



# EBC Bikewriter

## The Evansville Bicycle Club Newsletter

### THE PRESIDENT'S CORNER

#### Paul Jensen

Ho Ho Ho....Hope you got everything you wanted from the big guy in the red suit. He is probably the last guy allowed to smoke in the house. Now Santa can get on his trainer and get in shape for spring riding.

Speaking of the weather, we knew with all those beautiful biking days in November that we were going to have to pay some-time. December has gotten back at us with a vengeance. Maybe January will treat us a bit better.

GIANT THANK YOUS AND KUDOS TO OUR RETIRING OFFICERS:

**David and Vicky Ashworth** who are retiring from their Board positions as **membership chairman** and **Secretary** respectively. **Renee' Hanft** who has served as the **editor** of "Bikewriter" for the past two years. **Jay Vercellotti** who is going to retire from 1/2 of his duties. No longer will he be touring **chairman**, however he will remain as the **webmaster** with promises of new and cool changes for our website as well as all things electronic.

This opens up opportunities for many of you who might want to "make a difference" and throw your hat into the ring and be a candidate for office in this fine club. The by-laws of the **Evansville Bicycle Club** call for all positions on the board to be elected each year at the Annual Meeting. The EBC holds its annual meeting as a part of the annual banquet, which this year is to be held on January 15. If you are interested in any position on the board, contact a member of the nominating committee to have your name placed on the ballot. The nominating committee consists of Paul Jensen, Darlene Wefel, Rusty Yeager, Jay Vercellotti and Hank Hudson.

Their phone numbers can be found on the first page of the newsletter. You can also declare yourself as a candidate the night of the banquet.

In addition to great food, drink, elections, and awards....there will be **ALL KINDS OF PRIZES**. **Gilles Cycling and Fitness** has again graciously donated \$500.00 to be distributed among a host of winners. **Dan's Competition** has also donated a total of \$300.00. The **Wii console** won by yours truly at the "Run of Luck" will also be one of the major prizes to be drawn. In addition there will be some smaller, but worthwhile, prizes to be given out throughout the evening. Thanks to Keith Weyer and his campaign to expand the Youth Cycling program, the banquet could find itself with more than twice the number of youngsters attending.

Dave Stensaas is leaving. This is sad news for local cyclists whether they are aware of it or not. Dave was a transportation planner for the Evansville Metropolitan Planning Organization and was a bulldog for issues concerning the construction of and improvement of bicycle routes in and around the city of Evansville. He also served as an information center for anything newsworthy about cycling throughout the country. He is returning to his stomping grounds of Marquette, MI where he will be continuing his mission of improving two wheeled traffic. An email was sent last week by Ann announcing that his position is vacant. Anybody interested?

See you at the Banquet!

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

Newsletter  
Bikewriter@evansvillebicycleclub.org

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## EBC BANQUET UPDATE

Hello bicycling friends,

We wish to update you on the upcoming EBC banquet to be held on Saturday evening, January 15, 2011, at Kirby's. It starts at 5:30 with the buffet at 6:15 with a good selection and delicious desserts. There will be a cash bar for anyone who wishes to celebrate with a drink. Dress is casual. Rusty will present the awards after the dinner and he usually has a surprise for us in his presentation. So, plan on coming to Kirby's for an evening of fun and relaxation with your biking friends.

This year Dan's Competition and Gilles are offering gift certificates. Dan's is donating three \$100 certificates. Gilles is donating two \$100 certificates, two \$75 certificates, two \$50 certificates and two \$25 certificates. You need to be present to win.

The banquet reservation form is included in the January Newsletter. The deadline for getting in your reservation to Hope is Saturday, January 8, 2011. The prices will be the same as last year, please check the reservation form.

**Vicky Ashworth  
Hope Rold  
EBC Banquet Coordinators**



### **Welcome New Members**

DARREN THOMPSON  
CAROLYN THOMPSON  
NATHAN THOMPSON  
ETHAN THOMPSON



### **League of American Bicyclists**

[www.bikeleague.org](http://www.bikeleague.org)

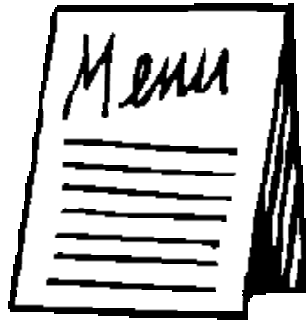
**Mission:** To promote bicycling for fun, fitness, and transportation. Work through advocacy and education for a bicycle-friendly America.

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/>



Evansville Bicycle Club Annual Banquet

Kirby's Private Dining  
1119 Parrett Street  
Evansville, IN 47713

January 15, 2011  
Cocktails (Cash Bar)  
5:30 p.m.

Dinner  
6:15 p.m.

**RSVP by January 8. 2011**

**ALL MEMBERS/GUEST RESERVATIONS MUST BE PREPAID**

		Number Attending	Total
Ride Host	@	NO CHARGE	\$ .
Members	@	\$ 12.50	\$ .
Family Membership	@	\$ 25.00	\$ .
Guest	@	\$ 25.00	\$ .
<b>Total Amount Due</b>			<b>\$ .</b>

Guest under 12 are 1/2 price.

Please make checks payable to EBC and mail to: Hope Rold  
961 Blue Ridge Rd.  
Evansville, IN 47714  
(812) 471-8011

Please provide name of all attending:

\_\_\_\_\_

\_\_\_\_\_

## How to Hold Your Own on Fast Club Rides

By Fred Matheny of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

The major activity of any cycling club, racing or touring, is the group ride. As a result, it's important to know how to hang tough on a given ride and make yourself welcome on the next one. Success is often due to more than fitness. Here's a club cycling primer!

### ***Know the group's traditions.***

Some clubs like to start all rides, no matter how fast they'll eventually become, with 20 or 30 minutes of easy warm-up. If you're impatient early, you can cause hard feelings by chafing at the bit to go faster. When you know the pattern, it's easier to be patient.

### ***Know what kind of ride is planned.***

Will it be a fast training ride? A leisurely spin? Paceline practice? It's disruptive when most of the group is thinking one thing while one or two cyclists are on a different agenda. If an easy recovery ride is scheduled, but you're out for hard training, people are going to get angry. Be certain of the ride's goal before the start.

### ***Don't be a loco locomotive.***

If you're having trouble taking your pulls at the front, get off quickly and slide back to get maximum draft in the paceline. It's far better to sit on the back and let others do the work than to slow everyone with valiant but sluggish turns at the front.

### ***Use a racing trick if you often get dropped on climbs.***

As a climb begins, be nestled in the front third of the bunch. Get as much draft as possible. If you can't hold the pace, don't blow up trying. Let yourself slide back through the group but still be in contact at the top.

### ***Accept help on hills.***

Stronger cyclists may give you a helpful push as they ride by. Don't be embarrassed by their help. They probably got towed up climbs when they were starting, too. A short push often allows you to regain your breathing and climbing rhythm so you can continue on your own.

### ***Pick a strong rider to follow.***

If you're really having difficulty keeping the pace, get on the wheel of a good rider and mirror his (or her) technique. Use the same gear, stand when he does, take a drink as soon as he reaches for his bottle, and so on. This teaches you good cycling habits. Plus, emulating his movements takes your mind off your own effort and helps you past the hard spots.

### ***Don't be afraid to say the pace is too hard.***

It's a good bet that other cyclists feel the same way but are reticent to speak up—or can't, because they're breathing too hard to talk! Perhaps even the riders who are setting the pace are having difficulty, but they continue to go hard out of vanity or because they think everyone else expects them to. A little communication goes a long way in making a group ride a more pleasant and productive experience.

### ***If you always have trouble holding the pace, look for different group.***

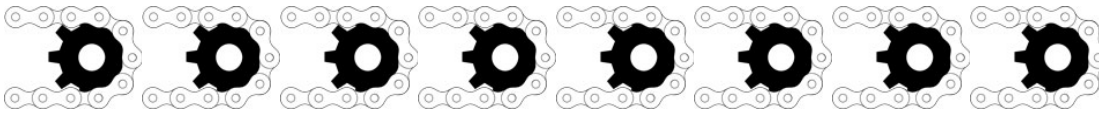
Find one closer to your ability level. There's no shame in rationally assessing your strength and choosing cyclists who share it. You'll actually improve faster if you ride with a group that you are on equal terms with. You'll be able to practice paceline cycling, following a wheel, riding in close quarters, cornering in a group, and other important skills.

### ***Don't let group cycling hurt your progress.***

Frequently riding with a too-fast group will make you tired. You won't improve as rapidly as you might with more rest. A pace that's too fast will hurt you mentally, too. You'll begin to associate cycling with pain, misery and disappointment. Don't let your ego overpower your better judgment. An appropriate dose of humility now will pay dividends later.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at [www.RoadBikeRider.com](http://www.RoadBikeRider.com). No cost or obligation!

# MARKED UP!



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

**Wednesday Night Circuit Rides:** For January, the circuit rides will alternate between Wesselman's Park and Garvin Park. Then in February, Wesselman's will be off the schedule for a couple months due to the coming lizard migration.

**January 1 Ride:** The Polar Bears or Sissies Ride will be held again this year. However, instead of being hosted by members, it is being hosted by the club and it will be potluck, so bring a dish or some treats! We have rented the Lock & Dam building again this year which is heated and even has bathrooms! So even if you are a sissy and think it is too cold to ride, come down and hang out with the club! For the polar bears, we will probably have the normal 27 mile route and possibly a shorter route.

**The End of the Tour:** After 6 years as Tour Director, I will be stepping down. I've enjoyed putting the schedule together since I started in 2005, but I realized I just had too many things going at once and that it was time to move on. Fortunately, Jane Buchta has volunteered to take over the position and I'm sure she

will do an amazing job. Everyone please join me in supporting her as she starts in this new adventure.

I've created a new email address for anything touring-related: [rides@evansvillebicycleclub.org](mailto:rides@evansvillebicycleclub.org). Jane will be taking over that address in February.

**Webmaster:** I will be staying on as Webmaster and I know I've been saying it for a year now, but I have big plans. By giving up the Tour Director position, I will have more time to tackle the next EBC web site upgrade. Stay tuned for more updates.

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

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## Event Information

**Jan 1: 1:00 PM New Year's Day Ride for Polar Bears or Sissies @ Old Dam Newburgh.** Potluck—Bring a dish! This is in the heated Lock & Dam building down by the river next to where we start our Thursday morning rides. Hosted by the EBC. 27 mi (possible shorter route TBD).

# January 2011 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 &amp; <b>PARK ON PAVEMENT!</b></i></p> <p><i><b>SEE EVENT INFO ON BACK FOR MORE DETAILS!</b></i></p> <p><i><a href="http://www.evansvillebicycleclub.org">http://www.evansvillebicycleclub.org</a></i></p>		<p><b>Start the year with a bike ride.</b></p> <p><b>We have rented the heated Lock &amp; Dam building again.</b></p> <p><b>Don't miss this one!</b></p> <p style="text-align: right;">→</p>			<p><i>1 New Year's Day</i></p> <p><b>1:00 PM New Year's Day Ride for Polar Bears or Sissies @ Old Dam</b> Newburgh. Potluck—Bring a dish! Hosted by the EBC. 27 mi (possible shorter route TBD).</p>	
<p><b>2 10:00 AM @ West Terrace School</b> (near USI), 19/33 mi.</p> <p><b>2:00 PM Come Ride With Us @ I-164 Access</b> Burkhardt &amp; Olmstead Rds. 17/22/33 mi.</p>	<p><b>3 Club Jersey Sundays. Wear your Evansville Bicycle Club Jersey on the Sunday club</b></p>	<p><b>4 9:00 AM @ I-164 Access</b> Burkhardt &amp; Olmstead rds. 17/22 mi.</p>	<p><b>5 6:00 PM Circuit Ride @ Wesselman's Park</b> on Boeke Rd. Ride 1 hour. 20 mi. <b>Head and tail lights required!</b></p>	<p><b>6 9:00 AM @ Old Dam Site</b>, Newburgh, 27 mi.</p>	<p><b>7 Directions to H.C. H.S.</b> Take Pennyrile Pkwy to SR 351 exit go East (coming from Evansville go under Pennyrile) approximately 1/2 mi. to school on right.</p>	<p><b>8 9:30AM &amp; 1:00 PM @ Henderson Co. High School</b> in Henderson, KY 24/32/47 mi.</p>
<p><b>9 10:00 AM @ Castle HS</b> on Hwy 261 in Newburgh 23/35 mi.</p> <p><b>2:00 PM Come Ride With Us @ I-164 Access</b> Burkhardt &amp; Olmstead Rds. 17/22/33 mi.</p>	<p><i>10</i></p>	<p><b>11 9:00 AM @ I-164 Access</b> Burkhardt &amp; Olmstead rds. 17/22 mi.</p>	<p><b>12 6:00 PM Circuit Ride @ Garvin Park</b> on Boeke Rd. Ride 1 hour. 20 mi. <b>Head and tail lights required!</b></p>	<p><b>13 9:00 AM @ Old Dam Site</b>, Newburgh, 27 mi.</p>	<p><i>14</i></p>	<p><b>15 9:30 AM &amp; 1:00 PM @ Elite Fitness</b> (57 &amp; Kansas) 16/23/35/43 mi.</p> <p><b>5:30 PM EBC Annual Club Banquet</b>—Kirby's Private Dining, 1119 Parrett St. Reservations Required.</p>
<p><b>16 10:00 AM @ Mesker Park</b>. Mesker Park Dr. &amp; Wimberg Ave. 23/38 mi.</p> <p><b>2:00 PM Come Ride With Us @ I-164 Access</b> Burkhardt &amp; Olmstead Rds. 17/22/33 mi.</p>	<p><i>17</i></p>	<p><b>18 9:00 AM @ I-164 Access</b> Burkhardt &amp; Olmstead rds. 17/22 mi.</p>	<p><b>19 6:00 PM Circuit Ride @ Wesselman's Park</b> on Boeke Rd. Ride 1 hour. 20 mi. <b>Head and tail lights required!</b></p>	<p><b>20 9:00 AM @ Old Dam Site</b>, Newburgh, 27 mi.</p>	<p><i>21</i></p>	<p><b>22 9:30 AM &amp; 1:00 PM @ Elite Fitness</b> (57 &amp; Kansas) 16/23/35/43 mi.</p>
<p><b>23 10:00 AM @ Henderson Co. High School</b> in Henderson, KY 24/32 mi.</p> <p><b>2:00 PM Come Ride With Us @ I-164 Access</b> Burkhardt &amp; Olmstead Rds. 17/22/33 mi.</p>	<p><i>24</i></p>	<p><b>25 9:00 AM @ I-164 Access</b> Burkhardt &amp; Olmstead rds. 17/22 mi.</p>	<p><b>26 6:00 PM Circuit Ride @ Garvin Park</b> on Boeke Rd. Ride 1 hour. 20 mi. <b>Head and tail lights required!</b></p>	<p><b>27 9:00 AM @ Old Dam Site</b>, Newburgh, 27 mi.</p>	<p><i>28</i></p>	<p><b>29 9:30 AM &amp; 1:00 PM @ Elite Fitness</b> (57 &amp; Kansas) 16/23/35/43 mi.</p>
<p><b>30 10:00 AM @ Scott School</b> on Old State Rd. 15/26/33 mi.</p> <p><b>2:00 PM Come Ride With Us @ I-164 Access</b> Burkhardt &amp; Olmstead Rds. 17/22/33 mi.</p>	<p><i>31</i></p>		<p>Stats?: Rusty Yeager ryeager42 @wowway.com</p> <p>Newsletter?: Name TBD bike-writer@ evansvillebicycleclub.org</p> <p>\$\$=Registration Fee</p>	<p><b>Ride hosts welcome for February and March</b></p> <p>To host a ride, or for general info about the rides on this calendar, call or e-mail</p> <p>Jay Vercellotti @ 812-746-9350 rides @evansvillebicycleclub.org</p>	<p><b>Join Elite Fitness</b></p> <p><b>Evansville Bicycle Club members ONLY with 300 club miles can join Elite Fitness for the 4 months of Nov., Dec., Jan., &amp; Feb. for \$80.</b></p> <p><b>858-8300 or 868-8650</b></p>	





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.

Mail to: Dave Ashworth  
613 Vernonwood Ct.  
Evansville, IN 47712  
Email: [d.ashworth@insightbb.com](mailto:d.ashworth@insightbb.com)