



EBC Bikewriter

The Evansville Bicycle Club Newsletter

The President's Corner Paul Jensen

What is this? I barely get home from our annual banquet, go to my computer, and bring up my email account to discover that I have again won anywhere from \$200,000 to over \$2.5 Million from myriad lost relatives who died on various adventures in some faraway lands that cannot be found on any World Map. Nestled in the middle of these opportunities is a note from the editor of our monthly newsletter requesting that a President's Message is due within 24 hours or impeachment proceedings will begin. After giving this ultimatum careful thought, I finally decided to write this article. I'll give it a month. Then, I will review the threat and again decide whether or not to write a second column.

And about the banquet: Hats off to Vicky Ashworth and Hope Rold for another well-conducted evening. Annual MC, Rusty Yeager, outdid himself with a unique presentation of mileage awards based on finding a street/road/lane in the rider's name. I am under the assumption that elsewhere in this newsletter are the results of other award winners.

I am truly looking forward to working with the new officers and Board.

Over 70 members were in attendance, along with some special guests that included Nancy Tibbett, the Executive Director of Bicycle Indiana, the statewide organization whose mission is to improve bicycling within the state. Another special guest was Alexa Oser, a young lady who was "adopted" by EBC volunteers in the "Lose the Training Wheels" program sponsored by the Easter Seals Rehabilitation Center. After being introduced, "Lexi" gave a short presentation on what learning to ride a bike meant to her. A complete review of this program and the club's participation can be found on page 2 in the July 2009 issue of "Bikewriter".

O.K. Now who is this guy that has been "elected" President? Home State: Born and raised in Minneapolis, Minnesota, April 1943. Have enjoyed sports of all varieties—actively participated in baseball and swimming throughout high school.

EBC CONTACTS

Paul Jensen—President
812-479-3213

Hank Hudson—Vice President
812-492-7325

Vicky Ashworth—Secretary
812-426-2489

Darlene Wefel—Treasurer
812-937-4421, ext. 124

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

Gary Gardner—Board of Directors
812-853-0476

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

Inside this issue:

| | |
|------------------------|----|
| Trail Junkie | 3 |
| Indiana Bicycle Summit | 6 |
| Schedule—Marked Up | 7 |
| Stats | 9 |
| Membership Form | 10 |

(Continued on page 2)

The President's Corner (Cont.)

Paul Jensen

(Continued from page 1)

Graduated from Evansville College (now UE) in 1965. While at UE, I swam for the Aces and was fortunate enough to attain college All American status twice.

After receiving an advanced degree at the University of Illinois, a teaching position was secured at Eureka College in Illinois where I spent six and one-half years teaching and coaching. I returned to Evansville in July 1974 and have been on the faculty of UE ever since.

My family includes: Judy, my wonderful, understanding wife of forty-two plus years, two married girls and four grandsons ranging from 5 to 11.

Always being physically active, after college I did a lot of running and, upon returning to Evansville, played Ice Hockey until 1994 when my knee would not allow me to continue in either activity. Bicycling has been a growing part of my lifestyle since then. In 1999, I rode the **Great Pumpkin** for the first time, and it was one of my most exhilarating experiences. After finishing, I felt that this ride should be around every year, so I paid the \$12.00 membership to assure that this event would continue; and that has held true. My original intent was to just ride the GPM, but being somewhat competitive and knowing

that if I put in 500 miles I would receive a plaque, I went for it and totaled 507 miles. I have been active ever since.

Next month it is my intention to listen to what you have to say about our strengths and challenges and see how we might be able to fine tune an already good-running machine. You have my number and email address. Use it.

Cheers,
Parthur



2009 Awards

- Overall Mileage Leader**—Rusty Yeager
- Men's Overall Mileage Leader**—Rusty Yeager
- Women's Overall Mileage Leader**—Diana Holland
- Commuter Mileage Leader**—Dave Myers
- Century Leader**—Gary Gardner
- Rookie of the Year**—Bill Voegel
- Lonely Hearts**—Nicole Bies
- League of American Cyclists Volunteer**—Dan Krueger
- Ride Host of the Year**—Mark & Debbie Oliver, Pumpkin Pie Ride
- Youth Awards**—Audrey Weyer, Brett Weyer, Brock Weyer, Ashley Whittaker, Carson Brindle, Cory Jones

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/>

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 A TALE OF TWO MIAMIS

By Charlie Miller

The first Trail Junkie Story I wrote for the newsletter was about my beginning bicycling habits along the banks of the Little Miami River. This nationally acclaimed, scenic river has its headwaters lost among several smaller tributaries north of Ohio's Clifton Gorge area. From there, it flows south for over 100 miles to empty into the Ohio River just east of Cincinnati. The Little Miami Bike Trail, where I first started riding, is on abandoned railroad property that follows the Little Miami River for most of its length.

But Ohio has two Miami Rivers that "book-end" the City of Cincinnati. The Little Miami River flows to the east, and the Great Miami River flows to the west. The Great Miami has its headwaters further north in Maron County, Ohio. The Army Corps of Engineers dammed the river south of there and formed Indian Lake. From the lake, the river continues flowing south through the cities of Sidney, Piqua, Dayton, Franklin, Middletown, and Hamilton before entering the Ohio River near the Indiana border, west of Cincinnati.

Like the Little Miami River, there is also a trail system along the Great Miami River. It is known as the Great Miami Recreational Trail (A.K.A. River Corridor Bikeway). But unlike the Little Miami Trail, the Great Miami is not a rail



trail. It is the inspiration of Horace Huffman, who, as a teenager, rode his bike to work at his father's bicycle factory on

the East Side of Dayton. Horace later went on to become President of the Huff (Bicycle) Corporation, as well as the founder and first president of the Dayton Bicycle Club. In 1961, Horace saw the need for a bicycle corridor through Dayton and spearheaded the project to make his inspiration a reality. To accomplish this, he formed the Greater Dayton Bikeway Committee, which is better known today as the Miami Valley Regional Bicycle Council.

I drove to Franklin, Ohio, on a beautiful October day to ride on this trail. I started at Cranes Run Nature Park, just north of Franklin, Ohio. It has been several years



since my last visit to the Great Miami Trail, and I had forgotten how beautiful it could be in the fall. On my last visit, Cranes Run was as far south as the trail went. But, upon arriving there, I found they had extended the trail several miles further south through Franklin and on to-



wards Middletown. It is still under construction south of Franklin, but it will soon interconnect with existing trail sections

along the river in Middletown and Hamilton, Ohio. This will create a bikeway rivaling the Little Miami Trail in length.

On this day, I headed north to Dayton. The trail follows the contours of the land. It is mostly flat with some very gentle inclines as it alternates from flood plane to river levy several times. Passing through the towns of Miamisburg and West Carrollton is hardly noticed as the trail hugs the river and bypasses the downtown areas. In West Carrollton, I came to the Miami & Erie Canal Park. Here, the "K-Station" rest area was built and dedicated in honor of Kay Huffman. Shortly past K-Station, the trail parallels interstate I-75 on one side and the Great Miami River on the other for about a mile. The river and trail then separates from the interstate for the next few miles before the Great Miami River bends to the East. From that point on, the trail, following the river, becomes very urban as it passes underneath the interstate and enters the University of Dayton Campus. Following the trail, I passed Carillon Historical Park on the outskirts of Dayton University. Time did not permit me to visit the park on this trip, but I have in



(Continued on page 4)

THE TRAIL JUNKIE — (Cont.)

By Charlie Miller

(Continued from page 3)

the past. Many historic buildings and other icons of the area are located here, and it is an interesting place to see. The Carillon Bells just outside of the University of Dayton play on the hour as this concrete monolith towers into the sky.

Just beyond the Carillon tower, the trail forms a loop with sections on both sides of the Great Miami as it continues on through the heart of Dayton. Horace planned his route well, accessing many points of interest in and around Dayton without being encumbered by city traffic. Beyond The University, I found a lot of construction and a closed trail on the river's East Side. I continued over roads, following the river as closely as possible until I got past all of the construction. When I arrived at Dayton's riverfront, I found a small park with a near life size metal sculpture of the original Wright Flyer. It was dedicated a few years back to celebrate 100 years of flight. A little further upstream, I came to the mouth of the Mad River as it flowed from the East into the Great Miami. At this confluence, a fountain is located in the middle of the river that shoots water 100 feet into the sky while other water canons located around its perimeter send great water arches toward the center. The Mad River Bike Trail forks off here and follows the Mad for about three miles to Eastwood Metro Park. From there, it is possible to pick up the Creekside Bike Trail and follow it all the way to Xenia Station, which I featured in my first story. Somewhere along Creekside Trail's 17 mile length, there is an exit for Wright Patterson Air Force Base and the U.S. Air Force Museum. With over 500 historic aircraft on display and free admission, the museum is a "must-see" for any aviation buff. But don't go in search of Hanger 18. Officially, it does not exist. However, rumors still persist that Hanger 18 is where the remains of the Roswell UFO are stored.

Rather than follow the Mad River Trail, I continued north following the Great Miami Trail. At 18 miles, I came to the north end of the loop at Island Metro

Park. Here, I could have continued north on a spur trail for several more miles and visit Triangle Metro Park, The Dayton Natural History Museum, Wegczyn Horticultural Center, and Sinclair Metro Park. However, I crossed the great Miami to head back south on the river's West Side. The trail on the West Side also has its points of interest. It runs directly in front of the Dayton Art Museum. It also passes close by two other historic sites. The first is Paul Lawrence Dunbar's home. Born the son of two former slaves, Paul Dunbar went on to become America's first African American Poet. In 1890, he attended Dayton Central High School with Orville Wright. It is interesting to note that, unlike Paul Dunbar, Orville Wright never graduated from high school.



The second historic site is the Wright Brothers Bicycle Shop and Printing Business. Although the location is authentic, the building is not. The original Wright Brothers Bicycle Shop was relocated to Henry Ford's Greenfield Village in Detroit, Michigan. However, a reproduction of the Bicycle Shop was built and erected on the original Wright Brothers site. Not far beyond there, I recrossed the Great Miami and picked up the trail again on the river's East Side. Neither the Dunbar home nor the Wright Bicycle Shop is directly on the trail, but they are easily found off the trail by going over roads following the directional signs provided.

The return to Cranes Run Park is only about 14 miles from this point. Yet, it was getting late in the day, and the Sun goes down early in October. I wanted to



get back before darkness fell, but seeing the trail in the southern direction had some interesting highlights as well. For example, it is a little unusual to see a "Caution Boat Crossing" sign on a bike Trail. That is, unless a sculling club is located on the river and they carry their four-man scull boats across the trail to their docks on the river below. I did have to stop on the way back as a couple of rowing teams were carrying their boats up from the dock to be stowed away in their trail side boathouse for the night. But the remainder of the ride back to my car went by quickly, and I was headed for home just as dusk was falling.



Staying Motivated With Your Indoor Exercise Routine

AMY LUTZEL, ACSM PERSONAL TRAINER

“The best motivation always comes from within.” ~Michael Johnson, Retired Olympic Sprinter

During the winter months, it can be difficult for avid outdoor cyclists to stay motivated about exercise. We tend to enjoy the excitement and adventure of the outdoors and the constant change of scenery. Indoor exercise can get boring, not to mention the same old routine, but we still need to do it. Aside from the importance of exercise on our overall health, it will also help get us ready for the upcoming cycling season.

Even if you’ve never stuck to an exercise program before, there’s no time like the present. The following tips will help you stay motivated:

- Make a commitment. It takes about three months to develop a healthy habit.
- Choose activities you enjoy.
- Choose activities that fit your lifestyle. Do you like to exercise alone or with a group? Consider taking a yoga or Zumba class, joining a volleyball league, or walking on the treadmill while watching a favorite show on TV.
- Listen to your iPod while working out, and play only up-beat or motivational music to help keep you going.
- Learn discipline. Make yourself do it.
- Plan for exercise. Reserve a time slot each day. Make time for it.
- Find a workout partner so you can motivate each other.

- Avoid all-or-nothing thinking. If you don't have your usual time for a 30-minute workout, then do a brisk one-mile walk.
- Remember how good exercise makes you feel.
- Be patient and flexible. Don't get discouraged when you are ill or suffer an injury. Don't let guilt paralyze you. A brief period of inactivity isn't a disaster. Just get going again as soon as possible, and ease back into it.
- Keep an exercise log. Record what you do each day. Keep the log in a handy place. It will help you track your progress.
- Affirm your efforts with words and images. Use positive self-talk. For example: "I'm going to feel more energized;" "Every little bit makes a difference." Just take one day at a time and have fun.
- Support your plan with other healthy behaviors. Get adequate sleep. Drink plenty of fluids, and eat healthy.

Music is a great way to keep you motivated during your indoor workout routines. Email me (ABL3773@yahoo.com) for suggestions. I have a great selection of motivational music for running!

2010 EBC Officers

- Paul Jensen—President
- Hank Hudson—Vice President
- Vicky Ashworth—Secretary
- Darlene Wefel—Treasurer
- Dave Ashworth—Membership
- Rusty Yeager—Statistician
- Jay Vercellotti—Touring/ Webmaster
- Ann Pendley—Publicity
- Dan Krueger—GPM Coordinator
- Gary Gardner—Board of Directors
- Gary Goldstein—Newsletter

Retirees

- Darlene Wefel—vacating President
- Paul Jensen—vacating Vice President
- Kevin Pendley—vacating Treasurer
- Renee’ Hanft—vacating Newsletter

THE FIRST INDIANA BICYCLE SUMMIT

Sounds like a pretty high-falooting title if you ask me...

Paul Jensen

On Saturday, October 17th, 2009, while many of you were enjoying a beautiful fall day on your bikes, yours truly was in Indianapolis attending the first Indiana Bicycle Summit. Approximately 70 participants were in attendance with a great majority from central Indiana. EBC was a sponsor of the event and, consequently, had a display table that both informed and promoted EBC and showcased the Great Pumpkin Metric. The Summit was held for most all interests: the advocate, the professional (government agencies, bike clubs, cities) and the enthusiast.

The day began at 8:00 a.m. with an optional bike ride of either 25 or 40 miles while a 12-mile ride was offered at 10:30a.m.

Since the temperature was below freezing, I opted out of the rides. A box lunch was available at 11:30 with the program beginning at 1:00 p.m. The keynote address was presented by Krista Rettig, *Advocacy and Governmental Affairs Director* for Trek Bicycle Corporation located in Madison, Wisconsin. Her address stressed the importance of not creating enemies but creating advocates of those who might oppose or are neutral to your way of thinking.

Ms. Rettig offered four "Ways to make a difference" toward bicycling in our communities:

1. **Ride your bike in regular clothes with regular shoes. Especially for all trips of 2 miles or less.** Part of the rationale behind this is that anyone who wears spandex to ride is an advocate with an agenda and not a "regular" person.

2. **Get Organized.** Develop a plan for the State and your city. Share your plan with everyone with whom you come in contact.

3. **Show up and ask!** The world is run by those who show up. Work with the government. A rule of thumb is that if

there are five callers to your legislator or representative, he/she will pay attention; if there are ten calls he/she will get something done.

4. **You must have a Dream.** There must be a plan. You can't just complain. You must have a dream of how the whole plan will play out and what it will look like when finished.

Following the keynote address were a series of presentations based around three different interest areas: 1) advocacy, 2) professional and 3) enthusiasts. Each of these interest areas had three presentations each lasting 45 minutes with a ten minute break in between.

Some of the information I gleaned from the presentations include the following with most all of the statistics coming from the **L** League of **A**merican **B**icyclists (**LAB**). Much of this information will be useful for those of us in Evansville in preparing a plan or dream in creating a more bicycle-friendly community.

- The annual cost of riding a bicycle is \$308.00 compared to driving a car, \$8,220.00
- 300 miles of bikeway is equal to 1 mile of freeway
- A bike rack costs \$100.00 while one parking space is \$30,000.00
- 1/3rd of the population in the U.S. does not drive.
- Biking vacations are the third most popular outdoor vacation in the U.S.

There are four levels of recognition by the **LAB** for a city's bike friendliness: The lowest being Bronze, then Silver, Gold and Platinum. To achieve any of these levels of recognition there must be a commitment to action with criteria including:

- 1) Targets, goals, and missions
- 2) Breadth of programs

- 3) Networking of all facilities and agencies
- 4) Evidence of people riding bicycles.

There are only three Platinum Cities in the U.S.:

- 1) Boulder, CO, where 21% of the working population rides a bike to work daily. (Indiana is less than 1%)
- 2) Davis, CA
- 3) Portland, OR

There are only three cities in Indiana that are recognized as bicycle friendly and all are at the bronze level: **Bloomington**, **Carmel** and, just this year, **Indianapolis**.

Out of 318 cities that have applied for recognition, 124 have been recognized.

The **LAB** also ranks states as to their Bicycle Friendliness with the top two being Oregon and Wisconsin. Indiana slipped from 25th to 29th this year. Alabama is the least bike-friendly state.

Another session I attended was extremely interesting for this road junkie. The session addressed **bike fitting** and **bike sizing**. And, no, they are not the same. As a matter of fact, two bikes with the same cm classification can be three to four centimeters difference depending on the manufacturer! Bike fitting has to do with putting the cyclist in the most optimum position for efficient riding. Too cool .

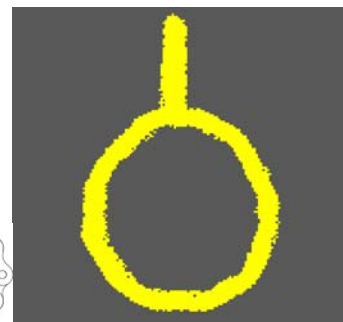
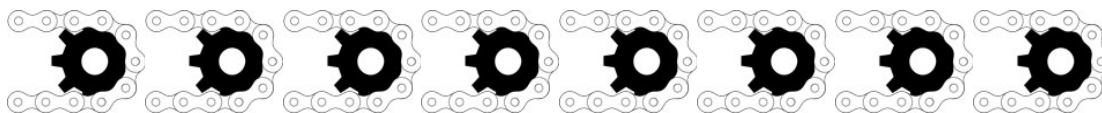
Bike fitting is an art in itself. It's way too complex for me to try and explain in this missive, or just explain period, but the fitting packages at Ball State range from the basic (\$165.00) to the deluxe (\$350.00). So, how long is your big toe?

To sum up, this was a very worthwhile venture, and, since this was the first annual, it is assumed that next year is on.

February 2010 E.B.C. Ride Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|---|--|
| <p>Stats?: Rusty Yeager ryeager42@wowway.com</p> <p>Newsletter?: Renee Hanft goldstein_gary@hotmail.com</p> <p>\$\$=Registration Fee</p> | 1 | 2 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles. | 3 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required! | 4 | 5 | 6 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles. |
| <p>7 10:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p> | 8 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides. | 9 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles. | 10 6:00 PM Circuit Ride @ <u>Garvin Park</u> on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required! | 11 6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261. | 12 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. | 13 9:30 AM & 1:00 PM @ <u>Henderson Co. High School</u> in Henderson, KY 24, 32, or 47 mi. |
| <p>14 10:00 AM @ <u>Elite Fitness—TP Route</u> (57 & Kansas), 22 or 37 miles.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p> | 15 | 16 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles. | 17 6:00 PM Circuit Ride @ <u>Wesselman's Park</u> on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required! | 18 | 19 | 20 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles. |
| <p>21 10:00 AM @ <u>West Terrace School</u> (near USI), 19 or 33 miles.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p> | 22 | 23 9:00 AM @ <u>I-164 Access</u> Burkhardt & Olmstead rds. 17 or 22 miles. | 24 6:00 PM Circuit Ride @ <u>Garvin Park</u> on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required! | 25 | 26 | 27 9:30 AM & 1:00 PM @ <u>Elite Fitness</u> (57 & Kansas) 16, 23, 35, or 43 miles. |
| <p>28 10:00 AM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 or 35 miles.</p> <p>2:00 PM Come Ride With Us @ <u>I-164 Access</u> Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p> | | <p><u>Ride hosts welcome for March and April</u></p> <p>Call or e-mail Jay Vercellotti @ 867-7549 rides @ endlessvistas.com</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> | | <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><i><u>SEE EVENT INFO ON BACK FOR MORE DETAILS!</u></i></p> <p><i>http://www.evansvillebicycleclub.org</i></p> | |

MARKED UP!



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

Website: My goal for this year is to rework the website. I'll try to keep much of the look that we have today, but I want to add a great deal of functionality. Stay tuned for more updates.

Route Maps: Hopefully this year I'll get the rest of the routes mapped, as only a few remain. Here's the Scott School routes, except the 33 mile which was published in the November 2009 newsletter.

| Scott School 26 Mile | | | |
|----------------------|--------|-------------------|----------------------------|
| Total | Dist. | 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 Right |
| 19.27mi | 1.6mi | Rt. 41 | Straight |
| 19.67mi | 0.4mi | Old State Rd. | Turn Right |
| 25.82mi | 6.15mi | Parking Lot | Turn Right |
| 25.86mi | 0.04mi | Finish | |

| Scott School Circuit Ride | | | |
|---------------------------|--------|---------------|-------------------|
| Total | Dist. | Where | Notes |
| 0mi | 0mi | Parking Lot | |
| 0.05mi | 0.05mi | Old State Rd. | Turn Left |
| 0.89mi | 0.85mi | Baseline Rd. | Turn Left |
| 1.75mi | 0.85mi | Peck Rd. | Turn Left |
| 2.6mi | 0.85mi | Old State Rd. | Turn Left |
| 3.07mi | 0.47mi | Parking Lot | Repeat for 1 hour |

| Scott School 15 Mile | | | |
|----------------------|--------|-------------------|----------------------------------|
| Total | Dist. | 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 |
| 2.67mi | 0.35mi | Darmstadt Rd. | Left at the Y |
| 3.37mi | 0.7mi | W. Baseline Rd. | Turn Left |
| 4.74mi | 1.38mi | Owensville Rd. | Turn Right |
| 6.16mi | 1.42mi | Nisbet/Newman Rd. | Turn Right |
| 6.94mi | 0.77mi | Adler Rd. | Turn Right |
| 9.19mi | 2.25mi | Darmstadt Rd. | Turn Right |
| 11.7mi | 2.51mi | W. Baseline Rd. | Turn Left |
| 11.96mi | 0.26mi | Old Princeton Rd. | Turn Right |
| 12.66mi | 0.7mi | Darmstadt Rd. | Becomes Darmstadt Rd. (Straight) |
| 13.02mi | 0.36mi | Inglefield Rd. | Turn Left |
| 14.26mi | 1.24mi | Rt 41 | Straight |
| 14.51mi | 0.25mi | Old State Rd. | Turn Left |
| 15.29mi | 0.79mi | Parking Lot | Turn Left |
| 15.33mi | 0.04mi | Finish | |

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

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

<http://www.evansvillebicycleclub.org>

The Evansville Bicycle Club, Inc.

| | | |
|--|---|---|
| <h2 style="margin: 0;">The Evansville Bicycle Club, Inc.</h2> | | |
| <p>Name(s) & Age(s) _____ _____ _____ _____</p> <p>Address _____ _____ _____</p> <p>City _____</p> <p>State _____</p> <p>Zip _____</p> <p>Phone (_____) _____ - _____</p> <p>Email _____</p> <p>Signature _____</p> | <p>Membership Dues</p> <p><u>Individual</u> \$12</p> <p><u>Family</u> \$20 + \$1 per child</p> <p>Send me the newsletter by:</p> <p><input type="checkbox"/> Email</p> <p><input type="checkbox"/> USPS</p> | <p>Release of Liability</p> <p>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.</p> <p>Make checks payable to Evansville Bicycle Club, Inc.</p> <p>Mail to: Dave Ashworth 613 Vernonwood Ct. Evansville, IN 47712 Email: d.ashworth@insightbb.com</p> |