

# Quick Release

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**\*\*\*IMPORTANT\*\*\***

**TIME SENSITIVE MATERIAL INSIDE**

The Sunstroke 74 Ride is just around the corner. The pre-registration deadline is June 27th. Sign up early and save \$5.

**"I Share the Road" License Plate Approved**

We're pleased to announce that the BMV has approved Bicycle Indiana's application for a special group license plate. That means beginning Jan. 1, 2011, you can pay an additional \$40 for an "I Share the Road" plate, and \$25 will go to Bicycle Indiana. This milestone was accomplished because of all of you who signed petitions in support of the plate, so thank you! Stay tuned for details on how to get your plate. In the meantime, thank you for helping make this happen.



# SunStroke 74

**CLUB OFFICIALS**

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Mike Shult

SECRETARY

Larry Barnhart

TREASURER

Kelly McMahan

RACING DIRECTOR

Marcus Naegeli

TOURING DIRECTOR

Brian Voiles

SAFETY & EDUCATION

Michaelene Andersen

CENTURY DIRECTOR

Mike Schultz

NEWSLETTER EDITOR

Scott Gill

**Club Meeting**

June 28, 2010  
 7:00 PM  
 Olive Garden



## 2010 Time Trial Series Dates

7-25-10  
8-08-10

All dates are  
Sundays.

Registration is  
6:00-6:45AM, on  
the north side of  
CVS at Sycamore  
& Dixon.

The first rider  
leaves at  
7:00AM .

Entry fee \$10.

\$5 for BABC  
members  
20K & 40K  
distances.

### Vitamins, Minerals and Supplements

By Marybeth Pecina, RD

Dietary supplements have been marketed to athletes to do practically EVERYTHING, including: increasing muscle size and strength, increasing endurance, decreasing body fat, improving your concentration, and of course, giving you an edge over your competitors. It is critical to know that the FDA regulates dietary supplements LOOSELY. It does not require the stringent review that is required for food additives and drugs. Supplements need not be tested for safety or effectiveness. And, while vitamins and minerals have been researched for many years in regards to health and disease, this does not necessarily translate to “more is better”.

Vitamins and minerals are essential nutrients that your body cannot make. They perform important functions in your body, acting as catalysts, assisting it to increase the speed of certain actions. The B vitamins, for example, are important for releasing energy from carbohydrates, proteins and fats - the only nutrients that provide the necessary calories (energy) which allow your muscles to perform during those grueling, early morning club rides. As endurance athletes, you need more calories. These B vitamins (thiamin, riboflavin and niacin) are needed in proportion to calories consumed. This can be achieved by consuming a balanced diet, using the Food Guide Pyramid as a reference.

FOOD should be the primary source of vitamins and minerals in your diet. If you feel the need to use a supplement, consider one that provides 100% of the nutrients recommended for your gender and age group. Check the label for the United States Pharmacopeia (USP) approval stamp. This guarantees that the supplement contains the declared ingredients in the amounts stated. As always, consult with your physician or health care provider before consuming a supplement.

### FROM THE BACK OF THE PACK

By

Michaelene Andersen RN, MSN, CNS  
Safety and Education

Greetings to all! I write today with a heavy heart. Our good friend Cindy Bernard sent out a message that contained a YouTube site whereupon you can watch a video of folks who were caught on tape running red lights. Some of you may have seen this before but I urge you to watch it again. People run red lights everyday. They are going to fast to stop so they go right through the light and often times hit someone who is anxious to take off at the green light signal and “CRASH” there is an accident. I am very concerned and frankly saddened by the lack of care that is taken behind the wheel of an automobile. The last clip you will see is a small car hitting a motorcycle rider broadside. At first I thought it was fake. The arms of the victim were flailing about like a crash -test-dummy but then I watched further to see him/her moving their arms about and then - nothing. Not to be the person who sees the glass half empty but the motorcycle rider could have been anyone of us on our bicycle. Again with cell phones, blaring stereo systems, texting while driving and just plain absent-mindedness, the motor vehicle and the motorist are forces beyond our control. Watch out for the other guy and trust that everyone behind the wheel has the potential to not see you coming. Wear your protective gear, do all that it takes to keep yourself safe. Type in YouTube Red Light Runner Compilation and it should take you to where you can watch the

## Break-Away Bicycle Club 2010 Weekday Ride Schedule

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.

Monday 5:30PM

Tim Buckalew will host this ride through the hills of New London. The same 32 mile route used each night. All levels of riders are encouraged to enjoy this route. Ride originates 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](http://www.sycamoresports.net) for details.

Tuesday 10:00AM

Tim Buckalew leads this morning ride from Cedar Crest Bowling Alley. If your looking to add some higher mileage rides to your training this is your ride.

Tuesday 5:30PM

Jim Glover will be hosting these enjoyable rides leaving from Jackson Morrow Park. 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 5:30PM

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 location as Monday.

Thursday 5:30PM

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. As always, social hour begins after the ride at Down on Main Street for those over 21.

Friday 10:00AM

Same as Tuesday's ride. Tim Buckalew leads this morning ride from Cedar Crest Bowling Alley. If your looking to add some higher mileage rides to your training this is your ride.

Saturday 9:00AM\*

John Bernard will be hosting this ride again. This will be a nice, leisurely paced ride from Taylor High School. 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!

\* Note ride will start at 10:00 AM during April & October due to DST and lower temps.

Sunday 1:30PM

If you didn't get enough through the week, Sunday is the show and go, leaving from Highland Park at Rodger's Pavilion. 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.

**This years rides from April 1st thru October 16 will count towards  
club mileage.**

# July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
4 Sunstroke 74 KC&F Kokomo, IN	5	6	7	8	9	10 Round Barn Ride Brownstown, IN
11 Three Rivers Ride Ft Wayne, IN	12-17 RAIN Storm	13	14	15	16	17 RAIN Ride Terre Haute, IN
18	19	20	21	22	23	24
25	26 BABC Meeting Olive Garden 7:00pm	27	28	29	30	31 Great Greenways Tour Muncie, IN

## **Google Announces Google Biking Directions at the League of American Bicyclists' 2010 National Bike Summit**

**Washington, D.C. - March 10, 2010** - The League of American Bicyclists is proud to be the forum for Google to announce what all bike riders have been waiting for - Grab Your Bike and Go with Google Maps. Google is announcing at the Opening Plenary Session at the [National Bike Summit](#) that they are adding biking directions in the U.S. to Google Maps. "This new tool will open people's eyes to the possibility and practicality of hopping on a bike and riding," said Andy Clarke, President of the League of American Bicyclists. "We know people want to ride more, and we know it's good for people and communities when they do ride more - this makes it possible. It is a game-changer, especially for those short trips that are the most polluting."

Users can now choose biking when deciding how to get to their destination, starting today, March 10, 2010. If you're one of the 57 million Americans who ride a bike, mapping your daily commute, and planning recreational or trail rides just became easier. According to Google this has been the most requested addition to Google Maps, and the League is delighted that they have chosen the National Bike Summit to unveil this new feature. Google's announcement further proves the importance of the Summit and the bicycle movement in helping our nation become a more [Bicycle Friendly America](#). The Google biking directions will make it that much easier for bicyclists to get to work, school or play.

This new feature includes: step-by-step bicycling directions; bike trails outlined directly on the map; and a new "Bicycling" layer that indicates bike trails, bike lanes, and bike-friendly roads. The directions feature provides step-by-step, bike-specific routing suggestions - similar to the directions provided by our driving, walking, or public transit modes. Simply enter a start point and destination and select "Bicycling" from the drop-down menu. You will receive a route that is optimized for cycling, taking advantage of bike trails, bike lanes, and bike-friendly streets and avoiding hilly terrain whenever possible.

Visit <http://maps.google.com/biking> to try out this new feature. Biking directions for Google Maps is currently in Beta. Follow the League's news feed on the new Google feature on the [League's Blog](#), [Facebook](#) and [Twitter](#). If you have any further questions, contact Meghan Cahill at 202.822.1333 or [megham@bikeleague.org](mailto:megham@bikeleague.org).

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The [League of American Bicyclists](#) promotes bicycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. The League represents the interests of America's 57 million bicyclists, including its 300,000 members and affiliates. For more information or to support the League, visit [www.bikeleague.org](http://www.bikeleague.org).

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*Let the good times roll.*  
**BREAK-AWAY BIKE CLUB**  
 OF KOKOMO, IN

**BREAK-AWAY BICYCLE CLUB**

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## 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 Half Moon Restaurant US31 south at 7:00PM. The Oct. meeting is the annual Pig Out dinner at a location to be announced as it is reserved.