



*Bicycling
East
Central
Indiana*

circularis

Quarterly News • Vol. 5, No. 1 • Spring 2009

“Working Together to Ride Together” in 2009

The upcoming season represents another opportunity for the DCC to improve the local cycling scene. There’s a new energy around keeping the traditional rides going while welcoming riders with different styles and abilities. Our mission, “working together to ride together” is about to take a big step in the right direction.

This year will bring more social events as well as new rides. In addition, your DCC leaders have already met several times to make the club more responsive to new and returning members.

When you sign up to be a DCC member you will receive a welcoming packet in the mail that includes a letter, a copy of the DCC ride schedule, the most recent newsletter and a personalized membership card. You have the option of adding personal, medical and emergency contact information to the card. Carry it with you when you’re on your bike for use in case of emergency, or take it to participating businesses to get discounts on their goods and services.

DCC leaders Jeff Keeler and Jeff Frame are committed to developing rides during the week that are inviting to our traditional members and the more competitive types. In fact, the DCC will support anyone wanting create a group for safe rides at any time of the week. Let any DCC leader know how your riding plans could benefit other riders and we’ll help you locate people that have similar riding interests.

Saturday mornings will incorporate two distinctly different rides schedules to accommodate a much broader range of riders. The new “Cruiser Rides” have been developed for the casual rider wanting to travel between 15 and 25 miles. These rides are designed for beginners, families or casual hobbyists. Cruiser Rides will be an excellent option for those not comfortable for the more customary DCC “Classic Rides,” or the Sunday Century rides, both of which will continue.

With the goal of making the club an even better way to meet other people that enjoy cycling, more social events are in the works. April 11 will start the ride schedule with breakfast at the Depot. In May, Mike and Rita Koch will host the DCC for a carry-in style cookout at their home in Upland. Details are inside this newsletter. The first half of the DCC calendar is already packed with great rides and fun activities. Your DCC calendar for the second half of the year will be published in the first half of June.

“Working together to ride together” is the DCC mission and a renewed theme for 2009. Join the DCC for any of the outstanding events planned for 2009 and see what it is all about. Help us help you make Delaware County an even better place to ride by uniting cyclists with common interests.

Supporting the DCC can be simple. Just show up and ride. And, if possible, INVITE A FRIEND!

Mark Lohmar, DCC President



Safety Corner

by Jeff Keeler

When I think about last year's cycling season and safety concerns, one subject in particular comes to mind. Railroad Tracks! While last year proved to be a good safe year for the DCC, there were a couple of incidents that come to mind and both involved railroad tracks. It is best to cross tracks single file and at a right angle to the tracks at a reduced speed. I often unclip one foot just in case my tires slip on the rails. Almost every rider I know someone has fallen at least once crossing tracks and landing on that steel rail can be really painful and dangerous.



The railcrossings that prove to be the most dangerous are the ones that cross the road at an angle less than 90 degrees. Not only is it necessary to almost completely cross the road in negotiating these tracks but special attention has to be paid to the traffic. Drivers don't expect or understand why bike riders are swerving across the railroad tracks in front of them. Any rider regardless of their experience level can be caught by surprise by a bad set of tracks.

Whether bike or helmet-mounted, rear view mirrors are a valuable tool when crossing tracks, or riding around large potholes this time of year. When I first started using a glasses mounted mirror it seemed annoying, but I can't stand to ride without one now. It makes the whole riding experience easier.

The most important safety concern as always is concern for our fellow riders. "On your Left", "Car up!" "Car Back!" are simple phrases with serious messages. Paceline basics such as never passing on the right should always be followed. It is up to the first rider in a paceline to take care of all of the riders behind him or her. Their safety is in his hands.

This year the DCC is introducing rider identification cards with emergency contact numbers and names. Riders will also have the option of adding more information such as blood type, allergies, etc. The century rides often find riders a long way from home and this information could come in very useful. I have a hunch that this is going to be a good year for the DCC. Stay safe and have fun!

Annual Bike Swap!

by Jeff Frame

As Spring weather approaches so does the time honored chore of spring cleaning. As we clean out the garage and find all the lost and forgotten bikes, parts, and accessories...the question becomes what do I do with this old stuff? A swap meet is a perfect opportunity to socialize with folks you may not have seen for the last 4-6 months and to get rid of old stuff and possibly stumble upon that hard to find piece that will complete your old bike to ride the roads again. This year to help kick off the riding season and to include more social events within the club, the DCC, in conjunction with Kirk's Bike Shop, will hold the 2nd Annual Delaware County Bicycle Swap Meet. Plan to attend!

BIKE SWAP

- What: Swap Meet (buy, sell, trade any bike related item)
- When: April 18th 2009
- Time: 9am - 11am
- Where: Parking lot next to Blue Bottle Coffee Shop, downtown Muncie
- Ride: 11:30 following the event, we will ride out around the Reservoir



<http://delawarecyclingclub.org>



Delaware Cycling Club

Officers 2009:

President - Mark Lohmar
mlohmar@comcast.net
759-4978

Vice President - James Cartwright
289-1743
scartwright50@hotmail.com

Treasurer - Mike Koch
mike.koch@ontarisystems.com

Secretary/Membership Coordinator - needed

Ride Leader Coordinator
Jeff Frame, 751-5228
jframe@chsmail.org

GGT Director - Mark Lohmar
mlohmar@comcast.net
759-4978

Newsletter - Cheryl LeBlanc
288-4910
cmvleblanc@comcast.net

WebMaster - needed

Safety Officer - Jeff Keeler
jfishandride@yahoo.com

Welcoming Leader - needed

Newsletter Calendar
Please send articles to
Cheryl LeBlanc, Editor:
cmvleblanc@comcast.net

Publication Date	Articles Due
Spring	Mar 1
Summer	June 1
Fall	Sept 1

Membership? Who, Me?

by Mike Koch

What is with this membership thing and why might you want to “join” the Delaware Cycling Club?

A fair question, glad you asked.

Membership in the DCC is simply a way of describing part of you; in this case, your interest in cycling. While the reasons we cycle vary from A to Z (Always being outside to Zipping down the trail), there are many common threads: recreation, relaxation, challenge, competition, escape, FUN, fellowship, not to mention your own list. High on my list is riding together with friends; in fact, that is at the top. Next for me is the challenge of completing various, increasingly difficult rides during the year with the poorly disguised goal of re-gaining previously imagined levels of fitness, ones that are currently illusive.

Whatever your reasons, while riding together is fun, there is also some work involved. On some types of rides there is the work of pulling; that means doing your part at the front so the overall group speed is higher than an individual alone could maintain. On other rides it is enough just to hang with the group. On still others, weather or some other unforeseen factor stretches things out beyond the comfort range. On all rides, watching out for your own and the safety of all around can be challenging.

Then there is the extra effort it takes to make a group of individuals into a caring unit (we call it a “club”). This might mean helping with special events, making calls, encouraging others, doing the ground work to prepare a ride so it will be a good experience for others, sharing your experience with new riders or sharing your experiences in the news letter. Obviously, the more people involved in all of these necessary activities, the better the experience for all.

As the officers sat down to discuss the upcoming season, we again thought it would be good to “Work together to Ride together”. We have put some thought into membership and what it means. This year we want to not only welcome all types of riders but help each to achieve their goals. Part of this effort is in promoting the Cruiser Rides (a revamped and improved continuation of last year’s Pacesetters). We hope you will feel welcome to join this group and Saturday... and maybe even lead one later in the year. Other efforts are being put in to more social events, opportunities to get to know one another at a different level, and even recognize one another without a helmet!

Another benefit of membership is an ID-membership card. After you join, your DCC ID with your important information, including an emergency contact name and number and optional blood type and donor indication, will be returned by mail. On the back of the card, you will see listed discounts at several local merchants including Kirk’s Bike Shop, The Blue Bottle and the BSU Biomechanics Lab. The card must be shown in order to receive the discount. These are just a few the more obvious perks of being part of the DCC.

We hope you will join us in making our community a better place to live and ride; join the DCC!

Mike Koch
Treasurer, DCC



DCC Tuesday & Thursday Club Rides

By Jeff Keeler

This year the DCC will be scheduling beginner and intermediate club rides on Sat. morning. Our goal is to provide a ride schedule for all levels of riders while also supporting our longstanding members who demand a faster, longer pace.

Tuesday and Thursday club rides are also on the agenda this year. They are for the more advanced rider. Average speeds on these rides will be between 16 and 19 mph, cover 30 - 40 miles and will start at the Depot at 5:30 pm. The plan is to have five or six routes that are fairly simple and safe. The first two or three weeks someone will be chosen to lead the ride until the routes become familiar to everyone.

If anyone has a favorite route they would like to include in these weekday rides, show up and be willing to lead so everyone can get to know it. The plan is to rotate the routes so that choosing a ride leader is not necessary. Our goal is to create a ride schedule that can be challenging as well as considerate of the rider who may be a little behind that day.

These scheduled rides will start the first full week in April and hopefully, it will help our DCC members stay connected with each other and in good cycling shape. If anyone has any questions or suggestions please get in touch with me at 749-7331 or any DCC officer.

NEW : Visit the website for pay-on-line membership!

<http://delawarecyclingclub.org>

Spring 2009

Real Cost/Savings of Commuting:

"How Much Do You Really Save?"

By Brian Backus

Last year was good for area commuters based on weather conditions. The summer wasn't super hot; there wasn't a lot of rain. I managed 136 round trips to work and back totaling approximately 3615 "commute only" miles. At \$4.00/gal (last summer price) for diesel in my truck @ 17.5 mpg, that's about \$825 savings for the year. Today's lower fuel price would be about \$515 savings. But how much did I really save?

After looking at what I consumed for the year in parts, clothing, and food, I've tried to find a more correct answer to the question. These are estimates and assume that I already have the bike, most gear, lights, clothing, and other riding necessities. I also assume that the bike can last 15,000+ miles before I need to replace it and have not included wear-n-tear costs because it would be more than 5 years. Also, no health concerns were mentioned because it's difficult to quantify. However, I would consider myself much healthier doing this rather than not, e.g. lower blood pressure, lower resting heart rate, lower percentage body fat, etc.

Commuting Costs:

1 pair bibshorts*	\$ 90
1 pair gloves	\$ 26
2 tires and tubes	\$110
2 extra tubes from flats	\$ 10
6 AA batteries for taillight	\$ 3
1 pair glasses/2 years of use	\$ 45
1 set helmet pads	\$ 15
1 chain	\$ 55
1 jar chamois crème	\$ 20
270 nutrition bars** (two per day, 400 cal/day)	\$100
1 service for squeaky parts & overall maintenance	\$ 50
1 Camelback converted for commuting/4 years of use	\$ 20
1 Polar wearlink strap/50% commute use	\$ 30
1 pair LOOK cleats	\$ 20
Total	\$544
Mileage Savings	\$825
Overall Savings	\$281

* Note: I have many pairs of bibs of which I rotate out two per year and attribute one to commuting, one to normal riding. FYI: if you can see through the material, so can the guy drafting you...

** Note: I've used Ebay for most nutrition bar purchases. I wouldn't recommend this for finicky taste buds though. If you're trying to lose weight, this would be an increased savings.



New DCC Club Logo!

You may have noticed a new look for the DCC. We have updated the club logo to reflect our emphasis on a friendly approach to group riding and our motto, "Working Together to Ride Together". Our new logo reflects the cycling population in our region, East Central Indiana, and beyond, with Delaware County as our "Hub".

Also part of our new 'look' is a conscious effort to embrace new and beginner riders. To that effort, note that there is a distinct group called the 'Cruiser' Rides. We're all about riding for health. Come join us!

(Membership form enclosed)

Kids Bike Give-Away

Last December the DCC, with the help of Blood and Fire and Kirk's Bike Shop, gave a bike to two very deserving kids and one adult in need of basic transportation.

The club was fortunate to be able to help people in need during the holidays and looks forward to keeping this program going. Your membership makes this possible. Thanks for being a part of such a kind and gracious way of sharing your love for cycling.

M.U.N.R - Muncie Urban Night Ride

by Ben Biggerstaff; edited by Jeff Frame

What could bring two Ball State Professors, two Ball State employees, one Ball State grad student, three bike shop employees, one project manager and son, and many other riders together to endure two hours of 15 degree temperatures out in the snow? M.U.N.R...That's what! A couple months ago Layne Cameron, a Ball State employee and avid cyclist, had an idea to keep him cycling through the winter without having to resort to the indoor trainer. He called up the guys at Kirk's Bike Shop and said he'd be by the shop at closing if anyone wanted to join him for a night mountain bike ride around Muncie. So it began with three riders covered head to toe with hats, glasses, gloves, fleece, windbreakers, windproof pants, and shoe covers along with headlamps for what is now called M.U.N.R (Muncie Urban Night Ride...pronounced mooner).

M.U.N.R had grown from one guy's idea to a regular "come one, come all" standing Tuesday night group ride that met at Kirks Bike Shop at 6pm. These were fun rides but could also be what some participants called "grinders!" and "epic" rides. This was the case one Tuesday as the group headed out and encountered 6 inches of snow on top of icy trail and grass. Many fell into the powdery fluff simply to rise up and proclaim, "That was awesome!" Some ride what has become the regular 13 mile loop and others chose to turn home early for a shorter loop. This was a great ride for all levels of riders because it stayed in town, close to everyone's home or vehicle.

Want to join the ride next winter? Here's what you need to know:

This is a mountain bike ride so knobby tires are best. This is a night ride so put on a camping headlight, tape a flashlight to your handlebars or stop by Kirk's Bike shop and purchase a light. It's winter time! So dress warm! Don't want to do the full 13 miles? No problem, about half way through, the group passes through downtown Muncie again and you can cut out at that point.

As Spring approaches, the MUNR ride will morph itself back into the traditional Tuesday evening rides leaving the shop at 5:30 and heading S on the greenway for 1 to 2 loops around the Rez (this is not a race but a training ride). As the days get longer and the legs get stronger we will continue the ride onto Hagerstown for a 60 miler with plenty of hill climbing.

Hope to see you out on the road and that you have a safe and fun riding season!



Rides, Rides, Rides

The DCC's Ride Calendar is expanding! We now have two distinct categories for Saturday Club rides, each with a separate ride leader. Faster paced training rides and long distance training rides are also on the Ride Schedule. Each type of Saturday ride starts at the same time at the Depot. 'Working Together to Ride Together' applies to all DCC rides. Here's the line-up for 2009:

Classic Rides: These are traditional routes the DCC has been touring for the last three decades. Typically shorter than 50 miles these rides are for the experienced riders and athletes. Most tour Delaware County in some fashion, but occasionally go outside the county lines. Classic Rides are considered tours and are non-competitive, but have been known for an occasional brisk pace.

Cruiser Rides: This new ride is being developed to better support a wider variety of riding styles. Its more casual pace is perfect for riders that are just getting started or that are trying to improve their mileage at a less aggressive pace than the "Classic Rides".

Tues/Thur Club Rides: Jeff Keeler is organizing Club Rides that will suit the rides used to participating in the DCC Classic Rides. A "Show and Go" format will be used for four or five predetermined routes. Jeff's plan is to create a weekday routine for anyone wanting to improve their weekly mileage. Distances range from 30 - 40 miles and will start at the Depot at 5:30 PM

Sunday Century Rides: Some of the old DCC Classics are a bit too long for the larger group on Saturday mornings. As a result these long rides have been resurrected, but preserved for one monthly event on a Sunday morning. These rides are for mileage junkies, tri-athletes or less seasoned riders wanting to experience a full day on the bike. See the Sunday Century schedule for start times and ride leader information.

Mountain Bike Rides: Mountain bikers will hold T/TH rides which depart at 6 pm from Kirks Bike Shop. Ride length varies. Contact Ben Ben Biggerstaff, mrbiggerstaff@gmail.com for local mountain bike ride info

Other Weekday Rides: The DCC will support anyone wanting to create a group for safe rides. Let any DCC leader know how your riding plans could benefit other riders and we'll help you locate people that have similar riding interests.



**Delaware Cycling
Club
Box 763
Muncie, IN 47308**

Spring 2009

INSIDE

President's Message..1
 Safety Corner2
 Bike Swap2
 Membership3
 T/Th Club Rides3
 Cost of Commuting4
 DCC Logo4
 MUNR5
 Rides, rides, rides5
 Taillights6

INSERTS

Calendar
 Membership Form

Place
Stamp
Here

.....Tail Lights

- Koch's Cookout! Reserve Saturday May 16 at 4 pm for a DCC Spring Picnic. Contact Mike Koch for directions (see contact info, pg. 2)
- Pre-ride Breakfast gatherings: Join DCC leader Jeff Keeler and friends at the Blue bottle one hour before all Saturday Morning Rides. What a great way to meet members and to learn more about the DCC.
- Bike-to-Work Week is from May 11-15 and Bike-to-Work Day is on Friday, May 15. Here is a link that the League of American Bicyclists has put together with a lot of good information and resources:
http://www.bikeleague.org/programs/bikemonth/pdf/national_bike_month_guide.pdf
- Mountain Bikers Unite! Contact Ben Ben Biggerstaff, mrBiggerstaff@gmail.com for local ride info, riding buddies, etc. Ben can also be found at Kirk's Bike Shop.
- New to biking? Stop by Kirk's Bike shop for all the latest equipment and information. And just to make sure you get off on the right foot: with ANY new bike sale, the DCC will provide a complementary, 1 year membership. Be sure to ask about it at Kirk's!
- NEW: Visit the club website for pay-on-line membership!