

## THE PRESIDENT'S CORNER

## Paul Jensen

Some good, some bad-weather that is. We are in a typical Evansville spring. When the weather is forecast, and the average temperature is given, the temperature is either fifteen degrees below or fifteen degrees above the average. And that is how it becomes the average...I have been out a few times and felt every mile, make that every half mile.

For the heck of it, I decided to go back ten years and see what the EBC Bikewriter headlines and articles were. The first page contained an article about the Harmonie Hundred and how it was sort of the first ride of the season. Another article mentioned that the club, led by Greg Roeder, would begin a monthly mountain bike ride with the first being at Angel Mounds. Page 2 contained the first two messages from Dickie Lindenschmitt who was on the first legs of the Odyssey 2000 ride around the World. Dickie had been to Mexico and Puerto Rico. He uses the terms "beautiful" and lots of hills" more than once. Eight riders had ridden at least one ride, and guess who was leading the pack...Rusty Yeager
with 666 miles, 30 rides and 4 centuries. Dan May, Greg Roeder, Randy Silke were $2^{\text {nd }}, 3^{\text {rd }}$, and $4^{\text {th }}$ respectively. There were two hosted rides slated for April and eight new memberships. There were two pleas. One was to try and encourage members to get out and ride along with EBC members to write an article for the newsletter. The final bit of information revealed that it cost $\$ 12.00$ for a single membership and $\$ 20.00$ for a family + $\$ 1.00$ per child. Sound familiar?

Volunteering not only makes you feel like you have done something to help out, it can have further rewards. At the Run of Luck 7K event that was held on the $11^{\text {th }}$ of March, in which thirteen of us decided to help out, there was a drawing for "volunteer of the year" with the reward being a Wii console ...and guess who won. We also received a nice "thank you" from the Run of Luck organizing staff thanking us for our participation. (Pictures on page 6 - Ed.)

Possible discussion topics for the April meeting-Thursday, April 8,

EBC CONTACTS
Paul Jensen—President 812-760-6158

Hank Hudson-Vice President 812-492-7325

Vicky Ashworth—Secretary 812-426-2489

Darlene Wefel-Treasurer 812-568-9828

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: |  |
| :--- | :--- |
| Three Years-I2, 吅 Miles | 3 |
| Jersey Drder Form | 5 |
| Schedule-Marked Up | 7 |
| Stats | 9 |
| Membership Form | 10 |

## The President's Corner (Cont.) <br> Paul Jensen

(Continued from page 1)
6:30 p.m. at the Pizza Chef Newburgh, to include assessing current club rides and possible changes, plus a jersey order report.

Cheers,
Parthur


Welcome New Members

TOBY ELLIS<br>JESIKA ELLIS<br>BRIAN TOWNSEND KIMBERLY TOWNSEND

## Volunteers Sought To Help With Marathon

Who: EBC Members that work in the medical profession
What: Riding around a 3-4 mile area of the course
When: Sunday, April 11, 2010
Where: SIC Marathon and Half-Marathon course. Starting and stop ping at the 4 H Center.
Why: To help even further more with making sure the athletes are safe. To provide support and encouragement. The Southern Indiana Classic Marathon and Half Marathon is a first year event put on to benefit our local chapter of the American Diabe tes Association, an organization that works to educate about, prevent, treat and research Diabetes.
Contact: Andrea Klotz can be contacted at sicmarathonvolunteer@gmail.com or at 248.229.8083.


Several members have purchased "Share The Road" jerseys. Here are a few of them sporting the jerseys at the 2010 New Year's Day Ride. Thanks to Janet Robertson for the picture!

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 $\$ 35$.

## Three Years, 12,000 Miles Later By Dan Krueger

Sometime in late March/early April, I will be kicking off my three year anniversary of riding my bike. In that time, I have accumulated over 12,200 miles on one bike, or about 4,066 miles per year.

I decided to compile some very generalized statistics to show how much of a difference has been made from bike riding. There are some assumptions and very general concepts put into play here for the sake of simplicity. I'm also rounding down to 12,000 miles.

## 12,000 miles

Let's assume the following:

1. All mileage was gained for commuting purposes (even though many were for joy riding).
2. Because a bike is used in the city, gas mileage would be decreased.
3. I am using our old secondary car (which has died and gone to heaven) because Leandra is using our main vehicle.

With the '94 Chevy Cavalier wagon, I think we got about 21 mpg in the city. To do that same mileage in that car, I would have need to use 571.4 gallons of gas. To pay for all of that gasoline in that three years, I would have spent:

- \$1,657.06 (avg. gas cost of \$2.90)
- $\$ 1,714.20$ (avg. gas cost of $\$ 3.00$ )

For the sake of pollution, the EPA website provided some very general statistics based on passenger cars and light trucks. Oddly enough, they are based on yearly averages on 12,500 miles driven in a year, so this is a pretty close comparison. Should I have driven that mileage, I would have created the following emissions:

- 77.1 lbs . of hydrocarbons
- 575 lbs . of carbon monoxide
- 38.2 oxides of nitrogen
- $11,450 \mathrm{lb}$.s or carbon dioxide

From an exercise standpoint, I can safely say that my average speed is about 15.5 mph . It may be a little higher than that, but I think that is a safe number. With that in mind, I have spent 774 hours on my bike. In three years, there is a total of 26,280 hours, which means I have spent almost $3 \%$ of my time riding a bicycle.

Additionally, I believe that I burn an average of 500 calories per hour. This equals 38,700 calories that I have burned from bicycle riding. Because it takes 3,500 calories to either gain or lose a pound, the amount of calories that I have burned equal about to about an 11 lb . difference in weight (either loss or maintaining).


## HELP NEEDED!

Like to write? Enjoy being "in the know"? Want to improve EBC communication? Here's your chance.....become the official editor of the EBC Bikewriter! Software and template provided.

Contact: Paul Jensen (812-760-6518) or Renee' Hanft (812-499-9977).

## GET READY TO RIDE!



Stay up to date on the latest information about the Great Pumpkin Metric to be held October 3, 2010, via this Facebook link: http://tinyurl.com/yzhkbau

## 2010 Knox County

## Cure Tour



## Cure Tour Registration Form now available!

It's time to get the ol' trusty road bike out of storage, the Knox County Cure Tour is right around the corner! Time has changed, so you'll have more time to ride after work to get in shape for the big event!

The 2010 Knox County Cure Tour Registration Form is now available at the following link - http://www.facebook.com/ |/9af6d;www.vincennesymca.org/assets/files/ KnoxCountyCureTourReg2010.pdf

Please fill out your registration sheet and send it in as soon as possible! Early registration ends June 15.

Also, please forward the registration form link on to anyone interested, and invite them to join the Knox County Cure Tour Facebook Group!


April 17, 2010, 8:00 a.m.
En El Rio Restaurant
104 N Water St
Henderson, KY
12,36 , or 62.5 miles
Benefits American Red Cross
http://www.hendersontrifest.org/downloads/biketour_2010.pdf

## Evansville Bicycle Club Jersey Order Form

Jersey's and Jackets should arrive 6-7 weeks after the order is placed. Order should be placed by the end of April, making delivery in July.

Mail completed Order Form and 50\% payment to:
Darlene Wefel, 704 Cypress Street, Newburgh, IN 47630

Questions? Contact Darlene Wefel
Phone: 812-568-9828
E-mail: dvwefel@wowway.com

Drdered By:

Name:
The pricing listed is a close, approximate price. There may be a slightly higher price for XXXXL Jersey and Jackets. Final pricing depends on quantities ordered.

Sizing is available in Womens or Mens.
Phane:


| Description XS S M L XL XXL XXXL XXXXL Unit Price Total |
| :--- |
| Short-Sleeved Jersey |
| Sleeveless Jersey |
| Long-Sleeved Jersey |
| Aero Windbreaker |

## RUN 'O LUCK

Thanks to Leandra Krueger for the pictures!


That's Paul, in the yel-
low hat, winning the Wii.
Congratulations, Paul!


## April 2010 E.B.C. Ride Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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. <br> Helmets are mandatory. <br> As always, please park on the I-164 side of the Access Road \& PARK ON PAVEMENT! <br> SEE EVENT INFO ON BACK FOR MORE DETAILS! http://www.evansvillebicycleclub.org |  | Stats?: Rusty Yeager ryeager42 @wowway.com <br> Newsletter?: Renee Hanft sunshinein @insightbb.com <br> \$\$=Registration Fee | Ride hosts welcome for <br> May and June <br> Call or e-mail <br> Jay Vercellotti @ 867-7549 <br> rides @ endlessvistas.com | 1 9:00 AM @ Old Dam Site, Newburgh, 27 mi . <br> 6:00 PM Circuit Ride <br> @ Scott School 20 mi. <br> Yellow Marks - 3 mile loop. | $\begin{aligned} & 2 \text { 9:00 AM Cir- } \\ & \text { cuit Ride @ } \\ & \text { Scott School } 20 \\ & \text { mi. Yellow } \\ & \text { Marks - } 3 \text { mile } \\ & \text { loop. } \end{aligned}$ | 3 9:30 AM \& 1:00 PM @ Elite Fitness (57 \& Kansas) $16,23,35$, or 43 miles. |
| 4 Easter Sunday <br> 10:00 AM @ Old Dam Site Newburgh, 27 or 40 miles. <br> 2:00 PM Come Ride With Us <br>  <br> Olmstead Rds. 17, 22, or 33 mi . | 5 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides. | 6 9:00 AM \& 6:00 PM @ I-164 Access Burkhardt \& Olmstead rds. 17 or 22 miles. | 7 6:00 PM @ Elite Fitness-TP Route (57 \& Kansas), 22 mi . | 8 9:00 AM @ Old Dam Site, Newburgh, 27 mi . <br> 6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261. | 9 No Circuit Ride <br> Directions to H.C. H.S. <br> Take Pennyrile Pkwy to <br> SR 351 exit go East <br> (coming from Evansville <br> go under Pennyrile) <br> approximately $1 / 2 \mathrm{mi}$. to <br> school on right. | 10 9:30 AM \& 1:00 PM @ <br> Henderson Co. High <br> School in Henderson, KY 24,32 , or 47 mi . |
| 11 10:00 AM @ Reitz <br> High School on Claremont off the Ray Becker Parkway, 21 or 40 miles. <br> 2:00 PM Come Ride With Us @ I-164 Access Burkhardt \& Olmstead Rds. 17, 22, or 33 mi . | 12 | 13 9:00 AM \& 6:00 <br> PM @ I-164 Access <br> Burkhardt \& Olmstead rds. 17 or 22 miles. | 146:00 PM @ Elite Fitness-TP Route (57 \& Kansas), 22 mi. | 159:00 AM @ Old Dam Site. Newburgh, 27 mi. <br> 6:00 PM Circuit Ride <br> @ Boonville Jr. High <br> School Yankeetown side 20 mi . | 16 9:00 AM <br> Circuit Ride @ <br> Boonville Jr. <br> High School <br> Yankeetown side 20 mi . | 17 8:00 AM Town \& Country Bike Tour @ Henderson, KY. En El Rio restaurant 104 N. Water St. 12, 36, or 62.5 mi . \$ <br> 1:00 PM @ Elite Fitness (57 \& Kansas) <br> $16,23,35$, or 43 miles. |
| 18 10:00 AM @ I-164 Access Burkhardt \& Olmstead Rds. 17, 22, or 33 mi . <br> 2:00 PM Come Ride With Us <br> @ I-164 Access Burkhardt \& Olmstead Rds. 17, 22, or 33 mi . | 19 | 20 9:00 AM \& 6:00 <br> PM @ I-164 Access <br> Burkhardt \& Olmstead rds. 17 or 22 miles. | 21 6:00 PM @ Elite Fitness-TP Route ( 57 \& Kansas), 22 mi. | 22 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi . Spurgeon or Touring Route <br> 9:00 AM @ Old Dam Site, Newburgh, 27 mi . <br> 6:00 PM Circuit Ride @ Dogtown Boat Ramp 20 mi . | 23 9:00 AM <br> Circuit Ride @ <br> Dogtown Boat <br> Ramp 20 mi . | 24 8:00 AM Club Century <br> @ Plaza Park MS on Outer Lincoln Ave. 100 mi . <br> Spurgeon or Touring <br> Route <br> 9:30 AM \& 1:00 PM @ Elite Fitness <br> ( 57 \& Kansas) $16,23,35$, or 43 miles. |
| 25 10:00 AM @ Elite Fit-ness-TP Route (57 \& Kansas), 22 or 37 miles. <br> 2:00 PM Come Ride With Us @ I-164 Access Burkhardt \& Olmstead Rds. 17, 22, or 33 mi . | 26 | 27 9:00 AM \& 6:00 <br> PM @ I-164 Access <br> Burkhardt \& Olmstead rds. 17 or 22 miles. | 286:00 PM @ Elite Fitness-TP Route <br> ( $57 \&$ Kansas), 22 mi . | 29 9:00 AM @ Old Dam Site, Newburgh, 27 mi . <br> 6:00 PM Circuit Ride <br> @ St. Joseph Catho- <br> lic Church, St. Joseph, IN. 6202 W Saint Joseph Rd. 20 mi . | 30 9:00 AM Circuit Ride @ St. Joseph Catholic Church, St. Joseph, IN. 6202 W Saint Joseph Rd. 20 mi . | Circuit Rides <br> We will ride one to one and a quarter hours on a two to six mile (or so) course. All Circuit rides will count as 20 miles. |

# MARKED UP! $0 \% 0 \% 0 \% 0 \%$ 



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

Summer Schedule: It's April and that means that the summer rides return to the schedule. On Tuesday evening we will start from the I-164 access road off Olmstead Rd. To find it, take Burkhardt rd. north until you see a "No Outlet" sign and then turn right under I-164. The access road is just on the other side of the interstate. Please park vehicles on the pavement, not the grass, and park on the side of the road closest to I-164. This ride brings out some of the fastest riders around, both members and nonmembers. If you're like me and you average less than 18 mph , then stay alert and listen for them coming up behind you. The sound of their whirring tires coupled with all the brightly colored jerseys that we cyclists wear can make you feel like you've just been passed by the Tasmanian devil!
Wednesday night's starting location rotates through 6 starting locations during the warm months. This month we will be starting at Elite Fitness on the Truck Pro route. If you are new, then that takes a bit of explaining. We once had a route that started at Oak Hill Middle School. Several years ago we decided to move it to a business called Truck Pro. Then a couple years later we moved it to Elite Fitness. But since we already had routes that started there, we had to call these routes the Elite-Truck Pro routes. This evening ride also attracts some of the faster riders, but that doesn't mean you shouldn't come if you are slower.
On Thursday mornings we start from the Old Dam site in Newburgh. This is the area right down on the river just east of historic downtown Newburgh. You will see a small log cabin across the road from the parking area. Before I started working days, I always enjoyed this ride. There are some hills, but that was always OK because I always had someone to ride with. The riders who show up for this ride
are usually in the 12 to 17 mph range, which fits well with my particular riding style.
The circuit rides are also part of summer and they are held every Thursday evening and Friday morning. Currently, the starting location rotates every week. These rides are ridden less than some of the others, but they can be a good starting place if you are new to the club. As the ride schedule says, "We will ride one to one and a quarter hours on a two to six mile (or so) course. All Circuit rides will count as 20 miles." I don't think any of the loops are up to 6 miles anymore, but one of them used to be. I've always thought of these rides as a fun way to get some miles and try to catch up with friends that I maybe haven't gotten to talk to in a while.

Route Markings: After our especially cold and snowy winter, some of the route marks are faded out quite a bit. Also, there are more potholes than normal, and hopefully the cities and counties are hard at work getting those patched up. We are working hard to get the route marks repainted wherever it is needed, but it takes time and a lot of effort. If you are going to ride any of our routes that you don't know by heart, then be sure to check out our Maps \& Cue Sheets http://www.evansvillebicycleclub.org/maps.html page on the website. Almost every route is mapped on the bikely.com site and we have links on our site to those maps. You can follow those links and find a map and a cue sheet for the mapped rides. I know how frustrating it can be to lose your way, so don't let that happen to you! Print yourself a map to take on your ride. I never had that option when I started with the club, so that's why I started collecting cue sheets for all the rides.

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

## Event Information

April 17: 8:00 AM Town \& Country Bike Tour @ Henderson, KY. En El Rio restaurant 104 N. Water St. 12, 36, or 62.5 mi . http://www.hendersontrifest.org/downloads/biketour_2010.pdf susanarc@ccol.net \$\$


EBC Bikewriter
P.O. Box 15517

Evansville, IN 47716
http://www.evansvillebicycleclub.org

## The Evansville Bicycle Club, Inc.

| $\begin{aligned} & \text { Name(s) \& } \\ & \text { Age(s) } \end{aligned}$ | Membership | Release of Liability |
| :---: | :---: | :---: |
|  | Dues |  |
|  | Individual | Evansville Bicycle Club, Inc. is organized for the sole purpose of providing its mem- |
|  | \$12 | bers with notification of central meeting points and times. Members freely elect to ride together as a group, following a route |
|  | Family | of choice. In signing this form for myself |
|  | \$20 + \$1 per child | and/or my family members, I understand and agree to absolve EBC, Inc. and its or- |
| Address |  | ganizers 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. |
|  |  |  |
|  |  |  |
| City |  |  |
| State |  |  |
| Zip |  |  |
| Phone | Send me the newsletter by: | Make checks payable to Evansville Bicycle Club, Inc. |
| Email |  |  |
|  | $\square$ Email | Mail to: Dave Ashworth |
|  |  | 613 Vernonwood Ct. |
| Signature | $\square$ USPS | $\begin{array}{ll} \text { Email: } & \begin{array}{l} \text { Evansville, IN } 47712 \\ \text { d.ashworth@insightbb.com } \end{array} \end{array}$ |

