



EBC Bikewriter

Notes From The President's Corner

Darlene Wefel—EBC President

During the February club meeting, a vote was taken and approved to purchase two mountain bikes from Gilles Bicycle and Fitness. These will be donated to the Buffalo Trace Council of Boy Scouts of America for the Kodiak Program, completing their fleet of bikes for the program. We wish them lots of success in this venture!

Mark your calendar for March 20th, the official first day of spring. What does this mean for cycling? For me it means it's time to do my annual inspection. I check my bike: chain, brakes, shifters, and I clean and lube the chain. According to Jerry Beck, bike mechanic extraordinaire at Gilles Bicycle and Fitness, there are 52 points on your bike that need to be lubricated.

Does this mean that winter is over? I don't think so. But, what it does mean is that we may be in for a month of volatile swings in temperature, gusty winds, and chances of every type of precipitation known to exist. It also means that I should have, and will need

to, prepare for the prime riding season that will be here soon.

In the *Bicycling Special Fitness Issue*, I found some interesting tips. For instance, interval training done twice a week for a month improves your performance by 5 percent and boosts peak power output by 3 percent. Some tips for getting faster for us amateur cyclists included:

Pick up the slack In a small group (which I personally like to ride in) work hard in a pace line with each rider taking all-out pulls for 30 to 60 seconds before dropping back. Continue this pace line for 6 minutes. Then recover for 6 minutes and regroup, if necessary. Repeat 3 to 6 times. **Wow!** I found this interesting because we seem to want to keep this hard pace for most of the ride, but it appears that we can gain a lot from this cycle training.

Climb and climb again Find a hill that takes you 3 to 5 minutes to climb. Ride up as hard as you can while maintaining a con-

sistent pace. Roll down. Repeat 3 to 6 times.

Simulate a solo attack Stand and sprint for 10 to 15 seconds, sit and hammer for 2 ½ minutes, then finish with another 10 to 15 second sprint. Recover for 4 minutes. Repeat 4 to 6 times.

All of these sound like some things I can do and practice. How about you? More tips in the next issue.

Since I have a lot of time on my hands right now while I'm recuperating, I'm finding some interesting reading in the March issue of *Bicycling*. Within the glossy cover, and among all the advertising for bikes and gear that are out of my budget, I've found this magazine chockfull of great information. Some of the topics cover riding in wind, exercises to help pit neck pain (which I'm sure we all have suffered with after some of the long rides especially in the early part of prime riding season), rear derailleur maintenance, skills to turn the

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EBC CONTACTS

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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.

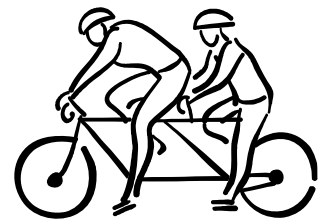
Membership begins at \$35.

Notes from the President's Corner

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corners, core strengthening, and much more.

I'm already getting requests for bike safety, rodeo, and safety fairs for the coming year. Mark your calendars for the July 11th Boy Scout's Bike Safety and Rodeo and for the October 3rd First Christian Church Health Fair. I'm sure that many more request will be forthcoming.

Respectfully submitted,
Darlene Wefel



MARCH 20TH

FIRST DAY OF SPRING



DARLENE WEFEL was elected to the Indiana Bicycle Coalition 2009 Board of Directors for the Southern Indiana Region.

Congratulations, Darlene!

EBC PRIORITY BICYCLE SERVICE CONTINUES AT GILLES CYCLING & FITNESS

The '09 cycling season is already underway and, as avid cyclists ourselves, we know how important it is to stay on a weekly riding / training schedule. We also understand what an inconvenience it is to have a mechanical problem preventing us from sticking to our ride schedule because our bike is in the shop.

In '08, our offer to help the EBC club member stay on the road was an overwhelming success. So, for '09, we want to continue the priority service program for the club. Here's how it works: There are two methods you as a current EBC member can

use to receive priority bicycle service.

Option #1— Just bring your bike into the shop, present your current EBC membership card, and ask for the 48-hour priority service program on any of the adjustments listed below. We will have you back on the road within 48 hours or less.

- * Bars taped
- * Brake adjustments
- * Cables, brake or derailleur
- * Derailleur adjustments
- * Derailleur hanger alignment
- * Headset adjustments
- * Tires / tubes replaced
- * Wheels trued or spoke replacement

Option #2 — Call ahead and make an appointment. This option is great if you would like to wait for a small repair to be done or for jobs requiring more time such as wheel rebuilding or complete bike overhauls. With this option we can have you back in the saddle and ready to ride in just a few hours. Of course, if repair parts would need to be ordered, additional time would be required.

Gilles wants to help you stay on your bike and obtain your 2009 fitness goals. Stop by and try out the EBC priority service program today.

Curt Jones
Gilles Cycling & Fitness
812-477-8828

JERSEY DESIGN CONTEST ENTRY DEADLINE MARCH 12TH



All you designers, or members who have an idea for a new jersey, get creative! The only requirement is that our club logo appears somewhere on the jersey.

Entries are due by the March EBC meeting. This will give us time to vote on the designs and get them to the manufacturer in time for riding season this year.

Bring your design to the club meeting. If unable to attend the March meeting, or for more information, email me at dvwefel@wowway.com

For design information go to www.vomax.com

For jersey layout and other info check out this web site. <http://www.vomax.com/Jerseys.swf>

When we pick a design, Vomax can design the jersey around our specifications.

Submitted by,
Darlene Wefel



Getting a Jump on the Pumpkin Dan Krueger, 2009 GPM Coordinator

The 2009 Great Pumpkin Metric (GPM) may be six months away, but it is never too soon to start planning for it. Thanks to the dedication and commitment by the GPM Planning Committee, comprised of Linda Clemmer, Renee' Hanft, Dave Heng , and Leandra Krueger, we have gotten the ball rolling with a number of new ideas to start promoting the event. Right now, it is all about exposure.

The first major addition will be GPM Training Rides to allow new or inexperienced riders the chance to start building the endurance needed to meet their goals. Our first ride

will take place the afternoon of Saturday, April 4. We are hoping to secure Gilles Cycling to do a pre-ride "quick-fix" seminar to help riders get through some of the problems they may experience during the ride. This first ride will be the equivalent of the 25K ride. Look for these rides to occur monthly and change in mileage amount each time.

The second major addition is a presence on Facebook.



We created a group page to

allow us to give news and updates about the upcoming ride to our fellow cyclists. The networking capabilities of Facebook provide free advertising to people with similar interests. Current trends in social networking should help us get the word out. If you are a Facebook person, please look for the "2009 Great Pumpkin Metric" group. The more people that join, the greater our networking capabilities will be. If you haven't jumped on Facebook, I would encourage you to jump on board.

I am very proud of what we have accomplished in our first couple
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of months. That said, we need every EBC member to help out in some capacity for the Great Pumpkin Metric.

Please mark **Sunday, October 4**, on your calendar and plan to get involved. Even if you can't volunteer the entire day, your presence will be noticed and will be a huge help to everyone. Don't forget, first year members are encouraged to ride.

If you have any questions or would like to provide some suggestions for the ride this year, please contact me at yes-man1000@hotmail.com or 812-306-1343. We are still early enough in the process to put your suggestions into consideration.

Until next month....

"If you are a Facebook person, please look for the '2009 Great Pumpkin Metric' group. "

Meet Your EBC Officers

President — Darlene Wefel



Q: *What do you enjoy most about being EBC President?*

A: This is a tough question to answer because I can't say it's just one thing or that I really enjoy being president. I know some may think that's hard to believe since this is my sixth year overall as being president. I like being part of the club and contributing my time and energy to something I'm passionate about. I absolutely love cycling — the opportunity to be outdoors and seeing things that would go unnoticed in a vehicle. I enjoy working with others and sharing the love and enthusiasm of this sport with others.

Q: *What advice would you give a budding cyclist?*

A: Just keep going out and riding. Hook up with other people to ride with to expand your riding group. Listen and take note of what experienced cyclists are telling you, and every once and a while ride with someone who will push you a little harder than you normally ride. This will help build your endurance, speed, and give you more confidence.

Q: *What's your favorite post-ride meal?*

A: Well, as most of you already know and can tell by looking at me, I enjoy cooking and eating good food. As for a favorite meal, I really don't have one. In the winter time I would say it would be a cup of home made beef barley soup, a sandwich, and a glass of wine. In the summer it would be a grilled hamburger, salad, and a glass of wine. If I was going out to eat I'd have to say Bang Bang Shrimp and a glass of wine. Do you see a pattern here?

Q: *Where is your favorite ride?*

A: Oh my, are we talking weekday ride? I'd have to say Mesker 23 mile route; a longer weekend ride would be Elite 44 mile route; Century would be Poseyville (because you really don't have any long boring stretch of highway); out-of-town ride would be Horsey Hundred because of all the horse farms and scenic views and fond memories; week-long rides would have to be the League of Michigan Cyclist Bow Tie Tour. I'm

not sure if they are still calling it that, but there are so many things about that ride that I like. I especially enjoy riding around the lakes and camping on Lake Superior University Campus overlooking the bridge into Canada. And last but not least, one of the best times I've ever had cycling is the trip that I took from Henderson, Kentucky, to the Outer Banks with Rusty Yeager, and Jane Buchta and our sag support drivers. When it comes down to it, any day cycling is better than sitting behind a desk at work.

Q: *What would you do with an extra hour a day?*

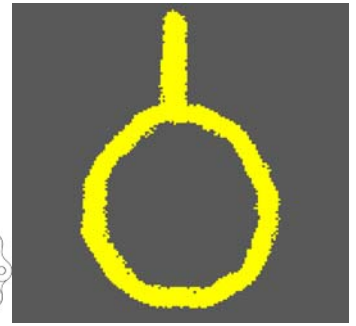
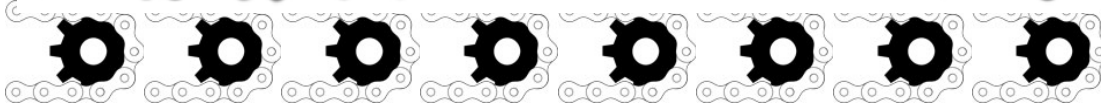
A: That depends. Some days I'd just stay in bed and sleep. Other days I'd head to the gym and work out or I'd sit down and watch TV and knit.

Q: *What's your favorite joke?*

A: You got me! I don't have one. I'm terrible about remembering jokes. My execution of retelling them leaves a lot to be desired.

Editor:
Thanks, Darlene!

MARKED UP!



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

Wednesday Evening Circuit Ride Change: For March, we are moving the Wednesday evening circuit rides to Garvin Park. The issue is the upcoming lizard season at Wessleman’s Park. We weren’t sure when it started, but Rusty said that Garvin Park was recently paved and would make a good alternate location. We’ll try it out for March, and the summer schedule will return in April. Besides, who wants to clean up lizard parts from your frame and brakes?

Return of the Century: The Club Century returns for March starting with Folsomville. Remember that there is a detour around route 68 posted on the website. Hopefully, the detour itself is still open. If I can remember, I’ll try to get out there and check it out prior to the century.

Daylight Savings Time: Remember, Daylight Savings Time begins March 8th. That doesn’t affect the ride schedule until April, though. It gets dark too early in March, even with Daylight Savings, to try to have the summer evening rides. But April will be here soon, and the ride schedule will start to get very busy.

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



March 2009 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 10:00 AM @ <u>Scott School</u> on Old State Rd. 15, 26, or 33 mi.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	<p>2 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>	<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>Garvin Park</u> on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	5	<p>6 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.</p>	<p>7 9:30 AM & 1:00 PM @ <u>Henderson Co. High School</u> in Henderson, KY 24, 32, or 47 mi.</p>
<p>8 <i>Daylight Savings Time Begins</i></p> <p>10:00 AM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	9	<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>Garvin Park</u> on N. Heidelberg Ave. 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>	13	<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>Old Dam Site</u> Newburgh, 27 or 40 miles.</p> <p>2:00 PM <u>Come Ride With Us @ 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>Garvin Park</u> on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	19	20	<p>21 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>22 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 @ 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>Garvin Park</u> on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>26 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <u>Folsomville</u> or <u>Touring Route</u></p>	27	<p>28 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <u>Folsomville</u> or <u>Touring Route</u></p> <p>9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>29 10:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 23, or 33 mi.</p>	30	<p>31 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 23 miles.</p>	<p>Stats?: Rusty Yeager ryeager42 @wowway.com Newsletter?: Renee Hanft sunshinein @insightbb.com \$\$=Registration Fee</p>	<p><u>Ride hosts welcome for April and May</u> Call or e-mail Jay Vercellotti @ 867-7549 rides @endlessvistas.com</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><u>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</u></p> <p>http://www.evansvillebicycleclub.org</p>	

Evansville Bicycle Club – 2009 Club Mileage through 2/8/2009

Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty	6/1/09		4	11	377
2 Ashworth, David	12/1/09			6	211
3 Maurer, Terrell	7/1/09			5	153
4 Ashworth, Vicky	12/1/09			5	128
5 Rold, Hope Jenkins	1/1/09			5	122
6 Nalley, Shane	9/1/09			3	98
7 Wefel, Darlene	11/1/09			3	88
8 VanStone, Gene	11/1/10			4	85
9 Gerbig, Steve	11/1/09			3	80
10 Pendley, Ron	6/1/09			2	66
11 Klotz, Andrea	8/1/09			3	60
12 Robertson, Janet	2/1/09			3	56
13 Clemmer, Linda	11/1/09			1	43
13 Jensen, Paul	10/1/09			1	43
13 Krueger, Dan	6/1/09			1	43
16 Bies, Diane	6/1/09			2	40
17 Hudson, Hank	6/1/09			2	39
18 Gardner, Gary	4/1/09			1	33
18 Jones, Curt D.	12/1/09			1	33
18 Meyer, Greg	2/1/09			1	33
21 Williams, Mary	3/1/09			1	23
22 Bennett, John	5/1/09			1	17
22 Bohler, Nick	3/1/09			1	17
22 Boren, Mike	3/1/09			1	17
22 Demerly, Mike	7/1/09			1	17
22 Enmark, Dave	5/1/09			1	17
22 Leader, Caron	3/1/09			1	17
22 Lee, Ronnie	8/1/10			1	17
22 Neff, Ward	11/1/09			1	17
22 Oliver, Mark	5/1/09			1	17

Overdue Memberships

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
Holland, Diana	11/1/08			8	237
Carter, Archie	10/1/08			3	72
Heng, David	12/1/08	1		2	52
Pendley, Ann	9/1/08			1	43
Pendley, Nicholas	9/1/08			1	43
Merrick, David	11/1/08			1	38
Loehrlein, Colette	10/1/08			1	23
Neighbors, Darius	11/1/08			1	17
Roeder, Greg	12/1/08			1	17

Men's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty	6/1/09		4	11	377
2 Ashworth, David	12/1/09			6	211
3 Maurer, Terrell	7/1/09			5	153
4 Nalley, Shane	9/1/09			3	98
5 VanStone, Gene	11/1/10			4	85
6 Gerbig, Steve	11/1/09			3	80
7 Pendley, Ron	6/1/09			2	66
8 Jensen, Paul	10/1/09			1	43
8 Krueger, Dan	6/1/09			1	43
10 Hudson, Hank	6/1/09			2	39
11 Gardner, Gary	4/1/09			1	33
11 Jones, Curt D.	12/1/09			1	33
11 Meyer, Greg	2/1/09			1	33
14 Bennett, John	5/1/09			1	17
14 Bohler, Nick	3/1/09			1	17
14 Boren, Mike	3/1/09			1	17
14 Demerly, Mike	7/1/09			1	17
14 Enmark, Dave	5/1/09			1	17
14 Lee, Ronnie	8/1/10			1	17
14 Neff, Ward	11/1/09			1	17
14 Oliver, Mark	5/1/09			1	17

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Ashworth, Vicky	12/1/09			5	128
2 Rold, Hope Jenkins	1/1/09			5	122
3 Wefel, Darlene	11/1/09			3	88
4 Klotz, Andrea	8/1/09			3	60
5 Robertson, Janet	2/1/09			3	56
6 Clemmer, Linda	11/1/09			1	43
7 Bies, Diane	6/1/09			2	40
8 Williams, Mary	3/1/09			1	23
9 Leader, Caron	3/1/09			1	17

Commuting Mileage

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 - 22 - 33
Reitz	21 - 40
Scott School	15 - 26 - 33
USI	20 - 40
Wesselman Park	20
West Terrace	25
Hosted Rides	
New Years Day Ride	17

Out-of-Town Rides

Statistical Summary

	2009	2007	2006
Number of club rides			
Club miles for the year			
Total miles ridden			
Member riders			
Non-member riders			
Total number of riders			
Avg. riders/ride			
Avg. miles/ride/ride			
Ride leaders			
Centuries			

- 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(s) & Age(s)	_____

Address	_____

City	_____
State	_____
Zip	_____
Phone	(____) _____ - _____
Email	_____
Signature	_____

Membership Dues

Individual
\$12

Family
\$20 + \$1 per child

Send me the newsletter by:

- Email
 USPS

Release of Liability

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.

Make checks payable to Evansville Bicycle Club, Inc.

Mail to: Dave Ashworth
613 Vernonwood Ct.
Evansville, IN 47712
Email: d.ashworth@insightbb.com