



EBC Bikewriter

June 2005

The Evansville Bicycle Club Newsletter



The Presidents Paelines



by Mark Oliver

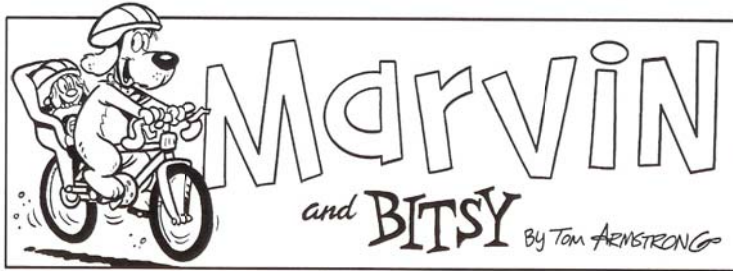


You may have read a comic strip by cartoonist Tom Armstrong called *Marvin*. It was created in 1982 and is written from the point of view of Marvin, an 11 month old baby. His world includes mom and dad, Jeff and Jenny Miller, and the family dog, Bitsy. Well, it turns out that the EBC has a personal connection to Tom who is an Evansville native. His brother is Dan Armstrong. Dan is a club member and ,although he doesn't ride, comes to many of our meetings and events because of his deep concern for teaching bicycle safety to young people. Dan participated in a bike rodeo last year, made proposals for teaching bicycle safety and has helped the club in many other ways. Because of Dan and Tom's involvement with cycling, Tom has sent us a strip from March 13, 2005. He included at the bottom of the strip a message to the Evansville Bike Club. This comic strip has been reprinted in this newsletter. We will be framing and placing it on the wall at the Pizza Chef in Newburgh where we hold our monthly meetings. I have also extended an invitation to Tom to ride with the club the next time that he is in Evansville. He and his family currently live in Florida. Thanks to Dan for delivering the strip to us and for securing permission to reprint it. And a special thank you to Tom Armstrong for thinking of our club and writing such an appropriate strip to which many of us can relate.



As you look at the club ride schedules, you will notice that we have rides almost every day of the month. Most are local club routes although some of them are out-of-town rides and tours. What we haven't seen many of so far this year are the *Hosted Rides*. Please consider being a ride host. Yes, it is a lot of work ,but it also has many rewards. One reward is that the ride host gets to attend the club banquet at no charge. Another is that you get a chance at winning the Trek Tours weekend get-a-way at the end of the year. If you like to ride and spend time with friends afterwards, then hosting a ride combines both of these activities perfectly. I have enjoyed every hosted ride I've ever attended and I've heard nothing but good things about them from everyone else. So if they are so much fun then why not have more of them? The answer is simple, we should. What we need are volunteers! Please consider being a ride host. If you'd like to but are not sure what's involved then call me or any other member who has hosted a ride. I'm sure we can help you plan one. If you do decide to host a ride, you need to let our tour director, Jay Vercellotti, know at least a month in advance for scheduling purposes. Thanks, let's all have a wonderful riding season.





TO: EVANSVILLE BICYCLE CLUB - KEEP THE METTLE TO THE PEDAL & GRIND IT OUT! BEST WISHES FROM MARVIN & BITSY '05

3/13/05 MARVIN NORTH AMERICA

SPECIAL BLACK

Reprinted by permission of Tom Armstrong

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Cycling Quotes

"You can say that climbers suffer the same as the other riders, but they suffer in a different way. You feel the pain, but you're glad to be there." —Richard Virenque

It's really something to see, a climber waiting to attack. Any other sort of attack can be neutralized, but when a climber goes there's little the non-climbers can do." —Ralph Hurne, *The Yellow Jersey*

"You want to be like a carpet unrolling. Get faster as the climb goes on." —Chris Carmichael

"Just go steady and hard up the hills. People don't mind riding fast and slow, fast and slow, but they hate a hard, steady pace." —Heidi Hopkins

"A lot of times you're told to keep your upper body as still as possible. But when I climb, I don't follow this rule. If you're sitting perfectly still, you're stiff. You shouldn't move too much, but some upper-body movement is necessary if you're to find a rhythm."
—Atle Kvalsvoll

EBC Stars Shine at Indiana Senior Olympics

The Indiana Senior Olympic Games cycling events were held on a flat road course near Dogtown boat ramp on Sunday, May 15th. This being a non-qualifying year for the national games, the field was somewhat smaller than normal, but of very high quality. Three races were held: 5 km and 10 km individual time trials and a 20 km road race. There were 5-year age groups, however most of the action took place in the 55-59 bracket.

There are no awards for overall placings, however, in both time trials, Alan Hook of Paducah turned in the fastest times—narrowly beating out our own Archie Carter. Since out of state riders cannot displace Indiana residents in the medals, both were awarded gold medals for these events. David Ashworth took the silver in each race. All were in the 55-59 group.

The 20 km road race came down to a field sprint. Former Mt. Vernon, IN, High School and University of Southern Illinois track star, Gary Carr (60-64) showed he hasn't lost any speed as he took the race by a bike-length from Alan Hook. Archie was third overall, but once again the fastest of the Indiana riders in the 55-59 group. This made it three gold medals for this very talented athlete. David Ashworth made a clean sweep of the silver medals by taking 2nd. Former Evansville rider Chuck Taylor won among Indiana residents in the 60-64 bracket.

Next year the Indiana Senior Olympics will be held this same weekend and venue. 2006 will be a National Senior Olympics qualifying year so we can expect a larger, highly talented field drawn from states throughout the mid-west. Come out and join in the fun.

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

WELCOME NEW MEMBERS

Howard and Greta Wong

James Moseley

Jeremy and Tina Powers

TWO-SEATER BIKE - FOR ONE

A Chinese man has invented a two-seater bicycle - for one person.



The rider can choose which seat to sit on depending on the conditions, reports the Beijing Youth Daily.

Luo Jianping, who owns a bicycle shop in Beijing, came up with the idea. "Riders can change positions during riding, which is good for their health," he claimed.. Luo has applied for a patent and is looking for a manufacturer to produce his invention. He added: " On the higher seat, you can save a third of your energy, since your weight can push the wheels even faster. The lower seat is more suitable for the busy streets, as it's easy for the rider to stop the bike with his feet supporting him."

Submitted by Bob Wefel

Reprinted From ANANOVA

www.ananova.com

Upcoming Tour Rides

When	What	Where	Information
June 4	Tour de Cave	Oakland, KY	tandem.ellis@insightbb.com
June 11	Tour de Bloom	Newburgh, IN	www.backslashmarketing.com/tour/
June 25	Tour de Corn	East Prairie, MO	www.tourdecorn.com

Recent Rides by Faye Carter

Tri-Fest Bike Tour

The Tri-Fest Bike ride was held in Henderson, Kentucky . You couldn't ask for a better ride. The weather was great, most of the route was flat. Two things I noticed that weren't great. One thing was that I never saw a SAG vehicle, but luckily I didn't need one. The other thing was the markings were in blue. That doesn't show up well on gray pavement in shady areas and is especially difficult for riders to see while wearing sunglasses. Naturally, I missed one . . .

Harmonie Hundred

Saturday morning was COLD. Saturday afternoon was windy with some rain at the end. Rest stops were well stocked and staffed by a fun crew. The workers are a great bunch of people! No wonder the ride does well even in not-so-perfect weather.

Sunday morning was beautiful—sunny with a slight wind. Sunday afternoon had wind from HELL. Still all-in-all, it was a great week-end of riding. Remember, wind makes you STRONG! Rain, well, it just makes you wet. ☹

Red Devil Ride

As usual, Marion put on a great ride for charity up at Richland City. He does a lot of hard work to get it all together every year. The weather was perfect. Wayne Fuller and I rode together and had a nice day doing the 62 miles. Andy took off ahead of us and did the shorter route not knowing we'd decided to go for the long one. Snooze you loose. The wind picked up at the end to give us a little work-out since we weren't *totally* wiped by the hills near Lincoln City.

Love the tee shirt this year, Marion. You should have explained the graphic to Faye though. She thought the picture was all faded for some reason this year. I figured out eventually that it looked like ice on the Devil's bicycle. Who would have thought that *Hell Froze Over* while the Devil was riding the Indiana hills? Maybe that really wasn't meant to be ice on his bicycle. I have imagined stranger things.

Little River Tour

This year the ride started at 9:00 a.m. which was a much better start time. I rode with Jim most of the time. Marion was with us some. I did the 42-mile route so left Jim at the cut off to do the remainder. It was overcast the entire ride so we never got hot, sweaty or sunburned. It never rained so we didn't get wet either. What's the weather up to? It's spring in Kentucky. We should have had a killer head wind or unexpected storm.

We had a good day for cycling and great spaghetti waiting at the end. How do you top that?

EBC Bikewriter

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 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 _____

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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