

Quick Release

Club Officials

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Marcus Naegeli

TOURING DIRECTOR

Kevin Wisher

SAFETY & EDUCATION

Michaelene Andersen

CENTURY DIRECTOR

Vacant

NEWSLETTER EDITOR

Joe Stull

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Volume 23 Issue 6

June 2009

A Message From The President

From the Prez.

I only have one thing to say this month so this is going to be very short. With all the stress of our daily lives and the uncertain times we are facing there is one thing we all seem to enjoy, a bicycle ride. With that said I encourage all of you, as "Queen" once put it: "Get on your bikes and ride". We all are aware of the benefits of bicycling: it can lower your stress, improve your overall health, you get to see the country side and friends but most of all its just plain fun. Bicycling brings out the kid in us. So relax enjoy the ride and have fun.

Let the good times Roll

Mike

"A bicycle does get you there and more And there is always the thin edge of danger to keep you alert and comfortably apprehensive. Dogs become dogs again and snap at your raincoat; potholes become personal. And getting there is all the fun."

2009 SIZZLING CENTURY UPDATE

The 2009 edition of the BABC century has been canceled for this year as an "open to all" event. Due to the lack of co-ordination in leadership this year, we've fallen way too far behind in preparations to be able to pull off a ride of the quality we have become known for.

So the century ride this year will be a throwback to the very first BABC century in 1986. It will be held, but run as a club ride with minimal support.

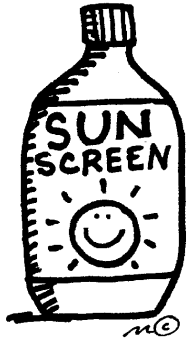
This will give everyone who has been so active in making this ride the event it has become a break for this year and let us concentrate on getting ready for next year's 25th anniversary century.

Tentatively, this year's ride will be on the 3rd Sunday in August. It will roughly follow the first century route in reverse, leaving Kokomo Cycling & Fitness and going to Burlington, Adam's Mill, Pipe Creek Falls, Peru & the Nickel Plate Trail.

More information will follow as it becomes finalized.

HR.2105: Personal Health Investment Today Act of 2009

Thought that I would share this bill with everyone. Actually I have only included part of the bill, but you may find it in its entirety at <http://www.govtrack.us/congress/bill.xpd?bill=h111-2105>. Just click on the full text link to view the entire bill.



“providing financial incentives to ease the financial burden of engaging in healthy behavior”



FINDINGS AND PURPOSE.

(a) Findings- Congress finds that--

- 1) almost 20 percent of American children between the ages of 2 and 19 are overweight or suffer from obesity;
- 2) 8 of the 9 most expensive illnesses in the United States are more common among overweight and obese individuals;
- 3) according to the Centers for Disease Control and Prevention, the increase in the number of overweight and obese Americans between 1987 and 2001 resulted in a 27 percent increase in per capita health care costs;
- 4) the World Health Organization determined that in the United States a \$1 investment in physical activity alone (in time and equipment) would reduce medical expenses by \$3.20;
- 5) research indicates that 2 in 5 Americans would become more physically active if offered a financial incentive;
- 6) the United States ranks last in the world in reducing the number of preventable deaths resulting from obesity-related chronic illnesses; and
- 7) engaging in physical activities at young ages when children are learning lifelong behaviors can have a significant impact on their long-term health.

(b) Purpose- The purpose of this Act is to promote health and prevent disease, particularly diseases related to being overweight and obese, by--

- 1) encouraging healthier lifestyles;
- 2) providing financial incentives to ease the financial burden of engaging in healthy behavior; and
- 3) increasing the ability of individuals and families to participate in physical fitness activities.

CERTAIN AMOUNTS PAID FOR PHYSICAL ACTIVITY, FITNESS, AND EXERCISE TREATED AS AMOUNTS PAID FOR MEDICAL CARE.

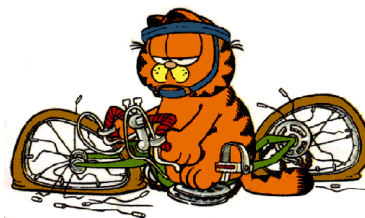
(12) **QUALIFIED SPORTS AND FITNESS EXPENSES-**

(A) **IN GENERAL-** The term ‘qualified sports and fitness expenses’ means amounts paid--

- (i) for membership at a fitness center,
- (ii) for participation or instruction in a program of physical exercise or physical activity, and
- (iii) for equipment for use in a program (including a self-directed program) of physical exercise or physical activity.

(B) **OVERALL DOLLAR LIMITATION-** The aggregate amount treated as qualified sports and fitness expenses with respect to any taxpayer for any taxable year shall not exceed \$1,000 (\$2,000 in the case of a joint return or a head of household (as defined in section 2(b))).

A SPECIAL NOTE



RIDE THE NICKEL PLATE TRAIL & EARN RIDE MILES

At the May club meeting, our new president Mike put forth the idea of forming a volunteer trail assistance program to be sponsored by the Break Away Bicycle Club & Kokomo Cycling & Fitness. We would like to form a team of roving bike repairmen (and women) who would be able to assist riders on the trail.

With a trailer supplied by Kokomo Cycling & Fitness and stocked with some tools and the common replacement tubes, the volunteer would pull

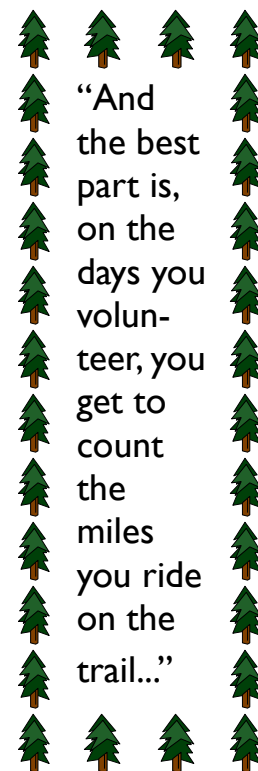
the cart on the Nickel Plate Trail and offer assistance to any hapless cyclists they may happen across. And the best part is, on the days you volunteer, you get to count the miles you ride on the trail with the trailer as club miles!

The trailer will be marked with signage for the BABC & KCF and will also have club info, newsletters, membership forms and Indiana bicycle laws to hand out.

If you are interested in being a

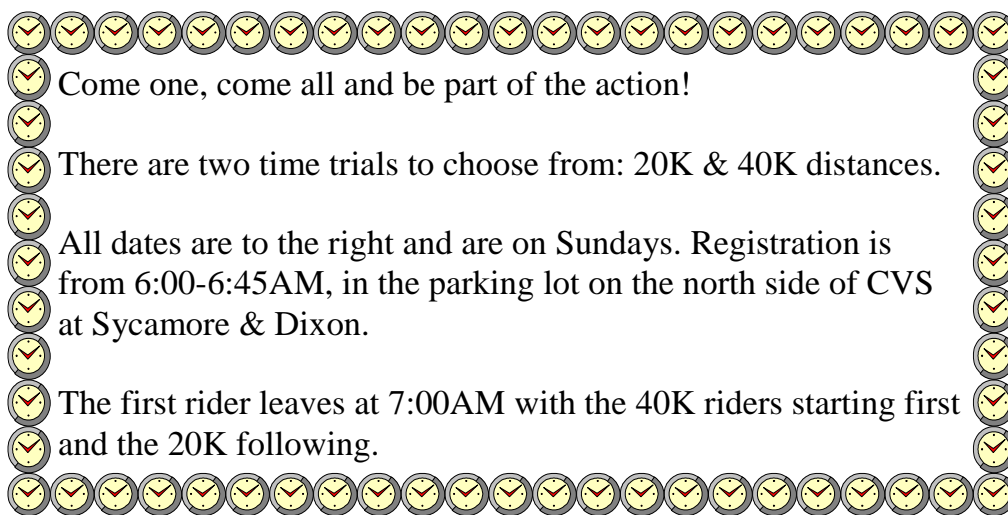
good trail(er) Samaritan but are lacking the skills to help out a fellow cyclist. Larry & Mike will teach you proper tire repair techniques. Just let them know you're interested in volunteering and go into the shop for your free lessons. You can reach them at:

Kokomo Cycling & Fitness
1500 E. Boulevard
Kokomo, IN. 46902
765-452-7110



“And the best part is, on the days you volunteer, you get to count the miles you ride on the trail...”

2009 TIME TRIAL SERIES

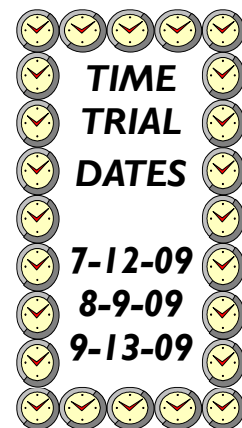


Come one, come all and be part of the action!

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

7-12-09

8-9-09

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.
- ⌘ Bob and Roseann Aschliman helped fill the clubs gullets at the club's Memorial Day picnic.
- ⌘ Tom Miller was at the picnic with his unicycle and his bus load of unique bicycles that provided much fun and entertainment for the most daring (or foolhardy?) of us.
- ⌘ On June 14th the club met at Shenanigans for a "Clark Griffin Roast" due to his leaving Kokomo.

“Operators found violating any of the above described laws or ordinances may be cited and their vehicle impounded.”

[http://
www.breakawaybicycleclub.org](http://www.breakawaybicycleclub.org)

“Children under one year of age should not ride in a trailer or bike seat. Children younger than this do not have sufficient neck strength to support the weight of a helmet or to control head movement during a sudden stop.”



Two-wheel dangers present on Indiana roadways

By MIKE FLETCHER

Tribune staff writer

“Due to the nice weather, increasing gasoline prices, persons riding for health reasons and recreational bicycling, we have seen an increase in the number of bicycles and mo-peds on the public roadways,” said Capt. Gary McKay of the Kokomo Police Department.

Bicycles

According to McKay, a bicycle is described as any foot-propelled vehicle, regardless of the number of wheels in contact with the ground. It must be equipped with brakes, a firmly attached seat and a bell, or similar device capable of giving a signal audible for a distance of at least 100 feet. If the bicycle is being ridden on a public roadway half hour after sunset until a half hour before sunrise, the bicycle must be equipped with a front lamp exhibiting a white light visible from a distance of at least 500 feet. The bicycle must have either a back lamp on the rear exhibiting a red light visible from 500 feet or have a red reflector that is visible from 500 feet, he said.

Having a passenger riding on the handle bars is unlawful, McKay warned.

By law, a bicycle may not be used to carry more persons at one time than the number for which the it is designed and equipped. Bicyclists also must obey all traffic control devices; such as stop signs, stop lights and yield signs. Bicyclists are to ride with the flow of traffic and cannot ride more than two abreast on public roadways.

Operators found violating any of the above described laws or ordinances may be cited and their vehicle impounded.

Trailers, Rear-Mounted Child Seats, and Other Carrying Methods

Buy a trailer or bike-mounted child seat with a sticker stating it meets ASTM safety standards. This is not a federally required standard, but one that lets you know that the item meets specific safety criteria. In addition, trailers and child seats should be purchased from a known bicycle dealer or manufacturer. Items sold in toy stores or classified as “toys” do not meet the same safety standards as sporting equipment.

When buying a trailer, make sure that the trailer has a full metal roll-cage (sides and top) to protect the child in case it overturns. Some cheaper models do not have the cage. Look for 16 or 20-inch wheels with inflatable tires: they do not get caught in bumps or uneven surfaces as easily, and they provide a smoother ride.

When buying a bike-mounted seat, look for a back that comes up around the child’s head, sides that wrap around the child, straps that connect around shoulders, waist, and between legs, and straps for the feet in the foot wells (so that feet don’t get caught in the wheel or brakes).

All children should wear an CPSC-approved and properly fitted bicycle helmet. See “Helmets” above.

Children under one year of age should not ride in a trailer or bike seat. Children younger than this do not have sufficient neck strength to support the weight of a helmet or to control head movement during a sudden stop. This recommendation comes from the American Academy of Pediatrics as well as the Bicycle Helmet Safety Institute.

http://www.cascade.org/EandR/riding_tips_infants.cfm



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.

JULY 2009 BABBC RIDE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Sunstroke 74
5	6	7	8	9	10	11 Tour De France
12 Three Rivers Festival Tour Time Trial #3	13	14	15	16	17	18 RAIN - Ride Across Indiana
19	20	21	22	23	24	25
26	27 Club Meeting Olive Garden	28	29	30	31	



SATURDAY JULY 4, 2009

- **WHERE:** KOKOMO CYCLING & FITNESS
- **WHEN:** MASS START AT 8:00 AM
- **PRE-REGISTRATION DEADLINE:** JUNE 27, 2009
 - **DETAILS:** The registration table at Kokomo Cycling & Fitness will open at 6:00 AM. The ride starts at 8:00 AM. All riders must be off the course by 4:00 PM One of the Break-Away Bike Club's yearly favorites. A flat to gently rolling course that will take you past or through; Galveston, the Mill at Pipe Creek Falls, Mississinnewa & Wabash rivers, Peru, Bunker Hill & Miami. This is traditionally a very **HOT** ride. So drink plenty of water! There are two sag stops to refresh yourselves.

NAME: _____ FAMILY: _____
 _____ ADDRESS: _____
 _____ CITY/STATE/
 ZIP: _____ PHONE: _____
 _____ RELEASE SIGNATURE: _____ (parent or
 legal guardian for participants under age 18) EMERGENCY CON-
 TACT: _____ PHONE: _____

All registered receive T-shirt,
 map, support vehicle, 2 sag
 stops, food & refreshments.
 Pre- registration Fee:
 \$20.00X _____ = _____ A
 After June 27th Fee:
 \$25.00X _____ = _____ T
 -Shirt (please circle)
 S M L XL XXL TOTAL EN-
 CLOSED: \$ _____

**Make check payable and mail to:
 Break-Away Bicycle Club P.O. Box
 6906 Kokomo, IN. 46904**

Release Of Organizers And Sponsors: In signing this release, I acknowledge that I understand its intent. I understand that the Break-Away Bicycle Club, Haynes Apperson Festival and their officers, members and sponsors, the cities, counties, state or district where this event is held, are not insurers of my personal safety before, during or after the event or any activities associated therewith. I thus release them and agree to hold them harmless from any and all liability arising from my having sustained any property damage or personal injury by reason of my participation in this event. I recognize the difficulties of this event and attest that I am physically fit to participate in this event and that I have not been advised otherwise by a qualified medical person. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safety in cycling.

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.



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PO Box 6909
Kokomo, IN. 46904-6906

BREAK-AWAY BICYCLE
CLUB

