



Wilmington Bicycle Club

May 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

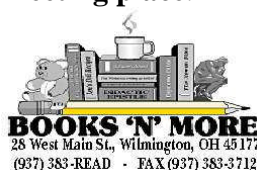
Fundraising

Jay Swank
937-554-3350

Membership

Rich Conti
937-382-7259

**Our next meeting is
June 8th at our
meeting place:**



Meeting Notes

Paula will be sending around an email regarding the WBC polo shirts. They are available in a few colors and price will be determined by how many are purchased. Watch for the email to let her know if you are interested in one.

Jason Besser has contacted the Wilmington Rotary Club regarding the Youth Event in conjunction with the Banana Split Festival. There are two types of involvement: commercial and non-commercial. Applications are due by the end of May. Still need tricycles and helmets.

If members participate in fundraising activities in the club's name, they are to submit the pertinent information to Jay for him to record for end of year festivities. Send info to jswank@ymail.com or 89 Haley Road, Sabina, OH 45169.

The Mountain Bike Trail is making headway. The volunteers are at the 3 mile mark. There has been a total of 150 hours put into the progress with up to 2000 hours estimated needed to finish. Watch for emails from Kent...

Charlie McIntire, Jay Swank, Rich Conti and Paula Stewart rode in rain and wind for the Calvin's Challenge on May 1st. Charlie, Jay and Rich rode in the 12hr Race, Paula rode in the 6hr Race. The final mileage was: Jay 206, Rich 172.5, Charlie 157 and Paula 92.5. Kent, Andrew and Alana rode for the "Fun" of it portion.

Club Rides

Sat. May 22nd – Alana Swank: The Covered Bridge Tour in Brookville, OH – This is a budget tour (\$5 per rider) that winds through Montgomery and Preble counties. You can visit from 2 to 10 covered bridges. Rides: 23/45/74/105 rolling miles. Visit www.DaytonCyclingClub.org/covered_bridge.htm for additional info. *Fyi...Jay and I will not be riding this one after all as Jay will be returning from Brazil the day before. I can still answer any questions you may have. (937-554-2427)*

Sat. May 29th – Stewarts: Meet at the Campground entrance to leave at 8:30a for a ride to the Little Miami Bike Trail and back for a total of ~60 miles. Lunch will be in Morrow or Loveland. "Normal paced ride" with Arnie Davis (Louisville, KY) Maps will be available at beginning of the ride. (937-728-9021)

Sat. June 5th – Donna Burnett: Meet at the public parking area next to Morgan's Canoe Livery for a ~35 mile bike path ride to start at 9a with lunch along ride. (513-899-2361)

Sat. June 12th – John Van Velzor: Meet at the Xenia Station to leave at 10am for a 35 miler, including a lunch stop. (937-545-1717)

Sun. June 20th – Gallinis: Meet at the Gallinis Home (804 Faris Rd, Blanchester) to leave at 10a for a 30-35 mile ride that includes a lunch stop. (937-685-5454)



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Upcoming Events

Sat. May 29th – Dayton: 36th Huffman Spring Classic. Explore the Greater Dayton Area visiting Germantown, Gratis, Camden and Eaton on routes of 20/35/50/63/100 rolling miles. Home baked cookies, food stops, rest stops featured on this unofficial GOBA tune-up. www.DaytonCyclingClub.org – Dwaine Wheeler (937-626-4455)

Sat. June 5th – Westerville: 16th Tour De Cure. Pledge tour raising funds for diabetes research. Routes of 12/30/60/100 flat to very hilly miles cover all abilities. Rest stops, support on all routes, lunch and massage tent at finish. **Entry Deadline: June 4th**. American Diabetes Association – Tisha Horst (614-439-1917 x6622)

Wed. June 9th – Wright-Patterson AFB: 12th Blue Streak Time Trials. Ohio Bicycle Federation – Chuck Smith (937-890-6689) chuck@ohiobike.org

Sat. June 13th – Cincinnati: Ride Cincinnati. This fundraiser for breast cancer research is family-oriented. Refreshments, live music, entertainment, massages, exhibitors, kids' activities and rolling routes of 8/18/26/45/62 miles to enjoy. www.RideCincinnati.org – Karen Niemeyer (513-941-0304)

Sat. June 19th – Lebanon: Tour De Cure. American Diabetes Association – Sarah Jefferson (513-759-9330 x6661) <http://main.diabetes.org/CincinnatiTourdeCure>

Out With the Old – *Bicycling* (March 2010)

Mike Cushionbury

Here are 11 simple ways that routine maintenance and timely replacement will make sure your rides faster, smoother, safer and more fun.

1. Chainring Teeth: Chain snags or derails as you pedal? You've got bent teeth. Missing teeth can hide for a while since they cause lousy shifting that never seems to go away. For either malady, replace the ring. If they look fatally worn but intact, consult your bike shop to confirm the diagnosis; the teeth of modern chainrings and cassettes are sculpted to enhance shifting and can look misshapen to an untrained eye.
2. Chain: Drivetrain clattery or shifting balky or unpredictable? Your chain may be worn to the point it does not mesh with the chainring teeth. Be careful not to ride too long like this, it can disfigure the teeth of the cassette and chainrings; if this happens, you have to replace those as well as the chain. You can lengthen the life of your chain with regular cleaning and lubing. Make sure the chain is never dry or wet enough to have anything stick to it. Chains usually last between 1,000 and 2,500 miles.
3. Shoes: You should replace your shoes when the cosmetic flaws have turned into structural flaws.
4. Tires: Every tire has a different life expectancy depending on the tire itself and the rider. Check your tires before every ride for any visible signs of threads, belts or the inner tube showing through an opening. To lengthen the life span: When the rear tire is worn, swap your front tire to the back and install the new tire on the front.
5. Cleats: Replace them at the start of every year or when the wear indicator says you should. (For many plastic cleats, the signal for replacement is when a color indicator or line either disappears as it's worn away, or shows through a worn surface.) Cleats used beyond their effective life span often release unexpectedly or stick in the pedal. Walking on cleats causes the worst premature wear.

www.wilmingtonbicycleclub.org



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Member Profile

- 1) **Name:** Beth Ballein
- 2) **Significant Others name:** Mike Ballein
- 3) **Where do you live?** Hillsboro, OH
- 4) **Age:** 36
- 5) **Do you have children:** No
- 6) **Where do you work?** HDH, PSC
 - (1) **What do you do there?** LPN
- 8) **What is your dream job?** Podium girl at the Tour de France.
- 9) **What are your hobbies (besides cycling)?** Running, hiking, camping, swimming, bodysurfing, 4-wheeling, motorcycles, travel, (just about anything outdoors), quilting, gardening, etc.
- 10) **How long have you been cycling?** I have always had a bicycle, as a child that was our main mode of transportation, other than walking. Serious cycling for about 8-9 years.
- 11) **What do you dislike about cycling?** HEADWIND!
- 12) **What goals do you have for the next year? (cycling or non-cycling related)** Be debt free!!
- 13) **What are you looking for from the Wilmington Bicycle Club?** Enjoying time with friends doing what we like.



Do what you like.
Like what you do.
Life is Good.

