



EBC Bikewriter May 2006

The Evansville Bicycle Club Newsletter

The President's Pacelines

by Mark Oliver

Well it seems that I have finally proved many of my family and friends wrong after all these years. I have heard all my life in one form or another just how hard headed I was. Apparently, however, I was not hard headed enough on a Wednesday night ride on March 22nd. Rusty and I were the only riders that evening. We had been around the AAA loop four or five times, and as I recall, it had not even gotten dark enough to turn on the headlamps yet. We were ridding side-by-side and only doing about 15 mph or so. It was a nice leisurely ride, and we were in front of the Cracker Barrel when the unexpected happened. I felt my front wheel lock up. The power cord from the battery in the front water bottle cage somehow got wrapped up in the front wheel. I remember the sensation of lifting up and then the bright lights inside an ambulance. I was actually blessed in so many ways that evening. The first blessing was that I was not paralyzed. A fragment of the left base of my skull broke off. Thank goodness for helmets. I hate to think of what would have happened without one. The second was that I had Rusty there to take care of me until the EMS arrived. I assumed when I first started remembering events inside the ambulance that I had been unconscious. In actuality, Rusty tells me that I was indeed conscious and talking to him immediately after I went down. I consider it a blessing that I have no memories of the accident, going over the handlebars, hitting the pavement or waiting for the ambulance.

I want to thank everyone one of you for your prayers, visits, cards, e-mails, phone calls and for all the offers of help to Debbie and myself as I recover. I now know first hand how much these things mean when you are hurting and in need. Please continue to pray for my recovery as I have an uncertain road ahead.

To let you know how I am currently doing, well, I have good days and some not so good. I do have some good drugs though and for the most part do not experience a lot of pain. I have to wear a Miami-J neckbrace 24/7 at least until the end of May. This was the better of the options that the neurologist considered. The other was a halo which by the way he is still considering. His decision depends on the bone fragment and what it does. To make a long story short I have had two CT/MRI's a couple of weeks apart, but due to technical reasons the results were inconclusive. So on April 24th I'll have a third set of scans done and a doctors appointment the next day to see what the next course of action will be.

One of my first questions to the doctor when I was in the hospital was when could I start riding again! Well, I can't even drive with this neck brace so you probable won't see me riding again until sometime this summer. I have even been told to stay off my trainer. I had many plans for rides this year. Now it looks like they have been replaced with doing everything the neurologist and physical therapist tell me so that I can get back in the saddle as soon as possible.

Once again, let me thank you all for everything you've done for me. Thanks to Terry Maurer for running the April meeting. And I want to give special thanks to Debbie who has been wonderful to me through this entire ordeal. I still hope to see you at the start or finish of some rides and of course at the meetings as my condition permits. I look forward to being back on the road as soon as I possible can!

**River City Senior Games
May 21, 2006**

Attn: All cyclists age 50 and over

The River City Senior Games Cycling Events will be held at 8:00 a.m., Sunday, May 21, 2006, at the Dogtown Boat Ramp. The course will be the same as used in recent years with the start approximately ½ mile from the boat ramp on S. Happe Road. All cyclists who will turn 50 by the end of this year, and older, are eligible to participate. There will be 5-year age groups beginning at 50 for both men and women.

We'll have three events: 5km individual time trial; 10km individual time trial; and 20km road race. Time trial riders will go off one at a time at 30-second intervals and race against the clock. The road race will be a mass start event. All races use the same loop course in the river bottoms near Dogtown. The 5km event is approximately ½ loop, the 10km is almost one full loop and the 20km road race consists of two loops. This is a very flat course will almost no traffic.

Check in time will be 8:00 on Sunday the 21st. The 5km time trial will start at 8:30. Each succeeding event will start approximately 15 minutes after the last rider finishes. Gold, silver and bronze medals will be awarded to first, second and third place finishers in each age group by gender.

USCF rules will apply regarding equipment. These include: Approved helmets must be worn during all races. Aerobars may be used for time trial events but not the road race.

You are encouraged to pre-register. You can do this at www.swirca.org, by calling SWIRCA at 812-464-7800 or simply fill out one of the forms available at many of the club rides. Registration fee is \$15.00.

If you've never done it before, this is a great way to get your feet wet in racing and to have fun with other cyclists of similar age and ability. No pressure, just good clean fun. And, if you're lucky (and fast) on that particular day, you might take home a beautiful medal to show your grandkids.

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WELCOME NEW MEMBERS

Sonya Brindle	Carson Brindle
Julie Lindenschmidt	David Enmark
Becky Adkins	Jim Connors
Gary Folz	Nathan Long

In the Candy Store

By John Hughes, Director UltraMarathon Cycling Assoc.

You've just gotten the club calendar. You rode your first century last year and you are excited about all the longer rides the club is putting on.

And your best friend is organizing a monthly time trial series and wants you to participate.

And your spouse really wants to take a weeklong bike tour.

Ahh, the joys of the new season. All these events! Like a kid in a candy store the cyclist's eyes light up in anticipation.

How Much Candy?

Imagine two kids in the candy store. One snuck away from his parents and is there for the first time. He buys a pound of treats, goes out to the curb and starts to eat. The second lad has been going there every week and buying more and more candy. This week he also buys a pound, goes out to the curb and starts enjoying his sweets. After half an hour, the first boy will certainly have indigestion; his eyes were bigger than his stomach. The second boy may be a little full, but since he's "trained up" he might be able to eat all that candy at a sitting.

Often when a rider first looks at the events calendar he or she wants to do lots of events. The cyclist feels like he or she didn't ride that much last year. And it's early in the season so the rider resolves to do more events this year. That, of course, will take more training so the rider decides to try for 2,000 miles this year instead of 1,000 like last year. Better stock up on Pepto-Bismol, because this will lead to cycling indigestion - overuse injuries, colds, burnout, etc.

Realistically a rider can increase total volume by 10-15% from year to year.

Which Candy?

Our first boy is an experienced candy connoisseur - after weeks of trying different sweets, he's picked the ones he likes most for his weekly binge on the curb. To the second lad they all look good so he gets one of everything.

Experienced athletes are selective-which events are really important? Even Lance Armstrong prioritized his races as building blocks towards the season's main goal. Joe Friel recommends labeling each event in your schedule A, B or C.

An "A" event is one of the highlights of the season, an event for which you want to peak so that you can have your best ride. Perhaps the tour with your spouse?

A "B" event is one where you'd like to do well, although you aren't trying for a personal best. Maybe the longer club rides?

And a "C" event is one that you're doing for training, with no expectations about results. Your friend's time trials?

To Friel's schema I add "F" events - no, those aren't failures - those are ones you're doing just for fun! A chance to try out a different type of event, or ride in a different area. Going mountain biking with your son or daughter!

As you categorize each event remember that the fewer "A" events you have, the more likely you are to really peak for each and have a ride to remember - positively. And, of course, the more "F" rides you have, the more smiles on your face.

Training takes several years of build-up to reach a point where you can handle relatively high volume. Riding longer or harder events is taxing so you need a balance between harder and easier events. If you remember these simple principles, despite what your Mom said, you can learn to eat way too much candy in a year!

John Hughes
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Thirteen Annual Richland Fest 2006

RED DEVIL BIKE RIDE

16 mi.—32 mi.—62 mi

Saturday, May 13, 2006 Richland, Indiana

Registration: 8:00 a.m.

Start Time: 8:00—10:00 a.m.

Registration Fee:

On or before May 5 \$12.00 per person or \$30.00 per family

After May 5 \$15.00 per person or \$35.00 per family

Registration will be at the Richland Branch of the Spencer County Library.

Registration Fee Includes:

Maps	Marked Routes
Sag Service	Food Stops
Drawing prizes	Portable restrooms at Sag Stops

T-shirts may be ordered on the registration form for \$8.00

The first 200 riders to register will receive a free water bottle compliments of Kincaid Insurance.

For more information call Marion Brandenberger (812) 359- 4315

Proceeds from this bike tour are donated to local charitable organizations.

1st Annual YMCA Spirit, Mind, Body Sprint Triathlon
.5 mile swim, 19 mile bike, 5K run

August 19, 2006 at 8:00 a.m.

Blue Grass Campground

This is Evansville's first ever triathlon presented by the Bank of Evansville. This is a USAT Sanctioned event- cost is \$50 per individual and \$90 per team. Each participant will receive a swim cap and t-shirt. You must be at least 15 to participate. We will also be offering a free Aquarun 4 Kids (for ages 8-14). This event consists of a short swim and short run- each participant will receive an award and starts at 9am.

The Y will also be offering a 12-week Triathlon Training Program (\$75 for members, \$125 for non-members). It meets two days per week (Tuesday or Thursday at 6pm and Saturday at 8am). This course will get you out there in the lake and biking and running on the roads- a real hands on training experience to get you ready for the triathlon!

If you want more information, go to www.ymca.evansville.net and click on Special Events or if you have questions, you can email schwentker@ymca.evansville.net. If you are interested, you can register online at www.getmeregistered.com or call/stop by the Dunigan Family YMCA at 401-YMCA.

Submitted by Tina Powers

Weekend Trek Tour in the U.S.A.
Sponsored by Gilles Cycling and Fitness
For One Lucky Member

Imagine cycling the California Wine Country. You'll cycle through the remote Dry Creek Valley, a haven for lovers of luxury and wine enthusiasts from far and wide. Immerse yourself in a leisurely ride, stopping along the way for a bountiful picnic and a sampling of expertly crafted wine. Pedal to the Pacific, and soak in the sights and scents of this coastal paradise. Indulge in a private tasting and dinner at one of the region's most exclusive wineries, and at the end of the day, settle into the grand comforts of our elegant Wine Country retreat.

Or how about choosing Vermont, a peaceful land of vivid color, white clapboard villages, and penetrating beauty. You'll cycle through this enchanting land, riding its quiet roads and rural byways stopping to sample regional specialties — golden maple syrup, smooth Vermont cheddar, and rich, velvety ice cream from no other than Vermont's own Ben & Jerry. You'll experience the simple pleasures of strolling through a mountain village at sunset, riding past portly Holsteins lazing in the shade, and lingering over a tantalizing, elegant meal, and the end of the day, relax in the charming comforts of an elegant country inn.

Trek offers the following two types of Luxury Cycling trips:

Leisure: "The pace of time obligingly slows to a gentle rhythm... The most spectacular scenery, the finest accommodations, the choicest foods."

Performance: "Maximum cycling and maximum luxury. The terrain will test your muscle and the lavish amenities will replenish you body and spirit. Luxury is mandatory. Miles are optional."

Trek will supply the bicycle for the tour. For the Leisure ride a Trek 7700 will be furnished, and for the Performance tour a Trek 5200 will be supplied. You can visit their web site at www.trektravel.com for more information.

One lucky person will win a weekend tour sure to please. The winner must provide his or her own transportation to and from the tour. How do you win? It's simple! You can earn tickets throughout the year and the lucky person's name will be drawn at the banquet next year.

Here's how you earn chances for the drawing:

- Attend three meetings and you earn one ticket. You must sign the register.
- Ride 500 club miles - You earn one ticket for each 500 club miles ridden
- Write two articles for the newsletter for one ticket. Maximum 2 tickets (four articles)
- Work Tour De Bloom (sign up ahead of time) and earn one ticket
- Volunteer and work with I.B.C. as a rep - earn one ticket
- Host a ride - earn one ticket (max. one ticket)
- Volunteer to work on an EBC special project - earn one ticket (example Bike Rodeo)
- Work the GPM (sign-up ahead of time and work the entire day) - earn one ticket

The Evansville Bike Club extends a very special Thank You to Scott Gilles for again making this fantastic offer.

If you have any questions please contact me.

Mark Oliver - moliver@sigecom.net or phone 812 476-3898

May 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>Helmets are mandatory.</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>	1	2 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.	3 6:00 PM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 miles.	4 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 29 mi. 6:00 PM <u>Circuit Ride @ St. Joseph Catholic Church</u> St. Joe, IN 20 mi.	5 9:00 AM <u>Circuit Ride @ St. Joseph Catholic Church</u> St. Joe, IN 20 mi.	6 8:00 AM <u>Harmonie 100</u> @ New Harmony School behind Murphy Park in New Harmony, IN. 27 or 50 mi. (812) 682-3656 harmoniehundred.net/index2.html \$\$ 9:30 AM & 1:00 PM @ <u>Dogtown Boat Ramp</u> on Old Henderson Rd. 12, 23, or 43 mi.
<p>7 8:00 AM <u>Harmonie 100</u> @ New Harmony School behind Murphy Park in New Harmony, IN. 16, 38, or 50 mi. (812) 682-3656 harmoniehundred.net/index2.html \$\$</p> <p>10:00 AM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 or 35 miles. 17, 23, or 33 mi.</p> <p>3:30 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	8 <u>Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</u>	9 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.	10 6:00 PM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 miles.	11 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 29 mi. 6:30 PM <u>Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261</u>	12 No Circuit Ride	13 8:00-10:00 AM <u>Red Devil Bike Ride @ Richland, IN</u> Start at Richland branch of the Spencer County Library 16, 33, or 62 mi. For info call 812-359-4315. \$\$ <u>TOSRV @ Columbus, OH</u> 50 or 100 mi. www.tosrv.org 614-461-6648 \$\$ 1:00 PM @ <u>Dogtown Boat Ramp</u> on Old Henderson Rd. 12, 23, or 43 mi.
<p>14 <u>TOSRV @ Columbus, OH</u> 50 or 100 mi. www.tosrv.org 614-461-6648 \$\$</p> <p>10:00 AM @ <u>Mesker Park</u>. Mesker Park Dr. & Wimberg Rd. 23 or 38 mi.</p> <p>3:30 PM @ <u>I-164 Access</u> Burkhardt</p>	15	16 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.	17 8:00 AM <u>Club Century @ Plaza Park MS</u> on Outer Lincoln Ave. 100 mi. <u>Folsomville</u> or <u>Touring Route</u> 6:00 PM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 miles.	18 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 29 mi. 6:00 PM <u>Circuit Ride @ St. Joseph Catholic Church</u> St. Joe, IN 20 mi.	19 9:00 AM <u>Circuit Ride @ St. Joseph Catholic Church</u> St. Joe, IN 20 mi.	20 8:00 AM <u>Club Century @ Plaza Park MS</u> on Outer Lincoln Ave. 100 mi. <u>Folsomville</u> or <u>Touring Route</u> 9:00 AM <u>Little River Tour</u> @ Hopkinsville, KY at St. John's UMC webpages. charter.net/kevinwarren 20, 40, or 60 mi. 270-885-0613 \$\$ 9:30 AM & 1:00 PM @ <u>Dogtown</u>
<p>21 10:00 AM @ <u>Henderson Co. High School</u> in Henderson, KY 24 or 36 mi.</p> <p>3:30 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	22	23 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.	24 6:00 PM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 miles.	25 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 29 mi. 6:00 PM <u>Circuit Ride @ St. Joseph Catholic Church</u> St. Joe, IN 20 mi.	26 9:00 AM <u>Circuit Ride @ St. Joseph Catholic Church</u> St. Joe, IN 20 mi.	27 8:00 AM <u>CRAM @ Clarksville, TN</u> 35, 62, 100 mi. www.bikethecram.com \$\$ 8:00 AM <u>Horsey 100 @ Georgetown, KY</u> 29, 50, 53, 75, or 100 mi www.bgcycling.org \$\$ 9:30 AM <u>NO DROP RIDE @ Dogtown Boat Ramp</u> on Old Henderson Rd. 12 mi.
<p>28 8:00 AM <u>Horsey 100 @ Georgetown, KY</u> 37, 52, 70 mi www.bgcycling.org \$\$</p> <p>10:00 AM @ <u>Scott School</u> on Old State Rd. 15, 26, or 33 mi.</p> <p>3:30 PM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	29 <i>Memorial Day</i> 9:00 AM <u>Memorial Day Ride @ Old Dam Site</u> Newburgh, 29 or 40 miles.	30 9:00 AM & 6:00 PM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.	31 6:00 PM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 miles.	Stats?: Rusty Yeager ryeager@sigecon.net Newsletter?: Faye Carter chiapet@charter.net \$\$ denotes REGISTRATION FEE	<u>Ride hosts welcome for June and July</u> Call or e-mail Jay Vercellotti @ 867-7549 rides@endlessvistas.com	<u>Directions to Dogtown</u> Take the <u>Barker Ave.</u> exit south from the Lloyd Expy. At <u>Broadway Ave.</u> go right (stop light). At <u>Tekoppel Ave.</u> go left (right before the levee). At <u>Old Henderson Rd.</u> go right (Tekoppel T's into Old Henderson Rd.) Dogtown Boat Ramp will be approx. 1 mi. down the road on the same side as the river.

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)