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Wheelmen Tracks

July 2008

BS about WD40

by Uncle Al

That stands for “be smart.” I’ve received e-mail from a couple of roadies, both about the same topic: Using WD-40 on their bikes.

One guy says he uses it to clean his cassette, crank, chain and derailleurs, noting that “it’s cheap and does a nice job of degreasing everything. Do you see any problems with using it to clean these parts?”

The other guy says, “I’ve been using WD-40 as a chain cleaner. I hold an old rag on the other side of the chain and spray a section, catching the overflow with the rag. The stuff literally melts goop and gump. I then thoroughly wipe the chain dry and apply lube.

“WD-40 is inexpensive,” he continues, “and can be found on almost any street corner. My question is, can you think of any reason why I shouldn’t be using WD-40 in this manner? The stuff even removes grease smudges from the frame and my hands if I get too careless.”

These aren’t the first questions I’ve ever heard about using WD-40 on a bike. It’s obvious to me that it’s a product easily misunderstood, misused and generally abused. WD-40 makes a great flame thrower (don’t you dare try it) and

a terrible lubricant for nearly anything related to your bike.

But it does do a pretty good job as a solvent/cleaner and anti-corrosion agent. That’s what it’s made for, not bicycle lubrication. You can put it on a clean, soft cloth for wiping down your steel, aluminum or even titanium frame if you’ve ridden in a salty climate or speckled it with toxic sweat. I can’t recommend it for carbon frames or forks because I simply don’t know if it’s safe. Solvents and carbon kinda spook me.



You can use WD-40 to displace moisture from hard-to-reach places like cable stops, which corrode badly if you ignore them (again we’re talking steel and aluminum). It also penetrates to help free bolts and other metal things you don’t want stuck together. Note: Although I’ve never seen WD-40 harm frame decals or paint jobs, you might want to test it on an inconspicuous part of your frame to be safe.

WD-40 hails from San Diego and has been around as long as I can remember, which is really a long time. It’s said that WD stands for “water displacement” and that 40 is for the 40th attempt to get the formula right. That

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Minutes

The June meeting was called to order by Prez., John at 7:20. There were 8 members present. The usual motion to dispense with the reading of the minutes was made, seconded and passed. In Louise's absence, her Treasurer's Report was distributed and a motion was made and seconded to accept it. This motion also passed.

Road Caption:

Ron passed out the mileage totals and maps for this Sunday's ride from Wakeman HS.

Old Business:

John reported that there were about 30 riders for the JJJ including members.

New Business:

Clyde said he still had the Club's "tent" in his garage and it (the garage) was going to be torn down next week and wanted to pass on the tent. After some discussion as to when we last used the tent, he made a motion that we sell or give the tent to a member or other deserving person. The motion was seconded and passed. Dave will insert a piece on the newsletter regarding this.


Dave asked if there was any interest in custom Lorain Wheelmen logo mirrors from Chuck Harris. He stated that he had the art and had two of Chuck's helmet mirrors made last year and they work well. There are also models for wire frame and plastic glasses mount. Clyde suggested Dave put a pitch in the newsletter with an order blank and see what happens. The cost would be between \$10 & \$15 per mirror, depending on the size of the order.

John suggested we revisit the short route for the ROAST as he's gotten a few remarks

regarding the lack of food on that route. It doesn't pass thru any towns. We didn't have a map so we deferred that until the July meeting when John will bring a map.

There being no further business, the meeting was adjourned. The next meeting will be at the Depot on July 10, 2008.



<i>WHEELMAN</i>			<i>TRACKS</i>	LORAIN WHEELMEN
President	John Bachman			
Vice Pres	Clyde Hohn			
Secretary/ Treasurer	Louise Page			
Road Capt.	Ron Cicerchi			
Editor	Dave Krebs			
For ride info, call 967-8580				

WD40

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could be correct, or not. What's for sure is that it isn't a high-quality lubricant. The stuff is widely available, as the one roadie put it, "on almost any street corner." (I hope he is talking about WD-40.) It's cheap, too. I've seen 10-oz. aerosol cans for 99 cents.

It's made of petroleum distillates (imagine that) and it comes with warnings that it's flammable and dangerous to breathe. But I've also seen it said to be "safe for use in federally inspected meat and poultry plants." No wonder my chicken bursts into flames when I barbecue.

Do not use WD-40 as a chain lube. Yeah, your chain will stay lookin' clean, but that's because there's virtually nothing on it. It'll wear out faster than the rear tire on a kid's coaster-brake bike when he learns to skid.

Go ahead and clean your bike's drivetrain with WD-40 if you like (although I much prefer citrus-based degreasers), but then be sure to use a real chain lube like my favorite, ProLink, after everything has been wiped and dried. A real chain lube will do everything good that WD-40 won't.



Cateye Totals

Member	May	YTD
Cicerchi, Ron	658	2,199
Panek, Carl	237	2,076
Ballard, Ralph	602	2,051
Scheef, Mark	674	1,701
Panek, Carol	170	1,614
Hohn, Clyde	444	1,604
Krebs, Dave	266	1,581
Haun, Mike	0	994
Wood, Ed	342	809
Wood, Sandy	239	584
Paslawski, Peter	0	483
Petro, Arthur	119	419
Blake, Tracy	150	150
Conklin, Dolores	57	131
Moennich, Debbie	114	114
Moennich, Jim	114	114
Conklin, Randy	57	107
Page, Louise	56	80
Totals	4,299	16,811

Crashed!

Dave Riggs is in Allen Memorial Hospital recovering from surgery to repair a broken femur. He got out of surgery at 7:45 PM Tuesday. Clyde went over to see him, but he was still in recovery. He ran into Diane at the bike rack and she filled me in.

Dave was riding with the Silver Wheels on Monday. While turning onto Short Rd, he warned the riders behind him about gravel in

the turn, and then slid on it. An ambulance took him to Allen. The surgery started some time after 3:00 PM on Monday, and involved repairing 6 breaks, with a titanium rod and cables.

Diane said they will try to get him up on it tomorrow, and may send him to a rehab facility for a few days to get stronger.



sheriff faces charges

A California sheriff faces charges over cyclists' deaths

The California sheriff's deputy whose patrol car ran down three competitive cyclists on March 9, killing two of them, was charged Thursday with two counts of vehicular manslaughter. If found guilty, deputy James Council could receive a jail sentence of up to two years, according to the San Francisco Chronicle.

The accident happened when Council fell asleep at the wheel of his car and crossed the centre line on Stevens Canyon Road in Cupertino, California. He was four and a half hours into his shift after working over 12 hours the previous day. Matt Peterson, 29, of San Francisco and 30 year-old Kristy Gough of San Leandro were both killed, while 20 year-old German Christopher Knapp suffered a broken arm.

The charges were classified as misdemeanours rather than felonies, as Council had not engaged in serious reckless driving, nor did he have drugs or alcohol in his system. A GPS device in his patrol car and witnesses at the scene confirmed Council was not speeding.

Assistant District Attorney David Tomkins told the newspaper that prosecutors had spent more than two months reaching a decision on the charges, after requesting a sample of Council's blood be re-analysed for traces of over-the-counter and prescription medication. "We wanted to make sure," said Tomkins. "That's why we ordered a more sophisticated drug screening."

Council was charged at the Santa Clara County jail on Thursday and subsequently released on \$5000 bail.

(Reprinted from cyclingnews.com)



It's already HOT! What are gonna do in August?

North Coast Bike Trail News

In case you guys 'n gals missed phase one of the bike trail sealing project, phase two was just completed this past Tuesday, June 24th.

Phase one was the sealing of the path from Oberlin Road to Russia Road with a soybean based product called **Replay**. The contract for this phase was done by Ohio Pavement Systems of Dublin OH. Phase two, from Russia Road to Gateway Blvd. was done by Maintenance Systems of Northern Ohio on Albrecht Road. (the folks that furnished the porta-potty). It's a more conventional product called **Sealmaster**.

I asked if the west end was in the works and was told it would probably put out for bid next year.



Calendar

July 2008

Date	Starting Point	Destination	Miles	The etc's
07/04	Amherst	U-Show	25ish	Independence Day ride
07/06	Oberlin Inn	New London Wellington	56 25	Tune in later for details A nice flat one!
07/10	Nordson Depot	Prolog Meeting	@ 5:30 @ 7:30	A pre-meeting ride
07/12	Lodi	Canal Fulton Wooster	61 40	Two choices for a long Saturday ride
07/13	Amherst	Valley City LaGrange	56 40	A nice rolling one A flat one but shorter
07/20	Wakeman (Downtown)	Savannah New London	63 34	A long flat one! a shorter version
07/27	Oberlin Inn	West Salem Spencer	59 35	Mostly flat to rolling A flat one to the south
08/03	Oberlin Depot	ROAST	25/52/70	A freebie invitational
08/10	Amherst	details later	?	Stay tuned for details
08/14	Ralph's house	Prolog Picnic meeting	@ 5:30 @ 7:30	a pre-meeting ride hot dogs & brats
08/17	Oberlin Inn	details later	?	

Shorter Rides:

Those of you that don't want to chase the fast guys, come on out and ride the short route on Sundays. It'll be a reasonable (14-16) mph for 25 - 30 miles and we won't leave anyone behind!

Starting Times & Locations

Oberlin:

The Oberlin start is in the Oberlin Inn parking lot located in the rear of the Inn.

Starting Times & Locations

Amherst:

The Amherst start is the City parking area 3 located between Tenney & Park Avenues just east of Church Street. From SR 58, go west on Park Avenue. When you get to the bowling alley, look to the left ... that's the lot. We meet on the south end near Tenney.

Weekend & Holiday Starting Times:

Sunday & Holiday rides will start at 8:30 for the summer months. There won't be an afternoon ride.

Saturday rides will start at 9:00 AM from Prospect School in Oberlin

Evening Rides:

Start at 5:30 from Prospect School on Tuesday and Amherst on Thursday, except for the meeting night. That ride will start from the Depot. As of the May meeting, the Amherst start will remain at the parking lot at 5:30, however, the group riding from Oberlin will meet us at Kendigh Corner (Middle Ridge & Quarry about 5:40.

Canal Fulton/Wooster Ride:

This ride will start in Lodi at the Drug Mart. The Drug Mart is across from the library on SR 83 on the south side of town.

Things are starting to perk up this cycling season. Summer is upon us and GOBA is history. Our ROAST will be next month.

www.lorainwheelmen.org
info@lorainwheelmen.org

Club Mirrors!

We're thinking about ordering mirrors from Chuck Harris. These would have the Club logo on the back of the mirror and available in helmet mount as well as mounts for wire frame or plastic framed glasses. Chuck makes these mirrors out of all recycled material. The wire frames are made from stainless spokes! Once these mirrors are adjusted, they STAY! If you need a new mirror, your old one just unscrews from the wire frame and you screw on a new one, no adjustments are necessary. Our price is \$11 each when purchased in blocks of 10 mirrors. Typically, the helmet mirrors a bit larger than the glasses version.

See the sample mirror on page 4 and fill out the form below if you'd like one (or 2).

Name:	
Mirror Type:	Quantity
Helmet	
Wire Frame Glasses:	
Plastic Frame Glasses:	
Total Order	

I'll let you folks know if we get enough interest to make an order!



This is a sample of the 1-1/2" helmet mirror. The eyeglass mirrors are 1-1/4". Send your order to the Club PO Box 102, Amherst OH 44001

Lorain Wheelmen Membership Form

New Renewal

Name _____ Age _____ Other Family Members _____

Address _____ Age _____

City _____ ST _____ ZIP _____ Age _____

Phone () _____ Cell Ph () _____ e-mail _____

Dues (due March 1st) Schedule (1/2 after Oct 1st for **NEW** membership)

Adult/Family \$15.00
(includes CrankMail)

Return To:

Lorain Wheelmen
P.O. Box 102
Amherst OH 44001-0102

Waiver

In signing this release for myself or the named member (when the member is under 18), I understand the intent of this release and agree to absolve all of the sponsors, or organizers and associated entities be they individuals or organizations, singly and collectively of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any Lorain Wheelmen Bicycle Club ride or in connection with any activity associated with or related to said organization. If the member is 18 or over, he/she signs for self. If not, then the parent or legal guardian must sign below.

Date _____
Signature of member or parent/guardian _____