

EBCC bikewriter

APRIL, 2015

NEWSLETTER OF THE EVANSVILLE BICYCLE CLUB • EVANSVILLE, INDIANA

REVISED EDITION

- Updated Ride List
- New Mileage Updates
- Rusty Yeager's 24-Hours of Sebring



BIKE FOREVER



**Don't forget the EBC meeting on
IN APRIL at our
NEW/OLD LOCATION,
Pizza Chef in Newburgh—
They're back!**

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.



EBC 2015 CONTACTS

Diane Bies—President, Tour Director
812-473-3546

Bill Majors—Vice President

Donna Redden—Secretary

Melissa Stepro—GPM Coordinator
812-454-8920

Gary Gardner—Treasurer
812-853-0476

Bill Voegel—Membership
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Youth Cycling Program Director
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Kara May—Board of Directors

Kevin Otolski—Board of Directors

Paul Jensen—Board of Directors

www.evansvillebicycleclub.org

CLUB JERSEYS

If you are wanting to get one of these new club jerseys, please contact Diane Bies at biesdi@aol.com or phone 812-473-3546 and I can bring them to a ride, you can pick them up at my home or at a club meeting.

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

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



Diane Bies

the president's letter

Wow! April promises to be extremely busy for me and I am sure for many of you as well. We have received our first request for a bicycle rodeo this year. I am not sure as of yet whether it will happen or not. Please keep your eyes peeled for email blasts that come out asking for volunteers. If you can help out it would be greatly appreciated. There are many great opportunities to ride coming up. We have added the Thursday evening rides to the calendar. They are still at 5:30 due to sunset times. But remember if you start within a half hour of the start time, though you may have to ride alone, your miles still count. Just remember to be safe and use lights if you are out at dusk! The Redbud ride in London, KY is on the calendar also. I believe we should be well represented there as quite a few EBC riders are doing the Kentucky Century Challenge this year. It has been great to see our rides having more people at them. We are doing a better job of having riders of all speeds around so there should be someone for everyone to ride with at most rides now. It is more fun to ride with people, if you ask me anyway.

There was a great turn out for the Saturday century in APRIL as the Thursday one was rained out.

It would be great to have more EBC members riding the Natchez Trace the week of April 12. Contact me asap if you are interested. Planning is underway on the 2015 Great Pumpkin Metric. If you would like to be more involved in the planning please let me or Melissa Stepro know. Any help is appreciated! I have had several requests for EBC jerseys. I think we will be making another order this year. We do have some inventory but are not always able to fill requests. If you want one, please respond when we send out an email blast so we get your size and sleeve length, sleeveless, short sleeve, or long sleeve. If you know you want one, you can email me about it sooner also.

Be ready for May to arrive all too soon! May is BIKE MONTH and will be full of many fun biking activities. Come join the fun and bring your friends.

Hope to see you on the road. Spring has sprung at last!

Diane

24 HOURS IS A LONG TIME!

Rusty Yeager

My initiation into 24 hour cycling events began in 2012 with the National 24 Hour Challenge (Middleville, MI) in June, followed by the CASA 24 Hours of the Track (Lafayette, IN) in August. Both performances were neither stupendous nor disastrous, so in 2013 I decided to have a go at them again. My results in the National 24 Hour Challenge were a little improved from 2012, particularly in consideration of a rain shortened event. However, my performance at the Subaru test track in 2013 was considerably worse (60 miles worse) than in 2012. It was evident that I wasn't a natural at this and probably should have just called it quits and stuck to riding centuries. But in 2014 it turns out I did just the opposite and signed up for six different 24 hour competitions. The Ultra Marathon Cycling Association maintains a calendar of various scheduled endurance events throughout the United States and even overseas as eligible rides for the different points competitions they manage each year. The following are accounts of my first UMCA 24 hour event in 2014.

Bike Sebring February 15, 2014 – Sebring International Raceway, Sebring, FL

Bike Sebring is hosted by the Rotary Club of Highlands County and the Highlands Pedalers Bicycle Club and sort of marks

the beginning of the endurance competition schedule in the eastern U.S., much like the Daytona 500 is for NASCAR (had to throw in the NASCAR reference for Gary Gardner's benefit). And after riding in 30 degree weather for a month and a half, I was more than primed for some warmer south Florida cycling. Or so I thought. Steve Gerbig had told me about this ride a few years back and it sounded like a good way to kick off the season – warm temperatures, flat terrain and a closed course track through the night (Got to quit listening to Steve – Ha Ha). By mid-February, I already had a dozen or so centuries, so I was as ready as I was going to be this early in the year, despite the fact I hadn't ridden anything over 100 miles for several months. Sebring is in central Florida south of Orlando and is roughly a 900 mile drive.

The event ran from 6:30am Saturday to 6:30am Sunday, meaning Friday was a travel day down and Sunday would be spent driving back. An 1800 mile round trip with 24 hours of cycling in three days was going to be a bit of a challenge on my own. So, in order to avoid a repeat of the 2013 incident where I fell asleep and rolled off of a picnic table at a rest area on the way back from the National 24 Hour Challenge in central Michigan, Dave Ashworth graciously agreed to make the trip with me to share the driving. Up until this

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the typical 15 minute riders meeting. Although the raceway is the venue for the event, the daytime portion of the ride only included three laps around the track before we exited the facility and ventured out on to public roads, since there were scheduled auto racing practices for Skip Barber Racing during the day. I've never been much of a fast starter, so by the time we left the track I was one of the last to exit. The first part of the event was a 90 mile out and back run north to Reedy Lake. It didn't take long for the temperature to warm up to the 60's, it also didn't take long for the wind to kick up. If it stayed this breezy for the entire ride, it was going to be a long day. Terrain wasn't quite as flat as I thought it might be, but had just enough small climbs to add some variety. Once the course left the town and broke free of the suburbs the landscape was primarily orange groves, produce fields, lakes and wetlands.

Because Bike Sebring is a RAAM qualifier, drafting is not allowed and the wind eventually started taking a toll of several of the riders which I slowly began to reel in. At the north end of Reedy Lake you are required to drop a numbered plastic poker chip into a bucket to prove you were there, turn around and ride the majority of the same route back to the raceway - which meant tailwinds. Despite having just pushed through nearly 40 miles of head and crosswinds, I conserved enough leg to take advantage of the push coming back. It's rare that I am ever able to sustain a pace of 25+mph for any distance at all, but with this much help from the wind it was possible to cover over a 10 mile stretch of the course at over 25 mph. At the end of the tailwind portion before turning east back into the wind toward the race track, I slowly closed the gap and caught one more female rider. Usually side-by-side pacing is also discouraged for RAAM qualifiers, but as I pulled alongside her and glanced over, there was something familiar about her. After a few minutes of conversation, I learned it was Cassie Schumacher, a rider I had previously ridden with at the 2012 Calvin's Challenge in Ohio and who had also competed as a solo rider in the 2013 RAAM.

I never much cared for phrases like “He’s good for his age” or “She’s a good rider for a female”. Plain and simple, Cassie is just a very good endurance rider period. At the headwind turn, she let me take the lead and slowly pull away. The key words are “let me” because she was more than capable of ditching me, but was running the first part of the ride more conservatively.

After going through the timing station at the race track and stopping at my staging area where my crew chief/manager was waiting, I realized that I had covered the first 100+ miles in a little over five hours and therefore had nearly an hour “in the bank” ahead of a 400 mile/24 hour pace. A short break for eating and switching out bottles and I was back out onto the second route for the event, a 26 mile clockwise triangular loop in a suburban portion of Sebring that went from headwind, to cross wind, to tail wind back to the race track. Because of the horrendous headwind at the beginning of each loop, I usually took a small break at the end of each circuit

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The second factor that ultimately led to my demise was the track surface. Over one third of the track was on the old concrete tarmac of the original WWII airbase, with the remaining portion on relatively smooth asphalt. The years of wear and tear from the bombers and decades of weathering since had resulted in a network of fractures in the concrete portion of the track. It's not that there were chunks of concrete missing, but that many cracks, especially in turns 1 and 17, made for a rough ride on a 3.74 mile lap. Eventually, the vibration and cold began to wear on me physically, although more importantly psychologically, and before long a short break between 10 lap sets wasn't enough. I know from past experience that once I start taking extended breaks of an hour or more that the writing is on the wall and I'm not going to make up the lost time. At some point after midnight, I had had enough, climbed over the pit wall and headed to the van to warm up and rest. I set my iPhone alarm for something less than an hour, but by the time I actually woke back up, walked back to the track and started riding, more than an hour had passed. I felt fine for a while and was able to get

As for my overall impression of Bike Sebring – despite the cold and less than ideal surface on the track, it's a great, well organized event, especially for February. On the trip back home, I was pretty sure I wouldn't likely return to this event again. Since then, I've changed my mind and now would like an opportunity to take another stab at a RAAM qualifying attempt at Sebring.

April 2015 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New Riders need to be ready to leave 30 min. early and are encouraged to start with a "Come Ride With Us" Ride. We often eat out after Monday and Wednesday night rides.	Note evening rides at 5:30 pm, and are longer now. Come out and ride!! Wed. evening ride at 6pm.	HELMETS ARE ALWAYS MANDATORY	7 1:00 @ Elite Fitness 57 and Kansas Rd.17,23,35 mi. 6:00 PM Come Ride With Us on the Greenway from Garvin Park Ride 1 hr. get 20 mi. credit	2 9:00 AM @ Mesker Park Dr. 23 mi. 5:30 PM Elite Fitness Truck Pro Route Hwy 57 and Kansas Rd. 22 mi.	3 1:00 PM @ I-164 Access, Burkhardt & Olmstead Rds. 17, 24, 33 mi	4 9:00 AM & 1:00 PM @ Elite Fitness (57 & Kansas Rd) 16, 23, 35, 43 mi.
5 10:00 AM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23, 32 mi. 2:00 PM <u>Come Ride With Us @ I-69 Access</u> Burkhardt & Olmstead Rds.17, 24, or 33 mi.	6 1:00 PM @ 4H Fairgrounds 15, 28 mi. 5:30 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi.	7 9:00 AM and 5:30 PM @ I-164 Access Burkhardt & Olmstead Rds. 17, 22 mi.	8 1:00 @ Elite Fitness 57 and Kansas Rd.17,23,35 mi. 6:00 PM Come Ride With Us on the Greenway from Garvin Park Ride 1 hr. get 20 mi. credit	9 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 17, 27 mi. 6:30 PM <u>Club Meeting @ Pizza Chef Newburgh</u> , on Hwy 261	10 1:00 PM @ I-164 Access, Burkhardt & Olmstead Rds. 17, 24, 33 mi	11 FCBA Natchez Trace 9:00 AM & 1:00 PM @ Henderson Co. High School in Henderson, KY 24, 32, 47 mi.
12 FCBA Natchez Trace 10:00 AM @ <u>Mesker Park Dr.</u> and <u>Wimberg Ave.</u> 23 or 38 mi. 2:00 PM <u>Come Ride With Us @ I-69 Access</u> Burkhardt & Olmstead Rds.17, 24, or 33 mi.	13 FCBA Natchez Trace 1:00 PM @ 4H Fairgrounds 15, 28 mi. 5:30 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi.	14 FCBA Natchez Trace 9:00 AM and 5:30 PM @ I-164 Access Burkhardt & Olmstead Rds. 17, 22 mi.	15 FCBA Natchez Trace 1:00 @ Elite Fitness 57 and Kansas Rd.17,23,35 mi. 6:00 PM Come Ride With Us on the Greenway from Garvin Park Ride 1 hr. get 20 mi. credit	16 8:00 AM Club Century@ Crossroads Church Santa Claus or Touring Rte 100 9:00 AM @ <u>Mesker Park Dr.</u> 23 mi. 5:30 PM Elite Fitness Truck Pro Route Hwy 57 and Kansas Rd. 22 mi.	17 FCBA Natchez Trace 1:00 PM @ I-164 Access, Burkhardt & Olmstead Rds. 17, 24, 33 mi	18 FCBA Natchez Trace 8:00 AM Club Century@ Crossroads Church Santa Claus or Touring Rte 100 9:00 AM & 1:00 PM @ Elite Fitness (57 & Kansas Rd) 16, 23, 35, 43 mi.
19 10:00 AM @ Henderson Co. HS in Henderson, KY 24 or 32 mi 2:00 PM <u>Come Ride With Us @ I-69 Access</u> Burkhardt & Olmstead Rds.17, 24, or 33 mi.	20 1:00 PM @ 4H Fairgrounds 15, 28 mi. 5:30 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi.	21 9:00 AM and 5:30 PM @ I-164 Access Burkhardt & Olmstead Rds. 17, 22 mi.	22 1:00 @ Elite Fitness 57 and Kansas Rd.17,23,35 mi. 6:00 PM Come Ride With Us on the Greenway from Garvin Park Ride 1 hr. get 20 mi. credit	23 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 17, 27 mi. 5:30 PM Elite Fitness Truck Pro Route Hwy 57 and Kansas Rd. 22 mi	24 1:00 PM @ I-164 Access, Burkhardt & Olmstead Rds. 17, 24, 33 mi	25 Redbud Ride London, KY. 23,38,70,102 mi. \$\$ 9:00 AM & 1:00 PM @ Elite Fitness (57 & Kansas Rd) 16, 23, 35, 43 mi.
26 9:00 Redbud recovery ride Richmond, KY 10:00 AM @ <u>Elite Fitness</u> 57 & Kansas Rd. 17, 23, 35, 43 mi. 2:00 PM <u>Come Ride With Us @ I-69 Access</u> Burkhardt & Olmstead Rds.17, 24, or 33 mi.	27 1:00 PM @ 4H Fairgrounds 15, 28 mi. 5:30 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi.	28 9:00 AM and 5:30 PM @ I-164 Access Burkhardt & Olmstead Rds. 17, 22 mi.	29 1:00 @ Elite Fitness 57 and Kansas Rd.17,23,35 mi. 6:00 PM Come Ride With Us on the Greenway from Garvin Park Ride 1 hr. get 20 mi. credit	30 9:00 AM @ <u>Mesker Park Dr.</u> 23 mi. 5:30 PM Elite Fitness Truck Pro Route Hwy 57 and Kansas Rd. 22 mi.	Club Jersey Sundays Wear your EBC jersey on Sunday club rides	Redbud ride, London, KY www.redbudride.com FCBA Natchez Trace www.fullercenterbikadventure.org

Evansville Bicycle Club – 2015 Club Mileage 3/28/2015

Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Bies, Diane	6/1/15		4	23	676
2 Otolski, Kevin	7/1/15		3	16	587
3 Johnson, Bill	7/1/15			14	511
4 Niethammer, Jim	12/1/16		8	9	385
5 Carter, Archie	8/1/17			11	350
6 Holland, Diana	1/1/16			12	339
7 Majors, Bill	5/1/15			14	306
8 Gumbel, Tony	8/1/15	1	6	269	
9 Voegel, Bill	4/1/15		8	242	
10 Heng, David	5/1/16		9	238	
11 Fisher, Scott	1/1/16		4	219	
12 Silke, Randy	7/1/15		7	214	
13 Palmer, Dale	10/1/15		5	160	
14 Jones, Charles	1/1/16		3	157	
15 Brouillard, Gene	6/1/15		5	155	
16 Loehlein, Colette	1/1/16		5	146	
17 Redden, Donna	8/1/15		7	137	
18 Mueller, Tom	1/1/16		2	133	
19 Yeager, Rusty	6/1/15	3	4	128	
20 May, Kara	10/1/15		5	87	
20 May, Tony	10/1/15		5	87	
22 Spearin, Alicia	7/1/15		3	74	
23 Ballard, Tom	1/1/16		3	71	
24 Breivogel, Gary	5/1/15		3	61	
25 Ashworth, David	1/1/16		2	56	
26 Sullivan, Patrick	10/1/15		2	46	
27 Brindle, Matt	1/1/16		1	43	
28 Breivogel, Judy	5/1/15		2	39	
28 Spearin, Mike	7/1/15		2	39	
30 Ashworth, Vicky	1/1/16		2	34	
30 Connelly, Laura	8/1/15		2	34	
30 Robertson, Janet	5/1/16		2	34	
33 Bosko, John	6/1/15		1	33	
33 Holland, Greg	1/1/16		1	33	
33 Hunt, John	1/1/16		1	33	
36 Fodstad, Bob	4/1/15		1	24	
36 Humphrey, Mindy	4/1/15		1	24	
38 Pendley, Ron	4/1/16		1	22	
39 Farr, Lance	8/1/15		1	20	
40 Gardner, Gary	6/1/15	3	1	17	
40 Janowski, Robert	7/1/15		1	17	
42 Garrett, Brian	11/1/15		1	15	
42 Weber, Jane	1/1/16		1	15	
42 Wong, Howard	8/1/16		1	15	

Men's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Otolski, Kevin	7/1/15		3	16	587
2 Johnson, Bill	7/1/15			14	511
3 Niethammer, Jim	12/1/16		8	9	385
4 Carter, Archie	8/1/17			11	350
5 Majors, Bill	5/1/15			14	306
6 Gumbel, Tony	8/1/15	1	6	269	
7 Voegel, Bill	4/1/15		8	242	
8 Heng, David	5/1/16		9	238	
9 Fisher, Scott	1/1/16		4	219	
10 Silke, Randy	7/1/15		7	214	
11 Palmer, Dale	10/1/15		5	160	
12 Jones, Charles	1/1/16		3	157	
13 Brouillard, Gene	6/1/15		5	155	
14 Mueller, Tom	1/1/16		2	133	
15 Yeager, Rusty	6/1/15	3	4	128	
16 May, Tony	10/1/15		5	87	
17 Ballard, Tom	1/1/16		3	71	
18 Breivogel, Gary	5/1/15		3	61	
19 Ashworth, David	1/1/16		2	56	
20 Sullivan, Patrick	10/1/15		2	46	
21 Brindle, Matt	1/1/16		1	43	
22 Spearin, Mike	7/1/15		2	39	
23 Bosko, John	6/1/15		1	33	
23 Holland, Greg	1/1/16		1	33	
23 Hunt, John	1/1/16		1	33	
26 Fodstad, Bob	4/1/15		1	24	
27 Pendley, Ron	4/1/16		1	22	
28 Farr, Lance	8/1/15		1	20	
29 Gardner, Gary	6/1/15	3	1	17	
29 Janowski, Robert	7/1/15		1	17	
31 Garrett, Brian	11/1/15		1	15	
31 Wong, Howard	8/1/16		1	15	

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Bies, Diane	6/1/15		4	23	676
2 Holland, Diana	1/1/16			12	339
3 Loehlein, Colette	1/1/16			5	146
4 Redden, Donna	8/1/15			7	137
5 May, Kara	10/1/15			5	87
6 Spearin, Alicia	7/1/15			3	74
7 Breivogel, Judy	5/1/15			2	39
8 Ashworth, Vicky	1/1/16			2	34
8 Connelly, Laura	8/1/15			2	34
8 Robertson, Janet	5/1/16			2	34
11 Humphrey, Mindy	4/1/15			1	24
12 Weber, Jane	1/1/16			1	15

Youth Mileage

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

Club Member	Miles	Month
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Ride Mileage Information

Club Rides	Mileage
Boonville	21
Castle	23 - 35
Circuit Rides	20
Dogtown	12 - 23 - 45
Elite	17-22-32-43
Elite TP	22 - 37
4H Circuit	15 - 28
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	
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