



*Bicycling
East
Central
Indiana*

circularis

Triannual News • Vol. 6, No. 1 • Spring 2010

Spring Brings Renewal

Most of you know me I think, but let me introduce myself. My name Jeff Keeler and I am the new president of the DCC. I was born and raised here in Muncie, I've been married for thirty three years to Robin Keeler. We have two children, Amber and Cory who have both flown the coop leaving us as empty nesters. I started cycling seriously about seven years ago when chastised by my doctor for being in questionable physical shape. I remember my first few rides on the Cardinal Greenway. I would put my bike in my pickup and drive to the depot. The first time I rode to the reservoir trail head I didn't know if I would make it back. I clearly remember two events in one week that led me to pursue road biking in a more serious manner. The first one was when I was riding north on the Greenway and this girl passed me on a road bike like I was not moving. I spoke with her at the the Gaston trail-head and she told me about the DCC rides on Saturday mornings. Her name was Paula McKinney. A week or two later I was riding thru Ball State University when this guy all dressed in funny biker clothes came up beside me and introduced himself, it was Jay Auxier. He told me that he was riding to the Depot and invited me to ride with him. He then proceeded to leave me in a cloud of dust. When the dust cleared , he was gone! At any rate these two people were the ones that sparked my interest in riding with the Delaware Cycling Club.

The first year I really got worked over. I loved it. My biggest challenge of the week was not getting dropped on the club rides. I really took me about two or three years until I did not worry about that anymore. Its not that I don't ever get dropped, I just don't worry about it, Ha! I have made some great friends and met some inspirational people.

I accepted the position as President partly because I simply felt that it was my turn, but more than that, it allows me to push for improvements that I feel are important. I am glad to say through the contributions of several new officers and some very dedicated club members, this has been a relatively easy task. Some new aspects of the DCC for 2010 are:

A NEW WEBSITE - Tom Weidner and Chris Curless have designed and built a totally new interactive website for the DCC. These guys have done an amazing job on their own time involving hours and hours of work.

RAMBLERS RIDES - Stan Keil has agreed to coordinate our new ramblers rides on Saturday morning. Stan has a vision on how these rides will be conducted that will benefit both our most experienced riders as well as some new aspiring riders that are ready for a bit of a challenge.

HELMETS FOR KIDS PROGRAM - I am really excited and pleased with this program. This program came about thru the efforts and suggestions from Robin Keeler, Mike Oneal, Mark Pyron , Jim Johnson. The DCC and Sean May of Ball Hospital are working together to ensure that any child who sustains a injury from a cycling accident, or any child with a head injury and receives treatment at Ball Hospital, will receive a bicycle helmet when discharged, donated by the DCC.

BLOOD AND FIRE BIKES - As we have done for several years now , the DCC will purchase new bike , helmets and locks for two deserving kids. Stacy Ball of Blood and Fire will assist us in choosing the recipients.

I am looking forward to another fun and challenging year of riding. I hope to see all of you at the Depot and don't forget to bring a friend!

Jeff Keller, DCC President



Safety Corner: Avoid Collisions with Cars

by Mark Pyron



All experienced cyclists wear helmets, and understand the logic of helmet safety. In addition to helmet safety, you need to avoid being hit by cars. Here are ten pointers from a bicycle safety website devoted to avoiding bicycle-car collisions (<http://bicyclesafe.com/>). The scenarios:

1. A car is pulling out from a driveway and you are approaching the driveway. A headlight will make you more visible to drivers. Honk or yell a warning. Slow down if you cannot make eye contact with driver. Move to the left where a driver is likely to look for oncoming traffic. Modify your lane position based upon the situation – ride farther to the right when there are few intersections, ride farther to the left when there are many cross streets.
2. A driver opens a car door in front of you. Avoid this by riding far to the left of parked cars
3. You are riding on the sidewalk and cross a street at the crosswalk. A car turning right hits you. This is one reason that many cyclists avoid sidewalks. Avoid this collision by getting a headlight, slowing down, avoiding riding on sidewalks.
4. You are riding against traffic on the left-hand side of the street. A car turns right directly into your path from the intersection in front of you. Drivers do not expect oncoming traffic when they turn right, and frequently do not look for such traffic. Avoid this collision by riding with traffic, in the same direction.
5. You stop to the right of a car that is waiting at a red light or stop sign. When you move forward, the driver cannot see you and turns right into you. Avoid this by stopping behind a car, not to the right of a car. You will be more visible to drivers.
6. A car passes you and turns right in front of you, or into you. Avoid this by riding to the left and taking up a whole lane. This makes it harder for drivers to pass you. Take a whole lane – if motorists did not threaten your life you would not need to do this. Also have a mirror and keep an eye on traffic approaching you from the rear.
7. You are passing a slow-moving car on the right and the car makes a right turn into a driveway or side street. Avoid this by not passing cars on the right. If a car is moving slowly, you slow down behind the car. If the car does not accelerate, pass on the left when it is safe. Avoid blind spots when you are behind a car.
8. A car coming towards you turns left in front of you, or into you. Avoid this by use of a headlight and wearing bright clothing. Do not pass cars on the right because this can make you invisible to oncoming motorists. Slow down and be certain the driver sees you.
9. You move a little to the left to go around a parked car or avoid a hole in the pavement. A car hits you from behind. Avoid this by never moving left without looking behind you for traffic. Do not ride in and out around parked cars – maintain the same position in the lane, to make your riding behavior predictable to approaching motorists. Get a mirror and keep an eye on traffic behind you. Signal your intentions before moving left.
10. A car runs into you from behind. Avoid this by getting a rear light, preferably a blinkie light. Wear bright clothing, ride on wide streets with slow traffic. Ride on back streets at time of high traffic. Get a mirror and keep an eye on traffic behind you. Do not hug the curb.

Many of these suggestions may seem counter-intuitive at first. Check the above website for detailed explanations and collision statistics for these type of accidents.

<http://delawarecyclingclub.org>



Delaware Cycling Club

Officers 2009:

President - Jeff Keeler
jfishandride@yahoo.com

Vice President - Jim Johnson
jimtool67@yahoo.com

Treasurer - Mike Koch
ldruningman@hotmail.com

Secretary/Membership Coordinator - needed

Ride Leader Coordinator
Mark Lohmar - 759-4978
mlohmar@comcast.net

GGT Director - Mark Lohmar
mlohmar@comcast.net

Newsletter - Cheryl LeBlanc
cmvleblanc@comcast.net

WebMaster- Seemann Baugh
SBAUGH@bsu.edu

Safety Officer - Mark Pyron
mpyron@bsu.edu

Social Activities - Seemann Baugh,
SBAUGH@bsu.edu

Welcoming Leader - needed

Newsletter Calendar

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

<u>Publication Date</u>	<u>Articles Due</u>
-------------------------	---------------------

Spring	Mar 1
Summer	June 1
Fall	Sept 1



New DCC Website!

Thanks to Seeman (CB) Baugh, Tom Weidner and a helpful grad student, the DCC is introducing the All New Delaware Cycling Club Website www.delawarecyclingclub.org

New Features Include:

- Updated interface
- Integrated Social Networking with Facebook and Twitter
- On-the-fly news updates from club officers
- Subscribable Ride Calendar using Google Calendars
- Flickr Photo Album where club member can upload their own photos
- Cycling news collected from all over the globe
- Message board for member discussions
- Classified section for buying, selling, and trading bicycle equipment
- Join us on Facebook.
- Follow us on Twitter

Be sure to check us out! Suggestions? Send to webmaster@delawarecyclingclub.org



Road bike or Mountain bike? YES!

Leisure ride special interest group

from Stan Keil

I deeply enjoy bicycling and have been a club member for twenty years. Over that time the club has evolved away from the leisure rides of its early years. The club now provides a wonderful experience for those that like to ride fast over long distances. I, for one, find that if I try to keep up with the bulk of the club at the onset of a ride I burn out quickly. On the other hand, I did not find the "cruiser rides" attractive either. These rides were too slow and too short to give me the kind of work out that I want from my Saturday morning outings.

So here is the modest proposal. I would like to find out if there is sufficient interest in medium speed, medium distance rides to form a special interest group in the club. What I have in mind is rides that begin at 10 to 20 miles at the beginning of the season and gradually increase to 40 to 50 miles (but still mixed with various lengths over the entire season and opportunities to shorten each ride). These rides would start out at a leisurely pace but pick up to speeds that provide a meaningful workout (in the 14 mph to 17 mph average speed range). I envision each ride having a destination amenable to a nice break (restaurant or convenience store). These rides would start at the same time as all Saturday club rides at the Wysor depot.

If you would be interested in joining a group with these goals you can let me or any of the officers know. I can be reached at skeil@bsu.edu.

Delaware Cycling Club Ramblers Ride with a Friend



The DCC Ramblers is a Special Interest Group in the DCC club. This group will ride at a slower pace over shorter distances than the main club. The goal is to build distance at controlled pace over the season This group is for you if you want a great workout and good company.

Contact person: Stan Keil skeil@bsu.edu

The Group will meet Saturday mornings at the Wysor Street Depot (Greenway Headquarters). April meeting are at 10 AM. Beginning in May we meet at 9 AM.

Beginning April 3, 2010

Keys Ride

by Steve Rybolt

On February 27, Dave Crandall, Steve Rybolt, Mike Koch (from Upland) and Chuck Baden took off for Atlanta in Sandy Baden's Chevy Astro van. Thanks Sandy! We arrived in Smyrna, GA. (an outskirts of Atlanta) which is very near to the start of the Silver Comet Rail Trail. The next morning it finally warmed up into the mid-30's, so we started our 100 mile ride. How smart is that for the first ride? We had read that one person liked the Silver Comet better than Minnesota's Root River Trail, which happens to be Chuck's favorite trail. We liked the trail! We knew we had to keep moving to get the 100 miles in and still have daylight, especially since we waited for it to warm up. It was very scenic with great overviews, bridges, tunnels and nice people.



Monday we drove to Punta Gorda, FL to Bob Bley's (Charlie Loker's friend). Adding Bob to our group, we drove to Key Largo on Tuesday. Wednesday morning, early, we set out on our bikes for Key West. Let's see...I was wearing 2 shirts, 2 jackets, it's not suppose to be cold in the Keys, and the wind was in our faces at 25 – 30 mph.

And, oh yes, this is another 100 mile ride. We had the Atlantic on our left and the Gulf of Mexico on our right, all the way to Key West. The water was beautiful! The islands were fantastic and the traffic was horrible. Did I mention the wind? We were able to ride on trails part of the time. We usually had a bike lane. Our biggest problem (did I mention the wind?) was in construction areas. The nice thing about those construction areas was that they were usually constructing bike paths along the road.

The 7 mile bridge was memorable because we had a wind from our right side. It was a real struggle to keep our bikes out of the roadway. One of the long bridges had cement sides with vent holes of equal size to the cement part. The effect with the wind blowing in from the right side again was the front wheel was in a constant shimmy. Enough of the challenges. We would not do it again, but we don't regret doing it. What a ride! We took a slow leisurely ride through Key West. We took pictures at the Southern most point in Continental US. And then we found our Condo. They couldn't believe we had ridden in from Key Largo.

We thought the return trip the next day would not have as much traffic. We were wrong! The traffic was just as bad. Chuck Baden's neck was killing him and he asked us to stop every hour so he could get relief. At one point, just before we started across a long bridge, I asked Mike Koch to stop before the bridge to give Chuck a break. Mike was a little excessive in his response. His rear tire "blew". The whole tread area was ripped. We had a total of 4 flat tires in the Keys.



We were part way across the 7 Mile Bridge and Dave Crandall came to a halt. We discovered that his cassette had come loose and the retaining nut was almost all the way off and frozen in place. Mike Koch took off looking for a pair of channel locks we had seen the previous day on the bridge. Meanwhile we realized that Dave's problem had been the gears and chain getting tangled. What we needed to do was to push the gears back in place and then wrap something between the nut and the gears to hold them in place. We used adhesive tape from our medical kit. Dave was able to get to the nearest bike shop with no problems. Mike got in an extra 10 miles and found a pair of pliers. We finished our ride with not much light to spare. We had a wind push most of the day, but we still had on layers of clothes. We had thought we would be able to swim when we got to our condo, but no one was out, and for good reason, it was cold!

Friday we headed for Venice and the CIBA Bicycle Boot Camp. But first, we made a stop at Shark Valley and rode the 15 mile trail in the Everglades. That was the highlight of the trip for me!!! It took us forever to ride the first 2 miles. Alligators were everywhere! I mean right there a few feet from us. We could have touched them (if we were idiots). There were all kinds of birds. The Anhinga was especially interesting. They were also lunch for 2 alligators we saw. The Anhinga dove into the water and stayed under water for quite some time and then their necks would come up like periscopes. Then they went back under water. When they got out of the water, they dried their wings by spreading their wings while perched in a tree. We took pictures constantly the first few miles and again at the observatory. Wow what a ride!! If you are ever in the vicinity this is a must see place! (Cont'd on pg 5)

We dropped Bob off in Punta Gorda and finally got to Venice. My friend Steve Smith had called me on the road to warn me

DCC Treasurer's Report for 2009

from Mike Koch

Beginning balance:	\$5,451.95
Expenses:	
Memberships	191.85
Printing & Postage	791.89
PO Box rental	60.00
Food	72.98
Bank & Paypal fees	83.92
Donations:	
Cardinal Health Walk	300.00
Monument & Tree Lynette Freeman	419.25
3 Bicycles	625.95
Total Expenses:	\$2,545.84
Income:	
Interest	23.60
Dues & Donations	978.60
Total Income:	\$978.60
Ending Balance:	\$3,908.31



Are you ready for Spring?

Tour de Cure

Ever want to do something for others while you are cycling? You can, via the American Diabetes Association, Tour de Cure. Join fellow DCC cyclists Mark Lohmar, Mark Pyron and Jay Buelley, who are on a team for this event. It is named "Delaware Cycling Club" and can be found using the link below. Please consider joining us. Mark L. hit the donation goal in less than 24 hours just by sending a mass e-mail, so that part looks to be pretty easy. You are only obligated to a \$25 entry fee, which is cheap for this deal. There is also a 100 mile – 6 hour challenge...we can make it more interesting and shoot for 5 hours.

This is a fun ride on the 500 Speedway. Mark L did it in '93 and says it's pretty cool. Check it out and sign up if you can. Let's try for one or two teams or 5 or 6 riders.

http://main.diabetes.org/site/TR/TourdeCure/TDC265568030?px=5752264&pg=personal&fr_id=6867

<http://delawarecyclingclub.org>

Key Ride... Cont'd from pg. 4

that there was a room shortage at the Veranda. I called ahead and they had a room for Mike and I. Dave and Chuck didn't have a room. The problem was that Russians had come in and refused to leave. The Veranda couldn't force them out as long as they paid. The Veranda asked if we could all room together that night. We weren't too happy about that but, what could we do. They put us in a suite and actually there was plenty of room.

We inquired the next morning on what room rate they might offer us if we kept that arrangement. They said they could do \$50 a night. We took that and when we left they also gave each of us a free night next year.

We have written up the Boot Camp in the past. Basically we rode a lot of miles every day. Each day was a different ride, but we were in areas familiar to us, so we couldn't get too lost. For the 2 weeks we each had roughly 800 miles. Oh, did I mention it was windy and cold the whole week? Just like the previous week! I rode 1 day without a jacket, and it was borderline. Charlie Loker joined us at boot camp. He had just gotten his ankle boot off 2 weeks before and therefore wasn't ready to go the first week with us. He rode well! Everyone rode well! It was a great 2 weeks and we only got rained out on the last Friday. That was probably a blessing. Now, if we can ever recover from the 2 weeks we will be way ahead of everyone else....maybe.





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

Spring 2010

INSIDE

President's Message..1
 Safety Corner2
 New Website3
 Leisure Ride Group3
 Key Ride4
 Treasurer's Report5
 Taillights6

Inserts:
 Spring Ride Calendar,
 2010

Membership new/
 renewal form

Place
 Stamp
 Here

.....Tail Lights

- Bianchi(volpe) bicycle for sale approx 4 years old. Though measurements are in cm, I believe wheels 26in, frame 24in or so. Comes with 8ft 2 tier floor bike rack. New approx \$975, will take \$300. Contact Phil Dunn at 286-9001.
- Coming soon: Performance Bike Store, 8366 Castleton Corner Drive, Castleton Commons Shopping Center Indianapolis. Grand Opening Date: TBD

