



EBC Bikewriter May 2005

The Evansville Bicycle Club Newsletter

The Presidents Pacelines *by Mark Oliver*

Well it seems that spring has finally arrived! It's time to start moving that winter riding gear to the back of the closet, get the short sleeve jerseys out and enjoy the nice weather! Speaking of jerseys, we still have not reached the number necessary to place an order. If you have thought about getting a EBC jersey, but have not sent in the form, please do so within the next month. If there are not enough orders, we will have to wait till later in the year to try again. A form has been included in this newsletter.

Congratulations to Diane Bies for winning the second pair of arm warmers from the League of American Bicyclist at the April meeting. Way to go!

Finally, there are lots of specialty license plates out there. It's about time that bicyclists have their own! The Indiana Bicycle Coalition is proposing a "Share the Road & Trail" license plate for 2006. Funds generated from the sale of these plates will be used for IBC's safety and education programs. This includes funding of airtime for the "Share the Road" public service announcements for TV and radio. If you are interested in getting one of these plates, please visit the IBC website at www.bicycleindiana.org. For those who do not have web access, please contact me. I can get you the forms and instructions that you need.

For Sale:

**Vision R40 SWB Recumbent Bicycle
21 Speed Rapid Fire Shifters
Day bag, Computer, USS & OSS included**

Price: \$700 obo

Call Mark Oliver 812/476-3898

For Sale:

Like new Cycle -OPS Bicycle Trainer. Asking \$150 or best offer.

Call 812-401-9589.

Evansville Bicycle Club Jersey Order Survey

It is time to think about ordering club jerseys and this will give the club the necessary information to make a decision 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

**Indiana Senior Olympics
Cycling Events
Evansville, IN
Sunday, May 15,2005
8:00 a.m.**

The Indiana Senior Olympics are part of the National Senior Games Association Senior Olympics. These games are open to all participants, regardless of residence, who are 50 years of age or better. The cycling events this year will be held May 15th at the Dogtown Boat Ramp on Old Henderson Road just west of Evansville. There are three events:

5 km individual time trial
10 km individual time trial
20 km road race

Racing begins at 8:00 a.m. with the 5 km time trial. The 10 km and 20 km events will follow as soon as each race is complete and the results tabulated. Gold, silver and bronze medals will be awarded for 1st, 2nd and 3rd places respectively for each 5-year age group.

The time trial events will be held on Old Henderson Road, a flat, straight and smooth country road with very little traffic. The road race will be held on a nearby loop course with similar conditions.

If you've never tried racing, the Indiana Senior Olympics offer a great way to try your hand at competitive cycling. You will compete against others in your own age bracket in a low pressure, fun situation. If you've qualified for National Games in Pittsburgh, you'll have an opportunity to test your current fitness level against other National Senior Olympic competitors.

The ISO participation fee is \$8.00 plus an entry fee of \$5.00 per event. For registration and more information go to www.swirca.org or contact SWIRCA at (812) 464-7800 or 800-253-2188. Pre-registration is strongly encouraged.

If you are not lucky enough to have achieved the required minimum age, we can still use your help as a volunteer. We need timers, course marshals and rider support personnel.

Steve Gerbig
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steve.gerbig@dsm.com

Stuck in Hell on a Hill By Faye Carter

Sunday afternoon, the Fullers and I met with the Pennyriple Area Cyclists in Providence, Kentucky to ride a 20-25 mile loop around Providence. Rick Holeman needed to write down turn-by-turn mileages for this loop since it will be a part of the PAC Metric Tour in Madisonville on May 14.

Before we began riding, I asked Rick exactly how long a ride we were going to do. He said "about 25 miles." That didn't sound too bad even though I didn't totally trust that "about." I also asked about hills. He told me we'd be doing the one that he and I did a couple of years ago down by Slaughters where we stopped at the top to let me catch my breath. Dread set in. I asked him to clarify which of the hills down by Slaughters we were going to do since I stopped on top of more than one hill that day. He sort of laughed and said "the one you marked as BIG HILL for the EBC hosted ride." Uh oh.

We left from the SUREWAY parking lot and headed toward Clay. We immediately turned right and got out of traffic onto a nice, smooth country road. I commented to Kate on the road and what an absolutely beautiful day to be out riding. I thought to myself, *why don't I do this more often?*

It didn't take long before we started seeing the elevation increase some. I got ahead of the Fullers a little. About ten miles into the ride, I noticed more of the increases in elevation and that they were getting closer together. When they turned into rollers (more ups than downs), I thought I was recognizing the area. Rick had warned me that we would be going down toward Slaughters. Every hill we climbed I assumed was the HILL until I was over it and realized I wasn't tired enough to have gone up the HILL. At this point, Steve Agent and Rick Skelton rode back toward me. I was hoping we weren't going to have to turn around and go back for some reason. They were just coming back to check on those of us left behind.

Soon enough, I was on the road alone again. None of the "big dogs" would be in sight for a while and then they'd appear again checking to see if I was behind. I knew that Rick Holeman was riding either with the Fullers or behind them since he was recording the mileage for each turn. The "big dogs" must have gotten in a lot of miles that day circling back to see who was behind. At one point, they were coming back to check to make sure the route was correct. There were some weird squiggly marks on the road that were in the orange color of our route. I was sure we were on the correct road so they went on ahead again.

Soon, I was coming down one of the hills and noticed the hill up ahead. Omigawd, I knew that hill! As I got to the bottom of the downhill, I tried my best to pick up some speed before staring the climb up the HILL. There just wasn't any way to get up some speed. The road flattened out and the head wind slowed me down. I started up the base of the hill in nearly the best gear I would have to climb it and saw my road markings BIG HILL 43. I wished and wished for a granny ring! I struggled with each pedal stroke, while looking directly at the road in front of my tire. I finally stood and leaned out over

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the front wheel to pull up on each stroke. I sucked in air as hard as I could and looked up just as I got almost to the top. Immediately over the top, I unclipped and stopped. I had to have a few minutes to stuff my lungs back down in my chest. Amazingly, the others didn't seem to have near as much trouble. Must have been because they'd been on the bike more than three times in seven months. That would do it. That hill was awful for me even when I was riding a lot. Someone commented that the hill ahead was worse. Oh, S---!!!

It was a few miles before the next dreaded hill. I managed to get up it using the same technique and the same stop on top of the hill to do lung relocation. After that, the route got easier with only one long, slow climb and some rollers before we stopped in a yard to take a rest break. Kate called Andy on the cell phone, and I heard her tell him she was stuck somewhere in **Hill Hell** (the name seemed appropriate at the time). The last seven miles were nice easy rollers all the way back to Providence. That seven miles will be on the PAC Metric tour as they ride into Providence before going to the hills in Slaughters.

Riders doing the 62+ ride will enjoy the flat riding at the beginning of the metric and the hilly work-out around Slaughters before they head back to Madisonville. They sure won't get bored. Hopefully, the riders will have been on their bike for a few more miles than I had been when I did the Slaughters loop. Maybe, I'll go back next month to do the loop for fun.



Upcoming Tour Rides

When	What	Where	Information
April 30, May 1	Harmonie Hundred	New Harmony, IN	www.nharmony.k12.in.us/
May 7	Red Devil Ride	Richland City, IN	(812) 359-4315
May 7-8	TOSRV	Columbus, OH	www.tosrv.org
May 14	PAC Metric	Madisonville, KY	(270) 676-0084
May 21	Little River Tour	Hopkinsville, KY	(800) 909-9016
May 28	CRAM	Clarksville, TN	www.ridethecram.com
May 27-29	Horsey Hundred	Georgetown, KY	www.bgcycling.org/horsey
June 4	Tour de Cave	Oakland, KY	tandem.ellis@insightbb.com
June 11	Tour de Bloom	Evansville, IN	www.backslashmarketing.com/tour/
June 25	Tour de Corn	East Prairie, MO	www.tourdecorn.com



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

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