



EBC Bikewriter May 2003

The Evansville Bicycle Club Newsletter

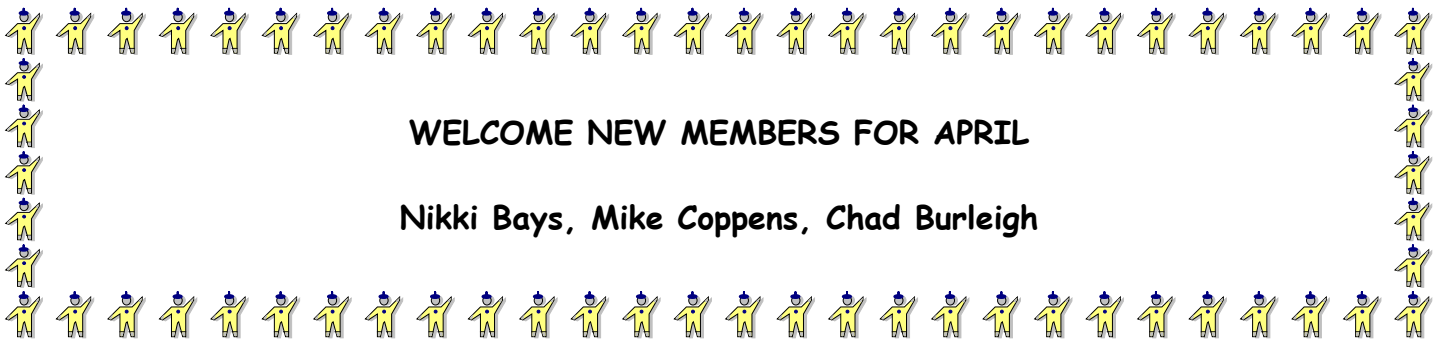
FROM THE PRESIDENT'S SADDLE

Whenever we have a club ride, one of the first questions is what are the marks for that ride. I am not going to go into the history of "Dan Henry's", since I don't know all the details other than that is what they are called. I am, though, going to thank all of those who go out and paint the routes for the rest of us. This is strictly voluntary on everyone's part. Tony Titzer and Jane Buchta have marked the Castle and Old Dam Route. Gary Gardner has done the Busler route. Gene Brouillard and Janet Robertson have done the Henderson route. Rusty Yeager, Dave Conners, Jane, and Tony have done the West Side routes. Jim Niethammer has done the Scott School route. I am sure I have left someone out, and I apologize to any that I have not mentioned.

I really did not appreciate what was involved in marking a route until my first hosted ride. Just finding the correct type of paint cost a pair of shoes. I might add that my truck will probably still have orange paint on the steering wheel when I decide to sell it. I have had people become very irate with the painting. Once, I had to explain to rural couple that I was not from The Indiana Department of Transportation and this was not the proposed Interstate 69 route.

There are many stories about marks, however I am going to only share two. I get very tickled every time I think of Janet Robertson and Hope Jenkins-Rold marking their ride last year in the rain. One would put down a towel and dry the road and the other would spray the mark. I can't imagine what people thought when they saw these two in the middle of the road with a towel and paint. I only rode a couple of Dickie Lindenschmidt's rides but they were always interesting. You never knew where you might end up because the color might change if he ran out of paint, but you still had fun getting there.

Dave Ashworth, President



WELCOME NEW MEMBERS FOR APRIL

Nikki Bays, Mike Coppens, Chad Burleigh



Crystal Flash Cycling Team



March 2nd Schaboble Road Race - Sam Titzer 15th



March 8th L'Esprit Road Race - Michael Benson 3rd, Matt Barker 17th, Sam Titzer field, Sean O'Donnell Field, (not on the team Gary Gardner 17th)



March 9th Farm Country Road Race - (not on the Team Harry Clark 12th)



March 15th Iroquois Park Crit- Michael Benson 5th, Sam Titzer 10th, Matt Barker 13th, (Not on the team Harry Clark 6th)



March 16th The Flats Road Race- Sam Titzer 8th, Matt Barker 13th, Sean O'Donnell 16th, Kriss Anderson DNF (Not on the team Harry Clark 12th)



March 23rd Hueston Woods- Matt Barker 15th, Sean O'Donnell Field, Kriss Anderson Field



March 29th Harrison County Road Race- Matt Barker 11th, (Not on the team Chris Gerber field Wayne Ricketts 4th)



March 30th Marrow Classic Road Race - Sean O'Donnell 18th, Matt Barker DNF, (Not on the team Harry Clark field)



You can check for team updates on the web at the following site:



<http://www.crystalflashcycling.org/index.html>



SAFARI BICYCLE TOUR



Upcoming Safari Bicycle Tour in Pekin, Indiana, Below is a short description of the ride taken from the web site:



Our smorgasbord-approach to riding (yes, that's smorgasbord) allows you the flexibility to tailor a course to your riding ability. Select from tours of 8, 17, 23, 33, 44, 52 and 60 miles through the scenic rural farmlands of southern Indiana.



Our five star SAGS, some with real china plates, offer the most mind-boggling selection of homemade goodies and entrees ever assembled for a bike ride. And so you don't leave us hungry, a delicious meal awaits ALL riders at the conclusion of your tour.



The ride is to be held on June 14 beginning at 7:30 a.m. The web site is listed below so that you may find further information.



Rhonda Higginbotham
Safari Bicycle Tour
www.safaribicycletour.org



Editor's note: I received my flyer in the mail, and I noticed again and again "homemade cookies" mentioned. That was enough to peak my interest in doing this ride! Unfortunately, it falls on the same day as The Tour de Bloom.



Tunnel Hill Spring 2003

By Darlene Wefel

Saturday April 14, 2003 was a perfect day for cycling at Tunnel Hill. I've heard and read so much about this ride over the past two years that I was really looking forward to spending the weekend riding on the trail.

My expectations from this ride were exceeded. The trail surface is hard with a layer of crushed stones which required a wider tire than what was on my road bike. There was constant light traffic along the trail which linked several towns together. In Vienna there is a huge beautiful park an ideal place for a picnic or a rest stop. The trail from Tunnel Hill to Vienna was scenic with several tresses, cliffs, bluffs, fields, and forest line the trail. The most interesting experience was riding through the 500 foot tunnel located just south of the trail head at Tunnel Hill. On this bright sunny day, it was easy to see the end of the tunnel, but about half way through the tunnel my eyes failed to focus. I could no longer see the side walls of the tunnel, and the floor seemed to have vanished into the darkness. Wow, I had to get off and walk my bike for fear that I would crash into the walls. It helped to remove the sunglasses once inside the tunnel, and not to focus on the bright light at the end of the tunnel.

Four club members and three guests enjoyed the day cycling and the tailgate hosted ride. We also had an opportunity to cheer on the runners in the River to River run. Approximately 500 runners take part in this annual relay run. Team members take turns running this 80 mile course which starts at the Mississippi and goes to the Ohio.

Ferne Clyffe State Park is a very nice park within eight miles of the trail head at Tunnel Hill. It is one of southern Illinois' well kept secrets with nice, large camp sites, hiking paths that meander through the woods, and up and down the bluff and down to a huge lake. This park does not take reservations, but according to the park ranger it only fills on holiday weekends.

I would highly recommend a trip to the Tunnel Hill Rails to Trails, and the Ferne Clyffe State Park.

If you need more information check out the club web site.

UPCOMING RIDES

May 3-4: Harmonie Hundred, New Harmony, IN www.nharmony.k12.in.us

May 24-25: Horsey 100, Georgetown, KY www.bgcycling.org

May 24: CRAM, Clarksville, TN take I24 exit 1 www.nidethecram.com

May 31: Little River Tour, Hopkinsville, KY at St John's Methodist Church

June 7: Mammoth Cave Tour, Oakland, KY

June 14: Tour de Bloom, Evansville, IN

This article is from the Crystal Flash web site : www.crystalflashcycling.org It is reprinted with a few edits.

Matt Barker: Matt is one of the team cat ones, and has been racing for several years. His stories from the races are somewhat unique, but almost always funny, almost always making fun of himself.

April 12th- Hillsboro death march!

Well I took off for what I knew would be a hard race in Illinois. It's what they were calling a Roubaix style race. Did it live up to that billing? Sort of. The course did have some sections that were rough and loose pavement and when the pack hit them it through up clouds of dust, and it also had about 3/4 mile or so of rough brick streets. The race flyer said bring your 25, and I showed up with my 23 thinking it might work well the climbs (if you can call them that) were not much as I climbed them in my 19 (as we all know I am not that big of stud on the climbs). Well, the race started out jacked and in the gutter and it continued that way for 75 of the 88 miles. By then, there were only a handful of us left; 14 off the front and 15 or so in the group I was in. Needless to say, I felt like cooked noodles at the end. Here I am after the race feeling like a wet noodle and the winner, Josh Carter, is telling me he feels like riding some more.....If only I could go to Arizona for the winter and ride 4 hours a day, Oh well, I ended up with over 100 miles for the day which was about 30 more than my longest of the year. What I learned was when you feel like a wet noodle you probably look like death did a little march over your body leaving salt in his wake as I had salt caked to my face along with dirt, dust, bugs and a few snot streaks....something to show the ladies.

March 29 and 30 120 min-yea right and so much for the nice weather

Sat was the fun and exciting Harrison County road race, for those of you who do not know about this course it is 7 miles long and featured 2 nice, steep climbs in which, at the very least, you needed a 39x23. As for our race, after two laps the field was down to maybe 25 then a break formed of the guys who like to ride the climbs. Those of us left behind were enjoying the left overs as the group was down to 7 up the road and 8 in my group...man you got to love those easy courses...the high light of the day was passing a cat 3. I know on one of the climbs where I was really flying...say like at 11 mph and he was not moving too fast...I would have to say the he knows what the Iraqi's feel like in the "Shock and Awe" pounding.

Where have all the good times gone? Who left the Icebox open? Sunday was cold and windy and seeing how my legs feel like tow bricks when it is cold. You know I was so looking forward to racing for 56 miles lucky for me my pedal decided to lock up JUST when I was starting to feel better, not that it mattered as most of the racing world was up the road and those of us that were left "Just happy to be here" syndrome. The good point of the day was I got to get to the car early that normal and warm up sooner...It was one of those days I would just like to forget so, if you see me later, you can remind me of it. You know so I can relive fond memories.

March 23 We Don't Need No Stinkin' Big Ring

Another Nice warm day and I felt like crud to the 3rd degree, standing on the starting line as my stomach did big lazy flips, wondering if I could get a free lap to use the bathroom in a road race. This race was said to feature hills that could be done in the big ring! You probably could do it in the big ring, but you either had to spend all winter in AZ or not quite be all there. Then on a day when I wanted a break to get away, none did so it ended up as a field sprint up a rather tough climb, and instead of my legs cramping in the sprint, my stomach did....ooooooooow lucky me.

March 15 & 16, 120's and the Super Flats

Saturday was a crit in Louisville that turned out to be a super nasty course with three 120 degree turns on it, and the race started out from the course up a 1/4 mile climb...ooh what fun! I felt like someone death warmed over and was just hanging on by the skin of my teeth as I watched Sam attack time and time again. Then I got up close and personal with the mud that was lining the course. All and all I was happy to meet the mud; it was one less lap I had to ride on the nose of my saddle.

[Continued on Page 5]

[Continued from page 4] Matt Barker

Sunday's Race was called The Flats, and they were not kidding. If there was 3 feet of elevation on the course, I would be surprised. The race started fast and it stayed that way until a group of eight got away that included Sam. While Working my butt off on blocking, I was wondering where my teammates were. After a crying session on the radio, I found out they were staring at my butt :) ...Then the fun started as *The Josh and Mike Show* took center stage for two laps at 30 mph. Wouldn't ya know it, I had front-row seats from the gutter. Unlucky for Kriss, his tickets were fakes, and he had to leave out the back....but he was not the only one :~

March 8th L'Esprit- Wheel Rubbing

1st race of the year for myself as always I am somewhat jittery about my fitness level and wondering where I stack up. Sam, Sean, Micheal and myself make the trip over to the race. With all the cruddy weather we had for the first two months of the year, the day turns out GREAT with sunny skies and temps in the 70's, and I am burning up. The race ends up like a normal spring training race with those guys who are flying in the spring taking off, and we never see them again. As for myself, I felt ok, but felt like I was lacking high-end power. Sam rode well making it into some moves before the lack of sleep and the heat took its toll on him. Sean, racing on his 250 miles outside for the year, stayed with the pack, which says that he spent way too much time on the trainer this year. I did finally get away, but it was too little too late, and the sprint for 15th my legs cramped so hard that they would not move. After all is said and done, I end up looking at my front brakes, and you guessed it my front wheel was rubbing the whole race. I need to fire my mechanic---whoops that is me. Micheal had a great race and took 3rd after getting ganged up on by the Swope's.



Spring & Tour de Bloom June 14th

By Darlene Wefel

Spring has arrived and once again it's time for Tour de Bloom. This year Operation City Beautiful has added some extras to their annual tour, which all the riders should appreciate. This year's tour has something for everyone. The Volksmarchers have planned a walking tour of interesting downtown neighborhoods. The tour highlights many architecturally unique and beautiful churches. There is an improved 12 K family bicycle ride, a 50K, and 100K scenic bike tour which will take the riders south west of Evansville. Included in the price is a wonderful sandwich lunch.

If you don't want to ride, downtown Evansville will be a happening place to be. The Evansville Birthday celebration will be taking place, and the Eco-Tour events will also be held in downtown Evansville on Saturday.

At the club meeting on Thursday evening, several people volunteered to help with registration and SAG support. One more SAG support person is needed to provide adequate coverage for the riders. Remember you get club miles for helping and your name will be placed in the pot for the *Trek Tour Give Away* sponsored by Gilles Cycling to be given away at the annual club banquet January 2004.

Please contact Darlene or Bob Wefel for more information.

EBC Bikewriter

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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 _____

Individual \$12

Family \$20 +

\$1/child

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.

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