



EBC Bikewriter

JANUARY 2002

Annual Club Banquet . . . Mark Your Calendar! JANUARY 12

Janet Robertson has put everything together for another great banquet to be held on **Saturday, January 12, 2002**. Social hour begins at 6:30, dinner will be served at 7:00 followed by the annual awards ceremony.

Reservations must be made by January 7th!

REMINDER:

THE REGULAR BIKE CLUB MEETING WILL NOT BE HELD IN JANUARY

RIDE SHEETS

Rusty needs all ride sheets turned in no later than January 4.

Ride sheets must be in for totals to be accurate for the 2001 Awards.

What time does the ride start?

One of the main goals of the club is to encourage people to ride together. In order to accomplish this goal, I'm asking riders if possible to please stay until the scheduled time of departure. There is a time window for the start of all club rides which is thirty minutes. This allows new members and visitors to ask questions about the route, and gives them an opportunity to ride with members of our club.

Visitors and new members, please try to get to the starting location and be ready to ride 15 - 20 minutes early. We encourage you to ride the monthly Saturday morning "Garage Sale Ride." During this ride all the club members ride together at a leisurely pace.

Thank you for your co-operation,

Darlene Wefel, President

EBC Member Shares Bicycling with Preschoolers

By Dorothy Niekamp

EBC member Mary Jude Becker directed a learning project about bicycles with ten 3- and 4-year-olds at Westside Catholic Preschool in Evansville. After brainstorming and discussing a list of potential topics, the children selected "bicycles". The preschooler's interests and questions led this child-directed approach to learning.

First, the children talked about what they knew about bicycles--including their own, then what they wanted to know about bicycles. The class and their teachers read books about bicycles, cut out pictures of bicycles, drew bicycles, and made posters of bicycle pictures. Mathematics, science, and literature components were integrated into the weekly lessons.

They also discussed bicycle safety, including wearing helmets. Another EBC member, Dorothy Niekamp, visited the classroom, dressed in appropriate cycling attire (including an EBC jersey), and the children were able to get "hands on" experience with her road bicycle. They especially enjoyed pumping the hand brakes, rotating the pedals to make the rear wheel spin, and using the tire pump.

Mary Jude applied this "project approach" as an assignment for an early childhood education class at the University of Southern Indiana. Her partner for the assignment was fellow student Jamie Young, who is the preschool teacher.

The project was intended to continue as long as the children exhibited interest in bicycles, which was throughout the months of October and November. Of course, *we* all know biking is a lifetime sport!

Several people requested the chili recipe from the Fuller/Carter ride

Faye Carter's Vegetarian chili

1 package Two Alarm Chili mix (or Shelby's chili mix)
contains: chili powder, paprika, oregano seasoning,
red pepper, dried onions/garlic, mesa flour.

4 large onions chopped (more to taste)

4-6 Jalapeno peppers cut in small pieces (optional habanero pepper if
you like it HOT)

2 cans Rotelle tomatoes (tomatoes and green chili peppers)

2 quarts canned tomato pieces (I use home canned)

Dried bean mixture: pinto, red, black, northern, kidney
(whatever you like)

Dried macaroni (or any kind of pasta—judge amount by looking at
the chili)

Water

**Canned beans: Black beans 2 cans

Pinto beans 1 can

Small Red beans 1 or 2 cans

Chili beans 2 cans

Large red beans or kidney beans 1 or 2 cans

Cover dried beans with water and boil for a few minutes, turn heat off, let set one hour. Turn beans back on, add some of the onions and jalapeno peppers and cook several hours until beans are tender.

Add chili powder, dried onions/garlic packet, paprika, oregano, red pepper (to taste), remaining chopped onions, jalapeno peppers, canned beans and tomatoes. Add dried macaroni (don't pre-cook—add enough to help thicken the chili as it cooks). Stir occasionally. Cook at least until macaroni, and onions are done, the longer the better.

Mix the mesa flour in some water until smooth. Add to the chili. Stir frequently to prevent sticking as the chili thickens. Cook until thick. If it isn't thick enough, mix some flour and water until smooth, add to the chili and cook longer. Serve with grated cheese on top.

This is the way it was made for the Fuller/Carter chili ride to the best of my memory. It varies each time I make it.

**You could use all dried beans instead of using canned beans.

The Largest Ride: Hilly Hundred 2001

By Dorothy Niekamp

After a brief very early Saturday morning rain shower, the weather was perfect and the fall foliage at its peak for the 34th annual Hilly Hundred bicycle tour through Brown, Monroe, and Morgan Counties on the weekend of October 20-21. Approximately 50 EBC members were among the 5,000 riders from 40 states and at least four foreign countries.

This bicycle world's social event--some call it a "family reunion"--attracts seasoned and recreational riders, individuals and families, and people of all ages to the Bloomington, Indiana, area. The "oldest" female rider was age 74, and the "oldest" male rider was age 95 (the man was featured in a recent issue of *Bicycling*). This was "veteran" Gene Brouillard's 13th Hilly Hundred.

Cyclists who rode their bikes to the Hilly Hundred were recognized--John Emig rode the 175 miles from Evansville to Bloomington but was out-distanced by a cyclist who rode from his home in Iowa. Emig made the trip in two days and camped overnight at Spring Mill State Park.

Awards were given for individual and group costumes. Former EBC member Donna Clark-Boutilier and her family were recognized for their patriotic "from sea-to-shining-sea" theme, and they led the audience in singing "America the Beautiful".

Saturday evening entertainment at Bloomington High School North, home base of the event, included a slide show of the day's ride, a mime, and a ventriloquist. The audience "roared" at the mime's imitation of a Hilly Hundred rider laboriously climbing a steep hill and flying precariously down the other side.

The Saturday routes were 40 and 50 miles and headed north, turned west and crossed Highway 37, then wound south and east back to the high school. Sunday's 30- and 50-mile routes passed through rustic Nashville and along scenic Lake Lemon, northeast of Bloomington. Of course, all routes were well marked with Dan Henrys.

True to its name, the Hilly Hundred routes are a series of hills of varying heights and degrees of incline. The one-mile ascent up Mount Tabor takes riders from 600 to 750 feet elevation. The base of Bear Wallow is approximately 600 feet above sea level, and, after 2-1/2 miles of climbing, crests at about 850 feet above sea level.

Staggered Saturday start times were 8:00 a.m. to 10:30 a.m., and staggered Sunday start times were 7:00 a.m. to 9:30 a.m. All participants were required to view a safety film before riding and were encouraged to follow rules of courtesy, such as alerting other riders when "passing" (on the left), "slowing", "stopping", etc. Stationary and roving SAGs were on the courses each day, and the Bloomington Amateur Radio Club provided emergency communications for the weekend event.

A bicycle repair area was available at the high school and at the lunch stops each day. Hilly Hundred personnel assisted riders in checking their bikes for safety and correcting minor mechanical difficulties free of charge. This service did not include major overhauls, and bike owners were charged for any necessary parts. The local Bicycle Garage, Inc. owner offered free mechanical help at the first rest stops (about 15 miles into the rides) each day.

In the last eight miles of the Sunday ride, Greg Alexander's bike had three flats on the same tire. He repaired them and also gave a patch to another rider to repair a flat. This was the first Hilly for Greg and his wife, Cinda, who stated, "It's the first time I've shared the road with so many other cyclists! The event was very well put together for that number of people. There were no long waits in any lines."

Bob Willett rode the Hilly Hundred for the first time and remarked, "It was like a bicycle trade show, a 'Woodstock' for bikes, a rolling party!" There were bikes of all types--1-speeds, 3-speed English bikes, 10 speeds, mountain bikes, tandems, recumbents, and bicycles with child carts in tow--and all price ranges, from \$100 bikes to \$6,000 bikes.

Rest and lunch stops along the routes were stocked with sufficient refreshments and included upbeat musical entertainment, such as authentic Bean Blossom blues. The Central Indiana Bicycling Association (CIBA), event sponsor, also

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arranged for a Saturday evening pasta dinner and Sunday morning pancake breakfast in the high school cafeteria.

This was David Ashworth's first Hilly, and he commented, "I enjoyed it! It was eye opening, being among so many riders. Saturday was challenging with steeper climbs and a stretch of chip-and-seal roadway. On Sunday, the climbs were longer. It was interesting seeing the different equipment, styles of bikes, and ranges of abilities. I saw a triple with a 'help wanted' sign, and a couple on a tandem with a 'tell him I AM peddling' sign."

Ride participants chose from among a variety of lodging options, including local hotels, nearby campgrounds, tent camping and RV parking spots on the high school grounds, and sleeping bag spaces in the high school classrooms and gyms. One EBC group camped at McCormick's Creek and on Saturday night, according to Willett, "sat around the campfire and told tall tales". Imagine that!

This was the third riding of the Hilly for Mike and Anna Demerly's children, Edwin and Jaime, who "always look forward to sleeping in the high school". The Demerlys regard the event as a family weekend activity they can do together, and they anticipate graduating from "tag-alongs" to two tandem bikes next year.

Jim Niethammer said this was his first Hilly ride and he was "impressed by the number of people and the music and entertainment." He said his expectations were different than being there in person, and he will probably return next year.

A brief worship service was held 7-7:30 a.m. Sunday morning in the high school auditorium. CIBA invited an individual who is an avid cyclist to lead in singing and prayer, and he offered a devotional message.

A limited number of 2000 commemorative Hilly Prints, a commissioned work by the designer of the world's largest mural which is on the roof of the Circle Center Mall in Indianapolis, were available. The artist was on hand Friday evening to sign the prints.

Bicycle clothing (jerseys, t-shirts, sweat shirts, socks, etc.) with Hilly Hundred logo were for sale. Numerous vendors and bike shops set up tents and booths on the high school grounds, displaying and selling bike-related items at bargain prices.

Winning entries of the Hilly Hundred 2000 photo contest were displayed in the school lobby, and applications and rules for the 2001 contest were available. I wish I could have caught on camera a magical moment I experienced riding through the Monroe-Morgan State Forest ... shafts of early morning sunlight slanted through the swaying trees, multi-colored autumn leaves fluttered around in the gentle cool breeze, and my bike tires crunched the swirling leaves scattered on the roadway!

While driving to and from the Hilly, I listened to Lance Armstrong's book, *It's Not About the Bike*, and was inspired to emulate him with my own kind of odyssey. At one point I charged screaming down a steep slope at what was for me the "warp" speed of 40 mph! When I dared to look at the computer and saw how fast I was rolling downhill, I didn't know whether to laugh with joy or cry with fear!

The *Bicycling* magazine and the League of American Bicyclists' Best Biking in America Competition named the Hilly Hundred the

- "Best Overall Ride" for the Years 1999 and 2000
- "Longest Running Annual Ride" for 1999 and 2000
- "Best Entertainment" for 1999
- "Largest Ride" for 1999
- "Best Maps" for 1999 and 2000

Hilly Hundred 2002 is October 4-6. For more information, look at the <http://www.cibaride.org/> Web site.

The Arthur Ride

By Wayne Fuller

On Friday, September 14th, the Fuller family left Hanson, Kentucky and drove to Tuscola, Illinois to spend the night in anticipation of *The Arthur Ride* in Amish Country on the 15th. We woke up to a beautiful sunny and cool day. We made the short trip to Arthur and picked up our packets. It was a staggered start, and so, as soon as we were ready we started the ride. We rode through downtown Arthur and continued riding until we realized that somewhere we had gotten lost. We turned around and rode back to downtown Arthur where we noticed that there were other riders who also were lost. Finally, we were redirected to make a turn. We were told that the town would not allow any markings to be made on the streets of Arthur. Many of us had gotten lost because we relied on markings rather than looking at our maps. Once we had the extra eight miles put at the beginning of the ride, we were warmed up enough to continue our ride. Kate and I decided to ride the 60-mile tour while Andy decided to ride the 40-mile tour. The first rest stop was at Rockome Gardens. There was plenty of food, water, and Gatorade. We also noted a great number of recumbent bicycles, some of which were homemade. We were all wearing Evansville Bicycle Club shirts and so were asked about the Great Pumpkin. Several other riders indicated that they would be coming to Evansville to ride the Great Pumpkin. We continued on our ride and, again at the second Sag stop, there was plenty to eat along with plenty of water and Gatorade. We rode an extra loop down to the Shelbyville Lake where we managed to dip our tires along with other riders. Up to this point we had noticed many buggies. In fact, we saw more horse-drawn wagons than we did motor vehicles during much of the first part of this ride. Many of the Amish waved as they went on about their business. What I found to be most interesting was the architectural designs of many of the homes and barns. As we made our way back to Arthur, the wind, which had not been of much presence, began to show itself. The last 20 miles found us riding in a moderate headwind. We eventually got back to the park where our son Andy was waiting for us. He had been back for several hours since he rode only 52 miles. Kate and I looked at our odometers and noted that we had ridden 78 miles. We all agreed that this was a really pleasant ride. It was relatively flat and gave us the opportunity to view great architectural designs in the homes and barns as well as a visit to Rockome Gardens, a view of the pumpkin patch, and lunch at the Amish School, if you so chose. It was decided that this is a ride that we would return to next year, as it would stay on our ride list. However, next year we decided that rather than staying at a motel we would take the camper and stay the weekend rather than returning home right after the ride.

The Evansville Bicycle Club, Inc.

Membership Application 2001

Name _____ Age _____ _____ _____		Release of Liability Evansville Bicycle Club, Inc. is organized for sole purpose of providing it's members with notification of central meeting points and times. Members freely elect to ride together as a group, following a route of choice. In signing this form for myself and/or my family members I understand and agree to absolve EBC, Inc. and it's organizers or sponsors for all blame for any injury misadventure, harm loss or inconvenience suffered as a result of participation in any ride or activity associated with or sponsored by the EBC, Inc. I further understand that I, as an individual am responsible to abide by all traffic laws and regulations governing bicycling and take full responsibility for my actions. Make Checks payable to: Evansville Bicycle Club, Inc. Mail to: Randy Silke 516 Sandalwood Dr. Evansville, IN 47715
Address _____	Individual \$12	
City _____ State _____	Family \$20 +	
Zip _____ Phone _____	\$1/child	
E-mail Address _____		
Signature _____		

President Darlene Wefel (490-0686)	Membership Randy Silke (437-9122)
VP Wayne Fiester (490-2745)	Statistician Rusty Yeager (402-1787)
Secretary Bob Messick (842-0072)	Touring Tony Titzer (490-1397)
Treasurer Marion Brandenberger (359-4315)	Website Bob Wefel (490-0686)

EBC Bikewriter

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