



EBC BIKEWRITER

The Evansville Bicycle Club Newsletter

Notes From The President's Corner

Darlene Wefel—EBC President

Yesterday, January 18th, I went for my first ride of the year. It was the afternoon ride at Olmstead and the weather was, let's say, less than perfect. Only 4 riders braved the falling snow and sleet. This ride reminded me of a ride I took 15 years ago. I was not a club member at the time. It was a day very similar to yesterday, a cold January day. The weather had been deteriorating all day, and I was working at a consulting job when I received a phone call from Bob. He said, "I found something you need.", which I now know means I need to spend some money.

Bob was at Gilles Bicycle Shop and he saw a used Trek 520 Touring Bike. He was so excited about this bike that he convinced me to meet him at the bike shop. Now at this time I did not see a need for a different bike. Mine was a 21-speed, steel-frame bike with suicide brakes. The longest ride I had done was 15 miles and I was proud of my accomplishment. After looking at the bike, Bob convinced me to take

it for a ride. It had toe clips, which I had never used before. It was sleet-ing and the roads had a thin sheet of ice. I mounted this steel beast and took it for a short spin. After this brief ride, I purchased my first good bike. This started my love affair with cycling. Over the years I've upgraded gear, bikes, and goals. The love for this sport has not faded with time, but has grown into a life-long adventure.

January 10 was a very busy day for the club. At 8:00 a.m. members met at the Center in Evansville for the Health Expo. We decorated our booth and 6 of us helped with the run/walk. We spent the day talking to people about cycling and our club. At 3:00 p.m. we packed things up, headed home for a quick shower, and then made a dash to Cambridge Golf Course Club House for our annual banquet. Hope and Vicky did a fantastic job organizing the banquet, Rusty worked his magic with a slide show, and Nancy Tibbits, Executive Director of the Indiana Bicycle Coalition, and her

husband were our guests for the evening.

Curt Jones drew the name of Vicky Ashworth who was the lucky winner of the \$500 gift certificate from Gilles Cycling and Fitness. Renee' was drafted into drawing the three names of the lucky winners of the \$100 gift certificates from Dan's Competition. The lucky winners were Dave Ashworth, Dave Myers, & Debbie Oliver.

Awards: Top Mileage went to Dave Ashworth, highest female rider went to Diane Holland, Rookie of the Year went to Renee' Hanft, League of American Bicyclists Volunteer of the Year went to Daniel Krueger, and Opal Gardner received "The Lonely Hearts Club" award.

February days to remember: National Freedom Day is the 1st -- we should display our flag and if you have red, white, and blue cycling clothes wear them when you ride. Ground Hog day, the 2nd, will determine whether we have 6

(Continued on page 2)

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Notes from the President's Corner

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 more weeks of winter.
 One of the few days that it's ok to disturb a ground hog just to see if he can see his shadow. Valentine's Day, the 14th, take your sweetheart for a ride and share your love of cycling with your significant other. Pancake Day at the YMCA February 22nd -- check the ride schedule for details. I'm glad to see this event back on the calendar.

Be safe and ride smart.
 Respectfully Submitted,

Darlene Wefel



**Pancake Day
 at the YMCA**

**February 22,
 2009**

**Check the ride
 schedule for
 details!**

Hello From The Editor

Thanks for the opportunity to edit the EBC Bikewriter! Please send your articles and ideas for articles to me at sunshinein@insightbb.com.

Check out the EBC Banquet pictures from Mark Oliver on his website:
[//markoliver.smugmug.com/gallery/7067687_vPS2j/1/452870047_Snhbx](http://markoliver.smugmug.com/gallery/7067687_vPS2j/1/452870047_Snhbx)

The stats on page 7 are the year-end statistic results for 2008. The March EBC Bikewriter will be the first stats issue for 2009. —Renee'



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.





JERSEY DESIGN CONTEST ENTRY DEADLINE MARCH 12TH

We need to get all the designs together for our March club meeting. This will give us time to vote on the designs and get them to the manufacturer in time for riding season this year.

So all you designers, or members who have an idea for a new jersey, get creative. The only requirement is that our club logo should appear somewhere on the jersey. If you need more info contact me at the following email address.

Design should be brought to the club meeting or emailed to dvwefel@wowway.com before the March meeting.

For info about design go to www.vomax.com

For jersey layout and other info check out this web site.

<http://www.vomax.com/Jerseys.swf>

If we come up with a good design, for a price they can design the jersey around our specifications.

**Submitted by,
Darlene Wefel**

How to Eat for Endurance

By Fred Matheny for www.RoadBikeRider.com

The key to riding long distances is food and drink.

Sure, training is important—but nutrition and hydration are even more vital. According to ultramarathon rider and coach John Hughes of Boulder, Colorado, “Nutrition, not necessarily training, is the limiting factor in endurance cycling.”

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

- **Enjoy the Last Supper.** Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!

- **Don't Skip Breakfast.** Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carb.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

- **Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.

- **Eat and Drink During the Ride.** Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case.

- **Hydrate After the Ride.** No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the week you'll be severely dehydrated, feeling lousy, and riding poorly.

- **Eat for Tomorrow.** Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male.

The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carb snack while chewing the fat with your riding buddies.

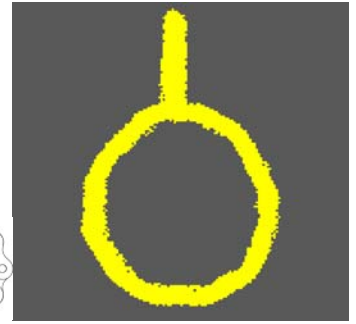
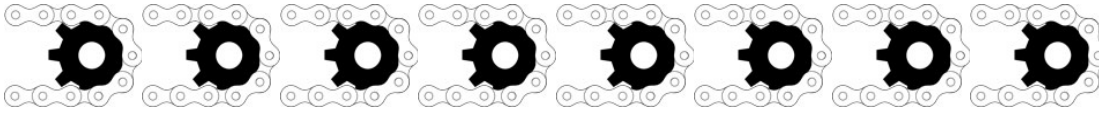
Receive a *FREE* copy of the eBook “29 Pro Cycling Secrets for Roadies” by subscribing to the *RoadBikeRider* Newsletter at www.RoadBikeRider.com. No cost or obligation!



Great
Pumpkin
Metric

October
4,
2009

MARKE D UP!

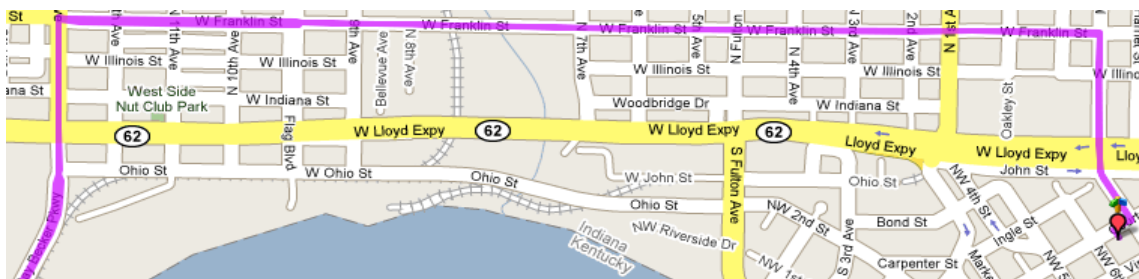
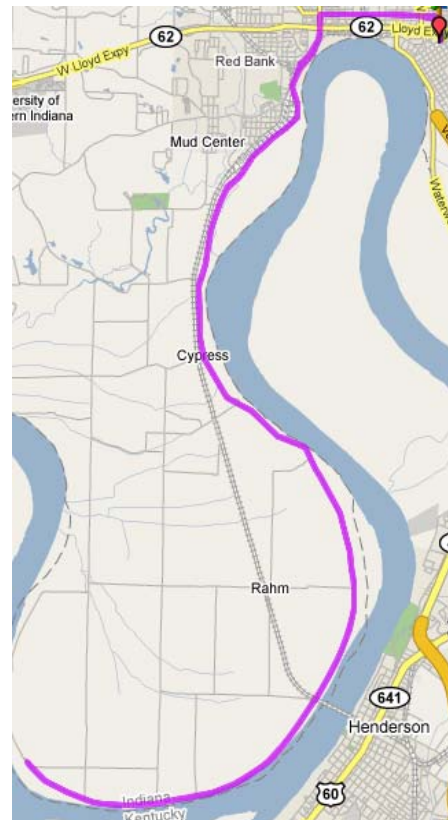


Ride Schedule and Website News with Tour Director and Webmaster, Jay Vercellotti
rides @ endlessvistas.com

YMCA Pancake Days: Let's support the YMCA Pancake Days by starting a ride there on Sunday, February 22. The ride schedule shows 8:30am, which is the time to arrive and pay your \$5 to the Y for pancakes in order to "carbo-load". Then the ride officially starts at 10am where you can try to ride off the pancakes in the next 36 miles. If you only want to go 26 miles, turn around at the railroad trestle.

The route is to the end of the pavement on Old Henderson Rd and back. The simplest way to get there would be to go down to 2nd St. and then go over to St. Joe Ave and then south towards Old Henderson Rd. However, lots of riders have had problems with the angled tracks on Ohio St., so using one of our Centuries as a guide, I've mapped out a route that goes north to Franklin and then over to St. Joe Ave. Also, note that MLK Blvd. and Franklin are on the city's bicycle routes. Visit <http://www.bikely.com/maps/bike-path/YMCA-Pancake-Days> for more info. Here's a cue sheet to use.

Dist.	Where	Notes
0mi	YMCA Parking Lot	
0.02mi	Court St.	Turn Right
0.05mi	MLK Blvd.	Turn Left
0.19mi	Mary St.	Becomes Mary St. (Straight)
0.38mi	W. Franklin St.	Turn Left
2mi	St. Joe Ave.	Turn Left
2.26mi	Ray Becker Dr.	Becomes Ray Becker (straight)
2.77mi	Claremont Ave.	Turn Left
2.82mi	Broadway Ave.	Turn Right
3.13mi	Dixie Flyer Rd.	Bear Left (Old Henderson Rd.)
12.83mi	Railroad Trestle	If you want to make it 26 miles, turn around here.
17.7mi	End of pavement	Road Becomes Gravel, Turn around and go back.
32.57mi	Claremont Ave.	Turn Left
32.62mi	Ray Becker Dr.	Turn Right
33.14mi	St. Joe Ave.	Becomes St. Joe (straight)
33.39mi	W. Franklin St.	Turn Right
35.02mi	Mary St.	Turn Right
35.2mi	MLK Blvd	Becomes MLK (straight)
35.34mi	Court St.	Turn Right
35.37mi	Parking Lot	Turn Left
35.39mi	Finish	



Get out there and ride — any distance at any speed. Just be sure to enjoy yourself along the way.

February 2009 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 10:00 AM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 or 35 miles.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	2	<p>3 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>4 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	5	6	<p>7 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>8 10:00 AM @ <u>Mesker Park</u>. Mesker Park Dr. & Wimberg Ave. 23 or 38 mi.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>9 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>	<p>10 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>11 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>12 6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261.</p>	<p>13 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>14 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>15 10:00 AM @ <u>Henderson Co. High School</u> in Henderson, KY 24 or 32 mi.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	16	<p>17 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>18 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	19	20	<p>21 9:30 AM & 1:00 PM @ <u>Henderson Co. High School</u> in Henderson, KY 24, 32, or 47 mi.</p>
<p>22 8:30 AM @ <u>Evansville YMCA Pancake Days</u> 222 North West 6th St. Come and support the Y with all you can eat pancakes for \$5. Show and go ride at 10:00 AM after we eat. Route is to end of Old Henderson Rd. and back 26 or 36 mi.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	23	<p>24 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>25 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	26	27	<p>28 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<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><u>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</u></i></p> <p><i>http://www.evansvillebicycleclub.org</i></p>		<p>Stats?: Rusty Yeager ryeager42@wowway.com</p> <p>Newsletter?: TBD</p> <hr/> <p>\$\$=Registration Fee</p>	<p><u>Ride hosts welcome for March and April</u></p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides @endlessvistas.com</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>	

Evansville Bicycle Club – 2008 Club Mileage through 12/31/2008

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Ashworth, David	12/1/09	1	15	143	5363
2 Holland, Diana	11/1/08		12	143	4991
3 Yeager, Rusty 3	6/1/09		35	81	4325
4 Maurer, Terrell	7/1/09			133	4218
5 Silke, Randy	6/1/09		3	125	4099
6 Niethammer, Jim	12/1/08		60	99	3674
7 Ashworth, Vicky	12/1/09	1		124	3375
8 Jones, Cindy 2	12/1/09		12	77	3371
9 Johnson, Bill 2	7/1/09		11	76	3077
10 Loehrlein, Colette	10/1/08		11	72	2987
11 Nalley, Shane	9/1/09		5	87	2740
12 Jensen, Paul	10/1/09		6	81	2718
13 Rold, Hope Jenkins	1/1/09			91	2661
14 Gardner, Gary	4/1/09	1	57	81	2230
15 Pendley, Ron	6/1/09		1	71	2183
16 Clemmer, Linda	11/1/09		2	57	2092
17 Carter, Archie	10/1/08		3	51	2080
18 Krueger, Dan	6/1/09		6	63	2066
19 Myers, Dave	8/1/09		2	52	1928
20 Bies, Diane	6/1/09		1	61	1756
21 Watson, Craig	7/1/09		1	55	1720
22 Janowski, Robert	7/1/09		1	55	1715
23 Robertson, Janet	2/1/09			55	1673
24 Conner, David	6/1/09			57	1619
25 Wefel, Darlene	11/1/09	2		56	1598
26 Sullivan, Patrick	1/1/09			49	1588
27 Williams, Mary	3/1/09			50	1582
28 Heng, David	12/1/08			46	1564
29 Brindle, Matt	5/1/09		2	46	1547
30 Merrick, David	11/1/08			44	1471
31 Leader, Caron 2	3/1/09		3	35	1416
32 Barker, Matt	10/1/08		3	37	1324
33 Demerly, Mike	7/1/09		3	43	1319
34 Lee, Ronnie	8/1/10			45	1313
35 Brouillard, Gene	5/1/09			45	1169
36 Gardner, Opal	4/1/09	1		34	1049
37 Hanft, Renee'	4/1/09			39	1039
38 Boren, Mike	3/1/09		1	36	1032
39 Pendley, Kevin	9/1/08		1	30	941
40 Enmark, Dave	5/1/09		1	27	885
41 May, Dan	8/1/08		1	28	856
42 Bohler, Nick	3/1/09		3	19	787
43 Long, Nathan	5/1/09		3	23	770
44 Buchta, Jane	9/1/09	1		24	748
45 Sievert, John	6/1/09			27	729
46 Miller, Charles 3	3/1/09		2	5	721
47 Hudson, Hank	6/1/09			25	703
48 Jones, Curt D.	12/1/09		1	20	644
49 Vercellotti, Jay	11/1/08			19	630
50 Willett, Bobby	5/1/10		2	11	601
51 Oliver, Mark	5/1/09	1		22	599
52 Alexander, Cinda	6/1/09			22	592
53 Garrison, Rick	10/1/09			19	591
54 Brandenberger, Marion 2	11/1/09			5	524
55 Roeder, Greg	12/1/08			19	517
56 Bennett, John	5/1/09			18	460
57 Neighbors, Darius	11/1/08			15	460
58 Williams, Jeff	8/1/09			17	443
59 Krueger, Leandra	6/1/09			17	435
60 Townsend, Derick	4/1/09			16	433
61 Heiman, Doug	7/1/09			16	425
62 Messick, Bob	6/1/09			13	374
63 Alexander, Greg	6/1/09			14	370
64 McCarthy, Tom	7/1/09			16	367
65 Seger, Khris	3/1/09			11	361
66 West, Daryn	5/1/09			13	357
67 Slaughter, Sam	10/1/08			11	354
68 Pendley, Ann	9/1/08			11	352
69 Kuchenbrod, Kelly	6/1/09			13	339
70 Whittaker, Ashley	4/1/09	1		15	333
71 Weyer, Keith	2/1/11			13	323
72 Tolen, Jim	8/1/09			12	318
73 Ward, Kelly	3/1/09			15	306
74 Neff, Ward	11/1/09		2	2	282
75 Weyer, Audrey	2/1/11			11	278
76 Weyer, Brock	2/1/11			10	266
77 Jones, Cory	12/1/09			9	263
78 Weyer, Brett	2/1/11			9	263
79 Deputy, Brian	6/1/08			8	259
80 Weyer, Theresa	2/1/11			9	251
81 Kuchenbrod, Aleks	6/1/09			10	238
82 VanStone, Gene	11/1/10			7	231
83 Woods, Larry	4/1/10			8	218
84 Meyer, Greg	2/1/09			7	208
85 Gerbig, Steve	11/1/09			8	204
86 Umbach, John	10/1/09			4	196
87 Halsey, Craig	6/1/09			8	174

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
88 Klotz, Andrea	8/1/09			6	172
89 Riley, Cody	6/1/09			4	143
90 Troutman, Wayne	4/1/09			2	126
91 Armstrong, Dan	2/1/09			3	123
92 Nesbitt, Jonathan	6/1/09			4	112
93 Garrison, Rachel	10/1/09			3	88
94 Bies, Nicole	6/1/09			2	84
95 Kuchenbrod, Tom	6/1/09			3	84
96 Demerly, Edwin	7/1/09			2	80
97 Brindle, Carson	5/1/09			4	68
98 Brindle, Sonya	5/1/09			4	68
99 Pendley, Nicholas	9/1/08			3	67
10 Bies, Alex	6/1/09			1	64
101 Yeager, Lori	6/1/09			1	64
102 Lau, Cesar	5/1/09			2	56
103 Demerly, Anna	7/1/09			1	47
104 Demerly, Jaime	7/1/09			1	47
105 Briner, Aaron	6/1/09			2	43
106 Wefel, Bob	11/1/09	2		2	39
107 Speck, Evan	8/1/09			1	35
108 Lyons, Jeff	5/1/09			1	23
109 Silke, Patti	6/1/09			1	23
110 Dawson, Cathy	11/1/08			1	23
111 Garrison, Mike	4/1/09			1	22
112 Bies, Gretchen	6/1/09			1	17
113 Carter, Faye	1/1/09	1		1	16
114 Gerbig, Madison	11/1/09			1	12

Commuting Mileage

Tom Ballard	2812	December
Jim Niethammer	1517	December
Gary Gardner	461	December
Cindy Jones	275	November
Paul Jensen	223	July
Dan Krueger	142	March
Caron Leader	63	September
Ashley Whitaker	40	August
Mike Boren	34	September

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

Hosted Rides

New Years Day Ride	22 - 27 - 40
Firecracker Ride	33
LBL	100
Ashley's Menagerie Ride	29
Pumpkin Pie Ride	33
Infamy Ride	25

Volunteer Events

TJ Maxx Rodeo	33
Ivy Tech	26
St. Mary's Bicycle Safety	43
Evansville Gun Club	35
St. Paul's Church	33
First Christian Church	47

Miscellaneous Rides

TriFest	62
Howell Wetlands – Earth Day	33
Harmonie 100	51 – 54
TOSRV	106 – 106
Wurst Ride	32
Little River Tour	10-30-60-100
Senior Olympics	21
Horsey Hundred	33-55-75-100
CRAM	20-35-62-100
Tour de Cave	8-16-38-68
B&O Corridor Bicycle Tour	10-25-45-62
Louisville Ironman Century	80
Tour de Corn	16-32
RAIN	160
PAC Challenge	10-22-41-62
Strassenfest	61
Pickin & Pedalin	39-62
Clarksville Labor Day Classic	25-62
Old Kentucky Home Tour	50-72-102
Amish County Bicycle Tour	
Misaligned Minds	100
Shuckin and Truckin	15- 29 - 52
TRIRI (September Escapade)	
Hope Ride	
Sunrise Century	100
Bridge-To-Bridge	100
Great Pumpkin Metric	62
Hilly Hundred	48 - 50
B-R-R	26

Statistical Summary

	2008	2007	2006
Number of club rides	466	460	450
Club miles for the year	17,241	16,948	16,811
Total miles ridden	114,185	116,768	139,886
Member riders	85	100	119
Non-member riders	61	78	78
Total number of riders	3,449	3,339	3,894
Avg. riders/ride	7.4	7.3	8.7
Avg. miles/ride/rider	33.1	35.0	35.9
Ride leaders	13	13	14
Centuries	277	300	527

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

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

<http://www.evansvillebicycleclub.org>

The Evansville Bicycle Club, Inc.

Name & Age	<hr/> <hr/> <hr/> <hr/>	Membership Dues	Release of Liability
Address	<hr/> <hr/>	<u>Individual</u> — \$12	<p>Evansville Bicycle Club, Inc. is organized for the 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, or 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.</p> <p>Make checks payable to Evansville Bicycle Club, Inc.</p> <p>Mail to: Dave Ashworth 613 Vernonwood Ct. Evansville, IN 47712 Email: d.ashworth@insightbb.com</p>
City	<hr/>	<u>Family</u> — \$20 + \$1 per child	
State	<hr/>		
Zip	<hr/>		
Phone	<hr/>		
Email	<hr/>		
Signature	<hr/>		