



EBC Bikewriter

December 2006

The Evansville Bicycle Club Newsletter

Mountain Biking in New Harmonie State Park The Opportunity Has Arrived To Build A Mountain Bike Trail In Our Back Yard!

For all the mountain bike enthusiasts in the Evansville area, we have a fantastic trails close to home. Mike Hufhamd, Hoosier Mountain Bike Association (HMBA) President, contacted me months ago about the building of trails in Indiana. He wanted to know if there was interest in having a trail in New Harmonie State Park. My response was YES!!!!

Here's the low-down on what the HMBA has done, what they are trying to accomplish, and what they are looking for in the bike club and local mountain bike riders. John Bergman, Assistant Director of State Parks for the Indiana DNR, is pushing to get trails in state parks. They have built trails in Brown County State Park, Versailles State Park, and soon they will start on O'Bannon Woods, Potato Creek. "Trail building is a major part of what they do and DNR has depended on us to lead the way," and "In the past 7 years, they have spent approximately 1,000 hours per year building sustainable singletract to IMBA standards around the state," said Mike. He wants interested people to contact Jim Grey, Park Manager, at 812-682-4821 to tell him that you are interested in helping develop trails for mountain biking. Mike will help train the most interested members, and individuals on proper trail building techniques. Call Mike for details at 317-691-2347 (his cell phone).

Web links of interest: <http://www.imba.com>

Check out the trail building www.imba.com/resources/trail_building/index.html
(underscore between trail and building)

I will have a list at club rides and the banquet for people who are interested in helping develop trails in New Harmonie State Park.

Respectfully Submitted,
Darlene Wefel



Starting in December and once ever month, we will have a Saturday ride in Henderson. It will start at the Henderson high school. If the parking lot happens to be full at the high school, there is plenty of parking east of the high school in the shopping mall parking lot. There will be 24, 34, and 47 mile options. All three have a store at the 6.3 mile mark in Zion. The 34-mile route marked by Janet Robertson and her cohorts has a store at the 15.5-mile mark in Niagara. The 47-mile course has a general store in Hepardeville at the 27-mile mark. At the end, there is a Subway and other options for food and drink for those few who wish to ride the afternoon ride as well. The marks are white circles with HC in center.

Bob Willett

Finishing Sam's Ride

by Diane Holland

This past Sunday, I decided to "Finish Sam's Ride" along with about 50 other riders. I decided to meet up with my Tri State Athletic Club friends. We met at Fifth Third Bank next to the 4 H Center and piled into two big vans with our bikes. The vans drove us to the site where Sam's ride had ended that sad day. On the way there, I sat next to a girl, Elaine Tietz. I told her I remembered registering her the day of the GPM. She also remembered me, and how I had made a comment about her jersey. We had fun talking and getting acquainted. I asked her how she knew this TSAC group, she said, she really didn't but she had ridden with Sam, Bob, and Randy VanWynsberghe. the day of The Great Pumpkin Metric. The three of them were TSAC athletes...as a group, we swim some, bike some and run together...as it fits our life's schedules. Since she had been with them that day, she decided to join them again in honoring Sam.

She told me that she had written an article detailing that day from her point of view (by now most of you have probably read her article in the Nov. EBC newsletter). She had a really cool choker/necklace on, it was a silver triangle with triathlete on a leather strap. She said she designed the logo for the YMCA's triathlon and made the necklace. Elaine is a silver smith! She trains at the YMCA and did her first triathlon with them this past August at Blue Grass. We had a lot in common and a lot to talk about. I told her I definitely wanted one of her necklaces.

Well, we finally arrived, unloaded all our bikes, gathered at the site, where there was a beautiful sign, made for Sam. It's a symbol of a bike, with a rider on it, with a yellow jersey, (like he wore that day). It also has his name on it and beautiful flowers on each side. About 50 riders has shown up, we gathered on our bikes and Randy V. started by saying a few words until he could no longer speak. Jim Bush stepped up to continue until he too got choked up. His wife, Lee Ann, put her arm around him and finished. We all stood in silence. Randy finally spoke up and said, "Let's finish this ride"! Off we went.

It was a perfect day for riding, sunny, cool, little wind. We rode in a big group for awhile, but as it inevitably happens, we split into smaller groups of riders who ride the same pace. I ended up riding next to Elaine for quite awhile. Ron Pendley and Larry Woods caught up to us, so it was the four of us for a long time. I was next to Larry and Elaine was next to Ron. We were riding, laughing, talking, reminiscing about Sam. As we took a left turn down a hill, suddenly everything changed.

I was right behind Larry, down in my aero position, doing like 35 mph, when I heard, crash, boom, crash! I feared the worst. Against my better judgment, I turned my head to look back, all I saw was Elaine and her bike flipping in the air. I locked up my brakes, yelled for Larry to stop, repeatedly until he heard me. I got off my bike, and ran back up the long hill to Elaine. Ron was picking up her bike from the middle of the road, she was off to the side, on her back, starring at the sky. I picked up her hand and asked her if she was ok, and could she hear me? She was coherent. I kept reassuring her that everything would be ok. Luckily, I had my cell, I called 911. The owner of the house, who's gravel driveway we were in, came out I had him tell the ambulance where we were. Elaine had pretty bad road rash and her back and right side hurt. Her bike was fried!

Little by little, more riders came upon us...no one could believe what they saw. Another wreck. Unbelievable. Elaine felt awful, how could she have wrecked on Sam's ride?? I told her "Hey it's not like you did it on purpose!" Elaine said, she remembers looking left at Ron's bike, and as she did, she veered a little too far to the right into the gravel driveway. When she tried to pull out of it, she lost control, as she was probably doing 25 mph downhill. That's all it took.

Soon, Mark and Holly Vickers (both Doc's) came along and checked Elaine out. They were confident that she'd be ok, but we shouldn't move her because her back hurt and any deep breathing was painful. Before you knew it all the riders had gathered, bikes in the grass and everyone waiting together for the ambulance. Although she was not an EBC member or a TSAC member, we were all there with her and I know she took

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comfort in that. I held her hand the whole while. She had me call her husband to tell him to meet her at St. Mary's. The ambulance and fire dept finally arrived! They wanted identification; she had it! She wrote about this in her article, how ironic. Next the fire fighters picked her up on a stretcher, her right side was bloody and swollen. They put her in the ambulance I yelled "Good-bye", she yelled "Thank-you!" and off they went.

Since then, I have been in touch with Elaine. Called her that same Sunday night...she was in good spirits but having trouble breathing. She said they were going to put a tube in her side to help drain out liquid that was accumulating due to her lung partially collapsing! Went to visit her in the hospital a few days later...she had 5 broken ribs #3, 5, 6, 7, and 8! They were still draining the lung. She didn't know when she'd be getting out. We talked about how one minute you're riding along, enjoying life and the next minute it all changes. As I left, she gave me a gift, one of her cool choker's! It has a cyclist on it! I love it. She also told me her husband bought her a brand new bike! So I guess good does come from bad. She said she will definitely ride again, but not for awhile. Elaine seemed to be doing ok, but in pain due to the ribs.

As of today, Saturday Nov. 4, she is still at St. Mary's! Hopefully to be released by Monday, but like Mark Oliver and other's who have been in cycling accidents...it'll be awhile before she back on the road again. If it's not too much to ask, even thought you don't know her personally, I thought it would show a lot if we could drop her a line to cheer her up... from one cyclist to another. We all know how hard it is, NOT to be able to ride, when you love it. I know she'd appreciate getting the email!

elaine@ETSterling.com

Directions to January EBC Banquet

Cambridge Golf Club
1034 Beacon Hill Drive
Evansville, In. 4772

Go North on Hwy 41 to the next right after Baseline Road (there is a light at Baseline) Volkman Road. Less than a mile on your left is the drive for Cambridge Golf Club. Turn left and go straight up the hill to the club house.

When leaving in the evening turn right on Volkman off the property and take the first left (Korff Rd.) follow it to Baseline and go right to get back to Highway 41.(There is not a light at Volkman Rd. & 41 so one may have a problem going left on 41 from Volkman RD.)

TREK 5500 OCLV ROAD BIKE FOR SALE

This bike retailed for \$3,200 in 1992. I am selling it for \$800.
Never crashed, dropped, or even propped on anything that would scratch it
All cables and tires replaced earlier this year
The saddle and chain were replaced one year ago.

Frame size: 56cm

Total weight as shown in picture is 19lbs.
I challenge you to find a bike in better shape, OK maybe a new one.

For more information or additional pictures, email me at
toddler220@newwavecomm.net



Cold Weather — Still a Time to Ride

by Dave Ashworth

The time has changed and the temperature has dropped, do you mothball the bike and go into hibernation until next Spring. In the Evansville area it is still possible to continue to ride through most of the late Fall, Winter, and early Spring without sacrificing body parts to frost. There are ways to at least make most of the days somewhat tolerable. Notice I did not say comfortable, however the real hot and humid days in Summer are also not comfortable. The secret is layering of clothing that is designed to breath out the moisture generated by riding. Moisture in a lot of cases will be the cause of getting chilled. The first year that I decided to cold weather ride I bought only what I thought I absolutely needed to ride and then only after talking to those that rode regularly in the winter. This is what worked for me through that entire first winter.

- One good undershirt.
- One long sleeve winter jersey.
- One pair of arm warmers.
- One pair of leg warmers.
- One pair of tights w/o pad.
- One wind vest.
- One skull cap.
- One balaclava.
- One pair of winter shoe covers.
- One pair of lobsterclaw gloves.

I continued to wear my summer shorts for the padding.

This allowed me to ride in conditions as low as the upper 20's. The factor that forces additional clothing or even better gear would be the lack of sunshine and wind. Sunshine will usually make it feel at least 10 degrees warmer.

Last Saturday, three of us rode a century during which the high for the day was 41 degrees. The sun never came out and except for the wind the day wasn't that bad. I was wearing basically the same outfit as outlined above with the exception of the lobster-claw gloves. I have found that my hands will get too hot in those if the temperature is above the mid 30's, so I opted for full fingered gloves.

The other thing that I do is control my exertion level in that I will not push as hard in cold weather as I would during warm weather. Personally, I do not want to breathe as deep in cold weather since I am a mouth breather when riding and I feel that I chill and dry my lungs and also I want to avoid sweating.

One of the criteria someone told me a long time ago was if you are comfortable standing by your bike before a winter ride you have too much clothing on. I have found that this for the most part is true. Hope to see many of you out this winter.

"THERE COMES A MOMENT, USUALLY IN THE MIDDLE OF A RIDE, WHEN THE body takes over for the mind, when the pain goes away, when the effort pushes itself, even in a horrific climb, past the point of caring to an alpha state, a state of grace, the center of the rider's very being, a place where the bike becomes an extension of the self and the ride simply exists as a moment in the universe. The anguish disappears and the soul carries the bike forward toward the summit, the finish, the feed station in the distance, the next turn in a series of never-ending turns."

—Greg Moody, *Dead Air*

2006-07 HEATING ADVICE TO STAY SAFE AND SNUG AND SAVE MONEY

When we heat our homes, we pay for costly fuel. And heating increases the risks of fire, explosion and carbon monoxide poisoning. But a heating system that works better can mean more warmth, more safety -- and more money left for other things.

The Evansville-Vanderburgh County Building Commission, Evansville Fire Department, Vanderburgh County township fire departments, Southwest Indiana Disaster Resistant Community Corp., American Red Cross, Vectren Corp. and your local heating and air conditioning contractors want to alert the citizens of our city and the five counties of Southwestern Indiana to the dangers of carbon monoxide poisoning, fire or explosion from a malfunctioning furnace, a blocked flue or chimney, a broken gas line or inadequate air for combustion.

There could be hidden damage to your furnace, gas piping, flue or chimney. We are recommending that all citizens have their furnaces, space heaters, ranges, water heaters, gas lines, chimneys, flues and other heating equipment checked by a licensed heating contractor without further delay. (You should do this every year.) You will protect yourself and your family this winter and also **save on heating bills**.

Carbon monoxide replaces the oxygen in the air we breathe when fuel-burning equipment is operating and the vent or chimney is obstructed or there is not enough air to let the equipment burn fuel efficiently. Carbon monoxide is odorless, colorless and tasteless and catches its victims unaware, sometimes as they sleep. If you suspect a carbon monoxide problem, leave your home and call 911 or your local fire department.

Families in Evansville and across the country have been killed by carbon monoxide poisoning, and many others have been made seriously ill. Symptoms may be similar to the flu. There may be fatigue and confusion. **That's if you're lucky: You may go to sleep and never wake up.**

Candle fires also have killed families. Be careful using candles during power outages and other times!

Help alert your family with carbon monoxide detectors and smoke detectors, available at all hardware stores, home centers and department stores. Regularly test detectors and change the batteries. While supplies last, the **Evansville Urban Enterprise Association** offers **free** carbon monoxide detectors and smoke detectors to residents of the Enterprise Zone and the service areas outside the zone; phone 426-2490.

For assistance to prepare your home, contact the **Community Action Program of Evansville (CAPE)** at 425-4241, extension 251, **Evansville Department of Metropolitan Development (DMD)** at 436-7823 or the **Handyman Program** at 464-7813.

CAPE handles the Indiana Weatherization Assistance Program in Vanderburgh, Posey and Gibson counties. (Every county in Indiana has an agency for the weatherization program.) CAPE will repair or replace faulty heating equipment. DMD will provide emergency furnace repairs for elderly residents who own their homes. CAPE and DMD have income limits. Handyman will change furnace filters, install smoke detectors and carbon monoxide detectors, make some windows and doors weathertight and pump out flooded basements. Handyman serves people ages 60 and older and disabled people of all ages

Also, **faith-based organizations** and **social agencies** may be able to help make your heating system safer and help with heating bills.

Submitted by Daniel Armstrong

EBC Bikewriter

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