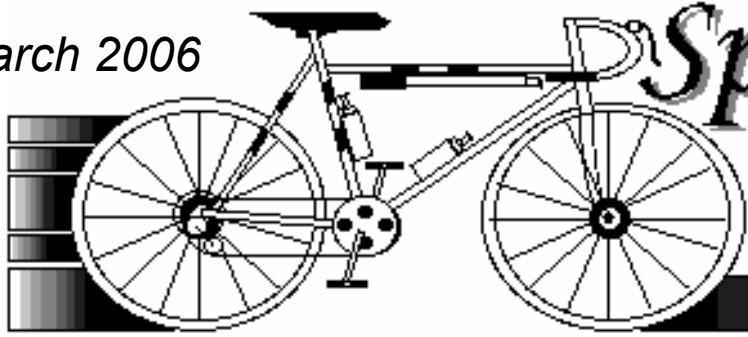


March 2006



Spoke'n Word

Wabash River Cycle Club
Newsletter
West Lafayette, Indiana



Off to the Zoo!

After a year of going it alone, WRCC is again partnering with a local entity for the Wabash River Century Ride. The Lafayette Zoo is joining us this year. Final details are being worked out, but we are looking forward to a bigger and better ride this year. The partnership with the Zoo should also make for some interesting graphics on the posters, brochure and T-shirt. I am personally looking forward to it.

Andrew Hirsch will be heading up the Century this year. Charlie Myer has an interesting route planned out of the Dayton Methodist Church, a starting point we used successfully several years ago. The first draft of the route includes some familiar roads along the Wildcat Creek, but also includes a foray into and around Burlington, Indiana. The routes should have a little something for everyone.

Paceline

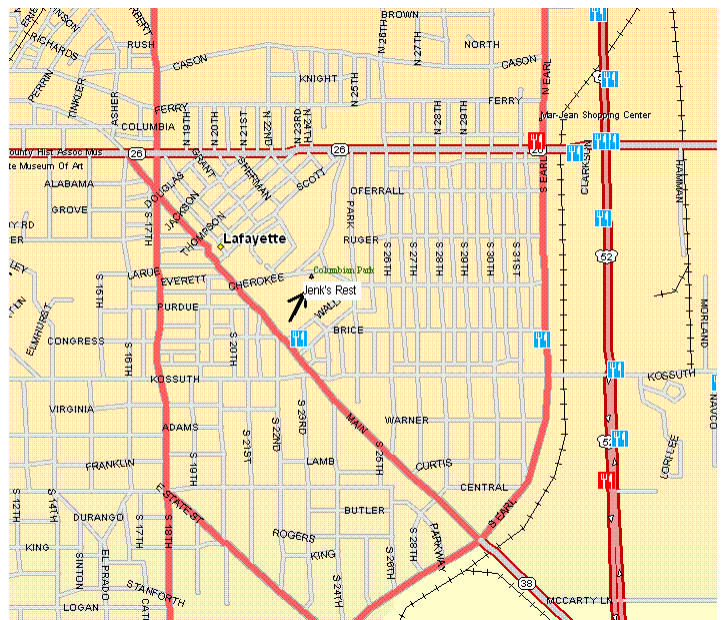
The weather recently has been frightful, but spring is less than 30 days away, and the cycling season will be upon us. Get the old steed ready for a new and exciting season. See you on the road!

Joe B.

Plan to attend the WRCC Banquet



The Wabash River Cycle Club annual banquet will be Saturday, February 25th at the Jenks Rest building located in Columbia park. Social hour will begin at 6 PM and dinner at 7 PM. The awards presentation will follow dinner. A new menu item at this year's banquet will be home made chile courtesy of Ariel Evans. Of course there will be salads, various deserts, and the usual chile trimmings. All club members and their significant others are invited. Please RSVP to grtpulay@iquest.net or 449-0967.





WRCC Contact List

2005 Club Officers

President

Joe Bolan 497-4873

Vice President

Andrew Hirsch 463-1132

Secretary

Ariel Evans 447-7885

Treasurer

Rob Peterson 449-0967

Board Members

Corinne Alexander 429-8525

Donna Bourne 426-8303

Chloe Harshman 474-8621

Daniel Mendoza 430-7367

Greg Small 742-8112

Joan Wealing - 219-261-2825

Chair Officers

Membership

Volunteer Needed

Century Coordinator

Ariel Evans 447-7885

Advocacy Chair

Volunteer Needed

Mileage Log

Volunteer Needed

Newsletter Editor

Brien Dick 497-2283

Cartographer

Charlie Myer 474-8996

Webmaster

Becki Farley 296-4055

Ride Coordinators

Chair / Calendar

Kevin Johnston

A - (11 MPH or less)

Mark Levinthal 497-7155

B - (12 -14 MPH) &

C - (15 -17 MPH)

Janet Winters 463-2404

D - (18 -20 MPH)

Mike Lockwood 743-0273

Mountain Bike

Ariel Evans 447-7885

New Mileage Advocacy Chair Needed

Sandy Laing has resigned her position as the WRCC Advocacy Chair. Sandy and Dave want to do some traveling so she is stepping down. Sandy will be glad to be a committee member; but we need leadership now to save the south corridor for the Farm Heritage Trail.



New Mileage Log Recorder Needed



Sugata will be leaving us soon, so we will be needing a new Mileage Log Chair. The club has software that makes it relatively easy to log the mileage, but you need to have a Windows-based computer.

If you're interested in this exciting opportunity to serve your fellow clubmates (and yourself), please let me know.

Joe B.



Who are these people?

On the left is a list of WRCC officers. Please check the information for accuracy. None of the information has been updated since the last election.

WRCC Ride Calendar, March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i> 5:30pm, B, Osco Mkt Square MTB ride w/ lights 7:30pm All Club Meeting, PWSP Pizza Hut	<i>3</i>	<i>4</i> 1:00pm, B, Burtsfield
<i>5</i> 11:00am, B, Burtsfield 1:30pm, D, Cumberland	<i>6</i>	<i>7</i> 5:30pm, B, Osco Mkt Square MTB ride w/ lights	<i>8</i>	<i>9</i> 5:30pm, B, Osco Mkt Square MTB ride w/ lights	<i>10</i>	<i>11</i> 1:00pm, B, Burtsfield
<i>12</i> 11:00am, B, Burtsfield 1:30pm, D, Cumberland	<i>13</i>	<i>14</i> 5:30pm, B, Osco Mkt Square MTB ride w/ lights	<i>15</i>	<i>16</i> 5:30pm, B, Osco Mkt Square MTB ride w/ lights	<i>17</i>	<i>18</i> 1:00pm, B, Burtsfield
<i>19</i> 11:00am, B, Burtsfield 1:30pm, D, Cumberland	<i>20</i>	<i>21</i> 5:30pm, B, Osco Mkt Square MTB ride w/ lights 5:30pm, B+ Burtsfield	<i>22</i>	<i>23</i> 5:30pm, D, PWSP 5:30pm, B, Osco Mkt Square MTB ride w/ lights	<i>24</i>	<i>25</i> 1:00pm, B, Burtsfield
<i>26</i> 11:00am, B, Burtsfield 1:30pm, D, Cumberland	<i>27</i>	<i>28</i> 5:30pm, B, Osco Mkt Square MTB ride w/ lights 5:30pm, B+ Burtsfield	<i>29</i>	<i>30</i> 5:30pm, D, PWSP 5:30pm, B, Osco Mkt Square MTB ride w/ lights	<i>31</i>	

WRCC RIDE SCHEDULE, MARCH, 2006

Sat, 4,11,18,25	1:00pm	B	Burtsfield Schl	show&go
Sun, 5,12,19,26	11:00am	B	Burtsfield Schl	show&go
Sun, 5,12,19,26	1:30pm	D	Cumberland School	show&go
Tues, 7,14,21,28	5:30pm	B	Oscos @ Market Square	show&go*
Tues, 7,14,21,28	5:30pm	B+	Burtsfield	show&go*
Thurs, 2,9,16,23	5:30pm	B	Oscos @ Market Square	show&go*
Thurs, 23,30	5:30pm	D	PWSP	Mike Lockwood
Thurs, 2	7:30 pm	All Club Meeting, PWSP Pizza Hut		

*MTB Night Hill Ride (lights required)

Note: "+" indicates high end of speed range, "-" indicates low end of speed range; eg, B+ = fast B, C- = slow C.

Show-N-Go rides: Destination, distance, speed, and reason are determined by the participants.

Category		Starting Places		Starting Places	
A	12mph & less	Burtsfield School, 1800 N Salisbury, W. Laf.	National Guard Armory, 5220E 200S, Laf.	Cumberland School, Cumberland Ave., W.Laf.	
B	12 - 15mph	PWSP, Purdue West Shopping Plaza, SR26W & Airport Rd., W.Laf.	Wea Ridge School, 1333E 430S, Laf.	Burnett Creek School, 5700N 50W, W.Laf.	
C	16 - 18mph	East Tipp School, CR 300N & 750E, Laf.	Armstrong Park, Beck Lane & S. 9th. St., Laf.	Cicott Park, Independence, IN	
D	18 - 20mph	Other Pub, 3000 S. 9 th St., Laf.			
E	21+ mph	Clegg Gardens, 1782N 400E, Laf.			
AC	All Club (all categories)	Fort Ouiautenon, S. River Rd. & Newman Rd., W.Laf.			
		Shadeland Recreation Center, 250W & 450S, Shadeland			

WRCC web site: <http://www.wrcc-in.org/>



"I guess it's time to get a new bike when they steal your lock, but leave the bike."

You can buy this and other cartoons by going to www.junkertoons.com



The Importance of Posture

by Ken Baldwin
Assistant Director of the Ismail Fitness Center
Purdue University

A working definition of **Posture** is the position or attitude of the body or bodily parts that requires a minimum amount of muscular energy to maintain a mechanically efficient function of the joints, skeletal alignment, and muscular balance. Proper posture establishes alignment that prevents injuries over the course of an individual's lifetime. And when we consider the implications of posture and body alignment on a cyclist while riding for hours on end, the increase of developing muscular neck and back pain can be increased. A successful posture program that is put in place to prevent injury incorporates a holistic approach that educates you about proper body alignment while sitting, standing, walking, exercising, and while performing activities of daily living (ADL's). For more information on posture and body alignment education go to the National Posture Institute at www.npionline.org or contact Ken at Purdue University's Ismail Center 496-1015.



Do you want a bike club jersey?

The bike club will order WRCC jerseys, if there is sufficient interest. I have been investigating jersey prices over the past year, and out of the 8 different places I've tried, Voler is close to the cheapest (other vendors are cheaper but only for college teams).

With Voler, we can combine like items so the total number of items would include short-sleeved jerseys, sleeveless jerseys, wind shell vests and thermal vests. If we go with them, the prices are as follows:

# of items	Jersey	Wind shell vest	Thermal Vest
25-49	\$77.75	\$70.75	\$87.74
50-99	\$60.75	\$53.75	\$84.75

As you can see, the prices are *much* better if we order at least 50 items. Last year, I recorded interest in about 17 jerseys, all of them conditional on reaching the 50 item minimum to get the lower price. I have a feeling that we'll only be able to order this year if there's enough interest to reach 50 items.

Part of the reason the jerseys are so expensive is that the design has 4 colors. If we choose to change the design to a 3-color design then the jersey price for 25-49 items \$67.50, and for over 50 items is \$54.50.

If you are interested in getting a jersey, please let me know at the bike club banquet or via email: cealexan@purdue.edu. Your interest can be conditional on the club reaching the 50 item minimum. **Even if you expressed interest last year, please let me know again.**

Also, remember that the board has voted that you can spend your bike bucks on a jersey, so if you have a lot of bike bucks it might not be so expensive.



Corinne Alexander



WRCC MEMBERSHIP FORM



NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE #: (____) - ____ - _____ E-Mail _____

OCCUPATION: _____

OTHER FAMILY MEMBERS JOINING:

RENEWAL	<input type="checkbox"/>
Same Address	<input type="checkbox"/>
NEW MEMBER	<input type="checkbox"/>

TYPE MEMBERSHIP STUDENT (\$15) <input type="checkbox"/> INDIVIDUAL (\$20) <input type="checkbox"/> FAMILY (\$25) <input type="checkbox"/>	AVERAGE SPEED <input type="checkbox"/> 1-11 (A) <input type="checkbox"/> 12-14 (B) <input type="checkbox"/> 15-17 (C) <input type="checkbox"/> 18-20 (D) <input type="checkbox"/> OVER 20(E)	CYCLING TYPE COMMUTING <input type="checkbox"/> TOURING <input type="checkbox"/> RACING <input type="checkbox"/> MOUNTAIN <input type="checkbox"/>	RETURN TO: WABASH RIVER CYCLE CLUB P.O. BOX 1243 LAFAYETTE, IN 47902-1243 I would be willing to lead rides: <input type="checkbox"/>
---	--	---	---

ARE YOU A MEMBER OF INDIANA BICYCLE COALITION? YES NO

MAY WE PUBLISH YOUR NAME IN OUR DIRECTORY? YES NO

Minors (under 18 yrs) require parent/guardian to accompany on all activities

T-shirt size
<input type="checkbox"/> Small
<input type="checkbox"/> Medium
<input type="checkbox"/> Large
<input type="checkbox"/> XLarge
<input type="checkbox"/> XXLlarge

Visit the WRCC website at - www.wrcc-in.org



Wabash River Cycle Club
 P.O. Box 1243
 Lafayette, IN 47902-1243