



EBC Bikewriter

March 2005

The Evansville Bicycle Club Newsletter



The President's Pacelines by Mark Oliver

If you didn't make it to the February Club meeting at Pizza Chef in Newburgh, you missed a good time, good food and lots of conversation about our club and cycling. Let me encourage all of you who can attend to join us. In addition to the regular club business, we will be giving away one pair of arm warmers at each of the next two meetings. These items came to us as a gift from the *League of American Bicyclist* for the donations that we make to them on a yearly basis. They are black and have the LAB logo on them. You will need to be present to win. Come and participate in the club meetings. See you there!

Some of you who have just joined the EBC in the past couple of years have not had the opportunity to buy a club jersey. It is so cool when large numbers of riders show up wearing the same jersey. It really grabs people's attention. Last year, we even designated the Sunday morning ride as a club jersey ride. We would like to order more, but need a commitment for a certain number jerseys to be purchased. A survey form is included in this newsletter so that you can let us know if you want one or more of them. Please be sure to fill it out and send it back to us. I would like to see everyone in our club wearing one. Let's all show our club spirit!

Lastly, most of you received an e-mail that was sent to the whole club in February concerning *Spinning for Charity*. To my knowledge, this was a first and allows us to inform you of late-breaking news that because of time constraints couldn't be included in the newsletter. However, some of you may not have gotten this e-mail. If you didn't, please send me (moliver@sigecom.net) your current e-mail address so it may be added to our list. Others have pointed out that their spam filters or e-mail programs block mass mailings. If this is so, consider creating another account that will accept this kind of mail and send it to me.

Remember... *If you don't lead from time to time, the scenery will never change!*



So What's The Deal on Stretching?

By Diane Holland

Should we stretch before we ride? After? What's a good warm up for cycling? How do we improve our flexibility? As we get older our muscles, ligaments & tendons gradually get shorter & tighter. Also, the more we ride, the shorter certain muscles become because of our constant positioning on the bike. Simply put, shortened or restricted muscles limit range of motion & thus power, which in turn, reduces our performance capacity. So to stay flexible, healthy, & powerful...what do we need to do?

The new evidence suggests that stretching right before exercise does not prevent overuse or acute injuries. So specific stretches held for a long time right before working out is "old school". The 'new' theory about warm ups is that we should replace the old approach with a much more dynamic, focused routine, specifically tailored to our chosen sport. The moves we use need to warm up our muscles specifically for the movements that will be required of them in the activity to follow. So for us, cyclists, the perfect warm up would be riding at a lower intensity (approx. 60%) than what will follow on that particular ride, while concentrating on a good technique. In this way, specific neuromuscular patterning will be switched on & specific, functional range of movement will be developed.

Stretching can restore loss of flexibility but the evidence shows that a long-term stretching program is what leads to a sustained increase in range of motion. Stretching does make muscles stronger. The best time to stretch is throughout the day. First thing in the morning, is not recommended, because our bodies are tight & not warmed up. Stretching immediately (5 min.) after a workout can be beneficial but we are cautioned not to overstretch muscles that may be tired/weak. Stretching can improve our cycling performance if the stretches are sport specific.

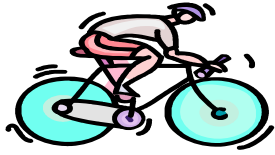
The following are the muscle groups cyclists should include: quadriceps, hamstrings, hip flexors, calves, lower back, chest, shoulders (especially if you use aero bars) & neck muscles. One 15-30 second stretch per muscle group is sufficient for most people, some may require longer stretches &/or more reps. Go by what feels right to your body. Chase the pain but don't catch it. Stretching should NOT be painful. A well-rounded yoga or Pilate's class during the off-season would be great for learning a variety of stretches. Just remember, it's not necessary to overstretch any joint for cyclists, so listen to your body. There are 4 stretches that can be performed while on the bike, coasting, that feel great & will wake up your tired, tight muscles, especially on long rides. These include: hamstrings, calves, low back and neck.

To summarize: warm up all your working muscles & get your cardiovascular system ready for what is to come, by riding at an easier pace for at least 15 minutes. Increase your range of motion & maintain flexibility, by performing a thorough stretching routine, which includes the above-mentioned muscle groups on a regular basis.

Here's to becoming more flexible and powerful in 2005!

Diana Holland

Elite Level ACE Personal Trainer



THE TOUR BABY!

at TRI-STATE ATHLETIC CLUB
MARCH 12, 2005 2:00 P.M.

Enjoy food and drink while you watch the 2000 Tour de France like you've never seen it before. Reserve your seat by calling TSAC at (812)479-3111 Jim Bush for more information, ext 316

\$10.00 Donation

Benefiting
LANCE ARMSTRONG
FOUNDATION
www.laf.org



WELCOME NEW MEMBERS

Mike and Jennifer Forshee
Dianne McCullough
Brian Wolf
Khris Seger
Henry Peyronnin

St. Meinrad Time Trials

- March 19th - Flat Time Trial (~18 mi.)
- April 16th - Hilly Time Trial (~18 mi. Includes 4 climbs)
- May 21st - Flat Time Trial (~18 mi.)

Parking is across the street from the St. Meinrad Arch Abbey near the baseball fields. Start time is 7:00 am with one minute interval starts and there is no fee. I'll see if I can't get Aaron to provide us with some directions. Although the dates have not been finalized, additional TTs will be set for June thru August.

Subject: National Bike Summit

Dear Indiana Bicycle Coalition members,

Please plan to join Indiana bicyclists in Washington DC and at the National Bike Summit, March 16-18, 2005.

It is very important for Indiana to be represented - there are two Indiana members of Congress who are on the transportation committee: Julia Carson (D-7th District) and Mike Sodrel (R-9th District). In addition, the Indiana Bicycle Coalition will be informing all members of the Indiana congressional delegation about the importance of providing the transportation choice of bicycling for Indiana residents.

Currently there are two Indiana Representatives on the Congressional Bike Caucus: Julia Carson (D-7th District) and Mark Souder (R-3rd district). The Indiana Bicycle Coalition will be asking all Indiana's US Congressional delegation to join the Congressional Bike Caucus to show their support of bicycling.

If you can't attend, please consider making a donation to the Indiana Bicycle Coalition to be used towards sending Indiana Bicycle Coalition and the Indiana delegation to the National Bike Summit in Washington DC.

Connie Szabo Schmucker, Executive Director
Indiana Bicycle Coalition, Inc.
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Indianapolis, IN 46220
info@bicycleindiana.org
www.bicycleindiana.org
317-466-9701 / 800-BIKE-110

The League of American Bicyclists is pleased to announce that U.S. Transportation Secretary Norman Y. Mineta will deliver the keynote address to the National Bike Summit® in Washington, DC on Wednesday, March 16. "As a key author of the landmark Intermodal Surface Transportation Efficiency Act of 1991 when he served in Congress, Secretary Mineta has long supported efforts to improve transportation infrastructure for bicyclists and we are delighted he will address the Summit," said Andy Clarke, Executive Director of the League.

Please visit <http://www.bikeleague.org/events/summit05.html> today to register and for the latest information, including the preliminary schedule. League staff are working with state coordinators to schedule meetings with Members of Congress on TEA-21 Reauthorization, Complete Streets, and other issues. To ensure we can schedule a meeting for you with your Member of Congress, please register as soon as possible. Save on lodging too. Heavily discounted hotel rooms are available through the League's hotel room blocks, which start to expire on February 16.

Bikes Belong Coalition (<http://www.bikesbelong.org>) is providing major support for the National Bike Summit®. Other sponsors include: America Bikes (<http://www.americabikes.org>), the National Bicycle Dealers Association (<http://www.nbda.com>), the International Mountain Bicycling Association (<http://www.imba.com>), Interbike (<http://www.interbike.com>), the Pedestrian and Bicycle Information Center (<http://www.bicyclinginfo.org>), Adventure Cycling Association (<http://www.adventurecycling.org>), and Tailwinds Adventure Tours (<http://www.tailwinds-tours.com>).

Evansville Bicycle Club Jersey Order Survey

It is time to think about ordering club jerseys. This will give the club the necessary information to make a decision about ordering if there are enough members who want them and what sizes. We need to order a minimum of 50 jerseys (not including sleeveless) to place an order. **I do not have a current price and these are only estimates.** Please complete this form return it to the following address:

Darlene Wefel
704 Cypress Street
Newburgh, IN 47630

Name: _____

**Short Sleeved
Jersey**

Size	Quantity	Cost	Total
SX	_____	\$ 56.50	_____
S	_____	\$ 56.50	_____
M	_____	\$ 56.50	_____
L	_____	\$ 56.50	_____
XL	_____	\$ 56.50	_____
XXL	_____	\$ 56.50	_____
XXXL	_____	\$ 65.50	_____
XXXXL	_____	\$ 65.50	_____
		Subtotal	_____

**Sleeveless
Jersey**

Size	Quantity	Cost	Total
SX	_____	\$ 56.50	_____
S	_____	\$ 56.50	_____
M	_____	\$ 56.50	_____
L	_____	\$ 56.50	_____
XL	_____	\$ 56.50	_____
XXL	_____	\$ 56.50	_____
XXXL	_____	\$ 65.50	_____
XXXXL	_____	\$ 65.50	_____
		Subtotal	_____

TOTAL

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 2005

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	Mark Oliver	(812-476-3898)	Membership	Jim Niethammer	(812-491-1709)
VP	Terrell Maurer	(812- 479-1113)	Statistician	Rusty Yeager	(812-402-1787)
Secretary	Diane Bies	(812-473-3546)	Website	Bob Wefel	(812-490-0686)
Treasurer	Bob Willett	(270-836-3546)	Touring	Jay Vercellotti	(812-867-7549)