



EBC Bikewriter

July 2005

The Evansville Bicycle Club Newsletter

The Presidents Pacelines

by Mark Oliver

For the last three years, I have used vacation time to ride a weeklong bike tour called TRIRI. This stands for Touring Ride in Rural Indiana. Many members of our club have shared this experience. In fact TRIRI and other multi-day tours (GOBA, The Lighthouse Tour and others) offer an excellent opportunity to get to know others in our club in a way that goes beyond the friendships we develop when riding together on normal club rides. You ride together every day (often for century rides) seven days straight during summer TRIRI. You also eat together, camp together, enjoy the entertainment that the Anderson's have lined up and sit around at the end of each day recounting the shared experiences both past and present. In addition, you get to meet other cyclists from all over the country that have come here to see interesting sites and attractions that Indiana has to offer. Three years ago, we rode in south central Indiana. The route usually takes you to state parks and SRAs. That year, we went to Turkey Run and Brown County just to name a couple. There are multiple options each day for mileage. However, where our club is concerned we normally took the longest route, and that also meant the most hilly (or at least that's how it seemed). Two years ago, we were in northeastern Indiana. We started in Ft. Wayne and made a huge circle around it. If you ride the maximum mileage for each day, it usually ends up being between 500 and 550 club miles for the week. This area is known for its flatness, but Joe Anderson has a knack for finding hills anywhere! Actually what Joe considers a hill and what most others consider a hill are two different things! Last year, the ride was in southwest Indiana. What the NE lacks in hills the SE more than makes up for! The number of memories and stories that I could tell far exceed the scope of this article. So why do I bring all of this up? Basically because due to my work schedule, I was unable to participate in summer TRIRI this year, and I find myself looking back at all the fun I've had and wishing that I was there. I did however get a small taste of this year's TRIRI, here in southwest Indiana, when on Tuesday evening Debbie and I drove up to New Harmony State Park. We took a cooler of drinks and sat around with the group from EBC and talked of the food, the ride, and the good times that they have had so far. Then we wished them a safe and fun rest of the week and drove home. So while I'll miss the TRIRI experience this week, there is a fall TRIRI. And if I don't get to ride it, I can still remember the past rides and look forward to next year.

First Place Always Feels Good **by Diana Holland**

It's been five years since I first started racing triathlons. I have done Sprints, Olympic distances & two Half Ironman races. In most races, the top three overall winners and the top three in each age group are recognized and given awards. Although I usually place in the top three, I cannot tell a lie...winning first always feels good! I shared the good news with my riding buddy Mark O. and he wanted me to write of my latest race where I placed 1st in my age group & 3rd overall.

On June 11, I raced in the Lakewood Valley Sprint Triathlon. Start time was 8:00 a.m. Our bikes had to be racked and our equipment set up in the transition area by 7:30 am. Weather was overcast & drizzly. Perfect for a triathlon, except for the wet roads.

The Swim: The race started in a beautiful lake. Wet suits were allowed (they're legal if the water temp is below 78 degrees). Wet suits make you faster and I had just bought a new "Aquaman" at my last tri, "Memphis in May", so I was eager to try it out. This race was a mass start...everyone starts at the same time. I have learned to take the pole position, so I was ready. Had my game face on. They left us to tread water for five min. Finally the gun went off and so did 250 swimmers. Yes, it's chaos! I am well over trained for this distance so I decided to go for it. I swam hard & smart, never got hit or kicked. No one pulled on my feet or swam over top of me. Yes, all these things happen. I cruised along smoothly, breathing evenly, keeping my eye on the buoys. Swimmers all around me, but I was feeling good. I rounded the last buoy & was headed home, decided to pick it up even more. I could see the dock. I swam hard until I could touch the bottom with my finger tips... swimming in is faster than running in water. Done! I swam 800 meters (half a mile) in 15:10.

T-1 Transition one: Ripped off cap and goggles, half of wet suit, ran up a long steep grassy hill barefoot, heart rate 180. Whew! Got to bike, ripped off bottom of wet suit, popped on cycling shoes, helmet, glasses, grabbed bike, I'm gone.

The Ride: Pushed hard from the start. Averaging 22 mph. couldn't believe it, thought my computer was malfunctioning. Slight tailwind. The course was hilly and wet. No girls around, all guys, a few passed me, but I held my own. The rain kept coming down, but it felt good. More hills, my specialty...NOT! Legs feeling it, but I wanted to win. Riding with all you EBC guys has helped me more than I can ever tell you. You have all made me stronger mentally and physically. Thank-you! I flew down the hills aggressively and climbed up the best I could. My mph dropped some, but I forged on. Lots of tight curves, more hills, a hair-pin turn around a cone, dangerous, I made it while others wiped out. Headed back, two girls ahead of me, but lots more following. Pavement slick, but I kept pushing. I even passed a few guys at the end. Came in at 19.7 mph...not bad for me, especially on hills!

T-2 Rack bike, toss helmet, shoes off, socks on, running shoes on, grab a Goo, my hat, I'm gone!

The Run: The hard part for me...legs feel heavy...that's why they call them "brick legs"! This was a cross-terrain run, lots of gravel the first mile, then shady hilly woods. My first mile was great, the second two on the hills I slowed up just a bit. Did my Goo, took water, pushed hard to the end.

Finished down a steep hill where all the spectators were lined up cheering. I sprinted through the finish line! It always feels good to finish and even better to finish first.

The End.

Next the Muncie Endurathon! A Half Ironman Race (swim 1.25 mi, ride 56, run 13.1) July 16th!
Wish me luck!

Hey EBCers,

The town of Newburgh is building a very nice greenway/walking/biking path from the new dam all the way to Angel Mounds to hook up with the Pigeon Creek greenway. Construction on the River City Trail (newburgh's) is supposed to be FINISHED by fall of 2007! It will give a very nice way to go from outer Pollack Avenue into Newburgh without having to deal with all of the CRAZY traffic on newburgh road. EXCEPT: the town council is getting a lot of flack from the Phelps Drive neighborhood (across the road from Knob Hill) through which the trail would go. This neighborhood is trying to stop the trail! There are not enough voices saying YES! We need to bombard the town council with letters and phone calls. Please help! Write in favor of the trail to: Newburgh Town Council, PO Box 6, Newburgh, IN 47630. Please do it soon as the town council is meeting now about this and will be making decisions about the trail soon.

Thank you very much!

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If anyone found a yellow Bell bicycle helmet following the May 28th Saturday morning ride at Dogtown Boat Ramp, please call Keith at 858-7902 to return it to its owner.



WELCOME NEW MEMBERS

Lance Farr	Brian Deputy
Tim Martin	Sydney Seger
Michael Lewis	Henry Maurer
Bill Johnson	

THANK YOU

A big thank you to Cinda Alexander for remarking the Spurgeon Century route, to Dave Ashworth for marking and giving us a Reitz 40 mile route, to Jim Niethammer for remarking the old Truck Pro route which will now start at Elite Fitness, Gary Gardner for all the routes he has marked and remarked, and everyone else that has taken time to mark our routes over the past years.

"Perhaps the best reason to enjoy hill climbing is that it has something all great sports possess: the marriage of brute strength and finely honed technique." — **Steve Casimiro**

"He dropped down the hills on his bicycle. The roads were greasy, so he had to let it go. He felt a pleasure as the machine plunged over the second, steeper drop in the hill . . . His bicycle seemed to fall beneath him, and he loved it." — **D.H. Lawrence, Sons and Lovers**



FOR SALE



Saris 3-bike rack. Fits trunk or hatch back. \$60.00



Saturn VUE 2-bike rack. Fits inside a Saturn VUE. \$70.00



Tandem Talk intercom system for tandem riders.



New never used. \$70.00



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EBC Bikewriter

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EBC Web Page: <http://www.bicycle.evansville.net> "Provided by Evansville Online"
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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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