



THE SPROCKET

March – April 2017

SIW Contacts

SIW Web Page

www.siwheelmen.org

President

Jeanne Garrison-Young

(812) 252-9371

jeannegy@aol.com

Vice President

John Neichter

(502) 759-0425

rubyjetta@twc.com

Secretary

Stan Wheeler

(502) 741-7712

shwheeler.14@gmail.com

Treasurer

David Rausch

(502) 657-8213

treasurer@siwheelmen.org

Slowspokes.david@aol.com

P O Box 9621

Louisville, KY 40214

Statistician

Bryan Huhnerkoch

(812) 704 2448

SIWStatsTracker@outlook.com

Slowspokes Coordinator

Scott Aldridge

(502) 523-6051

scott.j.aldrige@gmail.com

Webmaster

Tim Meyer

(502) 609-9425

webmaster@siwheelmen.org

Newsletter Editor

Paul Vice

(502) 338-4041

pkvice@bellsouth.net

Changes to the SIW By-Laws Effective November 17, 2016

<p>Clarified how mileage credit is received based on the date dues are paid.</p>	<p style="text-align: center;">ARTICLE IV - DUES</p> <p>(A) Date</p> <p>(1) Dues must be paid by January 1 to remain an active Member and to receive mileage credit for any rides from October 1 to January 1. If dues are paid after January 1, the member becomes active as of the date of payment and mileage credit is only received for rides on or after the date of payment. Dues are based on an October 1 through September 30 year.</p> <p>(2) Dues paid by new Members in August or September will be applied to the following year.</p>
	<p style="text-align: center;">ARTICLE VI - AWARDS</p> <p>(A) Touring Jerseys</p> <p>Four Touring Jerseys will be awarded for the most registered Club miles ridden from October 1 through September 30. One each will be awarded to the man and woman who have reached age 55 by September 30, and one each to the man and woman who have not reached age 55 by September 30. Any Touring Jersey Award cannot be won by the same Rider in consecutive years.</p> <p>Deleted the Participation Awards.</p>
<p>Added two by-laws regarding Mileage.</p> <p>Deleted the definition of Regular Rides and Recognized Regional Rides. Replaced with the definition of Local rides. No change to Overnight rides.</p> <p>Basically, this means that to receive mileage credit for an out-of-town ride, there must be at least five SIW members participating.</p>	<p style="text-align: center;">ARTICLE VII - RIDES</p> <p>(A) Mileage</p> <p>(4) All Riders shall begin and end the ride at the designated start location and complete the posted ride.</p> <p>(5) Any Rider participating in a club ride may be required to submit verification of completion of the designated route and mileage electronically at the discretion of the Statistician.</p> <p>(B) Local Rides</p> <p>Rides not involving an overnight, published on either Schedule, having a local starting point originating in Clark, Floyd, Scott, Harrison, Washington counties in Indiana and Jefferson county in Kentucky, and having a Club Member designated as Ride Captain are Local Rides. Members completing these rides will earn the mileage listed.</p> <p>(C) Overnight Rides</p> <p>SIW Members will earn mileage listed for scheduled Overnight Rides starting in the local area. To get mileage credit for the return trip, it must be ridden after an overnight.</p> <p>(D) Out-of-Town Rides</p> <p>For scheduled rides that do not fit B or C above and are attended by five (5) or more SIW Members, mileage credit will be earned for actual miles ridden.</p>



**Mark Your
Calendar!**

Note: 4th Thursday this month!

**Next Club Meeting
Thursday, **March 23**, 2017
Clarksville Library**

We will begin promptly at 6 pm.

Come join us & support your club.



March		April	
Mike Duczeminski	<u>03/02</u>	Derek Baerenklau	<u>04/03</u>
Andrew Gustafson	<u>03/04</u>	Kaitlyn Hutton	<u>04/07</u>
Charlie Schladand	<u>03/04</u>	Eric Madison	<u>04/07</u>
John Neichter	<u>03/07</u>	Max Maxwell	<u>04/07</u>
Paul Beach	<u>03/08</u>	Shana Nicholson	<u>04/07</u>
Doug Hatton	<u>03/14</u>	Ben McMillen	<u>04/11</u>
PJ Jonas	<u>03/17</u>	Jim Jonas	<u>04/13</u>
Arnie Snow	<u>03/19</u>	Scott Malony	<u>04/14</u>
Betty House	<u>03/21</u>	Katie Burkhart	<u>04/16</u>
David Richard	<u>03/21</u>	Kevin Dahill	<u>04/16</u>
Dick Thorn	<u>03/22</u>	Scott Aldridge	<u>04/18</u>
Ed Hatfield	<u>03/23</u>	Don Gettelfinger	<u>04/18</u>
Jessica Korte	<u>03/23</u>	John Ritz	<u>04/26</u>
Bob Quinn	<u>03/28</u>	Scott Baerenklau	<u>04/27</u>
		Emery Jonas	<u>04/27</u>

If you see any of the riders listed above, please wish them a

Happy Birthday!!

If you are a bicyclist in the Southern Indiana/Louisville area and would like to ride with a great group of people with similar interests, come check us out! Just pick up a Southern Indiana Wheelmen or Slowspokes ride schedule from the Clarksville Schwinn bicycle shop. If you have any questions, please contact one of the club officers or visit our web site at www.siwheelmen.org.

UPCOMING EVENTS

See Ride Schedules <http://siwheelmen.org/rides.htm> for additional details

- March 11 Bike maintenance class at Clarksville Scheller's – see notes below
- March 12 DAYLIGHT SAVINGS TIME BEGINS - SPRING FORWARD!
- March 23 CLUB MEETING - Clarksville Library
- March 25 Soup/Bread Ride - Bring a dessert. Please RSVP: 502-541-1026
- April 8 First Adopt-a-Highway clean up for the year – see article below
- April 8 St. Mary of the Knobs: 3 Steeples Ride <http://www.yoursmk.org/3>
- April 15 Easter Egg Ride Paul & Barb Beach
- April 20th-23rd The Redbud Ride <http://www.redbudride.com/> Rates go up March 1.
Part of the 2017 Kentucky Century Challenge:
<http://www.kentuckytourism.com/outdoor-adventure/centurychallenge.aspx>
- April 22 Dogwood Pedal <https://runsignup.com/Race/IN/Orleans/DogwoodPedal>
- April 30 Tour de Lou <https://discover.kdf.org/tour-de-lou/>

Additional information on bicycling in Indiana can be found by contacting:

Bicycle Indiana • info@bicycleindiana.org • www.bicycleindiana.org

Southern Indiana Wheelmen web pages • <http://siwheelmen.org/>

Notes from Bill Horton:

There will be a free bike drivetrain maintenance class at Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN at 10 am on Saturday, March 11.

Our first Adopt-a-Highway clean up this year will be Saturday, April 8. Meet at Silver Creek High School at 9 am.

Scheller's will also put on an additional bike inspection and flat tire repair class for SIW one evening in April. Date TBD.



Bicycle Tip Corner

Maintenance Tip #1: Chain Replacement

Larry Best showed a nice explanation of his method for determining chain wear on his Facebook page. Since he received questions from several interested club members, I decided this subject would be the best one for the Newsletter's first Bike Tip Corner.

Question: How often should you change your bike chain? The answer is to change it when it is half worn out. I'll explain.

It is easy to detect and quantify chain wear. The chain pins and bushings wear down and result in "chain stretch." Your LBS (local bike shop) will be able to measure the amount of "chain stretch." If your chain stretch gets excessive, your chain rings and rear cassette cogs will see accelerated wear, too. These items are more expensive to replace than your chain. So it is best to replace your chain before it becomes completely worn out. It's safer, too, because the chain remains strong.

Typically your chain will last for 3000 to 6000 miles. Your rear cassette should probably be changed every fourth time you replace your chain. Your front chain rings may last a little longer. Effective lives of these items depend on riding conditions, rider weight, and your cleaning and lubrication habits.

We have a maintenance class coming up on March 11 at Scheller's that will describe good cleaning and lubrication habits. There is a lot more info out there than I can cover here. There are also many opinions as to what is best. If you are not a DIY person, you may also want to have your LBS provide your bike maintenance. That will give you more time to enjoy riding. ☺

By the way, if you have any topic suggestions, you can send them to my personal email -- whorton212@aol.com. They will be much appreciated.

Bill Horton



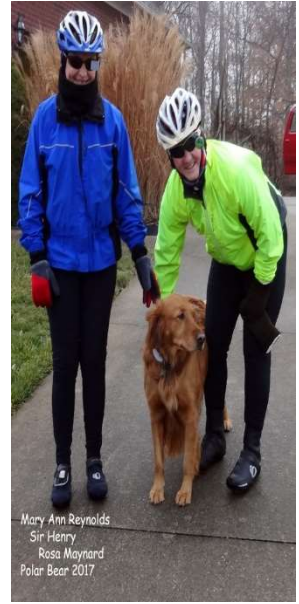
Bill Hurley
Ron Galbraith
Polar Bear 2017



Susie Hammond
Polar Bear 2017



Kim Decker
Dick Keith
Polar Bear 2017



Mary Ann Reynolds
Sir Henry
Rosa Maynard
Polar Bear 2017



John Neichter
Polar Bear 2017



Kim Decker-Rosa Maynard
Bob & Susie Peters
Tim & Jeanette Gettelfinger
Polar Bear 2017



Paul & Barb Beach
Good day for runny noses
Polar Bear 2017



Dave Richards
Polar Bear 2017



Joe Bolan
Polar Bear 2017



Ben McMillen
Polar Bear 2017

Polar Bear Ride – Sunday, January 1st, 2017



Don Gettelfinger
Polar Bear 2017



Tim & Jeanette Gettelfinger
Polar Bear 2017



Polar Bear 2017
Foggy—40 degrees—light wind
Hosts—Gary & Karen Johnson
Covered Bridge



Bill Hurley
Polar Bear 2017



John Evers
Polar Bear 2017



Jan Stahlgren
Malvery McKim
Joan Gilley
Polar Bear 2017



Jacob McDonald
Ren McKim
Polar Bear 2017



Kim Decker
Polar Bear 2017



Dave Richards
John Evers
Tony Dutton
John Neichter
Jacob McDonald
Polar Bear 2017



Bob Peters
Polar Bear 2017



Mary Ann Reynolds
Joan Gilley
Malvery McKim
Polar Bear 2017



Karen & Gary Johnson
Wonderful Hosts
Polar Bear 2017

<- Our kind hosts

Polar Bear Ride – Sunday, January 1st, 2017

2017 Cherry Pie Ride



←Debbie and Jim Shelton, Mary and Bob Quinn are pictured to the left with some of the Burkhart's donkeys.

Ron Galbraith, Barbara Thorn, Alison Ewart, Paul Vice, Jan and Len Stahlgren with Jack, the Jack Russell terrier.-->



←--Clare Burkhart, Jan Stahlgren, Roben Rosenberger, Barbara Thorn and Carla Renn.

Thank you, Clare & Tom, for hosting! Thanks to all who brought the good eats!!

SIW Florida Trip - Jan/Feb 2017

A gang of SIW Slowspokes drove south to Kissimmee, FL for two weeks of bicycling in the SUN. There were 19 riders the first week and then 23 riders the second week. The total of 25 riders pedaled 9,064 miles in 15 days of cycling!! Individual mileage ranged from 192 up to 590 miles.



The first ride was a stopover along the way in Inverness, FL where we rode 32 miles on the Withlacoochee Trail. This rail-to-trail path passes through small towns, farmland and a state park. Doris Herp drove over from her home in Crystal River to meet us for lunch.

During the two weeks, we rode from trailheads at the Seminole-Wekiva Trail, the Teco-Auburndale Trail, the Van Fleet Trail and the West Orange Trail. Other starting places were Dundee, Groveland, Clermont, Lakeland and Polk City. Destinations were Lake Alfred, Winter Garden and Apopka. On the last day, Paul Gruber hosted a ride from his house in Leesburg.

← Bernie & Jan Campbell



Bernie Campbell, Paul Gruber, Larry Best



Susie Peters, Miracle Cake Baker!



Alligator beside Van Fleet Trail



Susie Peters, Carole Sutton, Barbara Thorn, Susie Hammond, Phyllis Andres