



THE SPROCKET

March-April 2022

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SIW's President's Message,

Greetings on Ash Wednesday 2022. On my recent walks and bicycle rides, I have noticed some sights and sounds of Spring that officially arrives on Sunday, March 20th. While on neighborhood walks with our dog Nala, I have seen Sandhill Cranes circling and flying over my neighborhood as they migrate north. The vocalizations of Spring Peepers that I heard on the Sunday afternoon ride on Saint John's Road near Lanesville, IN, brings back fond memories of these sounds when I was working at IU Southeast.

I encourage you to consider exploring an aspect of bicycling that you may have never experienced or have avoided in the past. I have dusted off an old Cateye CS-1000 trainer, and after speed dating several indoor cycling apps, settled down with TrainerRoad. In particular, it has allowed me to workout on days when outside conditions were below my minimums plus it has inserted a more systematic calendar for training. I enjoy the more difficult indoor cycling sessions plus the important reminder that I need to cycle more often at a recovery pace. Of course, I find it much easier to accomplish recovery rides indoors by myself in contrast to SIW rides with others.

Perhaps it's time for you to make plans to travel with an SIW group for a ride in another state? I have registered for the Kentucky Century Challenge, and I am also working on plans for some multi day rides in Ohio as well as from Pittsburgh, PA, to Washington, D.C. on the Great Allegheny Passage and C&O Canal Rail trails. Hopefully I'll have the cycling fitness and equipment in place to ride across the USA in the near future.

Finally, I encourage you to share your love of cycling with others and encourage those you know to join us.

David Campbell

If you need a quick response from me, please call or text me at [502-262-4771](tel:502-262-4771). For less urgent matters, my email address is campbelb5730@sbcglobal.net.



Recent Club Meeting:

**Monday, March 7, 2022
via Zoom**

We are hoping to meet in person soon.

Happy Birthday



March		April	
Eric Madison	04/07	Larry Hartog	03/06
Teri Blackman	04/13	John Neichter	03/07
Eric Sieg	04/13	Paul Beach	03/08
Scott Malony	04/14	Catie Eichhorn	03/14
Scott Aldridge	04/18	Stephen Collins	03/16
Don Gettelfinger	04/18	Betty House	03/21
Chad Gillenwater	04/24	Dick Thorn	03/22
Ben Blackman	04/26	Ed Hatfield	03/23
John Ritz	04/26	Randy Hein	03/26
		Bob Quinn	03/28

Florida Bike Trek 2022

Although Mother Nature put up resistance recently to our Fl. annual bike trek, the majority prevailed in escaping winter here. For those who made it out of Kentuckyana, icy & bitter cold elements, we were rewarded once arriving in sunny & warm Fl. Even the spouses of cyclists whom don't cycle found fun things to occupy them, such as Nature parks & museums. There was something for everyone.

This year was 1st. year for group of 13 splitting up into 2 different condos, a half mile apart. It worked, accommodations were doable & comfortable for the most part. A shout out goes to Jan Campbell, Paul Beach for acquiring the condos. Also applaud to Debbie Shelton for bike route planning & organizing. Many Thanks and appreciation to these great leaders.

We tend to repeat our favorite bike routes over a 2 week period, like Lakes Maria, David & Alfred. In addition, this year we had a couple of new "adventure rides", hopefully add them into our rotation next year.

Our group was treated to a Barbecue feast at the Orlando home of Ed Gootee's Brother, who graciously hosted us. Another highlight, Super Bowl party hosted by Jan & Bernie Campbell at their condo, all 16 of us crowded into their 1 bedroom condo & patio as we feasted on BBQ & Potluck dinner. No, we did not get run out, but left quietly & peacefully after the game.

It was a great, sunny & exhilarating 2 weeks. Hope to do it next year. Thanks for your camaraderie.

Carole Sutton





Upcoming Events

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

Date	Title	Location	RC

If you are interested in submitting pictures or an article to *The Sprocket* Newsletter please contact Holly Campbell at hcampbell6229@gmail.com.

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

Bicycle Indiana • info@bicycleindiana.org • 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.