



THE SPROCKET

November – December 2014

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President's Message *by Paul Beach*



President's Message by Paul Beach

Stop! Don't hang up your bike yet! Our 2015 Club mileage started October 1, 2014. So, get a jump on next year now before bad weather sets in.

A BIG thank you to everyone who helped to make our 37th Annual Harvest Homecoming Bike Tour a great success (all our volunteers and riders included). I heard at last count we had 655 riders. Also, a special thanks to the Koetter family for sharing their beautiful Forest Discovery Center located in scenic, and a *little* hilly, Starlight, Indiana.

Don't forget this year's SIW Awards Banquet. It will be held on the first Friday in December, December 5, 2014. Please fill out and send in your reservations now. No snow and ice this year (we hope!)
Have fun and ride safe!

God bless,

Paul Beach

If you are a bicyclist in the Southern Indiana/Louisville area and would like to ride with a great group of people with similar interests, come check us out! Just pick up a Southern Indiana Wheelmen or Slowspokes ride schedule from the Clarksville Schwinn bicycle shop. If you have any questions, please contact one of the club officers or visit our web site at www.siwheelmen.org.




**Mark Your
Calendar!**

**Next Club Meeting
Thursday, November 20, 2014**
 **Clarksville Library**

We will begin promptly at 6 pm.

Come join us & support your club.

Trivia

Look for the bike pump  in the newsletter, when spotted, email your answer to plewis1950@gmail.com or turn in the answer at Clarksville Schwinn by September 10th. All correct entries will be entered into a drawing for a \$10.00 gift certificate from the bike shop.

Last Month's winner: Joan Gilley

To share your favorite recipe, please send to Phyllis

Recipe of the month:

No Bake Healthy Bites

1 Cup quick cook oats (uncooked)
1/3 cup dried cherries or cranberries
1/2 cup natural peanut butter
3 T honey
1 T vanilla



Mix, spread into a small flat container and refrigerate. Cut after they have been refrigerated several hours.

Enjoy!

Silver Creek Thank You

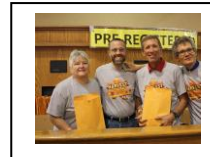
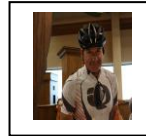
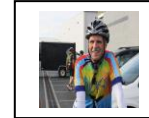
Did you brave the cold, windy weather to ride the Silver Creek Century? We had great participation from approximately 44 riders. We hope you enjoyed your ride, fellowship, cookies and sandwiches. Jeanne, Tony and I had fun providing the SAG and are already talking about an event for next year. Jeanne and Tony are in the northeast being grandparents, so I am speaking for all 3 of us when I say THANK YOU for making our day! Jeanne will probably have more statistics for you upon her return. I primarily wanted to thank you for the generous canned goods donations. First, I cannot believe so many of you remembered to bring canned goods. Secondly, your generosity resulted in 151 lbs of food for the St. Marks UCC soup kitchen. I am honored to be a member of such a great group.

Susie Hammond

Harvest Homecoming News

Riders comments from facebook

To all those who had a hand in today's ride I want to thank you for the awesome event. I've participated in a vast number of events and have to honestly say yours was by far among the best. My wife and I will definitely be back next year. Again, thanks so much for the fantastic day! Sincerely, Larry Green Team "Gang Green"



For Sale



Specialized sequoia. 18 " Ctr. Bottom br.-top bar. 19" Ctr. Bottom br. - top seat post.
Shimano-Tiagra-Sorq dérailleur a. Sugino cranks. Carbon-aluminum Fr. Geek seat. Alex rims.
Shimano br. Triple shifters. To make offer, call Betty Siefert [502-742-7493](tel:502-742-7493)



Happy Birthday

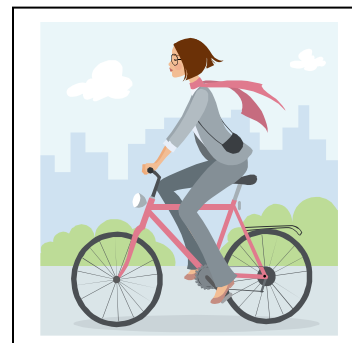
November		December	
Lizzy Schremp	11-01	James Hyde	12-02
Ethan Harkness	11-04	Julie Jessee	12-02
Jared Harkness	11-04	Steve Merker	12-04
Kathy Shirley	11-05	Maggie Ridge	12-05
Naydu Osorio Gonzalez	11-07	Debbie Shelton	12-08
Macy Ross	11-07	Tony Carrara	12-13
Joan Gilley	11-09	Amber Korte	12-13
Jedidiah Fritzingar	11-10	Leigh Anne Parker	12-13
Orlando Gonzalez	11-10	Kenneth McCardwell	12-14
Margaret Walton	11-10	Eric Bielefeld	12-17
Justin Ryan	11-11	Matthew McCardwell	12-17
Cliff Niemeier	11-13	Joe Gutmann	12-18
Emily Tolliver	11-14	Tim Harbison	12-18
David Rausch	11-15	Larry Best	12-19
Audette Johnson	11-18	Laura Meyer	12-20
Beth Duczeminski	11-22	Ana Gonzalez	12-23
		Carole Sutton	12-24
		Jeff Smith	12-25
		Jason Korte	12-27

If you see anyone of the above riders, please wish them a **Happy Birthday**

UP COMING EVENTS

Chili Ride
 Joan/Peg Birthday Ride
 Club Banquet
 Can Good Ride

November
 November 9
 December 5
 December 14



Bicycle Tip



Here's the tip:

It's easy to scratch the frame of your bike if it isn't leaned properly when not in use. If you're not locking your bike to a rack, find a solid structure such as a corner of a building or bench and rest the side of your rear tire against it. Let the front wheel flop toward the structure - it'll fall into a stable position.

In the pictures, just the back wheel is touching. It works!

Ann Bishop



We have Mail

Note from Doris Herp

This year of relocation has been hectic. I am now a resident of Crystal River Florida having bought a home that is 11 miles from the Withlacoochee State Bike Trail. My first time on the bike after settling here was probably only my sixth time on the bike this year. I had decided to ride 25 miles on what was a reasonably cool day. Twenty five miles of pedaling by myself. All it took was that one ride by myself to have me realize what I had given up. I've since found others to ride with but thought I'd let you know that even though I am settling in, you SIW, are missed. What a great group!

Doris

2014 SIW AWARDS BANQUET RSVP & MEMBER AGREEMENT

Friday, Dec. 5th - Valley View Golf Club - Floyds Knobs

Social Hour 6:30 PM, Dinner 7:30 PM

Please mail this form with your check no later than Wednesday, Nov. 21st to:

SIW Treasurer, Becky Best -- P.O. Box 58053 -- Louisville, KY 40268

Members planning to attend (Please print):

1. (\$20) _____ 2. (\$20) _____

3. (\$20) _____ 4. (\$20) _____

Guests planning to attend (Please print):

5. (\$20) _____ 6. (\$20) _____

Total Enclosed: \$ _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any Southern Indiana Wheelmen Association, Inc. sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Southern Indiana Wheelmen Association, Inc., their administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT OR MY DEPENDENTS ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

2015 Membership Type: [] Single (\$12) [] Family (\$15) – Note: Dues will be deducted at the banquet from your deposit refund.

Complete Mailing Address:

Printed name of adult member #1 / Birth Month & Day:

Phone: (_____) _____ **E-Mail:** _____

I have read & agree to this release: _____ **Date:** _____

participant's signature

Printed name of adult member #2 / Birth Month & Day:

Phone: (_____) _____ **E-Mail:** _____

I have read & agree to this release: _____ **Date:** _____

participant's signature

ADAPTED FROM: FORM NO. AMSP-WR-LAB-SPEC