



EBC Bikewriter

The Evansville Bicycle Club Newsletter

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

This will be my last article as president of the Evansville Bicycle Club. It started me thinking about all the events that our club has been involved in, the rides that I've participated in (good times and bad), and all the friends I have made during my six years as president and since I joined the club in 1996.

Bicycling was one of the things that Bob and I had in common when we first met in 1993. Our first ride together resulted in me taking a fall, resulting in lots of road rash, due to hitting a butterfly. It is a long story that I won't go into now. It did, however, jolt me into a bicycle safety awareness mode, which has lasted and carried forward into one of the club's major efforts.

Up until that accident, I didn't even own a helmet and now I won't ride without one. The following is a list of events and things that the club has been involved with, or conducted, with regards to bicycle safety:

- In May of 1999 Bicycle Safety in Evansville/Vanderburgh School Corporation. We purchased 7,000 bike safety coloring books and gave to all school children K-3. The school corporation purchased about 10,000 safety books for the older students. We went to schools and did safety programs and had a poster contest with 5 bicycles given away to the winners. I'd like to see this happen again.
- Rodeos: 5-6 for the

Boy Scouts, 2 for St. Mary's/Kohl's Children's safety events, 2 more for St. Mary's, Rodeo for T J Maxx, and as part of the IVY Tech bike safety at the bike give away for the past 3 years.

- Participated in about 10 other safety events. We have given more than 100 helmets away, approximately 700 Indiana Safe Cycling guides, and more than 1,000 Indiana Bicycle Laws tri-fold cards.
- The club has purchased 25 share the road signs.
- We have attended city and county meetings in Evansville, Vanderburgh County, Newburgh, Boonville, Warrick County, and Posey County representing

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

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cyclists in southern Indiana. Trying to preserve our rights to share the road, and make Southern Indiana a safer and better place to ride bicycles. The League of American Bicyclists ranks Indiana 24th in the US with regards to being bicycle friendly, but ranked it 48th for infrastructure for cycling. We need to improve on both of these.

Some of the best cycling events and rides I have been involved with include the Fall TRIRI, Bow-Tie Tour in Michigan, Horsey Hundred,

Great Pumpkin Metric 1995 (the only one I have done), Clarksville Labor Day Ride, and Falling Leaves. Also, a self-guided tour in France (would highly recommend it!).

Some of the worst events and rides I have been involved with include the Mt. Vernon, Illinois, first annual Kiwanis ride with chip and seal, and country roads with boulders. I have heard that they learned real fast to change the route and make the ride a good one. The Red Devil ride when it rained the entire ride. Only 3 people showed up to do the ride and I was

one of the foolish ones. A club century years ago that was in March and it was so cold that Rusty put his gloves in the microwave oven at Busler's on Boonville Hwy to warm them up. I only rode 50 miles that day. The 2001 March century when the wind was blowing 35+ mph and it was the Santa Claus century. I quit after 70 miles and had Bob pick me up.

Rarely have I found myself out there alone. There is usually a club member crazy enough to be out there riding with me. Such as the 2001 Clarksville Labor day 300K Ride when Rusty, Jane,

Tony, myself, and I think a couple of other EBC riders, did that ride. It started at 1:00 a.m. and it had been raining all evening and stopped 15 minutes before the ride started. It was dark, and very foggy. There was a total of about 35 riders crazy enough to do the ride.

As president I've had the opportunity and pleasure of working with so many talented and great people. Many have pushed and encouraged me to improve as a cyclist and leader. It has been an honor and privilege to serve as president.



BANQUET REMINDER UPDATE

Along with the gift certificates from Gilles, which include first prize of \$400, second prize of \$100, third prize of \$50 and fourth prize of \$50, Dan's Competition is also donating three \$100 gift certificates. You need to be present at the banquet to win. So, please plan on joining all your fellow biking friends for an evening of fun and a chance to win one of these fabulous prizes. To make your reservation, see page 6.

EBC Banquet Coordinators
Hope Rold
Vicky Ashworth



WELCOME

NEW MEMBERS

Randy Feller
Kelly Lonngberg



2009 GPM Dan Krueger, GPM Coordinator

Fellow cyclists,

This is my first write-up since before the 2009 Great Pumpkin Metric. After another successful event, I needed a little bit of a break to catch my breath before heading back into the fire for another year. As we start looking toward next year, there are a number of "Thank You"s that need to be made.

First off, thank you to the GPM Committee for their year-long commitment to putting on this event. Linda Clemmer, Renee' Hanft and Leandra Krueger were a big help from the time I persuaded them to jump on board.

Secondly, thank you to everyone who volunteered their time in preparation of the ride and the day of the ride. From pasta prep to registration to SAG vehicles, everybody who helped out was an integral part of our suc-

cess. Without you, the GPM could not happen.




Lastly, thank you to every person who supported our ride by riding. If you have friends who did ride the GPM, please let them know that we appreciate their support.

I have already done some preliminary planning for next year's ride and I am looking forward to serving the EBC as the GPM Coordinator for 2010. I'm looking for some new faces to help move the ride along, increase ridership, and make the GPM the best ride that southwestern Indiana has to offer. At one time, the GPM had over 1,200 riders and it's time we get it back that level of prestige.

Please contact me at yes-man1000@hotmail.com or (812) 306-1343 if you would like to be on this committee. Again, thank you to everyone.

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/>


**EARLY CHILDHOOD
BREAKFAST AND
FITNESS DAY**

WHEN: December 5th
9 a.m. to Noon
WHERE: Washington Square
Mall
WHO: Volunteers Welcome!
 Contact dvwefel@wowway.com


◆◆◆◆◆ VOTE FOR YOUR FAVORITE EBC JERSEY DESIGN AT THE EBC BANQUET JANUARY 23RD, 2010! ◆◆◆◆◆



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.

KEEP THOSE CYCLING LEGS MOVING ALL WINTER LONG!

AMY LUTZEL, ACSM PERSONAL TRAINER

If any of you are like me and have had previous injuries or arthritis that forces you to cut back on riding outdoors when the weather is cold and damp, then you should consider an indoor cycling or spinning class. This will help you stay in shape and get ready for the upcoming cycling season. It is important to keep up on cardio exercise for your overall health.

The benefits of indoor cycling, both physical and mental, can be enjoyed by almost anyone, regardless of age or fitness level. Perhaps this is why indoor cycling workouts were the most significant new fitness trend of the 1990s, and continue to gain in popularity today. And, while the many benefits may be enough to convince you to try this form of exercise, another equally enticing quality of indoor cycling is that it's fun! Participants report that time spent during indoor cycling workouts seems to fly by, as opposed to other forms of cardio, and that they gain a real sense of accomplishment after completing a "ride."

Physical Benefits of Indoor Cycling

The American College of Sports Medicine recommends 3 to 5 days of cardio per week, for 20 to 60 minutes each time. This frequency and length of aerobic exercise has been shown to provide maximal benefits to the body including:

- Weight loss
- Increased energy levels
- Stronger heart and lungs

- Decreased risk for heart disease
- Increased bone density
- Better sleep
- Improved cholesterol and triglyceride levels

Getting the Most from Your Indoor Cycling Workouts

To reap the most benefits of indoor cycling possible, you need to be sure that you are exercising in the right "zone." This is determined by measuring how hard your body is working at any given point during your workout, and can be done by two methods:

Heart Rate. To find the correct zone using your heart rate, take the number 220 and subtract your age. Multiply this number by 70% -- this number is your targeted zone to gain the maximum benefit from your workout. To see where your heart rate is during a workout, simply find your pulse and count for six seconds, and then add a zero. (Or, to take the math out of it, purchase a heart rate monitor that will tell you your heart rate at a glance.)

The Talk Test. This is the simplest way to determine how hard you are working. During your workout, say a full sentence. If you can't finish your sentence, you are probably exercising too hard. On the contrary, if the full sentence is very easy to say and you are not winded at all, you should pick up the pace for more calorie burn and benefits!

Mental & Emotional Benefits of Indoor Cycling

The benefits of indoor cycling are

not limited to physical aspects. Cycling bike workouts can do wonders for your mind, as well:

- Relief from stress and anxiety
- Eases symptoms of depression
- Increased confidence about appearance
- Improved ability to visualize and focus on a goal

The Great Variety of Indoor Cycling Workouts

For many people who want to get in shape, cardio is something that simply must be tolerated to reach a goal—but with indoor cycling workouts, cardio is something to look forward to! The variety of different workouts that are possible on an indoor cycling bike are limited only by the imagination. Thanks to the visualizations and music provided by an instructor, or your own imagination, one day you may climb your way through the scenic Swiss Alps, and the next day you may repeat high-cadence, swift-spinning intervals on a flat track.

So, keep this in mind on the first snowy or bitterly cold day this winter. Meet up with some friends and take advantage of all the great benefits indoor cycling has to offer and don't forget your bottled water and a towel. (You WILL work up a sweat!)

Stay tuned for my article in the January newsletter where I will discuss outdoor winter cycling tips such as proper attire, riding techniques, etc.

2009-10 HEATING ADVICE TO STAY SAFE AND SNUG AND SAVE MONEY

DAN ARMSTRONG

It's great to be warm and cozy indoors when the cold winds blow outdoors.

But there's a price to pay. We pay for costly fuel to heat our homes. And heating increases the risks of fire, explosion and carbon monoxide poisoning.

But a heating system that works better can mean more warmth, more safety—and more money left for other things.

The Evansville-Vanderburgh County Building Commission, Evansville Fire Department, Vanderburgh County township fire departments, Southwest Indiana Disaster Resistant Community Corp., American Red Cross, Vectren Corp. and your local heating and air conditioning contractors want to alert the citizens of Evansville and Southwestern Indiana to the dangers of carbon monoxide poisoning, fire and explosion from a malfunctioning furnace, a blocked flue or chimney, a broken gas line or inadequate air for combustion.

There could be hidden damage to your furnace, gas piping, flue or chimney. Recommendations are that all citizens have their furnaces, space heaters, ranges, water heaters, gas lines, chimneys, flues and other heating equipment checked by a licensed heating contractor without further delay. (It is recommended this be

completed every year.) You will protect yourself and your family this winter and also save on heating bills.

Carbon monoxide replaces the oxygen in the air we breathe when fuel-burning equipment is operating and the vent or chimney is obstructed or there is not enough air to let the equipment burn fuel efficiently. Carbon monoxide is odorless, colorless and tasteless and catches its victims unaware, sometimes as they sleep. If you suspect a carbon monoxide problem, leave your home and call 911 or your local fire department.

Families in Evansville and across the country have been killed by carbon monoxide poisoning, and many others have become seriously ill. Symptoms may be similar to the flu, including headache, dizziness, nausea and shortness of breath. There may be fatigue and confusion. That's if you're lucky: You may go to sleep and never wake up.

Candle fires also have killed families. Be careful using candles during power outages and other times!

Help alert your family with carbon monoxide detectors and smoke detectors available at all hardware stores, home centers, and department stores. Regularly test detectors and change the batteries.



THEY CAN HELP

Evansville Urban Enterprise Association offers **free** carbon monoxide detectors and smoke detectors, while supplies last, to residents of the Enterprise Zone and the service areas outside the zone who have not received them in the past. Phone 426-2490.

Community Action Program of Evansville (CAPE) handles the Indiana Weatherization Assistance Program in Vanderburgh, Posey and Gibson counties. (Every county in Indiana has an agency for the weatherization program.) CAPE will repair or replace faulty heating equipment and make other energy-efficient improvements. CAPE also can help with heating bills. CAPE has income limits. Phone 425-4241.

Handyman Program will change furnace filters, install smoke detectors and carbon monoxide detectors, provide fire extinguishers, make some windows and doors weathertight, repair storm doors and outer doors and pump out flooded basements. Handyman serves homeowners who are disabled or who are at least 60. Phone 464-7813.

Also, **faith-based organizations, social agencies and township trustees** may be able to help make your heating system safer and help with heating bills.



Evansville Bicycle Annual Club Banquet

Cambridge Golf Club
1034 Beacon Hill Drive
Evansville, IN 47725

January 23, 2010
Cocktails (Cash Bar) & Hors d'oeuvres
5:30 p.m.

Dinner
6:15 p.m.

RSVP by January 13, 2010

ALL MEMBERS/GUEST RESERVATIONS MUST BE PREPAID

		Number Attending	Total
Ride Host	@	NO CHARGE	\$.
Members	@	\$ 12.50	\$.
Family Membership	@	\$ 25.00	\$.
Guest	@	\$ 25.00	\$.
Total Amount Due			<u>\$.</u>

Guest under 12 are 1/2 price.

Please make checks payable to EBC, and mail to:

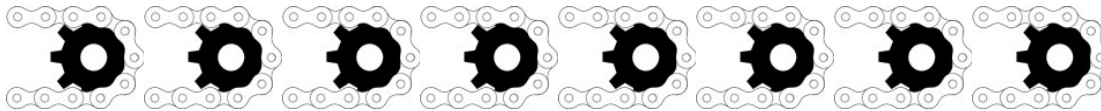
Hope Rold
961 Blue Ridge Rd.
Evansville, IN 47714
(812) 471-8011

Please provide name of all attending:

December 2009 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>New riders need to be ready to leave 30 minutes early and are encouraged to start with a "No Drop" or "Come Ride With Us" Ride. Helmets are mandatory.</i></p> <p><i>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</i></p> <p><u>SEE EVENT INFO ON BACK FOR MORE DETAILS!</u></p> <p>http://www.evansvillebicycleclub.org</p>		<p>1 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>2 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>3</p> <p>Stats?: Rusty Yeager ryeager42 @wowway.com</p> <p>Newsletter?: Renee Hanft sunshinein @insightbb.com</p> <hr/> <p>\$\$=Registration Fee</p>	<p>4 <u>Ride hosts welcome for January and February</u></p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides @ endlessvis- tas.com</p>	<p>5 8:30 AM <u>Early Childhood Breakfast and Fitness Day</u> @ Washington Sq. Mall. Volunteers needed. Contact Darlene Wefel @ 568-9828.</p> <p>9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>6 10:00 AM @ <u>West Terrace School</u> (near USI), 19 or 33 miles.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>7 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>	<p>8 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>9 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>10 6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261.</p>	<p>11 Directions to H.C. H.S. Take Pennyriple Pkwy to SR 351 exit go East (coming from Evansville go under Pennyriple) approximately 1/2 mi. to school on right.</p>	<p>12 9:30 AM & 1:00 PM @ <u>Henderson Co. High School</u> in Henderson, KY 24, 32, or 47 mi.</p>
<p>13 10:30 AM <u>Christmas Cookie Ride</u> @ 704 Cypress St., Newburgh. Ride Hosts Darlene Wefel and Jane Buchta. 16 or 20 mi. 568-9828 for info.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17,</p>	<p>14</p>	<p>15 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>16 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>17 8:00 AM <u>Club Century @ Plaza Park MS</u> on Outer Lincoln Ave. 100 mi. <u>Santa Claus</u> or <u>Touring Route</u></p>	<p>18</p>	<p>19 8:00 AM <u>Club Century @ Plaza Park MS</u> on Outer Lincoln Ave. 100 mi. <u>Santa Claus</u> or <u>Touring Route</u></p> <p>9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>20 10:00 AM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 or 35 miles.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>21</p>	<p>22 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>23 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>24 Christmas Eve</p> <p>9:00 AM Christmas Eve Ride @ <u>Scott School</u> on Old State Rd. 15, 26, or 33 mi.</p>	<p>25 Christmas</p> <p>1:00 PM Christmas Day Ride @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 or 35 miles.</p>	<p>26 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles.</p>
<p>27 10:00 AM @ <u>Mesker Park</u>. Mesker Park Dr. & Wimberg Ave. 23 or 38 mi.</p> <p>2:00 PM <u>Come Ride With Us @ I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>28</p>	<p>29 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles.</p>	<p>30 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>31 New Year's Eve</p> <p>9:00 AM New Year's Eve Ride @ <u>West Terrace School</u> (near USI), 19 or 33 miles.</p>	<p>January 1: 1:00 PM <u>New Year's Day Ride</u> @ <u>Old Dam</u> Newburgh. Hosted by Janet and Hope. 15 or 27 mi.</p>	<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>

MARKED UP!



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

Hosted Rides: Darlene and Jane will be hosting the Christmas Cookie Ride on December 13th at Darlene's house in Newburgh. Check the ride schedule for details. Also, Janet and Hope will be hosting the New Year's Day ride on January 1 at the Old Dam. The plan is to rent the building there so we have a nicer place to hang out if the weather is nasty. Remember that you can show up to a hosted ride even if you think the weather is too terrible to ride. That food needs to be eaten! If you aren't sure about any of the details, there's always a phone number to call listed on the ride schedule.

December Wednesday Evening Rides: Because of the Fantasy of Lights, Garvin Park has been removed from the rotation for December. All Wednesday Evening rides will be at Wesselman's Park. We will go back to alternating between the two in January.

Early Childhood Breakfast and Fitness Day: The EBC will be at this event on December 5th at 8:30 AM. More Volunteers are needed. Call Darlene Wefel to volunteer: 568-9828.

Mesker Park 38 Mile Cue Sheet			
Total	Dist.	Where	Notes
0mi	0mi	Parking Lot	Start
0.02mi	0.02mi	Wimberg Ave.	Turn Right
0.05mi	0.03mi	Mesker Park Dr.	Turn Left
0.51mi	0.46mi	Diamond Ave.	Straight
4.25mi	3.74mi	Cynthiana Rd. - Hwy 65	Turn Right
4.75mi	0.5mi	St. Wendel Rd.	Turn Left
7.48mi	2.73mi	Buente Rd.	Turn Right
8.82mi	1.34mi	Boonville New Harmony Rd.	Straight
9.56mi	0.75mi	Trapp Rd.	Becomes Trapp Rd. (Straight)
10.84mi	1.28mi	W. Baseline Rd.	Turn Left
11.63mi	0.79mi	Hepler Rd.	Turn Right
12.92mi	1.29mi	Cynthiana Rd. - Hwy 65	Turn Left
13.44mi	0.52mi	Nisbet Rd.	Turn Right
16.36mi	2.92mi	Owensville Rd.	Turn Right
17.79mi	1.42mi	Baseline Rd.	Turn Right
21.33mi	3.55mi	Trapp Rd.	Turn Left
22.61mi	1.28mi	Buente Rd.	Becomes Buente Rd. (Straight)
23.36mi	0.75mi	Boonville New Harmony Rd.	Turn Right
25.22mi	1.86mi	St. Wendel Rd.	Turn Left
27.44mi	2.22mi	Hillview Dr.	Turn Right
29.42mi	1.99mi	Slate Rd.	Turn Right
29.67mi	0.25mi	Vienna Rd.	Turn Left
30.26mi	0.59mi	#6 School Rd.	Turn Left
31.13mi	0.87mi	St. Joseph Rd.	Turn Right
32.02mi	0.88mi	Diamond Ave.	Straight
32.7mi	0.68mi	New Harmony Rd.	Turn Left
35.53mi	2.84mi	New Harmony Way	Turn Right
36.94mi	1.4mi	Wimberg Ave.	Turn Left
37.46mi	0.52mi	Parking Lot	Turn Right
37.48mi	0.02mi	Finish	

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

