



THE SPROCKET

January-February 2023

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SIW's President's Message,

It was another wonderful SIW Banquet on the first Friday evening of December. In particular, I want to thank our volunteers who made it possible to hold this annual event: Paul and Barb Beach, Bernie and Jan Campbell, Joe Gutmann, and Roben Rosenberger.

The next couple of months are challenging for riding outdoors. Last year, I purchased a better trainer for riding indoors and have grown to love challenging myself with TrainerRoad workouts while listening to Audible books. I am also beginning to develop a plan for cycling adventures in 2023. I am still watching for the official launch of the Kentucky Cycling Challenge for 2023. My only registration at this point and time is the Cycle North Carolina Coastal Ride (https://ncsports.org/event/cyclenc_coastal_ride/), a three day event on April 28-30 with routes varying in distance from 15 to 100 miles starting each day from Oriental, NC.

I was recently delighted when John Neichter posted to FaceBook that Governor Holcomb had announced in his 2023 State of the State address that the Department of Natural Resources (DNR) will award \$29.5 million to acquire and begin development of the 62.3-mile Monon South Trail spanning five counties in Southern Indiana. Please consider contacting and thanking Governor Holcomb and our state representatives for making this investment.

Finally, let's do all we can to keep ourselves and each other safe while bicycling this year. In particular, let's observe the safety tips I've adapted from the Indiana Bicycling Coalition and always wear a helmet, ride to the right side of the road, observe all traffic laws, ride in a predictable manner, use hand signals and verbal cues to alert others when turning or changing pace, and equip our bikes with front and rear lights. I am also an advocate of wearing high visibility attire. Allons-y!

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, January 9, 2023

at 6 pm Clarksville Public Library



January		February	
Nancy Lovett	01/01	Ron Galbraith	02/01
Marty Jones	01/02	Bruce Lowe	02/08
Dick Keith	01/12	Tony Barranco	02/12
Robin Meredith	01/12	Taylor Lewis	02/12
Katherine Lewis	01/14	Mark Mennen	02/12
Bryan Huhnerkoch	01/16	Bill Priddy	02/18
Michael Poindexter	01/18	Merrell Grant	02/23
Barbara Thorn	01/21		
Sharon Thomas	01/22		
Rick Ferguson	01/25		
Peggy Bannon	01/28		
Tony Wilson	01/29		

IF NOT NOW...WHEN.

By Nita Bernat

Most recently I purchased an eBike. I have always had a curiosity about them since they came on the scene several years ago. Those were the days of heavy and big. Not something I needed or even considered but interested to see how they developed...and develop they did.

I have many bikes and I ride them all so I thought the time was right to add a new kid to my queue. A friend of mine is an eBike cyclist and he was able to introduce me to a line of bikes with ease and grace. He was so kind to make his bikes available to me so I could be hands on and learn what this experience was like and how it could fit into my cycling life. It was love from the get go. Not that I'd fallen out of love with my Lite Speed, my Bike Friday, or my Santana...but I saw there was a need that this eBike could definitely fulfill.

There are 3 classes of eBikes.

Class 1 eBike uses a battery and electric motor to provide assistance at up to 20 MPH when the rider is pedaling (pedal assist)

Class 2 eBike works the same as class 1 but in addition includes a throttle for help when desired without pedaling.

Class 3 eBike provides pedal assist up to 28 MPH. They are capable of higher speeds and may or may not have a throttle. These bikes may have a more powerful motor that produce more torque.

My Class 1 eBike allows me to ride and keep a good conversation going with my friends who are faster and have the capability to ride further. I feel I am working just as hard without feeling stressed or worn out during or after the ride.

I compare it to riding my tandem. My tandem captain is stronger and although I am working as hard as I can as a stoker, the strength of my captain allows me to ride harder and faster. My eBike does the same thing. I work hard but feel great when it's over.

I hear lots of back talk like "cheater" or you'll never see me on an eBike. Well...good luck with that.

As you (we) age, maintaining our ability to experience the fun and freedom only riding can provide will be high on our priority list. Now may be the time, before you need it, to add that eBike to your N+1 number of bikes in your garage.

If not now...when?

Destination Rides

It's that time of year where we start thinking of what bike trips, new trails and/or parts of the country we would like to explore on our bikes. The following is a list of trips that members have participated in, and some will definitely be added to 2023 travel plans.



Cycle Zydeco

April 12-16, 2023

www.cyclezydeco.org

This is a 4-day touring ride in the Lafayette, LA area. Louisiana's Cajun and Creole Festival. The ride takes you past a variety of Southern scenery including old plantations, fishing cabins and large trees covered in hanging moss. The food and music are abundant. Allons Manger! Allons Dancer! Allons Cycle Zydeco (Let's eat, let's dance, let's Cycle Zydeco)



Cycle North Carolina Coastal Ride

April 28-30, 2023

www.ncsports.org/event

A 3-day event offering many ride lengths from 15-100 miles each day. This will take you past coastal wildlife and historical sites with other activities to choose from such as kayaking and hiking. It's a loop event so no moving sites.



The Three Steeples Bike Ride

May 20, 2023

Fun bike ride in our beautiful and scenic backyard with a few rolling hills thrown in.

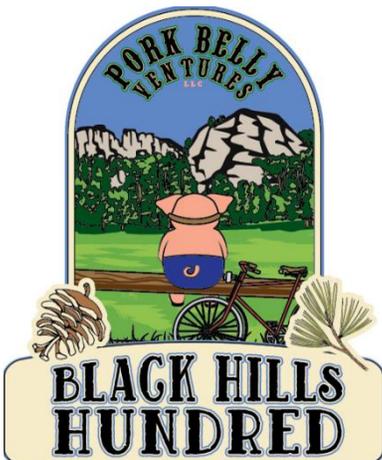


Tour of Minnesota

June 17-24, 2023

www.tourofminnesota.com

This 7-day bike tour has a goal to visit out of the way small towns and vistas while enjoying the heritage and culture. This year will be half bike trails, including Lake Wobegon and Central Lakes Trail, and half country roads. Registration opens up February 1, 2023 and fills up fast.



The Black Hills Hundred – Pork Belly Charters

June 26-29

<https://pkbelly.com>

This ride covers the Mickelson Trail which travels thru the beautiful Black Hills of South Dakota. Pork Belly does a great job in providing logistics, entertainment and this could be the one opportunity to try a Phat Trailer.

Destination Rides



League of Michigan Bicyclists MUP

July 8-12

LMB.org

The week of riding has a route that brings you past hidden waterfalls, miles of forests and pass the world-famous Pictured Rocks. Both Lake Michigan and Lake Superior provide fantastic views.

Shoreline West August 5-12, 2023

LMB.org

LMB has other Michigan routes to choose from such as Shoreline West. This is a one-way ride that end at the Mackinac Bridge passing Sleeping Bear Dunes



RAGBRAI July 22-29, 2023

<https://ragbrai.com>

Registers Annual Great Bicycle Ride Across Iowa prides itself on being the oldest, largest, longest recreational bicycle event in the world. And this year is building up to be something special as it celebrates it's 50th anniversary. If you enjoy small town celebrations, corn and cows and lots of pie choices this ride is for you. Registration for RAGBRAI is open. Pork Belly is the charter of choice by many club members. Registration for that will open around January 29 and expected to fill fast.

Other bike trips such as Loveland/Little Miami and the Katy Trail are being discussed so keep checking the schedule. Many members are always up for new adventures



Annual Awards Dinner 2022

Saturday, December 2nd



Awards photos attached to this email!

PARTICIPATION POINTS		2022 MILEAGE (Oct 1, 2021 - Sep 30, 2022)		ACCUMULATIVE MILEAGE (thru Sep 30, 2022)	
1	Gutmann, Joe 111	Bolan, Joe	11,290	Galbraith, Ron	159,410
2	Madison, Eric 60	Neichter, John	8,881	Beach, Paul	154,647
3	Neichter, John 50	Ridge, Maggie	7,355	Kenealy, Bill	120,091
4	Jones, Marty 46	Bannon, Peggy	7,011	Beach, Barb	117,535
5	Christoff, Brian 41	Rieger, Mark	6,744	Peters, Susie	96,611
6	Gilley, Joan 40	Thorn, Barbara	6,577	Neichter, John	91,025
7	Rieger, Mark 37	Gettelfinger, Don	6,096	Gutmann, Joe	82,445
8	Ridge, Maggie 34	Gutmann, Joe	5,048	Bolan, Joe	76,906
9	Beach, Paul 33	Gootee, Ed	4,899	McKim, Malvery	72,459
10	Rausch, David 33	Beach, Paul	4,830	Gladin, Donnie	72,021
11	Thorn, Barbara 32	Campbell, David	4,805	Gettelfinger, Tim	71,564
12	Gootee, Ed 30	Beach, Barb	4,263	McKim, Ron	71,022
13	McCardwell, Ken 30	Gettelfinger, Tim	4,187	Gilley, Joan	69,536
14	Blackman, Ben 28	Rosenberger, Roben	4,080	Evers, John	69,058
15	Campbell, David 26	Blackman, Ben	4,060	Decker, Kim	63,351
16	Gettelfinger, Don 25	Lovett, Nancy	3,820	Rieger, Mark	62,932
17	Hatfield, Ed 25	Loughmiller, Ron	3,786	Ridge, Maggie	60,081
18	Sutton, Carole 24	Shelton, Debbie	3,780	Christoff, Brian	53,097
19	Huhnerkoch, Bryan 23	Blackman, Teri	3,641	Peters, Bob	50,622
20	Meredith, Robin 22	Galbraith, Ron	3,382	Reynolds, Mary Ann	50,561
21	Bolan, Joe 21	Madison, Eric	2,822	Thorn, Barbara	50,069
22	Burkhart, Clare 20	Bishop, Ann	2,612	Meyer, Tim	49,728
23	Duncan, Tony 20	Jones, Marty	2,529	Huhnerkoch, Bryan	48,348
24	Bishop, Ann 18	Peters, Susie	2,516	Loughmiller, Ron	47,433
25	Priddy, Bill 18	Madison, Kristie	2,493	Campbell, Jan	46,362

Upcoming Events

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

If you are interested in submitting pictures or an article to *The Sprocket* Newsletter please contact Peggy Bannon at pannbann@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.