

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 reallllllly 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

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 812-746-9350

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 Bikewriter@evansvillebicycleclub.org

Inside this issue:						
Three Essentials	3					
Schedule — Marked Up	5					
Stats	7					
Membership Form	8					





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. Threetime 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 180sTM 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
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.		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!	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. I mi. down the road on the same side as the river.	I	2 9:30 AM & 1:00 PM @ Dogtown Boat Ramp on Old Henderson Rd. 12/23/43 mi.
3 8:00 AM Great Pumpkin Metric @ Vanderburgh 4-H Center. 16, 31, or 62 mi. \$\$ VOLUNTEERS NEEDED!	4 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.	5 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17/22 mi.	6 6:00 PM Circuit Ride @ Garvin Park on N. Heidelbach Ave. Ride 1 hour. 20 mi. Head and tail lights required!	7	8	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.
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.	11 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.	12 9:00 AM @ I-164 Access Burkhardt & Olmstead rds. 17/22 mi.	13 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	14 6:30 PM Club meeting @ Newburgh Pizza Chef near Wes- selman's on Hwy 261.	15	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!!!
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.	18 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.	19 9:00 AM @ <u>I-164</u> Access Burkhardt & Olmstead rds. 17/22 mi.	20 6:00 PM Circuit Ride @ Garvin Park on N. Heidelbach Ave. Ride 1 hour. 20 mi. Head and tail lights required!	21	22 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.	23 9:30AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24/32/47 mi.
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.	25 5:00 PM Community Bike Ride @ Breck's Bicycle Shop Henderson, KY 232 N. Main. 12/19 mi.	26 9:00 AM @ <u>I-164</u> Access Burkhardt & Olmstead rds. 17/22 mi.	27 6:00 PM Circuit Ride @ Wesselman's Park on Boeke Rd. Ride 1 hour. 20 mi. Head and tail lights required!	28 8:00 AM Club Century @ Plaza Park MS on Outer Lincoln Ave. 100 mi. Santa Claus or Touring Route	29	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 @ Dog- town Boat Ramp on Old Henderson Rd. 12/23/43 mi.
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.	Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club rides.		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			Stats?: Rusty Yeager ryeager42 @wowway.com Newsletter?: Renee Hanft bike- writer@ evansvillebicycleclub.org \$\$=Registration Fee

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

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.

The summer schedule Changes: It's October again and the morning the ride these!

Great Volunt ally has see the gave it years a to drive 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 <u>Land Between the Lakes Ride</u> @ 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 Ridgecrest 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 Ridgecrest Dr. Melody Hills Subdivision.

Evansville Bicycle Club – 2010 Club Mileage through 9/21/2010

2 Johnson, Bill 3 Holland, Diana 4 Bies, Diane 2 5 McCuiston, Dale 6 Loehrlein, Colette 2 7 Jensen, Paul 8 Jones, Cindy 2 9 May, Dan 0 Feller, Randy 1 Ashworth, David 2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 0 Nalley, Shane 1 Yeager, Rusty 1 2 Ashworth, Vicky 3 Flynn, David 4 Brouillard, Gene 2 5 Williams, Mary	Exp. 10/1/10 7///11 11////0 6////1 6///// 11//// 6///// 6///// 6///// 6///// 6///// 6///// 11//// 8//// 6///// 11//// 8//// 11//// 9//// 6//// 11//// 6///// 11//// 3///// 3///// 3///// 3///// 3///// 3/////	Ride Host	100 Miles 10 17 9 11 16 8 1 6 9 5 3 40 10 3 355 1 2 15	No. of Rides 111 92 98 101 85 75 77 71 78 57 63 65 54 68 40 40 34 42 49 23 53 41 42	411 36 35 33 32 28 25 22 21 18 17 17 16 15 15 14 14
1 Carter, Archie 2 Johnson, Bill 3 Holland, Diana 4 Bies, Diane 2 5 McCuiston, Dale 6 Loehrlein, Colette 2 7 Jensen, Paul 8 Jones, Cindy 2 9 May, Dan 0 Feller, Randy 1 Ashworth, David 2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 20 Nalley, Shane 11 Yeager, Rusty 1 21 Ashworth, Vicky 23 Flynn, David 4 Brouillard, Gene 2 25 Williams, Mary	10/1/10 7///11 11///10 7///11 11///10 6///11 11///10 6///11 11///10 11///11 5////11 11///10 3////11 11////10 3/////11		10 17 9 11 16 8 1 6 9 5 3 40 10 3 35 1 2 15	111 92 98 101 85 75 97 71 78 57 63 65 54 68 40 40 34 42 49 23 53 41	411 36- 35- 33- 32- 28- 25- 22- 21- 18- 17- 16- 15- 15- 14- 14- 14- 13-
3 Holland, Diana 4 Bies, Diane 2 5 McCuiston, Dale 6 Loehrlein, Colette 2 7 Jensen, Paul 8 Jones, Cindy 2 9 May, Dan 0 Feller, Randy 1 Ashworth, David 2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 10 Nalley, Shane 11 Yeager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 4 Brouillard, Gene 2 15 Williams, Mary	11/1/10 6/1/11 4/1/11 10/1/10 10/1/10 5/1/11 11/1/10 5/1/11 11/1/10 6/1/11 6/1/11 8/1/10 6/1/11 11/1/10 6/1/11 11/1/10 6/1/11 11/1/10 3/1/11 5/1/11 3/1/11 3/1/11	1	9 11 16 8 1 6 9 5 3 40 10 3 35 1 2 15	98 101 85 75 97 71 78 57 63 65 54 68 40 60 40 34 42 49 23 53	35 33 32 28 25 23 22 21 18 17 17 16 15 15 15 14 14
4 Bies, Diane 2 5 McCuiston, Dale 6 Loehrlein, Colette 2 7 Jensen, Paul 8 Jones, Cindy 2 9 May, Dan 10 Feller, Randy 11 Ashworth, David 12 Silke, Randy 13 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 17 Fisher, Scott 18 Gerbig, Steve 19 Leader, Caron 2 20 Nalley, Shane 11 Yeager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 14 Brouillard, Gene 2 15 Williams, Mary	6/1/11 4/1/11 10/1/10 10/1/10 12/1/10 5/1/11 11/1/10 6/1/11 4/1/11 5/1/11 8/1/10 11/1/10 6/1/11 3/1/11 5/1/11 3/1/11 5/1/11 3/1/11 5/1/11 3/1/11	1	11 16 8 1 6 9 5 3 40 10 3 35 1 2 15	101 85 75 97 71 78 57 63 65 54 68 40 60 40 34 42 49 23 53	33 32 28 25 23 22 21 18 17 16 15 15 14 14 14 13
5 McCuiston, Dale 6 Loehrlein, Colette 2 7 Jensen, Paul 8 Jones, Cindy 2 9 May, Dan 0 Feller, Randy 11 Ashworth, David 12 Silke, Randy 13 Hudson, Hank 14 Gardner, Gary 1 15 Oliver, Mark 16 Rold, Hope Jenkins 17 Fisher, Scott 18 Gerbig, Steve 19 Leader, Caron 2 20 Nalley, Shane 11 Yeager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 14 Brouillard, Gene 2 15 Williams, Mary	4/1/11 10/1/10 10/1/10 12/1/10 5/1/11 11/1/10 6/1/11 6/1/11 4/1/11 5/1/11 1/1/10 3/1/11 12/1/10 6/1/11 1/1/10 3/1/11 5/1/11 3/1/11 1/1/11 3/1/11 3/1/11	1	16 8 1 6 9 5 3 40 10 3 35 1 2 15	85 75 97 71 78 57 63 65 54 68 40 60 40 40 42 49 23 53	322 28 25 23 22 21 18 17 17 16 15 15 14 14 14 13
7 Jensen, Paul 8 Jones, Cindy 2 9 May, Dan 0 Feller, Randy 1 Ashworth, David 2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 10 Nalley, Shane 11 Yeager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 4 Brouillard, Gene 2 15 Williams, Mary	10/1/10 12/1/10 5/1/11 11/1/10 12/1/10 6/1/11 6/1/11 5/1/11 5/1/11 1/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 5/1/11 3/1/11 5/1/10	1	1 6 9 5 3 40 10 3 35 1 2 15	97 71 78 57 63 65 54 68 40 60 40 34 42 49 23 53	25 23 22 21 18 18 17 17 16 15 15 15 14 14 13
8 Jones, Cindy 2 9 May, Dan 0 Feller, Randy 1 Ashworth, David 2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 20 Nalley, Shane 11 Yeager, Rusty 1 22 Ashworth, Vicky 23 Flynn, David 4 Brouillard, Gene 2 25 Williams, Mary	12/1/10 5/1/11 12/1/10 6/1/11 6/1/11 4/1/11 5/1/11 1/1/11 8/1/10 11/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 3/1/11	1	6 9 5 3 40 10 3 35 1 2 15	71 78 57 63 65 54 68 40 60 40 34 42 49 23 53 41	23. 22. 22. 21. 18. 17. 16. 15. 15. 14. 14. 13.
9 May, Dan 0 Feller, Randy 1 Ashworth, David 2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 10 Nalley, Shane 11 Yeager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 14 Brouillard, Gene 2 15 Williams, Mary	5/1/11 11/1/10 12/1/10 6/1/11 4/1/11 5/1/11 1/1/11 8/1/10 11/1/10 3/1/11 12/1/10 1/1/11 3/1/11 3/1/11 3/1/11 3/1/11 3/1/11	1	9 5 3 40 10 3 35 1 2 15	78 57 63 65 54 68 40 60 40 34 42 49 23 53 41	22 22 21 18 17 17 16 15 15 15 14 14 14
0 Feller, Randy 1 Ashworth, David 2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 0 Nalley, Shane 11 Yeager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 4 Brouillard, Gene 2 15 Williams, Mary	11/1/10 12/1/10 6/1/11 6/1/11 4/1/11 5/1/11 5/1/11 1/1/11 8/1/10 11/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 3/1/11	1	5 3 40 10 3 35 1 2 15	57 63 65 54 68 40 60 40 34 42 49 23 53 41	22 21 18 17 17 16 15 15 15 14 14 14
2 Silke, Randy 3 Hudson, Hank 4 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 7 Fisher, Scott 8 Gerbig, Steve 9 Leader, Caron 2 20 Nalley, Shane 11 Yeager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 4 Brouillard, Gene 2 15 Williams, Mary	6/1/11 6/1/11 4/1/11 5/1/11 1/1/11 1/1/11 8/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 3/1/11 3/1/11 3/1/11	1	3 40 10 3 35 1 2 15	65 54 68 40 60 40 34 42 49 23 53 41	18 17 17 16 15 15 15 14 14 14
13 Hudson, Hank 14 Gardner, Gary 1 15 Oliver, Mark 16 Rold, Hope Jenkins 17 Fisher, Scott 18 Gerbig, Steve 19 Leader, Caron 2 20 Nalley, Shane 21 Yeager, Rusty 1 12 Ashworth, Vicky 23 Flynn, David 24 Brouillard, Gene 2	6/1/11 4/1/11 5/1/11 1/1/11 8/1/10 11/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 3/1/11	1	40 10 3 35 1 2 15	54 68 40 60 40 34 42 49 23 53 41	18/ 17/ 16/ 15/ 15/ 15/ 14/ 14/ 14/ 13/
14 Gardner, Gary 1 5 Oliver, Mark 6 Rold, Hope Jenkins 17 Fisher, Scott 18 Gerbig, Steve 9 Leader, Caron 2 20 Nalley, Shane 12 Yaager, Rusty 1 12 Ashworth, Vicky 13 Flynn, David 24 Brouillard, Gene 2 15 Williams, Mary	4/1/11 5/1/11 1/1/11 8/1/10 11/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11	1	40 10 3 35 1 2 15	68 40 60 40 34 42 49 23 53 41	17 16 15 15 15 14 14 14
15 Oliver, Mark 16 Rold, Hope Jenkins 17 Fisher, Scott 18 Gerbig, Steve 19 Leader, Caron 2 20 Nalley, Shane 21 Yeager, Rusty 1 22 Ashworth, Vicky 23 Flynn, David 24 Brouillard, Gene 2 25 Williams, Mary	5/1/11 1/1/11 8/1/10 11/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 3/1/11	1	3 35 1 2 15	60 40 34 42 49 23 53 41	16 15 15 15 14 14 14
17 Fisher, Scott 18 Gerbig, Steve 19 Leader, Caron 2 20 Nalley, Shane 21 Yeager, Rusty 1 22 Ashworth, Vicky 23 Flynn, David 24 Brouillard, Gene 2 25 Williams, Mary	8/1/10 11/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 3/1/11	1	35 1 2 15	40 34 42 49 23 53 41	15 15 15 14 14 13
18 Gerbig, Steve 9 Leader, Caron 2 20 Nalley, Shane 21 Yeager, Rusty 1 22 Ashworth, Vicky 33 Flynn, David 24 Brouillard, Gene 2 25 Williams, Mary	11/1/10 3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 11/1/10 3/1/11		35 1 2 15	34 42 49 23 53 41	15 15 14 14 13
19 Leader, Caron 2 20 Nalley, Shane 11 Yeager, Rusty 1 22 Ashworth, Vicky 23 Flynn, David 24 Brouillard, Gene 2 25 Williams, Mary	3/1/11 9/1/10 6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 11/1/10 3/1/11		1 2 15	42 49 23 53 41	15 14 14 13
21 Yeager, Rusty 1 22 Ashworth, Vicky 23 Flynn, David 24 Brouillard, Gene 2 25 Williams, Mary	6/1/11 12/1/10 1/1/11 5/1/11 3/1/11 11/1/10 3/1/11		15	23 53 41	14 13
22 Ashworth, Vicky 23 Flynn, David 24 Brouillard, Gene 2 25 Williams, Mary	12/1/10 1/1/11 5/1/11 3/1/11 11/1/10 3/1/11			53 41	13
23 Flynn, David 24 Brouillard, Gene 2 25 Williams, Mary	1/1/11 5/1/11 3/1/11 11/1/10 3/1/11		1	41	
25 Williams, Mary	3/1/11 11/1/10 3/1/11		1	42	
	11/1/10 3/1/11				13
	3/1/11	1	2	48 46	13
27 Boren, Mike		'	1	42	13 12
28 Robertson, Janet	2/1/11	1	·	49	12
29 Voegel, Bill	4/1/11		6	40	12
30 Weyer, Keith 31 Gardner, Opal	2/1/11 4/1/11			57 44	11 11
32 Pendley, Kevin	9/1/10		1	41	11
33 Buchta, Jane	9/1/11	1	3	33	11
34 Janowski, Robert	7/1/11			37	10
35 Ivie, Pat 36 Conner, David	10/1/10 6/1/11		3	16 38	9
37 Hanft, Renee'	4/1/11			30	7
	10/1/10		2	16	7
39 Brindle, Matt	5/1/11			38	7
	11/1/10 11/1/11			24 33	7: 6
12 Willett, Bobby	5/1/11		3	12	6
13 Lindenschmidt, Bart	3/1/11			29	6
l4 Hogan, Jack l5 Pendley, Ann	6/1/11 9/1/10			23 25	6
	10/1/11		4	6	5
	6/1/11			20	5
18 Myers, Dave	8/1/10		4	17	5
49 Ellis, Toby 50 Vercellotti, Jay	3/1/11 11/1/10		1	11 16	4
	12/1/10			23	4
	11/1/10			16	4
53 Klotz, Andrea 54 Hoss, Rita	8/1/10 4/1/11		2	9 10	3
55 Gilbert, Jane	4/1/11			16	3
56 Lever, Scott	8/1/11		2	7	3
7 Weyer, Audrey	2/1/11 6/1/11			22 12	3:
58 Gibbons, Anthony 59 Weyer, Brett	2/1/11			20	3
60 Weyer, Brock	2/1/11			19	2
61 McCarthy, Tom	7/1/11			13	2
62 Gaines, Mike 63 Hudson, Carol	6/1/11 6/1/11			10 13	2
64 Breivogel, Judy	2/1/11			12	2
65 Williams, Jeff	8/1/10			10	2
	12/1/10			8	2
67 Armstrong, Dan 68 Taylor, Cindy	1/1/11 9/1/11		1	8	2
69 Sullivan, Patrick	1/1/11		•	10	2
70 Miller, Charles	3/1/11			3	2
71 Fodstad, Bob	5/1/11			8	2
'2 Jones, Cory '3 Whittaker, Ashley	12/1/10 4/1/11			14 23	1 1
	12/1/10			9	19
75 Neff, Ward	11/1/10		1	3	18
75 Nance, Aulden 77 Young, Tracie	9/1/11 7/1/11			20 9	1 1
7 Young, Tracle 78 Long, Nathan	5/1/11			8	1
'9 Ward, Kelly	3/1/11			9	1
80 O'Malley, Nick	8/1/11			6	1:
31 Halsey, Craig 32 Weyer, Theresa	6/1/11 2/1/11			7 8	1: 1:
	11/1/10			6	1:
34 Messick, Bob	6/1/11			5	10
85 Nance, Fred	9/1/11		4	12	10
36 Trimborn, Bryan 37 Kuykendall, Deb	6/1/11 10/1/11		1 1	1 1	1
88 Kennedy, Bill	4/1/11			4	
39 Brindle, Carson	5/1/11			22	
	10/1/10			4	
90 Swonder, Linda 92 Reed, Robert	10/1/10 4/1/11			4	;
33 Ligon, Brooks	8/1/10			2	
94 Osborn, Eric	7/1/11			3	
95 Brindle, Sonya	5/1/11			16	
96 Breivogel, Gary 96 Folz, Gary	2/1/11 8/1/11			3	
96 Pendley, Nicholas	9/1/10			2	
99 Lee, Ronnie	8/1/10 11/1/11			3 6	(

	Club Member	Exp.	Ride Host	No. of Rides	
101	Bies, Gretchen	6/1/11		3	61
102	Majors, Bill	9/1/11		3	60
103	Conger, Kenny	5/1/11		2	55
104	Ward, Whitney	3/1/11		5	54
105	Colvin, Tony	4/1/11		2	46
105	Gerbig, Caleb	11/1/10		2	46
105	Gerbig, Madison	11/1/10		2	46
105	Paul, Larry	4/1/11		2	46
109	Bennett, John	5/1/11		2	44
110	Niekamp Garrett, Dorothy	6/1/11		2	34
111	Kurvach, Kurt	5/1/11		1	33
112	Clements, Jinnyi	7/1/11		1	32
113	Owen, Benjamin	7/1/11		1	23
113	Owen, Steve	7/1/11		1	23
115	Powers, Tina	10/1/10		1	22
115	Titzer, Sam	7/1/11		1	22
117	Hinchliffe, Jim	6/1/11		1	20
118	Wassmer, Yvette	7/1/11		1	12
118	Fodstad, Julie	5/1/11		1	12
118	Lonnberg, Tom	11/1/11		1	12
121	Lonnberg, Michael	11/1/11		1	8
122	Fisher, Alexander	8/1/10		1	7
122	Fisher, Hadley	8/1/10		1	7
124	Nance, Rhony	9/1/11		1	4

Overdue Memberships

Overdue Memberships									
Club Member	Ехр.	Ride Host	100 Miles	No. of Rides					
Krueger, Dan	6/1/10		7	47	1684				
Pendley, Ron	6/1/10		1	52	1566				
Villines, Mike	7/1/10		2	26	822				
Watson, Craig	7/1/10			24	644				
Demerly, Mike	7/1/10			26	580				
Riley, Cody	6/1/10		1	18	517				
Seger, Khris	3/1/10			12	347				
Roll, Steve	3/1/10			9	264				
Corino, Mike	4/1/10			7	210				
Lovins, Eric	3/1/10			2	91				
Maurer, Terrell	7/1/10			3	88				
Christ, Rick	6/1/10			3	67				
Woods, Larry	4/1/10			2	66				
Adkisson, Lindol	7/1/10			1	62				
Tran, Hoang	1/1/10			3	61				
Krueger, Leandra	6/1/10			2	60				
Reising, Kimron	7/1/10			2	30				
Swingle, Richard	3/1/10			1	19				

Men's Standings

wen's Standings					
Club Member	Exp.	Ride	100		
1 Cortor Archio		Host		Rides	
1 Carter, Archie	10/1/10		10 17	111 92	4108
2 Johnson, Bill	7/1/11 4/1/11		16	92 85	3648 3291
3 McCuiston, Dale4 Jensen, Paul	10/1/10		1	97	2549
5 May, Dan	5/1/11		- 1	97 78	2549
6 Feller, Randy	11/1/10		9	57	2221
7 Ashworth, David	12/1/10		5	63	2198
8 Silke, Randy	6/1/11		J	65	1841
9 Hudson, Hank	6/1/11		3	54	1801
10 Gardner, Gary 1	4/1/11		40	68	1766
11 Oliver, Mark	5/1/11		10	40	1754
12 Fisher, Scott	8/1/10		3	40	1595
13 Gerbig, Steve	11/1/10		35	34	1589
14 Nalley, Shane	9/1/10		2	49	1436
15 Yeager, Rusty 1	6/1/11		15	23	1412
16 Flynn, David	1/1/11			41	1351
17 Brouillard, Gene 2	5/1/11		1	42	1350
18 Boren, Mike	3/1/11		1	42	1245
19 Voegel, Bill	4/1/11		6	40	1217
20 Weyer, Keith	2/1/11			57	1195
21 Pendley, Kevin	9/1/10		1	41	1177
22 Janowski, Robert	7/1/11			37	1047
23 Ivie, Pat	10/1/10		3	16	979
24 Conner, David	6/1/11			38	910
25 Sotolongo, Mike	10/1/10		2	16	757
26 Brindle, Matt	5/1/11			38	738
27 Willett, Bobby	5/1/11		3	12	663
28 Lindenschmidt, Bart	3/1/11			29	661
29 Hogan, Jack	6/1/11			23	659
30 Kuykendall, Dave	10/1/11		4	6	534
30 Weddle, Matt	6/1/11			20	534
32 Myers, Dave	8/1/10		1	17	514
33 Ellis, Toby 34 Vercellotti, Jay	3/1/11 11/1/10		- 1	11 16	498 471
35 Jones, Curt D.	12/1/10			23	471
36 Merrick, David	11/1/10			16	406
37 Lever, Scott	8/1/11		2	7	330
38 Gibbons, Anthony	6/1/11		2	12	320
39 Weyer, Brett	2/1/11			20	317
40 Weyer, Brock	2/1/11			19	297
41 McCarthy, Tom	7/1/11			13	289
42 Gaines, Mike	6/1/11			10	286
43 Williams, Jeff	8/1/10			10	273
44 Niethammer, Jim	12/1/10			8	251
45 Armstrong, Dan	1/1/11			8	246
46 Sullivan, Patrick	1/1/11			10	231
47 Miller, Charles	3/1/11			3	204
48 Fodstad, Bob	5/1/11			8	200
49 Jones, Cory	12/1/10			14	193

	Club Member	Exp.	Ride Host	100 Miles	No. of Rides	
50	Neff, Ward	11/1/10		1	3	180
50	Nance, Aulden	9/1/11			20	180
52	Long, Nathan	5/1/11			8	176
53	O'Malley, Nick	8/1/11			6	154
54	Halsey, Craig	6/1/11			7	151
55	VanStone, Gene	11/1/10			6	120
56	Nance, Fred	9/1/11			12	102
57	Trimborn, Bryan	6/1/11		1	1	101
58	Kennedy, Bill	4/1/11			4	96
59	Brindle, Carson	5/1/11			22	95
	Swonder, Drew	10/1/10			4	88
61	Reed, Robert	4/1/11			2	86
62	Ligon, Brooks	8/1/10				81
	Osborn, Eric	7/1/11			3 2	72
64	Pendley, Nicholas	9/1/10			2	66
65	Lee, Ronnie	8/1/10			3	64
66	Lonnberg, Adam	11/1/11			6	62
68	Conger, Kenny	5/1/11			2	55
69	Colvin, Tony	4/1/11			2	46
69	Gerbig, Caleb	11/1/10			2	46
69	Paul, Larry	4/1/11			2	46
72	Bennett, John	5/1/11			2	44
73	Owen, Benjamin	7/1/11			1	23
73	Owen, Steve	7/1/11			1	23
75	Titzer, Sam	7/1/11			1	22
76	Hinchliffe, Jim	6/1/11			1	20
	Lonnberg, Tom	11/1/11			1	12
78	Lonnberg, Michael	11/1/11			1	8
79	Fisher, Alexander	8/1/10			1	7

Women's Standings

		3 -				
	Club Member	Exp.	Ride Host	100 Miles	No. of Rides	
1	Holland, Diana	11/1/10		9	98	3595
2	Bies, Diane 2	6/1/11		11	101	3372
3	Loehrlein, Colette 2	10/1/10		8	75	2811
4	Jones, Cindy 2	12/1/10		6	71	2329
5	Rold, Hope Jenkins	1/1/11	1		60	1605
6	Leader, Caron 2	3/1/11		1	42	1507
7	Ashworth, Vicky	12/1/10			53	1369
8	Williams, Mary	3/1/11			48	1346
9	Wefel, Darlene	11/1/10	1	2	46	1330
10	Robertson, Janet	2/1/11	1		49	1240
	Gardner, Opal	4/1/11			44	1189
12	Buchta, Jane	9/1/11	1	3	33	1103
13	Hanft, Renee'	4/1/11			30	799
14	Clemmer, Linda	11/1/10			24	733
15	Lonnberg, Kelly	11/1/11			33	672
16	Pendley, Ann	9/1/10			25	635
17	Klotz, Andrea	8/1/10		2	9	344
18	Hoss, Rita	4/1/11			10	343
19	Gilbert, Jane	4/1/11			16	335
20	Weyer, Audrey	2/1/11			22	328
21	Hudson, Carol	6/1/11			13	284
22	Breivogel, Judy	2/1/11			12	275
	Taylor, Cindy	9/1/11		1	3	235
24	Whittaker, Ashley	4/1/11			23	191
25	Mercer, Michelle	12/1/10			9	190
26	Young, Tracie	7/1/11			9	178
27	Ward, Kelly	3/1/11			9	162
28	Weyer, Theresa	2/1/11			8	129
29	Kuykendall, Deb	10/1/11		1	1	100
30	Swonder, Linda	10/1/10			4	88
31	Brindle, Sonya	5/1/11			16	71
32	Bies, Gretchen	6/1/11			3	61
33	Ward, Whitney	3/1/11			5	54
34	Gerbig, Madison	11/1/10			2	46
35	Niekamp Garrett, Dorothy	6/1/11			2	34
36	Clements, Jinnyi	7/1/11			1	32
	Powers, Tina	10/1/10			1	22
38	Wassmer, Yvette	7/1/11			1	12
38	Fodstad, Julie	5/1/11			1	12
	Fisher, Hadley	8/1/10			1	7
	Nance, Rhony	9/1/11			1	4
	Milaana					

Youth Mileage

	Club Member	Exp.	Ride Host	100 Miles	No. of Rides	
	Brindle, Carson	5/1/11			22	95
	Gerbig, Caleb	11/1/10			2	46
	Gerbig, Madison	11/1/10			2	46
	Herrell, Carson	8/1/11			3	17
	Herrell, Nolan	8/1/11			5	43
	Jones, Cory	12/1/10			14	193
	Lonnberg, Adam	11/1/11			6	62
	Lonnberg, Michael	11/1/11			1	8
	McCuiston, Adam	4/1/11			1	43
	Nance, Aulden	9/1/11			20	180
	Pendley, Nicholas	9/1/10			2	66
	Weyer, Audrey	2/1/11			22	328
	Weyer, Brett	2/1/11			20	317
	Weyer, Brock	2/1/11			19	297
	Whittaker, Ashley	4/1/11			23	191
٠.	mmuting Milaa	~~				

C	OI	nı	mι	ltir	ηg	IVIII	eage

Club Member	Miles	Month
Dave Myers	1552	April
Tom Ballard	1090	June
Dan Krueger	299	March
Gary Gardner	44	August

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