels toward the ground and keeping your spine as straight as possible.

**Reps:** Hold for 20–30 seconds, and repeat 3 times.

#### **Doorway Stretch**

**What it helps:** Because you never reach full leg extension during the pedaling motion, the hamstrings are in constant contraction. Hamstring flexibility and lower back pain often result. To counteract these common complaints, work on hamstring flexibility — particularly within 10–15 minutes of your ride.

**How:** Lie in a doorway with one leg flat on the ground. Place the other leg straight up on the frame of the door. Scoot your butt as close to the door frame as you can tolerate. Keep your back and hips flat on the ground.

**Reps:** Hold for 20–30 seconds, and repeat 3–4 times.

#### **Lunge and Reach**

**What it helps:** Another core muscle, the iliopsoas, can become tight from aggressive riding styles and the upstroke during the pedaling motion. This stretch will help to relieve tension on the front side of your hips.

**How:** Lunge your left leg, and put your right knee on the ground. Keep your back straight, and lift your right arm straight up in the air, reaching for the ceiling. Twist your torso away from the knee you're kneeling on. Repeat with the opposite leg and arm.

**Reps: Hold for 20–30 seconds, and repeat 3–4 times with each leg.**

#### **Seated Glute/Piriformis Stretch**

**What it helps:** The glutes are your workhorses during cycling. You rely on your glutes to generate power during hard efforts like hill repeats. If these muscles become fatigued or tight, it could lead to lower back pain. This stretch will target the glutes and piriformis muscles, which attach to the backside of your pelvis.

**How:** Sit in a chair and cross one leg, with your ankle resting on the opposite knee. Keeping your back as straight as possible, bend forward at the hips so your shoulders fall toward the shin of the crossed leg.

**Reps: Hold for 20–30 seconds, and repeat 3–4 times with each leg.**

#### **Upper Trap Stretch**

**What it helps:** Because of the bent-over position common in road cycling, the upper trapezius can become fatigued from the constant contraction needed to hold up the head. This stretch will help to loosen the muscles, which run from the base of the skull along the back of the neck to the upper shoulders.

**The stretch:** Sit in a chair with your head in a neutral position, and place your left hand behind your left hip. Place your right hand on the left side of your head, and apply gentle downward pressure, bringing your right ear toward your right shoulder. If you want to isolate the stretch higher in the neck, slightly rotate your chin toward your right shoulder.

**Reps: Hold for 10–15 seconds, and repeat 3–4 times on each side.**

#### **Revolved Belly Pose**

**How it helps:** Lower back stiffness and pain are common complaints among cyclists, particularly after long or hard efforts. This stretch will help you relieve those symptoms by releasing tension in the lumbar spine.

**The stretch:** Start on your back with the knees bent. Stretch your arms straight out by your sides. Bring your knees into your chest, then lower them slowly to the right side. If you cannot lower your knees all the way to the floor, place a pillow on the floor, and allow your knees to rest there. Repeat on the opposite side. As you feel your lower back begin to loosen, you can increase the stretch by extending your lower legs so that your feet reach toward your outstretched hand after you've lowered your knees.

**Reps: Hold for 20–30 seconds, and repeat 3–4 times on each side.**



**Saturday, January 14 at Tom's Country Place in Avon, Ohio**  
**Any questions? Contact Mark Kasmark, Banquet Committee Chair**

---

## **AAA Bicycle Roadside Assistance - Fact or Fiction?**

**By: Rob Hipkind**

**When one of us has a bad mechanical day on the road, the conversation often wanders to calling AAA for a tow truck to come help. While many of the 42 regional AAA clubs do offer some form of emergency bicycle assistance, the East Central District, which includes Lorain and Cuyahoga county residents, does not provide cyclist coverage. So, if you have been carrying that ultra-light AAA card in your saddle bag rather than a pump and a tube, you may want to reconsider your strategy!**

**If we lived and rode our bikes in a different AAA district, including many that have counties in Ohio, we might have coverage. For example, a MidAtlantic Premier AAA member can, from a normally travelled road in the Mid-Atlantic territories, have their disabled 2 wheeled bike and a trailer, as well as those of a minor riding with them, transported 100 miles to either a bike shop or the member's house. If you are feeling like an activist, send an email asking for bicycling coverage to [MemberServiceCenterEC@aaaec.com](mailto:MemberServiceCenterEC@aaaec.com) and ask that they forward your request to their Membership Development Department**

### **REMINDER**

**All are invited to the Silver Wheels Cycling Club annual planning meeting.  
Saturday, January 28 9AM**

**Meeting held at McBid Hall, located at Twin Lake Homes, 42660 Albrecht Road, Elyria, Ohio. Expect discussions and changes to Club policy/rules for the coming year, special event rides planned, dates for annual events chosen, invitational ride requests for inclusion on the 2017 ride calendar and more!**

**All members are welcome to stay as long as you wish. The meeting usually goes until mid/late afternoon**

goes until mid/late afternoon.

---

A pedestrian stepped off the curb and into the road without looking one day and promptly gets knocked flat by a passing cyclist.

"You were really lucky there," said the cyclist. "What on earth are you talking about! That really hurt!" said the pedestrian, still on the pavement, rubbing his head. "Well, usually I drive a bus!" the cyclist replied.



