



EBCBIKEWRITER

NEWSLETTER OF THE EVANSVILLE BICYCLE CLUB • EVANSVILLE, INDIANA • MAY, 2023



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

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EBC MEMBERSHIP REPORT FOR MAY, 2023

New Members

Borrero, Cindy
Roth, Sonia
Kane, Lori

Renewing Members

Gardner, Gary (*Family + 1 child*)
Kercher, Greg
Wurmnest, Doug
Sullivan, Patrick (*Family membership*)
Vernier, Richard & Sue
Bullinger, Frederick
Janowski, Bob
Shrimpton, David & Phoebe
Yeager, Rusty
Mandel, John
Smith, Steven

Memberships expiring in May

Brake, Tony
Ashley, Gary
Mudd, Steve
Balboni, Ross
Willett, B G (BOB)
Housman, Paul
Beckley, Jesse
Aitken, Andrew
Head, Elizabeth
McCoy, Shawn
Sebastian, Chito

Memberships expiring in June

Bosko, John
Keeping, Ronald
Lingo, Becky

Total EBC Members - 134

Paid Members - 105

Past Due Members -29

Memberships expired in April

Voegel, Bill
Kempf, Josh
Britt, Tegan
Schnautz, Kurt
Zinn, Aaron

Cheddar Up Link is up. Members will be able to renew/join and pay dues online. Please click the link below to pay dues online.

<https://evansville-bicycle-club-membership-application-renewal.cheddarup.com>

THE PRESIDENT'S SADDLE

Kevin Otolski • Kotolski@gmail.com

In case you have not heard, the Roca Bar restaurant, where we have been holding our monthly club meeting, is closing down and moving to their new location on South Green River road. I checked and their new place does not have a banquet room for us to use for our meetings. I know our meetings pretty much run off cheap bar food, so I looked for a new place that may meet our needs.

The May club meeting will be held at Turoni's Pizzeria & Brewery - Forget Me Not located at 4 N Weinbach Ave, Evansville, IN. If Turoni's works out, I will look into making this our new meeting venue.

At our April club meeting we had a special guest, Patty Balbach. She has been involved with the ICan Bike Camp for over a decade, and has played an integral role in the program's success. She started as a volunteer and quickly became a coordinator, organizing the camp and recruiting volunteers to help. Patty is a passionate advocate for individuals with disabilities, and

her work with the ICan Bike Camp has touched the lives of countless children and adults. The ICan Bike Camp is a program that teaches individuals with disabilities how to ride a bicycle. The camp uses adapted bicycles and specialized equipment to help participants learn the necessary skills, and volunteers provide one-on-one support to ensure that each participant is successful.

With the help of Paul Jensen, our club has been involved with the ICan bike for 18 years. During the meeting, Treasurer Khris Seger presented Patty a check for \$1500 to help with this year's camp. This year's camp runs from June 5-9 and has one hour sessions from 8am to 4pm. The camp is being held at the National Guard Armory. If you are interested in helping for a session or more, please look for the Volunteer form in this newsletter or give Patty a call at **812-479-1411 x268** or **pbalbach@evansvillerehab.com**

Reminder the Ride of Silence (RoS) is coming up on May 17th at the State Hospital grounds. Ride starts



near the parking lot by the Softball field. If you have never done this ride, I encourage you to come and join us for this special ride. Ride starts at 6:00 PM Evansville State Hospital, 3400 Lincoln Ave. Ride is 12 mi at 12 mph in honor of those injured or killed while cycling on public roadways.

Once again we will have an EPD and ISP escort for our ride.

Stay safe, and I hope to see you at the RoS.

EBC 2023 CONTACTS

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HOW LANCE FARR EARNED HIS EVERESTING BADGE

So, you've ridden a few centuries and maybe even a double century or two. What could be next on your cycling bucket list? You could always get into Grand Fondos, 24 hour rides, travel around and race during the season or pick any number of things you can do on a bike to challenge yourself. Most cyclists are happy to get outside when the weather is good and just ride on your own or with friends, and there is nothing wrong with that. Others enjoy the next challenge to test their limits and give them something to work towards.

In this article I want to share something with you that we don't hear much about in the flat midwest where most of us reside, and that is Everesting. Many of you have probably heard about Everesting and some of you may have completed an Everesting challenge. I would like to share with you my experiences with Everesting.

From the official Everesting website (<https://everesting.cc/>) we learn:

"The concept of Everesting is fiendishly simple: Pick any hill, anywhere in the world and complete repeats of it in a single activity until you climb 8,848m (29,029 ft) – the equivalent height of Mt Everest. Complete the challenge on a bike, on foot, or online, and you'll find your name in the Hall of Fame, alongside the best climbers in the world."

But I live in Evansville, Indiana! Where am I going to find a climb long enough and steep enough to accomplish this challenge? A search of climbs in Indiana yielded a potential prospect. Wyandotte Cave Road in Leavenworth, IN is 1.1 miles long, with a 423 ft elevation gain, and an average gradient of 7.3%. That could work but one would need to go up and down this climb 68.6 times to complete the Everesting challenge. Intriguing, but maybe not in the near future!

I first learned about Everesting during the height of the Covid-19 pandemic. Cyclists throughout the world were stuck indoors wondering what to do. This is when Virtual-Everesting (vEveresting) gained a lot of popularity. It seemed that many ultra cyclists and professionals embraced the challenge and every few days (it seemed) someone was in the news attempting to break the world vEveresting record (which is 7 hrs 17 mins, according to Zwift Insider, <https://zwiftinsider.com/>). For those who

may not know, Zwift is an indoor training platform that has riders on smart bikes or smart trainers ride and race each other in a virtual world. Zwift (and other similar indoor training platforms) has changed the way we train in the winter and throughout the year. That is another story.

In the fall of 2022 I had just come off a very fruitful (for me) year of riding. I logged the most miles I have ever ridden in a year (8,000 miles), raced in the National (FL) and State (IN) Senior Games (the Olympics for old people), rode the Ride Across Indiana (RAIN, highly recommend), completed several century rides, trained for and completed the LO to JA (Logan, UT to Jackson, WY) 200 mile race for the 2nd year in a row and for the 5th time in my life. This is when I got intrigued about doing a vEverest attempt. I had the miles, I had done a lot of climbing and I figured, why not give it a shot? I mentioned this to my wife and she, of course, thought I was crazy!

After some online research on the Hells 500 (this is the club that sanctions the Everesting and vEveresting attempts) website, referenced above, and other online sources, I started to lay out a plan and timeline for my attempt. I decided on using the Alpe du Zwift (this is a virtual climb very similar to the real life climb in France called the Alpe d'huez) climb on Zwift

The LO to JA race was in September, so after recovering from that physically and mentally, I started doing some hill work on Zwift. I have ridden up the Alpe du Zwift climb multiple times and it is my favorite climb on Zwift. It is 7.59 miles long, 3,398 ft of elevation gain and has an average gradient of 8.5%. This means to vEverest on this climb you need to make a little over 8.5 ascents.

Up to this point I had never ridden the Alpe du Zwift more than once during one session. So I decided I needed to at least ride it two times in a row to see if a vEveresting attempt was even possible. My target attempt date was in November, so at the end of October I decided I was going to ride up Alpe du Zwift at least twice in one ride. In the back of my mind I was thinking more than twice might be better. 4 ascents later I had a pretty good idea what I might be getting into. Ascent 1 and 2 were about 1 hour each,

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HOW LANCE FARR EARNED HIS EVERESTING BADGE

ascent 3 was a little over an hour and ascent 4 was a killer. I didn't think I was going to make it and it took almost 90 minutes to complete.

What I learned was that in order for me to successfully complete a vEverest ride I would need to slow down, especially during the beginning ascents. I analyzed the 4 ascents and looked at speed, HR, time and especially average watts. I felt good on the 3rd climb and figured that I should keep my watts at or below where they were during climb #3. I had a plan!

In general there are a few things to consider and do when vEveresting.

- Your ride needs to be completed in one attempt, during one session. Breaks are fine, but no sleeping.
- You can get off the bike during the descents. Going down the Alpe du Zwift takes around 10 minutes and is steep enough that your avatar will keep going all the way to the bottom. Use this time to eat, stretch, change clothes, etc.
- Before the ride set your trainer difficulty to 100% because, well, this is meant to be as real as possible. Make sure your correct weight is in the system too.
- Have a variety of food and drinks set out, including energy bars, real food, and some kind of electrolyte replenishment. Having someone around that can help fix you a sandwich or something is good if you can swing it. Eat and drink what you feel like.
- Rides can be any length, but must be on the same climb up and down. No loops, no alternate ways to get to the summit either. Each ascent must be the full climb (no going half way on some ascents and all the way on clothes for example). The exception to this rule is on the last ascent, once you hit 8,848m you are done. But it is suggested to go a little extra to make sure you get all of the elevation you need.
- For acceptance by the vEveresting group into their hall of fame you need to use a smart trainer (direct drive is preferred but not required).
- The ride will also need to be recorded on Strava (make sure your Zwifts rides automatically sync up so they are sent to Strava).
- Realize that things can go wrong with your equipment, computer program and internet connection. More on this later.
- Take a screenshot of each time you get to the top to record each ascent. This helps as a second proof of completion.
- Once to pass under the banner at the time, turn around and head down. There is no need to ride the loop at the top, you don't want the extra miles.
- Set a timer for the descent so once you pass the starting line for the Alpe you can roll up and be ready to go again.
- Get a few friends to join you on part of the ride to keep you company (thanks Tony B. and Kevin H.) and add vEveresting to your name on Zwift so others will know what you are up to. There are a lot of people riding at the same time that will cheer you on.

So the day came for my attempt, November 19, 2022 arrived. 4:30 AM start. I had estimated it would take over 10 hours, all in it was closer to 15 hours, 13 hours and 42 minutes of riding. When I mentioned equipment failure above, here is where it happened for me. Once 29,029 ft in elevation popped up in Zwift, I had my wife there to take a picture of the screen in case I could not get a screenshot.

The Everest achievement badge popped up and Zwift stopped working after climbing 29,038 ft. Argh! I could not bring it back and do not know what happened. Worse yet, the ride did not transfer to Strava, you know what that means. So, I manually loaded the ride with

(continued on Page 6)

HOW LANCE FARR EARNED HIS EVERESTING BADGE

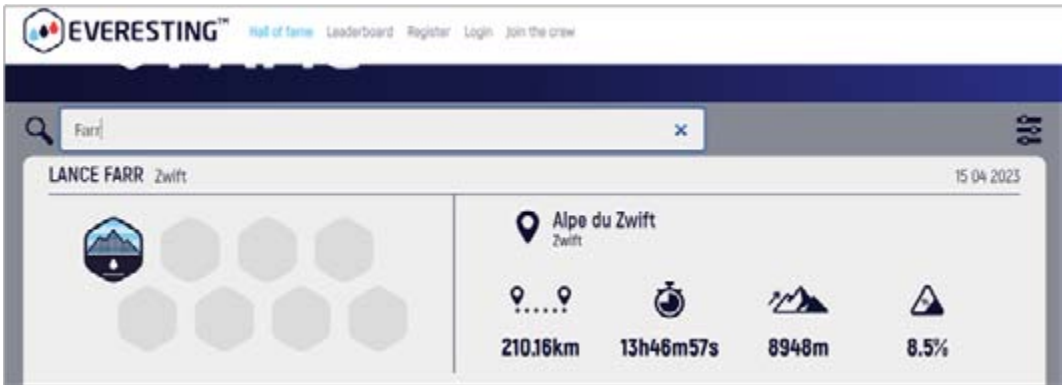
screenshots into Strava (which would not accept the elevation gain) and went to bed.

Fast forward to April 15, 2023. Deep down I knew I would need to do this again, make it official and have the ride accepted by the Hells 500 group who actually monitors Strava to pick up on all Everesting attempts.

This attempt started at 3:30 AM, I wanted to get finished before dinner. Well, after a long day with everything working out as I hoped the attempt was successful, the

ride was added to Strava and submitted to the vEveresting folks at Hells 500. A strava message and emailed confirmed my rided was added to the hall of fame.

Now, how about that hill in Leavenworth...





i ride for
coffee stops



we ride to school
for family fun!



i am
a plant
but bikes
are cool



LEAGUE OF AMERICAN BICYCLISTS

presents

BIKE MONTH

MAY 2023

[BIKELEAGUE.ORG/BIKEMONTH](https://bikeleague.org/bikemonth)

i ride
for work
...and play



i ride for
the planet



i ride to carry
all the things



i ride to enjoy
the open road



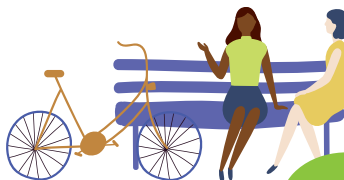
i ride to
stay rad



i ride for
the wind on
my face



i ride to
see friends :)



JUNE 5-9



REGISTER BY MAY 5

812-479-1411 ext. 268
or [pbalbach@
evansvillerehab.com](mailto:pbalbach@evansvillerehab.com)

Indiana National Guard Armory Gym, 3300 E. Division St., Evansville IN 47715

iCan Bike



**Kids, youth & adults with disabilities
learn to ride a regular 2-wheeled bike
using a series of adapted bicycles!**

Includes 5-day bike "day camp"
(each participant attends for 75 minutes daily),
an "iCan Bike" t-shirt & safety helmet.

**Cost \$200. Financial assistance available
thanks to generous donors!**

Get applications at the Easterseals Rehabilitation Center,
3701 Bellemeade Ave., Evansville IN 47714
or www.eastersealsrehabcenter.com or
[@EastersealsRehabCtr](#) on Facebook

*Designed for individuals age 8 and up with mild to moderate disabilities or disabling conditions
(cerebral palsy, Down syndrome, autism, coordination issues, obesity, etc.)*

Volunteers Needed!

**Help individuals with disabilities
achieve a dream!**

**Call 812-479-1411, X268 or
email pbalbach@evansvillerehab.com**

Volunteers must be 15 or older, be able to walk/run
beside a person on a bike, and be available daily
during iCan Bike, 8am-12:30pm OR 1-4:30pm (or both).



Presented by...

**Bicycle Club of Evansville
Celanese
Cycling Solutions
John Oldenburg Endowment Fund
Mother Bear Charitable Foundation**



Volunteer Registration Form

Easter Seals

Indiana National Guard Armory

3300 E. Division St, Evansville IN 47715

June 5th -9th, 2023

We are pleased to offer this bike program to people with disabilities and look forward to having you play an important part in helping our special riders learn to ride a two-wheel bicycle independently

*****NO PRIOR EXPERIENCE WITH PEOPLE WITH DISABILITIES NECESSARY*****

AGE REQUIREMENT: Volunteers must be at least 15 years old

Volunteer Information:

Name:	
Gender (M or F):	
Age:	
T-Shirt Size:	
E-Mail:	
Cell Phone:	
Home Address:	
Emergency Contact Name:	
Emergency Contact Phone:	

Comments:

Volunteer Orientation:

Please plan to attend our 45-minute orientation on June 4th @ 4pm at Easter Seals, 3701 Bellmeade Avenue. (this may be virtual so will update you closer to camp) During this orientation, you will learn about how the iCan Bike program

operates, what to expect each day in your role as a volunteer spotter and you will receive training tips on spotting your assigned rider. There will also be an opportunity to ask questions and meet other volunteers in your session. **Also, please plan to arrive each day of camp 15 minutes prior to your session start time for a daily strategy/briefing session.**

Volunteer Role:

Spotter: Walk/jog/run alongside a rider as they are learning to ride a bike during a 75-minute session (with short breaks) for 5 days Monday through Friday. You will provide encouragement and physical support, as needed.

Please place an "X" in the box below indicating your highest level of fitness:

<input type="checkbox"/>	I can jog at a moderate pace for one hour with short breaks
<input type="checkbox"/>	I can walk fast for one hour with short breaks
<input type="checkbox"/>	I can walk steadily for one hour with short breaks
<input type="checkbox"/>	I cannot walk steadily for one hour with short breaks

Comments (e.g. physical limitations, prior experience with children with disabilities, etc):

Session(s) Volunteering For:

NOTE: Volunteer spotters will walk/jog approximately 3 miles during EACH 75-minute session so please keep this in mind if volunteering for multiple sessions.

We ask volunteers to commit to attending **all 5** days of camp for the session(s) you select. Riders bond with their assigned volunteers and rely on the same person to be there to support them each day of camp.

Please place an "X" in the box(es) indicating the 75-minute session(s) for which you would like to volunteer :

<input type="checkbox"/>	Session #1: 8:00 am – 9:15 am
<input type="checkbox"/>	Session #2: 9:35 am – 10:50 am
<input type="checkbox"/>	Session #3: 11:10 am – 12:25 pm
<input type="checkbox"/>	Session #4: 1:30 pm – 2:45 pm
<input type="checkbox"/>	Session #5: 3:05 pm – 4:25 pm- (may not have if not enough kids)
<input type="checkbox"/>	I'm available to help spot a rider still in need of support during the day(s) immediately following camp.

	I'm available to help pack-up/move the bike equipment after the last session of the last day of camp.
Comments (e.g. day you cannot attend or will be arriving late):	



Volunteer Liability Release

Volunteer Name:	
------------------------	--

By signing, I hereby expressly acknowledge that biking, like many sports such as swimming, golf, soccer, and gymnastics involves movement and physical activity, and that injury or mishap are possibilities in spite of all reasonable safeguards and precautions taken. Further, I hereby expressly acknowledge that photographs and/or videos of me may be taken by parties outside the control of iCan Shine in connection with participating in this program. I acknowledge that iCan Shine has limited or no control over such activities of third parties and has no control over any editing and/or use of such photos and/or video footage. I accept such risks as reasonable and proper, and agree to hold harmless the officers, principals, staff and volunteers of Easter Seals Rehabilitation Center, iCan Shine, Inc., and Rainbow Trainers, Inc. should injury or mishap occur in this regard.

I give permission to be photographed and/or videotaped in print or electronic media by iCan Shine or third parties acting on behalf of iCan Shine. I acknowledge and agree that photographs and videos may be edited and used in whole or in part as desired for the purpose, which may be produced, duplicated, distributed and used for informational, promotional or other public purposes. I understand that photographs and video are not my property and there will be no compensation to me.

Volunteer Signature (typed signature is acceptable):	
-------------------------------------------------------------	--

Submission Instructions:

3

Document # 1019C

Please e-mail this completed Volunteer Registration Form, including above Liability release to Katie.Meissner@evsck12.com

EBC MAY RIDE NOTES

Diane Bies • biesdi@aol.com

May is National Bicycle Month

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.

Special Events on the calendar this month!

FRIDAY, May 5—Full Moon Ride

Friday night 7:30 Bring out your family and friends for this fun ride in the Bluegrass area. Lights are mandatory!! Slow and steady for everyone to enjoy.



THURSDAY, MAY 11TH — CLUB MEETING

Come join us at Turoni's on Weinbach

6:00 Social Time, 6:30 Meeting.

SUNDAY, May 7— National Ride a Bike Day Be sure to ride your bike that day and encourage your friends and neighbors to ride too.

SUNDAY, May 14 Mother's Day Come out to ride with the Mothers in EBC. No special ride.

MONDAY, May 15 to SUNDAY May 21—BIKE TO WORK WEEK with a special focus on Friday May 19 as Bike to Work Day.

WEDNESDAY, May 17— Ride of Silence

Our annual RIDE OF SILENCE at 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 out for dinner following the ride. Please join us.

THURSDAY, May 18—Club Century @ Crossroads Church 8:00 AM 100 mi. Folsomville or Touring Rides

SATURDAY, May 20—Club Century @ Crossroads Church 8:00 AM 100 mi. Folsomville or Touring Rides

SATURDAY, May 27—CRAM in Clarksville, TN
CRAM - Clarksville Rotary Annual Metric 2023 | BikeRide

THURSDAY, May 26 thru SUNDAY, May 28—
Horsey Hundred in Georgetown, KY <https://horseyhundred.com/Register/>

MONDAY, May 29—
EBC Memorial Day ride at 9 AM at Darmstadt Inn Parking Lot (Come in your patriotic bike clothing for a patriotic bike ride.) We will ride the USA route again.

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.



May 2023 E.B.C. Ride Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NATIONAL BICYCLE MONTH <u>BIKE TO WORK WEEK MAY 15-21</u> RIDE YOUR BIKE!!! JOIN THE MANY ACTIVITIES	1 1:00 PM @ <u>4H Fairgrounds</u> 15,24,28 mi 6:00 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi	2 9:00 AM and 6:00 PM @ <u>L-69 Access</u> Burkhardt & Olmstead Rds. 17,22 mi	3 12:30 @ <u>Elite Fitness</u> 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H <u>Fairgrounds</u> 15,24,28 mi.	4 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 27 mi. 6:00 PM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 mi.	5 1:00 PM @ <u>L-69 Access</u> , Burkhardt & Olmstead Rds. 17,24,33 mi Full Moon Ride 7:30 pm @ <u>L-69 Access</u> 17 mi. Lights required.	6 10:00 @ <u>Korner Inn</u> in <u>Elberfeld</u> 21, 30 mi. 1:00 PM @ <u>Dogtown Boat Ramp</u> Old Henderson Rd. 12, 23, 30, 45 mi
7 <i>National Ride A Bike Day</i> 10:00 AM @ <u>Elite Fitness-TP Route</u> (57 & Kansas) 23,37 mi. 2:00 PM <u>Come Ride With Us @ L-69 Access</u> Burkhardt & Olmstead Rds. 17,22,33 mi	8 1:00 PM @ <u>4H Fairgrounds</u> 15,24,28 mi 6:00 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi	9 9:00 AM and 6:00 PM @ <u>L-69 Access</u> Burkhardt & Olmstead Rds. 17,22 mi	10 12:30 @ <u>Elite Fitness</u> 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H <u>Fairgrounds</u> 15,24,28 mi.	11 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 27 mi. 6:00 PM Social Time 6:30 Club Meeting @ Turoi's Forget Me Not Inn on Weinbach and Lloyd	12 1:00 PM @ <u>L-69 Access</u> , Burkhardt & Olmstead Rds. 17,24,33 mi	13 10:00 @ <u>Hawg "N Sauce</u> in <u>Mt. Vernon</u> , 30 mi. 1:00 PM @ <u>Elite Fitness</u> 57 and Kansas Rd. 17, 23, 35, 43 mi.
14 <i>Mother's Day</i> 10:00 AM @ <u>West Terrace School</u> 19, 33 mi. 2:00 PM <u>Come Ride With Us @ L-69 Access</u> , Burkhardt & Olmstead Rds. 17, 22, or 33 mi.	15 <i>Bike to Work Week</i> 1:00 PM @ <u>4H Fairgrounds</u> 15,24,28 mi 6:00 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi	16 <i>Bike to Work Week</i> 9:00 AM and 6:00 PM @ <u>L-69 Access</u> Burkhardt & Olmstead Rds. 17,22 mi	17 <i>Bike to Work Week</i> 12:30 @ <u>Elite Fitness</u> 57 and Kansas Rd. 17,23,35 mi. 6:00 PM <u>Ride of Silence @ Evansville State Hospital</u> 3400 Lincoln Ave. 12 mi at 12 mph in honor of those injured or killed while cycling on public roadways. Please arrive early.	18 <i>Bike to Work Week</i> 8:00 AM <u>Club Century @ C Crossroads Church</u> 100 mi. <u>Folsomville</u> or <u>Touring</u> 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 27 mi. 6:00 PM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 mi.	19 <i>Bike to Work Day</i> 1:00 PM @ <u>L-69 Access</u> , Burkhardt & Olmstead Rds. 17,24,33 mi	18 20 <i>Bike to Work Week</i> 8:00 AM <u>Club Century @ Crossroads Church</u> 100 mi. <u>Folsomville</u> or <u>Touring</u> 10:00 @ <u>Hornville Tavern</u> Baseline Rd. 21, 29 mi. 1:00 PM @ <u>Elite Fitness</u> 57 and Kansas Rd. 17, 23, 35, 43 mi.
18 21 <i>Bike to Work Week</i> 10:00 AM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23, 32 mi. 2:00 PM <u>Come Ride With Us @ L-69 Access</u> , Burkhardt & Olmstead Rds. 17, 22, 33 mi	22 1:00 PM @ <u>4H Fairgrounds</u> 15,24,28 mi 6:00 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi	23 9:00 AM and 6:00 PM @ <u>L-69 Access</u> Burkhardt & Olmstead Rds. 17,22 mi	24 12:30 @ <u>Elite Fitness</u> 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H <u>Fairgrounds</u> 15,24,28 mi.	25 9:00 AM @ <u>Old Dam Site</u> , Newburgh, 27 mi. 6:00 PM @ <u>Castle HS</u> on Hwy 261 in Newburgh 23 mi.	26 1:00 PM @ <u>L-69 Access</u> , Burkhardt & Olmstead Rds. 17,24,33 mi	27 <i>CRAM</i> \$\$ <i>HORSEY 100</i> \$\$ 10:00 AM @ <u>Silver Bell</u> in <u>St. Wendell</u> 28 Mi. 1:00 PM @ <u>Dogtown Boat Ramp</u> Old Henderson Rd. 12, 23, 45mi.
28 <i>HORSEY 100</i> \$\$ 10:00 AM @ <u>Scott School</u> on <u>Old State Rd.</u> 15, 26, 33 mi. 2:00 PM <u>Come Ride With Us @ L-69 Access</u> , Burkhardt & Olmstead Rds. 17, 24, or 33 mi	29 <i>Memorial Day</i> 9:00 AM @ <u>Darmstadt Inn</u> Darmstadt Rd. 23 miles HOSTED RIDE 6:00 PM <u>Come Ride With Us @ 4-H Fairground</u> 15 mi	30 9:00 AM and 6:00 PM @ <u>L-69 Access</u> Burkhardt & Olmstead Rds. 17,22 mi	31 12:30 @ <u>Elite Fitness</u> 57 and Kansas Rd. 17,23,35 mi. 5:30 4-H <u>Fairgrounds</u> 15,24,28 mi.	EBC Membership form can be found at : http://EvansvilleBicycleClubMembershipApplication&Renewal	HELMETS ARE MANDATORY Wear your EBC jersey on Sunday rides	CRAM - Clarksville Rotary Annual Metric 2023 BikeRide 20, 33, 62, 100 mi. Home - Horsey Hundred so many options! 25 to 102 mi.

MIDWEST RIDE CALENDAR

More info at
granfondoguide.com

May 28	Chippewa Valley Century Ride	Chippew Falls, Wisconsin	35, 50, 75, 100 miles
Jun 03	BayCare Clinic Century	Bayshore to Lakeshore Green Bay, Wisconsin	15, 30, 60, 100 miles
Jun 04	Arlington 500	Barrington, Illinois	25, 42, 51, 70 miles
Jun 10	Harbor Springs Cycling Classic	Harbor Springs, Michigan	20, 45, 60 miles
Jun 11	BCLC Ramble	Trevor, Wisconsin	30, 50, 70, 100, 124 miles
Jun 17	Peninsula Century Spring Classic	Sister Bay, Wisconsin	25, 50, 62, 100 miles
Jun 17	BACooN Ride	Waukee, Iowa	71 miles
Jun 17	Horribly Hilly Hundreds	Blue Mounds, Wisconsin	100K, 150K, and 200K rts
Jul 08	One Helluva Ride!	Chelsea, Michigan	40, 63, 100 miles
Jul 15	Holland 100	Holland, Michigan	18, 36, 67, 100 miles
Jul 16	Ride Around Torch	Elk Rapid, Michigan	26, 63, 100 miles
Jul 16	Tri-State Tour	Hammond, Indiana	85 miles
Aug 12	The Courage Ride	Iowa City, Iowa	18, 37, 57, 86, 100 miles
Aug 19	Bridges Bikes and Brews	Woodbury, Minnesota	40, 65, 100 miles
Aug 20	Race the Lake	Fond du Lac, Wisconsin	90 miles
Aug 26	Wabash River Ride	West Lafayette, Indiana	33, 47, 67, 101 miles
Sep 10	North Shore Century	Evanston, Illinois	25, 50, 62, 100 miles
Sep 10	Door County Century Ride	Sturgeon Bay, Wisconsin	30, 50, 70, 100 miles
Sep 23	Leelanau Harvest Tour	Suttons Bay, Michigan	20, 40, 65, 100 miles
Sep 23	Headwaters 100	Park Rapids, Minnesota	45, 75, 100 miles
Sep 24	Apple Cider Century	Three Oaks, Michigan	15, 25, 37, 50, 62, 75 or 100 miles
Oct 6	Hilly 100	Ellettsville, Indiana	30, 50 miles per day

Evansville Bicycle Club – 2023 Club Mileage

Overall Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Bies, Diane	11/1/23			16	612
2 Smith, Steven	5/1/23		1	24	594
3 Jorden, Wes	7/1/23		3	21	560
4 Otolski, Kevin	7/1/23		5	11	397
5 Sullivan, Patrick	3/1/23		5	10	364
6 Kercher, Greg	4/1/23			15	363
7 Johnson, Bill	7/1/23			10	271
8 Vernier, Richard	3/1/24			11	263
8 Vernier, Sue	3/1/24			11	263
10 Seger, Khris	12/1/23		2	4	165
11 Maurer, Kenneth	8/1/23			7	163
12 Bosko, John	6/1/23			4	123
13 Erk, Jeffrey	7/1/23			4	121
14 Brouillard, Gene	2/1/24			4	106
15 Straka, David	2/1/23			2	52
16 Hawley, Tom	2/1/23			2	50
17 Janowski, Robert	3/1/24			1	27
18 Kempf, Josh	4/1/23			3	16
Yeager, Rusty	6/1/23		7		

Men's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Smith, Steven	5/1/23		1	24	594
2 Jorden, Wes	7/1/23		3	21	560
3 Otolski, Kevin	7/1/23		5	11	397
4 Sullivan, Patrick	3/1/23		5	10	364
5 Kercher, Greg	4/1/23			15	363
6 Johnson, Bill	7/1/23			10	271
7 Vernier, Richard	3/1/24			11	263
8 Seger, Khris	12/1/23		2	4	165
9 Maurer, Kenneth	8/1/23			7	163
10 Bosko, John	6/1/23			4	123
11 Erk, Jeffrey	7/1/23			4	121
12 Brouillard, Gene	2/1/24			4	106
13 Straka, David	2/1/23			2	52
14 Hawley, Tom	2/1/23			2	50
15 Janowski, Robert	3/1/24			1	27
16 Kempf, Josh	4/1/23			3	16
Yeager, Rusty	6/1/23		7		

Women's Standings

Club Member	Exp.	Ride Host	100 Miles	No. of Rides	Club Miles
1 Bies, Diane	11/1/23			16	612
2 Vernier, Sue	3/1/23			11	263

Commuting Mileage

Club Member	Miles	Thru Month
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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
Hawg 'N Sauce	30
Hornville Tavern	29
Korner Inn in Elberfeld	30
Silver Bell	28
Full Moon	17
New Albany	122
Hosted Rides	Max. Mileage
Specialty Rides	Date
Tour de Cure – Goodyear	3/18

USI TRAIL HEADS FUNDRAISER



Fundraiser



USI BIKE PARKS & TRAILS

USI Bike Parks & Trails is a project by Trail Heads - Southwest Indiana, a nonprofit organization with 501(c)3 charitable status. Our current activities for Dubois, Gibson, Spencer, and Warrick counties include after-school group rides, bike maintenance, and trail work. We are currently seeking sponsors for the USI Bike Parks & Trails project. Your sponsorship will be applied directly to this project which will feature 20 miles of natural surface trails along with 22 acres of bike parks throughout campus. Our current goal is to raise **\$50,000** which, if met, will be **matched 100%** by the Indiana Housing and Community Development Authority. Plans for these funds include construction of the **2.75-mile Campus Loop** and **.6-mile Broadway Connector Trail**. This project includes trailhead kiosks to highlight project sponsors. Please consider supporting us today!

Sponsorship Levels	Sponsor Benefits
Trail Funder (\$25)	Build 5 feet of feature-packed trail!
Social Recognition (\$50)	Group thank you post on social media
Individual Social Recognition (\$100)	Exclusive thank you post on social media
Trailhead Donor List (\$250)	Donor list posted at two trailhead kiosks
Trailhead Donor Logo (\$500)	Donor logo posted at two trailhead kiosks
Trailhead Dedication List (\$1000 - 20 available)	Dedication on list at two trailhead kiosks
Trailhead Dedication Sign (\$2500 - 4 available)	Exclusive dedication sign at two trailhead kiosks

Desired Level/Amount: _____

Special Requests/Restrictions: _____

Company Name and Contact Info: _____



Online donations can be made at patronicity.com/usi

Make checks payable to:

Trail Heads - Vanderburgh County

USI Bike Parks & Trails

3855 Deer Run Ct

Boonville, IN 47601

*Email questions or a high-resolution image of your logo to: contact@trail-heads.org

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 New ☐ Renewal ☐

☐ \$12.00 Individual (one adult) add \$1.00 for each additional family member under the age of 18

☐ \$20.00 Family (two adults) add \$1.00 for each additional family member under the age of 18

Name	Age*	Signature*	Date
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Address _____

City _____ State _____ Zip _____

Phone _____ e-mail _____

Special Hobbies/Interests _____

*Members under the age of 18 must indicate age and have signature of Parent or Legal Guardian

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: Erica Leavell

**3415 Mariner Drive
Evansville, IN 47711**