



# Spoke and Wheel

Bicycle Club

Madison County and Surrounding Areas

[www.spokeandwheel.funurl.com](http://www.spokeandwheel.funurl.com)

November 2008

**NOTE ALL THE NEW RIDE TIMES!**

**Monday Morning Brunch Ride, 11:00 am:** This ride is moderately paced for anyone who wants to take the day off. The ride leaves from the K-Mart north lot on Broadway. It's informal and mileage is flexible, depending on who shows up and how they feel. All are welcome.

**Tuesday:** This ride is discontinued until spring.

**Wednesday:** Ride begins at **3:00 p.m. from the SE corner of the old K-Mart parking lot (Southdale Plaza) at 53<sup>rd</sup> St and Columbus Ave.** Ride averages around 15 to 25 miles. Routes are marked on the streets. Several ride levels and speeds available. **Please recognize and welcome new riders!**

**Saturday:** Discontinued. Call someone if you want to ride!

**Sunday:** The ride will begin at **11:00am.** Meet at Falls Park in Pendleton. at the west entrance near the lake. There is no designated ride leader or destination. Come join the group and help make the decisions on where to go.

**Club Officers:**

<b>Chairman:</b>	<b>Tom Frazier</b>	_____
<b>Vice Chairman:</b>	<b>Steve Rybolt</b>	_____
<b>Membership/Treasurer:</b>	<b>Rosemary Frazier</b>	_____
<b>Ride Coordinator:</b>	<b>Steve Seybert</b>	_____
<b>Newsletter:</b>	<b>Nancy Muething</b>	_____
<b>Webmaster:</b>		

**Club Meeting: November 20th at 7:00pm** at the Anderson Public Library in the Carnegie Room on the 3<sup>rd</sup> floor. All meetings are held on the 3<sup>rd</sup> **Thursday** of the month. Meetings are open to all club members. Please plan to attend. **We need your help to make this a great club!**

**Subway Ride: Sunday, November 2nd, 1:00 pm:** Walter Dick has agreed to lead this annual ride from the old K-Mart on 53<sup>rd</sup> St. The route goes through Middletown on the way to the Daleville Subway for a late lunch, then returns through Chesterfield. The total distance is about 28 miles.

**Stohlers' Breakfast Ride: Saturday, November 8<sup>th</sup>, 9:00 am:** This ride was such a hit last year that we managed to get it scheduled again! Hopefully, Warren will be our leader (last year he had to work at the last minute) from Falls Park in Pendleton to their home in \_\_\_\_\_ . Sheri will be preparing a wonderful breakfast for the riders. Non-riders will not be turned away. Plan to arrive at their home about 10:30 am. After eating, if we can get back on our bikes, we'll head back to Falls Park. This is a wonderful way to spend a fall morning.

**PIZZA PARTY: Sunday, November 9<sup>th</sup>, 6:00 pm:** More Food! As if the picnic and breakfast weren't enough, we're getting together at the Pizza Hut on 53<sup>rd</sup> St. for our annual fall pizza party. Bring your families and join us for a fun evening. The club is covering the bill so don't pass up this opportunity! See you there!

**CLUB NOTES:**

Members present were Paul & Nancy Muething, Tom Frazier, Steve & Mary Kay Rybolt, Rex Upshaw and Charlie Loker. The bank balance is . Ride times were discussed and decided upon. We continue to have our Wednesday night problem of faster riders taking off and leaving slower or even medium speed riders to fend for themselves. This is not the goal of our club. If you ride on Wednesday night you should be prepared to give up a "fast" night once in a while to ride with others. Tuesday is the night for all out riding. Starting in the spring, we will ask various riders to be designated group riders. Please be willing to accompany some riders of speeds different than you're used to riding. This is what being a club is all about. Don't just expect someone else to do it. Some riders like Rex and the Rybolts have done more than their fair share.

Also discussed was giving to the Friends Helping Families again this year. Last year we donated \$500 for bikes for kids. We plan to repeat that gift.

**Little Miami Trail Ride by Steve Rybolt**

The Little Miami Trail Ride started at the trail head in Corwin, Ohio on Saturday, September 27. Eleven riders made the trip to Ohio on a perfect day for riding. The riders included: Donna Davidson, Larry and Mike Fentz, Tom Fisk, Sheri Harris, Francie and Steve Seybert, Rex Upshaw and Mary Kay and Steve Rybolt. We rode south to Morrow and then on to Loveland for lunch at Paxton's. We returned via Morrow and back to Corwin for ice cream at the Young's Dairy store. Donna Davidson had a mean looking banana split. We found, on our return, that we couldn't have gone north because the trail was closed because of erosion. We also found that the trail had just been reopened south, thanks to the efforts of many individuals and the Ohio State Parks. The trail had been closed because of Hurricane Ike.

The total for the ride was 56 miles. But, some of us were not satisfied with just 56 miles. Donna stayed and rode again Sunday and also Monday in the area. What a great fall, it doesn't get any better than this.

**Marion's Mystery Ride by Nancy Muething**

We decided the announcement of this ride should be a mystery so we wouldn't have a rainout as we did with the other two rides that Marion Potts planned this summer. Our ploy worked because it turned out to be a beautiful day for a ride. Twelve riders started out from Falls Park As Marion promised, the hill out of Pendleton was the steepest we encountered. We rode at a leisurely pace with lots of talking. That gave us a chance to get to know new members Steve and Jane Bundy who were riding a new recumbent tandem. After 18 years on a regular tandem they decided it was time to go for comfort. Another new recumbent rider was Mark Bradley who'd seen the article in the Indy Star with Marion's picture. Our route on mostly smooth roads lead us to Shirley for lunch at the Cedar House. The friendly staff was ready for us and quickly prepared our orders. After getting our fill, we headed back to the park. Our return was a little faster as we had a great tail wind to push us. We even stopped for a quick visit with Francie Seybert (and Steve) as we arrived back in Pendleton. Riders enjoying the day were Bob Dorris, Doug Nelson, Bruce & Bailey Jones, Mike & Pauline Flowers, Pete Spoo, Marion Potts, Jane & Steve Bundy, Mark Bradley and Paul & Nancy Muething. Great ride, Marion!

**Fall Frolic by Rosemary Frazier**

October 5 was another beautiful day for Frazier's annual Fall Frolic. Nineteen riders took the back roads to Potter's Bridge outside Noblesville: Paul & Nancy Muething, Jimmie & Lynn Dallas, Steve & Mary Kay Rybolt, Doug Nelson, Chuck Baden, Herb Wilken, Greg & Shari Dixon, Dave Jones, Julie Ward, Bruce Jones and daughter Bailey Jones, Mike & Karen Harra, Donna Davidson, and Rosemary Frazier. Tom Frazier's recent sinus surgery (very painful -- don't ever do it!) prevented him from riding. At the park riders were treated to fun-size candy bars, and after a brief rest made their way back to Edgewood via Lapel. Back at the Fraziers several others joined us for the cookout: Sandy Baden, Tracy Jones, Karen Nelson, Pam Jones, and Charlie & Linda Loker. Tom grilled hot dogs and Jake cleaned up any dropped food. Once again we enjoyed some beautiful fall weather and delicious cooking by our members.

## **Hilly Hundred 2008**

As always our club was well represented at this year's ride. Both days started out cool, but warmed to nice riding weather. I heard Julie made some great chili for dinner around the campfire on Saturday night. Spoke and Wheel riders and friends included: Rex Upshaw, Dave Flack, Steve & Mary Kay Rybolt, Dave Jones, Julie Ward, Larry Hill, Chuck Baden & son Michael, Warren & Sheri Stohler and friends Brenda & Haley, Mike Fentz, Larry Fentz, Janice Gril, Tom Fisk, Jim Johnson, Charlie Loker, Chad Lamb, Ben Tryon, Rob Sparks, Kevin Minnick, Glen & Donna Davidson, Steve Seybert and Mike Flowers. Whew, hope I got the complete list! Pam Jones, daughter Joanie and grandsons joined the campground festivities.

**Kevin Minnick** sent this note about the ride:

I thought you'd find this interesting to pass on to the gang: On Sunday at the Hilly, I had several other riders ask me where they could buy one of our jerseys. Everyone really liked the design and the color scheme: someone ask me if it was a bike shop. Another person remembered all of us from the Hope Ride and wanted to know if the whole bunch of us were riding again. Apparently, Spoke & Wheel is quite a presence in these events.

I told Jimmie his 15 minutes of fame has been extended.

## **Monday Morning Rides by Nancy Muething**

I know some folks think the Monday ride has gotten too fast and too long for some riders, but I'd just like to say I've thoroughly enjoyed the Mondays that I've ridden. I'm certainly not a fast rider, but find it a comfortable speed and distance. Nobody leaves me behind. The company couldn't be better and we always have lots of laughs. Since I'm pretty much a fair weather rider, I probably won't be there again until spring, but I will certainly miss it. I'll miss our sweet tea stops afterwards, too!

## **Picnic 2008 by Nancy Muething**

What a great afternoon for a picnic! The clouds parted and the sun was shining as we gathered once again to eat. Paul had a warm fire going when everyone arrived with their goodies. And there were lots of goodies! We had everything from American fried chicken to Romanian eggplant dip and a good variety in between. After eating, the corn hole games began. Rex Phillips kept trying to tell his wife Paula how to do it, but she was doing just fine on her own. Obviously, I need more practice. Rex Upshaw insisted throwing was good therapy for his shoulder, but it looked painful to me. Those attending were Steve & Mary Kay Rybolt, Allan & Autumn Henderson, Paul & Nancy Muething, Dave & Pam Jones, Jimmie & Lynn Dallas, Walter Dick, Dave Crandall & his granddaughter, Doug Nelson, Rex & Paula Phillips, Rex Upshaw and Roger Beeson. Bob Dorris & Daisy, Allan Howell and Steve Seybert stopped to say hello.

**Marion Potts** has brought to our attention a great web site to keep track of your miles and list them with other club members. BikeJournal.com is convenient to use if you like to keep a running total miles ridden each week. Check it out.

**Francie Seybert** is making a miraculous recovery and hopes to be back on the road when they go to Florida in December. She appreciates all the concern of club members.

**Our sympathies to Diane Peek** on the death of her mother in October.

### **Lost Lake Race    By Captain Paul Muething**

Well, we had the first ever bike race in Iraq. At least the first one not put on by the Iraqi Ministry of Sport. It was a great day. We divided the day into three races, based on age. We combined the under 25 and the 26-34 races because we only had one under 25 racer. I think that it was too early for the young guys. It was a good race with two experienced riders breaking away early and holding off the field to the line. It was not a sprint finish, but the two breakaway riders stayed together until the end. The 35 and over race had forty-five racers! It was awesome. We had two guys in full riding kit on cyclocross bikes, several nice mountain bikes, a ton of PX specials, and even a huge beach cruiser. They ranged from well-maintained to one wheel in the dumpster. Three riders broke away early, with a small chase group, and the peloton pushing hard behind. The three breakaway riders increased their lead with each lap. Just before the last corner, the pact ended and the three breakaway riders each tried to go alone. At the last corner it was down to two, and the winner gapped the second place finisher by about 50 meters by the end.

We thanked the club for its support and awarded the lights to the top five finishers in each race. Everyone had a great time. We even had a sizeable group of volunteers.

Thanks for helping us out.



**Allan Howell** sent the following article that he thought the club would find interesting as to state laws in regard to bike accidents. For those of you receiving your newsletter by e-mail, it is the 3<sup>rd</sup> attachment.