



# EBC Bikewriter

August 2006

The Evansville Bicycle Club Newsletter

## VOLUNTEERS NEEDED

Dear EBC members,

The St. Mary's Bike Rodeo will be August 5th. The hours of the event will be from 9:00 AM to 1:00 PM. They are expecting as many as 1,000 kids to attend. I know that you all love to ride and that Saturday is a prime riding day. But it is extremely important that you give up riding that morning and come help us with the rodeo. We all know how important bike safety is. We need to pass that information on to the kids in our community. We will be helping these kids avoid potentially fatal accidents. Secondly, St. Mary's is a big supporter of the Great Pumpkin Metric, and we need to return the favor. Their support helped to make our Special Needs Program successful last year, and we would like to continue to give back to our community. We are focusing the efforts of the club on the rodeo so there will be no club rides that day. But you can still get club miles if you come and work the rodeo. We need to coordinate our help that day so we can plan on having enough workers to make the rodeo go as smoothly as possible I would like to ask you to e-mail or call Darlene to let us know when you can be there and for how long you can work. the more volunteers with have the better!

Please email Darlene at [dvwefel@sigecom.net](mailto:dvwefel@sigecom.net) and copy me at [moliver@sigecom.net](mailto:moliver@sigecom.net) . If you know members who would volunteer but do not have e-mail please have them call Darlene at 812-490-0686. Darlene will be your main contact as Debbie and I will be gone from 7-22 till the first of August.

Mark Oliver, EBC President

## ST MARY'S BIKE RODEO AUGUST 5TH 7:00 AM

St. Mary's bike rodeo is on the schedule for Saturday August 5<sup>th</sup>. The rodeo will be held at St. Mary's Hospital on Washington Avenue in Evansville. St. Mary's is sponsoring a child safety day with lots of events and the main focal point is the rodeo. Hundreds of children are injured while riding their bikes every year and many of those injuries are serious with life altering effects. If one child can be saved because of our efforts, our time will be well spent. St. Mary's is expecting 1,100 people to come for this event.

The rodeo begins at 9:00 o'clock, and we need a minimum of 25 EBC members to help do the rodeo. I need at least six people to help layout the three courses, three people to do bike inspections and to do minor adjustments (bring your tire pumps, and a few basic tools); no repairs will be done. We will have a booth with information about the club, bicycle safety literature and at least one person, preferably two people, to answer questions. A couple of people will be needed to operate the video on bike safety and a brief demo on basic signals and answer questions. Three people are needed to check and adjust helmets, and at least nine people to do observations of the riding skills for each course. The children will be assigned to each course according to age. We also need at least three people to complete the score cards.

We are always talking about safety and the public view of the club. Now is the time for the bike club to show the community that we care about the safety of children on bikes and that cyclists do belong on the highways. This is our opportunity to help educate the public as to the rules of the road and how they apply to cyclists and motorists. Please come and help make this day a success for St. Mary's and the Evansville Bicycle Club.

Darlene Wefel



## ***Third Annual Pickin & Pedalin Bike Tour 2006 Henderson's Premier Bicycle Tour***

**BIKE ROUTES - 12 miles - 36 miles - 62 miles** (Actual mileage may vary and routes are subject to change)

**WHERE: Audubon Mill Park** on Water Street between First and Second Streets, Henderson, Kentucky.

**WHEN: SATURDAY, AUGUST 12, 2006**

**TIME: Registration: 8 - 10 A.M.** (The official starting time is 8 a.m.--registration will open early for seasoned riders since August days might be very warm) Those starting early might not have access to rest stops.

**ROUTE: Choose from 12, 36 or 62 miles (actual mileage may vary and routes are subject to change).** Staggered start, go at your own pace. Rest stops close at 1 P.M.

**DIRECTIONS: From the North - U.S. 41 South to U.S. 60 West, then go right on 2nd St. From the South - Take the Breathitt (Pennyrile) Parkway north to KY 351/Zion (Exit 79), then go right onto 351/2nd St.**

Registration tent will be located at the corner of Second and Water Streets.

***Experience some of the best cycling in western Kentucky . . .*** "PICKIN & PEDALIN" Henderson's Third Annual Bike Tour, in conjunction with the annual Bluegrass in the Park, offers outstanding bluegrass music located on Henderson's riverfront on the Ohio. The bluegrass festival starts on Thursday August 10 and runs through the day of the bike tour August 12. For more information about the festival check out: [www.hendersonky.org/bluegrass](http://www.hendersonky.org/bluegrass).

***Come for a great ride and spend the day – you'll experience Southern hospitality at its best.***

The ride begins at Audubon Mill Park, located on Water Street between First and Second Streets in downtown Henderson. You'll travel along beautiful, historic homes on Main Street to reach some of the flattest and best county roads a bicyclist could desire. Traffic is always light; however, all riders must always exercise caution. Rest stops featuring bluegrass entertainment, refreshments, restrooms and SAG support will be available. This event is being organized by local cycling enthusiasts who are volunteers.

### **Hungry?**

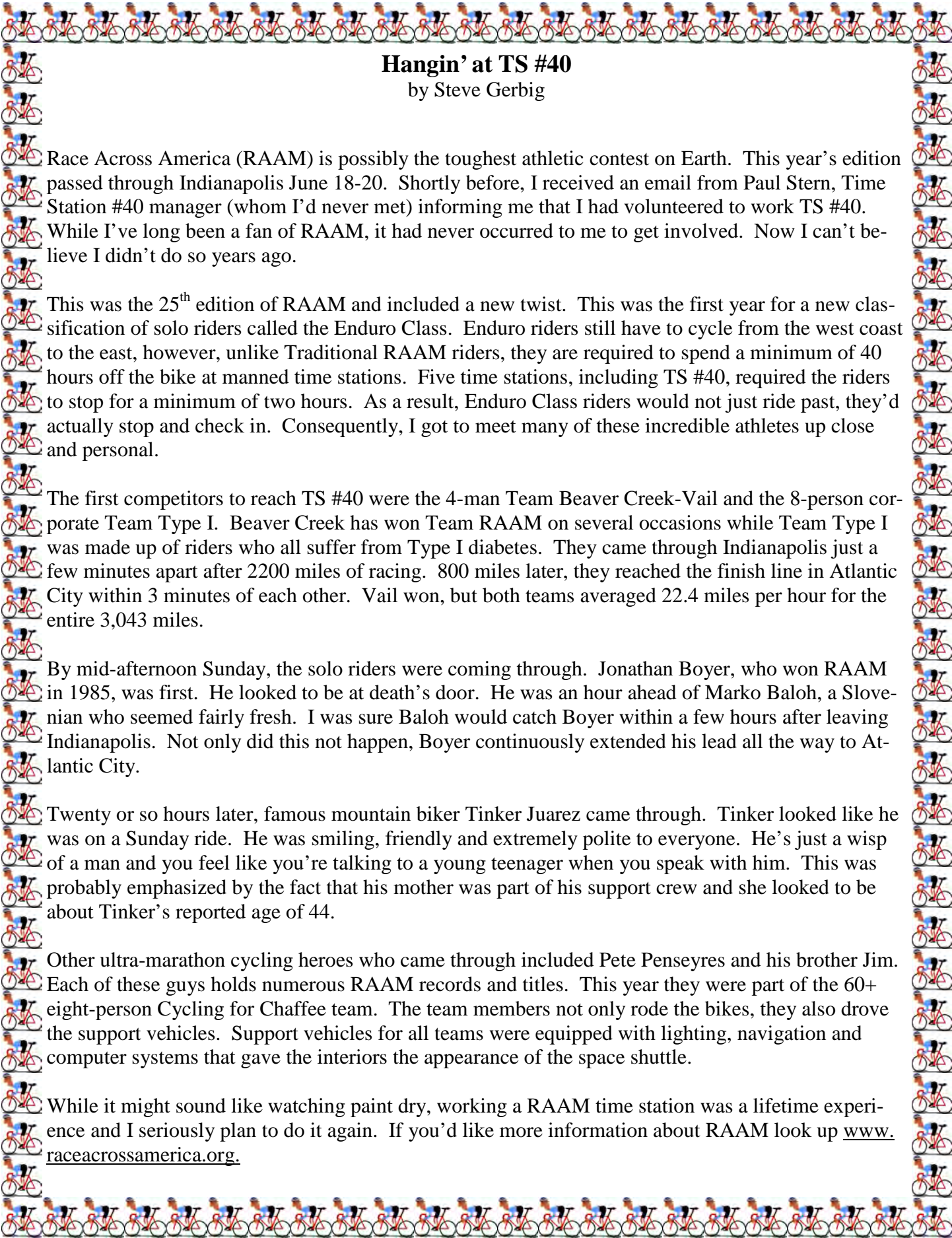
An all-you-can-eat pancake and sausage breakfast is offered from 7:00 A.M. to 10:00 A.M. Tickets for this breakfast can be purchased for \$5.00 (see registration form for purchase information). Food booths will be open after 10 A.M.

### **Music!**

You're in luck. The 21st annual **Bluegrass in the Park** festival will present outstanding bluegrass music beginning at 7:00 A.M. Saturday morning and lasting all day (and most of the night).

For lodging information or tourism events in Henderson Kentucky visit the tourism website at [www.hendersonky.org](http://www.hendersonky.org) or call 1-800-648-3128

The registration form can be downloaded from [www.pickinandpedalin.com](http://www.pickinandpedalin.com) or call 270.631.2121 for more information.



## Hangin' at TS #40

by Steve Gerbig

Race Across America (RAAM) is possibly the toughest athletic contest on Earth. This year's edition passed through Indianapolis June 18-20. Shortly before, I received an email from Paul Stern, Time Station #40 manager (whom I'd never met) informing me that I had volunteered to work TS #40.

While I've long been a fan of RAAM, it had never occurred to me to get involved. Now I can't believe I didn't do so years ago.

This was the 25<sup>th</sup> edition of RAAM and included a new twist. This was the first year for a new classification of solo riders called the Enduro Class. Enduro riders still have to cycle from the west coast to the east, however, unlike Traditional RAAM riders, they are required to spend a minimum of 40 hours off the bike at manned time stations. Five time stations, including TS #40, required the riders to stop for a minimum of two hours. As a result, Enduro Class riders would not just ride past, they'd actually stop and check in. Consequently, I got to meet many of these incredible athletes up close and personal.

The first competitors to reach TS #40 were the 4-man Team Beaver Creek-Vail and the 8-person corporate Team Type I. Beaver Creek has won Team RAAM on several occasions while Team Type I was made up of riders who all suffer from Type I diabetes. They came through Indianapolis just a few minutes apart after 2200 miles of racing. 800 miles later, they reached the finish line in Atlantic City within 3 minutes of each other. Vail won, but both teams averaged 22.4 miles per hour for the entire 3,043 miles.

By mid-afternoon Sunday, the solo riders were coming through. Jonathan Boyer, who won RAAM in 1985, was first. He looked to be at death's door. He was an hour ahead of Marko Baloh, a Slovenian who seemed fairly fresh. I was sure Baloh would catch Boyer within a few hours after leaving Indianapolis. Not only did this not happen, Boyer continuously extended his lead all the way to Atlantic City.

Twenty or so hours later, famous mountain biker Tinker Juarez came through. Tinker looked like he was on a Sunday ride. He was smiling, friendly and extremely polite to everyone. He's just a wisp of a man and you feel like you're talking to a young teenager when you speak with him. This was probably emphasized by the fact that his mother was part of his support crew and she looked to be about Tinker's reported age of 44.

Other ultra-marathon cycling heroes who came through included Pete Penseyres and his brother Jim. Each of these guys holds numerous RAAM records and titles. This year they were part of the 60+ eight-person Cycling for Chaffee team. The team members not only rode the bikes, they also drove the support vehicles. Support vehicles for all teams were equipped with lighting, navigation and computer systems that gave the interiors the appearance of the space shuttle.

While it might sound like watching paint dry, working a RAAM time station was a lifetime experience and I seriously plan to do it again. If you'd like more information about RAAM look up [www.raceacrossamerica.org](http://www.raceacrossamerica.org).



## WELCOME NEW MEMBERS

Kristi Anwiler  
Harrison Niethammer  
Jeff Jones  
Patti and Taylor Silke

Jada McKnight  
Dirk Ensley  
David Myers



## Archie Qualifies for Nationals

Our own Archie Carter advanced his senior racing career one more step on Father's Day by qualifying for the National Senior Games - The Senior Olympics. Archie took home silver medals in the 5 km & 10 km time trials and the 20 km road race. Other riders that have raced in Evansville who also qualified were Mark Lindgren of Greenwood, Chuck Taylor of Bloomington and Chris Stauffer of Ft. Wayne.

The Indiana State Senior Games were held in Carmel, IN, with cyclists from four states competing for the right to advance to the Nationals. Riders who finished first or second in their respective age groups in each race qualified for the Senior Olympics to be held in Louisville, KY in 2007.  
Congratulations Archie



## Indiana Bike Fest 2006



The Indiana Bike Fest will be September 1-4 at Jasper, IN. It features road touring, mountain biking and casual cruises. There are stops at Huntingburg League Stadium, monasteries in Ferdinand and St Meinrand, and a tour of the Winzerwald Winery. If you prefer, you can do a casual cruise on Jasper's RiverWalk.



For more information or to register, go to [www.bicycleindiana.org](http://www.bicycleindiana.org).





## GOBA June 17-24, 2006 Tour de Monsoon

Faye Carter



### Pre-GOBA Day:

On Saturday, June 17, I drove to Cincinnati, OH where I met up with my friend, Charlie, at his home. We loaded my bicycle and camping gear into his truck along with his and headed for Xenia, OH. We arrived in Xenia around 5:00 p.m. Immediately, we looked for TEAM BOB. We paid extra to have our gear hauled in the Team Bob truck. It's a good deal as you can carry duffels, chairs, coolers etc. and not have to dig through thousands of bags to find yours. They also will pick up ice and beer during the day while you ride. (you provide the extra funds to cover the ice and beer). Also, as part of TEAM BOB, we camped at the car camping area so it's more isolated and private. Unfortunately, I found out later that Team Bob likes to party (that's why they do the ice and beer pickups AND they don't sleep much).

After setting up camp RIGHT BY the Team Bob truck, we cruised through the vendor tents where I purchased a very nice jersey on sale that was very inexpensive and a pair of socks with *SLUT* written on them (if the shoe fits??). We got to see the costume parade as the riders lined up to ride through town. After that, we rode our bikes the short distance into town to eat dinner at Bob Evan's restaurant. We were too late to pick up our free GOBA water bottle that the Bob Evan's restaurants give to GOBA participants. We did have the best salad I ever ate. It was a Cranberry Pecan Chicken Salad containing, oven-roasted white-meat chicken with pecans, crassons on a bed of lettuce and spinach with sweet Italian dressing. To make it complete, it came with banana nut bread, and we drank strawberry lemonade. It makes me hungry just to remember it. We rode back to camp on one of the five rail-to-trail routes that radiates from Xenia Station like the spokes of a bicycle wheel. We noticed the markers for the next day's ride. GOBA used a large letter A to mark the route directions. Each day the color alternated from white to yellow with loop days being marked in orange. The point of the A indicated the direction. This worked much better than the typical Dan Henrys.

### Sunday, June 18. Fathers' Day Ride to Wilmington:

The day started early. We were both awakened by 4:30 when people started taking down tents. We gave up on sleep around 6:00 a.m. and packed up and were on the road before 7:45. Well, so much for my vow to have a leisurely vacation cycling trip this time. We were expecting rain in Wilmington and wanted to be there before it started so we didn't dally too much. We started riding in a head wind. This was a warning of what our GOBA days would be like (attempting to beat the rain to camp each day and wind, wind, more wind). There really was no food at Xenia other than Chris Cakes in town, and we didn't want to ride out of the way to eat. We assumed we'd be going through a town where we could grab some quick food.

A few miles into the ride, we passed a home that had a camel and zebra in a fenced area along with several other exotic animals (is a camel considered exotic?). Some other riders were there and standing right up at the fence by the camel. I yelled that they should back up as camels are known for being able to spit a long distance and right on target (people being the target). We noticed some riders had decorated their bikes. One in particular had a pack on the back with what appeared to be a woman's hand sticking out holding a golf club. There was a sign telling DAD to have a good trip on GOBA for Father's Day. We found out on a later day that his wife and children were on GOBA also. His bike pack changed several times during the week to some really funny ones like a woman's legs sticking out of it wearing ruby slippers with striped socks.

The morning rest area was at eight miles. All they had was bottled water to sell along with fruit. We decided to hold out for a town. At twenty miles, we were both hungry and stopped to eat peanut butter crackers from our bike packs (another warning of what our days would be like). A little further along, we passed a yard with five full-grown St. Bernards and a Rottweiler (talk about needing an industrial strength pooper scooper!). [Cont. Page 6]

**[Continued from page 5] GOBA 2006**

Needless to say, they had a tall, strong chain-link fence. The GOBA lunch stop was disappointing. The cold sandwiches weren't (cheese had melted in the heat), and I don't do pepperoni pizza while riding a bicycle (how do you spell relief?). We made it to the school at Wilmington before the rain and set up camp. I was relieved that the day was not nearly as hilly as I expected. Actually, **compared to Indiana**, there were NO hills. On the way back from the showers, the rain started. It didn't last long, and when we stepped outside, there was a perfect rainbow that stretched from horizon to horizon. It was breath taking. While everyone was taking pictures, and oohing and ahhing, a second rainbow appeared above the first. I've seen plenty of double rainbows in Hawaii, but I'd never seen such a large, perfect rainbow.

There were shuttles available to ride to town for dinner, but we were both tired and decided on a chicken sandwich at a food tent. Later, we did end up taking the shuttle to town to purchase more tent stakes. The wind was really blowing, and the forecast was a real possibility of storms all week. We also stocked up on orange juice, yogurt, soft cinnamon pretzels and fruit for the cooler. We were NOT going to do without food all week, and it appeared that breakfast choices were limited anywhere close to the camping places.

**Monday, June 19 Ride to Hillsboro (appropriately named):**

We ate our breakfast from the cooler and stopped rarely. We rode most of the day in killer head wind (20-25 mph). We did stop at a little market in Highland where we bought a deli sandwich and some small cookie packages. We put them in the bike pack to have at lunch. We learned on day one not to count on the GOBA food. We stopped to eat lunch in someone's front yard under a huge shade tree. We stayed a long time just enjoying the shade and nice breeze. That's part of what I enjoy about week-long rides.....peaceful times under shade trees with no TV, no phone, no computer. We both nearly fell asleep under that tree. Later, in Lynchburg, we saw the only covered bridge in Ohio that spans two counties.

The ride at this point was pretty flat with gently rolling hills (much like Western KY). I commented at 49 miles that it had been a very easy ride, and I was expecting it to be much worse since this was supposed to be the hilly GOBA year.... famous last words. Two miles from Hillsboro, we came to a place where we had to stop to watch for traffic, cross the road and start up a long grade. There was no doubt when you looked across that road that ahead was a long, climb (I thought no problem, gradual climb). Once we started it, we knew that it was going to get steeper and steeper. Once you rounded the curve, you knew it was a HILL. Fortunately, you could see the top of the hill so there was hope in sight of making it up on the pedals. Well, I made it and once over the top, stopped to wait for Charlie to catch up (my excuse for stopping to stuff a lung back inside). When Charlie caught up, I told him to drink up and he mentioned waiting to arrive at camp. I said " I don't think so. Look past this downhill." Seems like he said something like "Oh, crap" when he saw another hill before we would arrive at Hillsboro. It turned out to not be too bad after the one we'd just survived.

We arrived at the fairgrounds which would be home for two days. Charlie had bought new cycling sandals just prior to GOBA and couldn't get out of his pedals. He did the "laugh-in" turn over into the grass right behind the Team Bob truck. Naturally, most Team Bob members were sitting in the back of the truck or behind it having a few brews when he crashed. There's always an audience when you stop the bike with your feet locked on. We set up camp and dug out the backpacks to carry to the shower truck. We found a one-hour wait in the sun for the showers. We decide to head back to hang out with Team Bob and have a soda then try the showers later. On the way past the stock barns, I noticed a rider using an outdoor (no door) shower in his cycling clothes. Hmmmm.. looked good to me, I'm not shy. I found out on TRIRI that modesty goes out the window on week-long tours. I got in one and tried it out. BRRRR...it was rrrrr rrr rather refreshing, but wet and removed the body salt. I decided to go for it and dunked my head under. Not bad after you get used to it. Definitely much warmer than nearly all showers I had on TRIRI (Indiana parks have cubed water in the showers).

**MORE EXCITEMENT FROM THE "GREAT OHIO BICYCLE ADVENTURE" NEXT MONTH—STAY TUNED!**

# EBC Bikewriter

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