



EBC BIKEWRITER

The Evansville Bicycle Club Newsletter

January
2008

President's Page

Darlene Wefel - EBC President

Happy New Year! Don't miss Faye's Chili and Banana ride on January 1st at the Old Dam in Newburgh. It will be a great way to start the new year. I personally want to start the new year with an apology to Dan Krueger. I made a mistake last month and listed the wrong person as the Newsletter Editor. I'll put my mistake down to a senior moment...or blond moment...they both will work.

Another event to add to your calendar is the annual banquet on January 19th at Cambridge Golf Course Club House. This year Chris Hancock, the Director of the Indiana Bicycle Coalition, will be joining us. It will be a great opportunity to meet Chris and talk about our concerns for the southwestern part of the state.

New year, new goals, new resolutions, new challenges, and many of us are still working on old ones. What direction do you want to see EBC to head in 2008? This year I would like to see old and new members getting more involved in the club, and help the club reach it's full potential. We are looking into a complete redesign of the website, creating a message board, possibly an interactive calendar, and much more. Since the January meeting is the banquet and we conduct a limited business meeting I encourage all of you to attend the February meeting that will be held at the Newburgh Pizza Chef on the 14th @ 6:30 p.m. This meeting will cover the official club ride requirements for the year.

Since this is the first newsletter of the year I thought about what the word "new" means. According to The Merriam-Webster Dictionary it means not old; recent, modern; recently discovered, recognized, or learned about; unfamiliar; different from the former; not accustomed; beginning as a repetition of a previous act or thing; refreshed, regenerated; being in a position or place for the first time. This all relates to an article I recently read in Bicycling Magazine the January/February issue "New Year New You." by Bicycling Staff

1. Commuting, according to the article most Americans drive 29 miles every day. Instead of driving riding can save you more than \$1,000 in gas, burn 15 lbs worth of calories, and prevent 74 pounds of carbon monoxide from entering the atmosphere. Amazing!

2. Eating, if your bike ride takes less than 2 hours, there is no need to pack snacks. "you're not burning enough to warrant the extra calories." Eat complex carbohydrates with fiber and protine two-and-a half hours before riding. According to the article the ultimate on-bike snack is: potatoes, which are an abundant source of potassium, sodium, fluid, and carbohydrates. The article gives instructions on preparation and how to wrap them to eat while riding. (I'll make copies for anyone who wants one.)

3. Starting over, you have a clean slate, so anything that may have happened last year to keep you from riding like you wanted to - injury, parenthood, burnout, what ever-- was last year. It's time to come back. Find something to motivate you such as new gear, new jersey, etc. If your recovering from an injury follow this equation. The length of time to return to your previous condition should be double the time off the bike. If cycling caused the injury figure out what caused it and get it fixed.

4. Finding time. If you think ride time will simply appear during your day, you might as well put your bike on Craigslist. What ever you do make sure others will know you're busy. You make have to trade off child care times to make time to ride. Look for ways to make free time to cycle.

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President Page - (Con't from page 1)

5. **Weight Loss** (my big problem) According to dietitian Nanna Meyer decreasing your fat intake will automatically cut the number of calories since "fat has double the amount of calories of carbohydrates and protein, per gram. Beware of scale obsession. Weight should come off slowly- ½ to 1 pound per week. A 180 pound cyclist pedaling at a moderate pace for just one hour can zap as many as 830 calories.

6. **Style**, don't hitch a draft of someone you don't know without introducing yourself. Sitting back there mile after mile in silence is equivalent to plopping down at a stranger's table in a restaurant, eating off his plate and ignoring him.

7. **Climbing**, the most excruciating, soul-testing aspect of cycling also offers the greatest potential for beauty and euphoria. How fast you climb is determined by the power you put into the pedals, factoring in the weight you are forcing up the hill. To improve you must either decrease your weight, or raise your max sustainable climbing power- or both. Sitting uses less energy than standing, so stand sparingly. Breathing, most people tend to breathe from their shoulders. Walton says, use your diaphragm and breathe from your belly so you can really fill your lungs.

8. **Descending** is finding the mix of speed, stability, and maneuverability that result in the fastest safe way down.

9. **Balance**, scientist estimate that 20 percent of the fibers in your optic nerve are connected directly to balance center of the brain. What you see influences your sense of equilibrium. In the same way that staring at the horizon makes your body feel still so you don't get carsick, looking ahead on your bike will help you feel balanced and confident, while staring down at your wheel or an obstacle right in front of you bombards the brain with motion.

10. **Motivation** a big ride, like having a mortgage or raising kids, and be overwhelming when considered in its entirety. Focus on small, intermediate goals, or if that doesn't work distract yourself. During the final, hallucinogenic miles of an epic, dedicate each mile to someone: your spouse, your neighbor, with cancer, your pet, your other bike at home. Log every ride. There are multiple training benefits to this. The number-one way to guarantee that your butt meets the saddle is to map out a 30 minute loop for those occasions when you're short on time or can-do attitude.

I'm going to put some of these tips for a *New Year, New You* to use.

Respectfully Submitted,

Darlene Wefel

Notes from the Editor

I don't plan on taking up too much space so I will keep this short. First off, the December newsletter incorrectly listed "Danny Goodman" as the new EBC Newsletter editor. It should have been Dan Krueger ("Me"), which I found out about half way through the month.

Because of this late notification, I've been scrambling to get this out before I disappear for a conference in Chicago and then to Wisconsin for the holidays. I apologize if this looks a little messy. I will continue upgrading the appearance of the newsletter over time.

My goal for this newsletter is to make it something you will want to look through when it hits your mailbox. I'm not trying to reinvent the wheel.

I will always be looking for article submissions. Don't be afraid to write something up and send it to me (e-mail preferred). If possible, SEND PICTURES! The higher the resolution, the better.

As you are reading through this issue, please feel free to forward any comments or suggestions (good or bad) to me. I want to know how to make this better for you.

Sincerely,

Dan Krueger
yesman1000@hotmail.com



Indiana Bicycle Coalition
www.bicycleindiana.org

Mission: The mission of IBC is to create a bicycle friendly Indiana through Promotion, Education and Advocacy.

Membership begins at \$25.



League of American Bicyclists
www.bikeleague.org

Mission: To promote bicycling for fun, fitness and transportation and work through advocacy and education for a bicycle-friendly America.

Membership begins at \$35.

TRAVELS WITH THE TRAIL JUNKIE - by Charlie Miller

For many of us, there is that special one or two weeks each year we spend a lot of time thinking and plan about. It's our yearly vacation. For me, this year's summer hiatus to Wisconsin has been in the planning stage since 1998. That is when I first learned about the Elroy-Sparta Bike Trail. This 32-mile crushed limestone trail has the distinction of being the very first Rail-To-Trail in our nation. Along with the 400 Trail, the La Crosse Trail, and the Great River Trail, it links four connecting trails that form a 110-mile pathway through a bicyclist's heaven on earth. The Elroy-Sparta trail treats an estimated 60,000 cyclists each year. Considering Sparta is the largest town on the trail with a population of only 8,600, that's saying something. No matter where we went, all the folks we met in Wisconsin were friendly and happy to greet us.

My daughter, Kristy, and I began our trip on a Sunday morning in July, arriving in Wilton, WI around 6:00 PM. We camped at the **Tunnel Trail Campground** on SR 71, three miles east of town. I highly recommend this place for camping visitors. Each campsite is gorgeous with full water and electric hook-ups. There is a heated outdoor swimming pool and toddler wading pool. The showers and rest rooms are clean and modern. The camp office boasts a small store with items to meet most camping needs. One wall of the store is devoted to cyclists including tires, inner tubes, tools, patch kits, and air pumps. They also rent bikes and have a mechanic who handles most minor repairs.

The trail begins eleven miles east of the campground in the little town of Elroy. The Commons of Elroy feature a large parking area. Elroy Station is located here with a great gift shop and clean restroom facilities. **Jim's Trailside Deli and Ice Cream Parlor** sits just across the trail from the station where three bike trails converge. The 400 Trail runs east to the town of Reedsburg on the Baraboo River. The Elroy-Sparta trail heads west to Sparta. The Omaha Trail goes north to the village of Camp Douglas. It differs from the others because it is not state owned. This 13-mile paved trail is owned and maintained by Juneau County and features a covered bridge and an 875' long tunnel. This tunnel, along with the three located on the Elroy-Sparta trail, are the only trail tunnels in the state of Wisconsin.

The Elroy-Sparta trail is very smooth with a limestone screening. It seemed to be hard packed clay. I have been on road rides with paved surfaces much rougher than any portion of this trail. I rode my hybrid, but I think a road bike would do fine on this trail surface. After a day of riding the trail our bikes were covered with a fine limestone dust so I wouldn't recommend riding a high quality road bike.

The first section of Elroy-Sparta took us through a low wetlands area featuring scenic pastures and sandstone cliffs. This is the headwater of the Baraboo River and it snakes many



times beneath the trail bridges over the next six miles. Most of these bridges are the original wooden railroad structures built in the late 1800's with new wooden planking. The river forms small ponds and marshlands abound with plants and wildlife.

The village of Kendell is located on the trail six miles west of Elroy. Entering town, we saw the remains of a railroad roundhouse located in a small park to the north of the trail. The roundhouse once stored "pusher engines" used to help heavy freight trains navigate the inclines when needed. Kendell Station is the official trail headquarters of the Elroy-Sparta trail and features a gift shop, food service, a museum, and restroom

facilities. It is also the gateway to the first trail tunnel.

After leaving Kendell, we began three miles of slight upgrade to tunnel #1. There are upgrades on the approach to each end of tunnels #1 and #2, but no part of the trail has a grade steeper than 3%. You have to pedal a little bit to get to them, but it's all downhill coasting when you exit.

The tunnels on the trail are very dark, wet and chilly. They maintain a constant 55 degrees inside. On hot days, fog forms at the entrances. Tunnel #1 is quarter-mile long and carved

through solid rock bed. Because the tunnels are crowned with water flowing on both sides, bikes have to be walked single file through them. You also need a good flashlight. The walls and ceiling of this tunnel are very interesting with water seepage and mineral deposits. Upon leaving the West End of the tunnel, you begin a shallow down grade for the next five miles until you come to Wilton. You pass the **Tunnel Trail Campgrounds** on the trail's south side about 1.5 miles past the tunnel.

The town of Wilton has a nice restaurant and antique shop called **Gina's Pies Are Square**. It offered great pizza, wonderful sandwiches and homemade soups. Wilton features a campground of its own and the **Mid-Trail Motel**.

The location of Tunnel #2 is located 1.5 miles past Wilton and is a 0.25 miles long. This tunnel was dug through softer earth which could not support the weight of the hill. The narrowest of the three tunnels, the entire length is lined with brick and block through to prevent a cave in. There is a recess

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about every 20 yards in the north wall where workers would go if they were caught in the tunnel when a train came through.

The end of the downgrade from tunnel #2 brought us into Norwalk, the “black squirrel capitol for the world.” The little critters seemed to be everywhere. In town, you will find **Diamond Lil’s Saloon and Pizza Parlor** and another little restaurant right on the trail. There is a great little antique shop called **Treasures-on-the-Corner** where I bought a few items. Along the trail, you pass an interesting building that used to be the Norwalk Creamery, but now is defunct.

Leaving Norwalk, we began a four-mile upgrade to the final tunnel. The trail passes by several scenic views. There is a wonderful dairy farm to the south, a nice lake to the north and a long section of trail canopied overhead by mature trees. About a 0.5 miles before tunnel #3, we came to a small rest area with pit toilets, picnic tables, and an old-fashioned well water hand pump.

One of the original railroad watchmen shacks has been preserved and relocated to this area. The shacks were originally located at the tunnel entrances where men would work twelve-hour shifts during the winter months. Their job was to open and close massive wooden doors on each end of the tunnels. In the winter, these doors were closed to prevent ice from forming inside the tunnels. The shacks were equipped with telegraphs to let the workers know when a train was coming so the doors could be opened and closed as needed. The wooden doors are still used today for the same purpose. Across the trail from the rest area is a large stone flume built to divert melting snow and rainwater from flooding the tunnel.

After we left the rest area we began a 0.5 mile down grade to the last tunnel on the trail. At a length of 0.75 miles, Tunnel #3 is the longest and most interesting of all. Due to a natural spring located in the hill above the tunnel, it rains inside. Anyone who may melt would be advised to bring rain gear. It is carved through solid rock and took three years to complete. Sections of this tunnel are lined with block and brick, but for the most part it has natural rock walls similar to the first tunnel. Walking through this tunnel we turned on our flashlights once the glow from the entrance disappeared. It is unbelievable how dark it became. I could not see my hand inches from my face.

Exiting the tunnel, we continued the downgrade for the next nine miles. A few hundred feet past the west end of the tunnel, we came to an interesting gentleman’s home. He had capitalized on the trail by setting up several picnic tables and benches on his trailside property with a small booth where he sells ice cream, bottled water, soda, candy bars and flashlights. He is happy to sit and chat with you about the trail and area history. He will even bring out old photographs of the area from the early part of the last century.

Continuing on, we came to the steepest downgrade on the trail. It was a cool ride on a long, tree-canopied section of

trail. The land north and south of the trail steeply fell away to farms and pastures that offered views through the trees as we descended into Sparta. A few miles before reaching town, the trail leveled as we passed by some yellow sandstone cliffs. There is a state-maintained walk-in primitive camp area here with another well-water hand pump and a concrete trail bridge over I-90.

Sparta Station is the home of Sparta’s chamber of commerce and visitors welcome center. It is the point where the Elroy-Sparta Trail joins The La Crosse Trail and features a large parking area, modern rest rooms and a small gift shop. Relatively speaking, Sparta is a large city. There are many stores and restaurants in Sparta, including major fast food chains and Super Wal-Mart. We came across a beautiful 18-hole municipal golf course and visited the 30’ tall “Ben Biken” figure located in Sparta Park, the **Deke Slayton Space and Bicycle Museum** and **Choppers**, a 1950’s style drive up eatery that still uses carhops.

In addition to the Elroy-Sparta trail, we took a quick trip across the Mississippi River to ride the Root River Trail in Minnesota, and then down into Iowa to try out the Prairie Farmer Trail. The telling of this adventure will wait for another time. I mainly wanted to add Minnesota and Iowa to my list of states in which I’ve ridden my bike.

Back at the campground each night we enjoyed the usual camping experiences. We swam in the pool, toasted marshmallows over the campfire, made S’mores, and sat out

to enjoy the stars at night. Wisconsin skies are so clear you can still see the Milky Way as a bright band of stars across the heavens. We saw numerous satellites streaking across our nightly star fields and Kristy saw shooting stars for the first time in her life.

It was a wonderfully relaxing vacation that we hated to see end. Now it is time to start planning for next year’s biking adventure. I’ve begun to look for trails in the New England States.

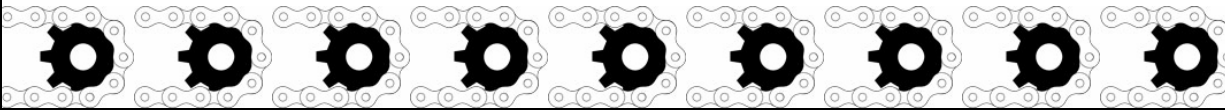
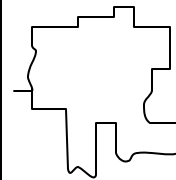
“Due to a natural spring located in the hill above the tunnel it rains inside. Anyone who may melt would be advised to bring rain gear.”



January 2008 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>New riders need to be ready to leave 30 minutes early and are encouraged to start with a "No Drop" or "Come Ride With Us" Ride.</i></p> <p><i>Helmets are mandatory.</i></p> <p><i>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</i></p> <p>http://evansvillebicycleclub.googlepages.com</p>		<p>1 <i>New Year's Day</i></p> <p>1:00 PM <u>Chili & Banana Ride</u> @ Old Dam Site, Newburgh 22 or 40 mi. Chili and banana bread. Hosts Faye Carter and Charlie Miller.</p>	<p>2 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>3 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 27 mi. Does Not Count as Club Mileage.</p>	4	<p>5 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>6 10:00 AM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 or 40 miles.</p> <p>2:00 PM <u>Come Ride With Us</u> @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>7 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>	<p>8 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>9 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>10 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 27 mi. Does Not Count as Club Mileage.</p>	<p>11 Directions to H.C. H.S. Take Pennyriple Pkwy to SR 351 exit go East (coming from Evansville go under Pennyriple) approximately 1/2 mi. to school on right.</p>	<p>12 9:30 AM & 1:00 PM @ <u>Henderson Co. High School</u> in Henderson, KY 24, 32, or 47 mi.</p>
<p>13 10:00 AM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 or 37 miles.</p> <p>2:00 PM <u>Come Ride With Us</u> @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	14	<p>15 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>16 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>17 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 27 mi. Does Not Count as Club Mileage.</p>	18	<p>19 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p> <p>5:30 PM <u>EBC Annual Club Banquet</u>—Cambridge Golf Club 1034 Beacon Hill Dr. Reservations Required.</p>
<p>20 10:00 AM @ <u>West Terrace School</u> (near USI), 19 or 33 miles.</p> <p>2:00 PM <u>Come Ride With Us</u> @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>21</p> <p>Stats?: Rusty Yeager ryeager@sigecon.net</p> <p>Newsletter?: Dan Krueger yesman1000@hotmail.com</p> <p>\$\$ = REGISTRATION FEE</p>	<p>22 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>23 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>24 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 27 mi. Does Not Count as Club Mileage.</p>	25	<p>26 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>27 10:00 AM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 or 35 miles.</p> <p>2:00 PM <u>Come Ride With Us</u> @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>28 Ride hosts welcome for <u>February and March</u></p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides@endlessvistas.com</p>	<p>29 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>30 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>31 9:00 AM @ <u>Old Dam Site</u>, Newburgh, 27 mi. Does Not Count as Club Mileage.</p>	<p style="text-align: center;">Join Elite Fitness</p> <p style="text-align: center;">Evansville Bicycle Club members <u>ONLY</u> with 300 club miles can join Elite Fitness for the 4 months of Nov., Dec., Jan., & Feb. for \$80. 858-8300 or 868-8650</p>	

Tour Director's Corner



Tour Director: Jay Vercellotti

Hosted Rides: As I mentioned last month, Faye, along with Charlie Miller, will be hosting the annual New Year's Day Chili and Banana ride. There's no better way to start the year than by getting yourself some club mileage on day 1! Let's all hope the weather is bearable and that we aren't all too beat up from the celebrations the night before.

Thursday Morning Rides: Last month, I wrote that the Thursday morning rides would count during the winter months. However, I wasn't actually at the meeting so I was filling in the gaps in my information and got it wrong. That's why I try to never miss a club meeting! The actual resolution was to remove the "Does not count as club mileage" disclaimer only for December 2007. The idea was that the issue needed more discussion and it was tabled for later. Since these kinds of issues aren't discussed at the banquet, which is our only meeting for January, that issue can be brought up again at the February meeting. There's been many heated arguments over the years about the ride schedule needing to be balanced between AM and PM and a few years ago it was decided that the numbers be equal through the course of a week. So, for January, there are three rides in the AM and three rides in the PM, with Thursday mornings not counted but listed. I have received emails supporting the December decision, but none against it. If you have any solutions for this problem, or have a generally strong opinion, then be sure to attend the February meeting.

Route Maps: For 2008, I want to get all our routes mapped so that everyone, especially new riders, can feel confident when riding an unfamiliar route. However, to get accurate cue sheets worked up, I would have to ride or drive almost every route we have, and then remember it well enough to map it out. If anyone thinks they know a route well enough to write down all the turns, then please email these to me. I don't need mileages, just the street/road names. The Bikely.com website will handle the rest. I also want to remind everyone of the routes that are already up on the bikely website:

Dogtown 43: <http://www.bikely.com/maps/bike-path/Dogtown-43>

Castle 35: <http://www.bikely.com/maps/bike-path/Castle-35-mi>

Dogtown 23 Out and Back: <http://www.bikely.com/maps/bike-path/Dogtown-23-Out-and-back>

Olmstead 33: <http://www.bikely.com/maps/bike-path/Olmstead-33-Mile>

As you can see, that is just barely scratching the surface. We have many more routes to add.

Evansville Bicycle Club – 2007 Club Mileage through 12/12/2007

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Ashworth, David	12/1/07		14	101	4146
2 Silke, Randy	6/1/08		4	120	4138
3 Holland, Diana	11/1/07		3	121	4051
4 Gardner, Gary 1	4/1/08	1	53	94	3817
5 Niethammer, Jim	12/1/07		53	75	3520
6 Maurer, Terrell	7/1/08			96	3252
7 Yeager, Rusty 1	6/1/08		30	55	3122
8 Conner, David	6/1/08		2	87	2896
9 Willett, Bobby 1	5/1/08		7	50	2808
10 Brandenberger, Marion 13	11/1/08			65	2741
11 Ashworth, Vicky	12/1/07		1	88	2709
12 Loehrlein, Colette	10/1/07		3	82	2604
13 Pendley, Kevin	9/1/07		8	66	2551
14 Nalley, Shane	9/1/07		9	71	2511
15 Pendley, Ron	6/1/07			76	2421
16 Johnson, Bill	7/1/08		5	56	2291
17 Williams, Mary	9/1/07			71	2258
18 Rold, Hope Jenkins	1/1/08			67	2237
19 Clemmer, Linda 3	11/1/07	1		50	2169
20 Myers, Dave 3	8/1/07	1		48	2103
21 Brouillard, Gene 2	5/1/08			58	2070
22 Barker, Matt	10/1/07		8	56	2021
23 Jensen, Paul	10/1/07		3	62	1984
24 Bies, Diane	6/1/08		1	70	1965
25 Demerly, Mike	7/1/07		10	50	1944
26 Robertson, Janet	2/1/08			51	1699
27 Lee, Ronnie	8/1/08			55	1690
28 Watson, Craig	7/1/08			50	1684
29 Carter, Archie	10/1/08		5	39	1644
30 Enmark, Dave	5/1/08		1	40	1269
31 Wefel, Darlene	11/1/07	2	2	40	1230
32 Pendley, Ann	9/1/07			40	1221
33 Vercellotti, Jay	11/1/07		2	31	1187
34 Jones, Cindy	12/1/07		1	39	1114
35 Deputy, Brian	6/1/08		1	32	1080
36 Brindle, Matt	5/1/08		2	32	1064
37 May, Dan	8/1/07			38	1005
38 Janowski, Robert	7/1/08			36	1004
39 Gardner, Opal	4/1/08	1		28	984
40 Krueger, Dan	6/1/08		3	32	980
41 Bohler, Nick	3/1/08		3	22	916
42 Boren, Mike	3/1/08			34	881
43 Miller, Charles	3/1/08			14	856
44 Carter, Faye 3	1/1/08	1		13	818
45 Seger, Khris	3/1/08		3	18	813
46 Neighbors, Darius	11/1/07			24	752
47 Long, Nathan	5/1/08		3	21	710
48 Pollock, Chris	4/1/08		6	18	707
49 Gerbig, Steve	11/1/07		23	12	684
50 Leader, Caron	3/1/08			26	682
51 Roeder, Greg	12/1/07			24	595
52 Farr, Lance	7/1/08		2	10	580
53 Jones, Curt D.	12/1/07			16	548
54 Slaughter, Sam	10/1/08			19	518
55 Kuchenbrod, Kelly	6/1/08			21	516
56 Halsey, Craig	6/1/08			19	484
57 Buchta, Jane	9/1/08	1		14	437
58 Woods, Larry	4/1/08			12	393
59 Heng, David	12/1/08			13	380
60 Alexander, Cinda	6/1/08			13	373
61 Neff, Ward	11/1/08		1	4	350
62 Kuchenbrod, Aleks	6/1/08			13	329
63 Whittaker, Ashley	4/1/08	1		14	327
64 Weyer, Keith	2/1/08			15	321
65 Goldbach, Cris	5/1/08			10	310
66 West, Daryn	5/1/08			12	303
67 Weyer, Brett	2/1/08			14	297
68 McCarthy, Tom	7/1/08			12	276
69 Weyer, Brock	2/1/08			13	274
70 Pendley, Nicholas	9/1/07			12	273
71 Nesbitt, Jonathan	6/1/08			9	265
72 Marshall, John	2/1/08		2	6	264
73 Weyer, Theresa	2/1/08			12	254
74 Weyer, Audrey	2/1/08			12	251
75 Meyer, Greg	2/1/08			7	240
76 Heiman, Doug	7/1/08			8	208
77 Reising, Kimron	10/1/07			7	197
77 Umbach, John	10/1/07			5	197
79 Mundy, Aaron	4/1/08		1	4	169
79 Rosebrock, Joe	6/1/07		1	4	169
81 Orth, Roger	2/1/08			4	153
82 Benson, Michael	4/1/08			7	152
83 Klotz, Andrea	8/1/08			6	142
84 Demerly, Edwin	7/1/07			8	139
85 Demerly, Jaime	7/1/07			8	139
86 Messick, Bob	6/1/07			3	134

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
87 Bennett, John	5/1/08			3	131
88 Fuller, Wayne	12/1/07			3	128
89 Demerly, Anna	7/1/07			6	113
90 Jones, Cory	12/1/07			7	111
91 Beyer, Jim	5/1/08			3	110
92 Armstrong, Dan	2/1/08			2	108
92 Holland, Jessie	11/1/07			2	108
92 Wefel, Bob	11/1/07	1		2	108
95 Powers, Tina	6/1/07	1		3	107
96 Bies, Gretchen	6/1/08			4	106
97 VanStone, Gene	11/1/07			2	98
98 Ballard, Tom	11/1/07			2	96
99 Williams, Margery	6/1/08			4	94
100 Bies, Nicole	6/1/08			2	88
101 Lyons, Jeff	9/1/07			2	73
102 Porter, Jay	4/1/08			3	69
103 Kuchenbrod, Tom	6/1/08			1	65
103 Yeager, Lori	6/1/08			1	65
105 Silke, Patti	6/1/08			1	50
106 Bies, Dirk	8/1/07			2	46
106 Redden, Ben	8/1/08			2	46
108 Fuller, Kate	12/1/07			1	40
109 Holland, Greg	11/1/07			1	35
110 Troutman, Wayne	4/1/08			1	33
111 Gerbig, Caleb	11/1/07			2	32
112 Mays, Shelley	7/1/08			1	23
112 Renne, Jim	2/1/08			1	23
112 Walker, Michelle	7/1/08			1	23
115 Tolen, Jim	7/1/08			1	17

Note: Mileage (65 miles) has been included for the following volunteer workers at the GPM. It may not, and probably doesn't, include everyone. If your name is missing from the list, please let me know.

Cinda Alexander	Ron Lee
Dan Armstrong	Collette Lohrlein
Dave Ashworth	John Marshall
Vicky Ashworth	Terrell Maurer
Tom Ballard	Bob Messick
John Bennett	Dave Myers
Diane Bies	Charlie Miller
Nicole Bies	Ward Neff
Marion Brandenberger	Mark Oliver
Gary Breivogel	Anne Pendley
Gene Brouillard	Kevin Pendley
Jane Buchta	Nicholas Pendley
Faye Carter	Ron Pendley
Linda Clemmer	Chris Pollack
Wayne Fuller	Tina Powers
Gary Gardner	Janet Robertson
Opal Gardner	Randy Silke
Steve Gerbig	Gene Van Stone
Diane Holland	Jay Vercellotti
Jessie Holland	Craig Watson
Hope Jenkins-Rold	Bob Wefel
Paul Jensen	Darlene Wefel
Bill Johnson	Ashley Whitaker
Cindy Jones	Bobby Willett
Curt Jones	Lori Yeager
Dan Kruger	Rusty Yeager
Aleks Kuchenbrod	
Kelly Kuchenbrod	
Tom Kuchenbrod	

Note: If you rode the GPM this year and wish to receive mileage credit, please notify me through e-mail or other means and indicate the course you rode. This is the only way I will be able to determine which club members rode and what distance they completed.

Commuting Mileage

Matt Barker	4938	September
Tom Ballard	2512	October
Jim Niethammer	1116	September
Gary Gardner	595	October
Lance Farr	585	September
Darlene Wefel	214	August
Ashley Whittaker	73	September
Bill Johnson	8	May

Ride Mileage Information

Club Rides	Mileage
Castle	23 - 35
Circuit Rides	20
Dogtown	12 - 23 - 43
Elite	17-22-32-43
Henderson High School	24 - 32 - 47
Mesker Park	23 - 38
Newburgh Dam	22 - 27 - 40
Olmstead	17 - 23 - 33
Reitz	21 - 40
Scott School	15 - 26 - 33
Truck Pro	22 - 37
USI	20 - 40
Wesselman Park	20
West Terrace	25
Hosted Rides	
New Years Day Ride	22 - 27 - 40
Pedalin' O the Green	27 - 37
Powers Ride	19
LBL	100
Falling Leaves	25
Pumpkin Pie	27 - 33
Ashley's Butterfly and Scarecrow	12 - 30
Out-of-Town Rides	
Town & Country Tri-Fest	17 - 38 - 61
Harmonie 100	51 - 50
TOSRV	105 - 105
Little River Tour	100
Wurst Ride	31
CRAM	100
Horsley 100	100 - 70
Ride of Silence	11
Tour de Cave	68
B&O Ride	62
Elberfeld Centennial	54
Tour de Bloom	62
RAIN	160
PAC Challenge	62
Strassenfest	61
Pickin' & Pedalin	62
Sunrise	100
Old Kentucky Home	102 - 55
K's for Kids	62
Missaligned Minds	100
Bridge-to-Bridge	40
GPM	65
Hilly Hundred	50 - 50

Statistical Summary

	2007	2006	2005
Number of club rides	432	431	439
Club miles for the year	15,955	16,155	15,645
Total miles ridden	113,226	134,427	152,537
Member riders	88	NA	NA
Non-member riders	89	NA	NA
Total number of riders	3,234	3,746	4,394
Avg. riders/ride	7.5	8.7	10.0
Avg. miles/ride/rider	35.0	35.9	34.7
Ride leaders	13	NA	NA
Centuries	285	482	422

- 1 TRIRI Tour - summer
- 2 TRIRI Tour - fall
- 3 Miscellaneous Tour

Evansville Bicycle Annual Club Banquet

January 19, 2008

Cambridge Golf Club
 1034 Beacon Hill Drive
 Evansville, IN 47725

Cocktails (Cash Bar) & Hors d'oeuvres - 5:30 p.m.
 Dinner - 6:15 p.m.

ALL MEMBERS/GUEST RESERVATIONS MUST BE PREPAID
RSVP by January 11, 2008

			Number Attending	Total
Ride Host	@	NO CHARGE		\$.
Members	@	\$ 12.50		\$.
Family Membership	@	\$ 25.00		\$.
Guest	@	\$ 25.00		\$.
			Total Amount Due	\$.
Guest under 12 are 1/2 price.				

Please make checks payable to EBC, and mail to:
 Hope Rold
 961 Blue Ridge Rd.
 Evansville, IN 47714
 (812) 471-8011

Please provide names of all attending:

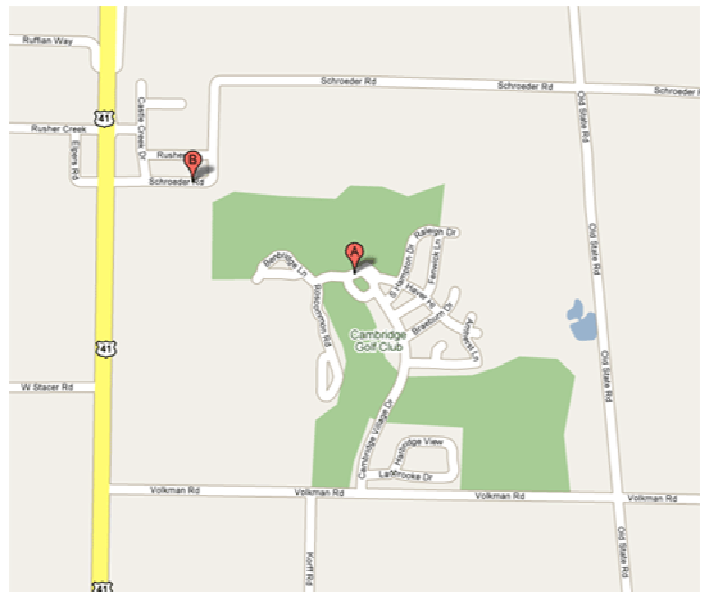
Directions to Cambridge Golf Club

From Evansville North on US 41.

Right on Volkman Road.

(Volkman Road is:

- first road to the right after Base Line Road. (Traffic light and trailer sales.)
- across US 41 from Ameriquel Foods.



EBC Bikewriter
P.O. Box 15517
Evansville, IN 47716

The Evansville Bicycle Club, Inc.

New Membership and Renewal Form 2008

Name & _____

Age _____

Address _____

City _____

State _____

Zip _____

Phone _____

E-mail _____

Signature _____

Membership

Dues

Individual - \$12

Family - \$20 +
\$1 per child

Release of Liability

Evansville Bicycle Club, Inc. is organized for sole purpose of providing its 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 its 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, sponsored by, 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

E-mail: d.ashworth@insightob.com