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April 2010

MEMBERSHIP RENEWAL TIME! This will be your last newsletter if you haven't renewed.

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: Spring is here and the Tuesday ride is back. This ride leaves at **6:00 pm from Edgewood School (3525 Winding Way, Anderson)**. The marked route is about 27 miles round trip. **THIS IS A FAST PACED RIDE!** You are on your own if you get dropped.

Wednesday: Ride begins at **6:00 p.m. from the parking lot of the Madison Park Church of God on 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: April 15th 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.

Fall Creek Tour: Saturday, April 3rd, 11:00 am: Leaving from Falls Park, this CIBA ride led by Steve Rybolt and Dave Crandall was changed to this date. All club members are welcome. Ride distances are 26, 39, 49, and 62 miles.

Leisurely Lunch Ride: Saturday, April 10th, 10:00 am: This easy paced ride is for riders of all ages and abilities. Led by Steve Seybert, the 18 - 22 mile ride will leave from the old K-Mart lot (Southdale Plaza) and goes to Wendy's in Pendleton for lunch and back. If you haven't ventured out on your bikes yet this year or just want to take it easy, this is the ride for you!

Cub Scout Bike Rodeo: Saturday, April 17th, 9-11 am: Spoke & Wheel is helping a local Cub Scout Troop get their cycling badge. Held at the Wesley Free Methodist Church on 8th St., We'll be helping with safety, minor repairs and a course set up for bike handling. All are welcome to come and participate. Please e-mail Nancy if you can help. pmuething@aol.com

PIZZA PARTY RIDE OR DRIVE: Sunday, April 18th, 2:30 (ride) or 5:00 (drive), 53rd St. Pizza Hut: Come one! Come all! Bring your family and join us for the first pizza party of 2010. If you want to ride the Lenape Trail first, meet at the north end of the Applewood Center near the Pizza Hut at 2:30. Riders will return to meet the nonriders at 5:00 for dinner. The charge is just \$5 per person for all the pizza you can eat. It will be a fun time for all.

Geist Lunch Ride: Saturday, April 24th, 10:00 am: Leaving from Falls Park, Tom Frazier and Charlie Loker will lead us to Geist for a leisurely outdoor lunch..The ride distance is about 28 miles round trip. Always a fun day!

Moonlighter Series Begins: Friday, April 30th, 7:00 pm: Yipee! This popular Friday night ride is back. Monthly rides begin at the west entrance to Falls Park in Pendleton on the Friday closest to the full moon. 19 miles of back roads take riders to the Fortville Dairy Queen and back. The pointed tips of the ice cream cones point the way.
LIGHTS ARE REQUIRED!

CLUB NOTES:

March meeting: Members present were Steve & Mary Kay Rybolt, Rex Upshaw and Paul & Nancy Muething. A balance of \$345.78 was reported in the treasury. Our guest was Mark McNeal from the Cub Scouts. We discussed our plans and needs for the Rodeo to be held on April 17th. (Details in ride schedule) They hope to have about 50 boys participating. Hopefully, many club members will help us on this project.

Our big decision of the night was to opt out of participating in the Great Greenway Tour for 2010. As you know, last year no profit was made and many expences were incurred. The plans going forth so far seemed to be heading in the same direction. As much as we regret ending our involvement, it seems best for Spoke & Wheel. Any members who would still like to participate are certainly welcome to do so on their own.

Trudy Perkins sent a nice thank you note to the club for all the cards and good wishes she received after her bike accident. She seems to be recovering well.

Anderson Church of the Brethren conducted a bike safety program for the children of their church. On Wednesday, March 24th, members Steve & Mary Kay Rybolt, Chuck Baden, Roger Beeson and Paul & Nancy Muething went to the church and did some bike checks and repairs . Thanks to all of them.

Mill Street Inn Ride

Members Doug Nelson, Roger Beeson, Steve & Mary Kay Rybolt, Paul & Nancy Muething, Julie Ward and Chuck Baden had a great ride to the Mill Street Inn for lunch on Saturday the 20th. The roads were rough, but just being out was so nice we couldn't complain. The wind was even somewhat in our favor. We were glad we made the change from Sunday, as it was cool and rainy, that day.

Wednesday Ride Mentors: Time to sign up for this again. Please volunteer to stay with the more leisurely riders at least once this season. Contact Nancy at pmuething@aol.com to schedule your turn.

April 7 Rybolts
April 14 TBA
April 21 TBA
April 28 Muethings

Thank You Note:

Steve and the Anderson Spoke and Wheel Club:

For the last ten years the Anderson Club has been a huge part of the Great Greenway Tour and a good partner with the DCC as well as the Cardinal Greenway. The DCC and the Cardinal Greenway truly appreciate all that you have done to benefit the Greenway, the GGT and ECI cycling. We look forward to working with you again given an opportunity. We are sorry to hear about the clubs decision to no longer be a part of the GGT, but we also respect that choice. If there's anything we can do to help support the AS&WC, please let us know. Likewise, if there are any individuals that would like to continue being a part of the GGT, please contact Angie Pool, Denise Kelley, or myself.

The AS&WC is a great team that will be truly missed. You were a major reason the event has grown and no doubt a major reason so many riders came back to do the GGT more than once. Again, thanks for all of your effort over the years. We look forward to seeing you at a club ride or at the GGT 2010.

Sincerely,

Mark Lohmar and Angie Pool

GGT Chair and Cardinal Greenways Director

Florida Boot Camp + One by Steve Rybolt

On February 27, Dave Crandall, Steve Rybolt, Mike Koch (a friend from Upland) and Chuck Baden took off for Atlanta in Sandy Baden's Chevy Astro van. Thanks Sandy! We arrived in Smyrna, GA.(an outskirt 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, its 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!

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 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.



How many people does it take to fix Dave's bike?

