



# EBC Bikewriter

April 2007

The Evansville Bicycle Club Newsletter

## Notes from the President's Corner by Darlene Wefel

March came in like a lion and, hopefully, it will go out like a lamb. With spring right around the corner many EBC members are trying to tune their bodies and bikes to prepare for the weather transition to prime cycling season. For years, I've joked about hills, wind, heat, and humidity being our friends and building character. What doesn't kill us makes us strong? Right? I put that theory to the test a week ago on my first ride of the year. It was 25° and 10-15 mph winds, and I had made up my mind that it was time to bite the bullet and just go. When I arrived at Castle, I was very happy to see I wasn't the only nut out there. There was Rusty, and he was kind enough to stay with me the entire ride. For me, the conversation about the future and past events, and the enjoyment of riding made the cold ride enjoyable. Thanks Rusty.

It's never too early to start thinking about the Great Pumpkin Metric, and Ann Pendley has taken it to heart. She has started contacting people and is gathering volunteers to work on the GPM. If you're interested, please contact Ann or me.

Check out the ride schedule. We are adding some training rides for the new cyclists who want to get up to speed on riding with a group, cyclists who want to work on skills, or other cyclists who just want someone to ride with. Our goal is to match these people with club members who will ride with them, coach them, and help them meet their goals as cyclist. If you are interested in working with some new riders, please get to the ride early so we have time to meet and welcome these new riders and match them up with club members.

Mark your calendars for April 21<sup>st</sup> the Tri-Fest Town & Country Bike Tour in Henderson, Kentucky. Pre-registered fee (before April 6<sup>th</sup>) \$15 day of ride \$20 enjoy 12, 36, or 62.6 miles of cycling. The ride proceeds benefit the American Red Cross. The festival runs April 20<sup>th</sup> through the 22<sup>nd</sup>. This is the 20<sup>th</sup> anniversary of the Henderson Lions Club Tri-Fest. Downtown will host food booths, entertainment, a carnival, and fun for the entire family.



River City Senior Games  
submitted by Steve Gerbig

The River City Senior Games are the local edition of the games organized by the National Senior Games Association - The Senior Olympics. These local games are held annually and allow senior athletes, age 50 or better, to get together and compete in a variety of sports with their peers in a spirit of fun and celebration of life.

Cycling is an integral part of the River City Senior Games. The cycling events will be held at the Dogtown boat ramp near the Westside of Evansville on Sunday, May 20<sup>th</sup>. at 8:00 a.m. Headquarters for the events will be the parking lot of the Dogtown boat ramp, while the course itself is on a 6+ mile loop across the railroad tracks in the heart of the river bottoms. Events include 5 km and 10 km time trials and a 20 km road race. Age groups are divided into 5-year classes. More information regarding registration will be available at [www.swirca.org](http://www.swirca.org) as we get closer to the date.

Several EBC members have competed in recent years and give the games high scores for fun and sportsmanship. Others have declined, saying they were not in shape to compete. So what! You'll be riding with the same folks you ride with every week. The difference is that at the end of this ride, you might win a beautiful medal for beating the likes of Archie, Gary, Bobbie or Ron. The games are also open to the ladies. In recent times, feminine participation has been minimal and some years non-existent. Let's change that this year.

After the races, many of the competitors get together and ride the length of Old Henderson road and swap lies about how they pulled the pack around the course during the race. Come on out and have a great time.

Hello Everyone!

The 2007 Cycling season has begun and I know we are all anxious for the weather to turn so we can RIDE!

I'm sending this email to let everyone know about an AWESOME meeting that happened Tuesday night. A group of us got together to start the planning and implementation of the Great Metric Pumpkin (GMP) that the EBC puts on in October. I had no idea how much needs to be coordinated to achieve this event. We need and want your &/or your families HELP!!! Even a little bit of your time or assistance would be greatly appreciated and would go a long way. If you can HELP, please email [aappendley44@yahoo.com](mailto:aappendley44@yahoo.com) with "yes, I/we'd like to HELP", and I'll follow up with you.

I look forward to hearing from you!  
Cheers,  
Ann Russell-Pendley

Why support and help with the GMP?  
The GMP brings in riders from all over and allows the EBC to give soooo much back to the community.



# Train the Engine

By Matt Barker

“How do I get faster?” I hear this question a lot. Sometimes it is worded or asked differently, yet it still is basically the same question.

I will tell you a secret; no it is not that I know where to get the good dope. The secret is not that the century of centuries club guys are more than a little nuts. It is not even that Enmark is a real spiffy guy.

No the secret to getting faster is riding more! I know that it is hard to believe that if you ride more you will become a faster rider, but it is the truth. I will attempt to explain.

“Where do I glean such wisdom from?” A friend of mine is real good friends with Saul Rasin of Credit Agricole. Saul called my buddy and they talked about the training camp the team held in the south of France this year. The last week of the camp, they rode thirty one hours for the week. That is for the week not the month; that averages out to about 4:30 a day. I certainly can site other examples of the amount of miles the big boys are putting in.

“What about these coaches who charge you to make you fast?” I know there are some people out there who need some one to tell them what to do everyday and how to do it. Those kinds of personalities would benefit from having a coach; the rest of us just need some sort of plan to follow and listen to our bodies.

“Where do I get this mystical plan?” Here is a problem that has too many answers. If you ask ten different riders what a good plan is I am sure that you will probably get ten different answers. Every issue of Bicycling magazine has articles telling you how to become a better rider. There are plenty of “Coaches” who will take your money and give you some plan to follow. In short there is just too much information out there.

I would suggest two good books that gave out basic plans for free. Greg Lemond’s book and Eddie B’s book; both go over the basics and you will learn a lot from reading them.

“What about Lance’s coach?” I have read the book and he holds some things back; can you blame the guy he makes his living getting people to spend money on his coaching system.

“What are the basics?” In simple terms TIME and MILES; sounds easy and it is. The basics have not changed much over the last twenty years. Sure everyone is limited by their genes, but other than that all other factors are under your control. I know some will they have family and no time, yet this is still under their control. If you want to do something bad enough you can find a way to do it.

To close this up in a simple statement a rider who trains fifteen hours a week will almost always be faster than the one who only trains ten. That is the way it is and that is the way it will be in ten years. It does not matter if you have the latest power meter for your bike or the lightest wheels on earth. You **MUST** train the engine.

See you on the road.

## 2006 Evansville Bicycle Club Award Recipients

2006 junior division (250 or more miles): Audrey, Brett and Brock Weyer , Aleks Kuchenbrod and Ashley Whitaker

Male and over all club mileage: Rusty Yeager      Female high club mileage: Diana Holland

Commuting Mileage: Matt Barker

Century Award: Rusty Yeager

Special Recognition Centuries: Jim Niethammer

Rookie of the Year: Patti Silke

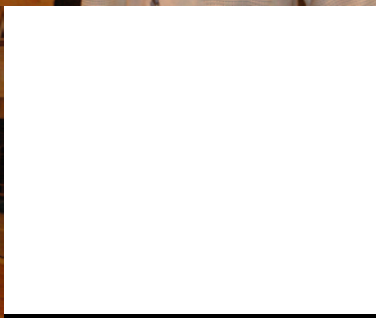
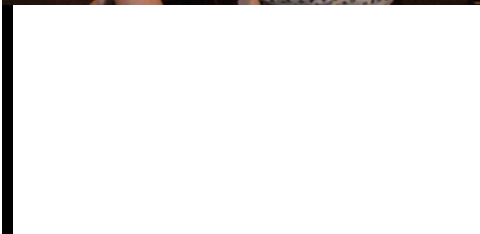
Ride Host of the Year: Faye Carter

League of American Bicyclists Volunteer of the Year: Mark Oliver

Lonely Hearts Club Award: Lori Yeager

Runners up: Sherrie Niethammer, and Greg Holland

## Banquet Pictures--more to come



## **It's Just a Bike Ride** **by Steve Gerbig**

Last year, I reported on my experience working RAAM Time Station 40 in Indianapolis. At the time, I said that having RAAM be a part of my life in the future was definitely something I wanted. What I thought would really be neat was to do RAAM as a team competitor. Now, after months of work, it looks like it's going to happen.

Race Across America (RAAM) is a brutal beast of a race for the solo participants. Cyclists leave the west coast and head for the Atlantic Ocean. It's a time trial (no drafting), and the clock never stops. Riders push themselves way past exhaustion. Most ride the first 48 hours without getting off the bike, then steal two to three hours of sleep each day. They'll ride 300 to 400 miles a day until they complete the 3000 mile trek. The record average speed for solo riders is "only" 15+ mph. This was set by Pete Penseyeres more than twenty years ago. Since then, the best ultra-marathon cyclists in the world have taken their best shot at this record, but it still stands.

Team RAAM is different. Teams can be made up of 2, 4 or 8 riders. There are lots of different classes also: Men, women, mixed, corporate, age group etc. The four-and-eight-man senior teams are generally the fastest. These teams have averaged over 23 mph for the entire 3000 miles. Last year's winner, Vail-Beaver Creek was a four-man team made up of professional mountain bikers from Colorado. Five minutes behind them was Team Type I, an eight person team made up entirely of Type I Diabetes patients.

My team will consist of four guys whose ages total at least 240 years. They are: Dave Tanner, a PhD who works in the Human Performance Lab and is on the faculty at Indiana University. Dave completed solo RAAM in 1989. Since then, he's busied himself competing in Hawaii Ironman, the Western States 100 (foot race) and recently won a medal at the World Senior Swimming Championships. During his college days, Dave swam for IU along side another fairly well-known swimmer: Mark Spitz. After graduation, Dave worked for fabled IU swim coach Doc Counsellman. Next is Dick Rupp, a retired cardiologist who currently lives in Angola (Ft. Wayne area) IN. Dick is the defending age group champion in the UMCA's John Marino Competition, the year-long series of ultra-marathon races. Dick also holds numerous age group records with the most recent being 391 miles in 24 hours—non-drafting—established in Sebring, FL in February. The last to join our team was Drew Clark. Drew is a relative newcomer to ultra-marathon cycling and currently holds the state crossing records, west to east, for both Illinois and Indiana. Drew is a retired high school math teacher.

Over the next few months we'll be training hard, fund-raising, publicizing and looking for those elusive sponsorship dollars. I'll keep you abreast of what's going on. What I'd really like to see though, is some EBCers meet the Hoosiers as we pass through Indiana over Father's Day weekend next June. The route is very similar to RAIN. Come up and ride the course as a warm-up for the following month.

For more information, see [www.raceacrossamerica.org](http://www.raceacrossamerica.org) and [www.ultracycling.com](http://www.ultracycling.com).

Thanks in advance for all your wonderful support.

# EBC Bikewriter

P.O. Box 15517  
Evansville, IN 47716

EBC Web Page: <http://evansvillebicycleclub.googlepages.com/>  
Submit articles: [bicycling\\_chick@bellsouth.net](mailto:bicycling_chick@bellsouth.net)

## The Evansville Bicycle Club, Inc.

New Membership and Renewal Application 2007

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: Dave Ashworth  
613 Vernonwood Ct  
Evansville, IN 47712  
Email: [d.ashworth@insightbb.com](mailto:d.ashworth@insightbb.com)

<b>President</b>	Darlene Wefel	(812-490-0686)
<b>VP</b>	Terrell Maurer	(812-479-1113)
<b>Secretary</b>	Linda Clemmer	(812-568-5097)
<b>Treasurer</b>	Bob Willett	(270-836-3546)
<b>Membership</b>	Dave Ashworth	(812-426-2489)

<b>Statistician</b>	Rusty Yeager	(812-402-1787)
<b>Website</b>	Bob Wefel	(812-490-0686)
<b>Touring</b>	Jay Vercellotti	(812-867-7549)
<b>Newsletter</b>	Faye Carter	(270-821-2143)
<b>Publicity</b>	Ann Russell	