

# Quick Release

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## Club Meeting

May 31, 2010  
 7:00 PM  
 Olive Garden



## CLUB OFFICIALS

### PRESIDENT

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

A few new things that Larry picked up at a recent bike show. Supplies are VERY limited. In fact, they may have already sold out. Sorry.

Mankind has invested more than four million years of evolution in the attempt to avoid physical exertion. Now a group of backward-thinking atavists mounted on foot-powered pairs of Hula-Hoops would have us pumping our legs, gritting our teeth, and searing our lungs as though we were being chased across the Pleistocene savanna by saber-toothed tigers. Think of the hopes, the dreams, the effort, the brilliance, the pure force of will that, over the eons, has gone into the creation of the Cadillac Coupe de Ville. Bicycle riders would have us throw all this on the ash heap of history. ~P.J. O'Rourke

## A Cyclist in a Runner's World

By Scott Gill

BABC editor

Granted, wearing the VFFs ( short for Vibram Five Fingers—shoes for people who would rather not wear any <http://www.vibramfivefingers.com/indexNA.cfm>) was ambitious. After all, it was my first half marathon, and I had not run in the shoes nearly enough. But, as the poet Ezra Pound suggested, I, when I could not “make up [my] mind which of two evenly balanced courses of action to take”, chose the bolder. After all, I reasoned, “What is the worst that could happen?” I could develop blisters or cramps and have to walk part of the way but with an 18 minute mile minimum, I was relatively certain I could do that. Of course, that would make my goal of completing in 2 hours 30 minutes impossible but, I also reasoned, there are many other metrics by which to measure success than by pace alone – finishing, for instance, would be a noteworthy measurement of success. And, furthermore, testing new equipment in this arena isn't like testing new parachute technology by jumping from a plane with it. The stakes were a lot lower here so I decided to go for it.

Wearing them the entire 13.1 miles was actually plan B. Plan A was to wear them only a third of the way and then change into my Sauconys. When, due to the 40,000 runners and countless volunteers and observers, I failed to make the connection with my wife, who was to help facilitate the swap, I pressed on in the VFFs.

I really was doing fine – by my own standard, of course (does any other standard matter, in a event such as this?). I was doing 10 minute miles consistently; making good time; on track to finish in 2:30. In retrospect, it was the “on track” part that was my undoing, I think. The course for the race, being the Indianapolis 500 Festival Mini Marathon, had, as part of its course, a 2+ mile segment that is the Indianapolis Motor Speedway – banked track and all. The combination of the new technology and the steep banks – to say nothing of my woeful lack of adequate preparation – left the muscles in my feet and legs in a bit of a turmoil.

Mile 8 marked the end of the track portion of the course and I was glad to see it go. I was feeling some pain in the tops of my feet and in my right hip and knee. I pressed on but by mile 11 I was mostly walking, and by 13, I was hurting too badly to even muster a .10 mile jog over the finish line.

I finished in 2:43 with no regrets. Perhaps I should have had some but I just couldn't find any. My primary objective had been to finish, and I had. I had made a bold decision and had accepted the possible consequences. My upper body and cardiovascular endurance were excellent - thanks to hours of cycling. And, though I am still feeling the effects 36 hours later, I'm no worse for the wear. All told, I am proud of the accomplishment, if not the time – and that, I am certain, will improve with time, which brings me to one final point.

I had said, going into this, that this – my first half marathon - would likely be my last; that I wasn't compelled by something internal, driving me to do another; that, having done one, I wouldn't need to do another. Well, I need to do another.

## 2010 Time Trial Series Dates

5-02-10  
5-23-10  
6-13-10  
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.

**dailymile** 

From the Back of the Pack  
By  
Michaelene Andersen RN

Greetings and salutations to all! I have been out of the loop for quite a while but am back on the horse again and ready to report the findings “From the Back of the Pack”.

As your safety education coordinator it is that time of year again to remind everyone to please wear your safety gear and do all you can to obey the rules of the road. Remember people don't see us and now with folks talking and texting while driving they are out there on another planet totally oblivious to our presence on the roadways. Ride defensively, wear bright colored clothing and wear your helmet. Adding a blinking light to the back of your seat, especially for evening rides, isn't a bad idea either. You may consider yourself safe and you may always conduct yourself in a safe manner but you cannot count on drivers to always do the right thing.

During group rides it is common for faster riders to pull away but I would encourage everyone to watch out for one another. It is not uncommon to have a car/bike accident or a run in with a dog, or an out and out tumble off the bike, but it isn't out of the question of someone having a heart attack, or a stroke, either. You don't have to be over 50 or be in the Geritol category to develop symptoms of a stroke or to have your heart go belly-up. So it is in the best interest of the group to watch out for one another. Be aware that even the best of the best, the most ripped of the ripped, and the fastest of the fast can fall victim to a clot no bigger than a B-B.

Carry a roll of Tums with calcium for leg cramps and, unless you are allergic or intolerant, take an aspirin - not a baby aspirin, a regular 325mg aspirin - before you ride and carry a few with you during your ride. . It has saved many a life! Remember, also, that the head/sweat bands that some of you wear will serve well as a tourniquet if it is ever needed in the field. Ladies, shed those bras! In the event of an accident they will make three great tourniquets! Take the padding out of the cups and use it to apply pressure!

Never remove a helmet if you suspect a head injury. Never roll a biker to his or her back by yourself. If you must get an individual rolled over, one person should hold the head and neck for stability while others turn the victim in one fluid movement. Do not twist the neck or the back. Let's hope we don't have that happen.

Stay hydrated people! If you feel thirst you are already dehydrated!! Bonking on the road does not make for a fun ride.

So go out there, ride for the good of your heart, your body and your mind so that you can stay happy in heart, healthy in body and at peace in mind and spirit!

## 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.**

# June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Note:</b> Sunday, May 30th @ 9:00am A group of BABC members will leave Kokomo Cycling &amp; Fitness to ride the Sunstroke course. All are welcome. We will run 18-20mph pace.</p>	1	2	3	4	5 Circus City Metric
6	7	8	9	10	11	12
13 BABC Time Trial	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## **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).



### Membership Application

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_, State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home phone: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ E-Mail address: \_\_\_\_\_

**NEW!!** If you prefer to get the Quick Release newsletter online, check this box

If this is a Family Membership please list the names of those living in your household.

Name of Spouse: \_\_\_\_\_ Age: \_\_\_\_\_

Names of Children (under the age of 18): 1) \_\_\_\_\_ Age: \_\_\_\_\_

2) \_\_\_\_\_ Age: \_\_\_\_\_ 3) \_\_\_\_\_ Age: \_\_\_\_\_

4) \_\_\_\_\_ Age: \_\_\_\_\_ 5) \_\_\_\_\_ Age: \_\_\_\_\_

Bicycling Interests (check all that apply)

- Recreational Riding  Loaded Touring
- Racing  Mountain/Trail Biking

Are you interested in club volunteer activities?  Yes  No

If you checked "yes" above, which of the activities would you like to volunteer for?

- Annual Century Ride  July 4th Ride  Advocacy  Safety & Education
- Racing Events  Publicity  Newsletter

Other: \_\_\_\_\_

Annual Dues Schedule (Jan. 1 - Dec. 31) Individual \$15.00 Family \$20.00  
Please make your check payable to: Break-Away Bicycle Club Amount Enclosed: \$ \_\_\_\_\_

Release Form (Please read and sign below)

In signing this release, I acknowledge that I understand its intent. I understand that the Break-Away Bicycle Club, its officers, members, sponsors, the city, county, or district in which the club holds its events are not insurers of my personal safety. I, therefore, release them and agree to hold them harmless and from any and all liability arising from my having sustained any property damage or personal injury. I shall abide by traffic laws and regulations and practice safety in cycling.

Signature \_\_\_\_\_ Date \_\_\_\_\_

If applicant is under the age of 18, parent or guardian must sign here

\_\_\_\_\_

Mail this form and your dues check to:  
Break-Away Bicycle Club - Post Office Box 6906 - Kokomo, IN 46904-6906

**The Break-Away Bicycle Club recommends the use of helmets at all rides!**

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

**BREAK-AWAY BICYCLE CLUB**

PO Box 6909

Kokomo, IN. 46904-6906

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

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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.