



EBC Bikewriter

The Evansville Bicycle Club Newsletter

Attend The EBC Banquet Saturday, January 23, 2010

Reneé Hanft, Editor

Want to have a say in how your Evansville Bicycle Club operates?

Let your voice be heard at the Annual EBC Banquet to be held Saturday, January 23, 2010, at the Cambridge Golf Club!

At the banquet, we'll be electing Officers for 2010, selecting a club jersey design, recognizing member accomplishments with awards, and, did I mention, FOOD, FRIENDS, FUN and FREE STUFF?!?!?!?

The dinner will be buffet style. You will be able to choose from the following mouth-watering fare:

Pork chops with cinnamon apples, boneless breast of chicken, salads, vegetables, desserts.

To get a preview of the jersey designs we'll be voting on, visit our homepage:

<http://www.evansvillebicycleclub.org/>

Door prizes include:

***\$600 in gift certificates from Gilles Cycling & Fitness** to be given away as four gift certificates in these denominations: first prize \$400, second prize \$100, third prize \$50 and fourth prize \$50.

***\$300 in gift certificates from Dan's Competition** to be given away as three \$100 gift certificates.

You need to be present at the banquet to win. So, please plan on joining all your fellow biking friends for an evening of fun and a chance to win one of these fabulous prizes.

Where do I sign up, you ask? Just complete the reservation form on the next page.

IMPORTANT NOTE FROM VICKY:

EBC Banquet Reservation form has been revised with this information:

If you miss the mail-in deadline of January 13, 2010, please call me at (812) 426-2489 to let me know you plan to attend. I will fill out the reservation form and then you can mail your check to me at: 613 Vernonwood Court, Evansville, 47712.

Cambridge needs a total count on January 16th, so be sure to let me know by then.

Directions to Cambridge Golf Club:

From Evansville, North on U.S. 41
—Right on Volkman Road (across from Ameriqua)
—It is first road to right after Baseline Road (light)
—Golf Club is first road to your left off of Volkman

Hope to see you there!
Vicky Ashworth

EBC CONTACTS

Darlene Wefel—President
812-937-4421, ext. 124

Paul Jensen—VP
812-479-3213

Vicky Ashworth—Secretary
812-426-2489

Kevin Pendley—Treasurer
812-490-3217

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Evansville Bicycle Annual Club Banquet

Cambridge Golf Club
1034 Beacon Hill Drive
Evansville, IN 47725

January 23, 2010
Cocktails (Cash Bar) & Hors d'oeuvres
5:30 p.m.

Dinner
6:15 p.m.

RSVP by January 13, 2010

ALL MEMBERS/GUEST RESERVATIONS MUST BE PREPAID

		Number Attending	Total
Ride Host	@	NO CHARGE	\$.
Members	@	\$ 12.50	\$.
Family Membership	@	\$ 25.00	\$.
Guest	@	\$ 25.00	\$.
Total Amount Due			<u>\$.</u>

Guest under 12 are 1/2 price.

Please make checks payable to EBC and mail to: Hope Rold
961 Blue Ridge Rd.
Evansville, IN 47714
(812) 471-8011

AFTER DEADLINE OF 1/13/10, RESPOND TO: Vicky Ashworth
(812) 426-2489

Please provide name of all attending:



Get Layered! Dressing for Winter Cycling

AMY LUTZEL, ACSM PERSONAL TRAINER

For most folks, the key to getting through the winter is personal climate control. Your torso generates plenty of heat while your extremities suffer—sort of like an apartment with a central heater, the warmth just never seems to make it to the bathroom.

Here are some tips for helping those outer extremities stay warm for those of you who decide to brave the cold during the winter months:

- **HEAD:** Try a balaclava (face mask) that covers everything but the eyes. Use non-metal wrap sunglasses or goggles to protect those.
- **GLASSES:** On frigid days, treat the lenses with a bit of gel toothpaste to prevent fogging. This toothpaste trick is a much cheaper alternative than getting the expensive lens spray sold in stores. However, do not use a toothpaste that has baking soda in it or you will scratch the lenses.
- **FEET:** On days with snow and slush, get some water proof boots that are tall enough to prevent slush from easily splattering onto your socks. On really cold days, wear wool socks or ski socks. Make sure your boots or shoes are big enough to accommodate thick socks; you want enough room for a warm air pocket. When your toes get cold, wiggle them or get off your bike and run briefly. Some cyclists prefer to have synthetic liners between their boots/shoes and feet.

- **HANDS:** The main challenge here is staying warm without losing dexterity. You need to be able to brake and to lock or maintain your bike. A glove liner with mittens can work. You can use lobster gloves, which are somewhere between a glove and mitten. Some cyclists prefer to use a simple winter glove; choosing ones that have an insulation layer on the inside will help keep your fingers warm on long rides. Be careful using leather gloves with dyes; they smudge easily.
- **LEGS:** The layer approach can also be adapted to your legs. Rain pants or techno-pants can block the wind, keep you dry, and protect you from road spatter. Some of these pants are also heavy enough to serve as insulation. Tights or light pants can serve as a middle layer. Synthetic long underwear make a good base layer.
- **TORSO:** Many cyclists swear by the three-layer approach. The innermost layer is the wicking layer/base layer; the middle layer is the insulation layer; and the outer layer is the wind/rain/snow protection layer. Avoid cotton base layers because they retain moisture and will leave you cold and clammy. Instead, use synthetic, silk, or cashmere fabrics that wick moisture away. The middle layer keeps you warm. It can consist of one or more sweaters, fleece shirts, etc. A waterproof windbreaker is useful as the outer layer. One ad-

vantage of the layer approach is that you can add or remove layers as needed to keep you comfortable on the ride.

A few other things to keep in mind when riding during the winter months:

- Use front and back lights on your bike and reflective tape on your bike and helmet
- Wear clothing that makes you easier to be seen (i.e. Safety vest with reflective stripes)
- Be watchful of those around you
- Know your route so you can anticipate the rough spots
- When it is wet or icy, pump the brakes, ride more slowly, keep your weight stable and on the back wheel
- Be sure to maintain your bike after riding on snow or slush as the salt can cause rust, wear and tear.

Winter cycling keeps your momentum going and builds your cycling skills. If you don't stop riding, you never have to experience a sore bottom when getting back in the saddle after a long hiatus. You also don't have to re-acustom yourself to the rhythms of traffic. You just keep getting more nimble, strong, fast and confident.

THE TRAIL JUNKIE

On the Cumberland Plateau

By Charlie Miller



While reading the travel section of my community newspaper, I came across an article about Fall Creek Falls State Park, located on Tennessee's Cumberland Plateau. The story described the park's scenic beauty, great camping, fishing, golf, hiking, and bike trails. It went on to say how affordable a family vacation could be there without breaking the budget. Out of curiosity, I consulted my map and found the park was less than a 6-hour drive from my home. Since I was facing some forced furlough time from work, I decided I needed to get away for a few days. I called the park to make a "spur-of-the-moment" reservation, packed my bike and camping gear, and was off to Tennessee.

I left early on a July morning with hopes of arriving by early afternoon. I planned to spend two nights camping and wanted to explore some of the area after I set up camp. The drive down was sunny and pleasant until I reached Jellico, Tennessee. Then it started to rain in spurts for the rest of the drive. I arrived at the park and managed to set up camp during a dry spell, but the rain continued for the rest of the day. I was able to explore some of the park that afternoon from the comfort of my car, but, for the most part, I was tent bound that first day.

The next morning, I awoke to the sound of light rain on my tent and gray overcast skies. But I traveled

to Tennessee to ride my bike, and I was not going to be denied. So I donned my rain gear, saddled my bike, and started off to find the paved bike trail I read about. The trail began near the Fall Creek Falls Lodge and then followed the shoreline of the park's 345-acre lake for about a mile until it crossed the dam. Most of the trail is tree canopied, which shielded me from the light rain that was still falling. Although the rain was unpleasant, it also assured me that I had the trail to myself. After crossing the lake's dam, the trail entered a dense forest area that I called the "Mushroom Fields". The damp, leaf-littered floor of this mature forest was the perfect place for mushrooms to grow. As far as I could see, the ground was covered with them in all shades, colors, and sizes. But did I say I had the trail all to myself? I was wrong! Within a few miles, the bike trail made an abrupt turn to the right, and I came face-to-face with a couple of deer walking down the trail. When they saw me they hurried into the woods but stopped just off the trail to stare at me as I passed by. I guess they were as surprised to see a guy in a bright red rain suit looking like a large, demented strawberry riding a bike, as I was to see them. I encountered a lot of deer over my two-day visit on the trails and roads of Fall Creek Falls, and I had to be very careful not to hit them.

The bike trail ended near the beginning of the six-mile self-guided auto tour I discovered the day before. I

was also happy to find the rain came to an end while I was under the trees, and the sun was peeking out. I quickly stripped off the rain suit and strapped it to my bike rack for the rest of the day. The first stop on the tour was a visit to the Fall Creek Falls overlook. At 256 feet high, the park's namesake falls claim to be highest single-drop Falls in Eastern America. I did some checking on this claim and found Tennessee's Buckeye Falls to be 475 feet tall and North Carolina's Hickory Nut Falls to be 411 feet tall. My assumption is that neither of these Falls are a single drop straight down like Fall Creek Falls. I continued the self-guided tour following the ridge line of Cane Creek Gorge. They call a gorge a "Gulf" in Tennessee. There are several amazing scenic overlooks along the self-guided tour including Caplenor Point, Millikan's Overlook, and Buzzard's Roost. The latter of these overlooks is a short hike from the road to a rock outcropping hanging out well above the Gulf floor below. It is called Buzzard's Roost because of the buzzards that soar by on the thermal updrafts near the outcropping. The views from the rocks are fantastic,



THE TRAIL JUNKIE — On the Cumberland Plateau (Cont.)

By Charlie miller

but there are no safety railings. People who suffer vertigo, or have a fear of heights, should not go out too close to the rock edges of Buz-zard's Roost.

The last stop on the loop was the overlook at Piney Creek Falls. These falls are as amazing as Fall Creek Falls, but, due to over grown vegetation and the angle of the overlook, their view was partially blocked. A better look at these falls would require a hike down into the Gulf. Just left of the overlook



begins a short trail through the woods to one of three cable sus-pension bridges located throughout the park. Although Piney Falls Bridge is not the most famous one in the park, it was my favorite. Spanning across Cane Creek Gulf, it is the highest, longest, and most mysterious of the three. It is sus-pended through the trees. Depend-ing on which end of the bridge you start, the opposite side is not visi-ble until you reach the mid-point.

This bridge bounces and sways a little bit, so it's not something I would recommend for the Acropho-bic. But I absolutely loved it.



Riding the loop road back to the Fall Creek Falls, I locked up my bike at the overlook parking area and hiked the three-mile trail through the woods to the nature center. The hiking trail continued to follow the ridge of Cane Creek Gulf and crossed over Fall Creek above the falls. The trail offered several different views of Fall Creek Falls through the trees as well as several vistas of the gulf. At this time of day, water vapor was rising from the trees through-out the Gulf much like you see in the nearby Great Smoky Moun-tains. The hiking trail was rocky and moderately difficult, especially in my riding shoes. But I eventually made it to the second suspension bridge that spans above Cane Creek's Cascade Falls. This is the most famous bridge in the park as it was used in the filming of the movie *Jungle Book*. After crossing the bridge to the Nature Center, you can descend several flights of steps to the base of Cascade Falls and wade there in Cane Creek. Or you can take a short walk from the

Nature Center to another overlook a little down stream from the cas-cades. There you will find a view of



Cane Creek falls as the creek once again drops into another deep gorge.

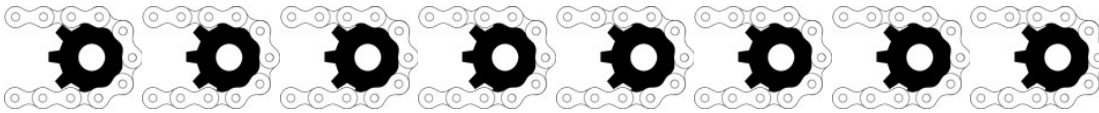
After I visited the nature center's bookstore, I began the hike back to my bike. The return hike was a little more exhausting because of the climb up and out of the Gulf.

Fall Creek Falls State Park offers 20,000 acres of scenic beauty. There was too much offered at the park to see in two days. Along with the bike trail, the park offers many great miles of scenic roads to explore, and enjoying them from the saddle of a bike is the best way to do it. Although the paved bike trail is mostly flat, many of the park roads offer challenging climbs. There are also fifteen miles of easy to moderately diffi-cult mountain bike trails and thirty-four miles of hiking trails to ex-plore. The park also has a heated outdoor Olympic-sized swimming pool, a world-class lodge with res-taurant, and a beautiful 18-hole golf course. Oh yeah, the prices were family friendly too! I think I'm going back!

January 2010 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><i>New riders need to be ready to leave 30 minutes early and are encouraged to start with a "No Drop" or "Come Ride With Us" Ride. Helmets are mandatory.</i></p> <p><i>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</i></p> <p><i>SEE EVENT INFO ON BACK FOR MORE DETAILS!</i></p> <p>http://www.evansvillebicycleclub.org</p>		<p>Start the year with a hosted ride.</p> <p>Don't miss this one!</p> <p style="text-align: right;">→</p>			<p>1 1:00 PM New Year's Day Ride for Polar Bears or Sissies @ Old Dam Newburgh. Hosted by Janet Robertson and Hope Rold. 15 or 27 mi.</p>		<p>2 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>3 10:00 AM @ Henderson Co. High School in Henderson, KY 24 or 32 mi.</p> <p>2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>4 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club</p>	<p>5 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>6 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	7	<p>8 Directions to H.C. H.S. Take Pennyriple Pkwy to SR 351 exit go East (coming from Evansville go under Pennyriple) approximately 1/2 mi. to school on right.</p>	<p>9 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.</p>	
<p>10 10:00 AM @ Scott School on Old State Rd. 15, 26, or 33 mi.</p> <p>2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	11	<p>12 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>13 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>14 No Club Meeting</p> <p>The annual banquet on the 23rd takes the place of the January Club Meeting.</p>	15	<p>16 9:30 AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24, 32, or 47 mi.</p>	
<p>17 10:00 AM @ USI 21 or 44 mi.</p> <p>2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	18	<p>19 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>20 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	21	22	<p>23 9:30 AM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.</p> <p>5:30 PM EBC Annual Club Banquet—Cambridge Golf Club 1034 Beacon Hill Dr. Reservations Required.</p>	
<p>24 10:00 AM @ Old Dam Site Newburgh, 27 or 40 miles.</p> <p>2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	25	<p>26 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>27 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	28	29	<p>30 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.</p>	
<p>31 10:00 AM @ Reitz High School on Claremont off the Ray Becker Parkway, 21 or 40 miles.</p> <p>2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>			<p>Ride hosts welcome for February and March</p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides @ endlessvistas.com</p>	<p>Stats?: Rusty Yeager ryeager42@wowway.com</p> <p>Newsletter?: Renee Hanft sunshinein @insightbb.com</p> <p>\$\$=Registration Fee</p>	<p>Join Elite Fitness</p> <p>Evansville Bicycle Club members ONLY with 300 club miles can join Elite Fitness for the 4 months of Nov., Dec., Jan., & Feb. for \$80.</p> <p>858-8300 or 868-8650</p>		

MARKED UP!



Ride Schedule and Website News with Tour Director and Webmaster, Jay Vercellotti
rides @ endlessvistas.com

Hosted Rides: Janet Robertson and Hope Rold will be hosting the New Year's Day ride this year. Start the year off right with a ride that starts at the Old Dam in Newburgh. The EBC has teamed up with them to rent the Lock & Dam building down by the river where we will have the luxury of bathrooms and heat!

Route Maps: I've added the West Terrace rides to the website and to bikely.com. I want to give a big thank you to Dave Ashworth for sending me the turns for these routes so they could be mapped. We now have almost every route mapped, and that has been no small feat! Click on the links below for maps.

<http://www.bikely.com/maps/bike-path/West-Terrace-19-Mile>

<http://www.bikely.com/maps/bike-path/West-Terrace-33-Mile>

West Terrace 33 Mile Cue Sheet			
Total	Dist.	Where	Notes
0mi	0mi	Parking Lot	
0.01mi	0.01mi	W. Terrace Dr.	Turn Right
0.32mi	0.32mi	Middle Mt. Vernon Rd.	Sharp Right
1.19mi	0.87mi	Eickhoff Rd.	Turn Left
2.54mi	1.36mi	Posey County Line Rd.	Turn Right
2.77mi	0.23mi	Middle Mt. Vernon Rd.	Turn Left
3.88mi	1.1mi	St. Phillips Rd.	Turn Right
7.3mi	3.42mi	Copperline Rd.	Turn Right
8.28mi	0.98mi	Posey County Line Rd.	Turn Left
9.69mi	1.41mi	Denzer Rd.	Turn Right
10.37mi	0.68mi	New Harmony Rd.	Turn Left
12.01mi	1.65mi	Boberg Rd.	Turn Left
12.99mi	0.97mi	St. Phillips Rd.	Turn Right
13.36mi	0.37mi	Hwy 66	Straight (becomes Rexing Rd.)
14.75mi	1.39mi	Vienna Rd.	Turn Right
15.39mi	0.64mi	Vienna Rd.	Turn (Bear) Right
16.47mi	1.08mi	Slate Rd.	Turn Left
16.72mi	0.25mi	Hillview Dr.	Turn Left
18.7mi	1.98mi	St. Wendel Rd.	Turn Right
20.96mi	2.26mi	St. Joseph Rd.	Turn Right
21.94mi	0.98mi	St. Joseph Rd.	Bear Left
24.06mi	2.12mi	Hwy 66	Straight
24.73mi	0.67mi	Koressel Rd.	Becomes Koressel Rd. (Straight)
25.67mi	0.94mi	Marx Rd.	Turn Left
27mi	1.33mi	New Harmony Rd.	Turn Right
27.28mi	0.28mi	Koring Rd.	Turn Right
28.95mi	1.67mi	Little Schaeffer Rd.	Turn Left
29.55mi	0.6mi	Brookdale Dr.	Turn Right
29.79mi	0.24mi	Upper Mt. Vernon Rd.	Turn Right
30.21mi	0.42mi	Peerless Rd.	Turn Left
31.22mi	1.01mi	Hogue Rd.	Turn Left
31.34mi	0.12mi	Williams Rd.	Turn Right
31.82mi	0.48mi	Middle Mt. Vernon Rd.	Turn Right
31.94mi	0.12mi	W. Terrace Dr.	Becomes W. Terrace Rd. (Straight)
32.26mi	0.32mi	W. Terrace School	Turn Left
32.27mi	0.01mi	Parking Lot	Finish

Get out there and ride — any distance at any speed. Just be sure to enjoy yourself along the way.

West Terrace 19 Mile Cue Sheet			
Total	Dist.	Where	Notes
0mi	0mi	Parking Lot	
0.01mi	0.01mi	W. Terrace Dr.	Turn Right
0.32mi	0.32mi	Middle Mt. Vernon Rd.	Sharp Right
1.19mi	0.87mi	Eickhoff Rd.	Turn Left
2.54mi	1.36mi	Posey County Line Rd.	Turn Right
2.77mi	0.23mi	Middle Mt. Vernon Rd.	Turn Left
3.88mi	1.1mi	St. Phillips Rd.	Turn Right
7.3mi	3.42mi	Copperline Rd.	Turn Right
8.28mi	0.98mi	Posey County Line Rd.	Turn Left
9.69mi	1.41mi	Denzer Rd.	Turn Right
10.37mi	0.68mi	New Harmony Rd.	Turn Right
10.75mi	0.38mi	Koressel Rd.	Turn Right
11.69mi	0.94mi	Marx Rd.	Turn Left
13.01mi	1.32mi	New Harmony Rd.	Turn Right
13.29mi	0.28mi	Koring Rd.	Turn Right
14.96mi	1.67mi	Little Schaeffer Rd.	Turn Left
15.56mi	0.6mi	Brookdale Dr.	Turn Right
15.8mi	0.24mi	Upper Mt. Vernon Rd.	Turn Right
16.22mi	0.42mi	Peerless Rd.	Turn Left
17.23mi	1.01mi	Hogue Rd.	Turn Left
17.35mi	0.12mi	Williams Rd.	Turn Right
17.84mi	0.49mi	Middle Mt. Vernon Rd.	Turn Right
17.95mi	0.12mi	W. Terrace Dr.	Becomes W. Terrace Dr. (Straight)
18.28mi	0.32mi	W. Terrace School	Turn Left
18.28mi	0.01mi	Parking Lot	Finish

STATS

