

EBCBIKEWRITER

NEWSLETTER OF THE EVANSVILLE BICYCLE CLUB • EVANSVILLE, INDIANA • SEPTEMBER, 2021



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









EBCBIKEWRITER

In this issue:

Page 3: EBC Contacts • President's Letter

Page 4: President's Letter Continued

Page 5: SEPTEMBER Ride Notes

Page 6: GPM PROMO

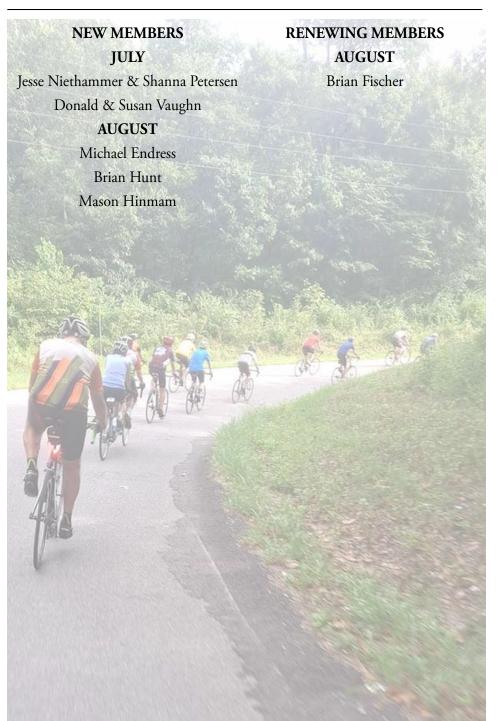
Page 7: GIBSON COUNTY Ride Promo

Page 8: SEPTEMBER Ride Calendar

Page 9: JULY MILEAGE STATS

page 10: Membership Application

Photo/Art Credits: Cover, & Page 2, Eric Claudius Salemie; Page 3, Kevin Otolski.



Hello everyone:

This one is a little long but please read

With the job of being EBC President comes the task of putting this letter together each month. My goal was not to make these letters about me but about others and goings on in the club. However, everyone should read this one, it may help you some day.

I am probably not the only one this has happened to but it's a learning experience, and a reminder to all. I got into a bit of trouble doing the August Club Century on Thursday and ended up overnight in the hospital.

I prepared for the Century as I alway do. The only main difference was this was a Thursday 100 and I was coming off two hard rides the previous two days. The plan was to do the club hundred at an easy pace as there was

only going to be 3 of us riding and just make it a fun ride. We got a little later start than we wanted due to 1.5 inches of rain overnight.

We rolled out at 8 am and you could tell it was humid. The high temp on Thursday was 86, I have ridden in worse. When doing 100's, I try to text the Mrs. at each rest-stop and she can track me on my phone. Everything was fine however I noticed I felt the hills more than normal and legs were a bit tired.

Around 65 miles, we just finished a short steep hill and I dropped off a bit. The guys waited and we pulled under a tree for a quick rest. I noticed when I moved my head left and right I felt a little dizzy but looking forward I was fine. I did let the guys know this and we continued.

At 72 miles we made it to the Moto-Mart. I went through two bottles



between the last rest stop and the Moto-Mart. At the Moto, I drank a gatorade and a coke, filled bottles up, one with Scratch and one with Gatorade, had a GU, and felt normal from what I remember.

I think at about 85 miles we hit Baseline hill and I knew this was going to be ugly. (continued on next page)



EBC 2021 CONTACTS

Kevin Otolski – President 812-454-0107 kotolski@gmail.com

Diane Bies - Vice President, Tour Director 812-473-3546 biesdi@aol.com

Jeff Lancaster — Secretary & BOD 812-430-7009 jeff.jina@yahoo.com

Khris Seger—Treasurer 812-550-2475 kris.seger@gmail.com

Mario Leavell — Membership mariosmile@aol.com

Gary Gardner—Board of Directors 812-853-0476 gogardner@outlook.com

Jim Niethammer—Board of Directors 812-618-8210 hamrtym@aol.com

Paul Jensen—Board of Directors 812 760-6158 parthur333@gmail.com

John Nelli—Advisor 812-430-3355 jpnelli@woway.com

Mark Oliver - Advisor 812-499-8506 moliver7508@gmail.com

Rusty Yeager—EBC Statistician 812-402-1787 ryeager42@hotmail.com

> Jay Vercellotti-Webmaster 812-746-9350

Paul Sluder—Newsletter Editor 904-434-7227 bikewriter66@gmail.com

Board of Directors -- 1 position open

THE PRESIDENT'S SADDLE

Half way up, I cramped in both legs. Cramping in both legs at the same time is new to me. Normally it is just one leg. I unclipped and hopped off the saddle as I could not control my legs. I stopped a few minutes wondering if I was going to have to walk up this hill.

Now being me and how competitive I am, that voice in your head is saying "you have never walked up a hill and we are not going to do this now", plus "you can't get off this bike without cramping more." I waited until there were no cars coming and somehow got going again on the upslope on Baseline hill. The guys were waiting at the top and I passed them not wanting to stop. I had to stop again with cramps doing the climb up to the Hornets Nest.

We made an unscheduled stop at the gas station across from the Hornets nest. I texted the Mrs. "cramping in both legs" but only 10 miles to go." We made it to the finish and that is where the big trouble started. I was fine until we came to a stop. I got really dizzy and had to get off the bike. I somehow made it to the back of the tailgate to sit down and the next thing I remember I was sitting on the ground with the guys pouring cold water on me. I do not remember

everything from this point, but from what I do, I had some of the worst cramping I have ever had.

Both legs and in my back. I really have no idea how much time passed. I remember more cold water and ice on my neck. By now the Mrs. knew something was up because I was overdue and not answering my phone. She decided to drive over and see what was going on.

By the time she got there, the guys had me in the truck with the air conditioning blasting. It was then that they took me to the emergency room. I was severely dehydrated and the kidneys were not be able to clear the toxins properly. I ended up having to stay overnight in the hospital and had 4 IV bags of fluids.

Doctor thinks the combination of the previous hard rides and short turn around to Thursday morning did not leave me hydrated enough and the muscle break down was already happening prior to Thursday. (remember earlier when I said the hills felt a lot harder than normal to me) I was doing my normal drinking and making my normal bathroom trips. I did not notice anything unusual about my prep coming into Thursday's ride.

All my numbers returned to normal the following day and they let me go home Friday morning. So, when doing rides, especially long ones, let others know during the ride if you don't feel well or are dizzy.

Even if it is minor. If someone tells you this, do not leave that person alone. Do not think you are some big strong person and don't need to let anyone know you are feeling something unusual.

Even if you think you are drinking enough, you may not be. Prior rides may play a bigger part into how you are feeling than you think. My reason for telling you about this is to protect you or help someone that may get into this same trouble. I have not been in a situation like this before, involving me or another cyclist.

I just want to share this with you as a learning experience. I need to thank Jeff Lancaster and Jim Niethammer who did everything they could to help me when I was laying on the ground in the parking lot and getting me to the hospital.

Stay safe, drink more.

EBC SEPTEMBER RIDE NOTES

Diane Bies • biesdi@aol.com

Please note:

ALL EVENING RIDES START AT 5:30 IN SEPTEMBER (Except the Full Moon Ride on Monday 9/20)

ALSO THE EVENING ROUTES GET SHORTER, STARTING SEPTEMBER 6

THURSDAY NIGHT RIDES ARE AT THE OLD DAM IN NEWBURGH THIS MONTH

Monday, September 5—Labor Day Ride. Come ride with your fellow EBC members at Darmstadt Inn at 9:00 for our holiday ride. It will be the same route done on July 4.

THURSDAY, SEPTEMBER 8TH—CLUB MEETING Come join us at Roca Bar on S. Kentucky Ave. 6:00 Social Time, 6:30 Meeting.

Saturday, September 11— Cover Gibson County Habitat Ride in Princeton, IN. Saturday This ride starts at 8:00 AM. It replaces our local morning ride. Read all about it and register at Habitat for Humanity of Gibson County - Cover Gibson County Bike Ride (networkforgood. com) 15, 30, or 62

Sunday, September 12—is the Dam to Dam ride in Wabash, IN. The info on this ride can be found at Register NOW! for 2021 Dam to Dam Century Ride at Wabash County YMCA, Sun Sep 12, 2021 6:30 AM - 5:00 PM

(tickettailor.com) Mileages offered of 15,30,50,62,80,100,150

Thursday, September 16—Club Century. We will ride the New Harmony route or the Touring route starting at Crossroads Church at 7:00 AM.

Saturday, September 18—club century. We will ride the New Harmony route or the Touring route starting at Crossroads Church at 7:00 AM.

Saturday, September 18—

Misaligned Minds tour in Paducah, KY at 8:00 AM. More info on this ride can be found at http://www.misalignedminds.com/ 10, 25, 40, 65, or 100

Saturday, September 18—Hub City Ride in Elizabethtown, KY at 8:00 AM. More info on this ride can be found at Hub City Tour (bikesignup. com) 15, 35, 62, or 100

Monday, September 20—Full Moon Ride at 6:30 PM at Olmstead. *Must have lights!*

Saturday, September 25—

Owensboro, KY is the Bluegrass Century starting at 8 AM. Again, it is in place of our Saturday morning ride. We are trying to support the rides in the area. Check it out at (4) The Bluegrass Century | Facebook 30, 62, 100

Sunday, September 26—The Annual EBC Pre-Pumpkin Ride. We will ride the GPM routes checking the marks and enjoying the route that we will be entertaining on the next weekend. 100 K riders start at 8:00 AM, 25K and 50K riders start at 10:00 AM. This is your chance to ride the route so you can volunteer the following weekend.

We are now seeking volunteers for the Great Pumpkin Metric to be held on Sunday October 3, 2021.

If interested please contact Kevin Otolski via email, phone or facebook messenger. There are volunteer opportunities both on the DAY OF AND BEFORE THE EVENT. It takes a lot of workers to host such an amazing event. Please consider taking a shift to help out! We will have themed rest stops again this year.

IT'S COMING! VOLUNTEER NOW!



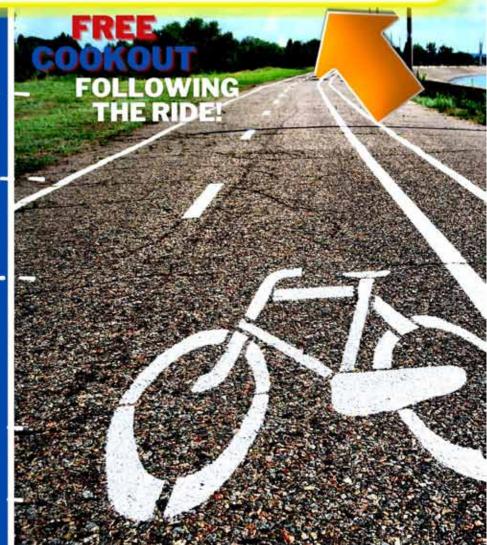


SATURDAY, 9/11/21, 8 AM (CST)

\$35 REGISTRATION-CURRENTLY OPEN 62 MILE & 30 MILE HELMET REQUIRED

REGISTER ONLINE OR MAIL TO: 1302 W. BRUMFIELD AV.

PRINCETON, IN 47670
CHECKS PAYABLE TO:
HFHGC
812-385-2434



September 2021 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wear you red, white, and blue and come ride America on Sept. 6 at 9:00 AM Please see attached list of registration sites for organized rides. Too many to show here.	PLEASE NOTE: Evening rides start at 5:30 this month and get shorter due to earlier sunset.	HELMETS ARE ALWAYS 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. 5:30 PM Come Ride With Us on the Greenway from Evansville Museum Ride Up to 20 mi.	2 9:00 AM @ Mes- ker Park Dr. and Wimberg Ave. 23 mi 5:30 PM @ Old Dam Site, Newburgh, 17, 27 mi	3 1:00 PM @ 1-69 Access, Burkhardt & Olmstead Rds. 17,22,33 mi	4 9:00 AM @ Hornville Tavern Baseline Rd. 21, 29 mi. 1:00 PM @ Elite Fitness 57 and Kansas Rd. 17, 23, 35, 43 mi.
5 10:00 AM @ <u>I-69 Access</u> , Burkhardt &Olmstead Rds.17,24,33 2:00 PM Come Ride With Us @ I-69 Access, Burkhardt & Olmstead Rds. 17, 22, or 33 mi.	6 Labor Day 9:00 AM @ Darm- stadt Inn Darmstadt Rd. 23 miles 5:30 PM Come Ride With Us @ 4-H Fairground 15 mi	7 9:00 AM @ 1-69 Access Burkhardt & Olmstead Rds. 17,22 mi 5:30 PM @ 1-69 Access Burkhardt &Olmstead 17 mi.	8 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15 mi. 5:30 PM Come Ride With Us on the Greenway from Evansville Museum Ride Up to 20 mi.	9 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 6:00 Social Time. 6:30 PM Club Meeting @Roca Bar 1618 S. Kentucky Ave	10 1:00 PM (a) 1-69 Acccess, Burkhardt & Olmstead Rds. 17,22,33	County Habitat Ride in Princeton, IN 2, 15, 30, 62 \$\$ 1:00 PM @ Elite Fitness 57 and Kansas Rd. 17, 23, 35, 43 mi.
12 6:30AM Wabash Dam to Dam ride @ Wabash, IN 15,30,50,62,100,150 mi.\$\$ 10:00 AM @ Elite Fitness-TP Route (57 & Kansas) 23,37 mi. 2:00PMCome Ride With Us @ L69 Access Burkhardt & Olmstead Rds. 17, 22, 33 mi.	13 1:00 PM @ 4H Fairgrounds 15,24,28 mi 5:30 PM Come Ride With Us @ 4-H Fairground 15 mi	14 9:00 AM @ L69 Access_Burkhardt & Olmstead Rds. 17,22 mi. 5:30 PM @ L69 Access Burkhardt &Olmstead 17 mi.	15 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15 mi. 5:30 PM Come Ride With Us on the Greenway from Evansville Museum Ride Up to 20 mi.	16 7:00 Club Century @ Crossroads Church on Outer Lincoln, 100 mi New Harmony or Touring 9:00 AM @ Mesker Park Dr. and Wimberg Ave. 23 mi 5:30 PM @ Old Dam Site, Newburgh, 17 mi	17 1:00 PM (a) 1-69 Ac- cess. Burkhardt & Olmstead Rds. 17,22,33 mi	18 7:00 Club Century @ Crossroads Church on Outer Lincoln, 100 mi 8:00 Misaligned Minds@ Paducah, KY 10.25,40.65,100 % 8:00 Hub City Tour@ Elizabethtown, KY 15,35,62,100 mi. \$\$. New Harmony or Touring 9:00 AM @ Silver Bell in St. Wendell 28 Mi. 1:00 PM @ Dogtown Boat Ramp Old Henderson Rd. 12, 23, 45mi.
19 10:00 AM @ West Terrace School (Near USI) 19, 33 mi 2:00PMCome Ride With Us @ L69 Access Burkhardt & Olmstead Rds. 17, 22, 33 mi.	20 1:00 PM @ 4H Fairgrounds 15,24,28 mi 6:30 PM Full Moon Ride @ 1-69 Access Bukhardt & Olmstead Rds. 17 mi.	21 9:00 AM @ 1-69 Access Burkhardt & Olmstead Rds. 17,22 mi 5:30 PM @ 1-69 Access Burkhardt cess Burkhardt & Olmstead 17 mi.	22 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15 mi. 5:30 PM Come Ride With Us on the Greenway from Evansville Museum Ride Up to 20 mi.	23 9:00 AM @ Old Dam Site, Newburgh, 27 mi. 5:30 PM @ Old Dam Site, Newburgh, 17 mi	24 1:00 PM (2) 1-69 Ac- 1-65. Burkhardt & Olmstead Rds. 17,22,33 mi	25 8:00 AM Bluegrass Century in Owensboro, KY30, 62, 100 mi. \$\$ 1:00 PM @ Elite Fitness 57 and Kansas Rd. 17, 23, 35, 43 mi.
26 Pre-Pumpkin Ride @ Heritage Federal just east of 4-H Ctr. 8 AM for 62 mi. 10 AM for 16 or 31 mi. 2:00 PM Come Ride With Us @ L69 Access Burkhardt & Olmstead Rds.17, 22, 33 mi.	27 1:00 PM @ 4H Fairgrounds 15,24,28 mi 5:30 PM Come Ride With Us @ 4-H Fairground 15 mi	28 9:00 AM @ L-69 Access_Burkhardt & Olmstead Rds. 17,22 mi 5:30 PM @ L-69 Access Burkhardt &Olmstead 17 mi.	29 12:30 @ Elite Fitness 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H Fairgrounds Fast Ride 15 mi. 5:30 PM Come Ride With Us on the Greenway from Evansville Museum Ride Up to 20 mi.	ker Park Dr. and Wimberg Ave. 23 mi 5:30 PM @ Old Dam Site, Newburgh, 17 mi		GREAT PUMPKIN METRIC October 3, 2021 WHOW wanted Help wanted Contact Kevin Otolski kotolski@gmail.com

Max. Mileage

Evansville Bicycle Club — 2021 Club Mileage

Ride 100 No. of Club

Overall Standings

Club Member	Ехр.	Ride Host	100 Miles	No. of Rides	
1 Bies, Diane	6/1/21		1	57	2179
2 Wingert, Chuck	10/1/21		1	65	1879
3 Johnson, Bill	7/1/21			46	1350
4 Otolski, Kevin	7/1/21		11	36	1262
5 Bosko, John	6/1/21			34	963
6 Heiss, Dave	9/1/21			26	761
7 Vernier, Richard	2/1/22			24	589
7 Vernier, Sue	2/1/22			24	589
9 Brouillard, Gene	6/1/21			25	557
10 Sullivan, Patrick	10/1/21		6	10	515
11 Blackford, Elizabeth	8/1/21			13	498
12 Seger, Khris	10/1/21		11	13	488
13 Maurer, Kenneth	8/1/21			15	425
14 Nelli, John	11/1/21			12	368
15 Kirby, Ken	7/1/21			9	277
16 Straka, David	10/1/21			8	244
17 Leavell, Mario	6/1/21		1	4	220
18 Niethammer, Jim	10/1/21		3	4	162
19 Gerbig, Steve	3/1/22			7	154
20 Corcoran, Lisa	11/1/21			11	121
21 Gardner, Gary	6/1/23		11	7	119
22 Effron, Michael	4/1/21			1	100
22 Willett, Bobby	5/1/21		2	1	100
24 McBain, Roger	7/1/21			4	91
25 Gatewood, Ronald	1/1/22			5	85
26 Kempf, Josh	7/1/21			14	81
27 Toeniskoetter, Richard	3/1/22			2	61
28 Miller, Susan	3/1/22			1	33
29 Gerdeman, Kella	9/1/21			1	31
29 Samm, Bill	10/1/21			1	31
31 Ashworth, David	1/1/22			1	24
Yeager, Rusty	6/1/21		6		

Men's Standings

Club Member	Exp.	Host	Miles	Rides	Miles
1 Wingert, Chuck	10/1/21		1	65	1879
2 Johnson, Bill	7/1/21			46	1350
Otolski, Kevin	7/1/21		11	36	1262
4 Bosko, John	6/1/22			34	963
5 Heiss, Dave	9/1/21			26	761
6 Vernier, Richard	2/1/22			24	589
7 Brouillard, Gene	6/1/21			25	557
8 Sullivan, Patrick	10/1/21		6	10	515
9 Seger, Khris	10/1/21		11	13	488
10 Maurer, Kenneth	8/1/21			15	425
11 Nelli, John	11/1/21			12	368
12 Kirby, Ken	7/1/21			9	277
13 Straka, David	10/1/21			8	244
14 Leavell, Mario	6/1/21		1	4	220
15 Niethammer, Jim	10/1/21		3	5	168
16 Kempf, Josh	7/1/21			28	162
17 Gerbig, Steve	3/1/22			7	154
18 Gardner, Gary	6/1/23		11	7	119
19 Effron, Michael	4/1/22			1	100
19 Willett, Bobby	5/1/22		2	1	100
21 McBain, Roger	7/1/21			4	91
22 Gatewood, Ronald	1/1/22			5	85
23 Toeniskoetter, Richard	3/1/22			2	61
24 Samm, Bill	10/1/21			1	31
25 Ashworth, David	1/1/22			1	24
Yeager, Rusty	6/1/21		6		

Women's Standings

Club Member	Ехр.	Ride Host		No. of Rides	
1 Bies, Diane	6/1/21		1	73	3325
2 Blackford, Elizabeth	8/1/21			19	818
3 Vernier, Sue	2/1/22			24	589
4 Corcoran, Lisa	11/1/21			11	121
5 Miller, Susan	3/1/22			1	33
6 Gerdeman, Kella	9/1/21			1	31

Ride Mileage Information

Club Rides	wax. wiileage
Scott School	33
West Terrace School	33
Castle High School	35
Henderson High School	47
Reitz High School	40
Garvin Park	20
Wesselman Park	20
Greenway	20
Mesker Park	38
Dogtown	45
Elite	43
Elite TP	37
4-H	28
Newburgh Dam	40
Olmstead	33
Hawg 'N Sauce	30
Hornville Tavern	29
Elberfeld Korner Inn	30
Silver Bell	28
Crossroads Church	100
New Albany	122
Hosted Rides	Max. Mileage
Specialty Rides	Date

FCBA Natchez Trace 5/29 – 6-4 6/7 – 6/17

The Evansville Bicycle Club, Inc. Membership Application



Fellow Cyclist,

We would like to invite you to become acquainted with the Evansville Bicycle Club by joining us on one of our weekly rides, attending one of our monthly meetings, or participating in any of our other cycling activities.

We encourage you to join us as an official Evansville Bicycle Club member. Membership in the Evansville Bicycle Club entitles you to:

- Participation in all EBC sponsored event.
- Monthly issues of the EBC newsletter "The BikeWriter"
- 10% discount on qualify purchases at local participating bike shops
- Fellowship with other cycling enthusiasts!

"The BikeWriter" is e-mailed each month to members and is also available on line at the Evansville Bicycle Club web site (www.evansvillebicycleclub.org). In it you will find the EBC ride schedule, year-to-date club mileage statistics, a schedule of various rides throughout the Midwest, and many articles of interest!

Membership Level Nev	<u>v</u> 🗖 <u>R</u>	enewal 🔲	
☐ \$12.00 Individual (one adult	t) add \$1.00 for eac	ch additional family member	under the age of 18
☐ \$20.00 Family (two adults) a	add \$1.00 for each	additional family member un	der the age of 18
Name	Age*	Signature*	Date
		-	
		- ;	
		_	
Address			
City	State	Zip	
Phone	e-mail	_	
Special Hobbies/Interests			

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 member, I understand and agree to absolve the Evansville Bicycle Club, 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 Evansville Bicycle Club, 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: Mario Leavell 3415 Mariner Drive Evansville, IN 47711