

# MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety  
and Friendships

2023



## AUGUST ARRIVES . . . SUMMER SURVIVES

The end of July brings on the Summer heat. We need to be careful and stay hydrated these times of extreme heat. I don't wish to belabor it, but staying hydrated these days is the most important factor of being outside. So please take heed. (In December we will be crying for warmer weather. HA-HA)

At last month's meeting we had fair attendance. We discussed some rides and leadership. Rather than canceling rides too early, we decided to try holding our rides if at all possible. That was the majority's choice. We want to encourage members to bring their friends on our Club Rides. We hope this will encourage them to join our Club. (We have flyers that tell a little of our Club's purpose as well as membership application. We encourage you to use these flyers.)

Our Club was able to order some New Jersey's for members wishing them. We decided our **Members** would pay \$50 per Jersey (discount of about \$8). We hope these Jersey's will be here by the August meeting.

We discussed our O.C.T. 2024 T-shirts. We are hoping to have some sponsors this 40<sup>th</sup> year. I am inviting everyone and anyone to submit a T-shirt design at our August meeting. We want to look at and combine our ideas for a Top-Notch design. So here is your chance to help on this special design.

Our DQ Ride was not very successful due to weather and misunderstandings. Therefore we are scheduling our DQ Ride on Sunday, August 20<sup>th</sup> at Luhr Park at 3:00 PM. This is your chance for you to invite your friends for a fun Sunday afternoon. Let's hope this will be successful.

Our next meeting will be Monday, August 21<sup>st</sup> at the La Porte Church of the Brethren Fellowship Hall at 7:00 PM. We will be looking at our T-shirts ideas; discussing our sponsorships more; discussing Club Rides; and Fall activities. (Last La Porte Nite Ride will be Friday, August 11<sup>th</sup> at 9:00 PM at the Park Department Office. There is a fee for this ride.)

While the weather has been a bit steamy, occasionally damp (or wet) we still have been expiring a good number of our members getting decent mileage in each month. We encourage you to ride a little each day. But mainly have some FUN !!

School is starting, so stay alert of youngsters on bicycles not paying the best attention. Kids will be kids; so, we need to look out for them too!

Our Summer is rapidly coming to a close; so, enjoy the outdoors and your cycling adventures while you can. This Summer, don't say I wish I had, I could have, or I should have. **Just say I did !!!**

**Wear Bright Colored Clothes  
Know Your Surroundings  
BE SAFE AND HAVE FUN !!**

- Dave Wolfe

### Let us know peace



Let us know peace  
For as long as the moon shall rise  
For as long as the rivers shall flow  
For as long as the sun will shine  
For as long as the grass shall grow.  
Let us know peace.

—Native American prayer



# "Members' Mileage Chart"

2023

	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	84	93	86				263
Tim Bates	382	524	712				1618
Garry Bowers	23	55	17				95
Annette Clark	11	103	113				227
Pam Creed	553	632	216				1401
Joe Collins	0	0	0				0
Byron Fitzgerald	2479	552	366				3397
Richard Galloy	0	0					0
David Heinold	1500	350	1000				2850
Tom Hilbish	486	443	345				1274
Tom Hughes	0	0					0
Jerry Jackson	761	505	365				1631
Vinnie Kuta	1754	478	571				2803
Lisa Marek	368	198	90				656
Shelly McGinty	92	35					127
Luis Miramontes	164	38					202
Tina Miramontes	164	38					202
Mark Nagel	270	72	225				567
Steve Pearson	96	58	147				301
John Phelan	400	700	600				1700
Cole Sandin	329	30	62				421
Mike Sebella	155	148	92				395
Diane Szyal	55	35	10				100
Joe Szyal	724	175	200				1099
Dan Tannas	110	0	55				165
Dean Woodson	25	70	70				165
Bill Yoder	52	62	35				149
							<u>21,277</u>

**All Miles Count ! Take Pride YOU Are Riding !!!**

## Mind Tickler

Stephanie walks at three miles per hour going from her home to the grocery store. On the way back, loaded down with lots of food, she walks at two miles per hour, so it takes her ten minutes longer to get home. How far is her home from the grocery store?

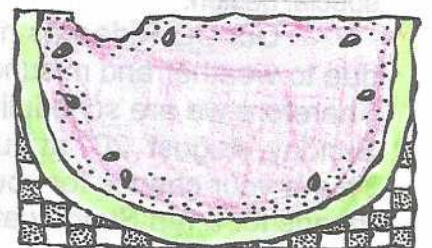


National Banana Split Day

### ZITS



Nat. Watermelon Day 3





Here are a few things you might remember from August, 1986.....

*William Schroeder, the second person to receive an artificial heart, dies on August 6<sup>th</sup> lasting 620 days after the surgery.*

*On August 19<sup>th</sup>, the Picasso Painting, "Weeping Woman", was found in a locker at the Spencer Street Station in Melbourne, Australia after being stolen two weeks earlier.*

*On August 31<sup>st</sup>, the Soviet passenger liner Admiral Nakhimov collides with the bulk carrier Pyotr Vasev in the Black Sea and sinks almost immediately killing 398 people. Also on August 31<sup>st</sup>, cargo ship Khian Sea departs from the docks of Philadelphia carrying 14,000 tons of toxic waste. It wandered the sea for the next 16 months trying to find a place to dump its cargo eventually succeeding.*

### William Cowper's spiritual principle

Every idol I have known,  
What'er that idol be,  
Help me to tear it from thy throne,  
And worship only thee.

## August Scene

Fern-carpeted, the woodland floor  
Slants to the rocky river's shore,  
Where beavers building twiggy domes  
Construct their little brush-brown homes.

Beyond, reflected with the sky,  
Rise sleepy hilltops, mountain-high,  
And at the river's splashy brink  
Two thirsty deer have come to drink.

Past woods and stream a meadow spreads  
All bright with breezy daisy heads,  
While edging it, an old church stands,  
In proudly tended, farm-clad lands.

There seems no end to summer's hold,  
But soon the green must turn to gold  
As autumn beckons to the flowers  
And stems the warmth of sun-kissed hours.

Louise Weibert Sutton

## America: a world of nations

We are not a narrow tribe of men...  
No, our blood is as the flood of the Amazon,  
Made up of a thousand noble currents  
All pouring into one...  
We are not a nation, so much as a world.  
—Herman Melville

## August Sunset

A blazing, molten coin descends  
Into the far horizon's slot.  
That's how the great machinery vends  
Another day that's steaming hot.

Margaret Rorke

## Zucchini and Tomato Soup

Serves 6

4 tablespoons butter  
2 cloves garlic, minced  
1 onion, minced  
4 medium zucchini, diced  
3 ripe tomatoes, peeled and chopped  
1½ quarts beef stock  
¼ teaspoon marjoram  
Cooked rice  
Grated Parmesan cheese

Melt butter in a heavy saucepan. Sauté garlic and onion over medium heat, stirring occasionally, until tender. Add zucchini and sauté until golden. Add tomatoes; simmer for 5 minutes. Blend in stock and marjoram; simmer, partially covered, until zucchini is tender (about 15 minutes). Serve with hot rice and sprinkle with grated cheese.

## Birthdays - August

- 5 - Steve Jensen
- 12 - Gabe Smelser
- 14 - Darby Hughes
- 20 - Richard Galloy
- 21 - Garry Bowers
- 23 - Larry Loetz
- 25 - Brian Boo
- 27 -- Nick Coppolillo
- 27 - Elaine Fuller
- 31 - Michael Smelser



If I missed someone - Please let me know!



# MCBC CALENDAR - 2023



**Club rides happen because riders show up !**

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
July	19 (Wed)	Club Ride	5:30 PM	Pam C.	So. Central HS
July	26 (Wed)	Club Ride	5:30 PM	Mark N.	Beverly Shores Depot MC
Aug.	2 (Wed)	Club Ride	5:30 PM	Tim	Hailman School
Aug.	8 (Wed)	Club Ride	5:30 PM	Vinny	Kesling Park #2
Aug.	11 (Fri)	Nite Ride	8:00 PM (Reg.) - 9:00 PM Ride		Park Office
Aug.	16 (Wed)	Club ride	5:30 PM	Byron	Kesling Park #2
Aug.	20 (Sun)	DQ Ride	3:00 PM	Dave W.	Luhr Park
Aug.	21 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Aug.	23 (Wed)	Club Ride	5:30 PM	Steve	Lighthouse (Parking Lot) MC
Aug.	30 (Wed)	Club Ride	5:30 PM	David H.	Al's East Parking Lot
Sept.	6 (Wed)	Club Ride	5:30 PM	Tim ?	Fairgrounds
Sept.	13 (Wed)	Club Ride	5:30 PM	Bill Y.	Kesling Park #2
Sept.	17 (Sun)	Rolling Prairie Loop	2:00 PM	Annette	R. P. Elementary School
Sept.	18 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Sept.	20 (Wed)	Club Ride	5:30 PM		
Sept.	24 (Sun)	LP DQ Ride	2:00 PM	David H.?	(8-10 Miles) Ride Trails
Sept.	27 (Wed)	Club Ride	5:30 PM		

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

## PROTECT YOUR HEART FROM AIR POLLUTION

The current consensus among researchers is that the degree of negative effects is dependent on duration and intensity of exposure.

- > Whether you're concerned about particulates from wildfires or traffic-related pollution, check the US Air Quality Index website ([airnow.gov](http://airnow.gov)) for the air quality in your area.
- > Preventive measures could include face masks, such as surgical masks or N95s, which have been shown to protect against outdoor air pollution, while the use of air purifiers have been shown to be effective against indoor air pollution.

# 248

Number of extra calories consumed per day by people who go to bed very late (on average around 3:45 a.m.), compared to those who hit the sheets earlier (around 12:30 a.m.), according to a recent study.

### MIND TICKLER

One mile. Three miles per hour gets her there in twenty minutes and two miles per hour gets her back in thirty minutes.

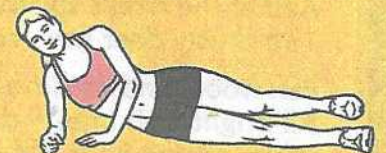


## Jazz Split Plank Lift,

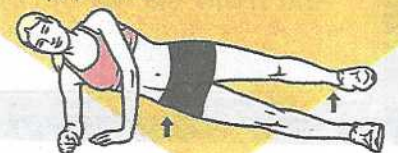
It targets outer thighs and butt, but also works your abs and upper body.

Do it six times weekly to see results in two to four weeks.

1. Lie on your right side with legs stacked and upper torso propped up on right elbow; use your left hand to balance yourself on the floor while keeping your back straight. With knees slightly bent, separate legs a few inches, stretching the bottom (right) leg forward and top (left) leg back.



2. Lift your hips and legs off the ground, balancing on your feet, elbow, and hand. Lift your back leg a few inches off the ground; hold for a moment, then release all the way down to starting position. Do 15 to 30 reps per side.

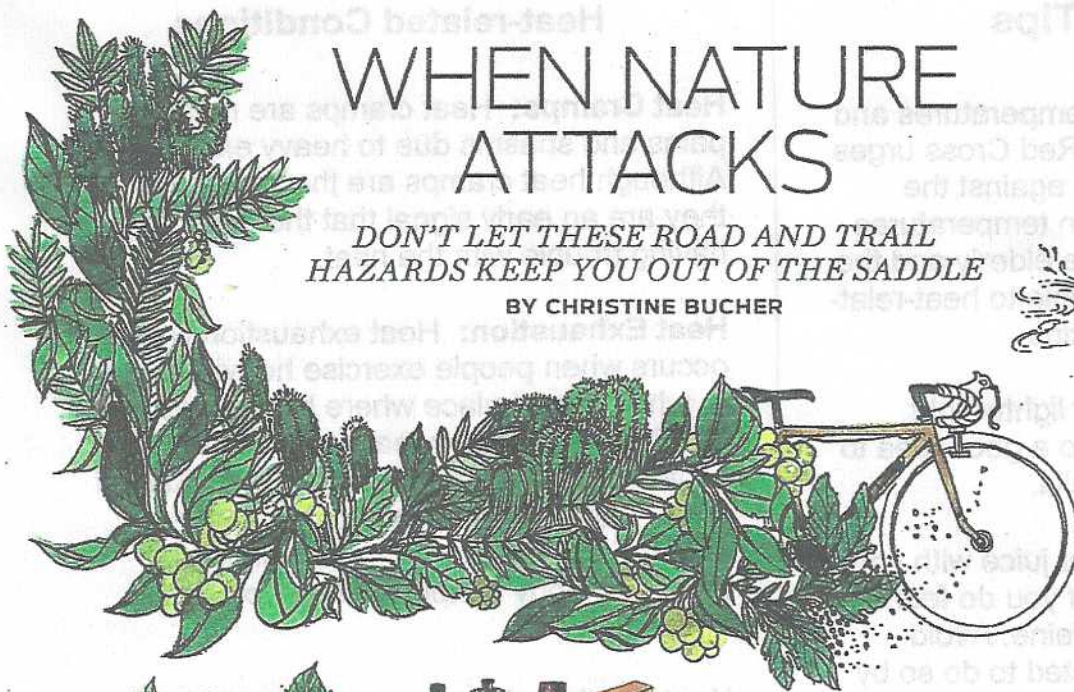




# WHEN NATURE ATTACKS

*DON'T LET THESE ROAD AND TRAIL HAZARDS KEEP YOU OUT OF THE SADDLE*

BY CHRISTINE BUCHER



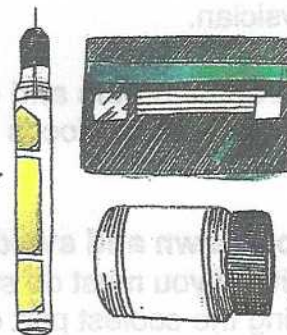
## EYE IRRITANTS

Minor ones like grit, dust, or bugs usually will work their way out over time. Speed the process by flushing your eye with plain water from your bottle, starting from the inner corner. Try not to rub: It could scratch your cornea. Always wear sunglasses to prevent airborne irritants from divebombing your eyes in the first place.



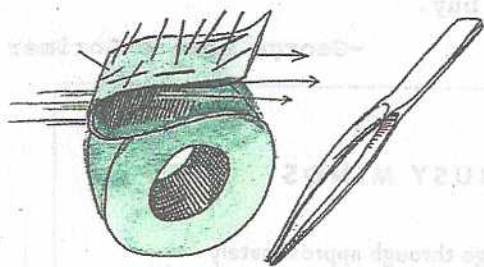
## STINGING NETTLES

These 3- to 6-foot bushy plants deliver irritating histamines to the skin via tiny hairs that grow on the stems and leaves. Rinse with water from your bottle on the trail, and wash skin with soap and water as soon as you can. Apply rubbing alcohol or a baking-soda paste to relieve itching. Take ibuprofen for further relief.



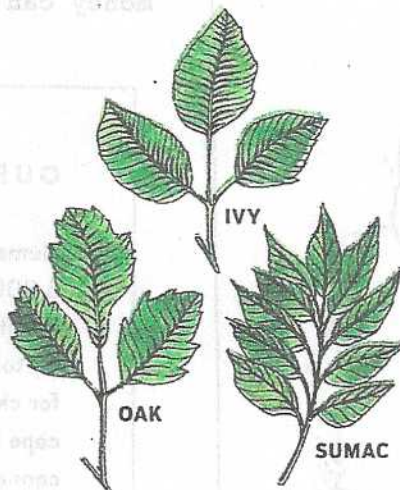
## BEE STINGS

Remove an embedded stinger by scraping it gently with a credit card. Apply ice to swelling and take Benadryl for itching. If you experience trouble breathing, hives, swelling in your mouth or throat, dizziness, nausea, or vomiting, call 911. Allergic to bees? Always carry an EpiPen (check the expiration date) and follow the instructions on the prescription label.



## CACTUS SPINES

Remove with tweezers. Spines vary by species, so pull according to shape rather than straight out. For fine needles, press duct tape onto your skin then peel it off. At home, wash with soap and water and apply antibiotic ointment. If you see signs of infection (warmth, red streaks, or swelling), seek medical attention.



## POISON IVY, OAK, SUMAC

Wash skin with soap and water as soon as possible after exposure, or try Tecnu, an over-the-counter treatment that removes the toxic oil that causes irritation. (Water alone won't do it.) Relieve itching with an OTC hydrocortisone cream or calamine lotion. Popping a Benadryl will also calm discomfort.

Sources: Henderson McGinnis, MD, assistant professor of emergency medicine at Wake Forest University, and Stephanie Lareau, MD, emergency medicine physician at Georgia Regents University—Medical College of Georgia



## Heat Safety Tips

When summer delivers hot temperatures and high humidity, the American Red Cross urges residents to take precautions against the heat. Everyone is at risk when temperatures rise above 90 degrees but the elderly and the very young are most susceptible to heat-related illnesses. Here are some tips.

**1. Dress for the heat.** Wear lightweight, light-colored clothing. It is also a good idea to wear hats or to use an umbrella.

**2. Drink water.** Carry water or juice with you and drink continuously even if you do feel thirsty. Avoid alcohol and caffeine. Avoid using salt tablets unless directed to do so by a physician.

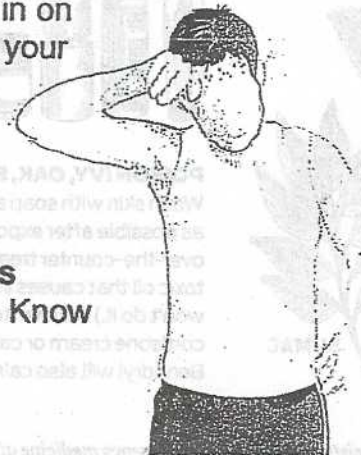
**3. Eat small meals and eat more often.** Avoid high-protein foods, which increases metabolic heat.

**4. Slow down and avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day between 4 and 7 a.m.

**5. Stay indoors when possible.** If air conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.

**6. Be a good neighbor.** During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.

**7. Learn Red Cross first aid and CPR.** Know what to do if an emergency arises.



## Heat-related Conditions

**Heat Cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.

**Heat Exhaustion:** Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Signals of heat exhaustion include cool, moist, pale flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

**Heat Stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system stops working. The body temperature can rise so high that brain damage and death may result. Signals include hot, red and dry skin; changes in consciousness; rapid weak pulse; and rapid, shallow breathing.

-Source American Red Cross

●It's good to have money and the things that money can buy. But it is good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy.

-George Horace Lorimer

### OUR BUSY MINDS

Humans go through approximately 6,000 thoughts a day and experience 27 different distinct emotions. That's a lot to handle for adults, and especially for children! Our (and their) ability to cope is enhanced when we are strongly connected and doing fun things together.



# 2023 - UPCOMING RIDES of INTEREST



July	22-29	RAGBRAI (430 miles)	Sergeant Bluff, Iowa	<a href="http://ragbag.com/">ragbag.com/</a>
July	29	Amishland And Lakes	La Grange, IN	<a href="http://www.amishlandandlakes.com/">www.amishlandandlakes.com/</a>
July	29	Cardinal Greenway	Muncie, IN 765-287-0399	<a href="http://www.cardinalgreenways.org">www.cardinalgreenways.org</a>
Aug.	11	Nite Ride	La Porte	9:00 PM Park Office
Aug.	19-20	Ride Across Wisconsin	LaCrosse, Wis.	
Aug.	19	Sizzling Century	Kokomo, IN	<a href="http://breakaway.club/events/sizzling-century">breakaway.club/events/sizzling-century</a>
Aug.	26	Wabash River Ride 2023	West Lafayette, IN	<a href="http://wrcc.in.org/page/wabash-river-ride">/wrcc.in.org/page/wabash-river-ride</a>
Aug.	27	Tour de LaPorte	La Porte, IN	<a href="http://tourdelaporte.org/">/tourdelaporte.org/</a>
Aug.	29-9/3	DALMAC	Lasing, MI	
Sept.	2	Blueberry Cruise	Plymouth, IN	<a href="http://www.blueberryfestival.com">www.blueberryfestival.com</a>
Sept.	3	Bike the Drive	Chicago, IL	<a href="http://www.bikethedrive.org/">www.bikethedrive.org/</a>
Sept.	10	Dam to Dam Ride	Wabash, IN	<a href="http://www.visitwabashcounty.com/dam-to-dam/">www.visitwabashcounty.com/dam-to-dam/</a>
Sept.	16	Lakeshore Harvest Ride	South Haven, MI	
Sept.	24	Apple Cider Century	Three Oaks, MI	<a href="http://www.applecidercentury.com/">www.applecidercentury.com/</a>
Oct.	6-8	Hilly Hundred 2022	Ellettsville, IN	<a href="http://www.hillyhundred.org/">www.hillyhundred.org/</a>
Oct.	14	Crane Cruise	Medaryville, IN	



Check out: [Bike Rides in Indiana.com](http://BikeRidesinIndiana.com)

## HandBOOK

HOW To

### CUT CORNERS

4 TIPS FOR HANDLING SHARP TURNS SMOOTHLY AND SAFELY ON- AND OFF-ROAD



Dirt switchbacks and paved hairpins make even the best cyclists stiffen up. Tight turns are often perched on steep slopes with lots of exposure and plenty of consequences. The keys to taking them smoothly and safely are to stay focused, have a plan, take it slow and learn to lean. —Lee McCormack

**LOOK AHEAD** Every turn has four reference points: braking point, turning point, apex and exit. As you approach a turn, choose where you're going to brake (see Take It Easy, below). Then, look one step ahead of where you are: While you're braking, look at where you'll start your turn. As you start your turn, look at the apex (the place where you cross closest to the inside of the turn). As you cross toward the apex, look for the exit. **DO:** Consciously look in the right places. Otherwise, you'll look in the wrong places. **DON'T:** Focus on one thing, especially the ground right in front of you.

**TAKE IT EASY** Speed makes turning exponentially more difficult. Twice as fast equals four times as hard. Slow down. First, pick a safe place to brake—a smooth surface, with good traction—then brake with intention. Gradually squeeze both brake levers. As the braking force builds up, shift your body back and down so your weight is on your feet, not on your hands. This lets you achieve maximum braking power with minimal skidding and no over-the-bar excitement. When you reach a safe speed, gradually ease off your brakes and shift your weight back to where it was, over your pedals. **DO:** Brake hard, then coast through the turn. **DON'T:** Lock up mid-turn. You'll end up skidding—into a sticker bush on the side of the road or trail.

MOST EXISTING LINES ON PUBLIC TRAILS



# MCBC Meeting



**Monday, August 21, 2023  
7:00 PM**

at  
La Porte Church of the Brethren  
414 Hawthorne St. - La Porte

**Refreshments & Fellowship**

E-Mail

[maplecitybicyclingclub@gmail.com](mailto:maplecitybicyclingclub@gmail.com)

Affiliated with:



## DQ Ride



**Sunday - August 20<sup>th</sup>  
3:00 PM**

Meet at Luhr Park

Bring Your Friends

Stop And Enjoy A Treat at Westville DQ



## MCBC has Facebook

### Maple City Bicycling Club

Maple Leaf Logo

Website

[www.maplecitybicyclingclub.com](http://www.maplecitybicyclingclub.com)

**What doesn't get done today  
will be there tomorrow!**



Maple City Bicycling Club  
P. O. Box 55  
LaPorte, IN 46352

## Planning for Fall

