

From: **Silver Wheels Cycling Club** SilverWheelsCyclingClub@wildapricot.org
Subject: Rollin november 2016
Date: January 2, 2017 at 10:27 AM
To: Sally Saul sjsaul@mac.com

SW

The end of the season is near!



November
Newsletter
2016

Rollin'

*Newsletter of the Silver
Wheels Cycling Club*



From the Editor

Yep, the end of our official riding season is fast approaching. The Chili Wiener ride will be November 19. That will be the last day to log club miles for 2016. This ride is always accompanied by a potluck food extravaganza (of course!)

Speaking of food - if you were at the Halloween ride you saw (and ate) the huge assortment of homemade soups, salads and goodies. This club likes to eat! Plus the 50+ in attendance were treated to a un-scary weather day for a change. The wind was strong but temps rose to the low 70's and no rain! No guarantees on chili wiener weather but the food will be there!

Just two days before the chili wiener we will have a 7PM club meeting at the Carlisle Nature Center. Important elections will take place so please attend and have your vote count! We will choose a new President, Vice President and 2 Board Members.

Remember - All members are welcome to attend the general membership meetings, monthly board meetings, and the annual planning session. Be

meetings, monthly board meetings and the annual planning session. By attending you will learn more about what your club is doing and have a say in it!

Steve

President: *Gary Schmitt*

Vice President: *Deb Wailes*

Treasurer: *Betsy Nestor*

Secretary: *Larry Best*

Membership: *Randy Lottman and Emily Townsend*

Website Coordinator: *Tom Weber*

Merchandise: *Cindy Pesta*

Sunshine: *Mary Minter*

Safety Education: *Ed Stewart and Mark Kasmark*

Newsletter Editor: *Steve Osmialowski*

Ride Committee: *LaDean Hutter and Greg Orlowski*

Social Committee: *Sue Wells*

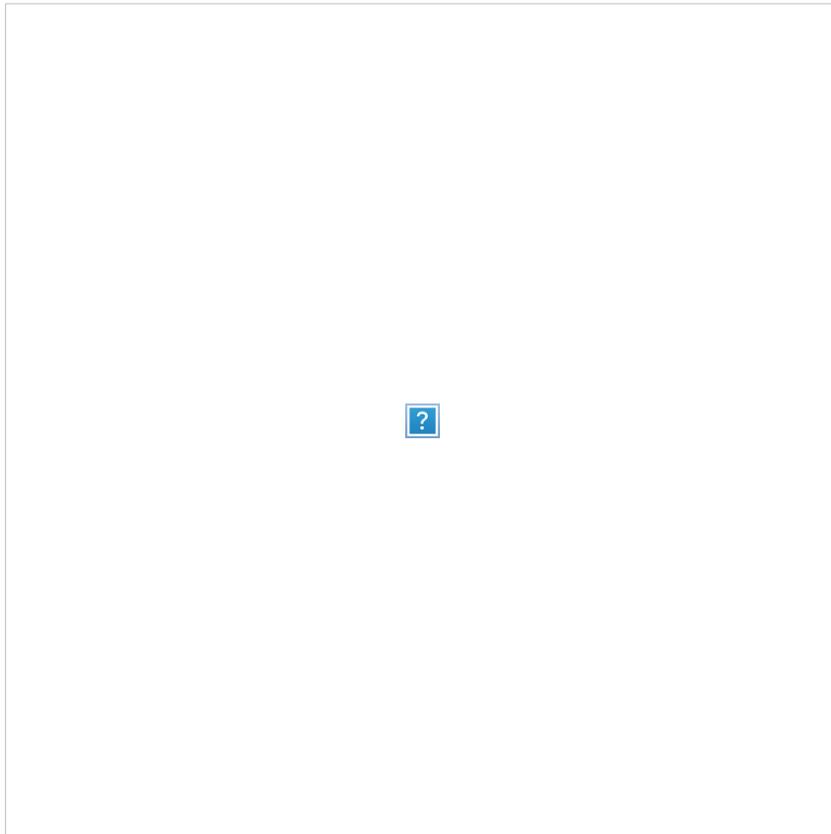
See the club roster webpage for phone numbers/email

Recent Rides & Events:





Who are these people?



3 star cemetery tour



October 17 at Wellington



We need a new Merchandise Coordinator!

The old merchandising queen has a flat tire and now we need someone with new tires to step up!

This job can be shared by 1-3 people! All you have to do is give away first 50 mile shirts, order merchandise, keep records of inventory and type up a monthly report for the board meetings. Also, go to the club meetings to offer shirts, mirrors and all that good stuff. Finally, bag and tag new orders for Dog Days, set-up Dog Days and inventory what you sold and show the money to the treasurer!

This really is a summer position only- you can still head to sunny Florida for the winters! Please let Bob Burkhardt or any board member know you are interested in this position. Thank you!

Essential Bike Tools

If you listed out every tool a cyclist could use, it would be pretty long. Someone who does their own maintenance and repairs would have the biggest selection. Those who prefer to let the local bike shop handle problems need much fewer. Regardless of your mechanical abilities, there are some essential tools that all cyclists should own.

Torx and Hex keys – are used to loosen and tighten the bolts that hold practically everything on your bike in place. Many adjustments and repairs require these simple tools. Keep a selection of the most used sizes in your bag in case of on-road needs.

Tire Levers – the super handy gadgets that help remove a tire off the rim. Absolutely necessary when you have to change a flat.

Floor pump – You should always top off your tires before a ride. High pressure tires can lose air even after one day. Having properly inflated tires will give you the best control and easiest pedaling effort.

Adjustable wrench or multi-tool – For all the parts that can't be removed with Torx or Hex keys.



Safety is no laughing matter - right!

Cycling Hokey Pokey

Education and Safety Committee

As the miles pile up, our hands start to take a beating from the vibrations caused by bumpy roads and the hours spent on the hoods and in the drops. You see riders doing the cycling hokey pokey and shaking their numb hands all about, putting a hand behind their back, or even riding no-handed. Losing the feeling in a pinky and often the finger next to the pinky is called handlebar palsy (or cyclist palsy) but it is likely a pinched ulnar or median nerve. The numbness can last a few minutes or up to a few months and in rare cases surgery is even required.

If your numbness is more than a passing tingly sensation, consider these options:

- **Talk to your doctor**
- **Move your arms and hands often to different cycling positions and relax your grip**
- **Get a bike fit from your LBS**
- **Gloves - some say extra pads help and some say pads hurt...**
- **Wrap an extra layer of bar tape and insert solid bar ends**
- **Strengthen your core**
- **Upgrade to a carbon fork**
- **Lower your tire pressure in front or go to a wider tire**
- **Google "flossing ulnar nerve exercise videos" and learn some of the**

- Google "rossing ulnar nerve exercise videos" and learn some of the easy ways to get that ulnar nerve moving again
- You can ride a recumbent or gasp - stop riding for a bit!

If you would rather hear someone with a British accent talk about hand numbness, here is a link to a GCN video.

<https://www.youtube.com/watch?v=FbyVuuGXmDY>

The link below is to a 2011 thesis from OSU student Kyle Russ, "Towards the Prevention of Handlebar Palsy: The Contribution of Handlebar Shape and Road Grade on Localized Hand Pressures".

https://etd.ohiolink.edu/rws_etd/document/get/osu1306524503/inline

Hopefully, you now have a better understanding of the cause and potential cures for handlebar palsy.



WHAT: Annual Chili Wiener Ride

WHEN: November 19 at 10am, Oberlin Depot

WHY: It is a traditional ride and potluck marking the end of the 2016 riding season. (And we like to ride and eat!)

Rides start at 10am and we will commence with the eating of the food at 12:30pm. **We are looking for volunteers to make their world famous chili.** If you can bring chili, please contact Sue Wells at hogandprincess@AOL. **We are also looking for ride leaders for all star levels.** If you are willing to lead a ride, please contact Scott Edmundson at scott5089@oh.rr.com. We are hoping this nice weather continues.

In case the weather is not to your liking that day for biking, the weather is always good for eating! You will usually find a group of Silver Wheelers playing board games if the weather is bad.

Mark your calendars and let's top the great turnout at the Halloween ride/potluck. Check the ride calendar for more information or contact Scott or Sue.

Some cycling tips:

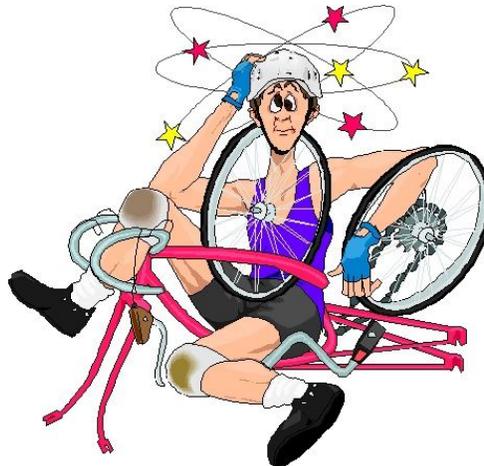
If you have a road bike, or plan to get one, with drop handlebars, you have several grip options while riding.

Grip low on the drops when descending big hills and anytime you are at high speeds. When climbing those hills, grip the top of the bar and sit more upright. This opens up the chest for easier breathing. During most riding and when standing, grasp the hoods lightly. Having these options is a great benefit to having drop style handlebars.

For a safer ride, always keep your thumb and one finger closed to stay in control if you hit a bump.

Did you know your rear tire will wear twice as fast as the front? To get more life out of them, swap them every 500 miles. This is just like rotating the tires on your car. And – if you do it yourself, it's great practice so a future flat will be a breeze to fix. Remember to check if the tires are directional. Some are designed to spin on one direction only.

Whether riding on a cool day or a hot one, it is important to stay properly hydrated. If you head out for a simple one hour ride, plain water will be fine. Longer, strenuous rides require about 30 carb grams per hour. That can be from a sports drink, energy gel or power bar. After a big ride, plan to replenish energy and rehydrate. Eating protein helps to rebuild muscles. A good, low cost option that provides all these benefits is chocolate milk!



Here's some answers to common questions from an Ohio

Here are some answers to common questions from an Ohio State Bar Association attorney.

By Steve Magas Attorney, Ohio State Bar Association member

Q: Must cyclists use bike lanes?

A: Surprisingly, no. "Bike lanes" are typically created by local governments and are not governed specifically by state law. State law mandates only that cities may not force cyclists to use sidewalks or "sidepaths" (bike trails that are not part of the roadway).

Regular road cyclists often find that bike lanes contain litter, gravel, dangerous sewers, glass and debris. Poorly planned bike lanes can also present dangers.

Q: When I'm driving a car, can I cross a double-yellow line to pass a cyclist?

A: The traffic law allows you to cross a double yellow line to pass ANY slower vehicle, but only if:

- The slower vehicle is traveling at less than the posted speed limit;
- The faster vehicle is capable of passing the slower vehicle without exceeding the posted speed limit;
- There is sufficient sight distance ahead to permit the passing maneuver to be safely accomplished, taking into account the speed of the slower vehicle.

This is not specifically a "bicycle" law, but rather a law that covers passing vehicles such as slower moving tractors and Amish buggies.

Q: If I am injured by a negligent motorist while riding my bicycle on the roadway, what insurance coverage applies?

A: Typically, the motorist's auto policy applies to pay your claim. However, cyclists are surprised to learn that their own auto insurance may come into play as well as their own homeowner's insurance, health insurance and any "umbrella" or excess coverage they may have. Be sure to consult with an experienced personal injury lawyer to before moving forward with any such claim.



Winter Awards Banquet Saturday January 14 12 noon

Annual Planning Session Saturday January 28 8 AM

Details will be available soon.

"I have too many bikes" said no cyclist, ever!



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