



# THE SPROCKET

September – October 2019

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## S.I.W. President's Message

Hi SIW Members,

As we head into the "Dog Days of Summer" with 6 weeks left in our yearly riding season, please keep in mind that safety is paramount to everything else. (new members may not realize that our riding season begins on October 1<sup>st</sup> and ends on September 30<sup>th</sup> of the next year). I know you want to reach that goal/milestone you set last October 1<sup>st</sup> or as a new year's resolution. However, don't let reaching your goal override safety. Please think twice (or maybe 3 or 4 times) before you ride on wet roads, foggy mornings, when it is dark or even in the rain because, "I need these miles"! I speak of this from personal experience. I was going to have my "best year" ever in 2014 when I decided that, "I need these miles", on that Sunday Morning. Most of the regular riders did not even show up and the ride captain for that ride decided not to ride because it had been raining and the roads were wet. In case you didn't know; rain makes railroad tracks really slick. I broke my pelvis in a fall on the tracks. Railroad rails are really strong I was fortunate that I did not need surgery and had a great doctor. (thanks Dr. Bill Sligar). There were no more miles in that riding season because of my bad decision to ride.

Overall, the club has had an outstanding riding season. Mileage is up due to lack rain, (sorry farmers, it is a positive for bike riding), a full schedule with some great in and out of town rides. Let's finish the year strong and safely.

Harvest Homecoming Update: SIW's signature event, "The Harvest Homecoming Bicycle Tour" is taking shape. Many members have been meeting and working to make this year's edition a great one. A major change occurring this year is that it will be held on a Saturday. The date is October 5<sup>th</sup> in Lanesville, IN. We need as many members as possible to volunteer for the day. Especially, late in day with clean-up. Please contact Paul Beach to sign up as a volunteer. This event is our major source of funds for the year. It is important to make it successful. This year's jersey is really sharp. If you want one at the club members reduced price (\$50.00), please contact me by Wednesday. We are placing our order on Wednesday and want to be sure to have your size. For additional information, please see:

<http://www.siwheelmen.org/harvest.htm>

Sad News: Former SIW Member, Terrie Kiefer passed away unexpectedly last week. Terrie was a ray of sunshine with a warm personality. She was 66 years old. Attached is a link to her obituary. <https://www.legacy.com/obituaries/louisville/obituary.aspx?n=terrie-lynn-kiefer&pid=193665858&fhid=10680>  
She will be missed.

Great Article: In case you missed the News and Tribune Article about Paul and Barb Beach, it is a must read. Paul and Barb have played such an important role in the success of SIW over the last 3 plus decades. Their hard work and commitment to the club cannot be overstated. This is an overdue and well-deserved article. Thanks for all your work in making SIW such a great club.

[https://www.newsandtribune.com/sports/cycling-jeff-couple-among-many-racking-up-big-miles-with/article\\_f608009e-b404-11e9-ad26-93ad16ab3bd8.html](https://www.newsandtribune.com/sports/cycling-jeff-couple-among-many-racking-up-big-miles-with/article_f608009e-b404-11e9-ad26-93ad16ab3bd8.html)

Next Club Meeting: Monday, September 9<sup>th</sup>, Clarksville Library, 6 p.m. There will be a first reading of by-law changes proposed by the Board of Directors, Harvest Homecoming updates and more. Please try to attend.

On this 50<sup>th</sup> Anniversary of Woodstock... Peace, Love and Bike, Joe G



## Next Club Meeting:

**Monday, September 9, 2019  
Clarksville Library**

**We will begin promptly at 6:00 PM.**

**Come join us & support your club.**

**Happy  
Birthday!**



EVERY YEAR ITS THE SAME THING, "C'MON TERRY PUT ON A BIRTHDAY HAT, IT'LL BE FUN, WE'LL HELP YOU TAKE IT OFF LATER" BUT NO ONE EVER DOES

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September		October	
Jessica Christoff	09/01	Tom Burkhart	10/01
Clare Burkhart	09/02	Nick Domagalski	10/01
David Campbell	09/03	Judy Hesse	10/06
Jessica Madison	09/04	Lindsey Miller	10/07
Kevin Kennedy	09/08	Phyllis Andres	10/09
Holly Campbell	09/09	Garrett Metz	10/10
Kenny Doerhoefer	09/10	Joe Bolan	10/11
Larry Brown	09/11	Sara Gonzalez	10/12
Faith Jenkins	09/13	Bob Grable	10/14
Kim Stone	09/13	Rose Korte	10/14
Doug Durham	09/14	Claire Slemmer	10/16
		Matthew	
Tim Gettelfinger	09/15	Gettelfinger	10/17
Bob Hamilton	09/18	Ray Thomas	10/18
Brad Farrell	09/20	Jan Campbell	10/22
Kimber Hutton	09/22	Cindy Barranco	10/23
Leslie Malony	09/22	Len Stahlgren	10/24
Janet Jacobi	09/24	Bill Horton	10/27
Claudia Fritzingler	09/25	James Wayman	10/28
Braden Jenkins	09/25	Teresa Moody	10/29
Katie Domagalski	09/28	Joan Piedmonte	10/29
Kristie Madison	09/28	Jan Stahlgren	10/30
Michael Truitt	09/28	John Evers	10/31
Brantley Jenkins	09/29	Marcy Prather	10/31
Stan Wheeler	09/30		

# Upcoming Events

See Ride Schedules <http://siwheelmen.org/rides.htm> for additional details

Date	Title	Location	RC
Sep 1 - 2	Midwest Tandem Ride - <a href="#">LINK</a>	Columbus, IN	Brian Christoff
Sep 2	<a href="#">Mayor's Hike, Bike and Paddle</a>	Courthouse on Court Ave. Jeffersonville, IN	Joe Gutmann
Sep 3 - 7	Michigan Trip	See Joan	Joan Gilley
Sep 6	Happy Friday! Ride and then Watch the Sunset	4103 Jack Teeple Rd., Charlestown	Clare Burkhart – RSVP 502-544-1504 or cburkhart@cwgo.com
Sep 9	CLUB MEETING	Clarkesville Library - 1312 Eastern Blvd, Clarksville, IN 47129	
Sep 14	<a href="#">Bike To Beat Cancer</a>	Norton Cancer Institute Brownsboro 4955 Norton Healthcare Blvd, Louisville, KY	Jeanne Garrison- Young
Sep 22	<a href="#">Hope Ride</a>	Hauser High School 9273 North State Road 9, Hope, IN, 47246	Joe Gutmann
Sep 28	<a href="#">Great Pumpkin Roll Ride</a>	9660 Dry Fork Rd - Harrison, OH	John Neichter
Sep 29	<a href="#">Ice Cream Ride</a>	3622 DeVille Dr - Floyds Knobs	Susie Hammond
Sep 30	<b>S e a s o n   E n d s</b>		
Oct 5	<a href="#">Harvest Homecoming Ride</a>		

Additional information on bicycling in Indiana can be found by contacting:

Bicycle Indiana • [info@bicycleindiana.org](mailto:info@bicycleindiana.org) • [www.bicycleindiana.org](http://www.bicycleindiana.org)

Southern Indiana Wheelmen web pages • <http://siwheelmen.org/>

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 / 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](http://www.siwheelmen.org).

# Helmets – Quality of Life Savers

I recently crashed and it was the helmet that saved me recovery time. I crashed with a helmet I bought from my LBS Clarkesville Schwinn for around \$50.00. I had bought the helmet out of necessity as my previous helmets' suspension system stopped being adjustable. I picked a helmet that fit, reasonably priced and fit my budget. Looking back, I can see not the best requirements for a helmet. I have learned since that my requirements have short comings. [MIPS](#) stands for... Multi-directional Impact Protection System.

## MIPS is a brain protection system — engineered to add protection

The MIPS Brain Protection System (BPS) is found inside the helmet, generally between the comfort padding and the EPS (a high quality foam used to reduce energy).

For certain impacts, the MIPS BPS System can reduce harmful forces transmitted to the brain.

### *Why do I need MIPS?*

Injury statistics show that when you fall and hit your head, it's most common to fall at an angle, compared to a linear fall.

Falling at an angle creates rotational motion and science has shown that our brains are very sensitive to rotational forces. In an angled impact, these forces may transfer to your brain, which can cause severe injuries. The MIPS BPS System can reduce the rotational motion and reduce the risk of brain damage.

### *Rotational motion*

#### **Why is it so harmful?**

The human brain is amazing – but fragile. During an angled impact, rotational motion can cause strain to the brain tissue, which may lead to severe brain injuries. When you have suffered a concussion or an even more serious damage to the brain, rotational motion to the brain is the most likely cause.

## How MIPS addresses the problem

The MIPS BPS System allows the head to move inside the helmet which can reduce the harmful rotational motion otherwise transferred to the brain.

When the rotational force is redirected, the risk of strain to the brain tissue is reduced. After conducting more than 20,000 tests, and moreover being validated and confirmed by third party testing, we know that the MIPS BPS System adds protection at certain types of impacts.





# Railtrailing in Northern Indiana



What do you call ten cyclists when they travel through Miami, Peru, Birmingham and have lunch in Denver all on one 40-mile round trip? They are ten Slowspokes out having fun on the [Nickel Plate Rail Trail](#). The day before we started in Peru and rode south until rain forced us back, but arriving back in Peru, the rain had subsided and we continued on to the north end of that part of the trail. After completing the entire Nickel Plate trail on Tuesday, we drove to Shipshewana to ride on the [Pumpkinvine Trail](#) (there has been another addition to that trail leaving only ½



miles on county roads). That evening in Shipshewana we all walked to the Blue Gate restaurant for supper. You can't pass up the delicious Amish fried chicken and wonderful desserts. On Wednesday we rode to Land of Goshen and several had lunch there before returning to our cars and driving on to Muncie. On Thursday rode we rode to Losantville and back and several rode a bit further. It was a good four days before the hot weather began settling in. I'm happy to say that Bill Priddy (sad for Bill) had the one and only flat on the trails plus one in the motel room. Bob Quinn got some training for the ride across Indiana, having one day ridden 86 miles with Debbie Shelton riding 81 of that with him. The rest of the group included Joan Gilley, Marty Jones, Ann Bishop, Jim Shelton, Mary Quinn, Ray Thomas and Ed Hatfield. We are wishing Bob Quinn safe travels on his ride across Indiana.



## Editor's Note:

If you would like to join us in expanding the newsletter or help us with a one-time article submission please email us at: [SIWNewsletter@ericmadison.com](mailto:SIWNewsletter@ericmadison.com)