



THE SPROCKET

May – June 2017

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Attendees at the April 20th bike maintenance class



Thanks to Bill Horton for setting it up with Scheller's and to Darren for showing us how to change a tire and for answering our many questions. Other attendees were Joe and Ann Bishop, Carole Sutton, Marty Jones, Joan Gilley, Bill Fible (not pictured), and Jeanne Garrison-Young (photographer).

**NOTE
SPECIAL
DATE !!!**



**2nd Thursday
in May!**

**Mark Your
Calendar!**

**Next Club Meeting
Thursday, May 11, 2017
Clarksville Library**

We will begin promptly at 6 pm.

**Come join us & support your
club.**



*If your Club Membership Dues are not up to date, please send your check to **David Rausch, P O Box 9621, Louisville, KY 40209-9621**, to ensure that your mileage will be counted.*

UPCOMING EVENTS

See RIDES at <http://siwheelmen.org/> for additional details

- May 21** Patoka Lake Ride, Somewhere on Patoka Lake Bar and Grill, IN
- May 27-28** Horsey Hundred, Georgetown, KY <http://www.horseyhundred.com/>
- May 29** Subway Fresh Fit Hike, Bike & Paddle, Waterfront Park - Great Lawn, Louisville, KY
<https://louisvilleky.gov/government/city-events/subway-fresh-fit-hike-bike-paddle>

The following are Tentative. Check the June schedule and watch for emails for more information.

June 3 Silver Creek "Century"

June 10 SIW Club Picnic

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.



Happy Birthday!!

| May | | June | |
|--------------------|--------------|-------------------|-------|
| Robert Chatham | <u>05/02</u> | Gary Johnson | 06/02 |
| Deanna Smith | <u>05/03</u> | Patrick Yates | 06/04 |
| Larry Gore | <u>05/04</u> | Joey Naville | 06/09 |
| Bryan Madison | <u>05/04</u> | Paul Gruber | 06/10 |
| Mary Ann Galbraith | <u>05/06</u> | Bill Hurley | 06/16 |
| Ann Bishop | <u>05/14</u> | Chad Applegate | 06/17 |
| Sandra Jacobi | <u>05/14</u> | Ron McKim | 06/17 |
| Edward Gootee | <u>05/16</u> | Missy Mountz | 06/17 |
| Malvery McKim | <u>05/17</u> | Abner Miralda | 06/24 |
| Greg Rupp | <u>05/18</u> | Mike Jacobi | 06/25 |
| Edward Fritzinger | <u>05/20</u> | Nathan Domagalski | 06/26 |
| Kim Decker | <u>05/21</u> | Jim Gladin | 06/28 |
| Randy House | <u>05/21</u> | | |
| Marla Huhnerkoch | <u>05/25</u> | | |
| Roben Rosenberger | <u>05/26</u> | | |
| Katy McMillen | <u>05/27</u> | | |
| John Bell | <u>05/29</u> | | |
| Tony Duncan | <u>05/29</u> | | |
| Brenda Gutmann | <u>05/30</u> | | |

Congratulations to Maggie Ridge on being selected to participate in the TCS New York City Marathon in November, 2017.

**Are you arriving at a ride and finding that you forgot something?
 Create a Take Checklist.
 Put it by your exit door and do a quick check before leaving the house.
 Here is one example:**

| Take Checklist | Additional for Winter or Cool Weather |
|---------------------------------|---------------------------------------|
| Helmet | Balaclava |
| Helmet Liner or Sweatband | Full Finger Gloves |
| Jersey | Glove Liners |
| Heart Monitor | Long Sleeve Jersey |
| Shorts | Jacket |
| Socks | Toe or Shoe Covers |
| Shoes | Hand/Toe Warmers |
| Gloves | Tights |
| ID Bracelet | Helmet Cover |
| Sunglasses | |
| Additional for Wet Roads | |
| Water Bottles | Fender |
| Fuel | |
| Liquid (e.g. water) | |
| Solid (e.g. energy bar) | |
| Other – Gel, Endurolytes | |
| Computer | |
| Lights | |
| Headlight | |
| Rear Light | |
| Cell Phone | |
| Driver's License | |
| Money | |
| Bicycle/Tires/Wheels | |
| Air Pump/CO2 Cartridges | |

Also, when you get to the ride, don't forget to do your ABC&S:

Check the **Air** in your tires.

Check that the **Brakes** are set correctly and are working.

Check that your **Chain** is lightly lubricated and makes a straight line across the bottom.

Spin your wheels to make sure they do not wobble or rub on the brake pads or the frame.