



EBC Bikewriter

June 2002



President's Notes

Reflecting on the past:

May was National Bicycle Month, and it would seem odd not to say a few words about Dickie Lindenschmidt in this month's newsletter. During the month, while out riding, we always seemed to remember and talk about our fond memories of cycling with Dickie. Through the years, Dickie touched all our lives in large and small personal ways. For most of the year 2000, I kept this wonderful photo of Dickie on our refrigerator; it was taken while he was in Switzerland. Throughout the year, Bob and I read/typed all his letters to share with the club. Bob and I are thankful that we had the opportunity to ride with Dickie and get to know him better on TRIRI last fall. We all enjoyed his Soup and Bread Line rides and had fun talking about his route markings or lack of identifiable markings. He was an interesting man who will be missed by all.

Volunteers needed:

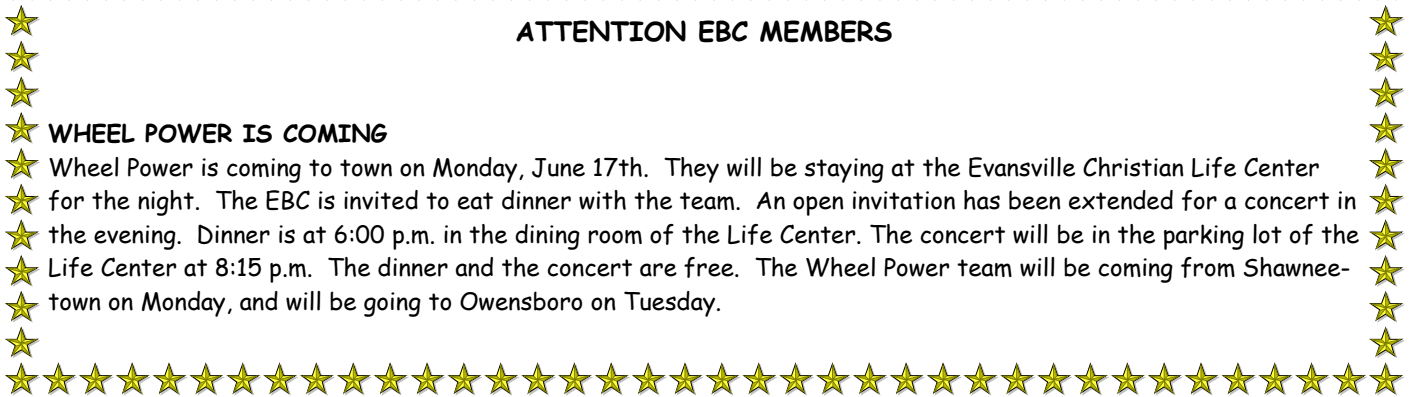
June 8th is Tour de' Bloom, and I still need 1 or 2 people to help with registration. Registration should be completed by 11:00 a.m. in plenty of time to do the ride or walk the walking route. All volunteers will receive club miles for their efforts. Call me for more information.

A volunteer to be coordinator for the Great Pumpkin Metric is needed for 2002.

Darlene Wefel, EBC President



ATTENTION EBC MEMBERS



WHEEL POWER IS COMING

Wheel Power is coming to town on Monday, June 17th. They will be staying at the Evansville Christian Life Center for the night. The EBC is invited to eat dinner with the team. An open invitation has been extended for a concert in the evening. Dinner is at 6:00 p.m. in the dining room of the Life Center. The concert will be in the parking lot of the Life Center at 8:15 p.m. The dinner and the concert are free. The Wheel Power team will be coming from Shawnee-town on Monday, and will be going to Owensboro on Tuesday.

WINNER OF THE BICYCLE LOFT DART THROW

The winner of the March Dart Throw is Wayne Fuller. Congratulations, Wayne you've won a \$25 gift certificate from the Bike Loft.

Note to Riders: You become eligible by signing the ride sheets.

Welcome New Member for May

Nibby Priest



A TRIBUTE TO DICKIE

By Mona Wooten

I was unable to attend Dickie's funeral, and I know he has been a member of the bicycle club for several years. I would like to share with you all some special memories of Dickie, who was a wonderful guy.

I have only been with the club around three years, and did not get to know Dickie until last year when he returned from the Odyssey tour. I usually bike with Lisa Seif, and she leaves me to fend for myself about a half mile into the rides. However, Dickie would always stay and ride with me. After his return from the Odyssey tour, Lisa introduced us and encouraged us to ride together, so she could leave me and take off with the speedsters.

At first, Dickie and I were so shy that we would talk a little, but not much. Then during the summer, we would ride out to the Ditney Hill rides on our bikes and do our 22 miles. After the ride, he suggested we try the Harvest Bread Company for bread and coffee if I had time. Since I am partially retired, I agreed. From there, we started a wonderful friendship. I discovered a very clever and humorous man. He always seemed so quiet, and yet he could crack a good joke too.

I learned early in our relationship that Dickie was a dedicated biker. I found that it could be twenty degrees and that was no obstacle. I decided to be brave and keep up with him, even though I was eight years younger. So, we started the winter out together. I found that cold weather did not bother Dickie, even though I would be frozen. He took pity on me, and we had a town route where we could stop at the Harvest Bread Company on First Avenue. He would always call first and let me know the weather. I know he learned to tell little "white lies" so I would go. One time we went, and my feet were so numb that I could no longer feel them. We stopped at the Market, and I had to take my bike shoes off and rub my toes to get feeling in them. He just laughed and said it would be warmer on the way home. And of course, he was right, but my toes did not agree.

Dickie also knew I did not like to ride when the wind was greater than ten miles an hour. He would get around that too. In fact the last Tuesday we rode together, April 16th, he told me the winds were like 8-10 mph. We drove out to Ditney Hill together, and after we got out there I commented that it "sure was windy." Dickie smiled at me and said "I think they said it was around 10-15 mph." Of course, he had done this before, and I told him I was going to get him for waiting to tell me how bad it was. Again, he would give me that real sly smile, and we would have a laugh together as we struggled to get done with the 25 mile route.

Dickie was the only reason I rode over 500 bicycle club miles last year. I was working on 1000 when he died. Of course, we had already done 1200 since January on our own. We would bike about four to five times a week usually thirty miles at a time. In fact, he inspired me to sponsor a ride. We were together marking the town route and then I biked the Chandler route by myself because he was out of town. I had worked on it the Friday before the ride and sure enough Dickie called when he got home to ask if I needed help to mark the route. He seemed to always be there when needed.

Dickie was a patient, kind and very intelligent man. I was so privileged to know him over the last year. We had a lot of good times together, and I will miss his companionship. I want to let you all know a little secret Dickie shared with me on Tuesday, April 16th. He would have bought a NEW BIKE at the Gilles tent sale over the weekend. He was over there on Sunday,

[Continued on Page 3]

[Continued from Page 2] A Tribute to Dickie

when I picked up my new bike. He said the only problem with the Trek he was looking at was the size. Dickie's stature would only take a 49 or 50 cm bike. I do believe if it had even been one cm smaller he would have bought it. Lisa and I have always told him he would go faster with one of the newer bikes, but he always told us that he was going as fast as possible with his old Specialized steel bike and a new bike would not improve his physical condition. As usual, we always kidded each other and had a good laugh. I told him I was the one who needed the new bike to keep up with him.

My last experience with Dickie was when I came to his house on April 18th to take him to the Ditney ride. We were going to ride 25 miles and then he was to take me to the airport for my trip to Missouri. I drove in his driveway and thought it was funny that Dickie did not have his bike ready to put on the trailer hitch. He was always "on time" as you all know. I knocked and there was no answer. I knew we had talked the night before about 9:00 p.m. and he was supposed to ride out with me. I used the cell phone and only got the answering machine. I knocked again and found the door open. I just knew something was wrong because his bike was ready and his helmet was on the table. It was then that I heard the radio alarm beeping. I found Dickie curled up just as if he was sleeping. After I called 911, I was talking to the authorities and a humorous question arose. The policeman asked me if it was unusual for Dickie to sleep in his biking shorts, and I had to smile and say "no." I explained that Dickie liked to sleep as late as possible, and would laugh when I told him I would not call after 10:00 p.m. for fear of waking him up. He told me how he liked to stay up late and sleep late. And yet, he would always be up and ready at 7:00 or 8:00 a.m. So, now I know why he would be up and ready. He would just sleep in his biking clothes and be ready to go when I came to pick him up. What a very thoughtful person!

For all the women bikers out there—Dickie created a new kind of anniversary. I was telling him I wanted a new bike, but would have to make it an anniversary bike since our anniversary was coming up. I was not sure Bill would agree with me. However, I liked the titanium bike I found on sale. Dickie therefore told me that all 31st marriage anniversaries would be known as "Titanium Anniversaries" and all I had to do was tell Bill so he would understand why I got a titanium bike for my 31st. As I said, he was a man of wit and humor, and I will miss him. WE were all so blessed to know such a neat man. He will be missed by all of us. Dickie was the "pedals" to the bicycle club members.

Editors note: For anyone that did not know him, Richard "Dickie" Lindenschmidt passed away on April 17, 2002.

Upcoming Rides

- June 1 **Mammoth Cave Tour**, Oakland, KY (Bowling Green) <http://bg.ky.net/BGLOB/mcvt.html>
- June 8 **Tour de Bloom**, Evansville, IN
- June 23-29 **TRIRI** www.triri.org
- June 23 **We didn't go to TRIRI**, Slaughters, KY
- July 6 **New Albany Ride**
- July 13 **RAIN**
- July 27 **NITE Ride**, Indianapolis, IN

Bicycling Quotes

"Cycling is like church—many attend, but few understand."
—Jim Burlant

"The grace and charm of the bicycle lend added warmth and contour to the persons of the lovers it joins."
—James E. Starrs, *The Noiseless Tenor*



Club Riding for Dummies ...like me!

By Dorothy Niekamp

Two years ago I joined EBC full of enthusiasm and expectations. I had ridden many miles alone and decided it was time to socialize with others who like cycling and to seek safety in numbers. I thought I was strong and fast and had a lot of endurance. Yesiree, I was ready to ride with the club! However, I had a lot to learn!

I think it will be beneficial to club members—old and new—and to prospective, former, and non-members, to share my experience and perspective. Understanding group dynamics, I know that when a person joins a pre-established group, a shifting and resettling of the group as a unit occurs. Upon joining a group, a person has to go through a socialization process, learning the norms, procedures, customs, and traditions of the group.

As with other groups of which I've been a member, it just takes a little time to get to know and feel comfortable with one another. Think about groups of which you've been a part—at work, in your neighborhood, other sports activities, etc.—and how uncomfortable you were at first and how comfortable you became with the passage of time. A person just has to be patient with him/herself and with others.

The common ground of cycling is a good starting point, but, beyond that, what do you talk about? Some people seem to be naturally gifted when it comes to meeting people and making small talk. But, many of us—club members and newcomers alike—may be reticent or uncertain. Realize that others may feel as awkward as you do and would appreciate your speaking to them. Remember the old adage, "to have friends you have to show yourself friendly"? It is a two-way street.

Morning and afternoon weekday and weekend ride schedules are posted in this newsletter and on the EBC Web site (<http://www.bicycle.evansville.net>). For my first club ride, I arrived promptly AT 6 p.m. but quickly realized that I should arrive and be ready to ride BEFORE 6 p.m. Starting early is sometimes a necessity, such as in the early spring or late fall when it gets dark earlier in the afternoon, or when bad weather is threatening. Most riders arrive ten, twenty, or thirty minutes before the scheduled starting time. They unload their bikes and prepare to ride, visit with one another, and group with others in their riding skill levels.

Not everyone rides together—there are a lot of subgroups. Some choose the solitude of riding alone, others ride in small groups, and some in larger groups. Not every club member attends every ride, so the pool of participating riders varies from ride to ride. After a while, you'll get to know who's who and how they ride. The club has attracted men and women; singles, marrieds, and families; people of all ages; and riders of all skill levels. Somewhere in that mix everyone can find someone to ride with.

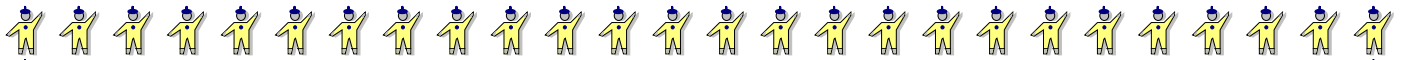
A number of the club members have been riding together for years, and it's only natural that they're close. Although they did not give me the impression that I was breaking up pre-established cliques, because of my personality, I felt like I was intruding. After some time and observation, I learned that it was accepted—even expected—for people of similar skill levels to flock together. Some women with riding abilities similar to mine were friendly, welcoming, encouraging, and graciously included me in their group.

There is an entire spectrum of riding skill levels among club members. One of the most common measures of ability is speed. In my pre-EBC days, I did not think of cycling in terms of average miles per hour, but it has now become a part of my dialogue. I really respect and admire the 30+ mph'ers, but at my 14-18 mph pace, I know I can't keep up with them, nor do I expect them to gear down and poke along with me. By the same token, it's generally not fun for me to ride 10-12 mph, when I am capable of going faster.

It is helpful to know, be realistic about, and accept one's speed and ability level, expectations, and purpose for riding. We ride for different reasons: to perform our personal best, to challenge ourselves, to train or cross-train, to meet certain goals, to work off life's stressors, for relaxation, to get in a good aerobic workout, to observe nature, and/or to socialize.

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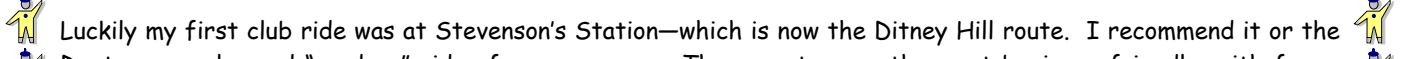
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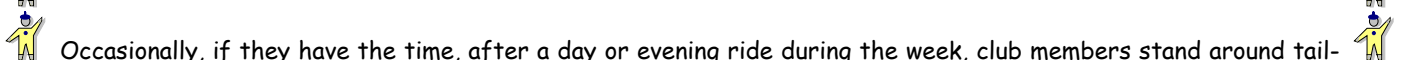
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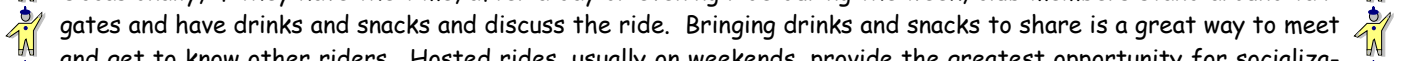
Luckily my first club ride was at Stevenson's Station—which is now the Ditney Hill route. I recommend it or the Dogtown regular and "no drop" rides for newcomers. Those routes are the most beginner-friendly, with fewer steep hills and less traffic. The "no drop" ride is specifically designed to introduce prospective members to club members and to riding, as well as providing an opportunity for beginners and families with children to ride at a 12 mph pace. No one is dropped--or left behind--during that 12-mile ride.



I am admittedly a "fair weather rider", but the motto of many of the seasoned riders seems to be "neither rain nor heat nor snow ..."! One hot August Sunday when the heat index was well above 100, I called a club member to inquire if he thought anyone would show up for the afternoon ride at Ditney Hill. His response? Simply a disbelieving "snort". I also heard an incredulous New Year's Day 2001 ride-in-the-snow story that I won't relate here, but those who participated are more than willing to recount when asked. So, if you're inclined to challenge yourself, I'm sure you can find someone to ride with you in almost any kind of weather.



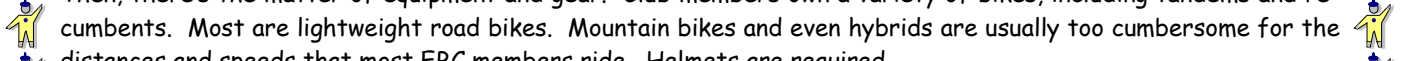
Occasionally, if they have the time, after a day or evening ride during the week, club members stand around tailgates and have drinks and snacks and discuss the ride. Bringing drinks and snacks to share is a great way to meet and get to know other riders. Hosted rides, usually on weekends, provide the greatest opportunity for socialization. When the ride is over, the hosts serve food and beverages, and club members sit around and tell tall ride tales.



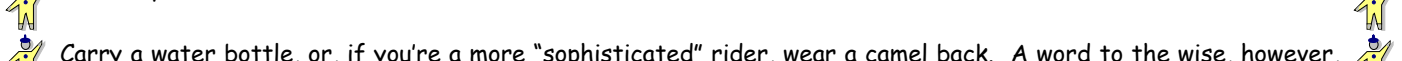
An additional bit of useful information includes knowing about the ride sheets. They are usually on a front or back vehicle window and held down by a wiper blade. Be sure to sign the ride sheet in order to receive club credit for the miles you ride.



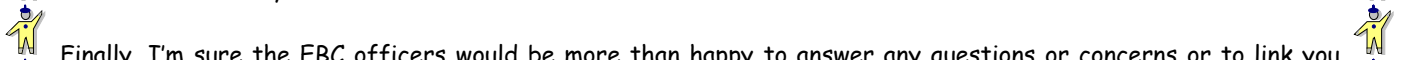
Then, there's the matter of equipment and gear. Club members own a variety of bikes, including tandems and recumbents. Most are lightweight road bikes. Mountain bikes and even hybrids are usually too cumbersome for the distances and speeds that most EBC members ride. Helmets are required.



As in all sports, cycling has its own wardrobe of clothing for every season and any kind of weather. Without going into too much detail, padded, tight-fitting shorts are highly recommended for the sake of comfort, reduced wind resistance, and prevention against their getting caught in the rotating wheels or chains. Most bikers wear brightly colored cycling jerseys with clever logos, such as "Biker Chick", of their favorite Tour de France team, or from the local Bicycle Loft. Padded gloves help keep pressure off the ulnar nerve, which can cause hand numbness, and double-layered socks prevent foot blisters. Sunglasses that wrap around the face keep pesky bugs out of the eyes.



Carry a water bottle, or, if you're a more "sophisticated" rider, wear a camel back. A word to the wise, however, regarding water bottles, from one who learned by experience ... make sure the water bottle fits securely in the holder. My public apologies to the pack that approached me on a ride last summer when I crossed a railroad track and my water bottle jostled out of the holder and skittered across the pavement as they yelled "Water bottle!" and swerved frantically to miss it. Fortunately, a potentially tragic occurrence was averted! I now have a bigger water bottle that won't bounce out! However, the water bottle shouldn't be too tight fitting so that it's difficult to get back into the holder while you're trying to ride and maintain your balance. In other words, a water bottle made to fit in a bicycle water bottle holder is best. Duh.



Finally, I'm sure the EBC officers would be more than happy to answer any questions or concerns or to link you with someone of similar riding ability. After all, "The primary purpose of the club is to provide the opportunity for its members to participate in cycling activities on a regular basis, over pre-selected and usually well marked cycling routes in group rides. By riding in groups, members enjoy bicycling in relative safety, with knowledgeable cyclists, and reap the rewards of friendship and encouragement."



The Evansville Bicycle Club, Inc.

Membership Application 2002

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	Dave Ashworth (426-2489)	Statistician	Rusty Yeager (402-1787)
Secretary	Bob Messick (842-0072)	Touring	Tony Titzer (490-1397)
Treasuer	Bob Willett (270 836-3546)	Website	Bob Wefel (490-0686)

EBC Bikewriter

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