

EBCC bikewriter

NEWSLETTER OF THE EVANSVILLE BICYCLE CLUB • EVANSVILLE, INDIANA

MAY, 2019



**THURSDAY, APRIL 9th —
EBC CLUB MEETING
at the Roca Bar on
So. Kentucky.
Social at 6:00 pm;
Meeting starts 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.

www.evansvillebicycleclub.org



CLUB JERSEYS

If you are wanting to get one of these new club jerseys they are now back at Diane Bies' house. Please contact her at biesdi@aol.com or phone at 473-3546 and I can get one picked up for you and meet with

you to deliver it.
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.



EBC bikewriter

MAY, 2019

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NEW MEMBERS

Tom & Valerie Davies #1290 REJOINED

RENEWING MEMBERS

Johnnie Bartley #1269
Tom Gabe #1196
Steve Gerbig #697
Greg Kercher #1245
Mark & Debbie Oliver #684
Richard & Sue Vernier #1222
Bill & Kathy Voegel #1012
Ned Wilson #818

Photo/Art Credits: Cover Courtesy of EBC CONNECTIONS facebook page; Page 3, Kevin Otolski; Page 4, Paul Jensen; Page 8, Judy Breivogel, Kevin Otolski and others.



"It doesn't get any easier, you just go faster" — Greg Lemond



EBC 2019 Contacts

Kevin Otolski—President
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Diane Bies—Vice President, Tour Director
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812-430-7009 jeff.jina@yahoo.com

Gary Gardner—Treasurer & BOD
812-853-0476 gogardner@outlook.com

Kara May—Membership & BOD
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www.evansvillebicycleclub.org

Kevin
Otolski

The President's Letter

Hello Everyone:

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

National Bike to Work Week will take place May 13–19, and Bike to Work Day is Friday, May 17.

The Rockin River City Ride is being held on May 11th. Choose from a 5K Family Ride, 25K, 60K, or 100K Bike Ride. There will be numerous fully-stocked rest stops, excellent free route support and entertainment throughout the course. Plus it starts right downtown at Sunset Park.

The Ride of Silence is an annual international bicycle ride to commemorate cyclists killed and support those injured while riding on public roads. It helps to raise awareness among motorists, the public and decision makers of the dangers cyclists face on the roads, especially from other traffic. This year the Ride of Silence is on May 15th. The ride will begin and end at the State Hospital Grounds. Riders will ride in silence to pay tribute to those persons who have died or have been injured as the result of an automobile-bicycle encounter on public roadways. The ride begins at 6:00 p.m. and will travel downtown passing the Ford Center and then return. The ride is around 10 miles and about 10 mph pace. I would like encourage you as members of EBC to please plan to attend this event. There will be an EBC Holiday Ride which will be on Memorial Day at 9 am at Scott School. Always a fun chill ride.

Who wants free stuff? Well, almost free. You're going to have to be current on your EBC membership, ride 33 miles and need some luck. Sunday, June 2nd at the Olmstead ride we are going to hold a members only Poker Ride. There will be five stops, pick-up a card at each stop and show your hand at the finish. Best hand is going to win a fabulous prize. In case of a tie, there will be 2 mile TT race off. Okay, I may be joking about the tie breaker. Anyone want to be in the record book, or just looking for some longer rides or maybe

doing a Century? Come out for some or all of the miles on Club Centuries Days. The club has several members that ride long distances and have started training for some of the longer summer events. You don't have to do all 100 miles, you can turn back at any point and work up to the distance.

You can learn a lot from riding with these members and they are willing to help you reach that 100 mile mark if that is one of your goals. Now is the time to get started, so come on out and be part of the group or maybe even get your name in the record book. The record for number of people with 20 or more centuries in a year is only 6. I think we need to find that 7th person this year. I can remember when I was tricked or I mean asked if I wanted to do a century and do 10 of them to get into the Century Club. I thought how would I be able to get ten of them in. Well, I ended up getting in 23, so don't think you can't do it. Stay safe out there,

K.O.



ICANBIKE CAMP — June 24 to 28, 2019

Once again for 2019, the Easterseals Rehabilitation Center will be sponsoring the "I Can Bike" program at the National Guard armory. This will be the 16th season of the "I Can Bike" camp being held locally. It has been a very successful program with up to 35 riders at times being enrolled in the bike program, although typically our numbers are more around 25.

The program was started by Dr. Richard Kline, who through research and planning, designed the bicycles that are used to train the individuals to eventually ride

a regular, two-wheeled bike. The program is designed so that each individual rider is assisted by well-trained and experienced staff who are familiar working with different types of abilities and behavioral challenges. The fleets of bikes also include various tricks of the trade motivational tools that have been found to be successful to motivate riders to participate and succeed. During camp, two volunteers are assigned to each rider to serve as their spotters, providing physical support, motivation, and encouragement throughout the week. All individuals learn at their own pace with some being ready to ride on two wheels as soon as the third day and, historically, approximately 80% of the individuals who participate in the "I Can Bike" program ride a two-wheeled bicycle by the end of the five-day program. The remaining 20% make tremendous progress toward this goal and leave our program accompanied by parents and/or siblings who are trained as spotters to pick up where we left off. The bicycle program is designed to allow the individuals to gradually adjust and adapt to the "tippiness" of the bikes by the use of a roller system that is on the rear wheel. Therefore, as the individuals

become more stable and more secure with that movement, they learn how to balance and keep the bike upright without the use of training wheels. Also by the end of the week, we transfer the individuals to their own bicycles so that they are familiar and comfortable with their own bike versus the bicycles that were brought by the bike camp.

This bike program has been a tremendous success and has expanded to the point of numerous bike fleets that are putting on camps throughout the United States all

summer. As you all are familiar with being bike riders, riding a bike is a tremendously beneficial activity for all individuals. The changes in self-esteem and confidence are greatly improved when our participants succeed in riding a two-wheeled bike like all of their friends and/or their family members. It allows family bike time, family rides and in some situations with older adults, it can serve as a

means of locomotion for jobs if they are unable to drive a vehicle. It also is a tremendous means of physical activity which improves the fitness, mental health, and overall quality of life, which again, all people need.

The requirements for participation in the camp are that each individual must be at least eight years of age and be able to walk without an assistive device. They must have some type of disability and be able to wear a properly-fitted bike helmet at all times when on a bicycle.

It is a very inspiring and fun week. Please feel free to stop by the Armory the week of June 24th through June 28th and observe how this camp is so unique. Even better, if you have the time and can run alongside a bike, please volunteer to help. You can contact me, Patty Balbach, at Easterseals Rehabilitation Center at 812-479-1411, ext. 268, or email: pbalbach@evansvillerehab.com



May 2019 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NATIONAL BICYCLE MONTH NOTE: BIKE TO WORK WEEK MAY 13-17 RIDE YOUR BIKE!!! JOIN THE MANY ACTIVITIES THAT WEEK!	HELMETS ARE MANDATORY Wear your EBC jersey on Sunday rides		1 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15,24,28 mi. 6:00 PM Come Ride With Us Circuit Ride @ Garvin Park on N. Heidelberg Av. Up to 20 mi.	2 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 6:00 PM @ Mesker Park Mesker Park Dr. & Wimberg Ave. 23 mi.	3 1:00 PM @ L-69 Access, Burkhardt & Olmstead Rds. 17,24,33 mi	4 8:00 AM Harmonie 100 @ New Harmony, IN 27 or 50 mi. \$\$ 1:00 PM @ Dogtown Boat Ramp Old Henderson Rd. 12, 23, 45mi
5 8:00 AM Harmonie 100 @ New Harmony, IN 16, 38, 53 mi. \$\$ 2:00 PM Come Ride With Us @ L-69 Access Burkhardt & Olmstead Rds. 17, 24, 33 mi.	6 1:00 PM @ 4H Fairgrounds 15,24,28 mi 6:00 PM Come Ride With Us @ 4-H Fairground 15 mi	7 9:00 AM and 6:00 PM @ L-69 Access Burkhardt & Olmstead Rds. 17,22 mi	8 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15,24,28 mi. 6:00 PM Come Ride With Us Circuit Ride @ Garvin Park on N. Heidelberg Av. Up to 20 mi.	9 9:00 AM @ Mesker Park Dr. 23 mi. 6:00 Social Time. 6:30 PM Club Meeting @ Roca Bar 1618 S. Kentucky Ave	10 1:00 PM @ L-69 Access, Burkhardt & Olmstead Rds. 17,24,33 mi	11 8:00 AM Club Century @ Crossroads Church 100 mi. Folsomville or Touring 8 AM Rockin River City Ride See details at 25,60,100K \$\$ 1:00 PM @ Dogtown Boat Ramp Old Henderson Rd. 12, 23, 45mi.
12 Mother's Day 10:00 AM @ L-69 Access, Burkhardt & Olmstead Rds. 17,24,33 2:00 PM Come Ride With Us @ L-69 Access, Burkhardt & Olmstead Rds. 17, 24, or 33 mi.	13 Bike to Work Week 1:00 PM @ 4H Fairgrounds 15,24,28 mi 6:00 PM Come Ride With Us @ 4-H Fairground 15 mi	14 Bike to Work Week 9:00 AM and 6:00 PM @ L-69 Access Burkhardt & Olmstead Rds. 17,22 mi	15 Bike to Work Week 12:30 @ Elite Fitness 57 & Kansas Rd. 17,23,35 mi. 6:00 PM Ride of Silence @ Evansville State Hospital 3400 Lincoln Ave. 12 mi at 12 mph in honor of those injured or killed while cycling on public roadways Consider dinner after at Hacienda. Please arrive early.	16 Bike to Work Week 8:00 AM Club Century @ Crossroads Church 100 mi. Folsomville or Touring 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 6:00 PM @ Mesker Park Mesker Park Dr. & Wimberg Ave. 23 mi.	17 Bike to Work Week / Day 1:00 PM @ L-69 Access, Burkhardt & Olmstead Rds. 17,24,33	18 TOSRV @ Columbus, OH 53,105 mi. \$\$ 9:00 @ Korner Inn in Elberfeld 21, 29 mi. 1:00 PM @ Elite Fitness 57 and Kansas Rd. 17, 23, 35, 43 mi.
19 TOSRV @ Columbus, OH 53,105 \$\$ 8:00 AM State Games @ Dogtown Boat Ramp on Old Henderson Rd. 5K, 10K, 20K Volunteers needed. Call Diane Bies 812-473-3546 2:00 PM Come Ride With Us @ L-69 Access Burkhardt & Olmstead	20 1:00 PM @ 4H Fairgrounds 15,24,28 mi 6:00 PM Come Ride With Us @ 4-H Fairground 15 mi	21 9:00 AM and 6:00 PM @ L-69 Access Burkhardt & Olmstead Rds. 17,22 mi	22 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15,24,28 mi. 6:00 PM Come Ride With Us Circuit Ride @ Garvin Park on N. Heidelberg Av. Up to 20 mi.	23 9:00 AM @ Mesker Park Dr. 23 mi. 6:00 PM @ Mesker Park Mesker Park Dr. & Wimberg Ave. 23 mi.	24 1:00 PM @ L-69 Access, Burkhardt & Olmstead Rds. 17,24,33 mi	25 CRAM @ Clarksville, TN 20,35,62,100 \$\$ HORSEY 100 @ Georgetown, KY 25, 42, 61, 83, 100 mi. \$\$ 8:30 AM and 1:00 PM @ Dogtown Boat Ramp Old Henderson Rd. 12, 23, 45mi.
26 HORSEY 100 @ Georgetown, KY 26, 35, 53, 75 mi. \$\$ 10:00 AM @ Elite Fitness 57 and Kansas Rd. 17,23,35,43 mi. 2:00 PM Come Ride With Us @ L-69 Access Burkhardt & Olmstead Rds. 17,24,33 mi.	27 Memorial Day 9:00 AM @ Scott School on Old State Rd. 15,26,33 mi. 6:00 PM Come Ride With Us @ 4-H Fairground 15 mi	28 9:00 AM and 6:00 PM @ L-69 Access Burkhardt & Olmstead Rds. 17,22 mi	29 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15,24,28 mi. 6:00 PM Come Ride With Us Circuit Ride @ Garvin Park on N. Heidelberg Av. Up to 20 mi.	30 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 6:00 PM @ Mesker Park Mesker Park Dr. & Wimberg Ave. 23 mi.	31 1:00 PM @ L-69 Access, Burkhardt & Olmstead Rds. 17,24,33 mi	TOSRV tosrv.org/l6/index.htm Rockin River City rockinriver-cityride.org CRAM bikethecram.com/ Horsey 100 horseyhundred.com/

MAY EBC RIDE NOTES

May is National Bicycle Month

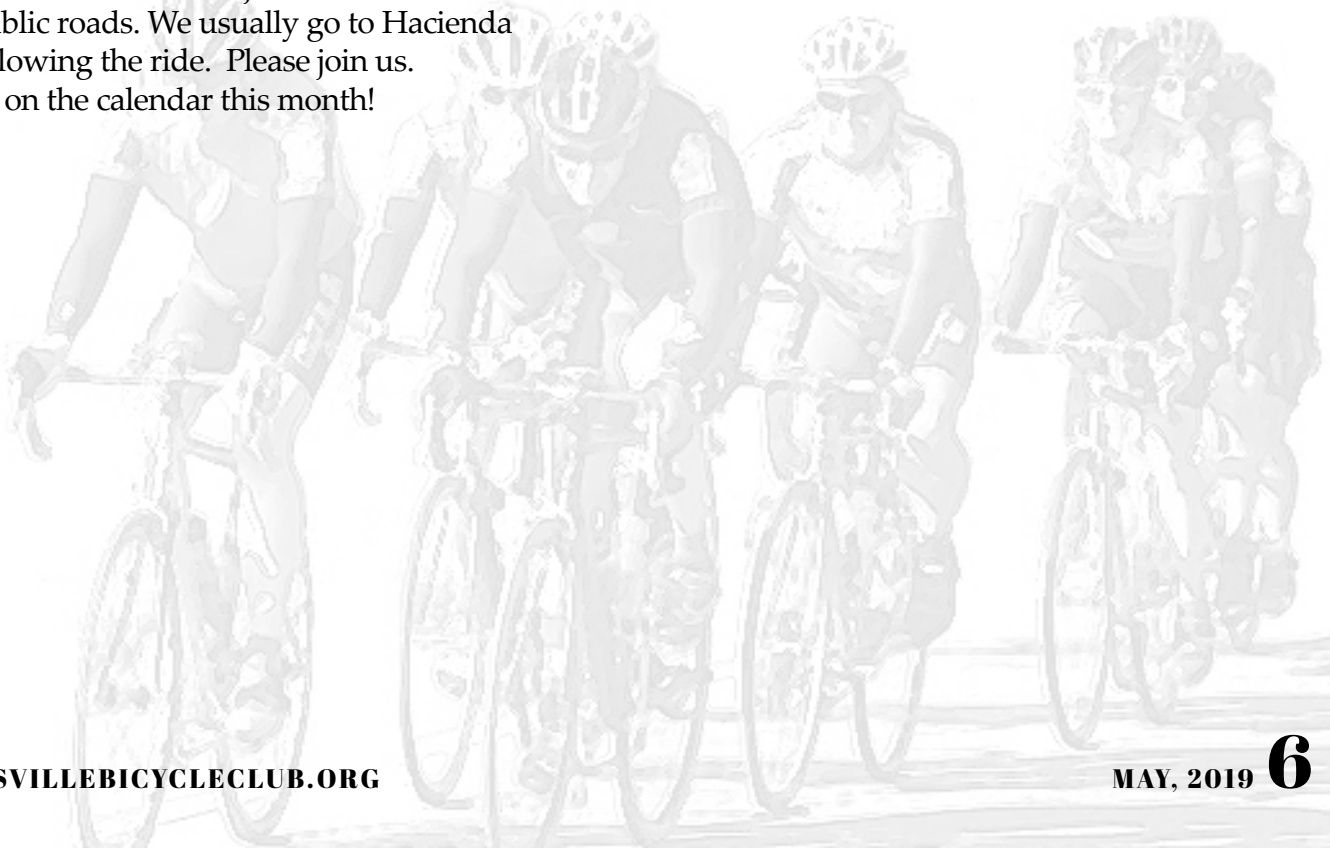
May 13 through May 17 is Bike to Work Week with a special focus on Friday May 17 as Bike to Work Day.

So much to do this month!! Please look at the calendar in detail. There are a lot of changes to the schedule start times and the ride locations have moved some as well. Notably the Saturday ride is now at Dogtown for the summer with a sprinkling of TDE rides in the morning causing the afternoon ride to move around, the Wednesday night rides are starting at Garvin Park still. We will ride the Greenway when there is no flooding. If you are late we usually start by riding north so come on and join us as we return. All evening rides start at 6:00 pm., with the exception of the Wednesday night ride at the 4-H Center which remains as 5:30 for the extra miles and darkness issues. Sunday afternoons now start at 2:00 pm year round. Thursday night rides are at Mesker Park this month.

Our annual RIDE OF SILENCE is to be held on Wednesday May 15 at the State Hospital Grounds off of Lincoln Avenue. This ride starts at 6:00. Please arrive early to line up and hear announcements before leaving with our police escort. Bring all your friends with bicycles. This is a very slow, quiet ride. It is to remember all who have been injured or killed while cycling on public roads. We usually go to Hacienda for dinner following the ride. Please join us. Special Rides on the calendar this month!

- MAY 9 EBC Meeting at Roca Bar on S. Kentucky Ave.
- May 11 is the Rockin' River City Ride in Evansville by Junior League Rockinrivercityride.org
- May 12 Mother's Day Come out to ride with the Mothers in EBC. No special ride.
- May 13 to 17 BIKE TO WORK WEEK
- May 15 Ride of Silence
- May 11 and 16 EBC May century rides
- May 18 and 19 is TOSRV in Columbus, OH
- May 19 The Indiana State Games are being held in Evansville. Bike races happen this morning. Watch the Facebook page and website for details. Anyone 50+ is invited to participate and everyone is invited to volunteer to help with the event.
- May 25 CRAM in Clarksville, TN bikethecram.com/
- May 25 and 26 Horsey Hundred in Georgetown, KY horseyhundred.com/
- May 27 EBC Memorial Day ride at 9 AM at Scott School (Come in your patriotic bike clothing)

Remember to wear your EBC jersey when riding on Sundays! Also it is nice to wear them when riding at organized rides so we can recognize each other and represent our club



Evansville Bicycle Club – 2019 Club Mileage

Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty	6/1/19		56	39	1572
2 Bies, Diane	6/1/19		4	27	1024
3 Otoliski, Kevin	7/1/19		6	21	762
4 Weyer, Keith	2/1/20			26	548
5 Niethammer, Jim	12/1/19		1	9	346
6 Sullivan, Patrick	10/1/19		3	11	333
7 Lancaster, Jeff	8/1/19		1	7	307
8 Gerbig, Steve	3/1/20		4	6	302
9 Ashworth, David	1/1/20			11	285
10 Brouillard, Gene	6/1/19			13	274
11 Vernier, Richard	3/1/20			12	232
11 Vernier, Sue	3/1/20			12	232
13 Johnson, Bill	7/1/19			7	201
14 Paige, Keith	6/1/19			5	170
15 Majors, Bill	6/1/19			4	82
16 Carter, Archie	8/1/19			3	75
17 Farr, Lance	8/1/19			2	74
18 Silke, Randy	7/1/19			2	44
18 Voegel, Bill	4/1/23			2	44
20 Bartley, Johnnie	6/1/20			1	43
20 Miller, Kent	11/1/19			1	43
22 Breivogel, Judy	10/1/19			2	42
23 Breivogel, Gary	10/1/19			2	40
24 Moors, Butch	1/1/20			1	35
25 Wong, Howard	8/1/19			2	34
26 Bosko, John	6/1/19			1	33
26 Powell, Robert	10/1/19			1	33
28 Hawley, Tom	7/1/19			1	31
29 Gardner, Gary	6/1/19		7	1	23
30 Plouchard, Sherrie	10/1/19			1	18
31 Wassmer, Yvette	7/1/19			1	11

Red highlight denotes expired memberships

Men's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Yeager, Rusty	6/1/19		56	39	1572
2 Otoliski, Kevin	7/1/19		6	21	762
3 Weyer, Keith	2/1/20			26	548
4 Niethammer, Jim	12/1/19		1	9	346
5 Sullivan, Patrick	10/1/19		3	11	333
6 Lancaster, Jeff	8/1/19		1	7	307
7 Gerbig, Steve	3/1/20		4	6	302
8 Ashworth, David	1/1/20			11	285
9 Brouillard, Gene	6/1/19			13	274
10 Vernier, Richard	3/1/20			12	232
11 Johnson, Bill	7/1/19			7	201
12 Paige, Keith	6/1/19			5	170
13 Majors, Bill	6/1/19			4	82
14 Carter, Archie	8/1/19			3	75
15 Farr, Lance	8/1/19			2	74
16 Silke, Randy	7/1/19			2	44
16 Voegel, Bill	4/1/23			2	44
18 Bartley, Johnnie	6/1/20			1	43
18 Miller, Kent	11/1/19			1	43
20 Breivogel, Gary	10/1/19			2	40
21 Moors, Butch	1/1/20			1	35
22 Wong, Howard	8/1/19			2	34
23 Bosko, John	6/1/19			1	33
23 Powell, Robert	10/1/19			1	33
25 Hawley, Tom	7/1/19			1	31
26 Gardner, Gary	6/1/19		7	1	23

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Bies, Diane	6/1/19		4	27	1024
2 Vernier, Sue	3/1/20			12	232
3 Breivogel, Judy	10/1/19			2	42
4 Plouchard, Sherrie	10/1/19			1	18
5 Wassmer, Yvette	7/1/19			1	11

Commuting Mileage

Club Member	Miles	Thru Month

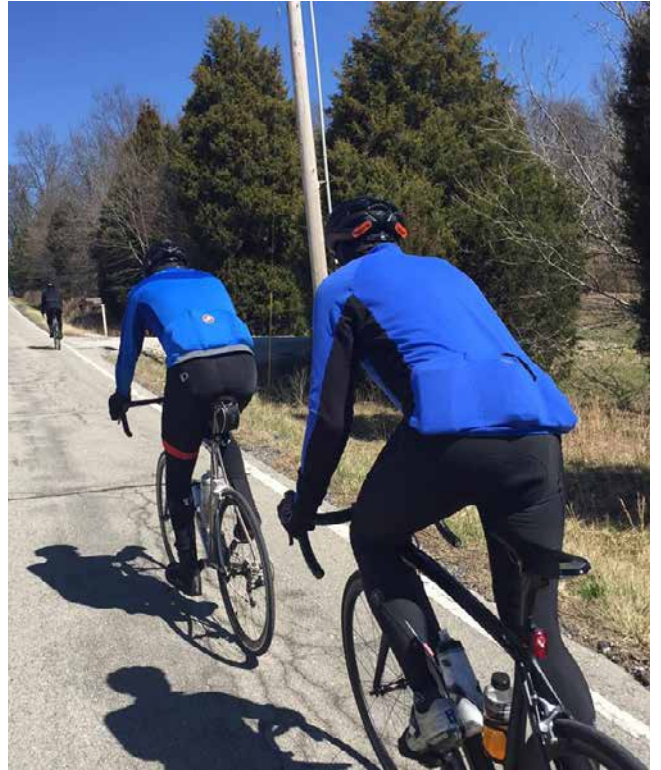
Ride Mileage Information

Club Rides	Max. Mileage
Scott School	33
West Terrace School	33
Boonville High School	21
Castle High School	35
Henderson High School	47
Reitz High School	40
Garvin Park	20
Wesselman Park	20
Mesker Park	38
Dogtown	45
Elite	43
Elite TP	37
4-H	28
Newburgh Dam	40
Olmstead	33
New Albany	122
Hosted Rides	Max. Mileage
Specialty Rides	Date
Sebring 24 Hour	2/9
Fuller Center	4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/12

Expired Membership Mileage

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
Bies, Nicole	6/1/17			2	66
Briner, Aaron	6/1/12			1	28
Christ, Rick	4/1/15			1	35
Conner, David	6/1/11			1	28
Spencer, Jack	10/1/17			3	89

EBC Ride Photos



Thanks to Judy Breivogel, Kevin Otolski and others who contributed these photos from the club's facebook page.



<http://www.evansvillebicycleclub.org>

The Evansville Bicycle Club, Inc.

Name(s) & _____
Age(s) _____

Special Hobbies/Interests: _____

Address _____

City _____

State _____

Zip _____

Phone (____) _____ - _____

Email _____

Signature _____

Date _____

Membership Dues

Individual
\$12

Family of 2
Adults \$20 +
\$1 per child

☐ New

☐ Renewal

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: **Kara May**
4201 Claremont Ave
Evansville, IN 47712