



Spoke and Wheel

Bicycle Club

Madison County and Surrounding Areas

www.spokeandwheel.funurl.com

January 2010

Note 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.

Wednesday: Ride begins at **3:00 p.m. from the SE corner of the old K-Mart parking lot (Southdale Plaza) at 53rd 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!** Various members have volunteered to accompany new or slower riders, so no one is left behind. Please take a turn doing this.

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:

Chairman:	Tom Frazier 644-7192 (tlrfrazier@aol.com)
Vice Chairman:	Steve Rybolt 644-6275 (swrybolt@comcast.net)
Membership/Treasurer:	Rosemary Frazier 644-7192 (tlrfrazier@aol.com)
Ride Coordinator:	Steve Seybert 778-4623 (sfseybert@gmail.com)
Newsletter:	Nancy Muething 643-7498 (pmuething@aol.com)
Webmaster:	Christopher Beasley 644-6969 (crb0311@aol.com)

Club Meeting: January 21st at 6:00 pm. We'll meet at the Anderson Public Library in the Carnegie room on the 3rd floor. All meetings are held on the 3rd 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.

Polar Bear Ride: January 1, 2010: Not a club ride, but can be fun if the weather cooperates. It starts in Kokomo at 9:30 am. For info and registration www.active.com

Dave Hogan Hardee Folks Memorial Ride: Sunday, January 3, 2010, 1:00 pm: This ride will be leaving from Applewood Center near the old theaters. Bundle up and grab a late lunch with a few diehard riders. We'll be heading to the Hardee's in Pendleton.

CLUB NOTES:

No meeting was held in December.

2009 Mileage: Don't forget to note your total mileage for the year and send it to me by January 15th for the February newsletter. Every little bit helps the club total.

Google Group: If you're not receiving the Google Group messages, check your spam file. Several folks have noticed it going there. Otherwise, contact Julie Ward (jward@anderson.edu) and she will try to get it straightened out.

Gravel Grovel by Dave Crandall

Jeff Merriman and I did the Gravel Grovel yesterday. That was one tough ride!! Lots a gravel roads, hills, some muddy single track. It took me exactly 5hrs to complete the 62 mile course. When I was done my feet were numb (got wet from single track creek crossings) and I was dead tired. Can't wait to do it again next year!

December to Remember Ride by Steve Rybolt

The temperature was in the low 30's with wind in the 10 to 15 mph range. I pulled into the parking lot at Aqua Gardens and whom did I see? Jimmie Dallas, was there dressed to ride!!! Dave Jones pulled in and then Dave Crandall came riding in. I (Steve Rybolt) made 4.

Of course someone complained about how cold it was....all day. No, it wasn't Jimmie who was complaining, it was Dave Crandall. Of course, the point is that Jimmie doesn't ride when the temperature is below 50. Jimmie never complained even when we finished and the temperature was 32 degrees. He even seemed anxious to ride the next day, with snow predicted. I think Lynn had better check out who this imposter really is!

We rode to Alexandria and ate at Lincoln Square. The owner asked about Rex (we thought). He said that Rex used to come in 2 and 3 times a week. But he got mad at them when they wouldn't let him lock his bike up to a bush out front and quit coming in. Well, Rex wouldn't lock his bike up, (who would steal it) so it wasn't him. We did miss not having Rex along for the ride! I am sure he has never missed this ride. Actually, the weather wasn't that much of a factor, and it was a good ride.

Christmas Party 2009

Twenty-eight members gathered at the Muethings' for our annual night of food, fun and laughter. As always, the food selections were delicious and we all stuffed ourselves. Bob Dorris got the time wrong and instead of being early (as he thought he was) he arrived as everyone was hitting the desserts. Also, as always, we played our mandatory game. This year was Christmas trivia. Shari Dixon wants to be on Pam Jones' team next year as Pam always seems to win. Of course, Greg wasn't much help since he said "Tiny Tim" for all his answers! The monitor (Nancy) had to tell Rob Goettman that he couldn't use his phone to "Google" answers either. Other members joining us were Kevin & Debbie Harry, Richard & Shirley DiLorenzo, Dave Jones, Steve & Mary Kay Rybolt, Tom & Rosemary Frazier, Jimmie & Lynn Dallas, Chuck & Sandy Baden, Phyllis Goettman, Charlie & Linda Loker, Sheri Harris, Dave Crandall, Donna Davidson, Doug & Karen Nelson and Paul Muething.

Members of Bicycle Indiana (formerly IBC) are being asked to vote for new Board members. Allan Henderson of Anderson is on the slate for "At-Large". If you are a member of Bicycle Indiana, please vote for him by January 21st by mail or e-mail at info@bicycleindiana.org

Members Julie Ward, Mike Harp and Pauline Flowers gave great performances at MPCOG's "A Christmas Carol".

January Club Meeting: Note the new time. **We are starting at 6:00 pm!** We'll be setting up a tentative ride schedule for the year so please come and give us your input.

We now get “the rest of the story” from Chuck Baden.

Great Alleghany Gap, Washington D.C.

Last month Dave and I had abandoned the trail at Cumberland, Md. due to snow and freezing rain. I am looking out my Dresser drive window this morning as I am typing and guess what, it is snowing and raining, must be time for a bike ride! As we left Cumberland on Amtrak, without our bicycles, we huddled in a small train station a bit disappointed and a bit relieved as visions of a beautiful trail and adventure clashed with the reality of continued freezing weather and rain. We were headed to Washington but not in the manner we had anticipated, no matter, we had family to look forward to when we got to town. As I explored the internet the night before I had discovered that the streets of Washington were to be closed for, you guessed it, a bike ride thru the attractions, monuments, and Embassy Row to Arlington. Oh boy, a potential save. “Hey Dave, check this out.” I guess I had forgotten to mention the weather forecast was for 4 days of this miserable weather, but to heck with the details, it would work out.

We returned to Cumberland with Elizabeth’s car to fetch our bikes. (Elizabeth is my daughter who lives in D.C.) I spent a day roaming the sites of downtown Washington, I know where the best ice cream, the best chili smokes, the best french fries, the best burgers, and the best micro brew pub in town are located. (see a recurring theme here?) I also saw the Washington monument, Natural History museum, Senate office buildings and the Capitol while checking out the registration and start site for the weekend Bike Washington event. I called Dave to see if he was sure he wanted to go in the 38 degree rain and wind. Dave’s answer was “I may only get one chance at this, let’s go.” I had a brainstorm and packed a grocery bag with socks and towel and told Elizabeth to meet me in Arlington.

Bike D.C. day dawned dark, cloudy, cold, rainy and miserable; this would be fun. I rode from the apartment downtown to the starting point. Not much traffic and not a long line to registration, Dave shows up just as I get the process completed. Boy this is exciting; we took a quick jaunt on our bikes down the mall to the Washington monument. As we rolled up to the line one of the locals said something about the hills on the course. I have done this D.C. cycling thing before and I am sure there are no real hills. Off we went climbing up Capitol Hill then a couple of turns take us around the Capitol itself and past the White House. The rain was falling harder as we made our way up Embassy Row toward the National Cathedral. (I did not remember this hill being so steep) tough climb done we made our way to a fancy SAG hosted by the people of Taiwan, pretty nice mansion at the top of another hill. It was raining and I was starting to get cold as we rolled through the gates and up the drive to the mansion. Big box truck with goodies for the riders and a delegation of curious Taiwanese looking on from the portico. I made eye contact and felt they perhaps would not mind engaging in a conversation however Dave was catching up and I decided it was too cold to stop. (Normally I would have welcomed this opportunity) Dave doesn’t say much as we headed back down Embassy Row. We crossed the river and as we rode along the Potomac we viewed the tidal basin and Jefferson memorial but mostly I found myself wondering if I couldn’t be just as wet but warmer if I rode down the bank into the river. I thought the river water must be warmer than this rain coming down. Since we were at the river I guess I should have seen the next challenge coming. You guessed it, a moderately long climb lie ahead. In order

to entertain myself and keep motivated I made a mental enemy as I was passed going downhill to the approach to the hill. The lanes narrowed and I either had to go off the road or the young man on the Giant carbon bike had to swerve as he went around me. I psyched myself for the ensuing climb by mentally making him a competitor and deciding he had a lot of nerve passing me on the downhill. I proceeded to pass him climbing the hill and turning around and starting the climb again, a process I repeated 3 times on the climb just to show that while anyone could go downhill fast only a crazy old guy from Indiana would spend that kind of energy climbing with about 15 cold rainy miles to go. Another wonderful SAG at the top of the hill. The SAGs were well staffed and supplied with plenty. I ate something waiting for Dave to ride up. I was now really freezing, my feet were soaked through and the feeling was starting to go in my toes. Dave rode up and I remembered Elizabeth. I was supposed to call her as we got within an hour of the finish. As I called I failed to notice Dave riding off, I remember thinking well I guess I will get warm chasing him. I catch Dave on the descent and we are off to the Iwo Jima memorial. (I believe all of the memorials on the Virginia side of the river were on top of hills.) From there we rode to the new Air Force memorial which had a wonderful view of the city and Arlington cemetery. Another great SAG with donuts! I take a donut and follow Dave who has ridden off down the hill. At this point I notice the feeling in my feet is almost non-existent. I catch back up with Dave and we commiserate about being cold and thinking we are surely at the end of the ride. We were on a four lane road that had been shut down for the event but desperately looking for the city street in Crystal City where the ride would end. We approached an exit ramp and I was definitely thinking of the approaching end to this ride. As we approached the finish line there were banners and music and another great SAG stop. As we dismounted I felt like a character from a Forrest Gump movie. I couldn't walk, I had only two stubs with no feet. I tried to follow Dave as he headed to a warm, dry coffee shop. I couldn't keep up but thankfully my beautiful daughter spotted me and accompanied me as I staggered into the coffee shop. She ordered hot chocolate for Dave and I. Elizabeth then pulled out my dry towel and socks, what a godsend at this time. I dried my feet that I could see but not feel and crossed my legs and sat on them for the next half hour before I could even begin to put my socks on. Dave and I went separate ways with our bikes on the subway, another adventure finished.

This was under any other circumstances a great ride, police stopping traffic at every intersection in the cities. The roads were closed to vehicular traffic as well as pedestrians. (must have used 800 policemen and women) SAGs well staffed and supplied. The route was challenging and there are hilly routes in D.C. The sites are incredible. This is an annual event and more information is available searching Bike D.C. online.

