



EBC Bikewriter

The Evansville Bicycle Club Newsletter

EBC CONTACTS

Darlene Wefel—President
812-490-0686

Paul Jensen—VP
812-479-3213

Vicky Ashworth—Secretary
812-426-2489

Kevin Pendley—Treasurer
812-490-3217

Dave Ashworth—Membership
812-426-2489

Rusty Yeager—Statistician
812-402-1787

**Jay Vercellotti—Touring/
Webmaster**
812-867-7549

Ann Pendley—Publicity
812-573-9189

Dan Krueger—GPM Coordinator
812-306-1343
yesman1000@hotmail.com

Gary Gardner—Board of Directors
812-853-0476

Renee' Hanft—Newsletter
812-868-8561
sunshinein@insightbb.com

Notes From The President's Corner

Darlene Wefel—EBC President

One word describes August, and that is unbelievable! I can't remember an August this cool, and my lawn is still green and needs mowing on what seems like a daily basis. I heard the forecast for this Saturday, August 22; I must be dreaming. The high temperature is going to be 73 degrees. No complaints from cyclists in Southern Indiana unless you were cycling when the skies opened up on Tuesday evening, dumping 4.2 inches of rain on Newburgh in less than an hour.

There is so much happening in the cycling world, I'm not sure where to begin. As you all read in July's newsletter, the EBC helped with the "Lose the Training Wheels" program. Amy Lutzel received the following message from one of the participants, and I thought the club would want to read it:

"A whole new world has been opened up for [Alexa] by riding her bike. She rides like she's been doing it for years! We bike ride as a family now in the evenings & on camping trips. She has a new sense of

pride of herself. I can't thank you & her team for the time, patience & support you've given her & know that this experience she's had will forever be in her memory & you are a part of that! Take care of yourself & God Bless!"
WOW!



St. Mary's night at the Otter's ball game was a success! Here is a thank you note from St. Mary's: "Darlene, Please extend my appreciation to the volunteers that helped fit helmets at the Kohl's & St. Mary's Night with the Otter's. Their help was much needed that evening as they were very busy. We ended up giving away 900 helmets that night. Just to give you an idea. Once again, thank you & The Bike Club so much for your help. Sincerely, Rachel Chancellor" I'm sorry that I missed this event.

According to what I heard, we had a great turn-out of volunteers and the helmet fitting did not end until the 3rd inning. I hope everyone had fun at the game.
(Pictures on page 5 - Ed.)

On July 23rd, Darryl Benefiel was killed while riding his bike in Newport, California. The accident involved an automobile and was under investigation. Darryl was the president of EBC in 1998. He was an accomplished rider, a great person, and will be missed. On August 2nd, about 20 club members and fellow cyclists did a short memorial ride from Atkinson Park to the funeral home.

Bicycle Indiana (aka Indiana Bicycle Coalition) is working very hard to improve cycling in Indiana and to make Indiana a Bicycle Friendly State. Some of the things that have happened recently and are in the works follow:
BI proposed multiple choice questions for Indiana Bureau of Motor Vehicles to add to the driver's license written

(Continued on page 2)

Inside this issue:

President's Corner	1
GPM Update	3
Jersey Designs	11
Marked Up—Schedule	13
Stats	15
Membership Form	16

Notes From The President's Corner (Cont.)

Darlene Wefel—EBC President

(Continued from page 1)

examination. It's a start in educating the public. 2010 Indiana Bicycle Safety Bill proposal. In 2009 the Bicycle Safety Bill did not pass that was sponsored by Senate John Broden and Representative Ryan Dvorak. The new bill contains, but is not limited to the following:

Bicycle Lane is defined (current law does not mention bike lanes)
Motorist and bicyclist 'rules of the road' are laid out for bike lanes.
Motorist may not block the lane and must yield to bicycles

When on a roadway, cyclists must use the lane except when it is unsafe or when positioning themselves for a turn.

Bicyclists are allowed to proceed through a red light if their bike will not trip the traffic control sensor after a reasonable wait

Penalties for persons injuring a bicyclist are clearly spelled out

Motorist must allow a minimum of three feet when passing a cyclist. And they may pass a cyclist in a no-passing zone, if it is safe to do so

Right turns may be sig-

naled by extending the right arm

Tail light and side reflectors are required at dark. Headlights and tail lights may be either steady or flashing

A cyclist has all the rights of pedestrians, but must yield to pedestrians

A bell is no longer required, and a whistle is now allowed

A few minor provisions that are mainly 'clean up' of outmoded language

Definition of a bicycle is improved

Cyclist may stand and pedal

Children Carriers are clearly legal if they are firmly attached

A braked wheel is no longer required to 'skid'

Outmoded terms (roller skates, coaster, street car) are modernized

Bicycle Indiana Hosts State-wide Bicycle Summit – Theme Making Indiana Bicycle Friendly

Saturday October 17th 9:00a.m. - 6:00 p.m. The Government Center, Indianapolis, IN
9:00 a.m. – 12:00 p.m. - A

free ride 15 – 25 – 40 miles with 3 routes hosted by CIBA

1:00 p.m. – 5:30 p.m. - Afternoon Summit
Cost \$30 for non-Bike Indiana Membership; \$25 for members.

Bringing together regional advocacy efforts to a state-wide audience
Presentations by industry professionals and municipal planners
Guest Speaker and Break-out Sessions
For Planner
For Advocacy
For Cyclist

Make plans to attend and be part of the first State Wide Bicycle Summit. Register on line at www.bicycleindiana.org/summit

We have jersey designs!

There are several to choose from. I believe that we should be receiving a couple more. These should be posted on the web site soon. We will be voting soon. Check the web site for details. (Pictures on Pages 11 & 12 -- Ed.)



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/>

Your Role in the GPM, Dan Krueger, 2009 GPM Coordinator

Greetings fellow riders!

We are one month away from the Great Pumpkin Metric, and I am very excited to see everything coming together. The goal this year is 900 riders. What can you do help us meet that goal?

Here is what you can do to help with this year's ride:

VOLUNTEER!

We have a number of areas where volunteers are still needed. Please see the contact information on the side to see who you need to contact to help. Remember that all EBC members (except first year members) are expected to volunteer for this event. We need your help in every area of the ride....**ESPECIALLY REST STOPS!**

PROMOTE THE RIDE

Word of mouth is the best way to promote the ride. Registration forms are available, and online registration is now open. We can advertise all we want, but that personal touch goes a long way.

FORM A TEAM

You may not be able to ride with the

team, but you could help organize a group of neighbors, co-workers or friends to ride the GPM. Casual riders are more likely to come out if they are with someone they know. If you can help get those people together (minimum of five), they can sign on as a team.

BE A PROACTIVE CYCLIST

We all know the benefits of riding a bike, but do others? It may look tough, and we sometimes make it look easy. Encourage others to take on the challenge of one of our routes. For some, a 25K route may be difficult. For others, they may need to try something longer. Once they realize how easy it can be to ride, hopefully they will ride more often.

I can't stress enough the need for volunteers. The more volunteers we have, the better the ride will be which will result in the likelihood that they will return in future years. Please contact one of our coordinators to determine what you can do to help. I'm looking forward to working with all of you. Please contact me if you have any questions.



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

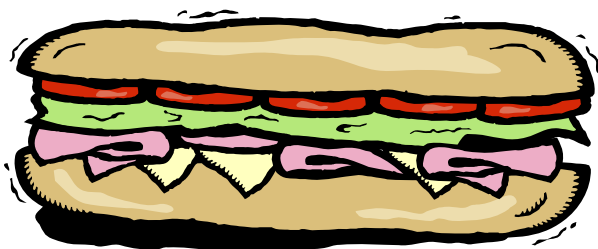
Team Riding — Paul Jensen
pj-3@sbcglobal.net

Parking — Gene VanStone
vanstone@insightbb.com

Pre-Pumpkin Ride Sunday, September 27, 2009

Members, come ride the GPM route on September 27th since you'll be volunteering on October 4th!

Gilles Cycling and Fitness will be hosting lunch at Subway.



Great Pumpkin

Metric

October 4,
2009

A Cycling
Holiday

Temperatures Highs and Lows

By Dave Ashworth

What a difference 3 weeks in mid summer in Indiana can make in riding comfort. Any resident in Southern Indiana knows that weather can make wide swings in temperature at anytime of the year. However, in mid June and early July, usually the variation is about 20 degrees.

Temperatures and humidity leading up to TRIRI (Touring Ride In Rural Indiana) this year were about normal. Even on Saturday, the day before the Sunday start, the temperature was in the high 80's but not oppressively so. However, on Sunday, everything changed. There had been some rain on Saturday night, and Sunday morning was hot and humid by the time we started. Little did we know that it would only get worse with each day being a challenge just to complete the ride and try to find some way to cool down. Usually, I had ridden several centuries during the week, however this year I was sagged in twice and rode the middle route on one day and completed no centuries. The only cooler morning was the layover day in Lincoln. That evening, the breeze we had all day went away, and the oppressive conditions returned. By the transfer day to Harmonie, several riders opted to do the short ride to Huntingburg and get their car to either drive to Harmonie or terminate the tour.

Friday and Saturday did not get any better, making this the first TRIRI where heat and humidity lasted the entire week. Of course, the heat broke the very next day, and it was nice the following week.

Jump ahead 3 weeks to the next event and you have RAIN (Ride Across Indiana), which in mid July has been a real test of endurance and heat tolerance. A good example was last year when we started during a heavy thunderstorm, which was cool and very wet, and by lunch we were enduring high temperatures and even higher humidity. This year, the big decision was arm warmers or vest or both at the start. The temperature that morning was over 30 degrees less than what the temperature was the first morning of TRIRI. The real difference was it didn't warm up that much for the day, reaching only into the high 60's. That made all the difference in how the ride progressed. Where during TRIRI it had been all I could do to do 75 miles, on RAIN at 150 miles, I actually felt good. This year wasn't the best time that I had posted, however it was the best I had felt at the end of the event.

I had always known that temperature plays a big factor in my riding endurance; it was just the first time I realized how much.



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

4 women's jerseys, like new.



Top left: Bright yellow, sleeveless, medium, Cannondale, \$8

Top right: Light yellow, black trim, sleeveless, medium, Performance, \$8

Bottom left: Blue flower print, short sleeve, small, Cannondale, \$10

Bottom right: Orange red, short sleeve, large, Hind, \$10

Contact Dorothy Niekamp Garrett
dagar727@aol.com or 618-384-8679

Tag-Along

Adam's Fold-A-Bike Like New \$65.00
Call Bob or Darlene 812-490-0686



League of American Bicyclists

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.

Bicycle Helmet Fitting at the Otters

Pictures by Janet Robertson and Linda Clemmer



Thanks to Volunteers: Janet Robertson; Linda Clemmer; Dave & Vicky Ashworth; Dan Krueger; Kevin & Ann Pendley; Renee' Hanft; Gary Gardner; Amy Lutzel; Keith, Theresa, Brett, Brock, & Audrey Weyer



Kevin Pendley fits a "new" biker with his 1st Helmet



How many EBC members does it take to fit a bike helmet ?



SAGBRAW 2009 — Door County

By Dorothy Garrett

Pedaling along on a bicycle at 13-15 mph is a great way to see picturesque Door County, WI, in detail! At least, that's what 500 other bicyclists and I believe. We threaded our way around the scenic peninsula, covering 400 miles in 5-1/2 days! Aqua blue waters reflecting the azure blue skies were on one side, and lush green fields and forests were on the other.

At that pace, there was plenty of time to study the terrain—the sandy seacoast, rocky glacial hills, verdant forests, and plateau farmland. We rode through quaint seacoast towns, cherry orchards, and dairy and grain farm country. We passed magnificent mansions on Lake Michigan and rustic cabins in cool wooded forests. We saw the wildflowers and mile-long fields of cultivated sunflowers in bloom in minute detail and clearly heard the native birds singing.

Our route began in Menominee, MI, just across the river from Marinette, WI, and on the first day we rode 67 miles southward down the west bank of the Green Bay to Green Bay, WI. We then continued north up the east bank of the Bay to the tip of the Door County Peninsula and rode back down along the shoreline of Lake Michigan, ending in Milwaukee. Other overnight stops included Sturgeon Bay, Fish Creek, Kewaunee, and Sheboygan.

The riders ranged in ages from 8-77 years, were fairly even in the number of males and females, and came from 29 states. There were families (including grandparents and grandchildren), couples, and individuals in groups or alone. About half of the bicyclists over-nighted in school gyms, and half stayed in tents on the school grounds. A few opted for motels. The riders' skill levels ranged from first time and novice to veteran and experienced.

SAGBRAW (Schramm's Annual Great Bicycle Ride Across Wisconsin) is a fully supported bicycle ride. SAG (support and gear) vehicles constantly drove the route, and a bicycle shop provided mechanical assistance. There were plentiful rest, water, and food stops along the way, as well as scenic and historic points of interest, and local restaurants were also meal options.

This vacation on a bike in Door County was a dream-come-true for me. All I did was ride (burning 2,000-3,000 calories a day), eat (consuming 2,000-3,000 calories a day), read, and sleep 8-10 hours a night. The sometimes uncontrollable variables of health, mechanics, and weather were good to me. I met so many nice, friendly, interesting people, and we all had one thing in common--the love of bicycling.

For more information about SAGBRAW, see http://www.bikewisconsin.com/Main/about_us.html.



Dorothy Garrett rode through Peninsula Park near Fish Creek, WI, and stopped at the Eagle Bluff Lighthouse. This lighthouse is one of ten lighthouses in Door County that once guided sailing ships into the ports of Sturgeon Bay and Green Bay.



Supertrek 2009, Metropolis, Illinois

By Faye Carter and Charlie Miller

Every year as part of the Metropolis, Illinois, Superman Festival week, the Supertrek Bicycle tour is held. On June 13, Charlie Miller and I drove to Metropolis, Illinois to ride the Supertrek. I have done this ride on many occasions in the past, and it's one of my favorite rides. It was the second organized ride I did when I started cycling in 1994. The last time Charlie and I attempted to do this ride together, several years ago, a bad storm came up, and we had to cut the ride short and do the 50K ride to get back to camp before the storm hit.

Charlie and I arrived early and were lined up and ready when they had the drawing for pre-registered riders. Each year, they give away a mountain bike, helmets and other bicycle paraphernalia to pre-

registered riders (and you do not have to be present to win). The last time we did this ride, Charlie won a helmet which was mailed to him because he didn't hear his name called.

After instructions about the ride, Superman led the pack out to the main road. He does not fly but rides in a car instead (I'm sure that's a disappointment to children). Every year, a new Superman is chosen from the town's young men. The chosen Superman is never a disappointment to see wearing tights. 😊 Anyway, we headed out on flat river bottom land that over the course of the ride gave way to a few rolling hills.

At around 50 miles or so, a few not-so-gently rolling hills were encountered on the way to The Bluff. In 1994, I rode this hill easily

on my all-terrain Trek with the granny gear. Later years, I rode it on my Cannondale compact road bike with no problem. This year, I was riding my Cannondale R2000 (with no granny gear), and it was a challenge to me. I can say it was probably not the fault of the bike since I had only ridden a couple of rides this year before the Supertrek and not many rides last year either. I wish I could blame my poor performance on the bicycle instead of my lack of riding. I did make it up the Bluff but had to stop on the one really tough spot in the middle. Then I got back on and made it over the top. Charlie did a lot better on the hill than I did (which eats me alive since I used to be better on hills than him).

After The Bluff, what went up did come down with a

very nice, long downhill and some nice easy rollers. At the last rest stop, we chatted with the guys and I asked about the route to be sure I was correct in where we could cut off the loop by the golf course. We expected to end up with around 50 miles by taking the short cut. When we got into town, I took a turn when I should have went straight. We ended up with 60 miles for the ride instead of 62, so we didn't cut much off by taking the short cut.

This ride has never been disappointing to me in the SAG support, well-stocked rest stops or friendly people in Metropolis. I will do the Supertrek ride again and, hopefully, will do better on climbing The Bluff next time.

WELCOME NEW MEMBERS

Scott & Charity Fisher and Family
Kim Voiles
Brooks Ligon

Please Note:

The dates for the bike MS:
Cruisin' The Crossroads
Ride 2009® have changed.

New dates:
SEPTEMBER 26TH & 27TH

More Info: http://bikeini.nationalmssociety.org/site/TR/Bike/INIBikeEvents?pg=entry&fr_id=10960

Fueling Cyclists

Amy Lutzel

ACSM Certified Personal Trainer

If you are noticing your performance suffer, most of the time it's not because you aren't in shape or haven't been practicing enough. It may be something as simple as your nutrition. If you are noticing that you are getting tired more easily and have no energy, you may just need to add more carbs and protein to your diet. The following information and guidelines from the American Dietetic Association may help you when you go out on your next ride. The amount of calories you need depends on the type of cycling (track cycling, road racing, or mountain biking), the intensity and duration of your training, and your body size. In one hour of cycling, you can burn 375 to 600 calories. Competitive cyclists usually train 15 to 24 hours per week.

Road racing is mostly an endurance event. Racing can last from more than one hour to several days. During long periods of activity, the body mostly uses energy systems fueled by oxygen. However, road cyclists also need bursts of speed for sprints or to power up hills. For these short

periods of speed, the body calls upon the anaerobic energy system (the system that doesn't use oxygen to fuel muscles).

Track and mountain cyclists require more power than road cyclists because track and mountain races last only seconds or a few minutes. The calorie needs of track and mountain cyclists are more similar to the needs of strength and power athletes than the needs of endurance athletes.

Calories needs for road cyclists:

Cycling at speeds of 14 to 16 miles per hour requires about 4.5 calories per pound of body weight per hour (10 calories/kg/hour).

Cycling at 16 to 19 miles per hour requires about 5.5 calories per pound per hour (12 calories/kg/hour).

Cycling at more than 20 miles per hour requires about 7.3 calories per pound per hour (16 calories/kg/hour).

Cyclists should get most of their calories from carbohydrate. You



need 2.7 to 4.5 grams of carbohydrate per pound of body weight per day (6 to 10 g/kg/day). In the Tour de France, cyclists eat an average of 850 grams (or 3,400 calories) of carbohydrate per day, and they eat half of this amount while they race. Good sources of carbohydrate include whole grain breads and cereals, fruits, vegetables, and sport drinks. Many cyclists find it convenient to choose energy bars or gels when they are on the bike.

Cyclists need 0.6 to 0.8 grams of protein per pound of body weight per day (1.2 to 1.7 g/kg/day). Good sources of protein include fish, chicken, turkey, beef, low-fat milk, cheese, yogurt, eggs, nuts, and soy.

Cyclists should eat at least 0.45 grams of fat per pound of body weight per day (1 g/kg/day). Choose heart-healthy fats, such as canola oil, olive oil, and nuts. I hope that you have found this information helpful and will have much success on all future rides.

See you on the road soon and Happy Cycling!





SUPERMAN Vs. MAD ANTHONY WAYNE

BY Charlie Miller



Which one is better? Superman is the man of steel. He has cool super strength that allows him to run faster than a speeding bullet and leap tall buildings in a single bound. He has X-ray vision and can see through anything except lead, he has a cool ice fortress retreat at the North Pole, he can fly, and all the ladies like his handsome features and those muscles bulging beneath his super blue tights. He's the perfect man. He's also quite fictitious.

Mad Anthony, on the other hand, was an American Revolutionary War hero and considered somewhat of a "Dandy" in his day. After America won her independence from England, Mad Anthony continued serving his country. He took command of the army after Arthur St. Claire's devastating defeat to the British-supported Great Lakes Indian tribes. The Red Coats hadn't given up all hope of regaining America quite

yet. Mad Anthony re-forged the beaten American army and recouped all of the losses in the Northwest Territory. He built Fort Recovery, Fort Defiance, and Fort Wayne. All three of them are cities today. He finally defeated Chief Little Turtle's Indian army at Fallen Timbers, just south of Toledo, and in 1795 he forged the Treaty of Greenville. This ended any treats of invasion on our young country from England, France, or Spain, and ceded all of present day Ohio to the United States. Mad Anthony had been called the General Schwartzkopf of his day. Had he not died at the age of 51 he may have beaten John Adams or Thomas Jefferson for the Presidency.

What does this have to do with Cycling? Nothing, except for the two great bike-rides named in their honor. On June 13th, Faye Carter and I traveled to Superman's adopted home of Metropolis, Illinois to participate in the

Supertrek Bicycle Ride. Since Faye is more attracted to guys with bulging muscles in blue tights than I, she has taken on the task of writing about this ride. She is a much better writer than I am, so enjoy her story of our adventures on the super trek. That leaves me free to expound upon the Mad Anthony River Rally (MARR).

On August 1st, I traveled to Perrysburg, Ohio, to ride in the Toledo Area Bicyclist's annual MARR Ride. I rode the MARR last year as my first organized century ride ever, and I repeated that feat again this year. I began riding from the Perrysburg YMCA at 7:00AM. This is truly a flat-lander's bike ride. Down in Clarksville, Tennessee, they claim to have the fastest century ride on record. I believe if the Toledo Club had sanctioned time records, the MARR would take that title away.

(Continued on page 10)

SUPERMAN Vs. MAD ANTHONY WAYNE (Cont.)

By Charlie Miller

(Continued from page 9)

The ride begins along the banks of the Maumee River. There are some beautiful old homes in Waterville, Ohio, along the river's north shore. At 10 miles, the ride turned north and away from the river as we entered Fallen Timbers Park and the Anthony Wayne Monument. Leaving the park took us over the only "hill" on the ride. It was the "Million-Dollar" Bike Bridge that crosses over one of the very few highways encountered on this ride.

At 18 miles, we came to the first rest stop. It was the breakfast stop at The Community of Christ Church in Whitehouse, Ohio, where we enjoyed Chris Cakes, fresh fruit, and homemade cookies. After "catching" my breakfast, I was once again on the road. The traffic was light, and, except for the SAG support, I don't think I saw more than a handful of cars on the back roads all day. Riding through the towns

was only a little more congested. The route had changed a little from last year, but they still had the rest stops at all the same places. At 50 miles, I rode into Grand Rapids for lunch. Pizza, hot dogs, fresh fruit and more homemade cookies were served to the hungry riders in a park along the Maumee.



Like Last year, the second 50 miles felt like riding into a strong head wind most of the way. There was a water stop at 73 miles near Bowling Green, which gave me a chance to take a break from the wind. They didn't erect those big windmill power generators in a Bowling Green cornfield because of gentle breezes. The final food stop was at 88 miles in the town of Tontogany, Ohio. Here I found a historic marker in the

park informing me that this was the boyhood home of Colonel Tom Custer and his more famous brother General George Custer. They both lost their lives at Little Bighorn.

The final 12-miles ended the ride with an enjoyable tailwind. My one complaint about this ride last year was along this section. A four-mile stretch named Hull Prairie road was so rough the locals took to calling it "Hell Prairie" road. It literally rattled your teeth and jarred your bones to ride upon. I was delighted to find they diverted us past Hull Prairie this year for a much gentler final five miles. I finished with 100 miles at 3:30 PM and enjoyed the ice cream offered at the YMCA.

So which is better, Superman or Mad Anthony Wayne? The truth is both rides are great. But I think the MARR has become a favorite with me, and I'm already looking forward to next year.

Jersey Designs

Submitted by Paul Sluder, Dan Krueger, and Darlene Wefel

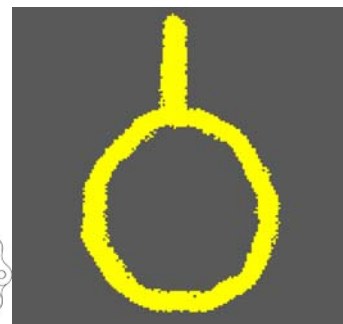
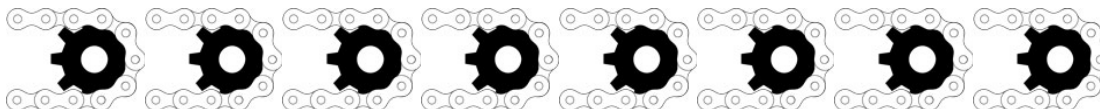
Go to evansvillebicycleclub.org to check out all the designs.



Jersey Designs (Cont.)



MARKED UP!



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

Tuesday and Wednesday Evening Rides: The start times on Tuesday and Wednesday evening will be 5:30 for September. This is to give riders a little more time to finish the ride before it gets dark. These rides will end for the winter after this month, so be sure to ride while you still can!

Pre-Pumpkin Ride: Gilles Cycling and Fitness will be hosting the Pre-Pumpkin ride on Sept. 27. The starting place is the Subway next to Buehler's Buy Low on Rt. 41 next to the 4-H center. Riders on the 100k route should start at 8am and riders on the shorter routes should start at 10am. There will be lunch at Subway afterwards. Riders should park over on the Heritage Federal Credit Union side of the parking lot so that we don't take space away from the businesses that are open on Sunday.

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

Event Information

Sept. 4 — Sept. 7: Midwest Tandem Rally http://rahhrochester.com/events/2009_MTR_Rally/index.aspx \$\$

Sept. 5: 7-8 AM Sunrise Century @ Clarksville, TN Rossview High School. 32, 61, or 100 mi. <http://www.clarksvillecentury.com> \$\$

Sept. 5: 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!

Sept 12: 7:00 AM Shuckin & Truckin Bicycle Tour @ **Morganfield, KY** Methodist Family Practice 1284 U.S. Hwy 60 West. 15, 29, or 52 mi. 270-389-5051 \$\$

Sept. 12: 6:30 AM Old Kentucky Home Tour @ EP Tom Sawyer Park 3500 Freys Hill Road, Louisville, KY 50, 72, 102 mi. <http://www.okht.org> \$\$

Sept. 13: 8:00 AM Old Kentucky Home Tour @ EP Tom Sawyer Park 3500 Freys Hill Road, Louisville, KY 25 or 50 mi. <http://www.okht.org> \$\$

Sept 19: 6:30 AM Amish Country Bicycle Tour @ **Arthur, IL.** Start at Arthur High School and fairgrounds at the corner of Route 133 and South Vine Street. 17, 35, or 66 mi. <http://www.decaturbicycleclub.org/arthur.html> \$\$

Sept 19: 7:30 AM Hope Ride @ **Hope, IN.** Hauser High School State Rd. 9. 13, 25, 32, 50, 64, or 100mi. <http://www.hoperide.org/> \$\$

Sept 19: 8:00 AM Misaligned Minds 100 @ **Paducah, KY** Noble Park, 2915 Park Ave. 25, 40, 65 or 100 mi. http://www.crc.net/ride_calendar2009.htm \$\$

Sept. 26: 7:30 AM Falling Leaves Blue Heron Bicycle Tour @ **Rocky Point, IN** 20, 40, 80, or 100 mi. 812-843-5416 <http://www2.psci.net/newhome/communityinfolinks/displaysite.cfm?id=13> \$\$

September 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 L-164 side of the Access Road & PARK ON PAVEMENT!</i></p> <p><i>SEE EVENT INFO ON BACK FOR MORE DETAILS!</i></p> <p>http://www.evansvillebicycletclub.org</p>						
<p>6 10:00 AM @ Castle HS on Hwy 261 in Newburgh 23 or 35 miles.</p> <p>3:30 PM Come Ride With Us @ L-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p><i>7 Labor Day</i></p> <p>9:00 AM Labor Day Ride @ Scott School on Old State Rd. 15, 26, or 33 mi.</p>	<p>8 9:00 AM & 5:30 PM @ L-164 Access Burkhardt & Olmstead Rds. 17 or 22 miles.</p>	<p>9 5:30 PM @ Mesker Park. Mesker Park Dr. & Wimberg Ave. 23 mi.</p>	<p>10 9:00 AM @ Old Dam Site. Newburgh, 27 mi.</p> <p>6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261.</p>	<p>11 No Circuit Ride</p>	<p>12 Old KY Home Tour — see Event Information in Newsletter</p> <p>7:00 AM Shuckin' & Truckin' Bicycle Tour @ Morganfield, KY Methodist Family Practice 1284 U.S. Hwy 60 W 15, 29, or 52 mi. \$\$</p> <p>1:00 PM @ Henderson Co. High School in Henderson, KY 24, 32, or 47 mi.</p>
<p>13 TRIRI Old KY Home Tour — see Event Information in Newsletter</p> <p>10:00 AM @ Mesker Park. Mesker Park Dr. & Wimberg Ave. 23 or 38 mi.</p> <p>3:30 PM Come Ride With Us @ L-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>14 TRIRI</p>	<p>15 TRIRI</p> <p>9:00 AM & 5:30 PM @ L-164 Access Burkhardt & Olmstead Rds. 17 or 22 miles.</p>	<p>16 TRIRI</p> <p>5:30 PM @ Mesker Park. Mesker Park Dr. & Wimberg Ave. 23 mi.</p>	<p>17 TRIRI</p> <p>7:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <u>Poseyville</u> or <u>Touring Route</u></p> <p>9:00 AM @ Old Dam Site. Newburgh, 27 mi.</p> <p>6:00 PM Circuit Ride @ Dogtown Boat Ramp 20 mi.</p>	<p>18 TRIRI</p> <p>9:00 AM Circuit Ride @ Dogtown Boat Ramp 20 mi.</p>	<p>19 Misaligned Minds & Amish Country Bicycle Tour & Hope Ride — see Event Information in Newsletter</p> <p>7:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <u>Poseyville</u> or <u>Touring Route</u></p> <p>8:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12, 23, or 43 mi.</p>
<p>20 10:00 AM @ Henderson Co. High School in Henderson, KY 24 or 32 mi.</p> <p>3:30 PM Come Ride With Us @ L-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>21 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>	<p>22 9:00 AM & 5:30 PM @ L-164 Access Burkhardt & Olmstead Rds. 17 or 22 miles.</p>	<p>23 5:30 PM @ Mesker Park. Mesker Park Dr. & Wimberg Ave. 23 mi.</p>	<p>24 9:00 AM @ Old Dam Site. Newburgh, 27 mi.</p> <p>6:00 PM Circuit Ride @ St. Joseph Catholic Church. St. Joseph, IN. 6202 W Saint Joseph Rd. 20 mi.</p>	<p>25 9:00 AM Circuit Ride @ St. Joseph Catholic Church. St. Joseph, IN. 6202 W Saint Joseph Rd. 20 mi.</p>	<p>26 7:30 AM Falling Leaves Blue Heron Bicycle Tour @ Rocky Point. IN 20, 40, 80, or 100 mi. \$\$</p> <p>8:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12, 23, or 43 mi.</p>
<p>27 Pre-Pumpkin Ride @ Subway next to Buy Low in front of 4-H center. 8 AM for 62 mi & 10 AM for 15 or 31 mi. Event afterwards @ Subway. Park in front of Heritage Federal Credit Union.</p> <p>3:30 PM Come Ride With Us @ L-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>28</p>	<p>29 9:00 AM & 5:30 PM @ L-164 Access Burkhardt & Olmstead Rds. 17 or 22 miles.</p>	<p>30 5:30 PM @ Mesker Park. Mesker Park Dr. & Wimberg Ave. 23 mi.</p>	<p>Ride hosts welcome for October and November</p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides @ endlessvistas.com</p>	<p>Stats?: Rusty Yeager ryeager42 @wowway.com</p> <p>Newsletter?: Renee Hanft sunshine @insightbb.com</p> <p>\$\$=Registration Fee</p>	

Evansville Bicycle Club – 2009 Club Mileage through 8/23/2009

Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty 1	6/1/10		28	80	3602
2 Holland, Diana	11/1/09		3	95	3256
3 Ashworth, David 1	12/1/09		4	63	2728
4 Jensen, Paul	10/1/09		2	77	2522
5 Nalley, Shane	9/1/09		5	69	2232
6 Johnson, Bill 1	7/1/09		7	45	2205
7 Bies, Diane 1	6/1/10		6	66	2138
8 Loehrlein, Colette 1	10/1/09		5	55	1956
9 Jones, Cindy 1	12/1/09		5	50	1702
10 Ashworth, Vicky 1	12/1/09			59	1683
11 Krueger, Dan	6/1/09		2	51	1652
12 Pendley, Ron	6/1/10		1	48	1547
13 Silke, Randy	6/1/09			54	1522
14 Gardner, Gary 1	4/1/10		34	47	1513
15 Hudson, Hank	6/1/10			53	1455
16 Rold, Hope Jenkins 1	1/1/10			47	1401
17 Maurer, Terrell	7/1/09			49	1387
18 Carter, Archie	10/1/10		2	43	1376
19 Voegel, Bill 1	4/1/10		6	32	1309
20 Robertson, Janet 1	2/1/10			45	1303
21 Gerbig, Steve	11/1/09		20	31	1256
22 Janowski, Robert	7/1/10		1	37	1250
23 Boren, Mike	3/1/10		3	49	1222
24 Brindle, Matt	5/1/10		1	45	1159
25 Leader, Caron	3/1/10		4	35	1156
26 Brouillard, Gene	5/1/11			39	1085
27 Gardner, Opal 1	4/1/10			33	1024
28 Hanft, Renee'	4/1/10			41	972
29 Clemmer, Linda	11/1/09			27	955
30 VanStone, Gene	11/1/10			40	904
31 Demerly, Mike	7/1/09		2	27	843
32 Williams, Mary	3/1/10			28	749
33 Myers, Dave	8/1/09			21	738
34 Watson, Craig	7/1/09			24	705
35 Conner, David	6/1/10			24	648
36 May, Dan	5/1/10			24	646
37 Gilbert, Jane	4/1/10			28	634
38 Williams, Jeff	8/1/09			20	528
39 Jones, Curt D.	12/1/09			19	510
40 Niekamp Garrett, Dorothy 3	6/1/10			5	500
41 Miller, Charles	3/1/10		2	6	486
42 Pendley, Kevin	9/1/10		2	13	458
43 Niethammer, Jim	12/1/09		2	11	429
44 Colvin, Tony	4/1/10			12	391
45 Roll, Steve	3/1/10			12	390
46 Merrick, David	11/1/09			12	378
47 Wefel, Darlene	11/1/09	1		15	378
48 Willett, Bobby	5/1/10		3	4	364
49 Paul, Larry	4/1/10			11	356
50 Lovins, Eric	3/1/10			14	355
51 Oliver, Mark	5/1/10			13	328
52 Hudson, Carol	6/1/10			16	299
53 Lee, Ronnie	8/1/10			11	290
54 Heiman, Doug	7/1/09		1	9	276
55 Allen, Rich	4/1/10			12	264
56 Orth, Roger	8/1/10		2	9	259
57 Pendley, Ann	9/1/10			9	259
58 Vercellotti, Jay	11/1/09			8	247
59 Sullivan, Patrick	1/1/10			9	238
60 Ward, Kelly	3/1/10			11	224
60 Weyer, Keith	2/1/11			12	224
62 Klotz, Andrea	8/1/09			9	210
63 Whittaker, Ashley	4/1/10			14	204
64 Lutz, Amy	10/1/09			6	200
64 McCarthy, Tom	7/1/10			9	200
66 Long, Nathan	5/1/10			9	198
66 Weyer, Brett	2/1/11			11	198
68 Bohler, Nick	6/1/10			9	195
68 Brindle, Carson	5/1/10			11	195
70 Riley, Cody	6/1/10			8	186
71 Fisher, Scott	8/1/10			5	177
72 Jones, Cory	12/1/09			9	175
73 Armstrong, Dan	2/1/10			3	174
74 Weyer, Brock	2/1/11			9	173
75 Meyer, Greg	2/1/10			5	171
76 Carter, Faye	1/1/10			3	169
77 Christ, Rick	6/1/10			6	164
78 Weyer, Audrey	2/1/11			9	161
79 Brindle, Sonya	5/1/10			9	153
80 Mitz, Eric	3/1/10			8	146
81 Krueger, Leandra	6/1/09			6	128
82 Weyer, Theresa	2/1/11			7	127
83 Greenfield, Dana	2/1/10			5	115
84 Nesbitt, Jonathan	6/1/09			4	114
85 Breivogel, Judy	2/1/10			5	111
86 Tolen, Jim	8/1/09			4	107
87 Tran, Hoang	1/1/10			3	99
88 Halsey, Craig	6/1/10			4	84
89 Garrison, Rick	10/1/09			2	66
90 Ligon, Brooks	8/1/10			1	62
91 Neff, Ward	11/1/09			3	61
92 Pendley, Nicholas	9/1/10			2	55
92 Speck, Evan	8/1/09			2	55
92 Swingle, Richard	3/1/10			2	55
95 Villines, Mike	7/1/10			1	43
96 Crane, Jeff	7/1/10			2	39
97 Roeder, Greg	12/1/09			2	37
98 Lindenschmidt, Bart	3/1/10			2	34
99 Corino, Mike	4/1/10			1	26
100 Harrell, Jacqueline	6/1/10			1	23

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
100 Vote, Dan	5/1/10			1	23
102 Wassmer, Yvette	7/1/10			1	22
103 Hurt, Kevin	6/1/10			1	17
103 Osborn, Eric	7/1/10			1	17

Overdue Memberships

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
Enmark, Dave	5/1/09		2	14	615
Seeger, Khris	3/1/09			11	302
Bennett, John	5/1/09			3	47
Wingert, Chuck	5/1/09			1	21

Men's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty 1	6/1/10		28	80	3602
2 Ashworth, David 1	12/1/09		4	63	2728
3 Jensen, Paul	10/1/09		2	77	2522
4 Nalley, Shane	9/1/09		5	69	2232
5 Johnson, Bill 1	7/1/09		7	45	2205
6 Krueger, Dan	6/1/09		2	51	1652
7 Pendley, Ron	6/1/10		1	48	1547
8 Silke, Randy	6/1/09			54	1522
9 Gardner, Gary 1	4/1/10		34	47	1513
10 Hudson, Hank	6/1/10			53	1455
11 Maurer, Terrell	7/1/09			49	1387
12 Carter, Archie	10/1/10		2	43	1376
13 Voegel, Bill 1	4/1/10		6	32	1309
14 Gerbig, Steve	11/1/09		20	31	1256
15 Janowski, Robert	7/1/10		1	37	1250
16 Boren, Mike	3/1/10		3	49	1222
17 Brindle, Matt	5/1/10		1	45	1159
18 Brouillard, Gene	5/1/11			39	1085
19 VanStone, Gene	11/1/10			40	904
20 Demerly, Mike	7/1/09		2	27	843
21 Myers, Dave	8/1/09			21	738
22 Watson, Craig	7/1/09			24	705
23 Conner, David	6/1/10			24	648
24 May, Dan	5/1/10			24	646
25 Williams, Jeff	8/1/09			20	528
26 Jones, Curt D.	12/1/09			19	510
27 Miller, Charles	3/1/10		2	6	486
28 Pendley, Kevin	9/1/10		2	13	458
29 Niethammer, Jim	12/1/09		2	11	429
30 Colvin, Tony	4/1/10			12	391
31 Roll, Steve	3/1/10			12	390
32 Merrick, David	11/1/09			12	378
33 Willett, Bobby	5/1/10		3	4	364
34 Paul, Larry	4/1/10			11	356
35 Lovins, Eric	3/1/10			14	355
36 Oliver, Mark	5/1/10			13	328
37 Lee, Ronnie	8/1/10			11	290
38 Heiman, Doug	7/1/09		1	9	276
39 Allen, Rich	4/1/10			12	264
40 Orth, Roger	8/1/10		2	9	259
41 Vercellotti, Jay	11/1/09			8	247
42 Sullivan, Patrick	1/1/10			9	238
43 Weyer, Keith	2/1/11			12	224
44 McCarthy, Tom	7/1/10			9	200
45 Long, Nathan	5/1/10			9	198
45 Weyer, Brett	2/1/11			11	198
47 Bohler, Nick	6/1/10			9	195
47 Brindle, Carson	5/1/10			11	195
49 Riley, Cody	6/1/10			8	186
50 Fisher, Scott	8/1/10			5	177
51 Jones, Cory	12/1/09			9	175
52 Armstrong, Dan	2/1/10			3	174
53 Weyer, Brock	2/1/11			9	173
54 Meyer, Greg	2/1/10			5	171
55 Christ, Rick	6/1/10			6	164
56 Mitz, Eric	3/1/10			8	146
57 Greenfield, Dana	2/1/10			5	115
58 Nesbitt, Jonathan	6/1/09			4	114
59 Tolen, Jim	8/1/09			4	107
60 Tran, Hoang	1/1/10			3	99
61 Halsey, Craig	6/1/10			4	84
62 Garrison, Rick	10/1/09			2	66
63 Ligon, Brooks	8/1/10			1	62
64 Neff, Ward	11/1/09			3	61
65 Pendley, Nicholas	9/1/10			2	55
65 Speck, Evan	8/1/09			2	55
65 Swingle, Richard	3/1/10			2	55
68 Villines, Mike	7/1/10			1	43
69 Crane, Jeff	7/1/10			2	39
70 Roeder, Greg	12/1/09			2	37
71 Lindenschmidt, Bart	3/1/10			2	34
72 Corino, Mike	4/1/10			1	26
73 Vote, Dan	5/1/10			1	23
74 Hurt, Kevin	6/1/10			1	17
74 Osborn, Eric	7/1/10			1	17

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Holland, Diana	11/1/09		3	95	3256
2 Bies, Diane 1	6/1/10		6	66	2138
3 Loehrlein, Colette 1	10/1/09		5	55	1956

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
4 Jones, Cindy 1	12/1/09		5	50	1702
5 Ashworth, Vicky 1	12/1/09			59	1683
6 Rold, Hope Jenkins 1	1/1/10			47	1401
7 Robertson, Janet 1	2/1/10			45	1303
8 Leader, Caron	3/1/10		4	35	1156
9 Gardner, Opal 1	4/1/10			33	1024
10 Hanft, Renee'	4/1/10			41	972
11 Clemmer, Linda	11/1/09			27	955
12 Williams, Mary	3/1/10			28	749
13 Gilbert, Jane	4/1/10			28	634
14 Niekamp Garrett, Dorothy 3	6/1/10			5	500
15 Wefel, Darlene	11/1/09	1		15	378
16 Hudson, Carol	6/1/10			16	299
17 Pendley, Ann	9/1/10			9	259
18 Vercellotti, Jay	11/1/09			8	247
19 Ward, Kelly	3/1/10			11	224
20 Klotz, Andrea	8/1/09			9	210
21 Whittaker, Ashley	4/1/10			14	204
22 Lutz, Amy	10/1/09			6	200
23 Carter, Faye	1/1/10			3	169
24 Weyer, Audrey	2/1/11			9	161
25 Brindle, Sonya	5/1/10			9	153
26 Krueger, Leandra	6/1/09			6	128
27 Weyer, Theresa	2/1/11			7	127
28 Breivogel, Judy	2/1/10			5	111
29 Harrell, Jacqueline	6/1/10			1	23
30 Wassmer, Yvette	7/1/10			1	22

Commuting Mileage

Club Member	Miles	Month
Dave Myers	2313	July
Tom Ballard	1524	July
Dan Krueger	1161	July
Gary Gardner	292	June
Cindy Jones	68	June
Ashley Whitaker	17	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
Krueger's Nite Ride	13
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
Horsey Hundred	100 - 70
River City Senior Games	22
CRAM	100
Horsey 100	100 - 70
Tour de Cave	68
B & O Corridor Tour	62
Tour de Corn	15, 30, 60, 100
N.I.T.E. Ride	42 - 17 - 19
TRIRI	516
Knox County Cure Tour	63
RAIN	160
Strassenfest	61
Pickin and Pedalin	24, 38, 62
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

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