

It was a close vote!

The Winner of our 'Name this Newsletter' Contest is

Bike Banter

Honorable mention goes to Hazel Banush for her title

Broken Spoke'n Ramblings

Keep sending your newsletter material
to the editorial team at:

pamelalester@shaw.ca

**Our Editorial Team: Pamela Lester, Peter Bradbury,
Richard Stothard, Peter Whitehead**

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A Winter Project

I have enjoyed cycling for more than 70 years. With increasing age come new challenges, such as poorer balance and loss of confidence. I have found increasing anxiety when cycling over narrow paths, bridges and especially something like the overpass bridge over QE 2 in Airdrie. Hence began the pursuit of finding a more stable riding machine.

Adult tricycles with two rear wheels have been around for many years, however I consider them to be rather unstable. Several years ago, we had a couple riding electric assist adult tricycles lose control and fall over the edge and down an embankment. Fortunately, no one was injured.

What about a reverse adult tricycle? There are many examples of these on the internet such as u-tube and Pinterest, but they are not readily available. So, I decided to build a frontend two-wheel conversion for my regular bike. Adding another wheel to the front presents a considerable challenge, however with persistence I was able to come up with something one can ride.

I have ridden the unit several times but found it to be very unnatural and probably no more stable than a conventional three-wheel bike. I will continue with minor modifications and tweaking but cannot consider the project successful.

It has been interesting and a learning experience. I now believe that the three-wheel bikes are inherently somewhat unstable and conversion of a two-wheel bike to a three-wheel bike is not a good option. The problem may be the high center of gravity. Lowering the center of gravity gives one something more like the recumbent which has inconveniences such as heavy weight and portability.

Oh well I will just continue with the tried and true two-wheeled bike.

Al Weimer



Converting to an Electric Bike



Now that I have a new ebike, I am surprised at how long it is taking me to learn how to ride it.

I am enjoying the fact that I can summit hills that I previously could not manage, I also like the ability to keep up speed when I tire. Going down hills is also interesting since the weight of the bike makes me pick up speed. Disc brakes really help with being able to slow down or stop much more quickly.

Because it is a heavier bike, I had to change the way I store it. Instead of hanging it, I have had to make room to leave it horizontal.

Learning how to change gears while also selecting a power assist level is still a work in progress but with practice I will get there. Since level 1 assist disengages at 10 kph, to go up hills I need level 2 or 3

and at the same time change gears on the derailleur. Currently I tend to leave the derailleur at about 3 and use the power assist to get the boost.

Overall, this is a great purchase and will keep me cycling for years to come.

Tyrone Lester

Here is another new version of a bike
– a ‘treadmill bike’!



Our NEW Club Card



Have you been asked on rides who you cycle with, and who are those people in the flashy jerseys?

When it is safe for the Old Spokes Cycling Club to launch again, you will have opportunity to pick up some of these ‘business cards’ to carry with you on your rides.

So next time you have opportunity, you can provide a card with our contact information to encourage new membership.



What happens when Old Car Guys get sent to a nursing home ...

Reflections

The Mountain.

lessonslearnedinlife.com

If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
it's ok to stay in bed.
If the day ahead weighs heavy
and your plans feel like a curse,
there's no shame in rearranging,
don't make yourself feel worse.
If a shower stings like needles
and a bath feels like you'll drown,
if you haven't washed your hair for days,
don't throw away your crown.
A day is not a lifetime
a rest is not defeat,
don't think of it as failure,
just a quiet, kind retreat.
It's ok to take a moment
from an anxious, fractured mind,
the world will not stop turning
while you get realigned.
The mountain will still be there
when you want to try again,
you can climb it in your own time,
just love yourself til then.

— Laura Ding-Edwards



On the Lighter Side

**Until further notice
the days of the
week are now called,
thisday, thatday,
theotherday,
someday, yesterday,
today and
thenextday**

www.silversurfers.com

Our NEW Club Marketing Strategy

This banner will be used at our Cycling Events to profile the Old Spokes Cycling Club.

Old Spokes FLC Seniors Cycling Club

Promotes health and fitness for
cyclists 55+



- Three levels of rides
- Choose for your level of ability
- Daily ride opportunities
- Pedal assist e-bikes welcome
- Explore Calgary and beyond



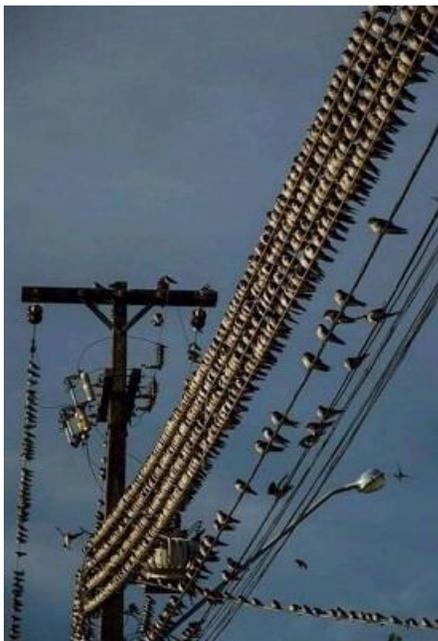
www.flcseniors.ca/activities/cycling

email: cycling@flcseniors.ca

Come & Join Us!

Video Calls

Anyone getting a bit 'Zoomed' out by participating in a lot of computer and phone video calls?



Then there is that intermittent transmission...
Maybe just too many are on-line!

Joke Time

The longer this goes on, the harder it will be to return to a society where pants and bras are required.

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*Happy hour is starting earlier and earlier.  
If this keeps up, I'll be pouring wine in my cereal.*

~~~~~

Today's Weather? Room temperature.

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*This is stupid. I just tried to make my own hand sanitizer and it came out as a rum & coke.*

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After a few days of not going out, I saw someone I knew walking by on the sidewalk outside.

I immediately ran to the window and started yelling to him.

Now I understand dogs.

Disinfecting Buddy

Here is my new friend, Chloe. Chloe lives on my counter in a bath of 4 cups water mixed with 4 teaspoons of bleach. Chloe is soooo handy to just wring out after putting on rubber gloves, and wipes down whatever comes into the house that is plastic and as well, all of the multi types of handles and switches and phones, even iPhones, iPads, computer keyboard etc. in the house. Change Chloe's bath every couple of days or everyday depending on how much work we have done. Chloe's friend, Dr. Oz shared this idea the other day.



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www.flcseniors.ca/activities/cycling