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# Wheelmen Tracks

August 2007

## How to Find a 'Safe Saddle'

By Ed Pavelka of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

Since the late 1990s, saddle design has seen major innovation.

A big impetus came from a prominent doctor's contention that sitting on a bike seat might lead to damaged nerves or blood vessels in some men. This risk, plus the occasional bout of temporary genital numbness that many riders experience, put designers into action.

The result is a new generation of saddles with special shapes, padding or cutouts to reduce crotch contact and pressure. As a side benefit, riders have found that they experience fewer saddle sores on these seats.

Saddle selection is highly individual. Despite how effective a saddle might look or how highly praised it might be by a riding buddy, there's no guarantee that it will be comfortable for you. You need to ride it to tell.

Here are some selection guidelines, followed by two things you must do to further reduce risks and discomforts: (1) develop a good riding position, and (2) use smart riding techniques.

### Saddle Selection

**Width.** Squat and sit on a low stool or curb. What you feel supporting your weight is your ischial tuberosities, the points of the pelvis that are commonly called the "sit bones." These are what should support your weight on a saddle.

A seat that's too narrow will place your weight on the soft tissue between your sit bones — for men, on the perineum where the

penile nerves and blood vessels are located. Women also need to put a high priority on width because, on average, they have wider sit bones than men. Anatomically designed women's saddles are a bit wider in the main sitting area.

**Curvature.** Looked at from the rear at eye level, a seat should be flat or only very slightly domed. A significant curve causes your sit bones to be lower than the saddle's center, contributing to crotch pressure.

**Dip.** Looked at from the side at eye level, a seat should be nearly flat from nose to tail. A slight dip (say six degrees or less) is helpful to give you a feeling for the saddle's center while riding. More dip creates positioning problems. That is, when the nose is set level, the tail sticks up and may be uncomfortable to sit on; when the tail is set level, the nose goes up and exerts pressure right where you don't want it.

**Padding.** Some is good, more is not better. You want enough foam or gel to cushion your sit bones for comfort. Thick padding can actually increase crotch pressure because as your sit bones sink in, this has the effect of making the center press upward.

**Special sections.** These are what set the new generation of saddles apart. These sections range from gel-padded areas, to wedge-shaped cutouts, to holes through the top. Rider reactions to these innovations are all over the board. Do

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# Minutes



# Start Times

The July meeting of the Lorain Wheelmen was called to order by President John Bachman. There were 7 members present.

Louise read the Treasurer's Report and passed out copies of it to the members present. The report was approved by the members present.

### Road Captain Report:

Ron was wondering if anyone was going to ride this Sunday because he did have maps of the route to be taken. After some discussion, John told him to e-mail him the route and he would take care of it. Ron also tabled some route changes for the Red Flannel until the next meeting, because some of the key people were missing. There is no problem as there is still time to discuss the route changes.

### Unfinished Business:

None

### Old Business:

None

### New Business:

None

The next meeting of the Lorain Wheelmen will be at Ralph's House on August 16th. The traditional hot dog cook out. There will also be dessert.

The meeting was adjourned and the Chocolate Zucchini cake was taste tested.



### Ride Starting Times:

Saturday Morning rides will start from Oberlin (Prospect School) at 9:00 AM.

### Evening Rides:

Evenings are back to the summer schedule now that Daylight Savings Time is here. **The start time is 5:30.** That's plenty of time for 20+ miles before sunset even if it's cloudy and gives more folks time to get home from work and change. The TUE ride will depart from Oberlin (Prospect School) and the THU ride will depart from the city parking lot in Amherst.

<http://www.lorainwheelmen.org>  
[rides@lorainwheelmen.org](mailto:rides@lorainwheelmen.org)



I think this bike needs a serious wash!

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

## Cell Phone Tips

*Thanks to the Coastal Cruisers Bike Club for this article*

Things You Never Knew Your Cell Phone Could Do There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

### An Emergency

The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. Try it out. Be careful with this so you don't get charged for it.

### Have you locked your keys in the car?

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile on their end. Your car will unlock. It saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the trunk).

*Editor's Note: Mike Granick (CCBC) states, "It works fine! We tried it out and it unlocked our car over a cell phone!" When calling someone who has a spare key to get into your locked car, their phone doesn't have to be a cell.*

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## Cateye Totals

Rider	June	YTD
Scheef, Mark	913	3,543
Cicerchi, Ron	766	3,333
Maddock, Daniel	879	3,321
Panek, Carl	714	3,305
Ballard, Ralph	584	2,687
Paslowski, Peter	620	2,486
Petro, Arthur	360	1,987
Krebs, Dave	289	1,816
Panek, Carol	624	1,682
Haun, Mike	0	1,629
Conklin, Dolores	408	1,556
Sloane, Ken	0	1,226
Shomo, Lisa	0	1,226
Ivan Greive	718	1,171
Hohn, Clyde	0	1,158
Maddock, Tina	574	1,085
Wood, Ed	364	1,064
Bachman, John W.	205	636
Seman, Thomas	0	206
Blake, Tracy	0	185
Linneman, Ray	0	178
Hubbard, Dennis	0	165
Wilbur, Frank	81	159
Deucher, David A.	0	144
Moennich, Debbie	0	106
Moennich, Jim	0	106
Pauley, Jr., Stephen G.	0	32
Totals	8,099	36,192

## Wheelmen e-mail Addresses

### General Information:

[info@lorainwheelmen.org](mailto:info@lorainwheelmen.org)

### Info on rides (AFROST, etc)

[rides@lorainwheelmen.org](mailto:rides@lorainwheelmen.org)

### Red Flannel information:

[redflannel@lorainwheelmen.org](mailto:redflannel@lorainwheelmen.org)

### To turn in your miles:

[miles@lorainwheelmen.org](mailto:miles@lorainwheelmen.org)



## Safe Saddle

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they lessen contact or pressure? No doubt. Do they absolutely, positively prevent numbness or worse problems? No saddle maker can guarantee that. Are they comfortable? It depends on whom you ask. The saddle that one rider swears by will be the same saddle the next rider swear at. There's simply no way of knowing until you ride on a given design. Some bike shops have a test ride program or will allow you to return a saddle that you simply can't stand.

### Saddle Position

Please check our guidelines in the article, *How to Perfect Your Riding Position & Technique*. You'll find advice for setting saddle height, tilt and fore/aft location. Of course, don't stop at the saddle. Go though all of the steps to get an overall well-balanced riding position. If your saddle position is right but your handlebar position isn't, you still might run into problems.

**TIP!** For many guys, a saddle that's slightly off center (compared to the top tube) feels more comfortable. If the nose keeps pressing you in the wrong spot, try a bit of left or right angle. According to Andy Pruitt, Ed.D., who has refined the positions of many top cyclists, the right approach is always to make the bike fit your body instead of making your body fit the bike.

### Riding Techniques

The rule is simple: Don't sit statically in one place for more than a few minutes. When you keep moving on the saddle, as well as on and off the saddle, you avoid constant pressure and compression. Blood keeps circulating, nerve transmissions keep flowing, and the risk of numbness is greatly reduced.

This is pretty easy to do off-road, where terrain changes and body English keep your crotch from locking into a set position. It's harder on a road bike unless you cultivate some good habits.

For example, get out of the saddle for at least part of every hill. Stand when exiting every turn or any other time you need to accelerate. Even just a few seconds is helpful when repeated often. On a ride in flat terrain, shift to a higher gear so you can stand and pedal out of the saddle for at least 30 seconds every 20 minutes. When sitting, keep your butt far enough back for your sit bones to be supported by the seat's wide rear section. Beware of the tendency to creep forward onto the nose and dwell there, especially when pushing hard or riding in a low position.

### Other Pointers

If you use an aero bar, you'll tend to lock into a low, forward position for minutes on end. It's a nuisance, and it takes effort, to break this position to stand. But it's risky if you don't. Also, try to stay back on the wide area of the saddle. Tilting the nose down 1 or 2 degrees can reduce crotch pressure, but more will tend to make you slide forward onto the skinny nose.

Ride like a jockey when you come to anything rough. By leveling the pedals, flexing your knees and holding your butt an inch above the saddle, you'll avoid impacts that can cause bruising and pain. A shock-absorbing seatpost is another way to reduce the risk, but don't let it lull you into remaining seated all the time.

Carry stuff on your bike, not on your body. This isn't always possible, but realize that when you ride with a backpack, fanny pack or hydration system, you are adding weight to

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## Saddles, Continued from page 4

your seat. This makes a wide, supportive saddle even more important. The same goes if you're overweight.

Be smart when riding indoors. With no terrain changes or other natural opportunities to move your butt, you need to invent some. Pedal out of the saddle for one minute in every five. Consciously move to a different sitting area every couple of minutes. Keep sessions short and varied rather than long and steady. Using bigger gears lightens saddle pressure because your feet must push harder.

Wear high-quality, lightly padded cycling shorts. These, plus a skin lubricant such as Chamois Butt'r, increase comfort and reduce the risk of developing raw or tender spots. These can stop you from shifting position to all parts of your crotch and the saddle.

*Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at [www.RoadBikeRider.com](http://www.RoadBikeRider.com). No cost or obligation!*



What do you think? Does this tire need changing, or what?

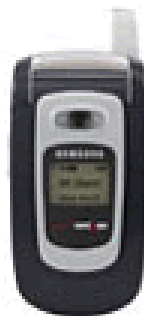
## Cell Phones, continued from page 3

### Hidden Battery Power

Imagine your cell battery is very low. To activate, press the keys \*3370#. Your cell will restart with this reserve and the instrument will show a 50% increase in the battery power. This reserve will get charged when you charge your cell next time.

### How to disable a STOLEN mobile phone?

To check your Mobile phone's serial number, key in the following digits on your phone: \*#06# A 15 digit code will appear on the screen.



This number is unique to your handset. Write it down and keep it somewhere safe. When your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

### And Finally,

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial (800) FREE 411 or (800) 373-3411 without incurring any charge at all. Program this into your cell phone now.



# Calendar

Date	Starting Point	Destination	Miles	The etc's
08/05	Oberlin	ROAST Your Buns	70 52/30	A freebie Invitational all routes - flat to rolling
08/12	Amherst	LaGrange LaGrange	54 45	same destination long 'n short routes
08/16	Ralph's House	Prolog Meeting	5:30 7:30	a warm-up ride a picnic meeting
08/19	North Olmsted	Brecksville N. Royalton	59 40	in the Metro Parks but make an early exit
08/25	Applecreek	Millersburg	60	a long SAT ride
08/26	Oberlin	Norwalk Wakeman	56 38	flat to rolling a little shorter

## Starting Times and Locations

Sunday ride times are **8:30** for the summer

### 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.

### Oberlin:

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

### Applecreek:

Starts at the elementary school at 173 W. Main St (US 250) in Applecreek.

### North Olmsted:

Starts in the Water Tower shopping center at the corner of Lorain Road and Dover Center Road. Take 480 to Sterns Road, exit north to Lorain Road and turn east to Water Tower Square on your left.