



EBC Bikewriter

February 2006

The Evansville Bicycle Club Newsletter

The President's Pacelines

by Mark Oliver

Our annual awards banquet for the year ending 2005 was very special indeed! There were at least 85 members and guests who attended this year's event. As people began to arrive, our banquet organizers, Hope Rold and Vicky Ashworth, greeted us, provided name tags and made sure we had our tickets for the Trek Travel drawing. On behalf of the club, I would like to express our thanks for their excellent work. Before dinner, we had the opportunity to visit, tell stories and get to see what we look like without the cycling attire! The Executive Inn also did a fine job this year with the hor d'oeuvres and dinner. I heard nothing but positive comments concerning their service.

Our meeting began at 7:00PM and our first order of business was to donate a special needs tricycle to the Evansville Vanderburgh School Corporation. The trike is a Rifton Ranger R137 with handbrake, abductor, trunk support and guide bar. It is designed with the specific needs of children with neural muscular disorders in mind and has a retail value of over \$1500. Our special needs program has been in existence since 1996 but this was the first time that we have ever donated to the EVSC. This trike will be used by many boys and girls in middle schools all over the county. Phyllis Fenneman, who is a physical therapist working for the EVSC, was at the banquet to accept the trike. She addressed our group to explain how the trike would benefit her students and to thank the Evansville Bicycle Club for our donation. She was accompanied by her husband and a teaching assistant. There were also two of her students, Ryan and Cameron, who were accompanied by their mothers. We had the privilege of watching these kids ride the tricycle before our meeting. The smiles on their faces made it all worthwhile. Also during that time, Channel 14 WFIE, shot video, conducted interviews and then aired a short segment on the 10 o'clock news that same evening. We were also in the Sunday morning Courier-Press with a mention in the local section. I would like to thank everyone in the club who helped to make this donation possible. You helped by participating in the decision making process and working at the GPM to raise the funds needed to make it happen. Special thanks also go to Scott Gilles for helping us in this very worthy cause.

The next item on our agenda was the eagerly awaited Weekend Trek Travel drawing. This prize was donated by Scott Gilles of Gilles Cycling and Fitness and is a three-day, two-night North American Trek Travel Tour. It is an all expense paid bike tour in either the California Wine Country, Vermont, or the Virginia & Washington DC area. The only expense not covered is the transportation to and from these locations. There were 753 tickets issued. Cory Jones, Curt & Cindy's son, volunteered to draw the winning ticket. The lucky winner was Judy Breivogel. Judy was not present, but Diane Bies called her on a cell phone to tell Judy that she had won. Judy thought Diane was pulling her leg and wouldn't believe it. We eventually held the phone up in the air and everyone there yelled and clapped for her. It finally sunk in that she had just won this incredible trip. Congratulations Judy! We are all very happy for you. By the way, you do have to write an article for the newsletter when you get back from your trip. We are all going to want to live the experience through you!

At this point in the program, Rusty Yeager took over and the awards ceremony began. His presentation started this year with an audio clip of Willie Nelson singing "On the Road Again"! He also had several photos of club members that had been taken at different times during the year. These pictures were projected up on a screen and caught some of us in very entertaining poses. For example, I don't think anyone will soon forget Dave Ashworth in his red pajamas! Everyone then received their plates or plaques with their mileage. Congratulation to everyone for all the miles ridden. But as usual there were some special awards for outstanding achievements and they are as follows:

| | |
|---------------------------------|---------------------------------------|
| Overall mileage leader: | Jim Niethammer with 6173 miles |
| Women's mileage leader: | Mary Williams with 4967 miles |
| Most Centuries: | Gary Gardner with 64 Centuries |
| Commuter mileage leader: | Matt Barker with 4379 miles |

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The following categories were voted on by club members and awarded to the winners.

| | |
|--|-------------------------------|
| Rookie of the Year: | Colette Loehrlein |
| Ride Host of the Year: | Mark and Debbie Oliver |
| League of American Cyclist Volunteer of the Year: | Mark Oliver |

Finally, two special awards were presented.

| | |
|--|---------------------------|
| The Lonely Hearts Club award: | Sherrie Niethammer |
| Outgoing Officer Recognition for Service as Club Secretary: | Diane Bies |

The final piece of club business was to vote on the slate of officers and office holders. But before we did we all thanked Diane Bies for her year of service to the club as secretary. The new slate was voted on and approved as follows:

| | |
|--------------------------|------------------------|
| President: | Mark Oliver |
| Vice President: | Terrell Maurer |
| Secretary: | Jason Lee |
| Treasurer: | Bobby Willett |
| Membership: | Jim Niethammer |
| Statistician: | Rusty Yeager |
| Touring Director: | Jay Vercellotti |
| Newsletter: | Faye Carter |
| Website: | Bob Wefel |

This year's banquet was very special to me. I am extremely honored and grateful for the LAB award. So many in the club deserve this award. All I can say is thank you. Also, Debbie and I thank you for the Ride Host award. We really do enjoy you coming to our ride. But mostly, I am so very proud of our Club and for all the great things that we have done this year. This coming year has many challenges for us. The 25th GPM, a bike rodeo with the EBC teaming up with St. Mary's, and special needs bikes are some of them just to name a few. Everyone is needed to pitch in to make this the best year ever! I for one can't wait until next years banquet to see how it turns out!

The new year started off with a good turnout for the January 1 ride. The day started out warm, but got a little chilly by late afternoon. We had lots of food and club camaraderie to start the year out right. Thanks to Diane for bringing the ham sandwiches and candy to add to the chili, pimento cheese, sandwiches, chips, banana bread and drinks.



Brett (age 5), Brock (age 4) and Audrey Weyer (age 2) receive their plaques for the Youth Category at the EBC Awards Banquet. They each rode over 300 miles! The other award recipients in the Youth Category were Ashley Whittaker and Aleks Kuchenbrod.

The longest day by Michael Gibbons

The Bike Ride Across Nebraska (BRAN) was June 6th, and started with many winter and early spring club rides. It's one thing to hash it out with the club for 25 miles at a time, but quite another to sock away 525 miles in 7 days. The weather for BRAN was late spring Nebraska. The first night was down to 40 degrees. The warmest days just brushed 90. But mostly it was windy, and since the ride was west to east, the wind, was mostly east to west.

They got down to business with the longest day, 108 miles, on day two. It started out nicely enough, though windy. The scenery was classic west. We followed river valley roads for much of the ride, and buttes rose on the horizons on either side of the valley. Just before Scottsbluff, we passed by wildcat hills, which were beautifully eroded sandstone interspersed with western red cedar, prairie grasses, and the whole area alive with the spring bird migration. Since Scottsbluff was fairly early in the day, I set out to ride to the top of the bluff with another rider. I had been there before and it is a beautiful place to see the prairie stretch out before you, the Platte River meandering through, chimney rock off in the distance. I didn't make it this time, however, as bikes are not allowed on the ride up. You must drive, or hike a different route. The park ranger assured it was not safe for us to share the road with cars. So the two of us turned back, and took a paved walking path downhill back into town, to rejoin the stream of riders. This walking path curved back and forth, dipped into gullies, rose over little hills. We took it at about 12 mph and the effect was like riding singletrack on a road bike. The walking trail untwisted in front of me while I dipped and twisted with it standing on the pedals mountain bike style.

Back to the ride and the slog into the wind returned. Pedal pedal pedal. Down in the drops. The ride was to follow the Platte River and Lake McConaughy. I had been to Big Mac once before as a kid, sailing with my dad. Zinging along the tops of the waves with his yellow Hobie, it looked like the water never ended. I had heard that the lake was low, a result of a multi year draught in western Nebraska. Dad wanted me to take photos of it for him. Pedaling along, head down into the hot dry wind, I kept waiting for the lake to show up, to cool off the wind. But it didn't. As we followed the river, it became apparent that the lake was so low that we wouldn't actually see any water before the turn off. At one of the signs pointing to a marina and some vacation homes I turned on to the gravel road, and skittered down to the lakeshore. Standing there in the dirt I looked down on flat dry sands thirty feet below that used to be lake bottom. The lot I was standing in was a closed marina, with a closed snack shop attached. There were quadrunner tracks on the sand below, weed trees growing along the small channels with a little water, but mostly sand. The lake was no longer there, and the resort area looks like a modern ghost town. Back through the dust I climbed to rejoin the ride.

By now the hot dry wind blowing over the dried up lake bed for more than fifty miles had taken its toll. It was dehydrating and depressing. The road did not turn until mile 85, to which I had now added two side trips. The last few miles up to mile 85 were brutal, almost biblical. Then dark clouds started moving in at the same time the turn presented itself. The clouds brought cold winds from the south, and the turn was toward the north. Finally, a change in our fortunes. With just the right direction on the road, you could cruise at almost 30. This could not have been more welcome. Despite the bananas, power bars, candy bars, sugar drinks, the day long march into that hot dry wind had worn me out. I was half bonked, my jersey chafed, I couldn't drink enough water. Then the dark clouds with the cold wind started swirling above me, and throwing down little missiles of ice cold rain. I stopped on the side of the road, stripped my jersey off, and had my last power bar, hoping for strength. I remounted and dragged myself over the next couple of hills to find - a Sag stop! Woohoo! There were several other riders at the Sag, all of them looking at the

gnarled clouds. The wind had picked up. Then it really picked up. We huddled behind the mechanics' vans as they rocked violently. I took a picture of the swirling clouds, low to the ground a suspicious inverted mountain coming together. We stayed there for a while, waiting for the winds to die down, me choking down bananas waiting for my legs to gather up enough go for the last few miles. One of the bike shops gave me a cotton tee, and I followed the tornado into the last town.

Nebraska is ranch country after all, and the town we finished in had kids on horses riding around looking at the riders. The town put together a horse-buggy taxi for the riders. I saw a 'bent rider in lycra showing his bike to a young family. The man in cowboy hat and boots was sitting on the bike talking about the gear while his young wife stood with babe on the hip. Tornadoes, ghost towns, dry lakes, pervasive hot dry winds, starvation (well, a little bonk), and finishing in a town that looks like a slice out of time. That was day two - almost 120 miles.

Hello,

I wanted to write the club to inform them of our 1st Annual Tour de Trails Bicycle Event. For the past 5-years the Columbus Parks Department has help an Annual Tour de Trails. This event was held in the fall and was mainly a running event with a free short bike portion. This spring we are hoping to reinvent the biking event. Below is a description of the event:

Tour de Trails Bicycle Challenge

April 22, 2006

Columbus, Indiana

The Tour de Trails Bicycle Challenge is designed to give you a fun filled tour of the Columbus People Trails. The ride will be a road rally format with various stops playing games and solving riddles, causing the rider to spend part of the time off the bike. Designed for riders of all ages, 3 route options are available ranging from 6 miles to 17 miles. This becomes an excellent opportunity to win prizes and become acquainted with one of the greatest amenities in Columbus, The People Trails!!! A 5K race is also available. For more information, call 812.376.2680 or visit www.columbusparksandrec.com.

We are hoping to get people excited about the possibilities of this family fun event. I have attached a brochure for the event. Please let me know if you have any questions! Thank you in advance for any help you can give us towards publicizing this event and making it a success!

Sincerely,

Laura Garrett, ASLA

Landscape Designer

Columbus Indiana Parks and Recreation

812.376.2695



WELCOME NEW MEMBERS

Mark Stutsman

John Crankshaw

The Marshall Family: John, Stephanie, Jackson, and Graham.

UMCA Year-Rounder Challenge

Can you ride a century EVERY month in 2006?

Club centuries are the highlight of many endurance riders' season: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The UMCA Year-Rounder is designed to showcase consistent endurance performance in your cycling throughout the year. The Year-Rounder provides a structure to motivate you throughout the season and to recognize your personal achievements. Y-R awards recognize either riding a century every month or total endurance mileage. Make either your goal ... or both!

-- The Y-R Larry Schwartz award honors riders who complete at least a century every month. Centuries can be either Organized centuries or Personal rides that you design yourself (explained below). Longer rides also count toward the Larry Schwartz award.

Other awards recognize your total endurance mileage throughout the year:

-- The Y-R Gold award recognizes riders who log at least 3,000 miles in Y-R rides.

-- The Y-R Platinum award is for cyclists who complete at least 5,000 miles in Y-R rides, including at least 2,000 miles in one of the divisions (explained below).

--The Y-R Who's Who riders are the top five Platinum riders in each division.

Year-Rounder participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique;
- an e-newsletter, sharing tips and stats;
- a bi-monthly Year Rounder column by Russ Loomis, who ride centuries every weekend;
- a section at ultracycling.com devoted to the best century stories sent in by riders;
- a rider with at least 1,000 miles in the Year-Rounder gets a discount on Accelerade and EnduroXR4.

For routing reasons some centuries are just under 100 miles, or exceed 100. So the Year-Rounder counts a Century as a ride of 90 - 149 miles. Rides 150-miles and over count as "Long" rides.

The Larry Schwartz award allows make-ups for up to two months, in case it's too snowy or icy some months. For example, if you get snowed out in January, just do two centuries in February or another month. The Larry Schwartz award honors Larry Schwartz, who finished first in the UMCA Mileage Challenge (predecessor to the Year-Rounder) in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to: www.ultracycling.com/about/hof_schwartz.html

To get started, join the UltraMarathon Cycling Association at: www.ultracycling.com/about/join.html
Add in 10 bucks for the Year-Rounder, put on your wool jersey and head out the door!

Rules Summary:

The Y-R is structured in four divisions:

An "Organized Century" is a ride of 90 to 149 miles and has: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.

A "Personal Century" is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities for riders in seasons or locales where Organized centuries are sparse.

An "Organized Long" ride is organized like a Century, but is 150 miles or more.

A "Personal Long" ride is a Personally designed ride of 150 miles or more.

Any Year-Rounder ride counts toward the Larry Schwartz award- centuries, brevets, double centuries, 12-hour races, etc.

We like to keep the holidays free for time with the family, so the Year Rounder ends on December 21 of each year. (The next year's Y-R Challenge starts 12/22.)

For complete rules and ride documentation form, go to:
www.ultracycling.com/standings/umcrules.html

February 2006 E.B.C. Ride Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|-----|---|
| <p>Join Elite Fitness</p> <p>Evansville Bicycle Club members ONLY with 300 club miles can join Elite Fitness for the 4 months of Nov., Dec., Jan., & Feb. for \$80. 858-8300 or 868-8650</p> | <p><i>New riders need to be ready to leave 30 minutes early.</i></p> <p><i>Helmets are mandatory.</i></p> <p><i><u>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</u></i></p> | | <p>1 6:00 PM @ <u>AAA</u> 7820 Eagle Crest Blvd. 20 miles. Head and tail lights required!</p> | <p>2 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 22 mi. Does Not Count as Club Mileage.</p> | 3 | <p>4 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p> |
| <p>5 11:00 AM @ <u>Old Dam Site</u> Newburgh, 22 or 40 miles.</p> <p>2:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p> | <p>6</p> <p><i>Note:</i> Spinnerval is free to bike club members. Bring your own trainer. No cleats on floor.</p> | <p>7 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p> <p>6:30 PM <u>Spinnerval</u> @ <u>Elite Fitness</u> in Newburgh.</p> | <p>8 6:00 PM @ <u>AAA</u> 7820 Eagle Crest Blvd. 20 miles. Head and tail lights required!</p> | <p>9 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 22 mi. Does Not Count as Club Mileage.</p> | 10 | <p>11 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p> |
| <p>12 11:00 AM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 or 40 miles.</p> <p>2:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p> | <p>13</p> <p>Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p> | <p>14 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p> <p>6:30 PM <u>Spinnerval</u> @ <u>Elite Fitness</u> in Newburgh.</p> | <p>15 6:00 PM @ <u>AAA</u> 7820 Eagle Crest Blvd. 20 miles. Head and tail lights required!</p> | <p>16 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 22 mi. Does Not Count as Club Mileage.</p> | 17 | <p>18 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p> |
| <p>19 11:00 AM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 or 37 miles.</p> <p>2:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p> | 20 | <p>21 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p> <p>6:30 PM <u>Spinnerval</u> @ <u>Elite Fitness</u> in Newburgh.</p> | <p>22 6:00 PM @ <u>AAA</u> 7820 Eagle Crest Blvd. 20 miles. Head and tail lights required!</p> | <p>23 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 22 mi. Does Not Count as Club Mileage.</p> | 24 | <p>25 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p> |
| <p>26 11:00 AM @ <u>West Terrace School</u> (near USD), 25 miles.</p> <p>2:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p> | 27 | <p>28 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p> <p>6:30 PM <u>Spinnerval</u> @ <u>Elite Fitness</u> in Newburgh.</p> | | <p>Stats?: Rusty Yeager ryeager@sigecom.net</p> <p>Newsletter?: Faye Carter chiapet@charter.net</p> <p>\$\$ denotes REGISTRATION FEE</p> | | <p><u>Ride hosts needed for March and April</u></p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides@endlessvistas.com</p> |

EBC Bikewriter

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EBC Web Page: <http://www.bicycle.evansville.net> "Provided by Evansville Online"
Submit articles: chiapet@charter.net

The Evansville Bicycle Club, Inc.

New Membership and Renewal Application 2006

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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Evansville, IN 47710
Email: jmiethammersr@insightbb.com

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