



EBC Bikewriter

The Evansville Bicycle Club Newsletter

THE PRESIDENT'S CORNER

Paul Jensen

This is the last day in the 90's for the year. That means we have had 77 days of temperatures of at least 90°F this year. Some of you are outraged; but for me, bring it on. Give me 90°F over 50°F any day. Let the mythical gods give us a 78°F on GPM day with light winds and lots of sun. So have you made yourself known as a volunteer for GPM? If not, contact Dan Krueger, the GPM guru, and let him know that you would like to help. His contact information is on the front page of this publication.

As the fall season approaches it is predictable that my cycling miles and time cycling will be severely diminished: working full time, my addiction to professional football (actually the Minnesota Vikings, so my season may be over sooner than later), and I realllllly dislike cold weather. I have discovered that the older I get, I have a lower threshold for cold! At one time my riding minimum was 36°F, in the past few years it has crept up to around 48°F. That does not mean, however, that I will spend less time or energy for my passion to improve cycling in the Evansville area

Please note that the November club meeting will be devoted primarily to "ANYTHING RIDING." This might include:

- ROUTES—review old ones, suggest new ones, youth, family
- RIDES—days, distances, times, number, responsibility, youth, family

MILEAGE—club mileage, what counts? Starting times, centuries, volunteer mileage, is club mileage necessary?

SOCIAL—Club sponsored, hosted, family, youth.

I know most everyone has an opinion on at least one of the above issues, so let your voice be heard. Club mileage is an important part of this club and has been for over twenty years. In the past the club has added frequently what should be included as mileage, but rarely eliminated rides for whatever reason. This club is made up of a variety of cyclists and there is no way solutions can be attained for each and every member's personal agenda. It is vital that riders of all experience attend and SPEAK UP!

On another level, in the past week a message was sent by EBC's publicity director regarding the American Automobile Association initiative to encourage the Federal Highway Trust Fund to improve automobile transportation initiatives and, if necessary, cut funding to programs primarily interested in improving rails to trails programs that would include both biking and walking. You are encouraged to sign the petition embedded in that article.

Please become involved in **YOUR** club. In addition to paying your **monetary** dues, and your cycling **mileage** dues, how about devoting some time to **improving your club** dues.

Cheers,
Paul

EBC CONTACTS

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G R E A T Pumpkin M E T R I C



Sunday, October 3, 2010

See YOU there!

Welcome New Members



WILLIAM MAJORS
 CINDY TAYLOR
 BRAD TAYLOR
 AMY RENFRO
 HEATHER GOERGEN



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.



Bicycle Indiana is funded by grants and individuals and needs your support.

You can make a difference by joining.
<http://bicycleindiana.org/>

REMINDER:

New Newsletter Email Address:

bikewriter@evansvillebicycleclub.org

New EBC Bikewriter editor needed!

Call Paul to volunteer:

812-760-6158

Three Essential Techniques for Roadies

By Fred Matheny for www.RoadBikeRider.com

Pro athletes develop simple techniques that become automatic. A three-point shooter's follow through or a golfer's silky stroke are techniques they've honed until they no longer think about them.

Pro cyclists, too, develop characteristics that separate how they look on a bike from the rest of us. It's not simply a matter of appearance. Unlike golf, when you're riding, you can get scuffed up out there. Looking like a pro means safety as well as style.

Want the look? Master these three techniques and you'll be on your way.

1. Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Here's how to be loose as a goose on the bike:

- **Face Off.** If your facial muscles are tight, your whole body follows. Consciously relax your face and neck. Loosen your jaw muscles. Don't clench your teeth in grim-faced determination.
- **No Turtles.** Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.

- **Get a (Light) Grip.** Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the front wheel. You keep your line and stay in control.

2. Pedal Smoothly. It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Here's how to get supple stroke:

- **Practice Slowly.** A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. But it's hard for your brain to keep up with your feet going that fast. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.
- **Remember Mud.** Three-time Tour de France winner Greg LeMond first gave us this tip in 1985, and it's just as helpful today: When you pull your foot through the bottom of the stroke, imagine you're scraping mud off your shoe. This will help you pull your foot through smoothly with added power. Try it and see how well it works.
- **Knee the Bar.** As your foot comes up and over the top, pull your knee forward like you want it to touch the handlebar. This adds power to



the weakest part of the stroke.

3. Recover Fast. Pro riders can do a three-week race and go just as hard on Day 20 as in the prologue time trial. Here's how to recover like a stage racer:

- **Pump Fluids.** The loss of as little as one percent of body weight as sweat can compromise your performance. So drink at least one bottle of sports drink each hour you're on the bike. After the ride, drink more until your weight is back to normal. If you aren't getting up twice each night to urinate, you aren't sufficiently hydrated.
- **Replenish Glycogen Supplies.** A 150-pound cyclist needs 80 to 100 grams of carbohydrate in the two hours immediately after riding. An energy bar contains about 40 grams of carb, a bagel and banana about 60.
- **Rest.** Pros sleep nine or ten hours a night and often take an afternoon nap after training. We can't do that because we have real jobs and the boss would frown. But because sufficient rest is crucial to recovery, try to fit in at least eight restful hours of sleep each night and catch a 15-minute "power nap" in the afternoon.

You now have a license to support Bicycle Indiana!

Annual Campaign through December 31st - special incentives during October!

Dear Members and Friends,

What an exciting year its been so far for bicyclists in Indiana - and it's getting better. You now have another reason to support Bicycle Indiana, and we think you'll really like it!



With your help, Bicycle Indiana was approved for a special group recognition license plate. To lead by example, it offers the simple, but effective message, "Share the Road".

But our plate does more than simply spread the word. Proceeds from the plate sales will work in conjunction with the tax-deductible support of cyclists like you to help Bicycle Indiana advocate for safer bikeways and create more opportunities for Hoosiers to enjoy cycling and its benefits.

Your BI license plate purchase also offers us a special way to say "Thanks". You can qualify to reserve a low-digit "Share the Road" plate or other Thank You gifts.

- Make a contribution of \$1,000 or more, and you'll have the option of reserving a low-digit license plate (between 1-100) during the special campaign period of October 1 through October 15.
- Make a contribution of \$500 or more, and you'll have the option of reserving a low-digit license plate (numbers between 1 and 100 that have not already been reserved) during the special campaign period of October 16 through October 31.
- With your donation of \$100 or more, you will receive an I Share the Road T-shirt.
- With your donation of \$45 or more, you will receive a 180s™ eco fleece beanie (back by popular demand).
- In addition, everyone making a donation of \$25 or more will be entered into a drawing for cool cycling gear and accessories including bike bags, Share the Road jerseys, light sets and more. Drawings will be held monthly.

We're having a landmark year in 2010, thanks in large part to the support of cyclists like you. But there's much more we need to do to spread the joy of safe cycling. Please consider making a wise investment in the future of bicycling in Indiana.

Donate Today!

Chairman
Bicycle Indiana

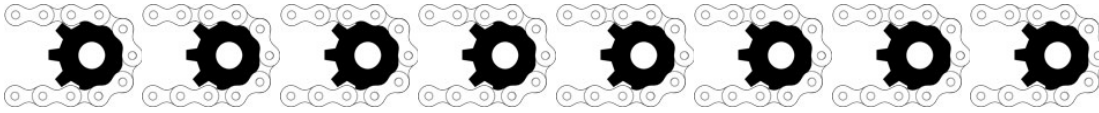
PS: This license plate program is going to make a big difference in what we do for Indiana — make certain you and we are counted on the roadways!

See the website for all the details (and fine print): www.bicycleindiana.org

October 2010 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>New riders need to be ready to leave 30 minutes early and are encouraged to start with a "No Drop" or "Come Ride With Us" Ride. Helmets are mandatory.</i></p> <p><i>As always, please park on the I-164 side of the Access Road & PARK ON PAVEMENT!</i></p> <p><i>SEE EVENT INFO ON BACK FOR MORE DETAILS!</i></p> <p><i>http://www.evansvillebicycleclub.org</i></p>			<p><i>What's a No Drop Ride?</i> It's a great opportunity to come see what the E.B.C. is all about. We ride 12 miles on a flat road at about 12 MPH. You don't need to be a member!</p>	<p>Directions to Dogtown Take the Barker Ave. exit south from the Lloyd Expy. At Broadway Ave. go right (stop light). At Tekoppel Ave. go left (right before the levee). At Old Henderson Rd. go right (Tekoppel T's into Old Henderson Rd.) Dogtown Boat Ramp will be approx. 1 mi. down the road on the same side as the river.</p>	1	<p>2 9:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12/23/43 mi.</p>
<p>3 8:00 AM Great Pumpkin Metric @ Vanderburgh 4-H Center. 16, 31, or 62 mi. \$\$ VOLUNTEERS NEEDED!</p>	<p>4 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.</p>	<p>5 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17/22 mi.</p>	<p>6 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	7	8	<p>9 Hilly Hundred @ Ellettsville, IN 48 mi. \$\$ 9:00 AM Land Between the Lakes Ride @ Grand Rivers, KY North Visitors Center. Hosts: Dave and Vicky Ashworth 50-60 mi. 9:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12/23/43 mi.</p>
<p>10 Hilly Hundred @ Ellettsville, IN 40 or 50 mi. \$\$ 10:00 AM @ Elite Fitness—TP Route (57 & Kansas), 22/37 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17/22/33 mi.</p>	<p>11 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.</p>	<p>12 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17/22 mi.</p>	<p>13 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>14 6:30 PM Club meeting @ Newburgh Pizza Chef near Wesselman's on Hwy 261.</p>	15	<p>16 9:30 AM NO DROP RIDE @ Dogtown Boat Ramp on Old Henderson Rd. 12 mi. 10:45 AM & 1:00 PM Same Place 23 mi. 7:30 PM Nite Ride @ 2230 Ridgecrest Dr. Ride hosts Dan and Leandra Krueger. No-Drop 12 mi. Call 306-1343 for info. Head and Tail Lights Required!!!</p>
<p>17 10:00 AM @ West Terrace School (near USI), 19/33 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17/22/33 mi.</p>	<p>18 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.</p>	<p>19 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17/22 mi.</p>	<p>20 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	21	<p>22 Directions to H.C. H.S. Take Pennyriile Pkwy to SR 351 exit go East (coming from Evansville go under Pennyriile) approximately 1/2 mi. to school on right.</p>	<p>23 9:30AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24/32/47 mi.</p>
<p>24 10:00 AM @ Castle HS on Hwy 261 in Newburgh 23/35 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17/22/33 mi.</p>	<p>25 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.</p>	<p>26 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17/22 mi.</p>	<p>27 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>28 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Santa Claus or Touring Route</p>	29	<p>30 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 @ Dogtown Boat Ramp on Old Henderson Rd. 12/23/43 mi.</p>
<p>31 Halloween 10:00 AM @ Mesker Park. Mesker Park Dr. & Wimberg Ave. 23/38 mi. 2:00 PM Come Ride With Us @ I-164 Access Burkhardt & Olmstead Rds. 17/22/33 mi.</p>	<p>Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.</p>		<p>Ride hosts welcome for November and December To host a ride, or for general info about the rides on this calendar, call or e-mail Jay Vercellotti @ 746-9350 rides @ endlessvistas.com</p>			<p>Stats?: Rusty Yeager ryeager42 @wowway.com Newsletter?: Renee Hanft bike-writer@evansvillebicycleclub.org \$\$=Registration Fee</p>

MARKED UP!



Ride Schedule and Website News with Tour Director and Webmaster, Jay Vercellotti

October Schedule Changes: It's October again and that means there are a few seasonal changes to the ride schedule. Saturday morning rides will start at 9:30 instead of 8:30. Also, the summer ride schedule comes to an end and that means the Tuesday night ride and the morning and evening Thursday rides come to an end. For Wednesday night, we are going back to our alternating circuit rides between Garvin Park and Wesselman's Park. Remember that Head and Tail lights are **REQUIRED** on the Wednesday night rides. The summer schedule will return in April.

Hosted Rides: We have two hosted rides this month. Dave and Vicky Ashworth are having their traditional LBL ride and Dan and Leandra Krueger are having their Nite Ride again, too. Hosted rides are some of

the most memorable and fun club events so don't miss these!

Great Pumpkin: The GPM is on Sunday, Oct. 3rd. Volunteers are still needed. For once, I think we actually have enough SAG drivers! Thanks to all those that have already volunteered. This year we should see the return of the great gray truck beast. My truck gave its transmission in the service of the GPM 2 years ago but it is finally back on the road and ready to drive. If you would still like to volunteer for the GPM, contact Dan Krueger at 306-1343. I'll see you all there!

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

Event Information

Oct. 9: 9:00 AM Land Between the Lakes Ride @ Grand Rivers, KY North Visitors Center. Food & drink afterwards at their camp ground site at Hillman's Ferry. Ride hosts Dave & Vicky Ashworth. Call 812-4305-8274 or 812-483-4367 for info. About 50-60 mi.

Oct. 16: 9:30 AM NO DROP RIDE @ Dogtown Boat Ramp on Old Henderson Rd. 12 mi. *What's a No Drop Ride?* It's a great opportunity to come see what the E.B.C. is all about. We ride 12 miles on a flat road at about 12 MPH. You don't need to be a member!

Oct. 16: 7:30 PM Nite Ride @ 2230 Ridgcrest Dr. Ride hosts Dan and Leandra Krueger. No-Drop 12 mi. Call 306-1343 for info. **Head and Tail Lights Required!!!** Directions: From Evansville, take 41 North, Right on St. George Rd., Left on Ohara Dr., Left on Ridgcrest Dr. Melody Hills Subdivision.

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

<http://www.evansvillebicycleclub.org>

The Evansville Bicycle Club, Inc.

Name(s) & Age(s)	_____

Address	_____

City	_____
State	_____
Zip	_____
Phone	(____) _____ - _____
Email	_____
Signature	_____

Membership Dues

Individual
\$12

Family
\$20 + \$1 per
child

Send me the
newsletter by:

- Email
 USPS

Release of Liability

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.

Make checks payable to Evansville Bicycle Club, Inc.

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