



EBC Bikewriter

The Evansville Bicycle Club Newsletter

Notes From The President's Corner

Darlene Wefel—EBC President

Winter has arrived early this year. It's two weeks after the Great Pumpkin Metric, and the forecasted high temperature this weekend is 50 with a low of 35, Burrrrrrr..... I'm thankful that we were blessed with a near perfect day for the Great Pumpkin Metric.

I want to thank Dan Krueger for stepping forward and coordinating the 28th Great Pumpkin Metric. This was no easy task. I'm sure he could not have pulled it together by himself. He had a strong committee working together to make this year's event a success.

I also want to thank all the GPM committee and all the volunteers who donated their time and talent. I heard nothing but great things from the cyclists. I've had several phone calls from people telling me how much they enjoyed the ride. A rider from Owensboro, KY called and asked about all the Share the Road Signs.

Another year down, and we are already working on next year's GPM. Review-

ing comment sheets, what worked well, what didn't, and what we can do to improve on next years event.

Have you ever wondered what it takes to feed 800 – 900 riders and about 50 volunteers at the GPM? See page 2 for a list of products used for the rest stops and the pasta dinner after the ride. All the products that were remaining were donated to the Food Bank. Also, this spreadsheet shows the retail value of all the donated products. It's truly amazing!

I know that you haven't heard much about the jersey design lately. Well, that's about to change. We are going to have all the designs that have been submitted (remember these are rough designs) at the annual banquet. We will also have one of our current jersey's there. The club members will vote on which design they want for the club jersey. We can choose a new design or keep the one we currently have. Anyone wanting to submit a design needs to have it submitted to me by December 31st.

Now that we are thinking about the banquet, we need to focus on officers for next year. I want to encourage all members to think about running or nominating someone for the offices.

Currently, we have several people who have said they will not continue in the capacity that they currently have. Kevin Pendley is retiring as Treasurer, and I'm retiring as President. We have the following nominations and current officers who are willing to continue unless someone would like to volunteer: Paul Jensen has been nominated for President, we need a nominee for Vice President; Vicky would like to find someone to take her position as Secretary, but will continue if necessary; if someone would like to work as Treasurer, please let Paul Jensen or I know; Statistician extraordinaire, Rusty, is willing to continue; Renee' Hanft has mastered the Newsletter Editor position and is willing to continue; Tour Director/ Webmaster Jay has said

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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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that he would be more than happy to let someone else have a go at it, but would do it if nobody else wants to; Dave Ashworth is willing to continue doing Membership.

Hope to see you out there riding this month. Check the web site or email blast for the annual Burr... Ride..



More GPM pictures on the following pages. Be sure to check them out!



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/>

GREAT PUMPKING METRIC – FOOD CONTRIBUTIONS		
	Cases	Retail Cost
WESSELMAN'S		
M & M	2	\$186.72
Mars Mixed Minis	1	\$107.76
Snickers Fun Size	1	\$95.76
3 Musketeers Fun Size	1	\$95.76
Starburst Fruit Chews	1	\$74.16
Tootsie Rolls Midgees	1	\$57.36
Absopure Spring Water	14	\$103.32
Purity Table Cover	2	\$30.00
HyTop Spaghitti Sauce	15	\$268.20
HyTop Spaghitti	12	\$344.16
HyTop Foam Cups	1	\$30.00
HyTop Paper Napkins	1	\$58.00
HyTop Paper Plates	2	\$66.96
HyTop Party Peanuts	2	\$47.76
HyTop Peanut Butter	4	\$109.92
HyTop Jelly	4	\$81.12
Crushed Red Peppers	1	\$10.68
HyTop Parmesan Cheese	2	\$57.17
Uncle Ray's Pretzles	2	\$28.56
Uncle Ray's Cheese Puffs	2	\$28.56
Uncle Ray's Potato Chips	2	\$42.96
Uncle Ray's Ripple Chips	2	\$42.96
Gatorade Mix	7	\$410.76
Vista Cookies Assorted	21	\$704.00
Bread	40	\$115.60
Fruit:		
280 LBS Chiquita Bananas		\$388.08
200 LBS Apples		\$335.40
113 Valencia Oranges		\$155.94
Misc.		\$100.00
Wessleman's Total		\$4,177.63
Rally's Chili	20 Gallon	\$1,192.00
Prairie Farms Ice Cream		
500 Ice Cream Novelties		\$225.00
Total of Food Donated		\$5,594.63



ANNUAL EBC BANQUET UPDATE 2010

EBC Banquet Coordinators: Hope Rold & Vicky Ashworth

Hello bicycling friends,

We hope everyone is having a fun filled year so far out bicycling with their friends.

Do not forget to keep the date open for Saturday, January 23, 2010. We are having our annual EBC banquet at the Cambridge Golf Club. The banquet reservation form will be in our December Newsletter. It is always a good time to socialize with other members. There is a buffet

style dinner with a table full of dessert selections and an open cash bar, if you wish. Dress is casual. Rusty will present the awards after the dinner.

All those who attend are eligible for four cash prizes from Gilles which include: 1st prize of \$400, 2nd prize of \$100, 3rd prize of \$50 and 4th prize of \$50. You have to be present at the drawing to win.

We hope to see everyone there!



WELCOME

NEW MEMBERS

- DREW SWONDER
- LINDA SWONDER
- SCHLEY COX
- PATRICK IVIE
- MIKE SOTOLONGO
- GARY BURKES
- JANET BURKES
- ALEXA ROACH
- JOE WHELAN
- SAL ALIOTTA
- LARRY PAYNE
- TIM MCKINNEY

WELCOME BACK

- TINA POWERS
- JEREMY POWERS
- KEN CARPENTER



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.

THE TRAIL JUNKIE ON THE DEARBORN BIKE TRAIL

BY CHARLIE MILLER

Twenty-eight miles west of my home in Cincinnati, Ohio, crosses the state line into Lawrenceburg, Indiana. This historic river city is located just beyond the I-275 belt way on the “front porch” of Indiana’s Dearborn County. Not too long ago, Lawrenceburg’s only claim to fame was being the home of the Seagram’s Whiskey Distillery. But in recent years this small city has undergone a renaissance, largely due to the influx of gambling casino revenues. The most noticeable revitalization has been the rebirth of Lawrenceburg’s vibrant downtown and river front areas. It is here that the six-mile long Dearborn Bike Trail begins.

I began my ride one sunny, July morning on Lawrenceburg’s flood wall river walk near the Hollywood Casino (formerly Argosy). The elevated views from the flood wall offer a spectacular panorama of the Ohio River. Less than 500 yards from its start, the river walk passes in front of a modern Ivy Tech College building. Near this point, in 1861, Abraham Lincoln gave one of his famous pre-inaugural “Train Stop” addresses to emphasize the people’s rule in justice and good government. There is also a carillon bell tower



located here that plays selections on the half-hour from popular Broadway Musicals. Wonderful tributes to members of the armed forces as well as the police and firefighters are found at the base of the bell tower. Just beyond Ivy Tech, several of Lawrenceburg’s historic buildings and log homes have been preserved and relocated along the flood wall in a small park area.

At the west-end of the river walk is the real beginning of the Dearborn Bike Trail. Just outside of American Electric Power’s (AEP) Lawrenceburg generation plant is the AEP trailhead. Here I found a



very clean parking area, modern toilet facilities, and a picnic gazebo with a fantastic river view. The entrance to the trail is a concrete tunnel into the AEP property. On the other side of the entrance, the trail is walled with a tall chain link fence and privacy screening for about one quarter mile until it exits the power plant property. Beyond that point, it becomes a beautiful wooded trail. Approximately two miles into the trail there is an old steel truss railroad bridge that crosses Tanner

Creek. A little further beyond that a newer, arched type bridge has been built to span another creek and replace the original wooden railroad trestle. The remnants of the old railroad bridge no longer cross the creek, but parts of it are still visible along-side the new structure as nature slowly reclaims it with overgrown vegetation.

The Dearborn Trail ends in six miles just outside of Aurora, Indiana’s small downtown area. But a quick ride through Aurora’s three-block business district brought me to Riverside Park and another short trail to ride on along the banks of the Ohio River. This section of trail is only about one mile long, but the river views and small flower gardens planted along its length are magnificent. Visitors to Aurora will also want to ride their bikes up the short, steep, climb as I did to Aurora’s highest elevation for a visit to *Hillforest*.



Hillforest was the home of industrialist and steamboat owner Thomas Gaff. It was completed in 1855 when Gaff, his wife, and six children moved in. Thomas Gaff and other family members had

THE TRAIL JUNKIE ON THE DEARBORN BIKE TRAIL (CONT.)

(Continued from page 4)

many local business interests and were civic leaders in Aurora, as well as the Greater Cincinnati area, for many years. The family descendants continued to live in *Hillforest* until 1926. The home features 14 rooms and was built in the Italianate style that reflects the grandeur of upper class Victorian lifestyle. It is considered to be the only remaining structure of its kind in existence. Since 1956 the Hillforest Historical Foundation has cared for the home and its preservation. In 1992, it was declared a National Historic Landmark. Today, *Hillforest* is open daily to the public and can be rented for private parties and receptions. *Hillforest* remains a graceful reminder of Ohio River heritage and Aurora's local history.



After my visit to the Gaff home, I retraced my trip back to Lawrenceburg on the Dearborn Trail to complete my short, but enjoyable 15-mile bike ride and visit to these two historic Indiana communities that enrich our Ohio River Valley.



Benefits of Strength Training

Amy Lutzel

ACSM Certified Personal Trainer

Benefits of Strength Training:

The off season for cycling is an excellent time to concentrate on strength training. Strength training is just as important, if not more so, than cardio exercise.

Be sure to include weight training in your workout routine every week to help build up your strength and get your body in great shape for cycling season.

It is important to maintain a continuous strength training routine. There are many health benefits I would like to share with you.

These include:

1. Reduced risk of obesity
 - a) Increased muscle mass
 - b) Increased resting metabolism
2. Reduced risk of cardiovascular disease
 - a) Decreased body fat
 - b) Decreased resting blood pressure
 - c) Enhanced vascular condition
 - d) Improved blood lipid profiles
3. Reduced risk of colon cancer
 - a) Increased gastrointestinal transit speed
4. Reduced risk of diabetes
 - a) Decreased body fat
 - b) Increased glucose uptake

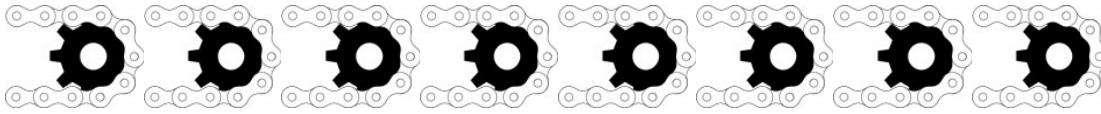
5. Reduced risk of osteoporosis
 - a) Increased bone mineral density
6. Reduced risk of low back pain (Core exercises REALLY do help with this!)
 - a) Increased erector spinae muscle strength
7. Reduced risk of depression
 - a) Increased muscle strength and functional abilities

The American College of Sports Medicine Basic Strength Training Recommendations:

1. 8 to 10 strength training exercises for the major muscles (Chest, back, shoulders, biceps, triceps, quads, hamstrings, calves, abdominal, etc.)
2. 1 set of each exercise (challenge your body by working up to multiple sets)
3. 8 to 12 repetitions per set of exercise
4. 2 or 3 nonconsecutive training days per week
5. Full-range movements (pain free)
6. Moderate speed movements (approximately 6 seconds per repetition)



MARKED UP!



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

Saturday Morning Rides: We move back to Elite Fitness for the Saturday morning rides in November. This will last through April.

Hosted Rides: There are 2 hosted rides this month. First, on November 15, there's Ashley's Menagerie (hosted by Ashley, Gary, and Opal) — an annual ride that sometimes has a different name, but not this year. Also, there's Mark & Debbie Oliver's annual Pumpkin Pie Ride on November 21. Remember it is OK to show up even if the weather isn't good enough to ride. The ride hosts will still have gone to a great deal of effort and there will likely be tons of extra food.

Elite Fitness Route Changes: The Elite Fitness 43 and 35 mile routes have been changed to avoid construction on Baseline Rd. The route maps have been updated online, so check them out at <http://www.bikely.com/maps/bike-path/Elite-Fitness-35> & <http://www.bikely.com/maps/bike-path/Elite-Fitness-43>. The change is minor and doesn't affect the mileage. Also, let's give a big thanks to Jim Niethammer for remarking all the Elite routes. That's really a lot of work. Thanks Jim!

USI Routes: I slipped up and put the USI routes back on the schedule back in October. We suspended those routes last year because of road problems. But Dave Ashworth saved the day and came up with a way around the bad roads and construction. Maps of these are also available online at <http://www.bikely.com/maps/bike-path/USI-21-mile> & <http://www.bikely.com/maps/bike-path/USI-43-mile>. Note that they are now 21 and 43 miles due to the changes. So, everyone, please thank Dave for this route when you see him next time!

Scott School Routes: The Scott School routes are now available online, once again thanks to Jim Niethammer, who remarked the routes and emailed me a list of turns so I could easily map them on Bikely.com.

Scott Circuit Ride

<http://www.bikely.com/maps/bike-path/Scott-School-Circuit-Ride>

Scott 15 Mile

<http://www.bikely.com/maps/bike-path/Scott-School-15-mile>

Scott 26 Mile

<http://www.bikely.com/maps/bike-path/Scott-School-26-mile>

Scott 33 Mile

<http://www.bikely.com/maps/bike-path/Scott-School-33-mile>

Also, I've included a cue sheet for the Scott 33 mile route:

Scott School 33 Mile Route Cue Sheet

Total	Distance	Where	Notes
0.04mi	0.04mi	Old State Rd.	Turn Right
0.83mi	0.8mi	Inglefield Rd.	Turn Right
2.32mi	1.49mi	Darmstadt Rd.	Turn Right
2.69mi	0.37mi	Darmstadt Rd.	Left at the Y
3.41mi	0.72mi	W. Baseline Rd.	Turn Left
4.78mi	1.38mi	Owensville Rd.	Turn Right
6.21mi	1.42mi	Nisbet/Newman Rd.	Turn Right
6.98mi	0.77mi	Adler Rd.	Turn Right
9.23mi	2.25mi	Darmstadt Rd.	Turn Right
11.75mi	2.51mi	W. Baseline Rd.	Turn Left
12mi	0.26mi	Old Princeton Rd.	Turn Left
15.43mi	3.43mi	Co Road 1275	Turn Left (into St. James)
17.67mi	2.24mi	Hwy 68	Turn Left
18.7mi	1.03mi	Co Road 150W (Hunter Rd)	Turn Right
21.75mi	3.06mi	E. Coal Mine Rd (800 S)	Turn Right
22.19mi	0.43mi	Railroad St.	Turn Right
24.23mi	2.04mi	Maple St.	Turn Right
24.24mi	0.01mi	Main St.	Turn Left
24.74mi	0.51mi	Hwy 68	Turn Left
26.17mi	1.42mi	Hwy 41	Straight
26.56mi	0.39mi	Old State Rd.	Turn Right
32.71mi	6.15mi	Parking Lot	Turn Right
32.75mi	0.04mi	Finish	

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

November 2009 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <i>Daylight Savings Ends</i></p> <p>10:00 AM @ <u>Old Dam Site</u> Newburgh, 27 or 40 miles.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	2	<p>3 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>4 6:00 PM Circuit Ride @ <u>Garvin Park</u> on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>5</p> <p>Stats?: Rusty Yeager ryeager42 @wowway.com</p> <p>Newsletter?: Renee Hanft sunshinein @insightbb.com</p> <p>\$\$=Registration Fee</p>	6	<p>7 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>8 10:00 AM @ <u>Reitz High School</u> on Claremont off the Ray Becker Parkway, 21 or 40 miles.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	9	<p>10 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>11 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>12 8:00 AM <u>Club Century</u> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Folsomville or Touring Route</p> <p>6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261.</p>	13	<p>14 8:00 AM <u>Club Century</u> @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Folsomville or Touring Route</p> <p>9:30 AM & 1:00 PM @ <u>Henderson Co. High School</u> in Henderson, KY 24, 32, or 47 mi.</p>
<p>15 10:00 AM <u>Ashley's Me-nagerie</u> @ 6000 Magnolia Dr. Newburgh 12 or 27 mi. Hosts: Gary, Opal, & Ashley. Call 853-0476 for directions.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	16	<p>17 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>18 6:00 PM Circuit Ride @ <u>Garvin Park</u> on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	19	20	<p>21 10:00 AM <u>Pumpkin Pie Ride</u> @ 7508 Ridgeway Ave. Evansville 15, 27, or 33 mi. Ride hosts Mark & Debbie Oliver. Call 476-3898 for directions.</p> <p>1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>22 10:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	23	<p>24 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>25 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>26 <i>Thanksgiving</i></p> <p>9:00 AM Thanksgiving Day Ride @ <u>Old Dam Site</u> Newburgh, 27 or 40 miles.</p>	<p>27</p> <p>9:00 AM Day-After Thanksgiving Ride @ <u>Dogtown Boat Ramp</u> on Old Henderson Rd. 12, 23, or 43 mi.</p>	<p>28 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>29 10:00 AM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 or 37 miles.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	30	<p>Join Elite Fitness</p> <p>Evansville Bicycle Club members ONLY with 300 club miles can join Elite Fitness for the 4 months of Nov., Dec., Jan., & Feb. for \$80. 858-8300 or 868-8650</p>		<p>Ride hosts welcome for December and January</p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides @ endlessvistas.com</p>	<p><i>New riders need to be ready to leave 30 minutes early and are encouraged to start with a "No Drop" or "Come Ride With Us" Ride.</i></p> <p><i>Helmets are mandatory.</i></p> <p><i>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</i></p> <p>SEE EVENT INFO ON BACK FOR MORE DETAILS!</p> <p>http://www.evansvillebicycleclub.org</p>	

Evansville Bicycle Club – 2009 Club Mileage through 10/18/2009

Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty 1	6/1/10		37	110	4785
2 Holland, Diana	11/1/09		6	119	4219
3 Ashworth, David 1	12/1/09		5	83	3518
4 Bies, Diane 1	6/1/10		8	88	3139
5 Jensen, Paul	10/1/09		2	90	2899
6 Loehrlein, Colette 1	10/1/09		8	74	2866
7 Nalley, Shane	9/1/09		5	82	2626
8 Jones, Cindy 1	12/1/09		9	69	2607
9 Ashworth, Vicky 1	12/1/09		82	2398	
10 Rold, Hope Jenkins 1	1/1/10		64	1884	
11 Pendley, Ron	6/1/10		1	58	1804
12 Gardner, Gary 1	4/1/10	47	55	1701	
13 Brouillard, Gene 2	5/1/11		47	1697	
14 Robertson, Janet 1	2/1/10		58	1676	
15 Carter, Archie	10/1/10	2	53	1656	
16 Hudson, Hank	6/1/10		60	1647	
17 Gerbig, Steve	11/1/09	27	38	1566	
18 Silke, Randy	6/1/10		55	1548	
19 Boren, Mike	3/1/10	4	60	1547	
20 Janowski, Robert	7/1/10	1	44	1522	
21 Voegel, Bill 1	4/1/10	6	36	1487	
22 Leader, Caron	3/1/10	5	40	1362	
23 Gardner, Opal 1	4/1/10		44	1337	
24 Brindle, Matt	5/1/10	1	51	1323	
25 Hanft, Renee'	4/1/10		49	1210	
26 Demery, Mike	7/1/10	3	34	1153	
27 Conner, David	6/1/10		43	1150	
28 Williams, Mary	3/1/10		41	1136	
29 Clemmer, Linda	11/1/09		30	1070	
30 VanStone, Gene	11/1/10		45	1031	
31 Gilbert, Jane	4/1/10		41	984	
32 Myers, Dave	8/1/09		24	853	
33 May, Dan	5/1/10		29	777	
34 Willett, Bobby	5/1/10	5	10	775	
35 Jones, Curt D.	12/1/09		26	706	
36 Miller, Charles	3/1/10	3	9	694	
37 Oliver, Mark	5/1/10		25	630	
38 Williams, Jeff	8/1/09		24	627	
39 Niekamp Garrett, Dorothy 3	6/1/10		7	544	
40 Wefel, Darlene	11/1/09	1	20	527	
41 Niethammer, Jim	12/1/09	2	14	511	
42 Colvin, Tony	4/1/10		14	460	
43 Pendley, Kevin	9/1/10	2	13	458	
44 Merrick, David	11/1/09		14	443	
45 Paul, Larry	4/1/10		13	425	
46 Vercellotti, Jay	11/1/09		13	414	
47 Roll, Steve	3/1/10		13	410	
48 Hudson, Carol	6/1/10		19	361	
49 Lovins, Eric	3/1/10		14	355	
50 Ward, Kelly	3/1/10		16	343	
51 Lee, Ronnie	8/1/10		12	337	
52 McCarthy, Tom	7/1/10		14	316	
53 Riley, Cody	6/1/10		13	301	
54 Jones, Cory	12/1/09		14	291	
55 Long, Nathan	5/1/10		13	286	
56 Klotz, Andrea	8/1/09		12	276	
57 Kuykendall, Dave	10/1/10	1	4	272	
58 Sullivan, Patrick	1/1/10		10	271	
59 Villines, Mike	7/1/10		7	265	
60 Allen, Rich	4/1/10		12	264	
61 Orth, Roger	8/1/10	2	9	259	
62 Pendley, Ann	9/1/10		9	259	
63 Weyer, Keith	2/1/11		14	256	
64 Lutzel, Amy	10/1/09		8	255	
65 Brindle, Carson	5/1/10		14	254	
66 Lindenschmidt, Bart	3/1/10		12	246	
67 Fisher, Scott	8/1/10		6	220	
68 Whittaker, Ashley	4/1/10		15	220	
69 Brindle, Sonya	5/1/10		12	212	
70 Carter, Faye	1/1/10		4	209	
71 Weyer, Brett	2/1/11		11	198	
72 Bohler, Nick	6/1/10		9	195	
73 Weyer, Audrey	2/1/11		11	193	
74 Christ, Rick	6/1/10		7	187	
75 Greenfield, Dana	2/1/10		7	175	
76 Armstrong, Dan	2/1/10		3	174	
77 Weyer, Brock	2/1/11		9	173	
78 Meyer, Greg	2/1/10		5	171	
79 Swingle, Richard	3/1/10	1	3	155	
80 Mitz, Eric	3/1/10		8	146	
81 Weyer, Theresa	2/1/11		7	127	
82 Nesbitt, Jonathan	6/1/10		4	114	
83 Breivogel, Judy	2/1/10		5	111	
84 Tolen, Jim	8/1/09		4	107	
85 Tran, Hoang	1/1/10		3	99	
86 Harrell, Jacqueline	6/1/10		2	85	
87 Halsey, Craig	6/1/10		4	84	
88 Garrison, Rick	10/1/09		3	78	
89 Woods, Larry	4/1/10		2	66	
90 Ligon, Brooks	8/1/10		1	62	
91 Neff, Ward	11/1/09		3	61	
92 Corino, Mike	4/1/10		2	58	
93 Clewlon-Bray, Dana	10/1/10		2	55	
94 Pendley, Nicholas	9/1/10		2	55	
95 Speck, Evan	8/1/09		2	55	
96 Crane, Jeff	7/1/10		2	39	
97 Osborn, Eric	7/1/10		2	39	
98 Roeder, Greg	12/1/09		2	37	
99 Vote, Dan	5/1/10		1	23	
100 Wassmer, Yvette	7/1/10		1	22	

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
101 Hurt, Kevin	6/1/10		1	1	17
101 Oliver, Debbie	5/1/10		1	1	17
103 Bies, Gretchen	6/1/10		1	1	12
103 Garrison, Rachel	10/1/09		1	1	12

Overdue Memberships

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
Johnson, Bill 1	7/1/09		16	58	2997
Krueger, Dan	6/1/09	1	7	59	2057
Maurer, Terrell	7/1/09		54	1498	
Watson, Craig	7/1/09		32	942	
Enmark, Dave	5/1/09	2	14	615	
Seeger, Khris	3/1/09	1	14	509	
Heiman, Doug	7/1/09	1	9	276	
Krueger, Leandra	6/1/09	1	6	128	
Bennett, John	5/1/09		4	70	
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		37	110	4785
2 Ashworth, David 1	12/1/09		5	83	3518
3 Jensen, Paul	10/1/09		2	90	2899
4 Nalley, Shane	9/1/09		5	82	2626
5 Pendley, Ron	6/1/10		1	58	1804
6 Gardner, Gary 1	4/1/10	47	55	1701	
7 Brouillard, Gene 2	5/1/11		47	1697	
8 Carter, Archie	10/1/10	2	53	1656	
9 Hudson, Hank	6/1/10		60	1647	
10 Gerbig, Steve	11/1/09	27	38	1566	
11 Silke, Randy	6/1/10		55	1548	
12 Boren, Mike	3/1/10	4	60	1547	
13 Janowski, Robert	7/1/10	1	44	1522	
14 Voegel, Bill 1	4/1/10	6	36	1487	
15 Brindle, Matt	5/1/10	1	51	1323	
16 Demery, Mike	7/1/10	3	34	1153	
17 Conner, David	6/1/10		43	1150	
18 VanStone, Gene	11/1/10		45	1031	
19 Myers, Dave	8/1/09		24	853	
20 May, Dan	5/1/10		29	777	
21 Willett, Bobby	5/1/10	5	10	775	
22 Jones, Curt D.	12/1/09		26	706	
23 Miller, Charles	3/1/10	3	9	694	
24 Oliver, Mark	5/1/10		25	630	
25 Williams, Jeff	8/1/09		24	627	
26 Niethammer, Jim	12/1/09	2	14	511	
27 Colvin, Tony	4/1/10		14	460	
28 Pendley, Kevin	9/1/10	2	13	458	
29 Merrick, David	11/1/09		14	443	
30 Paul, Larry	4/1/10		13	425	
31 Vercellotti, Jay	11/1/09		13	414	
32 Roll, Steve	3/1/10		13	410	
33 Lovins, Eric	3/1/10		14	355	
34 Lee, Ronnie	8/1/10		12	337	
35 McCarthy, Tom	7/1/10		14	316	
36 Riley, Cody	6/1/10		13	301	
37 Jones, Cory	12/1/09		14	291	
38 Long, Nathan	5/1/10		13	286	
39 Kuykendall, Dave	10/1/10	1	4	272	
40 Sullivan, Patrick	1/1/10		10	271	
41 Villines, Mike	7/1/10		7	265	
42 Allen, Rich	4/1/10		12	264	
43 Orth, Roger	8/1/10	2	9	259	
44 Weyer, Keith	2/1/11		14	256	
45 Brindle, Carson	5/1/10		14	254	
46 Lindenschmidt, Bart	3/1/10		12	246	
47 Fisher, Scott	8/1/10		6	220	
48 Weyer, Brett	2/1/11		11	198	
49 Bohler, Nick	6/1/10		9	195	
50 Christ, Rick	6/1/10		7	187	
51 Greenfield, Dana	2/1/10		7	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 Swingle, Richard	3/1/10	1	3	155	
56 Mitz, Eric	3/1/10		8	146	
57 Nesbitt, Jonathan	6/1/10		4	114	
58 Tolen, Jim	8/1/09		4	107	
59 Tran, Hoang	1/1/10		3	99	
60 Halsey, Craig	6/1/10		4	84	
61 Garrison, Rick	10/1/09		3	78	
62 Woods, Larry	4/1/10		2	66	
63 Ligon, Brooks	8/1/10		1	62	
64 Neff, Ward	11/1/09		3	61	
65 Corino, Mike	4/1/10		2	58	
66 Pendley, Nicholas	9/1/10		2	55	
66 Speck, Evan	8/1/09		2	55	
68 Crane, Jeff	7/1/10		2	39	
68 Osborn, Eric	7/1/10		2	39	
70 Roeder, Greg	12/1/09		2	37	
71 Vote, Dan	5/1/10		1	23	
72 Hurt, Kevin	6/1/10		1	17	

- 1 TRIRI Tour - summer
- 2 TRIRI Tour - fall
- 3 Miscellaneous Tour

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Holland, Diana	11/1/09		6	119	4219
2 Bies, Diane 1	6/1/10		8	88	3139
3 Loehrlein, Colette 1	10/1/09		8	74	2866
4 Jones, Cindy 1	12/1/09		9	69	2607
5 Ashworth, Vicky 1	12/1/09		82	2398	
6 Rold, Hope Jenkins 1	1/1/10		64	1884	
7 Robertson, Janet 1	2/1/10		58	1676	
8 Leader, Caron	3/1/10	5	40	1362	
9 Gardner, Opal 1	4/1/10		44	1337	
10 Hanft, Renee'	4/1/10		49	1210	
11 Williams, Mary	3/1/10		41	1136	
12 Clemmer, Linda	11/1/09		30	1070	
13 Gilbert, Jane	4/1/10		41	984	
14 Niekamp Garrett, Dorothy 3	6/1/10		7	544	
15 Wefel, Darlene	11/1/09	1	20	527	
16 Hudson, Carol	6/1/10		19	361	
17 Ward, Kelly	3/1/10		16	343	
18 Klotz, Andrea	8/1/09		12	276	
19 Pendley, Ann	9/1/10		9	259	
20 Lutzel, Amy	10/1/09		8	255	
21 Whittaker, Ashley	4/1/10		15	220	
22 Brindle, Sonya	5/1/10		12	212	
23 Carter, Faye	1/1/10		4	209	
24 Weyer, Audrey	2/1/11		11	193	
25 Weyer, Theresa	2/1/11		7	127	
26 Breivogel, Judy	2/1/10		5	111	
27 Harrell, Jacqueline	6/1/10		2	85	
28 Clewlon-Bray, Dana	10/1/10		2	55	
29 Wassmer, Yvette	7/1/10		1	22	
30 Oliver, Debbie	5/1/10		1	17	
31 Bies, Gretchen	6/1/10		1	12	
31 Garrison, Rachel	10/1/09		1	12	

Commuting Mileage

Club Member	Miles	Month
Dave Myers	3036	September
Tom Ballard	1524	July
Dan Krueger	1161	July
Gary Gardner	498	September
Cindy Jones	264	September
Ashley Whitaker	55	September
Cory Jones	45	August
Curt Jones	45	August

Ride Mileage Information

Club Rides	Mileage
Castle	23 - 35

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