



Bikewriter

NEWSLETTER OF THE EVANSVILLE BICYCLE CLUB, EVANSVILLE, INDIANA

"The bicycle has a soul. If you succeed to love it, it will give you emotions that you will never forget." —Mario Cipollini

Paul Jensen, The President's Corner

BREAKING NEWS.....The Evansville Bicycle Club has been nominated for the 2012 CELEBRATION OF LEADERSHIP AWARD by Leadership Evansville

Our GREAT PUMPKIN METRIC was entered in the Project Division, Health/Social Service Category. EBC is honored to even be nominated, but do feel that this event is well worth the nomination. If anyone would like to attend the date is March 15 at the Centre with the ceremony kicking off at 6:00 p.m. with a stand-up reception following the award ceremony.

Right day, Right time.....I now officially have my name on the mileage page for 2012. This event occurred on Saturday, February 18 for a brisk twenty three miler. It took a half hour to find and dress myself appropriately another twenty five minutes to lubricate, fill tires and re-educate myself on the electronic devices. Felt great at the start and really great at the finish.

The prediction for non-leaded regular gas is going to be in the \$4.50 range by Memorial Day. Maybe the Evansville Area can begin to shed its reputation as the most obese section in America by aggressively promoting and presenting more opportunities to use alternate means of transport..... like ride a bike. Whether to our place of employment, the pharmacy, an athletic event or to visit a friend, think of riding your bike.

Some other interesting tidbits:

- In 2009, 40% of trips in the United States were shorter than 2 miles, yet 87% of these trips are by car. Twenty-seven percent of trips were shorter than 1 mile. Still, Americans use their cars for 62% of these trips.
- Bicycling and walking projects create 11-14 jobs per \$1 million spent, compared to just 7 jobs created per \$1 million spent on highway projects. Cost benefit analysis show that up to \$11.80 in benefits can be gained for every \$1 invested in bicycling and walking.
- On average, the largest 51 U.S. cities show a 29% increase in bicycle facilities since the 2010 report. Cities report that 20,908 miles of bicycle facilities and 7,079 miles of pedestrian facilities are planned for the coming years (much of this contingent upon funding).

AND speaking of funding

Recently the House released its transportation bill, the American Energy and Infrastructure Jobs Act. We expected the bill to be bad news for biking and walking,

but we didn't think it would go so far as to reverse all the progress we have made in the past twenty years.

The bill as it is currently written would: Eliminate dedicated funding for trails, walking and bicycling.

- Destroy long-term dedicated funding for transit created by the Reagan Administration;
- Do away with the rail-trail eligibility category in the Transportation Enhancements (TE) program;
- Put our children in harm's way by eliminating the Safe Routes to School program;

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Our monthly club meeting is on the second Thursday of every month except January at the Pizza Chef in Newburgh Indiana at 6:30 PM.

Evansville Bicycle Club, Inc. Mission Statement

The Evansville Bicycle Club Inc. is an organization formed to promote bicycling in the Tri-State area. We advocate bicycle safety and education in our local communities by participating in and supporting health, fitness and cycling activities. The club provides the opportunity for cyclist of all ages and abilities to partake in cycling activities on a regular basis by offering a variety of rides weekly.



e b c kids corner

A PARENT'S GUIDE TO YOUTH CYCLING

By Johanna Sorrentino, courtesy of Education.com

One of the most coveted sporting events in history is coming up right around the corner: the Tour de France. This high profile race is a great motivator for kids and parents to get on their bikes this summer.

Biking offers a myriad of physical, emotional and developmental benefits for kids. Leah Shahum, Executive Director of the San Francisco Bicycle Coalition, one of the oldest bicycle advocacy organizations in the country, says biking gives kids:

A sense of independence. "Biking is really a vehicle of independence, giving them the confidence to explore their neighborhoods, and meet with friends," she says.

Physical exercise. Shahum says biking provides a great opportunity for kids to get away from the screen, and improve physical fitness in an outdoor setting. Not only is biking a huge calorie-burner, and a great way to develop balance, but it also is a less impactful form of exercise, leading to fewer injuries over a long period. "In terms of developing a regular routine of exercising, biking can be a really sustainable way for people of all various physical abilities," Shahum says. "That's important because not all kids are naturally athletic, and this is a way to include kids who aren't star athletes. You don't have to be football quarterback or gymnast to enjoy biking with your family every weekend."

Quality Family Time. Biking is a great way to pass the weekend as a family. "If you want to encourage in your child a love for exploration, this is a great way to do it together as a family," Shahum says. "Explore your neighborhood, your city, or another part of the city together." Need to find a good place to bike? Shahum says your local bike coalition can be a great place to research routes. Search for a coalition in your area at the League of American Bicyclists or the Thunderhead Alliance

And, yet despite these benefits, research shows less than 1% of children ages 7-15 now ride bicycles to school. Shahum says a lot of that may boil down to a public perception that biking is dangerous for kids, and yet, she points out, automobile accidents are the leading cause of unintentional injury-related death for children under the age of 15. "There are many dangerous things and we have to put it all in perspective. It's far more safe to bike in many urban environments than people think, in part because the number of people biking is skyrocketing. When more people bike, it gets safer because there's more awareness among motorists."

If you're in the midst of teaching your child to ride a bike, here are some tips from the San Francisco Bike Coalition:

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EBC 2012 CONTACTS

Paul Jensen—President
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Darlene Wefel—Treasurer &
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www.evansvillebicycleclub.org

Paul Jensen, The President's Corner

(CONTINUED FROM PAGE 1)

- Fail to maximize its job creation potential, since trail, walking and bicycling projects create substantially more jobs per dollar than do highway projects;
- Increase America's dependence on foreign oil; and
- Contribute to our growing health and obesity crises.

Unfortunately, both the House and Senate bills take drastic steps to eliminate dedicated funding for trails, walking and bicycling despite 20 years of wildly popular and cost-effective investment in building safer and healthier communities.

But thankfully, there is a solution! U.S. Senators Ben Cardin (D-Md.) and Thad Cochran (R-Miss.) have introduced an amendment (Amdt. #1549) to the Senate bill that would ensure communities a fair shot at dedicating

funding for trails, walking and bicycling. Further, Senator Klobuchar (D-Minn.) will introduce an amendment that would restore the Recreational Trails Program.

In this type of legislation has had a positive effect on our ability to present favorable projects in the tri-state and future funding of trails and bicycle progress could be severely hindered if allowed to pass. Larry Bucshon is the 8th district Representative and as I understand it is on the committee (and voted against the amendment) that would lead to restoring funding to its current level. You are urged to contact Representative Bucshon for an explanation and to urge his support in the future. The next few weeks will have a long term effect on the future of cycling for the next several years. Hopefully we don't reverse to the mentality of the 60's and 70's when the automobile was THE only means of transportation.

Cheers, Parthur

CLUB JERSEYS

Club Jersey's In Stock - If you are wanting to get one of these new club jerseys please contact me at dwefel@wowway.com or call 812-568-9828 and I can bring them to a ride, you can pick them up at my home or at a club meeting.

Short Sleeved Jersey's \$60, Sleeveless Jersey \$60 (limited quantities), Long Sleeved \$65, and Bike Shorts \$50.

We have both women's and men's in stock.



A PARENT'S GUIDE TO YOUTH CYCLING

By Johanna Sorrentino, courtesy of Education.com -- continued from page 2

Resist the temptation to get training wheels. They prevent children from learning to balance properly, especially on turns.

Skip tricycles, and get a toy bike that has pedals attached to the front wheel. Remove the training wheels and hacksaw off the cranks and pedals, then lower the seat so that the child can sit comfortably with both feet flat and knees bent. The foam tires have enough rolling resistance that the child will not be able to coast very fast as long as you stay away from steep hills. When out walking, shove a stick into the space behind the seat and you can roll them along almost as easily as in a stroller.

A push scooter is another good alternative. It's less intimidating and you can ride on the back and steer until your child gets the hang of it. Just remember that skate wheel scooters have poor brakes and on hills can easily go too fast to stop.

When buying that first real bike, too small is better. A bike that's too big is intimidating, and that can distract your child from learning about steering and balance. If you're worried about your child quickly growing out of her bike consider getting a cheap one at a thrift store that is small enough for her to put both feet on the ground. Then, once your child gets her balance, you can trade it in for a larger bike.

When teaching balance, practice in a wide, flat area. Bikes don't actually ever go in a straight line and while learning to balance, a child shouldn't also have to worry about running off the path. Let her loop and swerve until she gets her balance, then start to work on going in a specific direction. A child who tries to initiate a turn by twisting the handlebars ends up steering the bike out from under her-

self. Instead, a successful turn starts by leaning, then resisting the handlebars' tendency to oversteer.

In recent years helmets have been oversold as safety devices to the point that many parents believe that wearing one is sufficient protection for any bike crash. This is not so. Most deaths come from being hit by a car, the situation in which a helmet is least likely to be effective. A helmet protects one body part in a fall.

Good technique prevents both falls and impacts from cars. Teaching technique can start years before the child rides. While walking or riding, talk about what you are doing and why; explain how to watch for traffic, where a driver's blind spots are, and how parked vehicles obstruct a driver's view, especially of a short rider. Falling is a learned skill and preparation can start well before children can ride. Practicing at low speeds without a helmet ingrains an instinctive tuck and roll.

Gymnastics classes that emphasize tumbling help children feel comfortable hitting the ground in a way that protects not only the head, but wrists, elbows and knees. Praise your children when she lands well or steps off the bike instead of falling tangled up in it.

Whether your child is just learning to ride a bike or getting motivated to get back in the seat by the upcoming Tour de France competition, your encouragement will help pave the way for a healthier, safer little athlete.

Happy cycling!



A few GPM Jerseys still remain.

We have the following sizes:

Men's Medium 4,
Men's Large 2,
Men's XL 1

Women's Small 1,
Medium 4,
XL 2

Cost \$55 each.
No more will be ordered.

A few members still need to pick up their jerseys.

If interested call Darlene Wefel
812-568-9828

RENEWING MEMBERS for MARCH

Amy Lutzel

Jane Buchta

Bike Education

Teaching Cyclists to Ride Safely and Motorists to Share the Road

As roadways and bike trails become increasingly complex and congested, do you know all you need to know to safely ride a bicycle? Do you feel you know enough to teach your children how to ride cautiously and conspicuously while on their own? When you drive your car, are you confident on how to share the road with bicyclists? The Smart Cycling program gives you the tips, tools, and techniques to confidently to answer YES to each of those questions.

On our roadways, bikes are treated as vehicles. Simply knowing how to ride a bike is not the same as knowing how to operate a bike safely and legally.

The Smart Cycling program is a set of curricula for adults and children and the certified instructors that teach it. Smart Cycling classes are taught across the United States by certified League Cycling Instructors (LCI).

For information on how you can get cycling tips and presentations right now, visit the Ride Better pages.

Smart Cycling Presentations

Smart Cycling: Andy Clarke, League President
Minneapolis: Educational Efforts and Other Strategies
Encouraging Kids to Ride
Lockheed Martin Yellow Bike Program
Institutional Change: Is Riding a Part of Your Work Day?
Institutional Change
Sensitizing Local Governments to the Needs of Cyclists
Sensitizing Transportation Professionals to Needs of Cyclists
Smart Cycling Funding
San Jose Education Programs
Smart Cycling in San Jose and Silicon Valley
Funding Opportunities
Nonmotorized Transportation Pilot Program

Motorist Education

Reach Lots of People: Take Bike Ed to a Huge Audience
Marketing 101: Selling your Classes and Services Effectively
Marketing Bicycle Safety Training

New Smart Cycling Brochure

Our Smart Cycling brochure promotes bicycle education.

Looking for Courses or Seminars?

Use the Find It search on the website where you can find courses and seminars based on your zip code. Or, if timing is everything, view the courses and seminars using our event calendar.

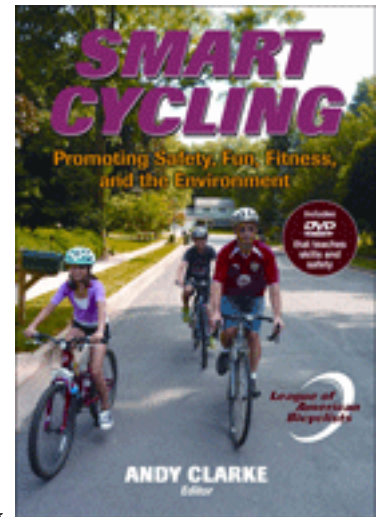
already a League Cycling Instructor (LCI)?

League Cycling Instructors can log in at the Instructor Corner for course administration, files and more.

Bike Education

Course Descriptions
Courses or Instructors by State
LCI Certification
Instructor Seminar Schedule
Ride Better Tips
Instructor Corner
Bicycling 123
BikeEd.org

The League's new book Smart Cycling: Promoting Safety, Fun, Fitness, and the Environment is perfect for new and returning cyclists. Smart Cycling, edited by League President Andy Clarke & published by Human Kinetics, covers what all bicyclists need for riding for fun, fitness and transportation.



March 2012 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4 10:00 AM @ Mesker Park Dr. and Wimberg Ave. 23 or 38 mi.</p> <p>2:00 PM Come Ride With Us @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>5</p>	<p>6 9:00 AM @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22 mi.</p>	<p>7 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>1 9:00 AM @ Old Dam Site, Newburgh, 27 mi.</p>	<p>2</p>	<p>3 9:30 AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24, 32, 47 mi.</p>
<p><i>11 Daylight Saving time</i></p> <p>10:00 AM @ Henderson Co. High School in Henderson, KY 24, 32 mi.</p> <p>2:00 PM Come Ride With Us @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>12 5:30 PM Come Ride With Us @ 4-H Fairground 15 mi.</p>	<p>13 9:00 AM @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22 mi</p> <p>5:30 PM @ L-164 Access, Burkhardt & Olmstead Rd. 17 mi.</p>	<p>14 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>8 9:00 AM @ Mesker Park Dr. 23 mi.</p> <p>6:30 PM Club Meeting @ Pizza Chef Newburgh, near Westeman's on Hwy 261 Tire Changing workshop after mtg.</p>	<p>9</p>	<p>10 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas Rd) 16, 23, 35, 43 mi.</p>
<p>18 10:00 AM @ Scott School on Old State Rd. 15, 26, 33 mi.</p> <p>2:00 PM Come Ride With Us @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>19 5:30 PM Come Ride With Us @ 4-H Fairground 15 mi.</p>	<p>20 9:00 AM @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22 mi</p> <p>5:30 PM @ L-164 Access, Burkhardt & Olmstead Rd. 17 mi.</p>	<p>21 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>22 8:00 AM Club Century @ Crossroads Church on Outer Lincoln, 100 mi. Folsomville or Touring Route</p> <p>9:00 AM @ Mesker Park Dr. and Wimberg Ave. 23 mi.</p>	<p>23</p>	<p>24 8:00 AM Club Century @ Crossroads Church on Outer Lincoln, 100 mi. Folsomville or Touring Route</p> <p>9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas Rd) 16, 23, 35, 43 mi.</p>
<p>25 10:00 AM @ Elite Fitness (57 & Kansas) 16, 23, 35, or 43</p> <p>2:00 PM Come Ride With Us @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22, or 33 mi.</p>	<p>26 5:30 PM Come Ride With Us @ 4-H Fairground 15 mi.</p>	<p>27 9:00 AM @ L-164 Access, Burkhardt & Olmstead Rds. 17, 22 mi</p> <p>5:30 PM @ L-164 Access, Burkhardt & Olmstead Rd. 17 mi.</p>	<p>28 6:00 PM Circuit Ride @ Garvin Park on N. Heidelberg Ave. Ride 1 hour. 20 mi. Head and tail lights required!</p>	<p>29 9:00 AM @ Old Dam Site, Newburgh, 27 mi.</p>	<p>30</p>	<p>31 9:30 AM & 1:00 PM @ Elite Fitness (57 & Kansas Rd) 16, 23, 35, 43 mi.</p>

Evansville Bicycle Club – 2012 Club Mileage through 2/26/2012

Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Voegel, Bill	4/1/12		1	51	1573
2 Yeager, Rusty	6/1/12		7	35	1203
3 Bies, Diane	6/1/12		2	28	816
4 Majors, Bill	12/1/12			29	804
5 Carter, Archie	12/1/12			24	744
6 Feller, Randy	11/1/12			20	577
7 Holland, Diana	11/1/12			19	545
8 Heng, David	4/1/12			15	479
9 Johnson, Bill	7/1/12			10	313
10 Pinkstaff, Jason	1/1/13			10	299
11 Hanft, Renee'	4/1/12			11	244
12 Gerbig, Steve	11/1/12			11	242
13 Loehlein, Colette	10/1/12			9	231
14 Ashworth, David	12/1/12			7	227
15 Brindle, Matt	5/1/12			4	152
16 Williams, Mary	9/1/12			7	151
17 Hayden, Darin	11/1/12			4	146
18 Vercellotti, Jay	12/1/12			6	129
19 Peacock, Eileen	11/1/12			3	119
20 Boren, Mike	9/1/12			4	109
20 Leader, Caron	3/1/12			4	109
20 Silke, Randy	6/1/12			3	109
23 Brouillard, Gene	5/1/13			5	106
24 Gardner, Gary	4/1/12		3	4	101
25 Robertson, Janet	2/1/13	1		4	68
26 Hudson, Hank	6/1/12			2	66
27 Jones, Cindy	12/1/12			3	63
28 Jones, Curt D.	12/1/12			2	55
29 Greene, David	9/1/12			2	50
30 Janowski, Robert	7/1/12			2	46
30 Jensen, Paul	1/1/13			2	46
30 Lonnberg, Kelly	11/1/12			2	46
33 Ashworth, Vicky	12/1/12			2	45
33 Rold, Hope Jenkins	1/1/12	1		3	45
35 Watson, Craig	9/1/12			1	35
36 May, Dan	1/1/13			1	33
37 Bies, Gretchen	6/1/12			1	20
37 Gilbert, Jane	4/1/12			1	20
37 Weber, Jane	11/1/12			1	20

Men's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Voegel, Bill	4/1/12		1	51	1573
2 Yeager, Rusty	6/1/12		7	35	1203
3 Majors, Bill	12/1/12			29	804
4 Carter, Archie	12/1/12			24	744
5 Feller, Randy	11/1/12			20	577
6 Heng, David	4/1/12			15	479
7 Johnson, Bill	7/1/12			10	313
8 Pinkstaff, Jason	1/1/13			10	299
9 Gerbig, Steve	11/1/12			11	242
10 Ashworth, David	12/1/12			7	227
11 Brindle, Matt	5/1/12			4	152
12 Hayden, Darin	11/1/12			4	146
13 Vercellotti, Jay	12/1/12			6	129
14 Boren, Mike	9/1/12			4	109
14 Silke, Randy	6/1/12			3	109
16 Brouillard, Gene	5/1/13			5	106
17 Gardner, Gary	4/1/12		3	4	101
18 Hudson, Hank	6/1/12			2	66
19 Jones, Curt D.	12/1/12			2	55
20 Greene, David	9/1/12			2	50
21 Janowski, Robert	7/1/12			2	46
21 Jensen, Paul	1/1/13			2	46
23 Watson, Craig	9/1/12			1	35
24 May, Dan	1/1/13			1	33

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Bies, Diane	6/1/12		2	28	816
2 Holland, Diana	11/1/12			19	545
3 Hanft, Renee'	4/1/12			11	244
4 Loehlein, Colette	10/1/12			9	231
5 Williams, Mary	9/1/12			7	151
6 Peacock, Eileen	11/1/12			3	119
7 Leader, Caron	3/1/12			4	109
8 Robertson, Janet	2/1/13	1		4	68
9 Jones, Cindy	12/1/12			3	63
10 Lonnberg, Kelly	11/1/12			2	46
11 Ashworth, Vicky	12/1/12			2	45
11 Rold, Hope Jenkins	1/1/12	1		3	45
13 Bies, Gretchen	6/1/12			1	20
13 Gilbert, Jane	4/1/12			1	20
13 Weber, Jane	11/1/12			1	20

Youth Mileage

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
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Commuting Mileage

Club Member	Miles	Month
Gary Gardner	40	January

Red highlights indicate expired memberships that are 2 months overdue. Mileage shown includes miles that have been recorded for the year up through 2 months after the membership was overdue.

Ride Mileage Information

Club Rides	Mileage
Boonville	21
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
New Albany	122
Olmstead	17 - 22 - 33
Reitz	21 - 40
Scott School	15 - 26 - 33
West Terrace	25
Hosted Rides	
New Years Day (Robertson, Rold) - 1/1	12

Specialty Rides

Volunteer Events



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

<http://www.evansvillebicycleclub.org>

The Evansville Bicycle Club, Inc.

Name(s) & _____
Age(s) _____

Special Hobbies/Interests _____

Address _____

City _____

State _____

Zip _____

Phone (_____) _____ - _____

Email _____

Signature _____

Membership
Dues

Individual
\$12

Family
\$20 + \$1 per
child

Send me the
newsletter by:

☐ Email

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: **Bill Voegel**
611 Forrest Hills Dr.
Chandler, IN 47610