



# Wilmington Bicycle Club

September 2009

## Officers

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937-728-9021

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Vice President  
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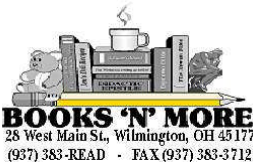
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Secretary  
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**Karen Cronin**  
Public Relations  
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**Kevin Hoffer**  
Webmaster  
937-728-1448

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



## Meeting Notes

We had a pretty good turnout given that quite a few of our members are in New York this week. There were three new members in attendance: Kathy Smith (Joni Stewart's sister) and Dan and Mary Ann Faloon. Welcome... We discussed the previous rides, club and other, and scheduled the next month's rides.

**Ride Recap** – John V's ride had a good turnout, I believe there was 12 of us. We zig zagged around Xenia and out to Young's while the Stewarts "towed" Paula's nephew along the trail beating us there. There were 3 flat tires for members to practice on (Jay, Bob, and Kent S.).

BCBCBCBC had several WBC members in attendance: Mike and Beth Ballein, Joe E., Jay Swank, Kevin Hoffer, Kent and Andrew Stewart, Charlie, Kent V. and Rich Conte. Several members did the 102 miler (some more than others due to a wrong turn-Jay) and some did the 75 miler.

Some of the members turned around and did the Wright Wride the day after climbing those hills. Jay and I rode the 62 mile and saw Donna and Jim Burnett, John V. and Bonnie at the start of their 50. Then at the lunch stop we ran into Joe E. and the Balleins. It was a beautiful day to ride...

Donna's ride turned out to be a "typical" John and Bonnie ride due to her nursing her back. Bob joined them for a tour of Greene County.

Bob then hosted his own ride with Christine, John, Rich, and Bonnie for 35ish miler.

The Cronins were riding around Wisconsin enjoying the beautiful views.

The Swank family ride was enjoyed by the Swank Family.☺ Hopefully more will join us on this *Sunday, September 13<sup>th</sup>, at Spring Valley leaving at 2p.*

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## Club Rides

September 26<sup>th</sup> – Cronins: Meet behind Blanchester McD's to leave at 9a for ~30 miles. Lunch will be at the Cronins' house afterward. (937-728-1448)

October 3<sup>rd</sup> – Jason Besser: Meet at his house (1225 Warren Dr.-Wilm) to leave at 9a for 30-40 miles. Lunch will be served afterward. (937-728-1850)

October 10<sup>th</sup> – Swanks: Meet at our house (89 Haley Rd-Sabina) to leave at 9a for TBD mileage. Lunch will be during ride. (937-554-2427 Alana)

*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. Please call the Saturday before to find out where we are meeting. (937-554-2427 Alana)



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## Upcoming Events

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.

October 3<sup>rd</sup> – Great Ghost Rider Ramble: Saint Leon, IN. Full-service ride featuring routes of 25 to 100 rolling to very hilly miles. The century has 7 big climbs! Also features family fun ride and Halloween costume contest. Optional post-ride pasta. **Rider Limit: 500.** [www.cincinnati-cycle-club.org](http://www.cincinnati-cycle-club.org)

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## News

### **Sram recalls bicycle chains with connectors that can crack** – *Sherine El Madany* ([latimesblogs.latimes.com](http://latimesblogs.latimes.com))

About 24,000 Sram 10-Speed bicycle chains with PowerLock connector links are being recalled by Sram. The connectors are brittle and can crack, allowing the chain to separate from the bicycle and causing the rider to fall.

Four incidents have been reported, including one in the United States, the Consumer Safety Commission said. No injuries have been reported, the agency said.

The recall involves Sram PowerLock connector links, which are sold individually, on 10-speed bicycle chains and as original equipment on some bicycles. The recalled PowerLock connector links are identified by a date code of M or N located on the side of the PowerLock connector link. Ten-speed Sram chains that were equipped with recalled PowerLock connector links include the following chain model numbers: PC-1030, PC-1050, PC-1070, PC-1090 and PC-1090R.

The recalled chains also were installed on some Guru, Surly, Salsa, BMC, Serotta, Seven and Ridley brand bicycles. The individual PowerLock connectors and bike chains with these connectors were sold from January through August 2009. Bicycles with affected chains were sold from April 2009 through August 2009.

The commission said consumers should immediately stop using the recalled PowerLock connectors, chains and bicycles with these connectors and contact their Sram retailer for replacement.

For additional information, contact Sram (800) 346-2928 or visit the firm's website [www.sram.com](http://www.sram.com).



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## "From the Soapbox"

*Jay Swank*

### Mind your road manners

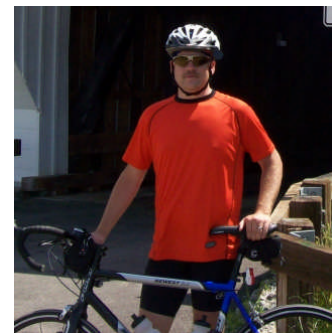
So there I am on an early Sunday morning spinning along just outside of Spring Valley on a nice rolling road. It's just been me for some time but just as I approach an intersection I see a car ahead. Our directions do not have a stop but the crossing traffic does. It seemed as though the approaching car and I are going to reach the intersection at the same time so I slow down just in case they are going to turn in front of me and haven't signaled. Then suddenly another cyclist blasts through the intersection! The car had to make an aggressive stop and swerve a bit to miss the cyclist and, although I was in the clear, the whole thing down right peeved me off! I yelled to the cyclist, "That's why they hate us!" I'm not sure if he heard me or not, but the driver of the car did because she was nodding in agreement as she started moving again.

If we cyclists want all of the rights of the road, we **MUST** respect the laws of the road. I see too many cyclists shake their fists in disgust of a poor pass by a motorist only to short-lane them back at a stop sign. Or better yet, blow by them while they are sitting at a stop light. The motorist-cyclist relationship is a two way street. Let's do our part to **EARN** the respect on the roads!

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## Member Profile

- 1) **Name:** Jay Swank
- 2) **Significant Other's name:** Alana Swank
- 3) **Where do you live?** North of Wilmington close to the I-71/SR-72 interchange
- 4) **Age:** 32
- 5) **Do you have children:** Yes



- (1) **If Yes, elaborate:** We have two boys; Tommy (15) goes to Wilmington High School as a sophomore and enjoys all of the running sports. He currently holds the high school 800M record and is gunning for the 5k and 1600M records by the completion of his junior year. Kegan (7) goes to East End Elementary as a 2<sup>nd</sup> Grader. He is our little outdoorsman. He enjoys all sorts of activities outside but hasn't shown any real interest in organized sports yet. That said, he has played tennis the past two summers and plans to play again next summer. He loves riding his bike with us and reading. We also have two girls, of the furry kind; Pepper (2 ½) is a large mix dog that looks very similar to a ridgeless Rhodesian Ridgeback. Bailey (7 mths) is a large Golden Retriever mix/German Shephard mix mix. She is going to be a very **BIG** girl as she is already bigger than Pepper.
- 6) **Where do you work?** Addison-Mckee
  - (1) **Where is your work:** Lebanon, (right along the connector to the Little Miami Trail)
  - (2) **How long have you been there?** About 2 ½ Years
  - (3) **What do you do there?** I am a Controls Engineer. I design the electrical portion of the machines and create the bill of material for that construction. I also do the programming of the machines to make them do their thing.



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- 7) **What is your dream job?** I'm not really sure. I like what I do but I would like to be my own boss, calling my own shots. Alana and I would love to start a kennel and do dog training but aren't sure where to start and if it would provide enough income for us to stay afloat. This dream may have to wait until the boys are standing on their own feet.
- 8) **What are your hobbies (besides cycling):** I am kind-of a home body. I enjoy hanging out with the family and watching a movie or playing with the kids. I love to go camping and we have a really nice camper but haven't been able to use it as much as I would like with the salary reductions I've taken this year. I am a motor-head with no motor toys. I have had a bunch of really cool cars and trucks which include: '96 Trans-Am (plain but fun), '67 Camaro (10 second ¼ mile), '87 K5 Blazer (lifted and completely gone through), '69 Mustang Coupe, '64 Bel Air (mother-in-law has now); I dabbled in ATV's and Sand-rails for awhile too. I may be missing some, but you get the picture. As I mentioned I don't have any toys now, I have succumbed to the power of the mini-van and commuter car. Maybe we will get something after we get the kids through college, who-knows!
- 9) **What got you into cycling?** Well it was kind-of an accident! On October 1<sup>st</sup> of last year I weighed 235 pounds. My knees and back were killing me. I couldn't play ball with the kids without being winded and sore the next day. I was in the worst physical shape of my life and had the holidays in front of me. Further degradation was imminent. I had to do something! It was now or never. I launched a campaign for health. My goal was simple, weigh less than 200 pounds by the New Year. Then stabilize and continue with a healthier lifestyle eventually reaching my goal weight of 175 pounds by my birthday (June 30<sup>th</sup>). I drastically changed my diet and started walking 2 miles on the trail through my lunch hour. The walking turned into a walk/jog, the walk/jog turned into a jog/run, and so on. Before I knew it, I was running 4 miles at lunch! I was enjoying the weight loss but my right knee and left ankle were killing me. I decided to mix in bike riding as a lower impact exercise to give them a break. I pulled out my \$89 Wal-Mart "Next" mountain bike and rode it the next day and had an absolute blast! This didn't feel like exercise at all! Bottom-line: I was hooked.
- 10) **How long have you been cycling?** Well, as I mentioned before I started again in about November of last year, but I was a BMX kid. I rode that thing everywhere, and even did some racing.
- 11) **What do you dislike about cycling?** I miss my family. I never thought I would enjoy cycling the way I do. I started this year with a goal to ride 1500 miles. I am already over 4000. This comes at a cost though. I am lucky to have a wife that enjoys cycling with me and very supportive kids who are proud of their old Dad's efforts to be healthy, but that doesn't change the time I am missing them.
- 12) **What goals do you have for the next year? (cycling or non-cycling related)** Well my cycling related goals are to purchase a tandem so the family can enjoy cycling together and I want to ride 200 miles at Calvin's Challenge next spring. Other goals include getting my son safely driving next year and helping him break those records. I would like to start training/working with dogs.
- 13) **What are you looking for from the Wilmington Bicycle Club?** I like the social network of people with a common cycling passion. Our group's smaller and more personalized size as compared to the Cincinnati or Dayton clubs has both advantages and disadvantages. At times it would be nice to have more diverse ride options and attendees, but I enjoy our smaller size when it comes to getting to know everyone and having that extended family feel.