



# Wilmington Bicycle Club

March 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  
McIntire

### Newsletter

Alana Swank  
937-554-2427

### Youth Director

Jason Besser  
937-728-1850

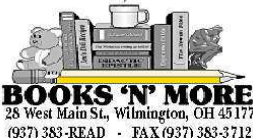
### Fundraising

Jay Swank  
937-554-3350

### Membership

Rich Conti  
937-382-7259

**Our next meeting  
is April 13<sup>th</sup> at our  
meeting place:**



## Meeting Notes

There were quite a few people at this month's meeting, including a few visitors: Ann Monroe, Melanie Chance and Roger Littleton. There was to be a guest at this month's meeting, Eric from Wilmington College, but he didn't. It worked out end the end because there was a lot to cover since February's meeting was cancelled.

The High Mileage plaque will be updated with David Dalzelle's name for 2009. He ended the year with 9,213 miles. You go Dave!!

Jason Besser is looking into holding a "Bicycle Safety Day" in conjunction with the Banana Split Festival. He will be checking with Wilmington Rotary Club and will report at the next meeting.

Jay Swank reported that very few members voted last month on the fundraising options. If members participate in fundraising activities, they are to submit the pertinent information to Jay for him to record for end of year festivities. Send info to [jswank@ymail.com](mailto:jswank@ymail.com) or 89 Haley Road, Sabina, OH 45169.

Kent Stewart will be emailing for volunteers to start working on the Mountain Bike Route Project trail to go around Cowan Lake. Clean up will take place on Saturdays and evenings when possible.

Kristine is reminding everyone that dues are due! Please make your \$12 payment payable to Kristine Hollon and mail it to: 1062 Hickory Trail Drive, Wilmington, OH 45177. This will be the last newsletter you receive until your dues are paid. They pay for this newsletter, the website and special gifts/donations.

**Next Meeting** – Paula is asking everyone to bring any and all suggestions to the April meeting for things to do in May for "Bike Safety Month". So, get your thinking caps and a notepad. Matt Johnson will be doing a presentation at the next meeting.

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## Club Rides

March 20<sup>th</sup> – Donna Burnett: Meet at the Burnett's home (5685 Mason-Morrow-Milgrove Rd.-Morrow) to leave at 11am for a ride into Loveland for lunch and back (~30 miles). (513-899-2361)

March 27<sup>th</sup> – The Gallinis': Meet at the Gallinis' home (804 Faris Rd.-Wilmington) to leave at 11am for a ~30 mile ride with a lunch stop. (937-685-5454)

April 3<sup>rd</sup> – ??????: Meet at the Corwin Bike Station to leave at 10am for a 52 miler to Loveland and back!! This one is up for grabs...Contact me if you're interested.

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



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April 10<sup>th</sup> – Alana Swank: Meet at the Swank's home (89 Haley Rd, Sabina – GPS...use 126 Haley) to leave at 11am for a 30 miler with a lunch stop. (937-554-2427)

April 17<sup>th</sup> – Corwin State Park “Green Up Day”: If you want to volunteer your time for the Mountain Bike Trail Project, contact Kent Stewart. Lunch is to be served at Caesar Creek Beach. (937-655-8323)

## Upcoming Events

March 23<sup>rd</sup> – “Race Day” Spinning class: Meet Paula at Get Fit for a 1 hour “Race Day” spinning class. Be prepared to get sweaty and tired! She holds WBC spinning classes on Tuesdays and Thursdays at 6:45 pm. Contact her for additional information ([getfitwithpaula@earthlink.net](mailto:getfitwithpaula@earthlink.net)).

May 1<sup>st</sup> – Calvin's Challenge: Shawnee HS, Springfield. This is a 12-hr endurance ride with 50-mile and 7-mile loops. See how many miles you can rack up in the allotted time. Start time is 7am. Registration is already open.

May 8<sup>th</sup> & 9<sup>th</sup> – TOSRV: Columbus. There is a 213 mile Full TOSRV or a 100 mile Half TOSRV. You start in Columbus and travel south to Portsmouth, stay overnight and ride back to Columbus. Half TOSRV riders can ride from Columbus to Portsmouth and go home or start in Chillicothe to ride to Portsmouth, stay overnight and ride back to Chillicothe. Registration is open! Jay and I have registered, have you?

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## Survive Anything! – *Bicycling* (January/February 2010)

Heather Rodenbach

From ravenous dogs to flat tires to moldy bottles, extreme challenges call for extremely creative solutions. Here are some of the most unforgettable reader tips from the past five years:

- To clean a moldy water bottle, fill it with hot water and add a denture-cleansing tablet. Let it soak overnight; in the morning it will be as clean as when it was new. – *Michael Hinkle, Ohio*
- If you're having a hard time getting a tight tire onto a rim, throw into the clothes dryer for about a minute. The rubber softens and becomes easier to stretch. *Jim Camut from Pennsylvania* has done this many times and has never ruined a tire.
- *Paul Portnoy of Massachusetts* used a bungee cord from his hydration pack after crashing in the woods and breaking both bones in his lower leg. He used it and two branches to make a splint. He got out of the woods on his own and found help.
- Science Experiment: Mix equal parts rubbing alcohol and water in a ziplock bag and store it in the freezer. Result: An ice pack that will get very cold but remain squishy. – *Lee Dixon, Georgia*
- Here's one for the ladies: *L.H. from Nevada* noticed that she forgot to shave her legs before a big group ride. Problem: She was out of shaving cream. Solution: Cool Whip.



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## Member Profile

**Name:** Bruce Barrett

**Significant Others name:** Pam

**Where do you live?** Wilmington, with temporary quarters in Viernheim, Germany.

**Age:** 58, rapidly approaching 59!

**Do you have children:** Yep.

**If Yes, elaborate:** Matt and Andy. They're sharing an apartment in Leadville, CO, highest incorporated city in America at 10,430 feet. Matt has completed college, majoring in ski area operations. Andy is starting college after just completing his 4 year Navy duty. Both are enjoying the great outdoors of Colorado. Their activities include snowboarding or skiing, bicycling, and hiking. My major activity when visiting was gasping for air.

**Where do you work?**

**Where is your work:** Viernheim, Germany with the ITT Corporation.

**How long have you been there?** 9 months.

**What do you do there?** Maintain airport nav aids at Army Airbases. I also enjoy the local atmosphere. Biking has been slow lately due to weather. Come on over. We'll conduct the next club meeting in a real castle. The dinner menu can include beer, wine, schnitzel, bratwurst, and potatoes any way you want them.

**What is your dream job?** Retiring. I'm estimating about 6 years from now. For the short term finding a job closer to home where I can apply my experience and, perhaps, see some more of our World.

**What are your hobbies (besides cycling)?** Playing guitar is a favorite pastime. It is painfully slow in the progress department but I'm still trying. Skiing is another favorite Winter activity, when I'm not healing up after those unexpected ski stops.

**How long have you been cycling?** About 12 years. Matt got me started as a follower during his activities. Andy picked it up next. We've had exciting, memorable rides together throughout the years. Our memories include rattlesnakes, bears, injuries to all of us, and good times with the Club. My first quality bike was purchased from that fly-by-night bike shop that some of us can remember. Thanks Kent and Paula. You started me off with quality gear in a new fun sport.

**What do you dislike about cycling?** Going up hills. Also those unexpected spills that put you on the ground and leave you collecting the pieces.

**What goals do you have for the next year? (cycling or non-cycling related)**

Get back to the States and settle into what will hopefully be my last job in the working industry environment. We plan to stay in Wilmington.

**What are you looking for from the Wilmington Bicycle Club?** A good respectable group of people who take time to get together for that occasional social event and bike ride. Keep up the good work everybody! Happy New Year and ride safely.