October 2009



The Evansville Bicycle Club Newsletter

Notes From The President's Corner Darlene Wefel—EBC President

I'm late, I'm late, for a very important date! Here it is the 21st of the month and Renee' is waiting on me again.

Renee' has done a fantastic job putting the newsletter together. I know that she probably stresses about getting enough material to fill the pages. Many of you just wait for the newsletter to come to pull out the ride schedule and post it where you can see where the ride is that day.

I'm guilty of doing the same thing. My refrigerator has become our bulletin board, and it looks naked without the EBC Ride Schedule. I also read the newsletter which has a lot of great

information and articles about cycling around the U.S. & the World. I find the Trail Junkie. Charlie Miller's articles, very interesting. I'm surprised when he writes about some of the trails I've ridden. I'm old school and like having a hard copy to read. but I'm slowly being converted to the online version. The color pics really pop and bring the articles to life. Thank you Jay and Renee' for making this possible.

October means GPM is here, and next month, the planning for next vear's event will begin. It also means that we must start thinking about officers for next year. Many of you will be happy to hear that I

will not be president next year. This makes the 3rd consecutive year and a total of 6 years as president of the **Evansville Bicycle** Club, Inc. The bylaws prohibit me for continuing as president. and I feel that the club needs a change. If you would like to become more active in the club, please let us know. If you would like to be president next year, contact any of the officers listed on the front of this newsletter.

As of this writing, I do not know which officers will be willing to continue. We will need a nominating committee to gather names and do some armtwisting to get cur-(Continued on page 2) 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 vesman1000@hotmail.com

Gary Gardner—Board of Directors 812-853-0476

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

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EBC Bikewriter

Notes From The President's Corner (Cont.) Darlene Wefel—EBC President

(Continued from page 1) rent officers to continue. Check the November newsletter for more details.

Last weekend, Bob and I camped with Vicky & Dave Ashworth as well as Cinda & Greg Alexander at New Harmonie State Park. We were joined by Ann & Ron Pendley Saturday to ride the mountain bike trail.

It's fantastic to have such a nice trail close to home. If you build it, they will come! I was amazed by the number of people we saw riding the trails, and the numbers are growing. Rumor has it that this fall more trail building will take place. Sunday morning, we had a little rain, but since the trail wasn't too wet, we did some more riding.

This was my first experience for riding in a little mud. There were a few times that my wheels tried to slide out

from under me. When I caught my breath. I said a little thankful prayer that I didn't fall. Cinda and I chose to ride the road back instead of the intermediate route. It is fun, but it kind of skirts the edge of a ridge. I was afraid I'd slide right off into the abyss. When we got back to the campgrounds, I had to hose the mud off of my bike at the dump station. The campers that I met there were a little surprised that this 57-year -old lady was out riding and playing in the mud. You're never to old to have fun and laugh at yourself.

Last but not least, I found a recipe for Real Macaroni and Cheese from Bicycle Magazine that's Healthy.

EBC, won a gold in the peoples choice awards for Favorite Community Event. We were beaten out by the West Side Nut Club Festival.



Real Macaroni and Cheese

Linda Baldwin, traveling chef 1 pound elbow macaroni or rotelle pasta; 1/4 cup unsalted butter; 1/4 cup unbleached white flour; 1/4 tsp. ground nutmeg; 1/2 tsp. dried basil; 1/2 tsp. salt; 1/2 tsp. pepper; 3 cups low-fat milk ; 2 cups grated sharp cheddar cheese, divided; 1/2

cup grated Parmesan cheese--not powdered

Boil four quarts of salted water in a stockpot. Add the pasta and cook until al dente, about 8 minutes.

Drain. Melt the butter in a saucepan over low heat, then add the flour and whisk for about 2 minutes. Add the nutmeg, basil, salt and pepper, and whisk for another minute. While stirring, add the milk. Turn the heat on medium and continue stirring until the mixture thickens enough to coat the whisk, about 4 minutes. Add 1 1/2 cups of the cheddar and all of the Parmesan, a half-cup at a time. Combine the cheese sauce with the pasta. Pour the mixture into a 2quart casserole dish coated with cooking spray. Sprinkle the remaining half-cup of cheddar over the top and bake for 15 minutes at 350 degrees until the cheese melts.

Calories: 446; Fat: 19 grams; Carbs: 50g; Protein: 19g





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. <u>http://bicycleindiana.org/</u>

Your Role in the GPM Dan Krueger, 2009 GPM Coordinator

By the time you get this newsletter, the GPM will be only days away. What can be said?

There are a lot of people to thank for their work this year, especially Linda Clemmer, Renee' Hanft, and Leandra Krueger for volunteering their time to help organize the event during the last year.

Thank you to those who have been working to coordinate our volunteering efforts (please see the list of volunteers at the right) in preparation of the ride.

Thank you to our sponsors for supporting us, especially those who have done it year after year.

Even though I am giving thanks to a lot of people,

WE STILL NEED VOLUN-**TEERS!**

The GPM cannot happen without people helping to run the show. I'm sure that many, if not all, of you would rather ride it. If we did, the result would be no ride at all. Please put aside some time to volunteer for the GPM.

YOUR HELP IS NEEDED AND APPRECIATED!

(You will get mileage credited for working...not for riding.)

W W W W Ŵ Ŵ Ŵ SAG — Jay Vercellotti, Ŵ

rides@endlessvistas.com

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L. O. L.

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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



Page 4

EBC Bikewriter

Bicycle Indiana Summit October 17, 2009 Darlene Wefel

I hope that by now you have seen information about the bicycle summit on October 17th. We are hoping for a great turn-out. Krista Rettig, Director of Advocacy and Government Affairs for Trek Bicycle, will be our keynote speaker. In addition, Jeff Peel with the League of American Bicyclists bike-friendly communities team, will be joining us.

Share this with your friends!

I believe we are heading in the right direction for bicycling in Indiana. The summit's theme is "Making Indiana Bicycle Friendly", and Bicycle Indiana is happy to lead the way, but we can only achieve this goal with your help – please join us!

If you are attending, will you register asap? - <u>http://</u> www.bicycleindiana.or g/summitinformation/ summit.html Let's help support Bicycle Indiana's first major attempt to educate and promote bicycling in Indiana.



Autumn in New Albany Hosted by Cindy Jones, Colette Loehrlein, and Diane Bies

Oct. 17 Ride to New Albany 120 miles of rolling hills (hope for a tail wind) Ride start: 7:30 am at Olmstead Water, Gatorade, banana bread and other snacks will be provided along the route. Light lunch food will be provided at the Leavenworth Park.

You must provide your own ride back to Evansville from New Albany.

Contact Diane Bies (if you want help finding a ride or have extra room) to coordinate carpooling.

Biesdi@aol.com



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.

NEW ALBANY RIDE, JULY 4, 2009 By Caron Leader, Cindy Jones, Colette Loehrlein, and Diane Bies

Back in January, four girls — Caron Leader, Cindy Jones, Colette Loehrlein, and Diane Bies — got together to plan our 2009 biking season and to set goals for the up coming year. One of the goals was to ride RAIN, a.k.a. Ride Across INdiana, the ride that goes across the state for a total of 160 miles. In training for that, we decided to do 3 to 4 centuries and also the ride to New Albany, 120 hilly miles from Evansville.

On July 4th, eight club members — Bill Johnson, Bill Vogel, Bobby Willet, Caron Leader, Cindy Jones, Colette Loehrlein, Diane Bies and Mike Boren — rode to New Albany. It was



the right time, two weeks before the RAIN ride which we were all training for, and we had all cleared our calendars and made plans. So we all decided to go for an adventure on the Fourth. Little did we know the adventure that lay ahead would be most interesting.

It started out to be the perfect day. The temperature was moderate, there was a great group to ride together, we had wonderful sags lined up, and they were well supplied. All went great until just after our first real stop at a gas station in Dale. Shortly after we left the gas station, it started to sprinkle. Of course, we all wrote it off as a little sprinkle that was going to pass, and we would ride out of it. Boy, were we wrong! It rained on us the rest of the way to New Albany. It never really poured so badly that we felt a need to get off the road or anything, but it just never stopped raining. Diane's favorite picture of us is when we stopped at Corydon under the overhang at a gas station. We are all standing on dry pavement but each rider has a wet spot where they are standing because of all the water on our bodies.



The traffic was light all day. Because of the rain, not too many people ventured out to celebrate our country's freedom. Even the more heavily traveled holiday spots around Santa Claus and Wyandotte/ O'Bannon Woods were quiet this July 4th. The scary part came when Cindy and Diane were coming down the switch backs into New Albany on very wet roads and saw a car that had slid into the wall of the roadside. It brought a real awareness of how guickly things can happen and how careful we needed to be. That part was not real fun. It did test our brakes and braking skills, and we all passed.

Our rest stops were absolutely the best! We stopped at Lynnville (bathroom break only), Dale, St. Croix, Leavenworth, Corydon and then White Castle in New Albany.



We had Bill Majors, Helen Johnson, and Kathy Voegel driving along our path providing the most awesome tailgate party at each stop! They did an unbelievable job of nourishing us with fruit, cookies, sandwiches, snack foods, and more. In spite of driving and sitting in the rain for 120 miles and lots of time, they were pleasant and ready to please each time we stopped. We had a wonderful lunch picnic at the park at Leavenworth.



We all huddled under a small shelter with a picnic table covered with food. By that point, we were all so soaked, and it was getting quite cold. But all of this did not dampen our spirits. We stayed together and kept on pedaling all the way. Amazingly enough, we had no flat tires or other mechanical issues, and no one even melted. Although we surely thought we might.

We were really cold and soaked by the time we rolled into the White Castle in New Albany! Thank goodness we had all packed a change of clothes for the ride home. In spite of the weather conditions, we had a great ride and a ton of fun! We all survived, partly because of the rain.

It was a great experience and a really memorable day! We enjoyed it so much that Cindy, Colette, and Diane are hosting another ride to New Albany this fall. It is to be on October 17. Please check your calendar, and mark it for another fun adventure. We are just hoping the weather is more cooperative! NO MORE RAIN PLEASE!!!!

Common Cycling Problems and How To Overcome Them Amy Lutzel ACSM Certified Personal Trainer

Following are some tips to help overcome common aches and pains that cyclists experience. Sometimes, it is just a matter of doing basic strength training exercises, changing your foot position, or adjusting your seat height in order for you to enjoy your ride more.

1. What hurts?

You finish with a bike ride and realize that your hands are tingling.

HERE'S WHY: Tingling hands and sore forearms can be caused by weak abs. If your abs are strong, you lightly rest your arms on the handlebars while your core holds you up. But weak abs make you bear down on the handlebars for all the support you can get.

FEEL BETTER: Tingling goes away once you stop leaning: soreness usually takes about a day.

Your new game plan:

Strengthen obliques with bicycle crunches. Lie on your back, upper torso raised off the floor; twist to bring left elbow to right knee, then right elbow to left knee, cycling legs in the air. Do two sets of 20 three to five days a week.

2. What hurts?

You feel a grinding in your

knees as you pedal; later, they swell and ache.

HERE'S WHY: Overuse, improper motion while pedaling, and incorrect seat height all can cause inflammation of your knees.

FEEL BETTER: The key to knee health is strong quads. Strengthen these muscles by doing wall squats with your knees bent 60 degrees or leg presses on a machine. Also, cut back your workouts by 20 percent; if you're Spinning, use a lower gear and higher rpm.

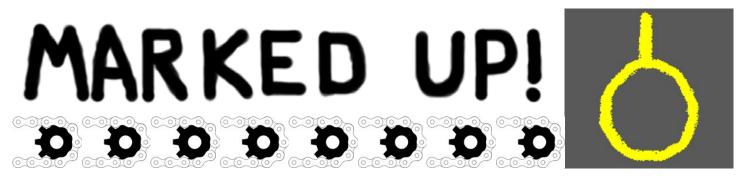
Your new game plan: Check your form. Your foot should pedal pointing forward; rotating inward can aggravate the band of tissue on the side of your leg by causing it to rub against the outside of the knee joint.

I hope you find these tips helpful and keep in mind that strength training is a very important part of your overall health and will also help improve your cycling performance. Stay tuned for the November newsletter when I will discuss strength training recommendations and benefits.



Of Of Of Of Of Of Save the Date BC Ban quet Saturday, anuary 23, 2010 Cambridge Golf Club





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

Time Changes for October: The month of October brings a few annual start-time changes. The centuries will start at 8am, the Sunday afternoon ride moves up to 2pm, and the Saturday morning rides will be at 9:30am. These time changes were simplified last year to reduce the number of changes.

Ride Changes for October: The Wednesday night circuit rides resume and will alternate between Garvin Park and Wesselman's Park. Remember that Head and Tail lights are REQUIRED. The Tuesday and Wednesday night rides ended at the end of September. Also, the Thursday morning ride ended for the season and will not be listed on the calendar (as a noncounted ride) as in past years. We decided that if it doesn't count, it doesn't go on the calendar.

Great Pumpkin: The GPM is on Sunday, Oct. 4th. Volunteers are still needed. **SAG DRIVERS NEEDED!** Please contact me via email (above) or by phone at 867-7549 or 454-4818 (cell) if you are interested. SAG drivers are reimbursed for gas. You don't need any major bike repair skills. If it comes to that, then the rider probably has something beyond repair anyway. An air pump, cell phone, basic tools, and the ability to fix a flat tire are enough. Spare parts are provided. Having a truck or a car with a bike rack is important, too. It is a great way to help make the Pumpkin a success, and you get club miles for volunteering. Plus, you can graze all day at the rest stops! Also, I learned last year that it's no fun to have your vehicle leave you stranded with a big puddle of transmission fluid underneath it at the last rest stop of the day, so having a reliable vehicle is certainly a plus. As of this writing, my poor old truck is still sitting immobile in my driveway, waiting for a new transmission!

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

Event Information

Oct. 4: 8:00 AM Great Pumpkin Metric @ Vanderburgh 4-H Center. 16, 31, or 62 mi. \$\$ VOLUNTEERS NEEDED!

Oct. 17: 7:30 AM Autumn in New Albany @ **Olmstead Rd.** Ride hosts: Cindy Jones, Colette Loehrlein, & Diane Bies. Ride starts at I-164 access near Burkhardt & Olmstead Rds. 120 miles of rolling hills. Water, Gatorade, banana bread, and other snacks will be provided along the route. Light lunch food will be provided at the Leavenworth Park. You must provide your own ride back to Evansville from New Albany. Contact Diane Bies <u>biesdi@aol.com</u> if you want help finding a ride or to coordinate car pooling if you have extra room.

Oct. 24: <u>Hilly Hundred</u> @ Ellettsville, IN Edgewood High School, 601 S. Edgewood Dr. 48 mi. www.hillyhundred.org \$\$

Oct 25: <u>Hilly Hundred</u> @ Ellettsville, IN Edgewood High School, 601 S. Edgewood Dr. 40 or 50 mi. www.hillyhundred.org \$\$

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Sat	3 9:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12, 23, or 43 mi.	 10 9:30 AM <u>NO DROP</u> <u>RIDE</u> @ <u>Dogtown Boat</u> <u>Ramp</u> on Old Henderson Rd. 12 mi. 10:45 AM & 1:00 PM Same Place 23 mi. 	 I7 7:30 AM Autumn in New Albany @ Olmstead Rd. Ride hosts: bany @ Olmstead Rd. Ride hosts: Cindy Jones, Colette Loehrlein, & Diane Bies. 120 mi. See Event Info page for details. 9:30AM & 1:00 PM @ <u>Henderson</u> <u>Co. High School</u> in Henderson, KY 24, 32, or 47 mi. 	 24 <u>Hilly Hundred</u> @ El- lettsville, IN 48 mi. \$\$ 9:30 AM & 1:00 PM @ <u>Dogtown Boat Ramp</u> on Old Henderson Rd. 12, 23, or 43 mi. 	 31 Halloween 8:00 AM <u>Club Century</u> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <u>Spurgeon</u> or <u>Touring</u> 8oute 9:30 AM & 1:00 PM @ <u>Dogtown</u> Boat Ramp on Old Henderson Rd. 12, 23, or 43 mi. 				
Fri	2 Directions to Dogtown Take the Barker Ave. exit south from the Lloyd Expy. At Broadway Ave. go right (stop light). At Tekoppel Ave. go left (right before the levee). At Old Henderson Rd. 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.	<i>9 What's a No Drop</i> <i>Ride?</i> 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!	<i>IG</i> Directions to H.C. H.S. Take Pennyrile Pkwy to SR 351 exit go East (coming from Evansville go under Pennyrile) approxi- mately 1/2 mi. to school on right.	23	30				
Thu	1	8 6:30 PM Club meeting @ Newburgh Pizza Chef near Wes- selman's on Hwy 261.	15	22	29 8:00 AM <u>Club</u> <u>Century</u> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. <u>Spurgeon</u> or <u>Touring</u> <u>Route</u>				
Wed	Stats?: Rusty Y eager ryeager42 @wowway.com Newsletter?: Renee Hanft sunshinein @insightbb.com \$\$=Registration Fee	7 6:00 PM Circuit Ride @ Garvin Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	<i>14</i> 6:00 PM Circuit Ride @ <u>Wesselman's</u> <u>Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	21 6:00 PM Circuit Ride @ Garvin Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	28 6:00 PM Circuit Ride @ <u>Wesselman's</u> <u>Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!				
Tue	<u>Ride hosts welcome for</u> <u>November and December</u> Call or e-mail Jay Vercellotti @ 867-7549 rides @ endlessvistas.com	6 9:00 AM @ <u>1.164</u> Access Burkhardt & Olmstead rds. 17 or 22 miles.	<i>13</i> 9:00 AM @ <u>1-164</u> <u>Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.	20 9:00 AM @ <u>1-164</u> <u>Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.	27 9:00 AM @ <u>1-164</u> <u>Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.				
Mon	inutes early and are en- ome Ride With Us" Ride. of the Access Road & RE DETAILS!	5 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.	12	19	26				
Sun	New riders need to be ready to leave 30 minutes early and are en- couraged to start with a "No Drop" or "Come Ride With Us" Ride. Helmets are mandatory. <u>As always, please park on the 1-164 side of the Access Road &</u> <u>PARK ON PAVEMENT!</u> <u>SEE EVENT INFO ON BACK FOR MORE DETAILS!</u> http://www.evansvillebicycleclub.org	 4 8:00 AM Great Pump- kin Metric @ Vanderburgh 4-H Center. 16, 31, or 62 mi. \$\$ VOLUNTEERS NEEDED! 	 <i>I1</i> 10:00 AM @ <u>Scott</u> <u>School</u> on Old State Rd. 15, 26, or 33 mi. 2:00 PM Come Ride With <u>Us</u> @ <u>1.164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi. 	 18 10:00 AM @ Elite Fit- ness (57 & Kansas) 16, 23, 35, or 43 miles. 2:00 PM Come Ride With Us @ 1-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi. 	 25 Hilly Hundred @ Ellettsville, IN 40 or 50 mi. \$\$ 10:00 AM @ USI 20 or 40 mi. 2:00 PM Come Ride With Us @ <u>1-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi. 				

Evansville Bicycle Club – 2009 Club Mileage through 9/20/2009

Overall	Standings
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Overall Standings						Club Membe
Club Member	Exp.	Ride Host	100 Miles	No. of Rides		101 Woods, Larry
1 Yeager, Rusty 1	6/1/10	nost	33	98	4285	102 Vote, Dan 103 Wassmer, Yv
2 Holland, Diana 3 Ashworth, David 1	11/1/09 12/1/09		3 5	106 77	3672 3276	104 Hurt, Kevin
4 Jensen, Paul	10/1/09		2	85	2745	104 Oliver, Debbi 106 Garrison, Rad
5 Bies, Diane 1 6 Nalley, Shane	6/1/10 9/1/09		7 5	77 79	2652 2548	,
7 Johnson, Bill 1	7/1/09		11	50	2487	Overdue M
8 Loehrlein, Colette 1	10/1/09		6	65	2447	Club Membe
9 Ashworth, Vicky 1 10 Jones, Cindy 1	12/1/09 12/1/09		6	76 60	2195 2194	Krueger, Dan
11 Rold, Hope Jenkins 1	1/1/10			58	1725	Enmark, Dave
12 Pendley, Ron 13 Brouillard, Gene 2	6/1/10 5/1/11		1	55 46	1714 1663	Seger, Khris Krueger, Lear
14 Gardner, Gary 1	4/1/10		42	53	1645	Nesbitt, Jona
15 Hudson, Hank 15 Silke, Randy	6/1/10 6/1/10			56 54	1522 1522	Bennett, Johr Wingert, Chu
17 Carter, Archie	10/1/10		2	49	1520	Wingert, Chu
18 Boren, Mike 19 Gerbig, Steve	3/1/10 11/1/09		4 20	58 35	1503 1500	Men's Star
20 Robertson, Janet 1	2/1/10		20	51	1481	Club Membe
21 Maurer, Terrell 22 Voegel, Bill 1	7/1/09 4/1/10		6	53 35	1476 1465	1 Yeager, Rust
23 Janowski, Robert	7/1/10		1	41	1403	2 Ashworth, Da
24 Brindle, Matt	5/1/10		1 5	51	1323	3 Jensen, Paul
25 Leader, Caron 26 Gardner, Opal 1	3/1/10 4/1/10		5	38 41	1305 1240	4 Nalley, Shane 5 Johnson, Bill
27 Demerly, Mike	7/1/10		3	33	1131	6 Pendley, Ron
28 Hanft, Renee' 29 Clemmer, Linda	4/1/10 11/1/09			46 28	1119 993	7 Brouillard, Ge 8 Gardner, Gar
30 VanStone, Gene	11/1/10			42	959	9 Hudson, Han
31 Williams, Mary 32 Conner, David	3/1/10 6/1/10			34 34	915 886	10 Silke, Randy 11 Carter, Archie
33 Watson, Craig	7/1/09			30	855	12 Boren, Mike
34 Gilbert, Jane 35 Myers, Dave	4/1/10 8/1/09			36 22	847 776	13 Gerbig, Steve 14 Maurer, Terre
36 May, Dan	5/1/10			27	712	15 Voegel, Bill 1
37 Willett, Bobby	5/1/10 12/1/09		4	9 24	675 639	16 Janowski, Ro
38 Jones, Curt D. 39 Williams, Jeff	8/1/09			24	627	17 Brindle, Matt 18 Demerly, Mike
40 Miller, Charles	3/1/10		2	8	591	19 VanStone, Ge
41 Niekamp Garrett, Dorothy 3 42 Wefel, Darlene	6/1/10 11/1/09	1		7 20	544 527	20 Conner, Davi 21 Watson, Crai
43 Oliver, Mark	5/1/10			20	498	22 Myers, Dave
44 Pendley, Kevin 45 Niethammer, Jim	9/1/10 12/1/09		2 2	13 12	458 455	23 May, Dan 24 Willett, Bobby
46 Merrick, David	11/1/09		-	13	400	25 Jones, Curt D
47 Colvin, Tony 48 Roll, Steve	4/1/10 3/1/10			12 12	391 390	26 Williams, Jeff 27 Miller, Charle
49 Paul, Larry	4/1/10			11	356	28 Oliver, Mark
50 Lovins, Eric 51 Hudson, Carol	3/1/10 6/1/10			14 18	355 344	29 Pendley, Kev 30 Niethammer,
52 Lee, Ronnie	8/1/10			12	337	31 Merrick, Davi
53 Ward, Kelly 54 McCarthy, Tom	3/1/10 7/1/10			15 14	326 316	32 Colvin, Tony 33 Roll, Steve
54 McCarthy, Tom 55 Vercellotti, Jay	11/1/09			10	315	34 Paul, Larry
56 Long, Nathan	5/1/10		1	13 9	286 276	35 Lovins, Eric
57 Heiman, Doug 58 Allen, Rich	7/1/09 4/1/10		1	12	264	36 Lee, Ronnie 37 McCarthy, To
59 Orth, Roger	8/1/10 9/1/10		2	9	259	38 Vercellotti, Ja
60 Pendley, Ann 61 Riley, Cody	9/1/10 6/1/10			9 11	259 257	39 Long, Nathan 40 Heiman, Dou
62 Weyer, Keith	2/1/11			14	256	41 Allen, Rich
63 Brindle, Carson 64 Sullivan, Patrick	5/1/10 1/1/10			14 9	254 238	42 Orth, Roger 43 Riley, Cody
65 Lutzel, Amy	10/1/09			7	233	44 Weyer, Keith
66 Fisher, Scott 66 Whittaker, Ashley	8/1/10 4/1/10			6 15	220 220	45 Brindle, Carso 46 Sullivan, Patr
68 Brindle, Sonya	5/1/10			12	212	47 Fisher, Scott
69 Klotz, Andrea 70 Jones, Cory	8/1/09 12/1/09			9 11	210 209	48 Jones, Cory 49 Weyer, Brett
71 Weyer, Brett	2/1/11			11	198	50 Bohler, Nick
72 Bohler, Nick 73 Weyer, Audrey	6/1/10 2/1/11			9 11	195 193	51 Christ, Rick 52 Greenfield, D
74 Christ, Rick	6/1/10			7	187	53 Armstrong, D
75 Greenfield, Dana	2/1/10			7	175	54 Weyer, Brock
76 Armstrong, Dan 77 Weyer, Brock	2/1/10 2/1/11			3 9	174 173	55 Meyer, Greg 56 Swingle, Rich
78 Meyer, Greg	2/1/10			5	171	57 Mitz, Eric
79 Carter, Faye 80 Swingle, Richard	1/1/10 3/1/10		1	3 3	169 155	58 Villines, Mike 59 Kuykendall, D
81 Mitz, Eric	3/1/10		-	8	146	60 Nesbitt, Jona
81 Villines, Mike 83 Weyer, Theresa	7/1/10 2/1/11			4 7	146 127	61 Lindenschmid 62 Tolen, Jim
84 Kuykendall, Dave	10/1/10			2	122	63 Tran, Hoang
85 Nesbitt, Jonathan 86 Lindenschmidt, Bart	6/1/10 3/1/10			4 6	114 112	64 Halsey, Craig 65 Garrison, Ric
87 Breivogel, Judy	2/1/10			5	111	66 Ligon, Brooks
88 Tolen, Jim	8/1/09			4	107	67 Neff, Ward
89 Tran, Hoang 90 Harrell, Jacqueline	1/1/10 6/1/10			3 2	99 85	68 Corino, Mike 69 Pendley, Nich
91 Halsey, Craig	6/1/10			4	84	70 Speck, Evan
92 Garrison, Rick 93 Ligon, Brooks	10/1/09 8/1/10			3 1	78 62	71 Crane, Jeff 72 Osborn, Eric
94 Neff, Ward	11/1/09			3	61	73 Roeder, Greg
95 Corino, Mike 96 Pendley, Nicholas	4/1/10 9/1/10			2 2	58 55	74 Woods, Larry 75 Vote, Dan
96 Speck, Evan	8/1/09			2	55	76 Hurt, Kevin
98 Crane, Jeff 98 Osborn, Eric	7/1/10 7/1/10			2 2	39 39	
100 Roeder, Greg	7/1/10 12/1/09			2	39 37	

Club Member	Exp.	Ride Host		No. of Rides	Club Miles	Women's Standing	gs
01 Woods, Larry	4/1/10			1	33	Club Member	Ex
Vote, Dan Wassmer, Yvette	5/1/10 7/1/10			1 1	23 22	1 Holland, Diana	11/1
Hurt, Kevin	6/1/10			1	17	2 Bies, Diane 1	6/1
Diver, Debbie	5/1/10			1 1	17 12	3 Loehrlein, Colette 1 4 Ashworth, Vicky 1	10/1/ 12/1/
Garrison, Rachel	10/1/09			'	12	5 Jones, Cindy 1	12/1/
verdue Memb	ershins					6 Rold, Hope Jenkins 17 Robertson, Janet 1	1/1/ 2/1/
	-	Ride	100	No. of	Club	8 Leader, Caron	3/1/
Club Member	Exp.	Host	Miles	Rides	Miles	9 Gardner, Opal 1	4/1/
Krueger, Dan Enmark, Dave	6/1/09 5/1/09	1	2 2	53 14	1696 615	10 Hanft, Renee' 11 Clemmer, Linda	4/1/ 11/1/
Seger, Khris	3/1/09		1	13	424	12 Williams, Mary	3/1/
Krueger, Leandra	6/1/09	1		6	128	13 Gilbert, Jane	4/1/ 6/1/
Nesbitt, Jonathan Bennett, John	6/1/09 5/1/09			4	114 70	14 Niekamp Garrett, Dorothy 3 15 Wefel, Darlene	11/1/
Wingert, Chuck	5/1/09			1	21	16 Hudson, Carol	6/1/
						17 Ward, Kelly 18 Pendley, Ann	3/1/ 9/1/
len's Standing	gs	Dist	400	N(Oliviti	19 Lutzel, Amy	10/1/
Club Member	Exp.	Ride Host	100 Miles	No. of Rides		20 Whittaker, Ashley 21 Brindle, Sonya	4/1/ 5/1/
1 Yeager, Rusty 1	6/1/10	33		98	4285	22 Klotz, Andrea	8/1/
2 Ashworth, David 1 3 Jensen, Paul	12/1/09 10/1/09	5 2		77 85		23 Weyer, Audrey 24 Carter, Faye	2/1/ 1/1/
4 Nalley, Shane	9/1/09	5		79		25 Weyer, Theresa	2/1/
5 Johnson, Bill 1	7/1/09	11		50		26 Breivogel, Judy	2/1/
6 Pendley, Ron 7 Brouillard, Gene 2	6/1/10 5/1/11	1		55 46	1714 1663	27 Harrell, Jacqueline 28 Wassmer, Yvette	6/1/ 7/1/
8 Gardner, Gary 1	4/1/10	42		53	1645	29 Oliver, Debbie	5/1/
9 Hudson, Hank 0 Silke, Randy	6/1/10 6/1/10			56 54		30 Garrison, Rachel	10/1/
1 Carter, Archie	10/1/10	2		54 49		_	
2 Boren, Mike	3/1/10	4		58	1503	Commut	ting
3 Gerbig, Steve 4 Maurer, Terrell	11/1/09 7/1/09	20		35 53	1500 1476	Club Member	
5 Voegel, Bill 1	4/1/10	6		35	1465	Dave Myers	
6 Janowski, Robert 7 Brindle, Matt	7/1/10 5/1/10	1 1		41 51	1420 1323	Tom Ballard Dan Krueger	
8 Demerly, Mike	7/1/10	3		33	11323	Gary Gardner	
VanStone, Gene	11/1/10			42	959	Cindy Jones	
0 Conner, David 1 Watson, Craig	6/1/10 7/1/09			34 30	886 855	Cory Jones	
2 Myers, Dave	8/1/09			22	776	Curt Jones	
3 May, Dan	5/1/10			27	712	Ashley Whitaker	
4 Willett, Bobby 5 Jones, Curt D.	5/1/10 12/1/09	4		9 24	675 639		
6 Williams, Jeff	8/1/09			24	627	Ride Milea	ge I
Miller, Charles	3/1/10 5/1/10	2		8 20	591 498	Club Rides Castle	
Pendley, Kevin	9/1/10	2		13	498	Circuit Rides	
Niethammer, Jim	12/1/09	2		12	455	Dogtown	
Merrick, David Colvin, Tony	11/1/09 4/1/10			13 12	400 391	Elite Elite TP	
3 Roll, Steve	3/1/10			12	390	Henderson High School	
4 Paul, Larry 5 Lovins, Eric	4/1/10 3/1/10			11 14	356 355	Mesker Park Newburgh Dam	
S Lee, Ronnie	8/1/10			14		Olmstead	
McCarthy, Tom	7/1/10			14	316	Reitz	
8 Vercellotti, Jay 9 Long, Nathan	11/1/09 5/1/10			10 13	315 286	Scott School Wesselman/Garvin Park	
0 Heiman, Doug	7/1/09	1		9	276	West Terrace	
1 Allen, Rich	4/1/10	~		12	264	New Albany	
2 Orth, Roger 3 Riley, Cody	8/1/10 6/1/10	2		9 11	259 257	Hosted Rides New Years Day Ride	
4 Weyer, Keith	2/1/11			14	256	Firecracker Ride	
5 Brindle, Carson	5/1/10			14 0		Krueger's Nite Ride Out-of-Town Rides	
6 Sullivan, Patrick 7 Fisher, Scott	1/1/10 8/1/10			9 6	238 220	YMCA Pancake Days	
B Jones, Cory	12/1/09			11	209	Town and Country	
9 Weyer, Brett 0 Bohler, Nick	2/1/11 6/1/10			11 9	198 195	Harmonie 100 TOSRV	
1 Christ, Rick	6/1/10			7	187	Wurst Ride	
2 Greenfield, Dana	2/1/10			7	175	Little River Tour	
3 Armstrong, Dan 4 Weyer, Brock	2/1/10 2/1/11			3 9	174 173	Horsey Hundred River City Senior Games	
5 Meyer, Greg	2/1/10			5	171	CRAM	
6 Swingle, Richard	3/1/10	1		3	155	Horsey 100 Tour de Cave	
7 Mitz, Eric 8 Villines, Mike	3/1/10 7/1/10			8 4	146 146	B & O Corridor Tour	
9 Kuykendall, Dave	10/1/10			2	122	Tour de Corn	
0 Nesbitt, Jonathan	6/1/10			4		N.I.T.E. Ride TRIRI	
1 Lindenschmidt, Bart 2 Tolen, Jim	3/1/10 8/1/09			6 4	112 107	Knox County Cure Tour	
3 Tran, Hoang	1/1/10			3	99	RAIN	
4 Halsey, Craig 5 Garrison, Rick	6/1/10 10/1/09			4 3	84 78	Strassenfest Pickin and Pedalin	
6 Ligon, Brooks	8/1/10			1	62	Sunrise Century	
57 Neff, Ward	11/1/09			3	61	Shuckin & Truckin	
8 Corino, Mike 9 Pendley, Nicholas	4/1/10 9/1/10			2 2		Old Kentucky Home Tour Volunteer Events	
70 Speck, Evan	8/1/09			2	55	Boy Scout Troop 330	
1 Crane, Jeff	7/1/10			2		Lose the Weight Training Whee Evansville Boy Scout – South T	
72 Osborn, Eric 73 Roeder, Greg	7/1/10 12/1/09			2 2		Ivy Tech Bike Giveaway	SindCl
74 Woods, Larry	4/1/10			1	33	St. Mary's Bosse Field	
75 Vote, Dan 76 Hurt, Kevin	5/1/10 6/1/10			1 1	23 17		
S HUIL, ILEVIII	0/1/10			1	17	1 TRIRI Tour - summer	
						2 TRIRI Tour - fall	

Women's Standir	ngs			
Club Member	Exp.	Ride Host	100 Miles	No. of Club Rides Miles
1 Holland, Diana	11/1/09		3	106 3672
2 Bies, Diane 1 3 Loehrlein, Colette 1	6/1/10 10/1/09		7 6	77 2652 65 2447
4 Ashworth, Vicky 1	12/1/09		0	76 2195
5 Jones, Cindy 1	12/1/09		6	60 2194
6 Rold, Hope Jenkins 1	1/1/10			58 1725
7 Robertson, Janet 1 8 Leader, Caron	2/1/10 3/1/10		5	51 1481 38 1305
9 Gardner, Opal 1	4/1/10			41 1240
10 Hanft, Renee'	4/1/10			46 1119
11 Clemmer, Linda 12 Williams, Mary	11/1/09 3/1/10			28 993 34 915
13 Gilbert, Jane	4/1/10			36 847
14 Niekamp Garrett, Dorothy 3 15 Wefel, Darlene	6/1/10 11/1/09	1	1	7 544 20 527
16 Hudson, Carol	6/1/10			18 344
17 Ward, Kelly	3/1/10			15 326
18 Pendley, Ann 19 Lutzel, Amy	9/1/10 10/1/09			9 259 7 233
20 Whittaker, Ashley	4/1/10			15 220
21 Brindle, Sonya	5/1/10			12 212
22 Klotz, Andrea 23 Weyer, Audrey	8/1/09 2/1/11			9 210 11 193
24 Carter, Faye	1/1/10			3 169
25 Weyer, Theresa	2/1/11			7 127
26 Breivogel, Judy 27 Harrell, Jacqueline	2/1/10 6/1/10			5 111 2 85
28 Wassmer, Yvette	7/1/10			1 22
29 Oliver, Debbie	5/1/10			1 17
30 Garrison, Rachel	10/1/09			1 12
•				
Commu Club Member	iting N		age les	Manth
Dave Myers			40	Month Augus
Tom Ballard		15	524	Jul
Dan Krueger			61	Jul
Gary Gardner			06	Augus
Cindy Jones		2	252	Augus
Cory Jones Curt Jones			45 45	Augus Augus
Ashley Whitaker			39	Augus
Ride Milea	age Inf	form	natio	on
Club Rides				Mileage
Castle Circuit Rides				23 - 35 20
Dogtown				12 - 23 - 43
Elite Elite TP				17-22-32-43 22 - 37
Henderson High School				24 - 32 - 47
Mesker Park				23 - 38
Newburgh Dam Olmstead				22 – 27 - 40 17 - 22 - 33
Reitz				21 - 41
Scott School				15 - 26 - 33
Wesselman/Garvin Park West Terrace				20 25
New Albany				122
Hosted Rides				47
New Years Day Ride Firecracker Ride				17 33
Krueger's Nite Ride				13
Out-of-Town Rides				
YMCA Pancake Days Town and Country				26 - 36 38 - 61
Harmonie 100				50 - 53
TOSRV				105 – 105
Wurst Ride Little River Tour				33 100
Horsey Hundred				100 – 70
River City Senior Games				22
CRAM Horsey 100				100 100 – 70
Tour de Cave				68
B & O Corridor Tour				62
Tour de Corn N.I.T.E. Ride			1	5, 30, 60, 100 42 - 17 - 19
TRIRI				516
Knox County Cure Tour				63 160
RAIN Strassenfest				160 61
Pickin and Pedalin				24, 38, 62
Sunrise Century				100
				29, 52 102, 50
Shuckin & Truckin				
Shuckin & Truckin Old Kentucky Home Tour Volunteer Events Boy Scout Troop 330	! .			33
Shuckin & Truckin Old Kentucky Home Tour Volunteer Events Boy Scout Troop 330 Lose the Weight Training Whe				114
Shuckin & Truckin Old Kentucky Home Tour Volunteer Events Boy Scout Troop 330				
Shuckin & Truckin Old Kentucky Home Tour Volunteer Events Boy Scout Troop 330 Lose the Weight Training Whe Evansville Boy Scout – South				114 33
Shuckin & Truckin Old Kentucky Home Tour Volunteer Events Boy Scout Troop 330 Lose the Weight Training Whe Evansville Boy Scout – South Ivy Tech Bike Giveaway St. Mary's Bosse Field				114 33 27
Shuckin & Truckin Old Kentucky Home Tour Volunteer Events Boy Scout Troop 330 Lose the Weight Training Whe Evansville Boy Scout – South Ivy Tech Bike Giveaway St. Mary's Bosse Field 1 TRIRI Tour - summer 2 TRIRI Tour - fall				114 33 27
Shuckin & Truckin Old Kentucky Home Tour Volunteer Events Boy Scout Troop 330 Lose the Weight Training Whe Evansville Boy Scout – South Ivy Tech Bike Giveaway St. Mary's Bosse Field 1 TRIRI Tour - summer				114 33 27

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

http://www.evansvillebicycleclub.org

The Evansville Bicycle Club, Inc.						
Name(s) &	Membership Dues <u>Individual</u> \$12 <u>Family</u> \$20 + \$1 per child	Release of Liability Evansville Bicycle Club, Inc. is organized for the sole purpose of providing its mem- bers 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 or- ganizers or sponsors for all blame for any injury misadventure, harm , loss or incon- venience suffered as a result of participation in any ride or activity associated with, or sponsored by, EBC, Inc. I further under- stand that I, as an individual, am responsible to abide by all traffic laws and regulations governing bicycling and take full responsi- bility for my actions.				
Phone ()	Send me the newsletter by:	Make checks payable to Evansville Bicycle Club, Inc.				
Signature	□ Email □ USPS	Mail to: Dave Ashworth 613 Vernonwood Ct. Evansville, IN 47712 Email: d.ashworth@insightbb.com				