



QUICK RELEASE

Club Officials

PRESIDENT

Mike Shult

SECRETARY

Larry Barnhart

TREASURER

Kelly McMahan

RACING DIRECTOR

Marcus Naegeli

TOURING DIRECTOR

Kevin Wisher

SAFETY & EDUCATION

Michaelene Andersen

CENTURY DIRECTOR

Vacant

NEWSLETTER EDITOR

Joe Stull

Inside this issue:

5 Things To Check 2

To Stretch Or Not To Stretch 2

20 Years Ago 3

Ride Schedule 5

Calendar 6

Stop-Sign Solution 7

Homemade Energy Bars 7

VOLUME 24 ISSUE 8

AUGUST 2009

President's Corner

Sunday August 16th for those that did not know was this year's century ride. Though it had been cancelled as an open event it still took place as a Club ride. Some 20+ people showed up Sunday morning ready to ride, at this point I have to say that it was certainly a Sizzlin Century before the day was done. With temps nearing the mid 90's and a stiff head wind on the last leg of the ride the riders had their day in the sun for sure. The event was much smaller than in the last few years, however everyone who rode seemed to enjoy the self torture. I would like to thank all who helped with this event and all the riders for showing up. Next year we will have the event back up and running as normal, hopefully better then ever.

Speaking of next year, what will be our 25th year as a club, plans are already underway to have several returning events from our past and a New Jersey!! Not a State out east mind you but a new design for a club Jersey.. that is if we can get some designs submitted. Yes if you recall we are having a design contest for next year's 25th Anniversary Jersey, which means there will be a prize going to whomever comes up with the design we pick at the Pigout. So get those designs submitted people.

One last thing the date of the pigout will be Nov. 7th .

That's all folks!!!

Mike

Three-Speed Pioneer

From Adventure Cycling

A bicycle thought to be the first production bike in America with multiple-speed gearing has been found and restored to its near-original condition. When discovered in the basement of a retired dairy farmer outside Pe Ell, Washington, only the patented gear-changing mechanism of the chainless, three-speed bike was still attached to the rusty frame; a nationwide search for replacement parts and information about the company that produced the bike ensued. It was learned that the inventor, Peter J. Scharbach, had dubbed the bicycle "The Hill-Climber" and it was originally produced by Scharbach/Hoerth and Company in San Francisco in 1902. The restored Hill-Climber features an intriguing shaft-drive (like an automobile), rather than the chain drive more typical for bicycles. You can read more about it and see photos here: www.fusionstudios.com/hill-climber

The bicycle is scheduled for display at the 32nd Annual LeMay Auto Collection show August 29 outside Tacoma. For details on that, click here: www.lemaymuseum.org

From *Adventure Cycling*

Three friends from California named Goat, Jacob, and Sean set out two years ago for a very long journey they're calling "Riding the Spine." Traveling mostly by bicycle, but also via kayak, 12,000 miles later the trio has reached South America. Their video journals and blog entries make for some pretty cool viewing and reading. See 'em here: www.ridingthespine.com/main.html

"Compression stockings have several benefits besides soothing tired, aching legs and reducing swelling. Medically, they are used to treat varicose veins, venous insufficiency and lymphedema, among other maladies. And then there's that DVT thing."

5 Things to Check Every Time You Ride

If you are like me, it is easy to just grab your bike, hop on it and go. Before we do it is good to give your bike a quick going over to hopefully prevent it from becoming a ride that is less than enjoyable.

1. **Tires and Wheels**—Make sure they are properly inflated. Check to see if there are any places where the rubber is cracked, gouged or worn. Also make sure that your wheels are securely fastened.
2. **Brakes**—Give the levers a squeeze to make sure they apply enough pressure to stop. Check the pads. Is it time for them to be replaced?
3. **Seat Post and Handle Bar Stem**—Make sure that they are tightened up and at the right height for you.
4. **Helmet**—Look it over for cracks on the inside and out. Check to that the straps are adjusted so that the helmet fits you correctly.
5. **Chain and Gears**—Check that your chain doesn't rub up against anything. At the same time quickly run your bike through its range of gears to make sure there are no problems and that it is free from excessive grime and doesn't need lubricated.

These condensed tips were authored by David Fiedler.

To Stretch Or Not To Stretch?

That's always been the question among cyclists. A new study has come up with an answer, sort of: *Yes!* Stretch if you like to stretch and want a small amount of defense against soreness and injury. *No!* Don't bother if you don't have the time or interest. The study found that stretching does not reduce the *overall* risk of injury, although it can reduce the likelihood of certain injuries to muscles, ligaments and tendons. In addition, people who stretch have only about an 8% less chance of experiencing soreness than people who do not stretch. A summary of the study with links to greater detail is at <http://tinyurl.com/mbk3ds>

Compression Stockings

Lance is wearing compression stockings while off the bike during the Tour. It's a way to promote recovery and guard against deep vein thrombosis (DVT) -- which can cause a dangerous blood clot -- while he's sitting on the team bus during transfers between stages.

Compression stockings have several benefits besides soothing tired, aching legs and reducing swelling. Medically, they are used to treat varicose veins, venous insufficiency and lymphedema, among other maladies. And then there's that DVT thing.

The stockings contain elastic or rubber and work by squeezing tightest at the ankle and less so towards the knee. This compression and the natural pumping motion of the calves helps blood and lymph fluid circulate through the legs.

Not a bad deal for simply tugging on a pair of stockings. They come in a range of colors for men and look like regular dress socks under long pants. There are sheer versions and pantyhose styles for women.

From RBR Newsletter 402

20 YEARS AGO THIS MONTH

- ⌚ Breakaway riders have 24 hour ride. Larry Barnhart and Sue Gramza each rode 230 miles to win the club's 2nd annual 24-hour endurance ride. Finishing 2nd was Ernie Strawn, who rode 227 1/2 miles, and Gary Corbin was third with 184. 16 club members rode totaling 1,832 miles.
- ⌚ Dave Plantenga Comments on the "BARNHART ADVENTURE SERIES", specifically the Madison ex-hill-erating 50 mile ride from Clifty Falls State Park, as well as the food.

ARMSTRONG WINS LEADVILLE 100 IN RECORD TIME

Lance finished the race in a course record 6:28:50. Previous record was 6:45:45. He road the last 60 miles alone. He also finished with a flat tire that he had been riding on for a little while!

2009 TIME TRIAL SERIES



⌚ Come one, come all and be part of the action!

⌚ There are two time trials to choose from: 20K & 40K distances.

⌚ All dates are to the right and are on Sundays. Registration is from 6:00-6:45AM, in the parking lot on the north side of CVS at Sycamore & Dixon.

⌚ The first rider leaves at 7:00AM with the 40K riders starting first and the 20K following.

⌚ **TIME TRIAL DATES** ⌚

⌚ **9-13-09** ⌚

20 YEARS AGO THIS MONTH

- ⌚ Ride Leaders for the weekly rides were Gary Corbin, Art Pilling, Jim Hayes, Bob Myers and Jolene Moore.
- ⌚ Weenies and Animals—the Weanies (the laid-back, easy-going riders) are calling for all Weanies to unite! It is time for the "closet" Weanies to come out! It is time to say " I'm a Weanie and I'm PROUD!" It is time to face the Animal army (those who ride faster, faster faster and farther, father and farther.
- ⌚ Jo;ine's 3rd annual Ice Cream Ride.
- ⌚ Breakaway prepares for a softball game against the Wildcat Canoe team headed by Gary Hill.

Newsletter Submissions

Do you have any interesting bike stories? Perhaps a bike Kodak moment. If so, we would like to hear from you.

Please forward any newsletter information to: stullchess@gmail.com by the fifteenth of the month prior to the publish month.

September 19th

2 Rivers on 2 Wheels

The 2 Rivers On 2 Wheels bike tour is organized by a dedicated group of bicycle enthusiast and the Cass County Family YMCA staff. Riders are offered a choice of 10, 30, and 62 mile routes along prime Indiana farmland, the beautiful Eel and Wabash rivers, and countryside that promises something for everyone.

<http://www.2riverson2wheels.org/>

Apple Pedalers Bike Ride

I can't tell you much about this ride except the date and that it is in Nappanee.

<http://nappaneeapplefestival.org/>

Huntington Bicycle Challenge

A two day 140 on and off road bike challenge.

<http://www.visithuntington.org/bikerace/index.html>

September 20th

Tour De Loops II

The Tour De Loops II features four 25-mile loop routes, one 10-mile loop route, and one 15 mile mountain bike trail, each starting and finishing at the 4-H Center, Columbia City, Indiana. All loops are flat to rolling with several challenging grades.

<http://wc4hbc.tripod.com/tourdloops.htm>

St. Joseph River Ride

Starts in South Bends and goes in to Michigan with ride options of 10, 20, 40 and 70. With MB rides too!

<http://www.southbendlionsclub.org/upcoming.html>



Break-Away Bicycle Club 2009 Weekday Ride Schedule



Monday PM	Scott & Lisa Hemmeger along with Randy Simpson will host high speed and pace line work through the hills of New London @ 20+ MPH. Same 32 mile route run every night. The theme of this ride is a safe, respectful, fast group ride, although dropping is a possibility. Start time is 5:30 PM from Sycamore Sports & Recreation Park, located at 3437 West Sycamore. For tri-athletes, lap swimming before and running after the ride is also available. See www.sycamoresports.net for details.
Tuesday PM	Kevin Wisher will be hosting enjoyable rides for all abilities, leaving from Jackson Morrow Park at 5:30 PM. Maps are provided for every route. These rides are for all abilities from social cruising to all out pack riding. Post ride meeting at Mike's Pizza is a normal tradition.
Wednesday "Lunch-Time"	Greg Tackett will be leading a "lunch-time" ride from Body Unlimited Fitness Center, 1805 E Sycamore (old Delco Park), at 11:30 am. Rides to last one hour or maybe longer on occasion. 18-20 mph pace.
Wednesday PM	If you enjoyed Monday night, well, we are doing it all over again on Wednesday. Remember, the route is always the same, slower groups are welcome. Same start time & location as Monday.
Thursday PM	Garry Hill will be providing his excellent maps and pre-marked courses again this year. This ride is for all abilities. Starting point is the Greentown Wesleyan Church at 5:30 PM. As always, social hour begins after the ride at Down on Main Street for those over 21.
Saturday AM	John Bernard will be hosting this ride again. This will be a nice, leisurely paced ride from Taylor High School at 9:00 AM**. No one will be dropped! After the first half is over, riders chomping at the bit may proceed at their own pace (dropping is a possibility!) The main group will stay together!
Sunday PM	If you didn't get enough through the week, Sunday is the show and go, leaving from Highland Park at Rodger's Pavilion at 1:30 PM. Charlie Skoog will be the host. If you know Charlie, you know that these rides could approach 50 miles or more. Riders with less available time may ride shorter distances at their discretion.
Mon. - Thur. AM	Larry Barnhart will be hosting this great training ride. Due to DST, this ride will not begin until late April. Watch for information on the message board for start times. Rendezvous at UTC Park.

****Note:**

The Saturday morning ride will start at 10:00 AM during the months of April & October due to DST and the cooler temperatures.

September 2009

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5

6 7 8 9 10 11 12
Tour de
Crossroads

13 14 15 16 17 18 19
See Page 4

20 21 22 23 24 25 26
See Page 4 Bike MS
Blue Heron
Bicycle Tour

27 28 29 30
Hospice Hus-
tle Club Meeting
Olive Garden

A Stop-Sign Solution – Could It Work In Indiana? By Rick Bernardi

Idaho's stop-as-yield statute lets you ride safely and efficiently—without breaking the law.

For 26 years, cyclists in Idaho have rolled through stop signs—legally. According to that state's law, when a cyclist approaches an intersection controlled by a stop sign, the cyclist must slow to "a reasonable speed," but is not obligated to stop unless doing so is "required for safety." After yielding to any vehicle that has the right of way, the cyclist may proceed. There's more: Cyclists are required to stop at red lights, but once stopped may then proceed without waiting for the light to change, after first yielding to vehicles that have the right of way. In effect, this law allows cyclists to treat stop signs as yield signs, and red lights as stop signs. To many cyclists in other states, the Idaho law sounds like a dream come true. It legalizes what many riders already do in practice: roll safely through intersections, treating stops as yields and lights as stops. Furthermore, Idaho's quarter-century of experience shows that the law works: There has been no uptick in cycling accidents in Idaho. So if "stop as yield" is safe, why not make it legal in other states? After all, shouldn't traffic rules serve some purpose beyond simply ordering compliance with the law?

Traffic signs and signals came into existence only after 1914, and for one reason—to facilitate the flow of auto traffic. Stop signs do little to enhance cyclist safety; in fact, they reduce it by requiring cyclists to enter the intersection after a stop, with no momentum, which makes them less stable and poorly positioned to execute evasive maneuvers, if necessary.

In the rest of the country, cyclists face a three-way choice between safety, efficiency and legality, and can have only two of the three. For safety, many cyclists ride the less-traveled side streets, but then must choose between efficiency—rolling through the numerous stop signs on side streets—or legality.

Conversely, cyclists prioritizing efficiency and legality sacrifice the safety of the side streets. Stop-as-yield laws make safety and efficiency legal.

With these points in mind, legislators introduced stop-as-yield bills this year in Arizona, Montana, Oregon and Minnesota. In Oregon, cycling attorney Ray Thomas led the effort; I was pleased to testify with Ray before the House Transportation Committee. Sadly, there were not enough votes to move the bill out of committee, and efforts in the other states also died in committee. But this issue is not going away—in fact, it's building momentum. Oregon considered a similar bill in 2007, as did Minnesota in 2008, and cycling advocates in California were debating whether to push for legislation last year. Oregon's proponents promise to revisit the issue when the legislature reconvenes, in 2011. The stop-as-yield debate promises to remain heated, though, with motorists adamantly opposed, often due to a perception that cyclists are seeking special rights, and even cyclists are divided on the issue.

After careful consideration, I think that stop-as-yield is a good law. It would make most cyclists obey the law at intersections. Perhaps more important, it could help foster a spirit of more respect for the law. If it becomes commonplace for cyclists to follow the law, and unacceptable within our culture to disregard it, then public perception of cyclists would vastly improve. At the same time, law-enforcement officers would be able to focus their attention where it belongs—on unsafe cyclists and motorists.

To read up more on the stop-sign solution type the following link: BICYCLING.com/stopasyield

Energy Bars By Hilda

Nonstick Vegetable Spray

3 cups puffed whole grain cereal (such as Kashi)

1/2 cup walnuts, chopped

1/4 cup chopped pitted dates

1/4 cup chopped dried tart cherries

1/4 cup raisins

1/3 cup creamy peanut butter

Preheat oven to 350°F. Spray 9-inch square metal baking pan with nonstick spray. Mix cereal, walnuts, dates, cherries, and raisins in medium bowl. Combine peanut butter, honey, and corn syrup in heavy small saucepan. Bring to boil, whisking constantly until mixture bubbles vigorously and thickens slightly, about 1 minute. Pour peanut butter mixture over cereal mixture in bowl; stir to blend.

Transfer mixture to prepared pan; press to compact. Bake until just golden around edges, about 10 minutes. Cool completely. Cut into 2 1/2x1 1/2-inch bars. (Can be prepared 3 days ahead. Store in single layer between sheets of foil in airtight container at room temperature.)

Yield about 18 bars

QUICK RELEASE

QUICK RELEASE is a monthly publication of the Break-Away Bicycle Club from Jan. to Oct., and is distributed to BABC members and bicycle related organizations. Submission of area cycling news and events is encouraged and should be submitted to the editor by e-mail or post. The deadline for submissions is the 10th of the month. BABC members may advertise personal equipment for sale at no charge, and business ads are available for a fee.

The BREAKAWAY BICYCLE CLUB was established in 1986 to encourage and promote bicycle safety, touring and racing in our immediate area. The club is affiliated with the League of American Bicyclists, USAC and the Indiana Bicycle Coalition.

MONTHLY MEETINGS are held on the Last Monday of the month from Jan. to Sept. at the Olive Garden Restaurant on South La-fountain St. at 7:00PM. The Oct. meeting is the annual Pig Out dinner at a location to be announced as it is reserved.



August, 2009
Volume 24 Issue 8

www.breakawaybicycleclub.org

Kokomo, IN. 46904-6906

PO Box 6909

BREAK-AWAY BICYCLE CLUB

