



# EBC Bikewriter

## The Evansville Bicycle Club Newsletter

### Notes From The President's Corner

**Darlene Wefel—EBC President**

It seems that July has passed me by in just a blink of an eye. It seems that only a few days ago Jane Buchta, Bob and I were hosting the Fire-cracker Ride. We originally named it the Fire-cracker Ride because it has been held on or around the 4<sup>th</sup> of July and because it was hotter than a fire-cracker. This year was the exception to the norm. The temperature barely raised above 80 degrees, but everyone seemed to enjoy the ice cream after the ride. The forecast was for rain, and everyone had been watching it on the local radar before they headed to the start. Vicky and Dave Ashworth knew it was going to pour any minute so they opted to leave their bikes at home and come to the ride and socialize. We had 18 riders to brave the looming bad weather and ride. Some riders opted for the shorter ride because it started to rain a little, but it quit soon afterwards. Everyone made it in before it started raining really hard except Diana Holland and Hank Hudson. They got caught, missed a couple of Dan Henry's, rode an extra

mile or two (sorry no extra club miles for that), and got caught in the rain. Everyone enjoyed the cool weather. (See pictures on page 10.)

The boy scout bike rodeo was canceled due to lightning and rain. We will reschedule this event after schools starts back. I'll let everyone know when and where as soon as I find out.

**Bike Give Away Program:** This was Thursday, July 2, at Ivy Tech at 2:00 p.m. Paul Jensen headed up the EBC's involvement at the bike give-a-way. Club members helped distribute the bikes and put on a bike rodeo for the children.

I'm writing the article today, and the temperature reached a high of 76 degrees. This entire week has been great for riding with mild temperatures and cloudy skies. Will the dog days of summer arrive in August? August is usually our hottest and driest month of the year. I'm listing a few things that might help members to deal with the heat and humidity. From WomensCycling.ca July 19<sup>th</sup>, 2009,

By: Diane Stibbard  
(Dip in Physical Education/Level II Coach):

1) Start your ride well-hydrated. Drink 16 ounces of water before bedtime. In the early morning top up again with 16-24 ounces. Then during your ride drink another 4-8 ounces of fluid every 15-20 minutes. (a regular-size sport bottle contains 12-16 ounces)

2) If you're riding for longer than ninety minutes, or riding sixty minutes at high intensity, the best choice is a sports drink. Sports drinks replace sodium and chloride, important electrolytes lost through sweat.

3) After your ride, drink 16-24 ounces of water in the first hour. Then, after that, sip water regularly to top up your fluid levels. If you want be certain you've replaced the fluid lost during your ride, weigh yourself before and after the ride. See how much weight you lost. For every pound of weight lost, drink 24 ounces of water

(Continued on page 2)

#### EBC CONTACTS

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## Notes From The President's Corner (Cont.)

Darlene Wefel—EBC President

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4) If possible, ride in the early morning to avoid higher temperatures. However, even with lower morning temperatures, you still have to be cautious. Humidity levels are higher in the morning and winds tend to be lighter. This means your sweat won't evaporate as quickly as it will later in the day when the wind picks up and the humidity levels drop. So be vigilant and make sure you drink enough water.

5) Before heading out for your ride, check humidity levels on the weather channel. If they are higher than fifty percent, and the humidex reading is 5-10 degrees higher than the actual temperature, take an extra water bottle in your jersey.

6) Wear light-colored cycling shorts and wear a good sweat-wicking jersey or T-shirt to keep your body cooler and dryer.

7) If you feel dizzy or light-headed take a break in the shade. Apply water to your

wrists and head to cool your body down.

8) Heat injuries occur when your exercise heat load exceeds your body's ability to regulate your body temperature. Heat injuries can be serious and should be treated immediately.

Last year I was cycling in California, and I wish I had taken some of these tips with me. The rented bike I was on only had 1 water bottle cage. The first 50 miles were fine, but the last 10 were brutal because there was no place to get water. I had ran out! The temperature at 9:30 was 70 and by 2:00 it was near 100.

So take extra water with you if possible (I wear my camel-back for longer rides), make sure you take your cell phone, and keep an insurance card and emergency contact number with you.



## KUDOS

By Linda Clemmer

KUDOS to Jay Vercellotti for his time and talent in creating the new trifold handout for the club.

This will be a great tool to help members get the word out about the EBC. If you haven't seen the handouts - be sure to check them out - and help us get the word out.

**Great job Jay!**

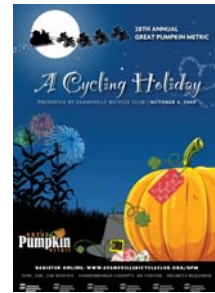


Bicycle Indiana is funded by grants and individuals and needs your support. The EBC donates \$1.00 per GPM rider.

The cost of being a member is minimal— \$25.00. You can make a difference by joining. <http://bicycleindiana.org/>

A beloved, former member of the Evansville Bicycle Club, Darryl Benefiel, was killed on his bike in California Thursday, July 23<sup>rd</sup>. I thought you might share that in the August newsletter. A lot of members knew Darryl.

Julie Lerner



## Your Role in the GPM

### Dan Krueger, 2009 GPM Coordinator

With the GPM about two months away, we really need your help in getting out the word about the ride. Last year, we had over 800 riders. The GPM Committee is hoping for over 900 (and over 1,000 would be nice for bragging purposes).

While we would like to hope that past riders will return each year, it can't hurt to send a quick reminder to those you may know about registration. Early registration is \$17, as opposed to \$20 for those who register late.

What else can be done to help get more riders to the ride? I firmly believe that the "TEAM" option is a great way to get more riders out there. What can be more fun than riding with people you know? Talk to your co-workers and see if you can help organize them (perhaps their families can ride in the team). See if your boss would purchase t-shirts

with the company name on them for all of the riders.

We'll plan to send out flyers to businesses, schools and non-profits around the area to get the word out. Even though we will be littering the area with GPM material, word of mouth is a much more reliable way to get people involved.

While I would love to be able to let you ride with the teams you may organize, the GPM won't be successful without volunteers. We desperately need your assistance to make sure we are ready to go by the time the first rider sets off until the last rider returns. We have a number of opportunities for you to volunteer. Members who are helping to organize these key areas are:

**SAG** — Jay Vercellotti,  
rides@endlessvistas.com

**Truck/Tents/Porta-Johns** — Mark Oliver,

moliver@insightbb.com

**Rest Stops**—Linda Clemmer, lclemmer@csc.com

**Registration** — Rusty Yeager  
ryeager42@wowway.com

**Swine Barn** — Gary Gardner  
gogardner@roadrunner.com

**Post-Ride Dinner** — Ron Lee,  
ronnie.lee@wowway.com

**Team Riding** — Paul Jensen, pj-3@sbcglobal.net

**Parking** — Gene VanStone,  
vanstone@insightbb.com

Let's make this ride the talk of the town for 2009. Please catch me at a ride if you have any questions.

## GPM Rest Stops

### By Linda Clemmer

We need volunteers to man two of the rest stops. One in St Wendel and one about 7.6 miles from the 4H center. The St Wendel stop will serve all riders doing both the 50 & 100 K routes. The other stop is on the 25 K route and serves families and others doing the short-est route.

All food is supplied and should be picked up Saturday at a place and time to be announced. Previously, Wesselman's park - Saturday afternoon.

Food includes bread, PB&J, apples, bananas, trail mix and serving cups, cookies, Gatorade powder - depending on donations we receive. Paper towels and hand sanitizer is supplied. Drink coolers for ice water and Gatorade can be picked up along with the food and probably need to be washed out since they have been in storage for a year.

We ask workers to bring coolers and bags of ice to the stop Sunday morning - save the receipt for the club to reimburse for the ice. Depending on the site - tents - if needed for shade, tables, cardboard waste containers, garbage bags,

and port-a-johns are set up and taken down by the club.

Skills required - to be able to make PB&J sandwiches ;- ) and encourage / have fun with the riders.

From past experience, I recommend bringing chairs, a paring knife to cut up fruit, a knife to spread peanut butter, table cloths and serving platters for the cookies and sandwiches, and maybe a couple kitchen towels. I have been collecting plastic platters at yard sales that you can borrow.

**Now for the fun part....**  
This year's theme is a cy-

cling holiday, so we want each rest stop to have a holiday theme. New Year's Eve, The Fourth of July, and Halloween are already taken. The club will reimburse you for decorations and costumes - please just remember we are trying to make money from this. <<grin>>

If you decide to volunteer, pick a holiday and run with it! Decorate the tables, toilets, tent, and wear costumes to match your holiday. It is a lot of fun for both the riders and for the volunteers.

Contact me to volunteer:  
lclemmer@csc.com

## Lose the Training Wheels *Safely*

By Dan Armstrong

The July newsletter featured Paul Jensen's report on the Evansville Bicycle Club's first participation in Lose the Training Wheels, an annual program that teaches youngsters with disabilities how to ride a bicycle.

In early June, Paul and other club members volunteered during the five days of sessions at Hebron Elementary School. Incidentally, Linda Clemmer did an outstanding yet strenuous job of running backwards ahead of a rider and encouraging the child to "catch" her.

Paul can do more than ride a bike and be our club vice president at the same time. He is an educator in exercise and sports science at the University of Evansville, and his detailed report educated us on Lose the Training Wheels, offered locally by the Easter Seals Rehabilitation Center.

Curiously, I had an experience that I think illustrates the need to educate a largely ignorant public.

On the first day of Lose the

Training Wheels, I was driving to Hebron but overshot the school.

I attended Hebron -- about 50 years ago -- when it fronted on Lincoln Avenue! So, that's where I headed like an old dog. Realizing my error, I was backtracking when I started to turn onto South Hebron Avenue from a parking lot.

I almost struck a kid on a bike who was headed the wrong way on this two-way street. I am not blameless. My mind was on getting to Hebron. But I didn't expect to meet somebody going the wrong way.

Motor vehicles usually don't go the wrong way, and a vehicle is so much easier to see than a bicyclist. If that kid had been riding with traffic, he would have been in the far lane and we wouldn't have been on a crash course.

Among the children our club shepherded was a girl nicknamed Lexi. I gave Lexi's mother a bike safety pamphlet from the Evansville Metropolitan Planning Organization. It states: "Never

ride against traffic! Cars turning right are not likely to see you. Ride in the same direction as the traffic."

That's what happened to me.

I didn't tell Lexi's mother about my experience. But she examined the pamphlet and remarked basically that she had been told to ride against traffic.

The wrong-way kid I almost hit had given me a look as he passed. Maybe he thought he was correct to ride against traffic.

It's a constant sight: cyclists going the wrong way. Maybe most of them don't know any better.

Regrettably local police allow this and other bike violations.

I am glad Paul is committed to strengthening the safety component of Lose the Training Wheels.

After all, learning bike safety puts a rider on the road to no pain, all gain.

**"Incidentally, Linda Clemmer did an outstanding yet strenuous job of running backwards ahead of a rider and encouraging the child to 'catch' her."**



### League of American Bicyclists

[www.bikeleague.org](http://www.bikeleague.org)

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

Membership begins at \$35.

# THE GREAT BIKE GIVEAWAY

By Paul Jensen

How do you make eighty children happy?..... Give them bicycles!

On Thursday, July 2<sup>nd</sup>, ten of EBC's finest helped in the distribution of eighty bicycles, and then, immediately afterward, conducted a bike rodeo to give the new cyclists an opportunity to try their bikes out.

For a third year, the members of the Evansville Bicycle Club assisted in the Great Bike Giveaway sponsored by the EVSC, Evansville Parks and Recreation Department, and Ivy Tech Community College. Two-hundred fifty children, ranging from the first grade through middle school, participated in the summer enrichment program with the one-hundred winners being determined based on their positive attitude, attendance, and participation in the program. Eighty bicycles, helmets, locks, and reflectors were distributed at the Ivy Tech location with the other twenty bikes being available at the six sites of the program.

As can be seen, the children were quite excited about their new acquisitions.



The day began at 5:30 am with Rusty Yeager and Paul Jensen marking the course. The crew of EBC volunteers arrived at 2:00 p.m. to help in the distribution of the bikes, and then became directional signals, stop and yield signs, and third wheels for the rodeo. Heartfelt thanks to the following folks for helping to make EBC a more positive influence in the community:



Mr. Stop Sign—**Dan Armstrong**



Third wheel **Diane Bies** & Ms. Stop sign **Cindy Jones**

Dan Armstrong   Diane Bies   Renee' Hanft   Hank Hudson   Paul Jensen   Cindy Jones   Amy Lutzel  
Ann Pendley   Gene Van Stone   Rusty Yeager

Evansville Bike Club  
is looking for a  
**New**  
**Jersey Design**

It's time, and we want **YOU** to be involved!!!!

Please submit any and all ideas for the new EBC Jersey to me ASAP  
aapendley@paynewealthpartners.com

The chosen design creator will win a **FREE EBC JERSEY!!!!**

I'm looking forward to your creative response!!!!  
Ann Pendley



**To Buy**

Good used road bike for 6-ft. male.  
Maximum \$500.  
Call Rich. 574.361.7597

**Great Pumpkin Metric**

**October 4, 2009**

**A Cycling Holiday**



**2008 Zipp clincher wheel set**

Front wheel is a 404

Rear wheel is an 808 w/ built in power tap

They are in great shape w/ less than 100 miles. I'm firm on asking \$2,000.

Contact: [jumbach@gmail.com](mailto:jumbach@gmail.com)

Used **Saris Bones Bike Rack 2009**. The 801 Saris Bones 3 trunk bike racks offer superb modern styling and reliability. Easy to install with simple loading and unloading of bicycles. Includes all hardware and straps for securely transporting up to three bikes and mounts quickly to almost any vehicle make and model, from sedans to mini-vans - even when there's a rear spoiler involved.

Color: Modern Dark Grey

Contact : Jane Gilbert

Sale Price: \$65.00

[Jane.gilbert@evsc.k12.in.us](mailto:Jane.gilbert@evsc.k12.in.us) or (812)305-7919

## GPM Training Ride

By Renee' Hanft



For the July GPM Training Ride, Brett Weyer and Brock Weyer lead us on a 14-mile route they mapped out in the Blue Grass area. It was a great ride!

Afterwards, we all enjoyed cookies and water provided by Diane Bies and Cindy

Jones. Thanks, Ladies, for the snacks!

The Next GPM Training Ride is August 1st, 2 p.m., at Garvin Park in Evansville.

Rumor has it there will be hot dogs after the ride. Hope you can be there!



## WELCOME NEW MEMBERS

LINDOL & MICHELE ADKISSON &  
FAMILY  
JEFF CRANE  
YVETTE WASSMER & FAMILY  
MIKE VILLINES  
ERIC OSBORN

### Please Note:

The dates for the bike MS:  
Cruisin' The Crossroads  
Ride 2009® have changed.  
New dates:  
SEPTEMBER 26<sup>TH</sup> & 27<sup>TH</sup>

More Info: [http://bikeini.nationalmssociety.org/site/TR/Bike/INIBikeEvents?pg=entry&fr\\_id=10960](http://bikeini.nationalmssociety.org/site/TR/Bike/INIBikeEvents?pg=entry&fr_id=10960)

# The Trail Junkie on the Virginia Creeper

By Charlie Miller

The focus of this year's vacation was the beautiful Virginia Creeper Trail that connects the towns of Abingdon and Whitetop, Virginia. The Creeper Trail is 34 miles of spectacular scenery located on abandoned railroad property in southwest Virginia. In 1987, Congress dedicated the Creeper Trail as a National Recreational Trail.



My daughter, her friend, and I began our vacation trip with the drive through portions of the Appalachian Mountains of Kentucky and Virginia. Our destination was Whitetop, Virginia; a small community nestled in Mt. Rogers National Recreation Area on Whitetop Mountain. Whitetop Mountain is an inactive volcano standing 5,520 feet above sea level, and it is the second tallest mountain in Virginia. The tallest is Mount Rogers. Located just a few miles away, it surpasses Whitetop by only 209 feet.

We began our bike adventure at Whitetop Station. At an elevation of 3,575 feet, it was once the highest point for passenger train service east of the Rocky Moun-

tains. Whitetop Station is located less than one mile from the North Carolina border where the Creeper Trail has its east terminus. Sadly, instead of developing the trail further, the State of North Carolina turned the railroad property over to the local landowners. That portion of the old rail line is posted as private property and is not safe to ride on. But traveling 34 miles in the opposite direction is a delight for all the senses.

The National Park service has a large parking lot and maintains a small museum and visitors center at Whitetop Station. From this point we began a 2,665-foot descent over the next 17 miles to the town of Damascus. The trail grade ranged from 1.5% to 3.5% with the steepest part in the first four miles between Whitetop Station and Green Cove. There is a parking lot, toilet facili-



ties, and another train station at Green Cove that is also maintained by the National Forest Service as a museum and gift shop. Beyond Green Cove the trail snakes its way between the lesser peaks of Lost Mt., Chestnut Mt., and Fork Mt. as it follows the path of Whitetop-Laurel Creek. Not far past Green

Cove, we came to High trestle. At 100 feet high and 550 feet long, it was like riding our bikes through



the forest canopy. There are actually 47 trestles along the trail. Some are very small but there are also many spectacular ones as



well. Continuing the descent down the mountainside there are many places we stopped and enjoyed the beauty and wonder of this area that God has graced so abundantly. Taking our time to dip our toes in Whitetop-Laurel



(Continued on page 9)

## The Trail Junkie on the Virginia Creeper (Cont.)

By Charlie Miller

(Continued from page 8)

creek and enjoy the fresh, clean scent of the Hemlock trees made stopping a pleasure we partook of often.



Located at the base of Whitetop Mountain, Damascus, Virginia, is a quiet, little village with a small downtown area for shopping and dining. There are also at least three bike shop/shuttle services in Damascus that will haul you and your bike back up the mountain for about \$10.00. In Damascus another famous trail intersects the Creeper Trail and does so again about half way up the mountain. It is the Appa-



lachian Trail that stretches from Maine to Georgia. The proximity of these two major trails passing so closely through Damascus has earned this little village a rating

of “Trail Town USA” by the American Hiking Society which ranks only the top trail communities in the country.

In Damascus, Whitetop-Laurel Creek flows into the Holston River, and the Creeper Trail follows the river for the next 17 miles into Abingdon. The trail also flattens out along this stretch. Although it continues on a slight down grade for 8 more miles to Alvarado, and then begins a slight up grade to Abingdon, the elevation change is hardly noticeable. This portion of the trail runs the gambit of pasture, dense forest, sheer cliffs, and beautiful river views. There is a spectacular horseshoe-curved trestle over an area where the middle and south fork of the Holston River flow together to form Holston lake. About a mile beyond the river’s convergence, the trail passes through an area of smaller peaks called the “Great Knobs” and the “River Knobs”. The Knobs are actually inverted arches of rock that has eroded over eons of time.

The western terminus of the Virginia Creeper trail is in Downtown Abingdon, Virginia. Here you can see the retired “433” Virginia Creeper Steam Locomotive preserved and proudly on display. Abingdon was the first town to be incorporated west of the Blue Ridge Mountains and is considered among one of America’s top thirty small art communities. One visit there and you will know why.

A misconception I had regarding the trail before my visit was its name. I

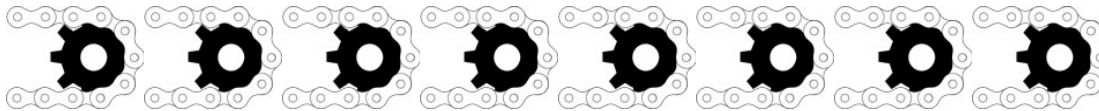
assumed Virginia Creeper referred to the plant that grows in the area. The Virginia Creeper trail actually got its name from the Virginia-Carolina railway. In the 1930’s, the train was given the nickname Virginia Creeper because of how slowly it had to “creep” up the mountainside to negotiate sharp curves and steep grades. According to a National Park person I spoke with, the train crept down the mountain as well to avoid crashing on those same sharp curves. The “V-C” railway liked how the nickname fit their initials and the name stuck. When Steam locomotives crept on the mountainside a generation ago, the “V-C” passengers probably didn’t mind a bit. This route was considered one of the most scenic in eastern North America. Although the tracks have been removed, the Virginia Creeper now handles more human travelers than in the seventy-seven year history of railroad service. An estimated 25,000 visitors a year come to Virginia to experience the beauty of the trail and the warm hospitality of the people of Virginia.

Much of the local and historical information I used in this article came from *The Virginia Creeper Trail Companion*; Edward H. Davis, Edward B. Morgan, 1997. It is a wealth of information that would be beneficial to first time visitors to the area.

## Pictures from the July 4th Firecracker Ride Hosted by Bob & Darlene Wefel and Jane Buchta



# MARKED UP!



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

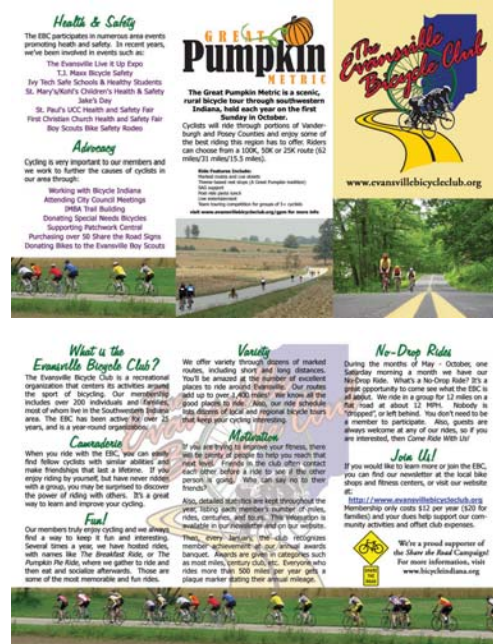
**GPM Family/Training Ride:** This month's ride will be at Garvin Park.

**Olmstead Ride Mileage:** The Olmstead middle route is 22 not 23 miles. This was mentioned previously, but somehow I've managed to copy and paste old info into more than one ride calendar. Any rides on that route are being counted as 22 miles.

**Hosted Ride:** Dan and Leandra Krueger will once again host their Nite Ride on Friday Aug. 28. Make sure to bring a head and tail light. The word on the street is that Leandra likes to cook up some treats for these rides so there should be something good to munch on afterwards.

**SAG Drivers:** I still need several SAG drivers for the GPM on October 4th. Trucks are best, but any sort of 4+ wheeled vehicle with a place to put bikes and people would work. You only need a minimum of bike repair knowledge since we will just have basic parts like tubes and tires. If you are interested you can email rides @ endlessvistas.com or call 454-4818.

**EBC Handouts:** Our new handout is finally done! I worked with Linda Clemmer to put this small tri-fold brochure together. It is just 5.5 inches tall and meant to be available to people who visit events where the EBC is involved, or any other time when people might like to know what we are all about. They will be available to see at the next club meeting. I've included some sample pictures in the next column.



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

## Event Information

**Aug 1: 2:00 PM GPM Training Ride @ Garvin Park 12 mi.**

**Aug. 2: 6:00 AM CDT Strassenfest Ride @ Jasper, IN Jaycee Park 15th & Bartley. 21, 35, 48, or 61 mi. <http://www.jasperstrassenfest.org/sunday.cfm> 812-482-3757 \$\$**

**Aug. 8: 8:00 AM Henderson's Pickin' & Pedalin @ Audubon Mill Park on Water St. between 1st & 2nd streets. Henderson, KY 12, 38, or 62 mi. <http://www.pickinandpedalin.com/> 270-826-3128 \$\$**

**Aug 15: 8:30 AM NO DROP RIDE @ Dogtown Boat Ramp on Old Henderson Rd. 12 mi. **What's a No Drop Ride?** It's a great opportunity to come see what the E.B.C. is all about. We ride 12 miles on a flat road at about 12 MPH. You don't need to be a member!**

**Aug. 22: 8:00 AM Mt. Vernon Fun Day Ride @ Mt. Vernon, IL AB Advertising Warehouse, 1 Eagle Court. 15, 30, 60, or 108 mi. <http://www.fundaybikeride.com> 618-244-2331 \$\$**

**Aug 28: 8:30 PM Nite Ride 2 @ 2230 Ridgcrest Dr. Ride hosts Dan and Leandra Krueger. No-Drop 12 mi. Call 306-1343 for info. **Head and Tail Lights Required!!!** Directions: From Evansville, take 41 North, Right on St. George Rd., Left on Ohara Dr., Left on Ridgcrest Dr. Melody Hills Subdivision.**

# August 2009 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. Helmets are mandatory.</i></p> <p><i>As always, please park on the I-164 side of the Access Road &amp; <b>PARK ON PAVEMENT!</b></i></p> <p><i><b>SEE EVENT INFO ON BACK FOR MORE DETAILS!</b></i></p> <p><i><a href="http://www.evansvillebicycleclub.org">http://www.evansvillebicycleclub.org</a></i></p>						
<p><b>2 6:00 AM CDT <u>Strassenfest Ride</u> @ Jasper, IN</b> Jaycee Park 15th &amp; Bartley. 21, 35, 48, or 61 mi. \$\$</p> <p><b>3:30 PM <u>Come Ride With Us @ I-164 Access</u></b> Burkhardt &amp; Olmstead Rds. 17, 22, or 33 mi.</p>	<p><b>3 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</b></p>	<p><b>Ride hosts welcome for <u>September and October</u></b></p> <p><b>Call or e-mail</b> Jay Vercellotti @ 867-7549 rides @ endlessvistas.com</p>	<p><b>Stats?: Rusty Yeager</b> ryeager42 @wowway.com</p> <p><b>Newsletter?: Renee Hanft</b> sunshinein @insightbb.com</p> <p><b>\$\$=Registration Fee</b></p>	<p><b><u>Directions to Dogtown</u></b> Take the Barker Ave. exit south from the Lloyd Expy. At <b>Broadway Ave.</b> go right (stop light). At <b>Tekoppel Ave.</b> go left (right before the levee). At <b>Old Henderson Rd.</b> go right (Tekoppel T's into Old Henderson Rd.) Dogtown Boat Ramp will be approx. 1 mi. down the road on the same side as the river.</p>		<p><b>1 8:30 AM @ <u>Dogtown Boat Ramp</u></b> on Old Henderson Rd. 12, 23, or 43 mi.</p> <p><b>2:00 PM GPM Training Ride @ Garvin Park</b> 12 mi.</p>
<p><b>9 10:00 AM @ <u>Reitz High School</u></b> on Claremont off the Ray Becker Parkway, 21 or 40 miles.</p> <p><b>3:30 PM <u>Come Ride With Us @ I-164 Access</u></b> Burkhardt &amp; Olmstead Rds. 17, 22, or 33 mi.</p>	<p><b>10</b></p>	<p><b>4 9:00 AM &amp; 6:00 PM @ <u>I-164 Access</u></b> Burkhardt &amp; Olmstead rds. 17 or 22 miles.</p>	<p><b>5 6:00 PM @ <u>Scott School</u></b> on Old State Rd. 26 miles.</p>	<p><b>6 9:00 AM @ <u>Old Dam Site</u></b>, Newburgh, 27 mi.</p> <p><b>6:00 PM Circuit Ride @ <u>Dogtown Boat Ramp</u></b> 20 mi.</p>	<p><b>7 9:00 AM Circuit Ride @ <u>Dogtown Boat Ramp</u></b> 20 mi.</p>	<p><b>8 8:00 AM <u>Henderson's Pickin' &amp; Pedalin</u></b> @ Audubon Mill Park on Water St. between 1st &amp; 2nd streets. Henderson, KY 12, 38, or 62 mi. \$\$</p> <p><b>1:00 PM @ <u>Henderson Co. High School</u></b> in Henderson, KY 24, 32, or 47 mi.</p>
<p><b>16 10:00 AM @ <u>I-164 Access</u></b> Burkhardt &amp; Olmstead Rds. 17, 22, or 33 mi.</p> <p><b>3:30 PM <u>Come Ride With Us @ I-164 Access</u></b> Burkhardt &amp; Olmstead Rds. 17, 22, or 33 mi.</p>	<p><b>17</b></p>	<p><b>11 9:00 AM &amp; 6:00 PM @ <u>I-164 Access</u></b> Burkhardt &amp; Olmstead rds. 17 or 22 miles.</p>	<p><b>12 6:00 PM @ <u>Scott School</u></b> on Old State Rd. 26 miles.</p>	<p><b>13 9:00 AM @ <u>Old Dam Site</u></b>, Newburgh, 27 mi.</p> <p><b>6:30 PM Club meeting @</b> Newburgh Pizza Chef near Wesselman's on Hwy 261.</p>	<p><b>14 No Circuit Ride</b></p>	<p><b>15 8:30 AM <u>NO DROP RIDE @ Dogtown Boat Ramp</u></b> on Old Henderson Rd. 12 mi.</p> <p><b>9:45 AM &amp; 1:00 PM Same Place</b> 23 mi.</p>
<p><b>23 10:00 AM @ <u>Elite Fitness—TP Route</u></b> (57 &amp; Kansas), 22 or 37 miles.</p> <p><b>3:30 PM <u>Come Ride With Us @ I-164 Access</u></b> Burkhardt &amp; Olmstead Rds. 17, 22, or 33 mi.</p>	<p><b>24</b></p>	<p><b>18 9:00 AM &amp; 6:00 PM @ <u>I-164 Access</u></b> Burkhardt &amp; Olmstead rds. 17 or 22 miles.</p>	<p><b>19 6:00 PM @ <u>Scott School</u></b> on Old State Rd. 26 miles.</p>	<p><b>20 9:00 AM @ <u>Old Dam Site</u></b>, Newburgh, 27 mi.</p> <p><b>6:00 PM Circuit Ride @ <u>St. Joseph Catholic Church</u></b>, St. Joseph, IN. 6202 W Saint Joseph Rd. 20 mi.</p>	<p><b>21 9:00 AM Circuit Ride @ <u>St. Joseph Catholic Church</u></b>, St. Joseph, IN. 6202 W Saint Joseph Rd. 20 mi.</p>	<p><b>22 8:00 AM <u>Mt. Vernon Fun Day Ride</u></b> @ Mt. Vernon IL, 15, 30, 60, or 108 mi. \$\$</p> <p><b>8:30 AM &amp; 1:00 PM @ <u>Dogtown Boat Ramp</u></b> on Old Henderson Rd. 12, 23, or 43 mi.</p>
<p><b>30 10:00 AM @ <u>West Ter-race School</u></b> (near USI), 19 or 33 miles.</p> <p><b>3:30 PM <u>Come Ride With Us @ I-164 Access</u></b> Burkhardt &amp; Olmstead Rds. 17, 22, or 33 mi.</p>	<p><b>31</b></p>	<p><b>25 9:00 AM &amp; 6:00 PM @ <u>I-164 Access</u></b> Burkhardt &amp; Olmstead rds. 17 or 22 miles.</p>	<p><b>26 6:00 PM @ <u>Scott School</u></b> on Old State Rd. 26 miles.</p>	<p><b>27 7:00 AM <u>Club Century</u></b> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <b>Santa Claus</b> or <b>Touring Route</b></p> <p><b>9:00 AM @ <u>Old Dam Site</u></b>, Newburgh, 27 mi.</p> <p><b>6:00 PM Circuit Ride @ <u>Scott School</u></b> 20 mi. Yellow Marks — 3 mile loop.</p>	<p><b>28 9:00 AM Circuit Ride @ <u>Scott School</u></b> 20 mi. Yellow Marks — 3 mile loop.</p> <p><b>8:30 PM Nite Ride 2 @ 2230 Ridgecrest Dr.</b> Ride hosts Dan and Leandra Krueger. No-Drop 12 mi. Call 306-1343 for info. <b>Head and Tail Lights Required!!!</b></p>	<p><b>29 7:00 AM <u>Club Century</u></b> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <b>Santa Claus</b> or <b>Touring Route</b></p> <p><b>8:30 AM &amp; 1:00 PM @ <u>Dogtown Boat Ramp</u></b> on Old Henderson Rd. 12, 23, or 43 mi.</p>
						<p><b>Directions to H.C. H.S.</b> Take Pennyryle Pkwy to SR 351 exit go East (coming from Evansville go under Pennyryle) approximately 1/2 mi. to school on right.</p>

# Evansville Bicycle Club – 2009 Club Mileage through 7/25/2009

## Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty 1	6/1/09		27	63	3120
2 Holland, Diana	11/1/09		3	81	2785
3 Ashworth, David 1	12/1/09		4	50	2363
4 Jensen, Paul	10/1/09		2	58	1934
5 Johnson, Bill 1	7/1/09		7	35	1891
6 Bies, Diane 1	6/1/09		6	53	1796
7 Loehrlein, Colette 1	10/1/09		5	47	1749
8 Nalley, Shane	9/1/09		4	54	1683
9 Silke, Randy	6/1/09			54	1522
10 Jones, Cindy 1	12/1/09		5	44	1462
11 Krueger, Dan	6/1/09		2	45	1422
12 Ashworth, Vicky 1	12/1/09			48	1380
13 Maurer, Terrell	7/1/09			46	1321
14 Gardner, Gary 1	4/1/10	26		37	1310
15 Pendley, Ron	6/1/09		1	41	1309
16 Hudson, Hank	6/1/10			45	1254
17 Carter, Archie	10/1/10		2	35	1152
18 Gerbig, Steve	11/1/09		17	25	1132
19 Voegel, Bill 1	4/1/10		6	24	1085
20 Rold, Hope Jenkins 1	1/1/10			36	1076
21 Janowski, Robert	7/1/10		1	30	1056
22 Brindle, Matt	5/1/10		1	37	979
23 Robertson, Janet 1	2/1/10			34	966
24 Boren, Mike	3/1/10		2	38	924
25 Clemmer, Linda	11/1/09			23	823
26 VanStone, Gene	11/1/10			37	815
27 Leader, Caron	3/1/10		4	24	807
28 Brouillard, Gene	5/1/11			29	781
29 Demerly, Mike	7/1/09		2	22	711
30 Hanft, Renee'	4/1/10			30	679
31 Watson, Craig	7/1/09			22	650
32 Gardner, Opal 1	4/1/10			20	635
33 Myers, Dave	8/1/09			17	606
34 Williams, Mary	3/1/10			23	591
35 Williams, Jeff	8/1/09			19	506
36 Enmark, Dave	5/1/09		2	11	504
37 Gilbert, Jane	4/1/10			21	448
38 Jones, Curt D.	12/1/09			16	426
39 Roll, Steve	3/1/10			12	390
40 May, Dan	5/1/10			15	380
41 Merrick, David	11/1/09			12	378
42 Lovins, Eric	3/1/10			14	355
43 Wefel, Darlene	11/1/09	1		14	352
44 Conner, David	6/1/09			14	338
45 Pendley, Kevin	9/1/10		1	11	336
46 Willett, Bobby	5/1/10		3	3	321
47 Miller, Charles	3/1/10		1	5	286
48 Heiman, Doug	7/1/09		1	9	276
49 Colvin, Tony	4/1/10			9	268
49 Lee, Ronnie	8/1/10			10	268
51 Orth, Roger	8/1/10		2	9	259
52 Hudson, Carol	6/1/10			14	258
53 Pendley, Ann	9/1/10			8	239
54 Sullivan, Patrick	1/1/10			9	238
55 Paul, Larry	4/1/10			8	233
56 Weyer, Keith	2/1/11			11	207
57 McCarthy, Tom	7/1/09			9	200
58 Niethammer, Jim	12/1/09		1	4	199
59 Klotz, Andrea	8/1/09			8	188
60 Weyer, Brett	2/1/11			10	181
61 Lutzel, Amy	10/1/09			5	180
62 Allen, Rich	4/1/10			8	176
63 Armstrong, Dan	2/1/10			3	174
64 Weyer, Brock	2/1/11			9	173
65 Meyer, Greg	2/1/10			5	171
65 Vercellotti, Jay	11/1/09			6	171
67 Riley, Cody	6/1/10			7	164
68 Brindle, Carson	5/1/10			9	156
69 Long, Nathan	5/1/10			7	154
70 Mitz, Eric	3/1/10			8	146
71 Weyer, Audrey	2/1/11			8	144
72 Jones, Cory	12/1/09			8	139
73 Brindle, Sonya	5/1/10			8	136
74 Ward, Kelly	3/1/10			7	133
75 Weyer, Theresa	2/1/11			7	127
76 Nesbitt, Jonathan	6/1/09			4	114
77 Breivogel, Judy	2/1/10			5	111
78 Whittaker, Ashley	4/1/10			7	110
79 Tolen, Jim	8/1/09			4	107
80 Krueger, Leandra	6/1/09			5	106
81 Christ, Rick	6/1/10			4	95
82 Halsey, Craig	6/1/10			4	84
83 Carter, Faye	1/1/10			2	69
84 Hoang, Tran	1/1/10			2	66
84 Neff, Ward	11/1/09			3	61
86 Niekamp Garrett, Dorothy	6/1/10			3	61
87 Pendley, Nicholas	9/1/10			2	55
87 Swingle, Richard	3/1/10			2	55
89 Greenfield, Dana	2/1/10			2	48
90 Oliver, Mark	5/1/10			2	39
91 Roeder, Greg	12/1/09			2	37
92 Bennett, John	5/1/09			2	34
93 Garrison, Rick	10/1/09			1	23
93 Harrell, Jacqueline	6/1/10			1	23
93 Vote, Dan	5/1/10			1	23
96 Speck, Evan	8/1/09			1	22
97 Wingert, Chuck	5/1/09			1	21
98 Hurt, Kevin	6/1/10			1	17

## Overdue Memberships

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
Bohler, Nick	3/1/09			9	195
Seeger, Khris	3/1/09			7	167

## Men's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty 1	6/1/09		27	63	3120
2 Ashworth, David 1	12/1/09		4	50	2363
3 Jensen, Paul	10/1/09		2	58	1934
4 Johnson, Bill 1	7/1/09		7	35	1891
5 Nalley, Shane	9/1/09		4	54	1683
6 Silke, Randy	6/1/09			54	1522
7 Krueger, Dan	6/1/09		2	45	1422
8 Maurer, Terrell	7/1/09			46	1321
9 Gardner, Gary 1	4/1/10	26		37	1310
10 Pendley, Ron	6/1/09		1	41	1309
11 Hudson, Hank	6/1/10			45	1254
12 Carter, Archie	10/1/10		2	35	1152
13 Gerbig, Steve	11/1/09		17	25	1132
14 Voegel, Bill 1	4/1/10		6	24	1085
15 Janowski, Robert	7/1/10		1	30	1056
16 Brindle, Matt	5/1/10		1	37	979
17 Boren, Mike	3/1/10		2	38	924
18 VanStone, Gene	11/1/10			37	815
19 Brouillard, Gene	5/1/11			29	781
20 Demerly, Mike	7/1/09		2	22	711
21 Watson, Craig	7/1/09			22	650
22 Myers, Dave	8/1/09			17	606
23 Williams, Jeff	8/1/09			19	506
24 Enmark, Dave	5/1/09		2	11	504
25 Jones, Curt D.	12/1/09			16	426
26 Roll, Steve	3/1/10			12	390
27 May, Dan	5/1/10			15	380
28 Merrick, David	11/1/09			12	378
29 Lovins, Eric	3/1/10			14	355
30 Conner, David	6/1/09			14	338
31 Pendley, Kevin	9/1/10		1	11	336
32 Willett, Bobby	5/1/10		3	3	321
33 Miller, Charles	3/1/10		1	5	286
34 Heiman, Doug	7/1/09		1	9	276
35 Colvin, Tony	4/1/10			9	268
35 Lee, Ronnie	8/1/10			10	268
37 Orth, Roger	8/1/10		2	9	259
38 Sullivan, Patrick	1/1/10			9	238
39 Paul, Larry	4/1/10			8	233
40 Weyer, Keith	2/1/11			11	207
41 McCarthy, Tom	7/1/09			9	200
42 Niethammer, Jim	12/1/09		1	4	199
43 Weyer, Brett	2/1/11			10	181
44 Allen, Rich	4/1/10			8	176
45 Armstrong, Dan	2/1/10			3	174
46 Weyer, Brock	2/1/11			9	173
47 Meyer, Greg	2/1/10			5	171
47 Vercellotti, Jay	11/1/09			6	171
49 Riley, Cody	6/1/10			7	164
50 Brindle, Carson	5/1/10			9	156
51 Long, Nathan	5/1/10			7	154
52 Mitz, Eric	3/1/10			8	146
53 Jones, Cory	12/1/09			8	139
54 Nesbitt, Jonathan	6/1/09			4	114
55 Tolen, Jim	8/1/09			4	107
56 Christ, Rick	6/1/10			4	95
57 Halsey, Craig	6/1/10			4	84
58 Hoang, Tran	1/1/10			2	66
59 Neff, Ward	11/1/09			3	61
60 Pendley, Nicholas	9/1/10			2	55
60 Swingle, Richard	3/1/10			2	55
62 Oliver, Mark	5/1/10			2	39
63 Roeder, Greg	12/1/09			2	37
64 Bennett, John	5/1/09			2	34
65 Garrison, Rick	10/1/09			1	23
65 Vote, Dan	5/1/10			1	23
67 Speck, Evan	8/1/09			1	22
68 Wingert, Chuck	5/1/09			1	21
69 Hurt, Kevin	6/1/10			1	17

## Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Holland, Diana	11/1/09		3	81	2785
2 Bies, Diane 1	6/1/09		6	53	1796
3 Loehrlein, Colette 1	10/1/09		5	47	1749
4 Jones, Cindy 1	12/1/09		5	44	1462
5 Ashworth, Vicky 1	12/1/09			48	1380
6 Rold, Hope Jenkins 1	1/1/10			36	1076
7 Robertson, Janet 1	2/1/10			34	966
8 Clemmer, Linda	11/1/09			23	823
9 Leader, Caron	3/1/10		4	24	807
10 Hanft, Renee'	4/1/10			30	679
11 Gardner, Opal 1	4/1/10			20	635
12 Williams, Mary	3/1/10			23	591
13 Gilbert, Jane	4/1/10			21	448
14 Wefel, Darlene	11/1/09	1		14	352
15 Hudson, Carol	6/1/10			14	258
16 Pendley, Ann	9/1/10			8	239
17 Klotz, Andrea	8/1/09			8	188
18 Lutzel, Amy	10/1/09			5	180
19 Weyer, Audrey	2/1/11			8	144

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
20 Brindle, Sonya	5/1/10			8	136
21 Ward, Kelly	3/1/10			7	133
22 Weyer, Theresa	2/1/11			7	127
23 Breivogel, Judy	2/1/10			5	111
24 Whittaker, Ashley	4/1/10			7	110
25 Krueger, Leandra	6/1/09			5	106
26 Carter, Faye	1/1/10			2	69
27 Niekamp Garrett, Dorothy	6/1/10			3	61
28 Greenfield, Dana	2/1/10			2	48
29 Harrell, Jacqueline	6/1/10			1	23

## Commuting Mileage

Club Member	Miles	Month
Dave Myers	1807	June
Dan Krueger	993	June
Tom Ballard	676	April
Gary Gardner	194	June
Cindy Jones	68	June
Ashley Whitaker	9	June

## 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 - 41
Scott School	15 - 26 - 33
Wesselman/Garvin Park	20
West Terrace	25
New Albany	122
Hosted Rides	
New Years Day Ride	17
Firecracker Ride	33
Out-of-Town Rides	
YMCA Pancake Days	26 - 36
Town and Country	38 - 61
Harmonie 100	50 - 53
TOSRV	105 - 105
Wurst Ride	33
Little River Tour	100
Horsely Hundred	100 - 70
River City Senior Games	22
CRAM	100
Horsely 100	100 - 70
Tour de Cave	68
B & O Corridor Tour	62
Tour de Corn	15, 30, 60, 100
N.I.T.E. Ride	?
TRIRI	516
Knox County Cure Tour	63
RAIN	160
Volunteer Events	
Boy Scout Troop 330	33
Lose the Weight Training Wheels	114
Evansville Boy Scout - South Terrace	33
Ivy Tech Bike Giveaway	27
St. Mary's Bosse Field	20

## Statistical Summary

	2009	2008	2007
Number of club rides	260	268	261
Club miles for the year	9,249	9,829	9,435
Total miles ridden	58,075	61,565	66,043
Member riders	95	NA	NA
Non-member riders	39	NA	NA
Total number of riders	1,849	1,908	1,932
Avg. riders/ride	7.1	7.1	7.4
Avg. miles/ride/rider	31.4	32.3	34

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](mailto:d.ashworth@insightbb.com)