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Subject: October 2016 Rollin'
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SW

Time for some cool Fall riding!



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October
Newsletter
2016

Rollin'

*Newsletter of the Silver
Wheels Cycling Club*



From the Editor

I don't know about you, but I've been trying to squeeze in as many outdoor activities as possible now that the cold weather is fast approaching. Shorter, cooler days are now the norm. Wet weather means rides are more likely to be cancelled. Did you get all the riding in that you wanted this season? If not, there is still time. You will just have to change your attire and dress for cool rides. Some say, no way - too cold! Others bundle up and ride until it gets to 50, or maybe 40? Some will even ride into the 30's. Hey it's all good!

Remember to check the ride calendar often as it can change quickly. We still have a couple all-star rides such as Halloween and Chili-Weiner. Plus, the daily rides will continue to be posted by our ride leaders until the snow flies.

Did you know that 42% of our members have not logged any miles yet?

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 Orlovski*
Social Committee: *Sue Wells*
See the club roster for phone numbers/email

Recent Rides & Events:

Gettysburg Trip





**Thanks to Dennis, Eleanor, Rick and Sue for organizing a great trip!
It was hot, hilly, scenic, interesting and fun!**

Tires, Tubes, Rain, and Bags

By Larry Best

What a combination! I'll start with tires and tubes first. When you get a flat, and you will, it's sure easier if you have a spare tube along. Changing tubes is always a pain, and here are a couple of ways you can make it easier when you're off the side of the road in a ditch somewhere. It's very unlikely that you'll change a tire on the road. You'll be removing the tire so you can install a new tube. We all say "I've got a flat tire" but unless you have tubeless, tires don't go flat, tubes do. Use your tire levers to remove the tire. You do have a set of tire levers that you carry with you at ALL times, don't you? Good! I carry my spare tubes on a zip lock bag for a couple of reasons. It keeps the tube from rubbing against all the other stuff in your seat bag. It's no fun when you put a new tube in only to find that it has a hole in it from rubbing against something in your seat bag. The second reason is I always put a little baby powder in the bag with the spare tube(s). This acts as a dry lubricant that helps your tire to slide on easier and helps the tube slide around in the tire. That lessens the chance that you'll get a wrinkle in the tube while you're installing it. That prevents a blow out when you're inflating the tire. This also makes your bike smell great. By the way, if you have a tight tire that just doesn't want to slide back on the rim, squirt some water on it to lube it a little. Don't have water? That's okay. Use Gatorade. You can clean up when you get home.

A little more about tires, then we'll move on the complicated subject of bags. When you're riding on pavement the tires that roll the easiest and give the most traction are slicks. They're call that because they're smooth and have no tread. Car tires have treads to keep them from aquaplaning on wet roads. Aquaplaning happens when the tires are going too fast to push the water out of the way so the tire can make contact with the road. If that happens your car is literally floating on a thin layer of water and gets no traction. You're in for a wild ride if that occurs. Treads help this a lot because it gives the water a place to go so the tire can meet the pavement. Treads are also needed for traction on soft surfaces like gravel or dirt roads or snow. Bicycle tires are very narrow and to get them to aquaplane you'll need to be going about 75 to 80 miles per hour. Trust me on this...you're not going to be going that fast. Ever. Slicks will still give you more traction when it's wet than tires with tread. If you're going to ride on crushed limestone, dirt trails, or any soft surfaces, tires with treads will make a big difference. Why do tire makers make some road tires with tread? I don't know. Maybe it's because customers expect it. I'm pretty sure that some of you reading this are thinking, "I don't care what he says, tires with tread get better traction especially when it's wet." Well they don't, but you can go ahead and think that if you want.

Bags. We were going to talk about them weren't we? Okay, I always carry a small, clean zip lock bag with me when riding. It comes in handy when it starts to rain and you have no place to put your cell phone, wallet, Bic pen, your first communion picture, or anything else you don't want to get wet. As mentioned above it's a good idea to carry your spare tube in a zip lock bag to prevent them from rubbing against anything sharp in your under seat bag and so you can put a little baby powder in with the tube. You'll be pleased when on a club ride someone pulls up next to you and says, "Wow! How do you get your bike to smell so good?"

Did Your Ride Leader Take Breaks Under Oak Trees?



By Rob Hipskind



Oak itch mites have bitten more than a few cyclists this year in Northern Ohio, leaving behind a plethora of small red marks and expanding bruising welts on our upper body parts. The mites normally feed on the midge eggs on oak leaves, but once that food supply runs out thousands drop in waves from the trees and feast on human flesh. Some people are speculating that the oak mites were especially bad this year because they fed on the cicada eggs this year.



**Mark your calendar for our annual Halloween ride
Saturday, October 29**

Wear your spooky best and join us for a ride and potluck lunch.

Details to be announced.



Trails Up North

Canada started work on a huge cross-country network of trails for cyclists, hikers and other outdoor enthusiasts back in 1992, and the project is finally nearing completion. To date, over 20,000 kilometers or 12,906 miles of car free trails have been connected, 26 percent of which are on water. According to the Great Trail website, 80 percent of Canada's population lives within 30 minutes of what is said to be the largest recreational trail in the world.

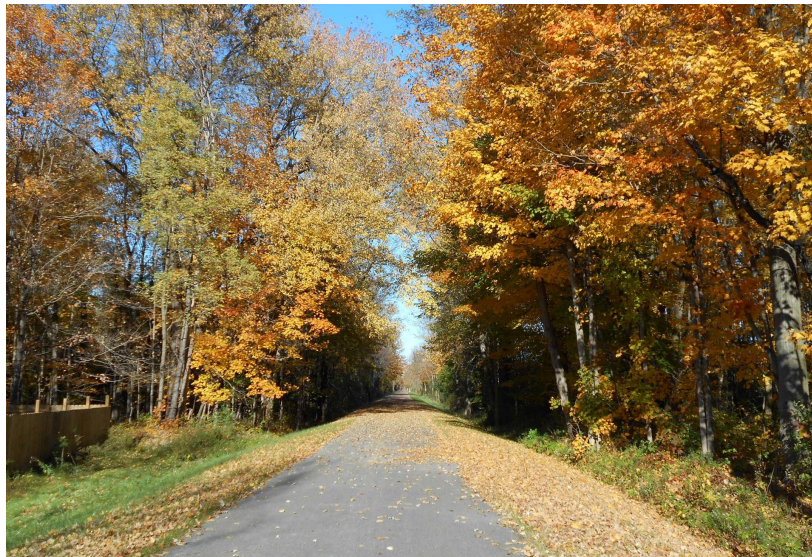
Apart from its impending completion sometime next year, a slew of headlines about bicycle "superhighways" in Europe has drawn new attention to the ambitious Great Trail project. Over two decades in the making, the extraordinary trail starts in Newfoundland, or "Kilometre Zero", according to the website, and stretches west across the great white north to British Columbia. When it is completed, it will comprise 14,913 miles of mixed-use trails.

While great emphasis has been placed in European cities on cycling as a form of green transportation, The Great Trail gives Canadians the opportunity to not only commute, but also enjoy a variety of other activities amid the country's diverse landscapes and cityscapes. Walking or hiking, cycling, paddling, horseback riding, cross-country skiing and snowmobiling are top recommended pastimes. Albeit a boon for recreation, the Great Trail project has also boosted communities across the country.

"Trail sections are owned, operated and maintained by local organizations, provincial authorities, national agencies and municipalities across Canada," according to the website. The "Trans Canada Trail is represented by provincial and territorial organizations that is [sic] responsible for championing the cause of the Trail in their region. These provincial and territorial partners, together with local trail-building organizations, are an integral part of Trans Canada Trail and are the driving force behind its development."

Germany opened the first few miles of a 60-mile highway earlier this year, and the United States is planning its own bike greenway up the east coast, but neither compares with The Great Trail, a singular unifying project with benefits for all Canadian residents.





No Evidence Cycling Weakens Bones - Dr. Gabe Mirkin

Article from DrMirkin.com

No data exists in the scientific literature showing that any type of exercise weakens bones. Bone growth depends on the forces exerted on them by gravity and contracting muscles. So any activity or exercise that causes you to contract your muscles will strengthen bones (*Medicine & Science in Sports & Exercise*, November 2009).

Previous studies showed that world class cyclists had reduced bone densities in their spines. However, bone density tests do not measure bones strength. They measure how much bones block X-rays that try to pass through them. The only way to measure bone strength is to see how much force it takes to break a bone.

The most likely explanations for broken bones in cyclists are high-impact crashes and/or lack of vitamin D. I recommend that all cyclists get a blood test called Vitamin D3 in December or January. If it is below 75 nmol/L, they are deficient in vitamin D and at increased risk for breaking bones. To prevent fractures, they should do winter training in the southern sunbelt or take at least 800 IU of Vitamin D3 per day.

A recent review of 12 blinded, controlled scientific studies showed that oral vitamin D reduced non-vertebral and hip fractures in patients over 65 years of age (*Evidence-Based Medicine*, October 2009). Blood levels of vitamin D below 75 nmol/L cause parathyroid hormone levels to rise too high, which causes osteoporosis. A main function of vitamin D is to increase calcium absorption from the intestines into the bloodstream. When blood levels of vitamin D fall below 75 nmol/L, levels of ionizable calcium drop. This causes the parathyroid gland to produce large amounts of its hormone. Higher than

normal blood parathyroid hormone levels take calcium out of bones to cause osteoporosis.

In case your safety card is damaged by all the gear in your bag (or from spilled Gatorade), here is a nice clean example to review:



Silver Wheels Mission:

To create and provide an environment for members and guests to

- Ride for exercise and fun
- Enjoy the social side of cycling
- Improve cycling skills
- Promote cycling in our area
- Learn more about cycling and educate the community

SILVER WHEELS SAFE CYCLING PRACTICES "QUICK LIST"

- 1** Obey traffic laws. Drive your bicycle following the same practices when driving your car.
- 2** Be predictable. Ride in a straight line. Signal turns and when braking. Scan all around before changing lanes or turning.
- 3** Communicate through words, hand signals, body language, and lane position. On the paths and on the road. Make your intentions clear to everyone. Announce "stopping" when you intend to stop.
- 6** Think ahead. Anticipate conditions and plan ahead. Watch for turning vehicles and road hazards. Allow adequate distance when following behind other cyclists. Avoid overlapping wheels.
- 7** Ride ready.
 - A) Check tire pressure.
 - B) Check brakes.
 - C) Check chain, cranks and quick releases.Use a mirror. Carry tools and supplies.
- 8** Wear protective gear: helmet; gloves; eye protection; sun screen.

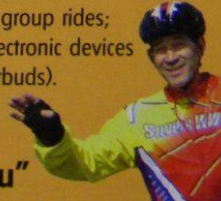
4 Be conspicuous. Ride where you can be seen. Wear bright clothing. Use lights when visibility is poor. Make eye contact with others. Never assume you have been seen by other drivers.

5 When stopping for a break or for repairs, move completely off of the road.

9 Think for yourself. Avoid the pack mentality in decision making. Do not yell "clear" at intersections.

10 Do not use aerobars on group rides; do not use distracting electronic devices while riding (phones, earbuds).

Be Courteous: Wave & Smile. Say "Thank You"




Air pollution:

When cars or trucks pass us while riding, we often get a blast of noxious exhaust fumes. Makes me wonder if that direct exposure to toxic air is negating the health benefits of cycling. From what I read, thanks to stricter air quality laws, vehicle emissions of the top pollutants have dropped by more than 40% in the last 20 years. Today's vehicles emit half the CO2 as they did in the seventies. So overall, the health benefits of cycling should outweigh our occasional smog exposure. But, I'm still holding my breath when those diesel vehicles blast by! Steve



Winter Hiking

Are you looking for a fun way to stay in shape once the snow flies? The 2016/17 winter hiking season will begin soon. We will have some easy hikes and some challenging hikes this winter. We hope to try a few new places too. We will try to get lost as often as possible. If you are interested in joining us this winter please contact Joel Edmonds lostonthetrail@gmail.com if you

were on last year's email list don't assume you will be included in this year's emails as the hike leader wipes the slate clean.

Three Tips

By The Anonymous Sweeper

Fashion Tip - Cycling shorts that have been washed a few too many times can become "see through" in the wrong places in the right lighting. The sweeper behind you may not be able to find the right words to have that difficult conversation with you...

Education Tip - Your rear tire should be inflated more than your front tire. Here is a link to a calculator that determines your optimal front and back wheel psi based on your bike weight, your weight and the tire size.
<http://www.daniellelongo.com/psi/>

Etiquette Tip - No matter how good you think you are at snot rockets or spitting while on the bike, those behind you that have taken fire will beg to differ with you. Before you spit, please make sure you are completely out of MER (Mucus Expulsion Range).

Let's have a moment of silence for all those who are stuck in traffic on their way to the gym to ride a stationary bicycle



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