

Rollin'

Newsletter of the Silver Wheels Cycling Club - July, 2009

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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 bicycling skills

Learn more about bicycling and
educate others

Promote bicycling in our area

How Much Help Is Needed To Make Dog Days A Success?

On Saturday, August 8 our club hosted its third annual Dog Days Wine Tour. All of our early indicators point to another successful event, with about 300 guests enjoying the hospitality of Silver Wheels and the roads of Lorain County.

Success doesn't just happen on its own. It comes as a result of the hard work of many people – the members of Silver Wheels Cycling Club. We had no shortage of volunteer members to help out this year – about one-fourth of our total membership raised their hands to help - they are listed below to publicly thank them individually and as a group for the work they did. If anyone has been left unnamed, we apologize.

Route Markings – Thursday, August 6. Met at 8 a.m. and didn't stop until the job was done, about 3 hours later.

Dave and Diane Riggs

Joe Etzler

Bud Ennis

Tom and Eva Weber

Rich Kolofer

LaDean Hutter

Darlene Wieland

First Club Contest Yields a Winner; Are You Ready For The Next Contest?

In the last issue of *Rollin'* we announced our first ever club contest, to send in what we called Really, Really Short Stories of 6 words.

There were 20 entries from a handful of members - some curious, some whimsical, some thought-provoking, and some just, well, you be the judge. (*See entries and winner next page.*)

And now, for our next contest...

A whacky idea was submitted by Eva Weber (living in Oberlin, she and her husband Tom live life on a slant anyway) to mimic something Eva found in a publication. The humorous list she had found was called "*Redneck Etiquette.*" In that list was a number of situations in which the "redneck lifestyle" was epitomized, albeit in a very humorous fashion.

To keep *Rollin'* from being taken too seriously, our staff agreed that we could run a second contest to see who could come up with some "REDNECK BICYCLE TERMS."

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How Many Does It Take...

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Registration. This starts months ahead of the event and all registrants need to be logged into our system. Mostly this was done by our Registration Chairs, Darlene Wieland and LaDean Hutter.

In the days before the event Registration gets all the rider packets in order, stuffs envelopes, orders rider numbers, obtains pins for the numbers, obtains maps, brochures, and other materials for the packets – again Darlene and LaDean.

On event day, Registration is first to show up (6 a.m.) to set up the packets and get the area ready for the deluge of guests. The early crew here included

Darlene Wieland
LaDean Hutter
Marilyn Torres
Marti Stewart

Tee Shirts. These had to be picked up (two different orders) from our vendor in Cleveland – Pat Perkins agreed to this. Then the shirts had to be prepared for event day. On event day, the shirts were laid out and sold from 7:30 a.m. to after 3 p.m. Cindy Conrad and her husband John were in charge.

Parking Managers. In order to prevent havoc, we offered guided parking with members helping to direct cars where to park. Guests started arriving around 6:30 a.m. and we had to be ready for them.

Joel and Sandy Edmonds
Rich Kolofer
Sue Otto
Bob Gazer (complete with clown wig and red nose)

Rest Stops. This year we had four stops for our guests. Each was “open” for a varied length of time and had to be manned to make sure our guests had food and liquids. The rest stop crews were also the face of Silver Wheels, leaving lasting impressions of the club. This assignment was headed by Dan Hornbeek with Kathy Yourkiewicz serving as food coordinator.

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Really, Really Short Stories

1. The suppressed Hank emerged on rides.
2. Cycling is low cost health plan.
3. Pizza man Steve rides then eats.
4. Got bike, transformed “over the hill.”
5. Rolling. Deflated. Patched. Pumped. Rolling again.
6. Traffic, hills, dogs, cramps. Love it.
7. Karen’s ride stopped only for horses.
8. Never a hill I cannot walk.
9. Every meal my momentum gets better.
10. Where there’s a wheel there’s away.
11. Life sagged, bought bike, renewed spirit.
12. Saddle sores are pain in butt.
13. **Over hill, over Dale... oops, sorry.**
14. Bought a bike, car for sale.
15. Going over the handlebar, Steve awoke.
16. Any road, any where, any time.
17. Bike, eat, repeat – my kinda heaven.
18. Loved cycling most, need alimony help.
19. Bought a bike, see you later.
20. Bought bike, sold car, need raincoat.

**AND THE WINNER IS...
EVA WEBER!**



How Many Does It Take...?

Continued from page 2

Dan and Kathy had to purchase all the food and separate it all into destinations. About a van full of food was involved.

Single Tree Winery

Bob Burkhardt
Eva and Tom Weber
Larry Tobias
John Gallagher
Steve Osmialowski

Matus Winery

Pat Perkins
Cy Palazzo
Lynette Paine
Mal Lumadue
Dennis German

Wellington Reservation

Joel and Kathleen Hendrickson
Mary Ellen Davis and Bob Denington

Caley Woods Wildlife Preserve

Pat Serio
Bob Mendgik
Mary Dillon
Kate Kosar
Nancy Ferraro
Dick Stark
Joel Edmonds

Cookout. We offered an optional cookout for guests. Past member Judy Keys, owner of Pink Peppercorn Catering, brought the food and served up pulled chicken sandwiches, brats, potato salad, pasta salad and cole slaw. Completing the meal was freshly harvested sweet corn (20 dozen ears). The corn had been arranged by our ailing Kay Harrison and picked up by Bud Ennis, who was in charge of corn cooking and food helpers. These helpers included

Dick Bouman (also in charge of icing down and dispensing 260 recovery drinks)
Les Ennis
Sue Otto
Joe Etzler
Cindy and John Conrad
LaDean Hutter
Darlene Wieland

REDNECK BICYCLE TERMS *from p. 1*

What is meant by “Redneck Terms”? Here are just a few from the list Eva supplied:

REDNECK ETTIQUETTE

1. Never take a beer to a job interview
2. It's considered poor taste to take a cooler to church.
3. If you have to vacuum the bed, it is time to change the sheets.

Dining Out

1. Avoid throwing bones and food scraps on the floor as the restaurant may not have dogs.

Entertaining In Your Home

2. A centerpiece for the table should never be anything prepared by a taxidermist.
3. Do not allow the dog to eat at the table no matter how good his manners are.

Okay, so how do we apply such thinking to Bicycle Terms?

Here are a couple that might get you to thinking:

1. Never wear your cleated bike shoes on a freshly waxed floor. Always let it dry first so you don't slip and fall.
2. Don't get caught kissing your bike goodnight. Your spouse might understand but not the neighbors.

Hopefully you get the idea. What we're looking for here is tastelessness, tackiness, stupidity, and funny. Let your imagination run as wild as your kids.

To give you some additional help, here are some subject areas you might consider:

How bikers dress
Bike accessories
Bikers at dinner
Buying a new bike
Conversations on a ride
Descriptions of body pains and problems
Checking out other bikers
Biker language
Traffic other than bikers
Dogs

How do you submit? What's the prize? Easy like the last time. Submit your ideas to Ed Stewart at emsbiker514@gmail.com. The prize will be an original tee shirt with your winning phrase and maybe more. For more information, samples and rules, check out our website www.silverwheelscycling.com and click on the **CONTEST** link (after Monday, August 17.)

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How Many Does It Take?

Continued from page 3

SAG Drivers. Four sectors were devised so our drivers could cover territory efficiently. Coverage began around 7:30 a.m. and ended around 4 p.m. when the last of our riders showed up. Each driver covered about 150 miles.

Joe Etzler
Rita Dvorak
Pete Klepak
Ed Stewart

Hopefully you get the picture of how much total effort goes into Dog Days. It's a lot of work but also a lot of fun. Our members take great pride in hosting a fine event that guests truly enjoy. And they should.

Newest Members

James Crawford	Port Clinton
Bill and Mary Ann Trost	Oberlin
Ed and Theresa Nemeth	Lorain
Gary Scherck	Moreland Hills
Ken Hirz	Avon
Heather Peterson	Cleveland
Keith Washburn	Oberlin
Sharon Britten	Oberlin
Neil Glaser	Lakeside
Kate Kosar	Cleveland
Laurie Archibold	Oberlin
Leslie Goodman	Elyria
Mike and Deb Olinger	Valley City
John hise	Lakewood
Mike Morris	Avon Lake
Toni Cappuccio	Avon Lake

Two New Bike Mags For Girls

Two new bicycling magazines for women are on their way: She Pedals: The Journal of Women in Cycling is due out in September. A quarterly, it is for women of all ages, abilities and cycling interests to inspire them. It is free to those who register online: www.shepedalsmagazine.com. The other one is Women's Cycling and hit the streets in June. It will cover racing, charity rides, commuting and cycling lifestyle themes for women. www.womenscyclingmag.com.

I hear it all the time, but what does SAG stand for?

We get asked this pretty often so we thought we'd do some research and bring the true word to you. According to *Wikipedia*, the online bank of world knowledge, here are some answers they have to the question.

SAG station

A location along the course of a long mass-participation recreational ride providing mechanical and/or medical assistance to riders in need. Volunteers at the SAG station may also dispatch SAG wagons to assist riders stranded along the course. A SAG station may also function as a food stop.

“SAG” (most commonly written in all uppercase in the United States but without capitals elsewhere) comes from a 1930s British expression about riders “sagging” off the back of a group. It was adopted in the 1940s when road-racing restarted in Great Britain to mean a following vehicle into which riders sagged when the effort became too much and they dropped out of a race. SAG is sometimes described as an acronym for ‘**support and gear**’, ‘gear’ meaning in this context mechanical support.

SAG wagon

Support motor vehicle following long races or recreational rides to pick up riders unable to complete the event. In racing events, typically the main group of riders will ride as a peloton and can be served by one or more SAG wagons trailing behind. In large recreational rides, there may be thousands of riders spread over much of the course, so ride organizers may employ roving

SAG wagons to locate and assist stranded riders.

Now you know.





- **Hydrate.** The warmer it gets, the more important it becomes to keep fluids topped off. It isn't simply a matter of performance, although it begins being compromised with the loss of as little as 2% of body weight as fluid. Worse, becoming dehydrated in hot conditions can be health- and even life-threatening. So always start each summer ride with 2 full bottles. If you're going to be out for more than 90 minutes in areas without stores or other water sources, you may want a back-mounted hydration pack as well. Tip: A hydration pack filled with ice works great to reduce core temperature. And as the ice melts, you'll have a supply of cold water to drink, further controlling the internal furnace. Hydration packs are a great solution for extreme heat.
- **Use ice and insulation.** You need to drink, but warm fluids on a hot day are hard to swallow and won't cool you. Use insulated bottles from Polar or CamelBak and get to know which convenience stores have crushed ice dispensers in their soda machines. Fill bottles with ice, top off with water or a sports drink and you'll have cold fluid for 90 minutes for so -- till the next stop.

- **Consider an electrolyte supplement.** Products such as Endurolytes, ZYM or NUUN can be taken during rides to replenish electrolytes lost in sweat (sodium, chloride, magnesium, potassium, calcium, etc.). This may improve performance and stave off cramps. Some riders report benefits, some don't. Most sports drinks contain some electrolytes.
- **Dress for distress.** Choose light colors in a relatively loose-fitting jersey with a long zipper to help air circulate and sweat evaporate. If you're concerned about sun damage to your skin and wind drag doesn't matter, consider long-sleeve garments specifically made for hot-weather riding by companies such as Sun Solutions.

- **Use sunscreen.** Sizzling weather is accompanied by a greater risk of sunburn. Fried skin will make you feel even hotter and more uncomfortable, so use sunscreen with a high SPF rating. Check for a sport-specific formula that stays on better during heavy sweating. Smear plenty on areas that are often overlooked: nose, lips, ears and the back of the neck and knees.
- **Ride early or late.** Many cyclists in hot regions ride at dawn or dusk during summer to escape the hottest part of the day. Consider getting a good lighting system so your rides aren't delayed or stopped by lack of daylight.
- **Reduce intensity.** When it's hot, more of your body's power production has to be diverted to cooling. So you can't work as hard or as long as in lower temperatures. Think about how hard it is to ride more than an hour on the trainer when the room is warm. It can be just as bad outside in hot conditions. So reduce both intensity and distance. Save the century PR attempts for cooler weather.



IT'S A LUAU! SATURDAY, AUGUST 22

Rides Start At Willow Park, Grafton.

The Annual Etzler End Of Summer Party.
Contact Joe Etzler if you plan to attend: jsetzler@glwb.net 926-3309

Rides in the morning - check the calendar for the starting time of the ride for your preferred distance or speed. All-Star levels.

After the ride come over to Joe Etzler's home nearby for his annual feast - this year it's a luau -
free drinks to anyone wearing Hawaiian garb.
Bring swim suits too.



Donations accepted to cover Joe's personal expenses for this annual event.