



# Wilmington Bicycle Club

August 2009

## Officers

**Paula Stewart**  
President  
937-728-9021

**Matt Johnson**  
Vice President  
937-218-6116

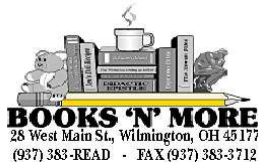
**Teresa Gallinis**  
Treasurer  
937-685-5454

**John Van Velzor**  
Secretary  
937-545-1717

**Karen Cronin**  
Public Relations  
937-783-2991

**Kevin Hoffer**  
Webmaster  
937-728-1448

**Our next meeting is September 8<sup>th</sup> at our meeting place:**



## Meeting Notes

We had a pretty good turnout (about 15). Joni Stewart joined us for the first time. She helped with the Pan Ohio Hope Bike Ride, wants to “learn to ride” and do the Pan Ohio ride next year. Thanks Carole for spreading the Bike Club word!

Kent Stewart did a demonstration on how to change a flat tire. Remember to check the tire for something in it before putting it all back together. If a one-to-one demo is needed, let us know and we can pair you up to let you practice.

John has decided that he enjoys taking care of the blog (<http://wilmingtonbicycleclubofohio.blogspot.com>) more than the newsletter. So Alana Swank has volunteered to do the newsletter.

**Ride Recap** – Donna Burnett, George Bush, Jim Miley and Pam Jones did the Michigan ride and said that it was “the most beautiful scenic ride”. Great weather throughout, well...except the tornado scare at 5-ish in the morning!

Kevin Hoffer and Charlie McIntire rode in RAIN completing 165 miles.

George’s grandson Kyle got a century and was one of the top fundraisers with \$5000 in a week. He even had the COO of the Cancer Society bow on his knees to him! Him and Carole did very well.

Jason Besser had to purchase his son a new bike since he won, not only 1 weekend of BMX racing, but 2 weekends in a row!! Great Job!!!

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## Club Rides

August 22<sup>nd</sup> – Open: Anyone interested in hosting this ride, please let me know.

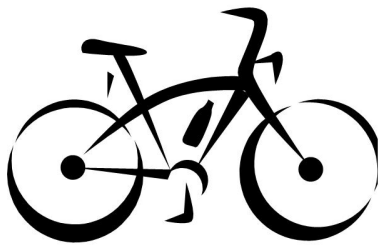
August 29<sup>th</sup> – Donna Burnett: Meet at the Burnett’s house (5685 Mason Morrow Milgrove Rd-Morrow) to leave at 9am for a 30ish mile ride. (513-899-2361)

September 5<sup>th</sup> – Bob Gallinis: Meet at the Gallinis’ house (804 Faris Rd.-Wilmington) to leave at 9am. (937-685-5454)

September 12<sup>th</sup> – Kevin Stewart: Meet at his house (????-Sorry, newbie!) to leave at 1:30pm for a **hilly** 50 miles. Lasagna dinner to be served at 6pm. Bring a side dish, salad, or dessert to share. Not ready for the ride, come on over for dinner!

*Every Tuesday Night* – Donna Burnett: Meet at her house to leave at 6:15p for 20 miles. (513-899-2361)

*Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday @ 2p* – Swank Family: Meet us for a ride along the trail that will be 8-15 miles with a stop half way. We will ride between 8 and 12 mph and will walk across intersections and take several small pauses (as needed) to accommodate the younger riders. The first ride will be August 30<sup>th</sup> and we will meet @ Spring Valley. We’ll ride to Corwin, stop at the Peddler and then head back. (937-554-2427 Alana)



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## Upcoming Events

August 22<sup>nd</sup> – BCBCBCBC: Seaman. Budget tour over rural roads in Southwestern Ohio. Rolling to very hilly routes of 25/35/50/62/75/100 miles. Amish-baked pies for sale along route; pie van to transport to finish if you can't eat them right away! Cincinnati Cycle Club-Andi Daum 513-527-4063; [jdaum@cinci.rr.com](mailto:jdaum@cinci.rr.com).

August 23<sup>rd</sup> – 38<sup>th</sup> Wright Wride: Dayton. Scenic Greene County routes of 25 to 100 miles of flat to gently rolling terrain with a few good hills thrown in. Dayton Cycling Club-Ed Witte [edward\\_witte@yahoo.com](mailto:edward_witte@yahoo.com).

September 12<sup>th</sup> – 3<sup>rd</sup> Tour De Donut: Arcanum. Ride the 30-mile flat course for time whilst eating donuts to gain time bonuses. 2008 winner set a record with 26 donuts downed! **Entry deadline: Sept. 1. Rider limit: 1000.**

September 13<sup>th</sup> – New York City Century: NYC. Ride your pace: 15, 35, 55, 75, and 100 mile routes. The #1 best way to see New York City. [www.nyccentury.org](http://www.nyccentury.org)

September 19<sup>th</sup> & 20<sup>th</sup> – GOBACA: Wilmington. Pick your poison: 65 or 85 miles each day of hilly terrain. The 85 miler has some of the largest hills in Adams Co. and probably the State of Ohio. Camp overnight at Mineral Springs Lake. Meeting time is 7:30am to leave at 8am.

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## News



### **Bikes Boost Kids with Special Needs – *Seth Doane (CBS Evening News)***

Learning to ride a bike is a rite of passage that's often out of reach for some kids.

Less than 20 percent of kids with autism – and just 10 percent of those with Down's Syndrome – learn to ride a bike, according to the University of Michigan.

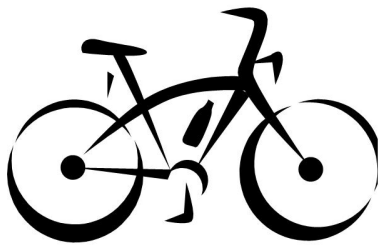
The University of Michigan in Ann Arbor holds a week long camp to help kids face their fears and let researchers learn how success here can translate to other parts of their lives.

“It gives you a way to become more independent, to become more social,” Michigan researcher Dale Ulrich said. “Those are the two characteristics that children with Down's Syndrome and autism need to improve on.”

When they first arrive, many of the kids don't have the balance or the strength to ride a bike, but they do have the will. Developing that will is the point of this program. More than three-quarters of the 80 campers were up and riding by the end of the week

Sometimes we all need a little extra encouragement.

[www.wilmingtonbicycleclub.org](http://www.wilmingtonbicycleclub.org)



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## **"From the Soapbox"**

*Jay Swank*

### Where did everybody go?

I realize I am kinda' a new kid on the block having just joined the group in January, but in that short time I have noticed that we have had several new faces come to a meeting, or maybe even a few meetings, never to be seen again. Most never make it to a group ride and haven't had much to say at the meetings.

So, I wonder what's going wrong. They are obviously interested in cycling and it also seems like a safe assumption to say they are looking for a group to ride with or they wouldn't bother with visiting a "Bicycle Club" meeting. Did they lose interest in cycling? Or us?

While thinking about this, I realized that this isn't just a situation for new members. Some of our long time members are rarely seen during group rides. They have all kinds of miles reported, so it would seem they are still active in cycling. So why do we not see them at the group rides? Are we failing them? Hopefully not! But, what if we are? Is there a better day to do rides? Are we not riding fast enough? Too long? Too short? Or is everything just peachy and I expect too much?

The reality is we don't know and I think that is the biggest issue of all. We seem to move through the meetings mechanically, exactly as we have done all of the other ones before. Our rides are often lead, and attended by the same core group of people. As much as I enjoy them, I realize that they may not be what everyone is looking for.

So how do we get some new faces on rides? Is it time for a good old brainstorming session where we go around the room asking each other how we can be a better and stronger group? One thing is for sure, if you never ask the question you are sure to never get an answer!

## **Member Profile**

This is a new section that will appear in next month's issue. I am hoping this area will help everyone get to know everyone else beyond their cycling. I will have questionnaires at the next meeting for everyone to fill out and return at the October meeting. We will be the first to be profiled!