



Wilmington Bicycle Club

July 2010

Officers

President

Paula Stewart
937-728-9021

Vice President

Matt Johnson
937-218-6116

Treasurer

Kristine Hollon
937-217-9681

Secretary

Karen Cronin
937-783-2991

Public Relations

Carole Blackschleger
513-543-9387

Webmasters

Charlie & Ursula
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Newsletter

Alana Swank
937-554-2427

Youth Director

Jason Besser
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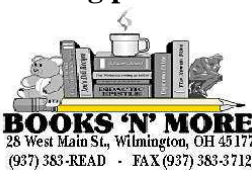
Fundraising

Jay Swank
937-554-3350

Membership

Rich Conti
937-382-7259

**Our next meeting is
August 10th at our
meeting place:**



Meeting Notes

We had a great turnout for this latest meeting with four visitors: Linda Hodson, Diana Denney, Nancy Moore, and Tim Klink. The club is asking for all members to show up early for the next meeting in your cycling gear and with bikes. We are replicating the old photo in front of the Courthouse. Watch for the email to confirm the time and details.

Send fundraising info to jswank@ymail.com or 89 Haley Road, Sabina, OH 45169. Watch for emails from Kent for the Ribbon Cutting Ceremony for the Cowan Lake Multi-Purpose Trail. It is complete from Sprague Road to 730 for walking/hiking (approximately 3 miles). Kathy Smith reminded everyone to check out drivelesslivemore.org for activities in the Dayton area. There are a lot of options!

Donna Burnett is still hosting Tuesday night rides from her house (5685 Mason Morrow Milgrove Rd, Morrow) along the bike trail. They leave at 5:45pm. *There will NOT be a ride on July 27th.* (513-899-2361)

The Stewarts are offering "On-Call" mountain bike rides. If interested, call Kent 937-655-8323.

Club Rides

Sun. July 25th – Kristine Hollon: Meet at Kristine's house (1062 Hickory Trail, Wilmington) to leave at 8:30am for a ~30 miler, including a lunch stop. (937-217-9681)

Sat. July 31st – John Van Velzor: Meet at the Xenia Bike Station to leave at 9am for a ~40 mile ride that includes a lunch stop in Dayton @ Webster Street Market. (937-545-1717)

Fri. Aug 6th – Stewart's Night Ride: Meet at the Xenia Armory to leave at 7pm to ride along the bike trail to Young's Dairy for ice cream and ride back. Headlights are required for this ride. (937-728-9021-Paula) *Some may meet at Young's to leave at an earlier time to ride during daylight.*

Sun. Aug 8th – Donna Burnett: Meet at the Burnett home (5685 Mason Morrow Milgrove Rd, Morrow) to leave at 8:30am for a ride. (513-899-2361)

Sat. Aug 14th – Johnson Brothers: Meet at the Johnson home (577 Weaver Rd, Sabina) to leave at 9a for a ~35 mile ride with a lunch stop. (937-218-6116-Matt)

Sun. Aug 15th – Swanks: Meet at the Swank's home (89 Haley Rd – use 126 for GPS - Sabina) to leave at 9am for a 30-40 mile ride. **Please RSVP by 8/14 as they are serving burgers at the end.** (937-554-2427 Alana)

Sun. Aug 21st – Karen Cronin: Meet at the Bank next to the Blanchester McD's to leave at 8:30am for a 35-40 mile ride. **Please RSVP by 8/15 as Karen is serving lunch at the Cronin's house.** (937-783-2991)

www.wilmingtonbicycleclub.org



Wilmington Bicycle Club

July 2010

Upcoming Events

Thur. July 29th to Sun. Aug 1st – Cleveland to Cincinnati: 4th Pan Ohio Hope Ride. Riders will pedal from Cleveland to Cincinnati to fundraise for American Cancer Society. It is 328 miles of flat to hilly riding. Sunday they will be traveling the Little Miami Bike Trail through Corwin and Morrow. Come out to offer support to those riding!

Wed. Aug 11th – Wright-Patterson AFB: 12th Blue Streak Time Trials. Ohio Bicycle Federation – Chuck Smith (937-890-6689) chuck@ohiobike.org Need to register one week prior in order to receive your security clearance.

Sat. Aug 14th – Seaman: ACACAC (Formerly the BCBCBCBC). A budget tour that covers 25/35/50/62/75/100 rolling to very hilly miles of rural roads. Amish-baked pies for sale along the route – pie van to carry back to finish. Andi Daum (513-527-4063) www.CinciCycleClub.org

Sat. Oct 16th – Caesar's Creek Beach: Cystic Fibrosis Ride. Riders will have a choice of 20, 32 or 65 mile routes. Registration is \$35 if done between 7/20 and 10/15. Same day registration is \$45. There is a \$150 fundraising minimum per person. Any questions...call Scott Winkler 937-725-8953.

Signs of Heat Exhaustion/Heat Stroke

Compiled by Alana Swank from information provided by Paula Stewart from the internet

Heat exhaustion occurs when your body can't keep itself cool. As the temperature rises, your body stays cool when your sweat evaporates. On hot, humid days, evaporation of sweat is slowed by the increased moisture in the air. When sweating is not enough to cool your body, your body temperature rises and you become ill.

SIGNS and SYMPTOMS

Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration and inadequate fluid or salt intake. Signs and symptoms resemble those of shock and may include:

- Feeling faint or dizzy
- Nausea
- Heavy sweating
- Rapid, weak heartbeat (Heart rate monitors are very beneficial to watch this!)
- Low blood pressure
- Cool, moist, pale skin
- Low-grade fever
- Heat cramps
- Headache
- Fatigue
- Dark-colored urine



Wilmington Bicycle Club

July 2010

If you suspect heat exhaustion:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heat stroke!

Signs and symptoms of heat stroke:

- High fever (104 F or higher)
- Severe headache
- Dizziness and feeling light-headed
- A flushed or red appearance to the skin
- Lack of sweating
- Muscle weakness or cramps
- Nausea/Vomiting
- Fast heartbeat
- Fast breathing
- Feeling confused, anxious or disoriented
- Seizures

If you suspect heat stroke, call emergency medical personnel ASAP. While you are waiting for medical assistance, take the person into an air-conditioned building or a cool, shady place. Remove the person's unnecessary clothing to help him or her cool down. Try to fan air over the person while wetting the skin with water. You can also apply ice packs to the person's armpits, groin, neck and back. These areas contain a lot of blood vessels close to the surface of the skin. Cooling them with ice packs can help the person cool down.

WHO'S MOST AT RISK?

The following factors increase the risk of developing heat exhaustion:

- Being dehydrated
- Age (the elderly and children under 5 years of age)
- Illness or chronic disability
- Obesity
- Pregnancy
- Cardiovascular disease
- Hypertension
- Respiratory disease
- Drinking alcohol
- Physical exertion in hot or humid environments (athletes, military personnel, outdoor laborers are particularly at risk)
- Taking medications that interfere with the body's ability to cool itself, including antipsychotics, tranquilizers, antihistamines, tricyclic antidepressants, beta-blockers, and some over-the-counter sleeping pills



Wilmington Bicycle Club

July 2010

After having heat exhaustion or heat stroke, you are more sensitive to hot conditions for about a week afterwards. Be especially careful not to exercise too hard and avoid hot weather.

PREVENTION

When the heat index is high, stay indoors in air-conditioned areas when possible. If you must go outside, take the following precautions:

- Wear lightweight, light-colored, loose-fitting clothing
- Drink more fluids than usual
- Check on those vulnerable to heat exhaustion
- Avoid alcohol, caffeine and sugar, which can cause dehydration
- Exercise or work outdoors during the cooler times of day
- Take cool baths
- Long-term prevention of heat exhaustion includes regular, doctor-approved exercise. Those who exercise regularly over time, allowing their bodies to adjust to hot conditions, may better tolerate exercise on hot days.

Endurance athletes may want to take mineral supplements including: Calcium, Magnesium and Potassium. Foods high in these nutrients include dark leafy greens, nuts, seeds, whole grains, sea vegetables, blackstrap molasses and bananas.

You can determine the actual heat index for the day if you plan on being outside by visiting a website that has a Heat Index Calculator. The National Weather Service provides a calculator at <http://www.hpc.ncep.noaa.gov/html/heatindex.shtml> Just plug in the temperature and the dew point or the temperature and the relative humidity, click calculate and you will get the actual temperature.

Member Profile

This week's Member Profile was to be on Mr. Bob Gallinis. However, he declined the opportunity...(party-pooper!!). Watch for your questionnaire to arrive.