



EBC Bikewriter

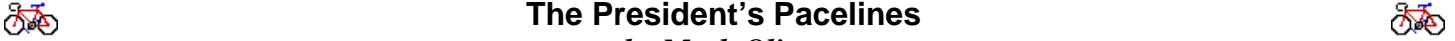
April 2006

The Evansville Bicycle Club Newsletter



The President's Pacelines

by Mark Oliver



You can run but you can't hide! Working in education, I have for the most part had to take my vacation days when the students were not in class. Our spring break this year was the first full week of March. Since Debbie and I have talked about going out to Utah for years, we decided this was the right time to go. Our destination was Salt Lake City. It's a beautiful place located in a valley with the Wasatch Mountain range a short distance to the east. These mountains are on the western side of the Rockies.



I have always had a love of the Rockies ever since I first saw them in the summer of '72. Back then, I wasn't cycling for fun but instead climbed two mountains. One was called Flat Top for obvious reasons and the other was Long's Peak. Hiking up Long's Peak was an all day affair. The group I was with started climbing at 6 AM and we finished at 6 PM. The summit was 14,256 feet and the air up there was extremely thin. It's a good thing I was 15 years old because I shutter to think how I'd do climbing it today! We followed a hikers version of Dan Henries. They were called fried eggs. A solid white circle was painted on a rock with a solid yellow circle inside. These painted rocks marked the trail and you were not to deviate from them. However, on the way down a friend and I decided to take a shortcut. This was as you've no doubt guessed a very bad idea. The end of the shortcut required a five foot or so jump down onto the trail. This wouldn't have been a problem except that the trail was narrow here. It seems to be my nature that I hate going back and retracing steps so I jumped down, stumbled forward and stopped just shy of a very steep cliff. It's safe to say that the Lord was looking after me that day but just the same, I didn't take anymore shortcuts!



Anyway, back to the present. This was a perfect time of the year to travel to Utah. The daytime temps in the valleys were in the upper 40's to lower fifties and in the low 30's in the higher elevations. This meant that the mountains were snow covered and simply gorgeous. We rented a car and early on Sunday morning March 5th we drove down US 6 on our way to Moab. Moab is the Mecca of mountain bikers, but is also a great place for road bikes as well. The drive was along side the Wasatch mountain range and seemed like it was downhill all of the way. I kept thinking what a great bike ride this would be. There were miles and miles where the road kept going downhill. It would be perfect as long as you had a sag for the trip back! Anyway, we stopped just short of the city of Moab as we reached our destination of Arches National Park. The park is famous for Delicate Arch but has many miles of awe inspiring rock formations.



So you are maybe wondering why I said, "You can run but you can't hide"? Well after leaving Arches we made our way back north to Canyonland National park to see Islands in the Sky and Dead Horse state park. It was here that we saw the tail end of the Skinny Tire Bike Tour. It was day three of a four-day tour which was an official LAF fund raiser. This day's route took them past the cliff where Thelma and Louise launched their T-bird. The scenery was incredible, and I found myself wishing that we were seeing it from the seat of our tandem instead of the seat of a rented car.



Don't get me wrong, I wasn't reminded of cycling the whole trip. We visited sky resorts in Park City where the 2002 Winter Olympics were held. The skiers looked like they were having so much fun. I really wanted to try it, but I had pulled a ligament in my left foot the day before we took our trip. It was difficult enough just to walk. There was no way I was going to be able to ski. And then there was our tour of the Temple Square.



[Continued on bottom of page 4]



**EBC Partners with St. Mary's
2006 "Keep Kidz SAFE" Bike Rodeo**

Here is a chance to show the community that the Evansville Bicycle Club cares about bicycle safety. This bicycle rodeo will require 20-30 club members to work with bicycle inspections, adjustment of helmets, setup, and mark the course, demonstrations, answer questions, and monitor the courses. According to St. Mary's approximately a minimum of 1,500 people will attend this event. To sign up, please contact Darlene Wefel 490-0686.

Date & Time: August 5, 2006 from 9:00 am – 1:00 pm.

Purpose: to provide education to parents and children on bicycle safety to prevent injury. Target age for young people ages 3 to 14.

Reasons to support the event:

- Every year 350,000 children under the age of 15 are seen at hospital ER with bike related injuries.
- 130,000 of these children suffer head injuries
- Use of bike helmets and safety education will reduce the risk of head injury by 85%.
- 30% of bicyclist deaths occur in the 5-14 yr. age group

Of the bike fatalities, 60% occur on neighborhood roads.

Location: St. Mary's Hospital for Women & Children campus

Some Features:

- Bike and tricycle safety inspections
- Interactive chalk street course for bikes and tricycles with prize and certification after completion
- Education about the rules of the road
- Car seat and electrical safety
- LifeFlight, ambulance, fire truck, and local law enforcement
- Booth with activities – fingerprinting, face painting, etc.
- Prizes

Refreshments

In this event, we are partnering with businesses in the community such as Vectren and the Evansville Bike Club.

Submitted by Darlene Wefel



WELCOME NEW MEMBERS

Gail and Mike Hemmerling

Aaron Mundy

Wayne Troutman



Submitted by Diane Bies (reprinted from the Louisville Cycle Club Newsletter)

A Few Training Tips

Step 1: Get a spaghetti-strainer and several small sponges. Soak the sponges in salt-water and paste them to the inside of the spaghetti-strainer. Place the strainer on your head. Find a busy road. Stand by the side of the road and do deep knee-bends for 8 hours. This will acclimatize you to a day's ride.

Step 2: Take some 200-grit sandpaper and rub your rear-end and the insides of your legs for about 20 minutes. Rinse with salt-water. Repeat. Then, sit on a softball for 8 hours. Do this daily for at least 8 days.

Step 3: Each day, take two twenty-dollar bills and tear them into small pieces. Place the pieces on a dinner-plate, douse them with lighter fluid and burn them. Inhale the smoke (simulating car-fumes). Rub the ashes on your face. Then go to the local motel and ask them for a room.

Step 4: Take a 1-quart plastic bottle. Fill it from the utility sink of a local gas-station (where the mechanics wash their hands). Let the bottle sit in the sun for 2 or 3 hours until it's good and tepid. Seal the bottle up (kinda, sorta) and drag it through a ditch or swamp. Walk to a busy road. Place your spaghetti-strainer on your head and drink the swill-water from the bottle while doing deep knee-bends along the side of the road.

Step 5: Get some of those Dutch wooden-shoes. Coat the bottoms with 90-W gear-oil. Go to the local supermarket (preferably one with tile floors). Put the oil-coated, wooden shoes on your feet and go shopping.

Step 6: Think of a song from the 1980's that you really hated. Buy the CD and play 20 seconds of that song over and over and over for about 6 hours. Do more deep knee-bends

Step 7: Hill training:

Do your deep knee-bends for about 4 hours with the salt-soaked spaghetti-strainer on your head, while you drink the warm swill-water and listen to the 80's song over and over (I would recommend "I'm a cowboy/On a STEEL horse I ride!" by Bon Jovi). At the end of 4 hours, climb onto the hood of a friend's car and have him drive like a lunatic down the twistiest road in the area while you hang on for dear life.

Step 8: Humiliation training:

Wash your car and wipe it down with a chamois-cloth. Make sure you get a healthy amount of residual soap and road-grit embedded in the chamois. Put the chamois on your body like a

[Continued on Page 4]



[Continued from Page 3] A Few Training Tips

loincloth, then wrap your thighs and middle-section with cellophane. Make sure it's really snug. Paint yourself from the waist down with black latex paint. Cut an onion in half and rub it into your arm-pits. Put on a brightly colored shirt and your Dutch oil-coated wooden shoes and go shopping at a crowded local mall.

Step 9: Foul weather training:

Take everything that's important to you, pack it in a Nylon corodura bag and place it in the shower. Get in the shower with it. Run the water from hot to cold. Get out and without drying off, go to the local convenience store. Leave the wet, important stuff on the sidewalk. Go inside and buy \$10 worth of Gatorade and Fig Newtons.

Step 10: As Archimedes hypothesized: "Use a simple lever to move the Earth from one place to another." After doing that, go around your house and lift heavy things that you never imagined a person could lift. Surprise yourself. Do 1,000 sit-ups. Then 10,000. Eat lunch. Repeat. Argue with every girlfriend/boyfriend you've ever known and be RIGHT. Solve all the problems of politics, faith and economics. At the end of the day, get into a huge tub filled with hot soapy water and relax, because tomorrow is another **BIG DAY ON THE BIKE!**

Step 11: Headwinds training:

Buy a huge map of the entire country. Spread it in front of you. Have a friend hold a hair-dryer in your face. Stick your feet in taffy and try to pull your knees to your chest while your friend tries to shove you into a ditch or into traffic with his free hand. Every 20 minutes or so, look at the huge map and marvel at the fact that you have gone nowhere after so much hard work and suffering. Fold the map in front of a window-fan set to "High".



[Continued from Page 1] The President's Pacelines

It was quite impressive. There was so much to see, I'll have to tell you all about it on one of our rides. Everywhere we visited in Utah the people were some of the friendliest we've ever met.

But there is one last cycling story connected to our trip. On the plane trip back, we sat by John Margetts. He is a young man who has lived in Salt Lake City all of his life. He was extremely friendly, and we hit it off right away. We ended up talking with him for the whole two and a half hour flight. When we told him of the bike tour we had seen in Moab, he asked me what I thought of Speedplay pedals. You see John has been a mountain biker for years, but just recently bought a road bike. Needless to say we had lots in common. I left him with an invitation to come ride with our club and to visit us if he's ever in our area, and we are welcome if we ever get back to Utah. It was a great trip, and while I didn't ride a bike the whole time I was out there, it was never far from my mind.



TRI-FEST TOWN AND COUNTRY BIKE TOUR
Benefiting the American Red Cross Cardinal Chapter

April 22, 2006

Registration is from 7:30 - 9:00 a.m. at the corner of 1st and Water streets in downtown Henderson, Kentucky. Staggered start will be from 8:00 until 9:00.

**Pre-registration cost is \$15 per individual, \$30 per family
After April 10, the cost will be \$18 per individual and \$35 per family**

T-shirts (\$8.00) are available for those who pre-register by April 10

HELMETS ARE MANDATORY--No exceptions will be made.

12, 36 and 62.5 mile routes will have manned rest stops with water, juices, fruit, and snacks.

SAG vehicles will be available in case a rider needs assistance.

Registration forms are available by emailing susanarc@ccol.net or by calling the American Red Cross Cardinal Chapter, 270-826-2775.

Co-sponsors are the Henderson Breakfast Lions Club and the American Red Cross Cardinal Chapter. All proceeds from the event will benefit the American Red Cross.

Corporate sponsors include Audubon Oil and Gas, Audubon Metals, Tyson Foods, Methodist Hospital, Sureway Food Stores, Henderson Chevrolet Buick Pontiac GMC, Woodring Auto Sales and Leasing, \backslash Marketing and the Henderson Breakfast Lions Club.

The bike tour is one of the many activities that are part of the Henderson Breakfast Lions Club Tri-Fest that will be Friday, April 21 through Sunday April 23. Bike participants are invited to enjoy Henderson, the delectable food booths and carnival rides.

Harmonie Hundred

Fourteenth annual Harmonie Hundred is coming May 6 and 7 at historic New Harmony, IN.

The first Harmonie Hundred bike tour place in 1992. Since that first weekend, several thousand cyclists have discovered the unique history and quaint charm of New Harmony, Indiana.

This small community of 850, located in southwestern Indiana, is a great location for a beautiful and enjoyable weekend of biking, searching for antiques, browsing other specialty shops, or learning more about the two historic experiments in living, which took place in New Harmony during the 1800's.

Information reprinted from the website www.harmoniehundred.net

April 2006 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>New riders need to be ready to leave 30 minutes early.</i></p> <p><i>Helmets are mandatory.</i></p> <p><i>As always, for the Olmstead ride, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</i></p>						<p>1 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>2 Daylight Savings Begins</p> <p>11:00 AM @ <u>USI</u> 20 or 40 mi.</p> <p>3:00 PM <u>Hide & Seek Ride</u> @ City Lake Park in Boonville, 15 or 23 mi. Hosts: Greg & Cinda Alexander and Bob & Darlene Wefel</p>	<p>3 Directions to Hide & Seek Ride—From Evansville: take HWY 62 (Morgan Ave.) East into Boonville. At the stop light on the square (Peoples Bank is on the corner) turn Right on 3rd Street then Left on Lake shore Dr.</p>	<p>4 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>5 6:00 PM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 mi.</p>	<p>6 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 21 mi.</p> <p>6:00 PM Circuit Ride @ <u>Burdette Park BMX Track</u> 20 mi.</p>	<p>7 9:00 AM Circuit Ride @ <u>Burdette Park BMX Track</u> 20 mi.</p>	<p>8 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>9 11:00 AM @ <u>Old Dam Site</u> Newburgh, 22 or 40 miles.</p> <p>3:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>10 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>	<p>11 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>12 6:00 PM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 mi.</p>	<p>13 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 21 mi.</p> <p>6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261</p>	<p>14 No Circuit Ride</p>	<p>15 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>16 Easter Sunday</p> <p>11:00 AM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 or 40 miles.</p> <p>3:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>17</p>	<p>18 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>19 6:00 PM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 mi.</p>	<p>20 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 21 mi.</p> <p>6:00 PM Circuit Ride @ <u>Burdette Park BMX Track</u> 20 mi.</p>	<p>21 9:00 AM Circuit Ride @ <u>Burdette Park BMX Track</u> 20 mi.</p>	<p>22 8:00 AM <u>Town & Country TriFest</u> @ Henderson, KY. Audubon Mill Park, 1st & Water St. Registration starts 7:30. 270-826-2775 or susanarc@ccol.net for forms. 12, 36, or 62.5 mi. \$\$ (see newsletter article)</p> <p>1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>23 11:00 AM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 or 37 miles.</p> <p>3:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>24</p>	<p>25 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>26 8:00 AM <u>Club Century</u> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Poseyville or Touring Route</p> <p>6:00 PM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 mi.</p>	<p>27 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 21 mi.</p> <p>6:00 PM Circuit Ride @ <u>Burdette Park BMX Track</u> 20 mi.</p>	<p>28 9:00 AM Circuit Ride @ <u>Burdette Park BMX Track</u> 20 mi.</p>	<p>29 8:00 AM <u>Club Century</u> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Spurgeon or Touring Route</p> <p>9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>30 11:00 AM @ <u>West Terrace School</u> (near USI), 25 miles.</p> <p>3:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>			<p>Ride hosts needed for May and June</p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides@endlessvistas.com</p>	<p>Stats?: Rusty Yeager ryeager@sigecom.net</p> <p>Newsletter?: Faye Carter chiapet@charter.net</p> <p>\$\$ denotes REGISTRATION FEE</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.

Mail to: Jim Niethammer
3008 Mockingbird Lane
Evansville, IN 47710
Email: jmiethammersr@insightbb.com

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	Jason Lee	(812-437-6577)	Website	Bob Wefel	(812-490-0686)
Treasurer	Bob Willett	(270-836-3546)	Touring	Jay Vercellotti	(812-867-7549)
			Newsletter	Faye Carter	(270-821-2143)