



# EBC Bikewriter

September 2007

The Evansville Bicycle Club Newsletter

## Notes from the President's Corner

By Darlene Wefel

Did I cause this unbearable heat wave by mentioning what a mild July we had? I hope not! In the last two weeks, I've done the evening club ride three times when the temperature has been above 100 degrees. Maybe by the time this newsletter is published, we will have some nicer weather to ride in. There are so many things going on it's hard to figure out which one is the most important.

I guess the top of the list should be the Great Pumpkin Metric October 7<sup>th</sup>. We still need many more members to volunteer to help. Only a handful of people have stepped forward to support their club. The general rule is that if you are a new member you should ride the GPM to see what it's all about. Otherwise, you are expected to work. If you're wanting to ride the day of the GPM, there is work that needs to be done before the day of the ride. The route needs to be marked about two weeks before the ride (contact Rusty,) work the day before cooking pasta (contact Ronnie Lee,) help the day before setting up tents, and picking up supplies (contact Mark Oliver), and a couple of registration helpers can work until 10:00 and ride afterwards (contact Rusty), and last option is to ride early and help Ronnie Lee after you get back. Remember that this is your club and every rider reaps the benefit from this ride.

I was privileged to meet the new Director of the Indiana Bicycle Coalition, Chris Hancock. Chris will be an asset to this organization. He's enthusiastic, energetic, and has lots of ideas as to what direction IBC should be moving to support all riders and help develop Indiana into a bicycle friendly state. Check out the new web site [www.bicycleindiana.org](http://www.bicycleindiana.org) and contact Chris at [chancock@bicycleindiana.org](mailto:chancock@bicycleindiana.org)

When Chris was in Evansville a few weeks ago, he met with a group of people in Evansville who are trying to start a bicycle advocacy. Chris suggested that we may want to form a satellite group for the IBC, which makes lots of sense. I explained that we feel like step-children here and that it is hard for us to justify 6+ hours of driving to attend a meeting when we feel that we gain nothing from it. Let him know how you feel about having a satellite group here.

Last but not least, the Share-the-Road campaign that Jim Brown started a couple of months ago has taken off. Jim met with the Evansville commissioners last week and got approval to put 40 Share the Road signs up in Vanderburgh county. I met with him the day before the meeting, and we reviewed some of the frequently used roads by our club. The next step is to approach Warrick, Posey, and Gibson counties. For the signs, we need to raise \$40 - 50 per sign. Maybe we should consider using some of the proceeds from the GPM for this purpose. It's something to think about, and it would benefit all riders.

Be safe, wear your helmets, and enjoy your ride.

Respectfully submitted,

Darlene Wefel, President



## California Wine Country Trip by Faye Carter

By now, most EBC members know that I won the TREK TRAVEL trip that Gilles gave away at the EBC banquet in January. I knew before the drawing that I wanted to do the California Wine Country week-end if I won. I decided to make that trip into my 2007 vacation by staying in San Francisco a few days and going to Arizona on the return trip.

I originally booked my TREK trip for June 8-10. I planned all my extra days in San Francisco and booked rooms in January. Near the end of March, I got a call from TREK travel canceling my June trip and telling me to pick one of the two dates in May due to low interest in their June trips. I really didn't want to do the trip in May since I'm a real slug in winter and don't spend much time on my bike until May. However, I did change to May 25- 27. I had to change my reservations for a hotel in San Francisco and my airline reservations. It took some creative scheduling to be in California for Memorial Day week-end using my free frequent flyer miles. I decided to do something special this time and use enough flyer miles to go first class.

I flew to San Francisco on Wednesday, May 23, and checked into the Maxwell Hotel. This was an older small hotel on Geary Street. From the internet, I figured it was not too far from the St Francis Westin where I was to meet up with the TREK Travel guides and start the trip. It turned out my hotel was one building away from the Westin. Luck was with me so I wouldn't have to roll my luggage very far at all on Friday.

I located a very nice place to eat on the corner called Max's on Geary. I had wonderful chicken salad on home-made bread with a salad. The sandwich was so large that I only ate one of the halves. I got the other half to go and took it out on the street to give to a homeless person. There were lots of homeless people so finding one was not a problem. I saw one guy holding a sign that said, "Will I lie? NO. I really want a beer." I laughed to myself when I saw that. I told him I didn't have beer, but I had a sandwich. He seemed happy to take the sandwich, but I'm sure he would have preferred a beer. I walked around Union Square and realized that I was right by Powell Street where one of the Trolley car lines does the turn around. I loved watching them manually turn the Trolleys and head back up the hill. On the corner, Bucket-man was set up playing his tunes on drums made of plastic buckets. He has been on the OPRA show and in Will Smith's movie *Pursuit of Happyness*.

By the way, people in San Francisco have to be physically fit. Walking up those hills just looking around is WORK. I did see a couple of cyclists going up some BIG hills. I re-defined my concept of a HILL.

On Thursday, I walked a few miles to the Ferry Building to meet up with the San Francisco tour that I had booked on-line before I left Kentucky. We spent the morning seeing all the usual tourist sites such as Lombard Street, Chinatown, the Presidio, Alamo square, Golden Gate Park and the Victorian homes. We drove across the Golden Gate Bridge to Sausalito. We stopped on the other side of the bridge to see the view. The fog prevented any really good pictures of the bridge that day. We stopped for lunch where I shared a pizza with another woman that was on the tour alone. After lunch, I met up with my second tour group of the day and went to Muir Woods for the afternoon. It's a large costal redwood forest that is actually a National Monument rather than a National Park. Seeing redwoods for the first time was an awe- inspiring experience to say the least. It brought tears to my eyes; it was so wonderful. We drove to Tiburon where we caught the ferry back to San Francisco.

### TREK Day 1 Bella Vineyards to Healdsburg

Friday morning, I walked to the Westin and met up with my Trek Travel guides Jon (a.k.a. Vic) and Mark. We had a nice bus ride with lots of small talk on the way to Bella Vineyards where our trip would begin. We had a nice picnic lunch at Bella which included wine tasting inside a cave. I am not a wine connoisseur by any means. I did think one wine was very good. They called it a dessert wine which I'm sure is why I liked it. I've never passed up dessert in my life. We sat around munching and talking while Jon and Mark were getting bikes ready for us. One of the women on The tour commented that I had a very nice bike waiting for me.

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**[Continued from Page 2] California Wine Country Trip**

That comment got my curiosity up since I thought all we all had the same bikes. We all headed down the hill to get ready to ride. I did have a very sweet bike waiting for me. I'd been upgraded from the 5.2 Madone WSD to the 5.9 Madone WSD OCLV. Jon said I got a free upgrade because I'd had my original travel plans canceled. I didn't have a problem with getting something FREE. I wasn't crazy about the powder-puff blue with white flowers, but you can't have everything when it's free.

About 2:30 p.m., we left Bella Vineyards to ride to Healdsburg via the Alexander Valley. We rode 28.5 miles past the Zichichi Family Vineyards, Murphy-Goode Winery, Robert Young Winery, the Jimtown Store and Simi Winery. There were two climbs on this day which seemed tough for me (and to others). The total elevation climbing this day was 1709 ft. It seemed very hot to me that afternoon which was what I expected for California.

That evening, we walked down the street to Barndiva Restaurant for dinner. I got a surprise when it got COLD while we were sitting outside for an hour of wine tasting before dinner. I borrowed a sweater to keep from shivering and was still cold when we went inside to eat. I had the spicy pork chop which was really good, but I was too tired to eat much of it by the time it arrived. Dinner lasted really late, and I left for my room as I was ready to fall sleep in my dinner plate. I'm not sure how long the others stayed up enjoying the wine and conversation.

I must mention the Hotel Healdsburg. This place was fabulous. The room was huge with hard wood floors, two queen beds loaded with fluffy bedding and pillows. The toiletries were from their spa and were soooooo nice. I fell in love with the verbena soap and shampoo. And, OH did I sleep well on that fluffy bed. One man in our group commented that he lost his wife in the fluffy bed. He evidently found her before we set off to ride the next morning.

**TREK Day 2 - Hotel Healdsburg to Guerneville Out and Back**

We met up at the bike stand outside the back entrance of the Hotel Healdsburg. Vic and Jon were busy making sure all our water bottles were filled with water or Gatorade. They had already checked the bikes over and put air in all our tires. To me, that's luxury. All we had to do was put our helmets on and take off riding. The first thing we passed was Hop Kiln Winery and the Porter Creek Winery. I have to admit that all the vineyards look alike to me. Some were large, some small, and some appeared to be in someone's front yard, but vines are vines and there were lots of them to see.

We had options of doing the short route of 35.8 miles or one of two optional loops. We could take the Mays Canyon Road loop to add 5.8 miles and have to climb a KILLER hill by all descriptions. One man said he was going to do that loop to see if he could actually climb that hill. I chose to take the Armstrong Woods extra miles which would add 5.9 miles. This route went the same as the others as far as Guerneville. Once there, I followed directions to Armstrong Woods State Reserve. This was 8000 acres of forest with 5000 of it being costal redwood trees. We were able to ride our bikes on a narrow paved road that went into the woods. I really enjoyed this much more than my tour to Muir Woods. I rode around in circles in the quiet, dimly-lit woods before I stopped and spent a while just looking up at the tall trees. I stopped at the park office and bought a few souvenir post cards and book marks before heading back toward town. I met up with the Trek group at the city park for a nice picnic lunch of pasta salad with chicken.

After lunch, we all headed back toward Healdsburg. Many stopped at wineries along the way for wine tasting. I preferred to just ride slow, stop to enjoy the views and take pictures. Total climbing elevation this day was 3900 ft in the 35.8 miles (total mileage was 41.7 since I did the Armstrong Woods additional miles). I had time to clean up and walk around town checking out the local shops before most of the other riders were back in town. At the FIDOUX store, I bought some California gourmet dog cookies to take home to my four-legged children. Dinner that evening was in a private room provided by the hotel with food from Charlie Palmer's Dry Creek Kitchen. There was a bar set up in the room complete with bartender. The menu was a choice of chicken with rice or salmon. The chicken and rice was superb with wonderful breads and choice of dessert. I had cheese cake for dessert. This entire meal was the kind of food I enjoy.

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[Continued from Page 3] California Wine Country Trip

**TREK Day 3 Yoakim Bridge Loop**

Most of us met around 6:30 a.m. for breakfast before meeting at the bikes at 7:30 a.m. It was a very chilly morning (low 50s) and I wore my jacket. Some riders had on tights, but I didn't bring any so just toughed it out in shorts. We did a loop that was gently rolling and easy for a quick morning ride. There was NO traffic at all. I never broke a sweat even wearing the jacket. The total climbing elevation was 900 ft in 19 miles.

We had to have our bags packed and outside our door before 11:30 a.m. Most of met for a second breakfast after the ride since we were back so early. After putting my bags out, I went walking around town. The town square by the hotel was filled with vendors selling antiques, collectables and junk (we call these flea markets at home, but not sure what it's called in CA). I looked around a while then went to the little grocery that was providing our lunch. I got an outdoor table right by the sidewalk with a good view of the town square and all the activities going on in town. I enjoyed people watching until time to eat lunch. I noticed a large number of people had their dogs with them at the flea market. California is definitely dog friendly.

We met our bus and headed back to San Francisco. For some reason, the driver took us over the bay bridge rather than the Golden Gate and the trip was a lot longer. I got to see a lot more of the area and didn't have any plans for the afternoon anyway. When I got back to my hotel, it was so COLD. I realized, I'd lost my one hooded zip-up sweatshirt and went looking for clothing. I found a Walgreen store that had fleece on sale and joined a long line of people trying to find warm clothing. I ended up finding a Good-Will store also to pick up a cheap pair of jeans. I was in luck and found a pair my size for \$2 then realized there was a half-price sale on everything. I went to a laundry and washed all my warm clothes and the new/used purchases. At the laundry, I had a long conversation with a man from Korean. It was a pleasant but rather one-sided conversation.

Monday morning, I caught the trolley to Fisherman's Wharf. I didn't see any seals there so walked on down to pier 39 to the aquarium. Later, I stopped to watch mimes that were painted totally silver. There are some interesting characters in San Francisco to say the least. I caught the trolley back to Powell Street and walked to my hotel. I called my cousin, Jim to get information about where I needed to go on the BART(Bay Area Rapid Transit) to get close to his home. I managed to get my ticket and make it to Union Station where my cousin's wife, Linda, was waiting to take me to their home. We spent the afternoon sitting on their patio talking about our family. I updated them on everyone they could remember that still lived in Kentucky. Their daughter, Elizabeth, arrived and we had a lovely dinner that Linda had prepared. She knew I was a picky eater so had fixed a chicken and pasta salad with home-made bread. I really hated to leave, but had to head back to San Francisco on the BART. The BART really goes fast, and I thought to myself that my ears hadn't felt like that since I went SCUBA diving years ago. That's when I realized that the BART wasn't just going through a tunnel; it actually went under part of the bay.

Tuesday morning, my California adventure came to an end. I rode a shuttle to the airport to fly to Tucson, Arizona where my sister was waiting for me. I spent a few days at her home in Sierra Vista before heading back to Kentucky.

Thanks again to GILLES Cycling for giving me the Trek week-end trip. I really enjoyed the Trek Travel adventure and visiting San Francisco. The Trek tour guides were excellent and both were a pleasure to be around. The hotel was awesome and food was great. I loved the Trek Madone WSD 5.9 bike. That bike fit me better than any I've ever ridden and was so light. It was geared so that hills were easy to climb. I have the Madone 5.9 WSD on my wish list. Now, if I could just win the \$500 Gilles card at the next banquet, the Madone might become a reality. ©

**The End**

# EBC Bikewriter

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## The Evansville Bicycle Club, Inc.

New Membership and Renewal Application 2007

Name \_\_\_\_\_ Age \_\_\_\_\_  
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Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
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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.

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