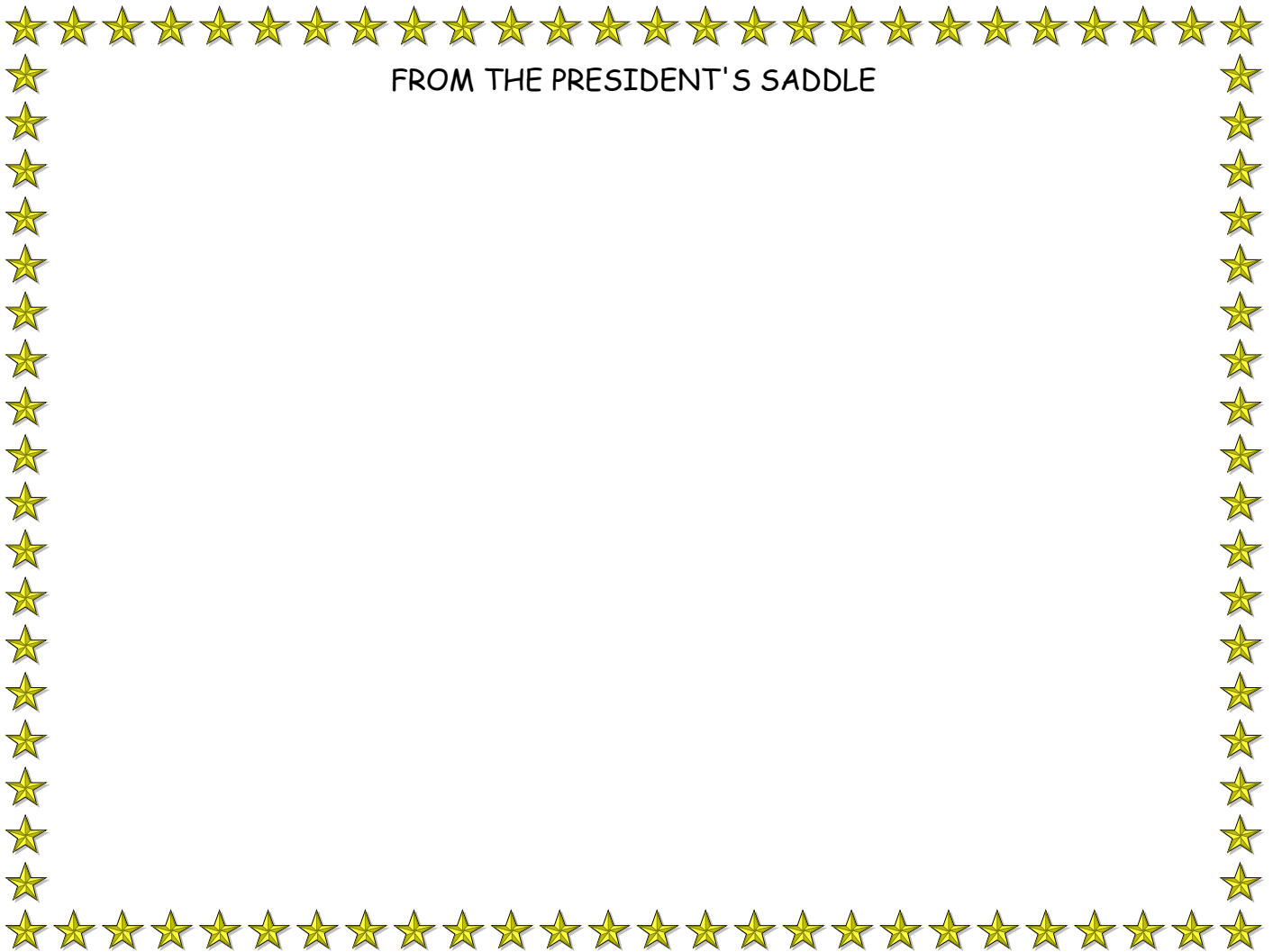




EBC Bikewriter

June 2004



FROM THE PRESIDENT'S SADDLE

Directions to June 13 Hosted Club Ride : Ashworth/Alexander Sweet Treats Ride

From Evansville –Hwy 62 to Boonville, Right turn on 3rd Street, (2nd light at the square), 6 blocks, City Lake will be on the left. For more information call Cinda 897-2432.



**WELCOME
NEW MEMBERS**
Jim Beyer
Kurt Kurvach
Graig Halsey

UPCOMING CLUB RIDES

June 12 Tour de Bloom - USI campus 100K, 50K, 25K. 8:00 a.m. www.keepevansvillebeautiful.org

June 26 Tour de Corn - East Prairie, MO
15,30,60 miles 7:30 a.m www.tourdecorn.com

FLORIDA BICYCLE SAFARI

By Marion Brandenberger

Faye and I left for Florida on April 15 to attend our eleventh Florida Bicycle Safari after a two year hiatus. This was our first time to camp as previously we had done the motel option. We pulled our popup camper to Veterans Memorial State Park near Cordele, GA and camped the first night. The next day we drove on in to Live Oaks, FL and set up camp. The ride started on Saturday, April 17 with approximately 600 combined three and six day riders. The first two days of the ride are loop rides around Live Oaks. On the third day the six day riders ride to Cherry Lake near Madison, FL and the three day riders do another loop with about half of the ride accompanying the six day riders. Every day's ride is preceded by a scrumptious breakfast with food for everyone's taste including pork and turkey sausage, biscuits and gravy, oatmeal, cold cereal, fresh fruit, bagels and cream cheese, scrambled eggs and pancakes on some mornings, plus other food I have forgotten to mention. Evening meals had a different entrée all five days. No evening meal is served on the last day of the ride. All food is prepared on location by the Dixie Grill who caters to other bike rides and functions. I have never had better food on a bike ride.

The first day had mileage options of 39, 54, and 65 miles. As Faye was unable to ride, I hooked up with Sam Matchett of near Columbus, OH, and we rode every day together with Sam leading on the uphill and me doing my downhill thing. We rode 65 miles on relatively flat terrain. The route took us through White Springs, the home of the Stephen C. Foster museum. The temperature was between 55 and 60 degrees when we started and about 80 degrees when we completed our ride. All six days of the ride were carbon copies of the first with no rain during the six days. We refueled on chicken and rice cooked in a 60 gallon iron kettle that was formerly used for cooking sorghum molasses. Also we had green beans, new red potatoes, and a salad bar with numerous items with banana pudding for dessert.

The second day had mileage options of 37, 70, and 105 miles. Sam and I rode the 70 mile route along the Suwannee River through Mayo and Branford. The evening meal was smoked salmon and roast beef with all the trimmings including fresh strawberry shortcake..

Day three was moved day to Cherry Lake Campground with a riding distance of 61 miles. Sam offered to drive my truck with camper to Cherry Lake as he hadn't ridden much before coming down and was a little saddle sore. He wanted to ride a century the next day. Sam rode back 15 miles and rode in with me. Dinner was smoked turkey, cornbread dressing, yams, vegetable squash, salad, cake, and chocolate chip cookies.

Day four had mileage options of 44, 52, 62, and 100 miles. Sam and I rode the century and received our flamingo century pin. The terrain was moderately hilly similar to Southern Indiana as we rode mostly in Southern Georgia through towns such as Quitman and Barwick. All businesses shut down in Barwick on Tuesdays and on Wednesdays in Quitman. For Dinner, we had seafood fettuccini and lots more. Faye was in considerable discomfort and diagnosed herself as having the shingles.

Day five had mileage options of 56 and 67 miles. Sam and I decided to take it easy after our first century of the year and rode the 56 mile route. The last dinner of the ride was some of the best barbecued ribs I had ever eaten with baked beans, potato salad, pasta salad, and several other salads. This was preceded by sweet corn cooked in a 60 gallon kettle and beer on tap to wash it down. Following the meal was the customary sundae bar with all kinds of toppings so you could design the perfect sundae. Faye's condition had worsened by this time so we decided to go the emergency room at the Madison Hospital to see if they could give her something to bring relief. We went in on Thursday and the emergency room doctor confirmed Faye's diagnosis. I didn't ride the sixth day which would have been 49 miles back to Live Oaks.

[Continued on Page 3]

[Continued from Page 2] FLORIDA BICYCLE SAFARI

We renewed many long time acquaintances during the ride. There are many repeaters, especially on the six-day ride. Sag support was excellent with a fantastic lady bicycle mechanic. All rest stops were well supplied with nutritious bicycling food as well as junk snacks for the junkies. There was never a shortage of Gatorade or water. I would recommend this ride to anyone wanting to get an early start in the riding season. Future Safari information can be obtained at the Florida Freewheelers website at www.floridafreewheelers.com.

CONSIDER THE NITE RIDE by Wayne Fuller

This July 24th is the 11th annual Nite Ride, (Navigate Indy). It is sponsored by the Central Indiana Bicycling Association. This will be my fifth Nite Ride. You might say that this is an event rather than a ride. It is a ride that I look forward to doing every year. It is a short ride, just 20 miles. However, if you decide to make a weekend of it, there are three rides, all of which actually count for club miles for the Evansville Bicycle Club. You can ride on the Morning of the 24th at 8 a.m. with CIBA. Then there is a Dinner Ride at 5 p.m. also riding with CIBA. The Nite Ride begins at 11 p.m. In the past, we have done the Dinner Ride and the Nite Ride, but not the Morning Ride. This ride has won two national awards from the League of National Bicyclists and Bicycling Magazine. It won the Best City Tour and Best Entertainment in 2001. Of course, you will have to equip your bike with a headlight, taillight, and reflectors. The start is from the Major Taylor Velodrome. You get Velodrome racing between the Dinner Ride and Nite Ride, which are free to everyone registered for the Nite Ride. The ride shoots through downtown Indianapolis, the Indiana Government Center, The Indiana State Capitol Building, Monumental Circle, and Butler University. The ride is limited to 2,500 rides, although I believe that in years past, there actually have been more than 2,500 people riding this ride. It is a mass start and this may be uncomfortable for many folks, but the experience of riding at night through Indianapolis is something I feel everyone should experience. If you are planning to take someone under the age of 18 with you, they must be accompanied by a riding parent of a legal guardian. Participants who are under 16 years of age must be on the same bike such as a Tandem or Trail-A trail bike attachment. We hope to see you in Indianapolis on July 24th.

Cyclist to ride 6,000 miles from A to Bee

A 24-year-old Welshman is starting out today on a 6,000-mile cycle ride from A to Bee to raise money for charity. Paul Perry, who hopes to join the Metropolitan Police next year, is to cycle from A in Norway to Bee in Nebraska in aid of the British Red Cross. The Psychology and Zoology graduate of the University of Bristol thinks the journey will take 14 weeks. He will be cycling on a tandem so friends can join him for various legs of the journey. Beginning in Norway, the route will follow the East coast of Sweden, through Denmark, Germany and Belgium to France. Paul will then take a ferry to Dover, before cycling to Portsmouth where he will board a ship to New York. From there he'll cycle northwest into Canada towards Ottawa. Finally, he will head south-west through Detroit and Chicago before reaching the hamlet of B, in the precinct of Bee in Nebraska.

He needs to raise almost £6,000 to cover the costs of his trip so he can reach his fundraising target for the Red Cross. He said: "I was inspired to do something in aid of the Red Cross as I have a deep respect for the humanitarian work they do with people affected by war, famine or disaster. "As an organization, it has a global reach which was important to me; I wanted the money raised to help people in crisis all over the world, as well as in the UK." His progress can be followed on the fromatob website.

http://www.ananova.com/news/story/sm_947641.html



UPCOMING CYCLING RACES



Here are some dates to keep in mind if anyone is interested in watching some of our club members race in the tri-state area.



June 26 Oakland City Criterium



June 30-July 4 Tour of The Wabash Stage Race (One of the stages will be in New Harmony)



July 4 Evansville Independence Criterium



CONGRATULATIONS

Kevin Pendley & Ann Russell will be tying the knot on June 12th.

Everyone is invited to celebrate this joyous occasion at their home on the evening of June 26th for a backyard/reception/bonfire.

Please bring a covered dish. R. S. V. P. by calling 812-490-3217.

FOR SALE

4 Sale 56cm CAAD4 Cannondale R3000, 9 speed Durace, Mavic Ksyrium wheels \$1,000 obo/
contact Kevin 812-490-3217

4 Sale Large Cannondale Jekyll mtn bike, XTR, disc brakes, Lefty Fork \$1,000 obo/ contact Kevin
812-490-3217

Pedal Smooth Circles

Don't I already Know how to pedal?

Nothing will improve your next ride more than being able to pedal a bike. You might be thinking, "I already know how to ride a bike!" But it's not just whether or not you can pedal already, but how well and how efficiently. It takes practice to learn how to pedal in smooth circles, applying pressure evenly throughout the pedal stroke. It's not easy to break yourself of the habit of hammering on the pedals one at a time, as if you were jogging, but with practice, every rider can improve. When you can pedal faster, you will be able to ride more easily with a group. When you can pedal more smoothly, you will climb better. And your overall riding ability will be immensely improved by the ability to pedal smooth, fast circles!

Improve Your Stroke

Here are a few techniques that you can use to improve your pedal stroke:

A simple mental exercise is to think about scraping mud off the soles of your shoes when your feet are at the 5 o'clock position (pedal still forward, but after you've pushed down). Here, you are trying to pull back on the pedal in between pushing down and pulling up.

Exercise #1

If you're riding your bike on a trainer, try this exercise. Get into an easy gear (such as 42x19) with light resistance and take the left foot out of the pedal, placing it on the down tube. Now, try to pedal at a cadence of 90 rpm with only your right leg. Keep pedalling with only the right leg for 30 seconds, being careful to keep the stroke smooth and to keep the pressure even throughout the stroke. You should not be bouncing in the saddle at all. Next, clip back into the left pedal and spin lightly with both legs for 30 seconds, trying to retain your cadence and smooth pedal stroke. Now, take your foot out of the right pedal, and pedal with the left foot only for 30 seconds. Put the right foot back in and pedal for 30 seconds.

Exercise #2

This similar exercise is more appropriate on the road, but still works on the trainer. Find a straight stretch of road that is flat or climbing at the slightest grade. Instead of taking our feet out this time, we're simply going to try to completely relax one leg at a time. In an easy gear, and while keeping your cadence at 90, try to completely relax your left leg while pedaling only with your right leg for 30 seconds. Keep your mind focused and try to keep the pedal strokes even and smooth. Don't bounce on the saddle, and don't just push down with the right leg. Make your right foot spin evenly around in smooth circles, keeping the pressure as consistent as you can. Now pedal with both feet for 30 seconds, then relax the right leg for 30 seconds. Finally, pedal with both legs for 30 seconds.

Exercise #3

This is easier if you have cadence on your bike computer, but can be done without it. On a flat, or slightly downhill stretch of road, keep your bike in an easy gear. Start spinning quickly at 100 rpm. Try to go up 5 rpm every 10 seconds: 105, 110, 115, etc. Do not bounce in the saddle, and concentrate on making those feet fly around in faster and faster, tight, little circles. A beginning cyclist should try to reach 115 rpm. A serious cyclist should be able to hit 130+ rpm, ideally getting closer to 150 rpm (although you may want to start at 110-115). The goal here is simply to spin as fast as absolutely possible while maintaining control over your pedalling. If you start bouncing, back off a little, before going faster. Note : If your bike does not fit you properly, you are going to have a hard time doing these exercises. And, if you're not using clipless pedals, you at least need to have your feet strapped into toe clips.

Old joke: A man repeatedly rides a bike across the Mexican-U.S. border. Each time, he's stopped by Customs and the bike is taken apart. Nothing is found. Finally, one day a Customs official offers the man immunity from prosecution if only he will tell what he's smuggling. The man pauses for a second, shrugs and says, "Bicycles."

From an article by Richard Cohen
Bicycling to War
Tuesday, April 20, 2004; Page A19

EBC Bikewriter

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.

New Membership and Renewal Application 2004

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.

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

President Dave Ashworth (426- 2489)
VP Mark Oliver (476-3898)
Secretary Bob Messick (842- 0072)
Treasurer Bob Willett (270 836-3546)

Membership Jim Niethammer (491-1709)
Statistician Rusty Yeager (402-1787)
Touring Julie Simmons (422-5979)
Website Bob Wefel (490-0686)