



EBC Bikewriter

February 2003

The Evansville Bicycle Club Newsletter

EBC Annual Banquet 2003

One hundred and six bike club members and guest enjoyed a wonderful evening at Kirby's. A recap of this year's statistics are as follows. There were 269 club rides during the year, 9,555 club miles ridden, with 171 members riding. Bob Willet was the overall mileage leader with 5,940 club miles and Jane Buchta was the mileage leader for the women with 5,021 club miles. There were 23 members in the Century Club this year (rode a minimum of 10 centuries.)

This year the members who attended the banquet voted on the awards for *Ride Host of the Year*, *Rookie of the Year*, and *Volunteer of the Year*. They will be receiving the awards soon. This year the award for *Ride Host of the Year* went to Dave Conner who faithfully furnished cold beverages after rides during the dog days of summer, *Rookie of the Year* was Mona Benson, and *The League of American Cyclist's Volunteer of the Year* was Darlene Wefel. Rusty had a hard time choosing the *Cycling Widow/Widower of the Year* because Bob Willet is currently unattached. Dave Ashworth rode a great deal with his wife Vicky, and we all know that where there is Jane, there is Tony. There were many candidates Rusty studied and pondered over this award and decided that Debbie Oliver earned this award.

The nominating committee made lots of phone calls and came up with an excellent slate of officers for the year 2003. The club voted unanimously to accept the following slate of officers for 2003: President - Dave Ashworth, Vice President - Mark Oliver, Treasurer - Bob Willet, Secretary - Bob Messick. Volunteers for other positions are: Newsletter Editor - Faye Carter, Membership - Jim Niethammer, Ride Director - Tony Titzer, Statistician - Rusty Yeager, and Webmaster - Bob Wefel.

My closing comments:

The last three years have been fulfilling. I've enjoyed riding with the club, making new friends, expanding my horizons. I've challenged myself and grown from the experience as a cyclist and as an individual. My plans are to stay active with the club and work towards a successful *Great Pumpkin Metric* in 2003.

Sincerely,

Darlene Wefel

**Trek Tour anywhere in The U.S.A.
Sponsored by Gilles Cycling & Fitness
For One Lucky Member**

Imagine cycling the Wine Country of California's Sonoma Valley and Napa Valley. You can go cycling along the sun-kissed hills, taste-testing Merlot and Chardonnay along the way, combining all this with luxury dining in some of the finest restaurants and staying in first class Inns. How about heading south to Mississippi and Louisiana? Cycling roads lined with magnolia trees, past the Rosewood Plantation, and lush gardens, dining on Cajun cuisine, sipping on mint juleps. Would you rather take a trip to New England? You can cycle Vermont in the fall through cozy villages of the Champlain Valley on a crisp autumn day, the vibrant fall leaves, the countryside with red barns, and covered bridges. What about going north to Montana through Glacier National Park during the summer? These are a few of the choices offered by Trek.

Trek offers the following two types of Luxury Cycling trips:

Leisure: "The pace of time obligingly slows to a gentle rhythm.... The most spectacular scenery, the finest accommodations, the choicest foods."

Performance: "Maximum cycling and maximum luxury. The terrain will test your muscle and the lavish amenities will replenish your body and spirit. Luxury is mandatory. Miles are optional."

Trek will supply the bicycle for the tour. For the Leisure ride a Trek 7700 will be furnished, and for the Performance tour a Trek 5200 will be supplied. See brochure or visit their web site. www.trektravel.com

One lucky person will win the tour of a lifetime. The winner must provide his or her own transportation to and from the tour. How can you win? It's simple! You can earn tickets throughout the year, and the lucky person's name will be drawn at the banquet next year .

Here's how you earn chances for the drawing:

Attend three meetings and you earn one ticket. You must sign the register.

Ride 500 club miles — Earn one ticket for each 500 club miles ridden.

Write two articles for the newsletter for one ticket. Maximum two tickets (four articles.)

Work Tour De Bloom (sign up ahead of time - see Darlene) - earn one ticket.

Volunteer and work on Greenspan project as an EBC rep. -earn one ticket.

Volunteer and work with I.B.C. as a rep - earn one ticket.

Host a ride - earn one ticket (max. one ticket)

Volunteer to work on any EBC special project - one ticket (example Bike rodeo)

Work the GPM (sign-up ahead of time and work the entire day) - earn one ticket.

Thank you, Scott.

Respectfully submitted,

Darlene Wefel

The Pinellas Trail

By Bob Messick

The Pinellas Trail can best be referred to as an "Urban Trail" due to its location in a highly populated area of the county in Florida bearing the same name. Its length stretches over 47 miles of interconnecting municipalities from Tarpon Springs at the north end to downtown St. Petersburg on the south. This includes the communities of Palm Harbor, Crystal Beach, Dunedin, Clearwater, Largo, and Seminole.

We stayed in Dunedin at a location on Clearwater Harbor where we had easy access to the trail and were able to rent hybrid bikes at the *The Energy Conservatory Bike Shop*. From this point, we were able to cycle 10 miles to Tarpon Springs through a less populated portion of the trail. Detailed maps in a booklet with a cue sheet on the foldover for each trail section are provided free at the bike shop. The cues give information regarding utilities, restaurants, stores, and points of interest along the way. It also contains locations where cyclists can take advantage of the Pinellas "Bikes on Buses" program. From the cues, we were able to "home in" on good restaurants such as the New York style Lucky Dill Deli in Crystal Beach and the Taste of Greece in Tarpon Springs where the Gyros were outstanding.

The trail itself is a paved rail-to-trail conversion approximately 10 feet wide with a lane for walkers. A variety of cyclists can be observed from commuters to retirees to hard core bikers on everything from road bikes to recumbents to hybrids and fat tire types. Experienced users and locals were helpful in finding bike shops, restaurants, etc. We also observed a considerable number of tourists at our location who had brought along bikes to take advantage of it.

Bicycling—Some Rules To Go By

By Wayne Fuller

Some of the rules presented in this article are common-sense rules and other rules are in reality Kentucky law concerning bicyclists. By Kentucky law, bicyclists do have the right to share the road and motorists must recognize this right. Bicyclists are required to ride as far right in the lane as possible only when the lane can be safely shared by a car and a bicycle, side-by-side. Even when this occurs, there are certain conditions that allow a bicyclist to take a full lane: 1. The bicyclist overtaking and passing another vehicle proceeding in the same direction. 2. The bicyclist is preparing for a left turn at an intersection or onto a private road or driveway. 3. There are unsafe conditions in the roadway, such as fixed or moving objects, parked or moving vehicles, pedestrians, animals, potholes or debris. 4. The lane is too narrow, making it unsafe for a car and bike to share the lane side-by-side. When this is the case, it is best for the cyclist to take the full lane. So, ride to the right side of your lane. Always look back, signal, and check for traffic before you make any turn or leave your driveway. Always stop at stop signs and lights. Remember, pedestrians get to go first. Yield the right of way and keep a sharp lookout for danger in every direction at all times—just like car drivers do. Allow four feet between you and parked cars. Remember, a careless driver could be opening a door in your path. In Kentucky, if you ride with your buddies, two side-by-side is the limit. Let motor vehicles pass when it is safe, but hold your lane. Kentucky law requires your bicycle to have a white light in front and a red reflector or light in the back. Common sense would dictate light-colored clothing with reflective patches and reflective wheel strips so that you can be seen more clearly. Wear your helmet; don't hit the road without one.

Replenishing Our Bodies

By Wayne Fuller

Over the past year, I have ridden on many bike tours, as have many other bike club members. During the tours that I rode in the later part of 2002, I noticed that at many of the rest stops lemonade and apple cider were being served rather than the traditional Gatorade. This left me wondering what the differences might be with regard to replenishing our bodies with the necessary ingredients when bicycling. I have come to learn when bicycling for one hour only water is required. However, bicycling for more than an hour does require that we use some type of sports drink. In order to determine which drink might be most appropriate for those of us who bicycle for several hours at a time, I turned to Dr. Edmund R. Burke in a recent article in the League of American Bicyclists Magazine. Before I continue with this article, I must report with some sadness that Dr. Burke died on 11/7/02 of an apparent heart attack while riding his bike near his home in Colorado Springs, Colorado. Dr. Burke indicates that the first thing to look for in a sports drink is the right amount and types of carbohydrates. He reports that the ideal amount of carbohydrates in a sports drink is 6 to 8% or approximately 2 grams per ounce. Dr. Burke indicates that a drink with less than this amount will not delay fatigue sufficiently and that a drink that has more than 2 grams per ounce is likely to cause gastrointestinal distress. Dr. Burke indicates that they should come in the form of sugars such as glucose, sucrose, and maltodextrin. He reports that sports drinks should contain only a small amount of fructose because of its association with gastrointestinal problems. Dr. Burke reports that sports drinks should contain 100 to 200 milligrams of sodium per 12 ounces, 30 to 75 milligrams potassium per 12 ounces, and 100 to 150 milligrams of magnesium per 12 ounces in order to replace electrolytes lost in sweat. He also reports that sports drink should include at least 100% of Vitamins C and E in order to combat oxidative stress. Dr. Burke went on to report that the sugar found in fruit also known as fructose actually may slow down water and energy absorption and hamper energy and fluid delivery to your muscles. He goes on to report that a drink exclusively made with fructose may actually upset your stomach. Below I have compiled a comparison between Gatorade, PowerAde, Country Time Lemonade, and apple cider.

GATORADE	POWERADE	COUNTRY TIME LEMONADE	APPLE CIDER
Serving Per Container: 8	Serving Per Container: 8	Serving Per Container: 8	Serving Per Container: 8
Calories Per Serving: 50	Calories Per Serving: 70	Calories Per Serving: 70	Calories Per Serving: 120
Total Fat: 0%	Total Fat: 0%	Total Fat: 0%	Total Fat: 0%
Sodium: 5% (110 mg)	Sodium: 2% (55 mg)	Sodium: 1% (25 mg)	Sodium: 1% (25 mg)
Potassium: 1% (30 mg)	Potassium: 1% (30 mg)		
Total Carbohydrates: 5% (14 g)	Total Carbohydrates: 6% (19 g)	Total Carbohydrates: 6% (17 g)	Total Carbohydrates: 10% (31 g)
Sugar: 14 Grams	Sugar 15 Grams	Sugar: 16 grams	Sugar: 6 grams
Protein: 0 grams	Protein: 0 grams	Protein: 0 grams	Protein: 0 grams
	Niacin: 10%	Vitamin C: 10%	Vitamin C: 100%
	Vitamin B6: 10%		
	Vitamin B12: 10%		
Primary ingredients are water, sucrose syrup, glucose, fructose syrup and citric acid	Primary ingredients are water, high fructose corn syrup, maltodextrin (glucose polymers), citric acid	Primary ingredients are sugar, fructose and citric acid	

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As can be seen by the chart, the total number of carbohydrates runs from 14 grams in Gatorade to 31 grams in apple cider. Gatorade, PowerAde, and Country Time Lemonade, all approximate the right percentage of carbohydrates for a sports drink. Apple Cider has significantly more grams of carbohydrates and a much higher percentage of carbohydrates. This would suggest possible gastrointestinal difficulties if it is over consumed. For those of us who have done the "Hilly Hundred", we may have an understanding about the over consumption of apple cider. A sports drink should contain approximately 100 to 200% sodium per 12 ounces. Of the four drinks evaluated, only Gatorade comes closest to matching this need with 110 milligrams in 8 ounces. PowerAde with 55 milligrams, Country Time Lemonade with 25 milligrams, and apple cider with 25 milligrams per 8 fluid ounces, all fall well short of this ingredient. A sports drink should also contain 30 to 75 milligrams of potassium per 12 ounces. Gatorade and PowerAde both contain 30 milligrams of potassium per 8 ounces. Country Time Lemonade and apple cider contain no potassium. None of the sports drinks contain Vitamin E and only apple cider has 100% of the daily requirement of Vitamin C. PowerAde, County Time Lemonade, and apple cider, all contain high levels of fructose; this is not true of Gatorade. Finally, Dr. Burke did indicate a need to include protein on a ratio of 1 gram per 4 grams of carbohydrates in a sports drink. Dr. Burke maintained protein could stimulate faster delivery of blood glucose to working muscles and spare more muscle glycogen and extend endurance. None of the sports drinks contained protein. When evaluating the four drinks in the chart above in comparison to Dr. Burke's recommendation, it appears that all of these drinks fall short in one way or another. However, in my opinion, Gatorade does appear to be the best of the four drinks evaluated. Country Time Lemonade and apple cider are drinks that I would not recommend. If an individual feels the need to fill in the missing ingredients, there are other drinks on the market that one can use according to Dr. Burke. If one is concerned about the lack of Vitamin E and C in their sports drink then they might consider taking a vitamin daily. With regard to the protein to carbohydrate ratio, one can eat a little protein while they are drinking their sports drink. Final point is that if you are not going to ride for longer than an hour then water is sufficient and there is no need for a sports drink.

Editors note: I LOVE over-consuming apple cider at the *Hilly Hundred*.

FOR SALE

1. 56cm Cannondale R800 yellow/black stinger fade, 105 Shimano, CAAD3 frame, Look pedals, brand new with warranty \$ 799.99
2. Oversize 31.7 Deda Newton bars 42cm, Deda Newton stem 110mm all brand new. \$99.99
3. Carnac Quartz shoes sz 44.5 blue/yellow brand new. \$124.99

Contact: Curt Jones 812-476-2557 cjones61@msn.com

"It is no longer a beast of steel . . . no . . . it is a friend. Destiny has accorded man this new friend . . . It is a faithful and powerful ally against one's worst enemies. It is stronger than anxiety, stronger than sadness. It has all the power of hope." —**Maurice Leblanc**, *Wings to Fly*

"You can't despair for the human race when you see somebody riding a bicycle." —**Stewart Parker**

"Nothing compares to the simple pleasure of a bike ride." —**John F. Kennedy**

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EBC Mailing Address: PO BOX 15517 EVANSVILLE, IN 47716
 EBC Web Page: <http://www.bicycle.evansville.net> "Provided by Evansville Online"
 Submit all articles to Faye Carter, the Editor, by calling 270 821-2143 or e-mail chiapet@charter.net

The Evansville Bicycle Club, Inc.

Membership Application 2003

Name _____ Age _____

 Address _____
 City _____ State _____
 Zip _____ Phone _____
 E-mail Address _____
 Signature _____

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: Jim Niethammer
 3008 Mockingbird Lane
 Evansville, IN 47710
 Email hamrtym@aol.com

Individual \$12

Family \$20 +

\$1/child

President Dave Ashworth (426-2489)
VP Mark Oliver (426-3898)
Secretary Bob Messick (842-0072)
Treasurer Bob Willett (270 836-3546)

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Statistician Rusty Yeager (402-1787)
Touring Tony Titzer (490-1397)
Website Bob Wefel (490-0686)