



EBC Bikewriter

August 2007

The Evansville Bicycle Club Newsletter

Notes from the President's Corner

By Darlene Wefel

I can't believe how wonderful it has been this month for cycling. Normally July is one of the hottest months of the year, but this year is the exception to the rule. Will we pay for this nice weather in August?

Mark your calendars for August 25th the St. Mary's Kids Safety and Bicycle Rodeo. We need 25-30 club members to work the rodeo. Please be there by 8:45 and the rodeo will be over by noon. St. Mary's is expecting a much bigger turn-out than last year. Last year, 250 children went through the course. This year, they are anticipating 400-600 children. St. Mary's is having a coloring contest for children in Evansville/Vanderburgh schools and Parochial schools. Flyers have been sent home with children; posters and flyers can be found in Kohl's and other businesses around Evansville. Show your support for kids safety, and cycling by working and attending this event. Club miles will be awarded for those working.

The Make A Difference give away of 125 bikes in June was truly amazing. Ann Pendley, Paul Jensen, Dan Armstrong, Linda Clemmer, Lance Farr, Randy Silke and I along with former member Ann (? forgive me for forgetting her last name, senior moment on my part) pumped tires, fitted helmets, showed the safety video and had a wonderful time watching the kids receive their new bikes. A truly wonderful program based on the child's participation, attendance at schools, and behavior. What a fantastic program to be involved with.

The other day, I was reading Road Bike Action Magazine, and came across an article written by Zapata Espinoza "Zap's Column". This article involved a lunch time ride in San Fransisquito Canyon, a driver who thought cyclists should not be on the road, and the confrontation that ensued. It's too long to include in this newsletter if you're interested in reading it let me know and I'll get it to you. Check out the web site www.roadbikeaction.com

Don't forget to sign up to work the Great Pumpkin Metric on October 7th. Lots of openings still available, we need volunteers to work rest stops, parking, cooking, setting up registration, sag support, and many other jobs. Remember, that if this is your first year with the EBC you should be out there riding. Otherwise you should be working the day of the ride. Remember that if you want to ride the day of the GPM there are jobs available such as marking the route, cooking pasta the day before, working registration, or cleaning up afterwards that will allow you time to ride. Contact Rusty Yeager, Gary Gardner, Ann Pendley, or myself. More to come next issue.

Hope to see you all out there on the road.

Ride Safe



**The Indiana Bicycle Coalition needs your help with its
SHARE THE ROAD AWARENESS SIGN
for
Southwestern Indiana!**



Please sponsor one "SHARE THE ROAD" sign for \$50.

Our Goal is 100 Signs Up This Year.

**Make checks payable & mail by August 15, 2008 to:
Share the Road SW Indiana
PO Box 14511
Evansville, IN 47711**

**For more information contact:
Chris Hancock, IBC Director (317) 466-9701 or 1-800-BIKE110
or locally (812) 401-4249**

Please Pass It On !!!



WELCOME NEW MEMBERS

Andrea Klotz

Jim Tolen

Shelley Mays

Ben Redden

Allen & Michelle Walker



A Notable Quote:

"There are a lot of people with expectations that U.S. cycling will be come a big sport like it is in Europe. But you have to be realistic. I don't care what American football does, it isn't going to be as big in Europe as it is in the U.S. People grow up with a sport—that's what makes it big. That's what has to happen with cycling in the U.S. "

—Greg LeMond



Vandalia Freedom Tour by Charlie Miller

I can't think of a better way to celebrate our nation's birthday than with a good bike ride, and the Optimist Club of Vandalia, Ohio puts on a great one. I've been doing the Vandalia Freedom Tour every 4th of July since 1997, and rain or shine, I've always enjoyed it. It is a low-cost metric century that doesn't skimp on the extras. The \$20.00 entry fee gets you a lot more than a great ride with sag support. It includes a colorful tee shirt, a great lunch, and a water bottle. Riders are also given a chance for some great door prizes. Thanks to their sponsors, the Optimists are able to do this every year and still raise money to support local youth groups and juvenile diabetes.


The day started bad for me though. Vandalia is about a 1 $\frac{1}{2}$ hour drive from my home. I wanted to be on the road by 6:00 AM. I slept in until 6:25. A quick shower and dress had me on the road by 7:00, but I didn't arrive until 8:30. I knew all the century riders had already left and the few riders still milling around the parking lot were there for the $\frac{1}{2}$ century or the 10 mile family fun ride. The weather forecast was for rain and, although the sky was cloudy, it didn't look threatening. It was cool with a stiff breeze as I took the first pedal strokes of my bike adventure.

The ride begins on some gently rolling neighborhood roads. At about the 3-mile mark, we crossed US 40 and enter Englewood Reserve. For the next six miles, we rode on a beautiful forest-lined road through a Metro Park. Upon entering the Reserve, we began a long decent to the lowest elevation on the ride. The first rest stop was located at the bottom of the hill, next to Aullwood Lake at the 7.5 mile mark. It was then I realized, in my haste to start the ride, I left both my water bottles in my truck. A quick check of the ride map showed 5 rest stops on the long route. With water available every 10 miles I could still do it!

Leaving this rest stop began the first of only two big hill climbs on the ride. It was a $\frac{3}{4}$ mile gradual climb with a short, steep section in the middle that got me standing on the pedals. At the top of the climb, we exited the park and began an almost flat ride on country roads and through quiet neighborhoods. The highway gods were also favorable to us as many of the roads had been newly paved. Some so new they were not stripped yet. When I came to the split between the 50K and 100K routes my suspicions were confirmed. The few riders I saw on the roads all took the shorter loop. I was the only one to turn for the 100K route. But I got into a good rhythm on the smooth, flat roads and soon found myself clipping along at 18 to 20 MPH.

The second rest stop offered water which I couldn't afford to pass up. I also caught up with a large group of riders. I had a banana and several glasses of water and set off again. I couldn't believe how easy it was to maintain a 20+ MPH speed, and I was thankful for the cloudy day to keep me cool so I didn't get too thirsty. The third rest stop at 32 miles was at Eldean

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[Continued from Page 3] Vandalia Freedom Tour

Covered Bridge. This historic covered bridge is located in a small roadside park and had always been limited to foot traffic in past years. But it has been rebuilt since last year and traffic can now drive across it again. When I left the park, I rode my bike across the bridge.

Unfortunately the "Winds of Fortune" were about to change for me, literally! After leaving the third rest stop, I started the leg back toward Vandalia. That is when I discovered that stiff morning breeze was actually a great tail wind pushing me along for the first 32 miles. Now, I was heading into its teeth for the return leg. My speed dropped from the easy 20 MPH I was enjoying as I struggled to maintain 14 MPH. To make matters worse I missed the 4th rest stop and my needed water. At about 45 miles, the sky cleared and the sun came out to warm things up, but the wind was still my constant companion as I struggled against it. At 50 miles, I started to worry. What little saliva I had left was like paste in my mouth and I was unsure how far the last rest stop was. Just then I saw a sag truck ahead picking up a couple of riders who experienced some mechanical problems that ended their ride. I pulled up and asked the support guy if he had any water. He didn't, but the rider who was being helped offered me his water bottle which was still full of cold water from the last rest stop. He told me to keep the bottle which I gratefully accepted. The 5th rest stop turned out to be only 5 miles further up the road, and at this point, I was very thankful to finally turn out of the head wind for the last 7 miles.

Shortly after leaving the last rest stop, we began a really great, long, down hill. The road then leveled off for about another mile of easy riding. But shortly before the end of the ride was the second big climb of the day. It was another long, stair-stepped climb back out of that valley we just enjoyed screaming down into. At the top of the hill, we used a short section of bike trail to cross over Interstate I-75 and back into Vandalia. A few final miles on local neighborhood streets brought us back to the ride start.

I signed in letting them know I got back safe and went to enjoy the ride lunch. They offered Domino's Pizza and turkey subs from Subway. There were also Subway chocolate chip cookies and pre-packaged apple slices, grape and walnut fruit cups with yogurt for dipping from McDonalds. One good thing about being in the last group of riders is having as much food as you could eat being pushed on you. Most of the riders were already gone and there was still a bunch of food left. They were encouraging seconds, and even thirds to those remaining riders. I ate my fill and went to check what door prize I won this year. Just like last year, my name was not listed among the winners. I loaded my bike into my truck and began the trip back home to Cincinnati. That is when the promised rains finally came. It was a great way to end my 62-mile bike odyssey!

EBC Bikewriter

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EBC Web Page: <http://evansvillebicycleclub.googlepages.com/>
Submit articles: 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.

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