



EBC Bikewriter

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 year'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 by-laws 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 arm-twisting 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
yesman1000@hotmail.com

Gary Gardner—Board of Directors
812-853-0476

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

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Notes From The President's Corner (Cont.)

Darlene Wefel—EBC President

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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 too 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 2-quart 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. <http://bicycleindiana.org/>

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 VOLUNTEERS!

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.)

- 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



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.

If you are attending, will you register asap? - <http://www.bicycleindiana.org/summitinformation/summit.html>

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!

Let's help support Bicycle Indiana's first major attempt to educate and promote bicycling in Indiana.

WELCOME
NEW MEMBERS

BUTCH MOORS
DANA CLEWLOW-BRAY
DAVE & DEB KUYKENDAL
& FAMILY

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 car-pooling.
Biesdi@aol.com

* EBC received a thank you note from St. Mary's for fitting helmets at the Otters baseball game on July 24. *

* There were 500 helmets given away that evening. *

* Those members present stated it went well and were still fitting some helmets by the time the game started. *

* *

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 upcoming 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 rain-

ing. 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 quickly 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

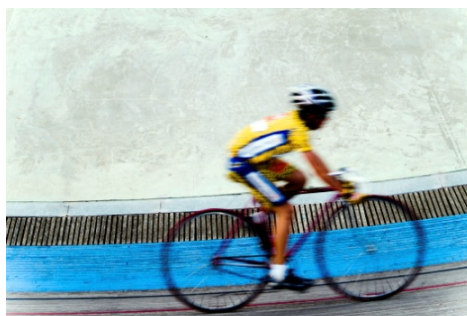
knees as you pedal; later, they swell and ache.

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.

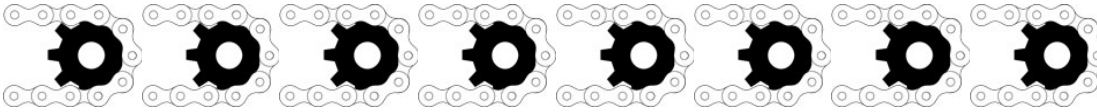
I hope you find these tips helpful and keep in mind that strength training is a very important part of your overall health and will also help improve your cycling performance. Stay tuned for the November newsletter when I will discuss strength training recommendations and benefits.



Save the Date
EBC Banquet
Saturday,
January
23, 2010
Cambridge
Golf Club

Have you seen members wearing the yellow EBC polo shirts?
Would you like one, too?
Contact Rusty Yeager to purchase:
ryeager42@wowway.com

MARKED UP!



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 non-counted 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 biesdi@aol.com if you want help finding a ride or to coordinate car pooling if you have extra room.

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

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

October 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. As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT! SEE EVENT INFO ON BACK FOR MORE DETAILS! http://www.evansvillebicyclub.org</i></p>	<p>5 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>	<p><u>Ride hosts welcome for November and December</u> Call or e-mail Jay Vercelotti @ 867-7549 rides @ endlessvistas.com</p>	<p>Stats: Rusty Yeager ryeager42 @wowway.com Newsletter?: Renee Hanft sunshinein @insightbb.com \$\$=Registration Fee</p>	<p>1</p>	<p>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.</p>	<p>3 9:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12, 23, or 43 mi.</p>
<p>4 8:00 AM Great Pumpkin Metric @ Vanderburgh 4-H Center. 16, 31, or 62 mi. \$\$ VOLUNTEERS NEEDED!</p>	<p>6 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>7 6:00 PM Circuit Ride @ Garvin Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>8 6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261.</p>	<p>9 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!</p>	<p>10 9:30 AM NO DROP RIDE @ Dogtown Boat Ramp on Old Henderson Rd. 12 mi. 10:45 AM & 1:00 PM Same Place 23 mi.</p>	<p>11 10:00 AM @ Scott School on Old State Rd. 15, 26, or 33 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>
<p>12 10:00 AM @ Scott School on Old State Rd. 15, 26, or 33 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>13 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>14 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>15</p>	<p>16 Directions to H.C. H.S. Take Pennyville Pkwy to SR 351, exit go East (coming from Evansville go under Pennyville) approximately 1/2 mi. to school on right.</p>	<p>17 7:30 AM Autumn in New Albany @ Olmstead Rd. Ride hosts: Cindy Jones, Colette Loehelein, & Diane Bites. 120 mi. See Event Info page for details. 9:30AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24, 32, or 47 mi.</p>	<p>18 10:00 AM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>
<p>19 10:00 AM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>20 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>21 6:00 PM Circuit Ride @ Garvin Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>22</p>	<p>23</p>	<p>24 Hilly Hundred @ Ellettsville, IN 48 mi. \$\$ 9:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12, 23, or 43 mi.</p>	<p>25 Hilly Hundred @ Ellettsville, IN 40 or 50 mi. \$\$ 10:00 AM @ USI 20 or 40 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>
<p>26 10:00 AM @ USI 20 or 40 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>27 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>28 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>29 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Spurgeon or Touring Route</p>	<p>30</p>	<p>31 Halloween 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Spurgeon or Touring Route 9:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12, 23, or 43 mi.</p>	<p>30 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Spurgeon or Touring Route</p>

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