

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 Bicycling guides, and more than 1,000 Indiana Bicycle Laws trifold 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

(Continued on page 2)

EBC CONTACTS

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Vicky Ashworth—Secretary 812-426-2489

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

(Continued from page 1)

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 selfguided 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.



2009 GPM Dan Krueger, GPM Coordinator

Fellow cyclists,

This is my first writeup 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 success. 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 yesman1000@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 join-

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 23^{RD} , 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 anxi-
- Eases symptoms of depres-
- 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 fuelburning 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 denartment.

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'oeuvers 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			\$.	

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 provid	le name of all attending:	
		

December 2009 E.B.C. Ride Schedule

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

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.

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.

Evansville Bicycle Club – 2009 Club Mileage through 11/12/2009

Overall Standings	ò
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Overall Standings					
Club Member	Ехр.	Ride Host	100 Miles	No. of Rides	
1 Yeager, Rusty 1	6/1/10		40	118	5032
2 Holland, Diana3 Ashworth, David 1	11/1/09 12/1/09		7 6	127 86	4591 3617
4 Bies, Diane 1	6/1/10	1	14	99	3481
5 Johnson, Bill 1 6 Loehrlein, Colette 1	7/1/10 10/1/09	1	18 13	65 81	3281 3139
7 Jensen, Paul 8 Jones, Cindy 1	10/1/10 12/1/09	1	2 13	90 72	2899 2781
9 Nalley, Shane	9/1/09	'	6	83	2659
10 Ashworth, Vicky 1 11 Rold, Hope Jenkins 1	12/1/09 1/1/10			85 71	2465 2057
12 Pendley, Ron	6/1/10		1	63	2013
13 Robertson, Janet 1 14 Brouillard, Gene 2	2/1/10 5/1/11			63 51	1804 1802
15 Carter, Archie	10/1/10		3	55	1789
16 Gerbig, Steve 17 Gardner, Gary 1	11/1/10 4/1/10		28 53	44 56	1772 1741
18 Silke, Randy	6/1/10		00	61	1733
19 Hudson, Hank 20 Voegel, Bill 1	6/1/10 4/1/10		9	61 39	1680 1661
21 Boren, Mike	3/1/10		4	63	1618
22 Janowski, Robert 23 Leader, Caron	7/1/10 3/1/10		2 4	46 43	1577 1433
24 Gardner, Opal 1	4/1/10			44	1337
25 Brindle, Matt 26 Hanft, Renee'	5/1/10 4/1/10		1	51 53	1323 1296
27 Williams, Mary	3/1/10			45	1249
28 Conner, David 29 Demerly, Mike	6/1/10 7/1/10		4	45 34	1225 1153
30 Clemmer, Linda	11/1/10			31	1110
31 VanStone, Gene 32 Gilbert, Jane	11/1/10 4/1/10			46 42	1052 1017
33 Watson, Craig	7/1/10			33	982
34 Myers, Dave 35 Willett, Bobby	8/1/10 5/1/10		7	25 11	893 875
36 Jones, Curt D.	12/1/09		1	28	839
37 May, Dan 38 Miller, Charles	5/1/10 3/1/10		3	30 9	817 694
39 Oliver, Mark	5/1/10		•	26	652
40 Niethammer, Jim 41 Niekamp Garrett, Dorothy 3	12/1/09 6/1/10		2	16 7	577 544
42 Wefel, Darlene	11/1/09	1		20	527
43 Vercellotti, Jay 44 Merrick, David	11/1/09 11/1/09			16 15	505 476
45 Colvin, Tony	4/1/10		2	14	460
46 Pendley, Kevin 47 Roll, Steve	9/1/10 3/1/10		2	13 14	458 443
48 Paul, Larry	4/1/10			13	425
49 Lovins, Eric 50 Riley, Cody	3/1/10 6/1/10			15 16	390 372
51 Kuykendall, Dave	10/1/10 3/1/10		2	6 17	365 365
51 Ward, Kelly 53 Sotolongo, Mike	10/1/10		1	14	364
54 Hudson, Carol 55 Ivie, Pat	6/1/10 10/1/10			19 13	361 339
56 Lee, Ronnie	8/1/10			12	337
57 McCarthy, Tom58 Sullivan, Patrick	7/1/10 1/1/10			14 11	316 304
59 Pendley, Ann	9/1/10			10	292
60 Jones, Cory 60 Lindenschmidt, Bart	12/1/09 3/1/10			14 14	291 291
62 Long, Nathan	5/1/10			13	286
63 Weyer, Keith 64 Villines, Mike	2/1/11 7/1/10			15 7	283 265
65 Allen, Rich	4/1/10			12	264
66 Orth, Roger 67 Lutzel, Amy	8/1/10 10/1/09		2	9 8	259 255
68 Brindle, Carson	5/1/10			14	254
69 Fisher, Scott 69 Whittaker, Ashley	8/1/10 4/1/10			6 15	220 220
71 Brindle, Sonya	5/1/10			12	212
72 Carter, Faye 73 Weyer, Brock	1/1/10 2/1/11			4 10	209 200
74 Weyer, Brett	2/1/11			11	198
75 Bohler, Nick 76 Weyer, Audrey	6/1/10 2/1/11			9 11	195 193
77 Christ, Rick	6/1/10			7	187
78 Greenfield, Dana 79 Armstrong, Dan	2/1/10 2/1/10			7 3	175 174
79 Meyer, Greg	2/1/10			5	171
80 Swingle, Richard 81 Mitz, Eric	3/1/10 3/1/10		1	3 8	155 146
82 Weyer, Theresa	2/1/11			7	127
83 Nesbitt, Jonathan 84 Breivogel, Judy	6/1/10 2/1/10			4 5	114 111
85 Tran, Hoang	1/1/10			3	99
86 Harrell, Jacqueline 87 Halsey, Craig	6/1/10 6/1/10			2	85 84
88 Garrison, Rick	10/1/09			3	78
89 Woods, Larry 90 Ligon, Brooks	4/1/10 8/1/10			2 1	66 62
91 Neff, Ward	11/1/09			3	61
92 Corino, Mike 93 Clewlon-Bray, Dana	4/1/10 10/1/10			2 2	58 55
94 Pendley, Nicholas	9/1/10			2	55
95 Crane, Jeff 95 Osborn, Eric	7/1/10 7/1/10			2 2	39 39
97 Roeder, Greg	12/1/09 10/1/10			2 2	37 34
98 Powers, Tina 99 Vote, Dan	5/1/10			1	23

	Club Member	Exp.	Ride Host	No. of Rides	
100	Kuchenbrod, Kelly	6/1/10		1	22
100	Wassmer, Yvette	7/1/10		1	22
102	Hurt, Kevin	6/1/10		1	17
102	Oliver, Debbie	5/1/10		1	17
104	Bies, Gretchen	6/1/10		1	12
104	Garrison, Rachel	10/1/09		1	12

Overdue Memberships

Club Member	Exp.	Ride Host	100 Miles	No. of Rides		
Krueger, Dan	6/1/09	1	8	64	2191	
Maurer, Terrell	7/1/09			54	1498	
Williams, Jeff	8/1/09			24	627	
Enmark, Dave	5/1/09		2	14	615	
Seger, Khris	3/1/09		1	14	509	
Klotz, Andrea	8/1/09			14	331	
Heiman, Doug	7/1/09		1	9	276	
Krueger, Leandra	6/1/09	1		7	148	
Bennett, John	5/1/09			6	110	
Tolen, Jim	8/1/09			4	107	
Speck, Evan	8/1/09			2	55	
Wingert, Chuck	5/1/09			1	21	

Men's Standings

Men's Standings					
Club Member	Exp.	Ride Host	100 Milos	No. of Rides	
1 Yeager, Rusty 1	6/1/10	11031	40	118	5032
2 Ashworth, David 1	12/1/09		6	86	3617
3 Johnson, Bill 1	7/1/10		18	65	3281
4 Jensen, Paul	10/1/10 9/1/09		2 6	90 83	2899 2659
5 Nalley, Shane6 Pendley, Ron	6/1/10		1	63	2013
7 Brouillard, Gene 2	5/1/11			51	1802
8 Carter, Archie	10/1/10		3	55	1789
9 Gerbig, Steve	11/1/10		28	44	1772
10 Gardner, Gary 1 11 Silke, Randy	4/1/10 6/1/10		53	56 61	1741 1733
12 Hudson, Hank	6/1/10			61	1680
13 Voegel, Bill 1	4/1/10		9	39	1661
14 Boren, Mike	3/1/10		4	63	1618
15 Janowski, Robert	7/1/10		2	46	1577
16 Brindle, Matt 17 Conner, David	5/1/10 6/1/10		1	51 45	1323 1225
18 Demerly, Mike	7/1/10		4	34	1153
19 VanStone, Gene	11/1/10		-	46	1052
20 Watson, Craig	7/1/10			33	982
21 Myers, Dave	8/1/10		_	25	893
22 Willett, Bobby	5/1/10 12/1/09		7 1	11 28	875 839
23 Jones, Curt D. 24 May, Dan	5/1/10			30	817
25 Miller, Charles	3/1/10		3	9	694
26 Oliver, Mark	5/1/10			26	652
27 Niethammer, Jim	12/1/09		2	16	577
28 Vercellotti, Jay	11/1/09			16	505
29 Merrick, David 30 Colvin, Tony	11/1/09 4/1/10			15 14	476 460
31 Pendley, Kevin	9/1/10		2	13	458
32 Roll, Steve	3/1/10			14	443
33 Paul, Larry	4/1/10			13	425
34 Lovins, Eric	3/1/10			15	390
35 Riley, Cody 36 Kuykendall, Dave	6/1/10 10/1/10		2	16 6	372 365
37 Sotolongo, Mike	10/1/10		1	14	364
38 Ivie, Pat	10/1/10			13	339
39 Lee, Ronnie	8/1/10			12	337
40 McCarthy, Tom	7/1/10			14	316
41 Sullivan, Patrick 42 Jones, Cory	1/1/10 12/1/09			11 14	304 291
43 Lindenschmidt, Bart	3/1/10			14	291
44 Long, Nathan	5/1/10			13	286
45 Weyer, Keith	2/1/11			15	283
46 Villines, Mike	7/1/10			7	265
47 Allen, Rich 48 Orth, Roger	4/1/10 8/1/10		2	12 9	264 259
49 Brindle, Carson	5/1/10		2	14	254
50 Fisher, Scott	8/1/10			6	220
51 Weyer, Brock	2/1/11			10	200
52 Weyer, Brett	2/1/11			11	198
53 Bohler, Nick 54 Christ, Rick	6/1/10 6/1/10			9 7	195 187
55 Greenfield, Dana	2/1/10			7	175
56 Armstrong, Dan	2/1/10			3	174
57 Meyer, Greg	2/1/10			5	171
58 Swingle, Richard	3/1/10		1	3	155
59 Mitz, Eric 60 Nesbitt, Jonathan	3/1/10 6/1/10			8 4	146 114
61 Tran, Hoang	1/1/10			3	99
62 Halsey, Craig	6/1/10			4	84
63 Garrison, Rick	10/1/09			3	78
64 Woods, Larry	4/1/10			2	66
65 Ligon, Brooks 66 Neff, Ward	8/1/10 11/1/09			1	62 61
67 Corino, Mike	4/1/10			2	58
68 Pendley, Nicholas	9/1/10			2	55
69 Crane, Jeff	7/1/10			2	39
69 Osborn, Eric	7/1/10			2	39
71 Roeder, Greg 72 Vote, Dan	12/1/09 5/1/10			2	37 23
73 Hurt, Kevin	6/1/10			1	17
				·	

Women's Standings

	Jilich 3 Otanan	193				
	Club Member	Exp.	Ride Host	100 Miles	No. of Rides	
1	Holland, Diana	11/1/09		7	127	4591
2	Bies, Diane 1	6/1/10	1	14	99	3481
3	Loehrlein, Colette 1	10/1/09	1	13	81	3139
4	Jones, Cindy 1	12/1/09	1	13	72	2781
	Ashworth, Vicky 1	12/1/09			85	2465
6	Rold, Hope Jenkins 1	1/1/10			71	2057
	Robertson, Janet 1	2/1/10			63	1804
8	Leader, Caron	3/1/10		4	43	1433
9	Gardner, Opal 1	4/1/10			44	1337
	Hanft, Renee'	4/1/10			53	1296
11	Williams, Mary	3/1/10			45	1249
12	Clemmer, Linda	11/1/10			31	1110
13	Gilbert, Jane	4/1/10			42	1017
14	Niekamp Garrett, Dorothy 3	6/1/10			7	544
15	Wefel, Darlene	11/1/09	1		20	527
16	Ward, Kelly	3/1/10			17	365
17	Hudson, Carol	6/1/10			19	361
18	Pendley, Ann	9/1/10			10	292
19	Lutzel, Amy	10/1/09			8	255
20	Whittaker, Ashley	4/1/10			15	220
21	Brindle, Sonya	5/1/10			12	212
22	Carter, Faye	1/1/10			4	209
	Weyer, Audrey	2/1/11			11	193
24	Weyer, Theresa	2/1/11			7	127
25	Breivogel, Judy	2/1/10			5	111
26	Harrell, Jacqueline	6/1/10			2	85
	Clewlon-Bray, Dana	10/1/10			2	55
28	Powers, Tina	10/1/10			2	34
	Kuchenbrod, Kelly	6/1/10			1	22
	Wassmer, Yvette	7/1/10			1	22
	Oliver, Debbie	5/1/10			1	17
	Bies, Gretchen	6/1/10			1	12
32	Garrison, Rachel	10/1/09			1	12

Commuting Mileage

Club Member	Miles	Month
Dave Myers	3036	September
Tom Ballard	2085	October
Dan Krueger	1161	July
Gary Gardner	498	October
Cindy Jones	264	September
Ashley Whitaker	58	October
Cory Jones	45	August
Curt Jones	45	August

Ride Mileage Information

Club Rides	Mileage
Castle	23 - 35
Circuit Rides	20
Dogtown	12 - 23 - 43
Elite	17-22-32-43
Elite TP	22 - 37
Henderson High School	24 - 32 - 47
Mesker Park	23 - 38
Newburgh Dam	22 – 27 - 40
Olmstead	17 - 22 - 33
Reitz	21 - 41
Scott School	15 - 26 - 33
Wesselman/Garvin Park	20
West Terrace	25
New Albany	122
Hosted Rides	17
New Years Day Ride Firecracker Ride	33
Krueger's Nite Ride	33 13
Out-of-Town Rides	13
YMCA Pancake Days	26 - 36
Town and Country	38 – 61
Harmonie 100	50 – 53
TOSRV	105 – 105
Wurst Ride	33
Little River Tour	100
Horsey Hundred	100 – 70
River City Senior Games	22
CRAM	100
Horsey 100	100 - 70
Tour de Cave	68
B & O Corridor Tour	62
Tour de Corn	15, 30, 60, 100
N.I.T.E. Ride	42 – 17 - 19
TRIRI	516
Knox County Cure Tour	63
RAIN	160
Strassenfest	61
Pickin and Pedalin Mt. Vernon Fun Day	24, 38, 62 111
Sunrise Century	100
Shuckin & Truckin	29, 52
Old Kentucky Home Tour	102, 50
Missaligned Minds	103
Falling Leaves	100
Volunteer Events	.50
Boy Scout Troop 330	33
Lose the Weight Training Wheels	114
Evansville Boy Scout - South Terrace	33
Ivy Tech Bike Giveaway	27
St. Mary's Bosse Field	20

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

http://www.evansvillebicycleclub.org

The Evansville Bicycle Club, Inc. Name(s) & Membership Release of Liability Age(s) Dues Evansville Bicycle Club, Inc. is organized Individual for the sole purpose of providing its members with notification of central meeting \$12 points and times. Members freely elect to ride together as a group, following a route <u>Family</u> of choice. In signing this form for myself \$20 + \$1 per and/or my family members, I understand and agree to absolve EBC, Inc. and its orchild ganizers or sponsors for all blame for any Address 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 under-City stand that I, as an individual, am responsible to abide by all traffic laws and regulations State governing bicycling and take full responsi-Zip bility for my actions. Send me the Phone Make checks payable to Evansville Bicycle newsletter by: Club, Inc. Email ☐ Email Mail to: Dave Ashworth 613 Vernonwood Ct. Evansville, IN 47712 □ USPS Signature Email: d.ashworth@insightbb.com