

The Evansville Bicycle Club Newsletter

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 Odvssey 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 2nd, 3rd, and 4th 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 11th 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,

(Continued on page 2)

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—12,000 Miles	3			
Jersey Order Form	5			
Schedule—Marked Up	7			
Stats	9			
Membership Form	10			

Page 2

The President's Corner (Cont.) 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 JESIKA ELLIS **BRIAN TOWNSEND** KIMBERLY TOWNSEND



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/

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 4H Center.

To help even further more with making sure the athletes Why:

> 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!





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 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/ h

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

Ordered By:

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.

Name:

Sizing is available in Womens or Mens.

Phone:



Description	XS	S	M	L	XL	XXL	XXXL	XXXXL	Unit Price	Total
Short-Sleeved Jersey									\$60.00	
Sleeveless Jersey									\$60.00	
Long-Sleeved Jersey									\$66.00	
Aero Windbreaker									\$80.00	
			·						Subtotal	
									50% Enclosed	

NOTE: Indicate quantity and Womens (W) or Mens (M) under each size

Balance Due

RUN 'O LUCK

Thanks to Leandra Krueger for the pictures!



That's Paul, in the yellow hat, winning the Wii.

Congratulations, Paul!

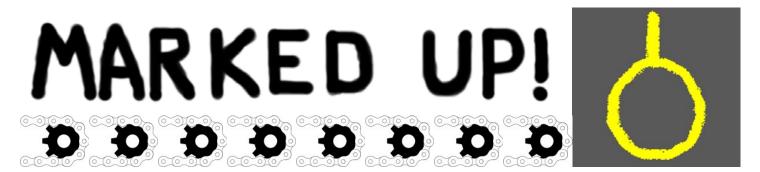






April 2010 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New riders need to be ready to leave 30 m 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! SEE EVENT INFO ON BACK FOR MO http://www.evansvillebicycleclub.org	Come Ride With Us" Ride.	Stats?: Rusty Yeager ryeager42 @wowway.com Newsletter?: Renee Hanft sunshinein @insightbb.com \$\$=Registration Fee	Ride hosts welcome for May and June Call or e-mail Jay Vercellotti @ 867-7549 rides @ endlessvistas.com	1 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 6:00 PM Circuit Ride @ Scott School 20 mi. Yellow Marks — 3 mile loop.	2 9:00 AM Circuit Ride @ Scott School 20 mi. Yellow Marks — 3 mile loop.	3 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.
4 Easter Sunday 10:00 AM @ Old Dam Site Newburgh, 27 or 40 miles. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.	5 Club Jersey Sundays. Wear your Evansville Bicycle Club Jer- sey 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 @ <u>Elite</u> <u>Fitness—TP Route</u> (57 & Kansas), 22 mi.	8 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 6:30 PM Club meet- ing @ Newburgh Pizza Chef near Wes- selman's on Hwy 261.	9 No Circuit Ride 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.	10 9:30 AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24, 32, or 47 mi.
11 10:00 AM @ Reitz High School on Claremont off the Ray Becker Parkway, 21 or 40 miles. 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 PM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.	14 6:00 PM @ <u>Elite</u> <u>Fitness—TP Route</u> (57 & Kansas), 22 mi.	15 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 6:00 PM Circuit Ride @ Boonville Jr. High School Yankeetown side 20 mi.	16 9:00 AM Circuit Ride @ Boonville Jr. High School 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. \$\$ 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.
18 10:00 AM @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17, 22, or 33 mi.	19	20 9:00 AM & 6:00 PM @ I-164 Access 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 9:00 AM @ Old Dam Site. Newburgh, 27 mi. 6:00 PM Circuit Ride @ Dogtown Boat Ramp 20 mi.	23 9:00 AM Circuit Ride @ Dogtown Boat Ramp 20 mi.	24 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Spurgeon or Touring Route 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43 miles.
25 10:00 AM @ Elite Fitness—TP Route (57 & Kansas), 22 or 37 miles. 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 PM @ I-164 Access Burkhardt & Olmstead rds. 17 or 22 miles.	28 6:00 PM @ <u>Elite</u> <u>Fitness—TP Route</u> (57 & Kansas), 22 mi.	29 9:00 AM @ Old Dam Site. Newburgh, 27 mi. 6:00 PM Circuit Ride @ St. Joseph Catho- lic Church, St. Joseph, IN. 6202 W Saint Jo- seph 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 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.



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

Evansville Bicycle Club – 2010 Club Mileage through 3/20/2010

Overall Standings

O voran Otananigo					
Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Carter, Archie	10/1/10			21	687
2 Holland, Diana	11/1/10			14	410
3 Feller, Randy	11/1/10			7	289
4 Ashworth, David	12/1/10			7	240
4 Bies, Diane	6/1/10			9	240
6 Hudson, Hank	6/1/10			7	230
7 Loehrlein, Colette	10/1/10			7	183
8 Silke, Randy	6/1/10			5	179
9 Krueger, Dan	6/1/10			5	162
10 Lonnberg, Kelly	11/1/10			6	149
11 Robertson, Janet	2/1/11	1		6	143
12 Hanft, Renee'	4/1/10			6	140
13 Janowski, Robert	7/1/10			5	136
14 Ashworth, Vicky	12/1/10			5	121
15 Ellis, Toby	3/1/11			3	119
16 Leader, Caron	3/1/10			4	111
17 Willett, Bobby	5/1/10			3	101
				3	98
18 May, Dan	5/1/10			2	
19 Fisher, Scott	8/1/10		2		90
19 Yeager, Rusty	6/1/10		2	3	90
21 VanStone, Gene	11/1/10			4	84
22 Boren, Mike	3/1/10			3	79
23 Pendley, Ron	6/1/10			2	76
24 Brouillard, Gene	5/1/11			3	67
25 Roll, Steve	3/1/10			2	66
26 Clemmer, Linda	11/1/10			2	47
26 Lovins, Eric	3/1/10			1	47
26 Myers, Dave	8/1/10			2	47
29 Jensen, Paul	10/1/10			2	44
30 Brindle, Matt	5/1/10			1	43
30 Lee, Ronnie	8/1/10			2	43
30 Seger, Khris	3/1/10			1	43
30 Williams, Jeff	8/1/10			1	43
34 Sotolongo, Mike	10/1/10			2	40
35 Hudson, Carol	6/1/10			2	37
36 Wefel, Darlene	11/1/10			2	36
37 Riley, Cody	6/1/10			2	34
38 Maurer, Terrell	7/1/10			1	33
38 Nalley, Shane	9/1/10			1	33
38 Niethammer, Jim	12/1/10			1	33
41 Sullivan, Patrick	1/1/11			2	29
42 Colvin, Tony	4/1/10			1	23
42 Paul, Larry	4/1/10			1	23
44 Gerbig, Steve	11/1/10		6	1	22
44 Jones, Cindy	12/1/10			1	22
44 Weyer, Keith	2/1/11			1	22
47 Bennett, John	5/1/10			1	20
47 Ivie, Pat	10/1/10			1	20
49 Gilbert, Jane	4/1/10			1	17
49 Merrick, David	11/1/10			1	17
Gardner, Gary			4		

Men's Standings

wich 3 Otalianigs					
Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Carter, Archie	10/1/10			21	687
2 Feller, Randy	11/1/10			7	289
3 Ashworth, David	12/1/10			7	240
4 Hudson, Hank	6/1/10			7	230
5 Silke, Randy	6/1/10			5	179
6 Krueger, Dan	6/1/10			5	162
7 Janowski, Robert	7/1/10			5	136
8 Ellis, Toby	3/1/11			3	119
9 Willett, Bobby	5/1/10			3	101
10 May, Dan	5/1/10			3	98
11 Fisher, Scott	8/1/10			2	90
11 Yeager, Rusty	6/1/10		2	3	90
13 VanStone, Gene	11/1/10			4	84
14 Boren, Mike	3/1/10			3	79
15 Pendley, Ron	6/1/10			2	76
16 Brouillard, Gene	5/1/11			3	67
17 Roll, Steve	3/1/10			2	66
18 Lovins, Eric	3/1/10			1	47
18 Myers, Dave	8/1/10			2	47
20 Jensen, Paul	10/1/10			2	44
21 Brindle, Matt	5/1/10			1	43
21 Lee, Ronnie	8/1/10			2	43
21 Seger, Khris	3/1/10			1	43
21 Williams, Jeff	8/1/10			1	43
25 Sotolongo, Mike	10/1/10			2	40
26 Riley, Cody	6/1/10			2	34
27 Maurer, Terrell	7/1/10			1	33
27 Nalley, Shane	9/1/10			1	33
27 Niethammer, Jim	12/1/10			1	33
30 Sullivan, Patrick	1/1/11			2	29
31 Colvin, Tony	4/1/10			1	23
31 Paul, Larry	4/1/10			1	23
31 Gerbig, Steve	11/1/10		6	1	22
31 Weyer, Keith	2/1/11			1	22
35 Bennett, John	5/1/10			1	20
35 Ivie, Pat	10/1/10			1	20
37 Merrick, David	11/1/10			1	17
Gardner, Gary			4		

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	of Rides	Club Miles	
1 Holland, Diana	11/1/10			14	410	
2 Bies, Diane	6/1/10			9	240	
3 Loehrlein, Colette	10/1/10			7	183	
4 Lonnberg, Kelly	11/1/10			6	149	
5 Robertson, Janet	2/1/11	1		6	143	
6 Hanft, Renee'	4/1/10			6	140	
7 Ashworth, Vicky	12/1/10			5	121	
8 Leader, Caron	3/1/10			4	111	
9 Clemmer, Linda	11/1/10			2	47	
10 Hudson, Carol	6/1/10			2	37	
11 Wefel, Darlene	11/1/10			2	36	
12 Jones, Cindy	12/1/10			1	22	
13 Gilbert, Jane	4/1/10			1	17	

Commuting Mileage Dave Myers

February

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 - 40					
Scott School	15 - 26 - 33					
USI	20 - 40					
Wesselman Park	20					
West Terrace	25					
Hosted Rides						
New Years Day Ride	17					

Out-of-Town Rides

Statistical Summary						
	2010	2009	2008			
Number of club rides	79					
Club miles for the year	2,675					
Total miles ridden	5,275					
Member riders	50					
Non-member riders	5					
Total number of riders	182					
Avg. riders/ride	2.3					
Avg. miles/ride/rider	29.0					
Ride leaders	2					
Centuries	12					

- TRIRI Tour summer TRIRI Tour fall
- Miscellaneous Tour

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 **Family** of choice. In signing this form for myself and/or my family members, I understand \$20 + \$1 perchild and agree to absolve EBC, Inc. and its organizers 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