

EBC BIKEWRITER

The Evansville Bicycle Club Newsletter

March 2008

President's Page Darlene Wefel - EBC President

lassociate February with Ground Hog Day, Valentines Day, and "cabin fever." On February 2, Punxsutawney Phil (a spoiled groundhog who resides in a heated burrow) came out of his burrow in Gobbler's Knob looked around at the bright blue sky and saw his shadow. As a result, he declared that there would be six more weeks of winter. So far, I believe that Punxsutawney Phil was right.

According to Jeff Lyons, chief meteorologist at WFIE 14, the tri-state area has an ice storm warning once every three years. In February, we were slammed with two ice storms



within two weeks. If Punxsutawney Phil is right, we only have two more weeks of winter and I can't wait to get back out on the road on a regular schedule.

Valentines Day is the day of love and a love of cycling was celebrated by many club members at the Pizza Chef in Newburgh where the club's monthly meeting is held. Members reviewed the list of rides that would count as club rides, we reviewed the guidelines for what rides count, and how to get your out-of-town rides to count as club miles. At the meeting I announced that Gilles Cycling and Fitness will be giving away another \$500 gift certificate this year. It was decided that this year the certificate will be a door prize for the annual banquet. So make plans to attend the banquet next January.



Cabin fever. What exactly is cabin fever? Cabin fever is a condition that produces restlessness and irritability caused from being in a confined space. The actual term is slang for a claustrophobic reaction that takes place when a party is isolated and/or shut in, alone or together, for an extended period. I think that all of us must be suffering from it since the weather has been so bad. What can we do to deal with these feelings.

The first thing that comes to mind is exercise. Schedule time to go to the gym, go for a walk, put your bike on a trainer, or bundle up and go for a short ride if the roads are clear. Eat a well balanced diet, and get plenty of sleep. Just keep thinking to yourself, "Only two more weeks of winter according to Punxsutawney Phil." Studies show that if you write down your scheduled time to exercise, and let the other members of your household know of your plans, you will be 75% more likely to exercise.

Remember that March 9 is that start of daylight savings time and we "spring forward" one hour. This would also be a good time to start thinking about hosting a ride. Get with your cycling friends and start planning a fun adventure. Contact Jay and reserve your spot on the ride schedule.

Respectfully Submitted,

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Support Needed for Possible Lincoln Avenue Project

Now is the time to use your feet and show your support for cycling in our community. This is a strategic time which could turn Evansville into a much more cycle-friendly town. The Metropolitan Planning Organization (MPO) has been meeting with neighborhood groups, politicians, institutional representatives and business interests to present a plan for Lincoln Avenue between Highway 41 and Green River Road. The plan would turn Lincoln into 3 lanes, one very wide travel lane on each side and a middle turn lane. Studies from other cities have shown that this change will not adversely affect traffic flow but will drastically increase safety, especially at intersections like Weinbach, Boeke and Vann. Federal money is available for this project. It won't cost the city a dime, but it to act promptly. The federal grant expires later this year, so "use it or lose it."

Most importantly, the MPO plan is bike-friendly. There won't be separate bike lanes, but the road will be painted for bicycle traffic on the outer portions of the lanes and the route will be signed for bike traffic as well. Lincoln Avenue could be the first spoke in a wheel that connects various parts of the city with downtown, through designated bike routes. Finally, the city planners are recognizing the bicycle as a means of transportation as well as a form of recreation.

Even though the MPO has received (almost) universal support for this plan, dangers still lurk in several political closets. Mayor Weinzapfel is in favor of this plan, but only if the public supports it. He told me that the cycling community needs to show him and the City Council that these facilities are wanted and will be used. NOW IS THE TIME TO SHOW THE MAYOR THAT EVANSVILLE IS A CYCLING COMMUNITY.

Brad Mills and Dave Stensaas will be presenting their plan to the City Council at its meeting on March 17 at 5:30 pm in the City Council chambers on the third floor of the Civic Center. (Yes, that's St. Patrick's Day.) Hold off on the green beer for a short time and GO TO THE CITY COUNCIL MEETING. You don't have to speak, just be there to show your support. If this effort fails because of lack of support, our civic leaders may not touch bike-friendly projects for years to come! On the other hand, if we show them we care, this could be a major step toward putting Evansville on the map as a bicycle-friendly town.

New Members

Here are the newest member(s) to the Evansville Bicycle Club. Please make sure to introduce yourself and make them feel welcome at your next ride.

Arthur H. Ratcliffe | Cathy Dawson | Rick Dawson David Merrick | Ken & Joseph Carpenter | Robert Banks Joe & Lee Ann Williams | Tim Stelzer

EBC Website:

http://evansvillebicycleclub.googlepages.com

Notes from the Editor

Fellow bikers and friends,

Since th last eight years, I have had the opportunity to create newsletters for different audiences. For four years starting in 2000, I was creating chapter newsletters for about 300 alumni of my college fraternity chapter. A little over a year ago, I started developing content for electronic newsletters through work that are sent out bi-monthly to over 20,000 members. Now, I am back to basics developing a mailable newsletters for the members of the EBC.

What makes a good newsletter? There a number of components that go into it. Here are a couple of things for you to think about as you are sending in submissions.

1.) Is it readable?

You may think the obvious part of this point has to do with proper grammar. While that is very true, the actual content is just as important. Being descriptive and using "action verbs" will definitely keep your readers engaged. Be aware that being too descriptive can be sometimes detrimental because you may have turned a novel out of your first mile of riding. Remember that we have short attention spans. Keep the content moving as quickly as your ride.

2.) How does it look?

While content will keep the reader engaged, the layout is just as important. Using a simple word processing program will not give the newsletter a "professional" look, but there are a few tricks I have learned.

Make sure to take pictures and send them with your article submission. Text is great, but it gets tiresome if it's the only thing in the newsletter. Pictures help to break up the monotony and give a visual reference. Your copy is in black and white, but online copies have color photos which give the newsletter some visual appeal.

(Continued on page 4)



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.

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The Trail Junkie's Visit with the Queen By Charlie Miller

In the winter of 2005, I made a business trip to Los Angeles, CA. I took advantage of the opportunity by planning the trip over a weekend. I planned to visit a childhood friend who now lives in LaQuinta, CA. I also wanted the chance to do a ride in California's Palm Desert. In preparation, I contacted Evan Tubee, the proprietor of *Big Wheel Tours* in Palm Springs, CA.. I told him of my weekend plans and he assured me that if I gave him a call on Friday when I arrived, he would have a bike and a ride available for me on Saturday morning.

I flew to Los Angeles on a Thursday evening and checked into a motel for the night. I had to attend a Friday morning meeting in Long Beech, CA, which lasted for two hours. I spent the rest of the morning exploring Long Beech. The city has five bike trails totaling over 70 miles and it wasn't long before I crossed one. I walked along the Shoreline Aquatic Park Bike Trail, a three-mile trail connecting the Long Beech Marina with the 29-mile long Los Angeles River Bikeway. It was on this trail that I met "the Queen." She took me by surprise. I had no idea she was even in the city, but there she sat in all her regal majesty right in front of me.

The Queen Mary looked as good as the day she began her maiden voyage in 1936. In those days she was the fastest ship on the ocean, crossing the Atlantic in five days. She served the war effort



from 1940-46 carrying 765,500 troops across the Atlantic, 15,000 at a time. The quarters must have been cramped with the Queen Mary's full peacetime complement. She had a crew of 1,174 and a total passenger capacity of 1,957—and lifeboats for only 60 people. She returned to peacetime service in 1947 and her last great crossing was in 1967. After 31 years of faithful service, the Queen Mary officially retired from sea duty. You can't keep a great old gal like her down. Today her 365 staterooms and luxury suites have been turned into a hotel in the art-deco style with six restaurants. She is also a museum representing a grander time of ocean travel.

LaQuinta, CA is 130 miles east of Long Beech on I-10. It was after 1:00 pm on Friday and I wanted to make it to my friend's house when they arrived home from work. Anyone who has traveled I-10 knows what an ordeal it can be. I didn't arrive in LaQuinta until 6:00 pm. I met my friends who put me up in their guestroom for the weekend. After dining with them at a local restaurant, I gave Evan Tubee a call. He told me to meet him at the Palm Springs Civic Center at 6:00 am on Saturday and he would have everything ready for my ride.

When I arrived at the civic center, I was welcomed by about 60 members of the Palm Dessert Bicycle Club. I found Evan, who had a beautiful yellow Trek road bike, complete with

water bottles, tool kit, and air pump waiting for me. Unfortunately, I had not brought my pedals with me. As he put on a set that worked with my clips he explained I would be riding the club's regular Saturday morning 50-mile dessert run. The riders would break down into three groups. The "speedsters" would average better than 30 MPH, The average group would be doing between 18 and 22 MPH, and the "slowpokes" ride at a leisurely pace.

As the ride was about to start the Club president asked if there were any visitors. I introduced myself and the club welcomed me. They began to break down into groups. The Speedsters were a group of about eight riders who took off at once because they intended to do more than fifty miles. The average group looked to be everybody else and my heart sank. I didn't think I could maintain 22 MPH for that distance. They asked if there were any "slowpokes," and one pretty blond girl raised her hand. I immediately said I was riding with her. Linda turned out to be the wife of one of the "speedsters" and she was new to cycling after retiring from marathon running.

The pack of us left the Civic Center at 6:45 am to begin the ride. Linda and I were in the middle of the pack but quickly fell to the back even before exiting the city limits. Once out

It was on this trail that I met "the Queen." There she sat in all her regal majesty right in front of me.

into the dessert, we were half of a mile behind them. The ride went out to a dessert canyon called "The Cove" where the riders turned around and then returned.

We rode through LaQuinta and then on through the property of the PGA West Championship Golf Course. I asked Linda why the club met so early to ride. The answer was simple. You don't want to be riding in the dessert much past midday. You can get really bad sunburn.

At that point she stopped and asked if I had put on



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(Trail Junkie - cont from page 3)

sunscreen. I hadn't and she offered me some before we began to ride again. The things I remember most about dessert riding are these:

- What appears to be close are really far away.
- What looks to be flat is really a climb.
- The Dessert is incredibly beautiful with the early morning sun shining on the mountainsides and a sky bluer then any l've ever seen anywhere else.

As I was riding, I saw desert wildlife including roadrunners, a chuckwalla lizard and a couple of bighorn sheep. California law protects the sheep and these were inside a fenced wildlife preserve.

Before we reached the halfway mark the main group of riders were passing us on their return leg. We rejoined them at that point, which shortened our ride to 40 miles. Returning back to Palm Springs we met at a bagel shop where a large tray of assorted goodies and beverages was set out for the riders. The cost of the treats was a simple donation to the club. After chatting with a few of the members, I had my picture taken with Linda. Evan stopped by to collect his bike and I paid him a \$25.00 rental fee. It was a bargain for a once in a lifetime desert ride. I spent the rest of the weekend sightseeing the area with my friends before returning to LA on Monday morning for the start of the work week.



EBC Website:

http://evansvillebicycleclub.googlepages.com

(Notes from the Editor - cont from page 2)

As I have mentioned in past issues, I cannot stress enough the desire for pictures in this newsletters. While more pictures mean less text, the ability to "trim the fat" allows the reader to get to the "meat" of the article.

With strong content and vivid pictures, the actual layout becomes much easier. With different sizes and dimensions of pictures, the opportunity for creativity is much greater. By throwing in a pull quote, a page of text becomes a page of artistry.

Keep the content coming and throw in some pictures. I guarantee that with your help, this newsletter will be something to look forward to receiving.

Dan Krueger EBC Editor

Mis-SPOKE-n

Every now and then, I will duck my head in my biker shorts because of a mistake or oversight for which I have been caught. Consider it a type of "road rash for editors." I'll admit to the error and will correct it.

In last month's issue, I listed the winner's of the EBC awards given out at the annual banquet. I had not received the information by the time I needed to go to press. I decided to go with what I could remember...and I apparently didn't remember enough. While I had planned on noting the correction in this issue, someone noticed the oversight.

Highest Mileage - Women: Diana Holland

Sorry, Diana.

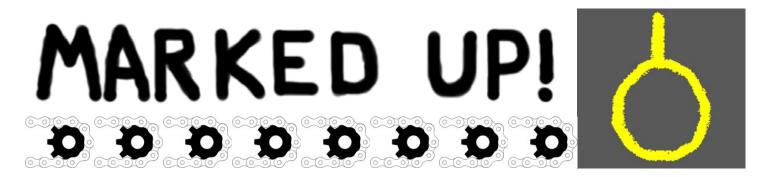
For Sale

Complete Bike - Giant OCR carbon frame (MED) With 9 speed Dura-Ace. New cables, new chain, new 12-25 cassette and Topolino wheels. All light components. Excellent condition. \$1500 or Good offer. Contact Jim Niethammer at (812) 618-8210

For Sale

Complete Bike - Cannondale SI4000 Caad 6 - 58cm frame with 9 speed Dura-Ace. New cables, new chain, new 12-25 cassette and Kysrum wheels. Excellent condition. \$1200 or Good offer.

Contact Jim Niethammer at (812) 618-8210



Ride Schedule and Website News with Tour Director and Webmaster, Jay Vercellotti

Column Title: At the last meeting, Dan and I talked about the former name of this column, "Tour Director's Corner." I agreed that it was very plain and could use a change. Dan had thought it over and one of the names that he mentioned was, "Marked Up." I tried to come up with something different, and even choose something different at first, which was a French "L'information de Tour" but I couldn't get "Marked Up" out of my head. It fits both jobs I have with the club. As Tour Director, it is related to the marks we make on the roads, and as Webmaster, it ties into HTML, or Hypertext Markup Language, the main language used to create web pages. I was in a hurry, so I threw together the current graphics. They are supposed to look as if they were spray painted, but I would much rather paint words on a road with a can of paint than try to do the same thing with my mouse.

Thursday Morning Rides: At the February meeting, we discussed the wintertime Thursday morning rides. The main question was, "Should a ride that doesn't count as club mileage be listed on the schedule?" The decision was that it should not. We came to the conclusion that if it is on the schedule it counts, otherwise it shouldn't be on there. That brings up an obvious question about the Thursday and Saturday century that we have 10 months out of the year. If you have been a member for couple years, you may recall a disclaimer on the calendar stating that only one club century per month counts as mileage. That actually hasn't been true for quite a while, which is why the disclaimer was dropped. Since it is on the calendar, it counts. So we will not be listing rides that don't count anymore. That said, members are free to collaborate amongst themselves and plan to ride anywhere, anytime, of course. If you like to ride the Old Dam route on Thursday mornings in the winter, then just keep on doing that — it just won't be on the schedule. Hopefully, as I get the new website up and running, I'll be able to create some sort of interactive calendar where members can post those kinds of rides for others to see and hopefully join. Remember that that weekday summer rides (Tuesday night, Wednesday night, Thursday morning, Thursday night, and Friday morning) return next month.

Sunday Morning Rides: The Olmstead ride is being put into the Sunday morning ride rotation because there are some members who can't ride the Sunday afternoon ride so they never get to ride the 33 mile Olmstead route. That means that every 8 or more weeks, the Sunday morning and afternoon ride will both be at Olmstead. Also, the USI route has been skipped for several months due to poor road conditions along the marked route. Dave Ashworth will take another look at those roads when he gets a chance and see if they've been repaired or if there's a suitable detour we can make permanent. It would be nice to have another route or three to put into the Sunday morning and Wednesday evening rotations, so if anyone comes up with another route or even has an idea for one, please let me know.

March 2008 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New riders need to be ready to leave are encouraged to start with a "No I With Us" Ride. Helmets are mandatory. <u>As always, please park on the I-164 to PARK ON PAVEMENT!</u>	Orop" or "Come Ride	Stats?: Rusty Yeager ryeager42@wowway.com Newsletter?: Dan Krueger yesman1000@hotmail.com				1 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.
2 10:00 AM @ Old Dam Site Newburgh, 27 or 40 miles. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 23, or 33 mi.	3 Club Jersey Sundays. Wear your Evansville Bicycle Club Jer- sey on the Sunday club rides.	4 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 23 miles.	5 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	6	7	8 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.
9 Daylight Savings Time Begins 10:00 AM @ Reitz High School on Claremont off the Ray Becker Parkway, 21 or 40 miles. 2:00 PM Come Ride With Us @ I- 164 Access Burkhardt & Olmstead Rds. 17, 23, or 33 mi.	10	11 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 23 miles.	12 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	13 6:30 PM Club meeting @ Newburgh Pizza Chef near Wes- selman's on Hwy 261.	14 Directions to H.C. H.S. Take Pennyrile Pkwy to SR 351 exit go East (coming from Evansville go under Pennyrile) approximately 1/2 mi. to school on right.	15 9:30 AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24, 32, or 47 mi.
 16 10:00 AM @ I-164 Access Burkhardt & Olmstead Rds. 17, 23, or 33 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 23, or 33 mi. 	17	18 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 23 miles.	19 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	20	21	22 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.
23 Easter 10:00 AM @ West Terrace School (near USI), 19 or 33 miles. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 23, or 33 mi.	24	25 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 23 miles.	26 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	27 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Posey- ville or Touring Route	28	29 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Posevville or Touring Route 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.
30 10:00 AM @ Castle HS on Hwy 261 in Newburgh 23 or 35 miles. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 23, or 33 mi.	31					Ride hosts welcome for April and May Call or e-mail Jay Vercellotti @ 867-7549 rides@endlessvistas.com

Evansville Bicycle Club – 2008 Club Mileage through 2/9/2008

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty	6/1/08			10	377
2 Ashworth, David	12/1/08			10	304
3 Holland. Diana	11/1/08			9	303
4 Heng, David	12/1/08			9	294
5 Nalley, Shane	9/1/07			6	243
6 Niethammer, Jim	12/1/08			6	235
7 Willett, Bobby	5/1/08			6	226
8 Carter, Archie	10/1/08			6	206
9 Clemmer, Linda	11/1/07			6	198
10 Ashworth, Vicky	12/1/08			7	181
11 Wefel, Darlene	11/1/08			6	160
12 Silke, Randy	6/1/08			4	157
13 Conner, David	6/1/08			3	156
14 Myers, Dave	8/1/08			5	151
15 Sullivan, Patrick	5/1/05			6	136
16 Maurer, Terrell	7/1/08			4	134
17 Pollock, Chris	4/1/08			3	119
18 Robertson, Janet	2/1/08			4	114
19 Neighbors, Darius	11/1/08			4	110
20 Merrick, David	11/1/08			3	108
21 Pendley, Ron	6/1/08			3	105
22 Rold, Hope Jenkins	1/1/08			3	89
23 Alexander, Cinda	6/1/08			4	80
24 Gardner, Gary	4/1/08		3	2	78
25 Deputy, Brian	6/1/08			2	71
26 Demerly, Mike	7/1/09			2	70
26 Krueger, Dan	6/1/08			2	70
28 Loehrlein, Colette	10/1/08			2	68
29 Johnson, Bill	7/1/08			2	66
30 Gerbig, Steve	11/1/08			3	63
31 Bies, Diane	6/1/08			2	57
31 Slaughter, Sam	10/1/08			2	57
33 Demerly, Anna	7/1/09			1	47
33 Demerly, Edwin	7/1/09				47
33 Demerly, Jaime	7/1/09			1	47
33 Jensen, Paul	10/1/08			1 2	47 47
33 Watson, Craig 38 Janowski, Robert	7/1/08 7/1/08			2	47
39 Lee, Ronnie	8/1/08			2	46 45
40 Jones, Cindy	12/1/07			2	40
41 Jones, Curt D.	12/1/07			1	38
42 Klotz, Andrea	8/1/08			1	33
43 Garrison, Rick	10/1/08			1	23
44 Alexander, Greg	6/1/08			1	17
T. A.C.Adridor, Orog	0/ 1/00				''
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Commuting	Mileage	
Gary Gardner	18	Jar

Ride Mileage Information			
Club Rides	Mileage		
Castle	23 - 35		
Circuit Rides	20		
Dogtown	12 - 23 - 43		
Elite	17-22-32-43		
Elite TP	22 - 37		
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		
USI	20 - 40		
Wesselman Park	20		
West Terrace	25		

New Years Day Ride **Out-of-Town Rides**

West Terrace **Hosted Rides**

Statistical Summary				
	2008	2007	2006	
Number of club rides	25			
Club miles for the year	886			
Total miles ridden	5,368			
Member riders	38			
Non-member riders	9			
Total number of riders	166			
Avg. riders/ride	6.6			
Avg. miles/ride/rider	32.3			
Ride leaders	1			
Centuries	3			

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

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

http://evansvillebicycleclub.googlepages.com

The Evansville Bicycle Club, Inc. New Membership and Renewal Form 2008			
Name & Age —	Membership Dues Individual - \$19 Family - \$20 + \$1 per child	Members freely elect to ride together as a group, following a route of choice. In signing	
Address	T per er ma	this form for myslef and/or my family members, I understand and agree to absolve EBC, Inc. and its organizers or sponsors for all blame for any incompanion of the property of the second of the secon	
City		injury misadventure, harm, loss or inconvenience suffered as a result of participation in any ride or	
State		activity associated with, sponsored by, EBC, Inc. I further understand that I, as an individual, am	
Zip		responsible to abide by all traffic laws and	
Phone		regulations governing bicycling and take full responsibility for my actions.	
E-mail		Make checks payable to: Evansville Bicycle Club,	
Signature		Inc. Mail to: Dave Ashworth 613 Vernonwood Ct. Evansville, IN 47712 E-mail: d.ashworth@insightbb.com	