Celebrate May and Bicycling

• CIBA’s 500 Miles in May Challenge

• National Bike to Work Week is May 13-19, 2019

• Bike-to-Work Day is May 17, 2019

• Volunteer for Broad Ripple Pedal & Park

• Sign-up or volunteer for N.I.T.E. Ride

• Sign-up or volunteer for Hilly Hundred
**Board & Liaisons**

**OFFICERS**

President  Katie Feltman  317-374-7303  president@cibaride.org  
Vice President  Jan Moorhead  317-753-5382  cibavp@cibaride.org  
Secretary  Martha Hall  317-403-1081  secretary@cibaride.org  
Treasurer  Catherine Dusing  317-255-0559  cibamom@att.net

**BOARD MEMBERS**

2019  Tim Diemer  812-327-8574  
Jay Hardcastle  317-414-4359  
Jyoti Verderame  317-224-4315

2020  Elisabet Gravani  317-306-5281  
Anthony Marshall  317-513-1914  
Alan Rainey  317-357-3409

2021  Sheldon Hall  317-373-1660  
Leslie Powell  317-694-1344  
Marc Walter  317-903-9666  
Honorary Lifetime Board Member  Catherine Dusing  cibamom@att.net

**COMMUNITY PARTNERSHIP PILLAR**

Local Advocacy & Trail Development  Diana Virgil  317-852-3838

Pedal and Park  Alan Rainey  pedelpark@bicycleindiana.org

Board Liaison, Public Relations  Jay Hardcastle  pr@cibaride.org

Speaker Series  Joe Hettle  317-496-5516  jhettle@gmail.com

**FINANCIAL RESPONSIBILITY PILLAR**

Board Liaison  Alan Rainey  317-357-3409

Treasurer  Catherine Dusing  317-255-0559

**MEMBER ENGAGEMENT PILLAR**

Board Liaison  Sheldon Hall  317-373-1660  
Historian  Catherine Dusing  317-255-0559  cibamom@att.net

**MISSION STATEMENT**

To provide opportunities for bicyclists of all ages and abilities to ride their bicycles on safe, friendly, and well-organized rides; to be informed of bicycle events and related activities; to volunteer in support of CIBA and other bicycle-related organizations; and to socialize with other bicyclists.

**HOW TO REACH US**

Mailing Address:  
Central Indiana Bicycling Association, Inc.  
P.O. Box 55313  
Indianapolis, IN 46205

Visit CIBA online at  
www.CIBAride.org

Like CIBA on Facebook  
Follow CIBA on Twitter  
CIBA on Instagram

**AFFILIATED ORGANIZATIONS: LIAISONS**

CIBA Foundation  Jerry Halperin  317-431-3882  
Bicycle Indiana  Nancy Tibbett  317-466-9701  
info@bicycleindiana.org  
B&O Trail Association  Diana Virgil  317-852-3838  
Bike Indianapolis  Damon Richards  317-663-3423  
damon@bikeindianapolis.org

Submissions are welcome and the DEADLINE is the 1st of the preceding month.

CIBANEWS is published 11 times a year by the Central Indiana Bicycling Association, Inc.

Articles in CIBANEWS are subject to reprint with proper credit by other not-for-profit clubs unless expressly prohibited by author/contributor in writing. Opinions expressed herein do not necessarily represent those of CIBA Officers, Board members, or newsletter staff.

PLEASE SUBMIT MATERIALS FOR PUBLICATION TO: cibanews@cibaride.org as an email attachment.

Text may be submitted in Word, .TXT, or PDF formats. Photos should be submitted in a separate file, preferably in a high resolution file format.

ADVERTISING RATES PER ISSUE (based on camera-ready art):

- 1/8 page - $20, 1/4 page - $37.50, 1/3 page - $50, 1/2 page - $75, full page - $150.

CLASSIFIED ADS: Free to CIBA members; $5 per 30 words for all others. Classified ads will run one time only, unless otherwise requested.

Layout: Peer’s Productions, (317) 450-7337, Email dee.peersproductions@gmail.com


Editor: Cheryl Sunman  
Layout: Dee Peer, Peer’s Productions  
Contributors: Ron Selby, Janet Hollis, Martha Hall, John Calhoune, Cheryl Sunman, Sheldon Hall, Pete Fritz, Dolly Craft, Laura Buckner, Alan Rainey, Randy Schmucker, Ian Seecof, Bill Watts, Katie Feltman, Bill Linhart, Jon Clahan, Mark Bettinger

Photos: Dolly Craft, Indy Cycle Specialist, Brad Bolling
President’s Column

Hello bicycling friends! How is it already May? I’m torn between feeling panic at how fast the year is passing and feeling excitement that we are finally getting some consistent weather for riding!

One of the things the board and our committees/pillars have been thinking about and working on is how to engage more with our members (existing and potential new members) and with the larger cycling community in central Indiana. A healthy organization has a regular and circular if you will system of engagement. Members engage by participating in rides and volunteering. CIBA engages by providing ride opportunities and collaborating with other organizations working towards common goals. I’m hoping that members will start seeing new areas of engagement from the board and seek opportunities to participate in the cycle of engagement for CIBA. To that end, I am going to highlight some new and ongoing efforts:

1. Attend, volunteer or do both at our two signature rides: N.I.T.E and Hilly Hundred. Directors Jonathan Clahan and Mark Bettinger are hard at work with their boards to make these events better than ever!

2. Sign up to be a ride mentor. CIBA is working very hard to make our rides fulfill what our mission states, which is to provide ride opportunities for all skills and abilities. I had a really fun ride last weekend but observed some behavior through the eyes of a friend I brought who is new to Indiana and CIBA rides that basically resulted in her being left behind alone and with no clear explanation of how to navigate the routes. I went back to retrieve her and while we were riding, she remarked to me she would not feel comfortable returning to a CIBA ride. Now some of this is on a rider to research beforehand, but we should never create an environment where this is the result. Dan Henrys are not as universal as we think and the “every person for themselves” sort of effect new people see on our group rides is troubling. Having a strong, solid group of mentors is one important key to solving this issue.

3. There’s a group of people working on an effort to create some discipline and training for no-drop, paceline-driven group rides. This is primarily going on within membership and the ride pillar.

4. Ian Seecof and Damon Richards are working on safety and education programming – keep your eyes peeled for those upcoming opportunities.

5. We have some new ride types on the calendar including the Gran Sport and some gravel rides thanks to our friends at Bluegrass Bicycle Company. Check them out!

6. CIBA and the CIBA Foundation are working together this year to host a few friends and family rides. Please bring your friends and family and show them what CIBA has to offer in a friendly, approachable ride environment.

7. CIBA has partnered with Freewheelin’ to do community rides starting in May on Mondays and Wednesdays and we would love to see CIBA members drop in on these rides to share their cycling expertise and wisdom.

8. Marc Walter, Holli Phanco and Alan Rainey are working very hard with our ride leaders to fill your 2019 ride calendar. Take a look at our pretty robust calendar, see their hard work, thank them and your ride leaders and if you are so inclined, become a ride leader.

I’m so excited about what we have in store for the 2019 cycling season but we need you! If any of the above projects sound interesting, please email me at president@cibaride.org or reach out to the chair of the relevant group – all contact information can be found in the newsletter or on our website – www.cibaride.org.

CIBA Membership

The following people are new members of CIBA. Please welcome all when you see them on a ride.

Herbie Benshoof & Family
Robin Bookwalter
Eric Booze
Johnathan Boyd
Mark Dewart
Claudia Garcia-Meneses
Paul Hanson
Shawn Hayes & Family
Timothy Heck
Rob Lyons & Family
Kevin Schloneger
Rob Seawright
Rich Smith
Michael Welsh & Family
Timothy Zumbaugh

Pedal & Park Volunteers Needed

for Broad Ripple Art Fair

May 17-19, 2019

It’s that time again! Free admission to the fair for volunteers and a t-shirt if you don’t already have one.

Sign up at CIBA P & P at Broad Ripple Art Fair 2019
**Bike to Work Day Celebrates the Month of May!**

By Pete Fritz

Biking to work is a great way to celebrate the month of May in Indy! This year’s Bike to Work Day occurs on Friday, May 17 and it’s your chance to ride to work with 500 of your closest friends (can you see a racing theme here?). Bike Indianapolis is organizing the event and has set up an Eventbrite sign up page here. You can find links to an interactive bike commuter route map with route descriptions and route departure times on the CIBA Bike Commuter web page here: https://www.cibaride.org/Bike-to-Work-Day-May-17-2019. Designated commuter routes will have experienced cyclists leading bike trains into downtown. Bike commuting routes will converge on Monument Circle in Downtown Indianapolis with the circle closed to traffic and events happening all day.

Expect to arrive downtown around 7:30-7:45 a.m. (or earlier) in time to enjoy free breakfast before you head to work. Indy Mayor Joe Hogsett will speak to the group at 7:45. Pedal and Park will provide temporary bike parking on Monument Circle in the morning. Over a dozen bicycling organizations will have representatives eager to talk about their activities and opportunities to get more involved in bicycling in central Indiana. Showers, locker rooms and indoor bike parking will be available free all day at the YMCA at City Market.

To celebrate the Indy 500, be sure not to miss the HandleBar Hot Lap pedal bar race around Monument Circle starting at 11:30 a.m. Spectators are invited to come out during their lunchbreak and witness the greatest spectacle in pedal bar racing. Food trucks and music will be on site. For the afternoon championship races, competitors and spectators can enjoy the Sun King Beer Garden on Monument Circle. Proceeds from team registrations benefit Downtown Indy beautification efforts. Learn more and register a team here.

This year’s Bike-to-Work day is going to be the best yet, so find a bike commuter route near where you live and enjoy the ride!
On the Horizon:

An Occasional Column About Cycling in Indianapolis

By Bill Watts

It’s hard to escape the conclusion that the development of cycling infrastructure and culture in Indianapolis, which had such momentum when Greg Ballard was mayor, from 2008 to 2016, has stalled, at least temporarily, under the Hogsett administration. Indeed, Austin Gibble wrote an article in a local blog in September of 2017, not long after Joe Hogsett became mayor, under the headline, “Indianapolis Loses Its Bicycling Mojo” (http://www.urbanindy.com/2017/09/26/indianapolis-is-losing-its-bicycling-mojo-guest-post-by-austin-gibble/). He notes in his article a steep decline in bicycle commuting, and a disjointed approach to the development of bicycle infrastructure. He argues for a number of remedies, including better budgeting for bicycle infrastructure, more protected lanes and bikeways, and other provisions to make cycling more safe and convenient.

It’s not that nothing has happened in the first three years of the Hogsett administration. The protected bike lane along Michigan Avenue, in front of IUPUI, has changed my life for the better, and I am grateful for it every time I pass that way. But it has been very difficult to see a strategy for developing bicycle infrastructure in any kind of systematic way in the city. In the Ballard years, you could go on a city website and see plans for new bike lanes and trails by timeframe – some were planned for the next two years, others for the next five years, and still others for the next ten years. There appears to be no such plan now, and the development of infrastructure has seemed sporadic and haphazard.

But it seems that we are about to leave this listless period, and enter a more dynamic period, with a series of very exciting cycling projects on the horizon. In this column, I will provide an overview of major projects scheduled for completion in the next two years. In future columns, I will go into more detail about some of these projects, and how they will connect and open up new parts of the city to cyclists and pedestrians.

Before I get to my overview, however, let me mention a related development which, in my view, has the potential to improve cycling in the city in tangible ways. In recent years, the City has contracted street sweeping out to a private company. Now, the city is acquiring its own fleet of sweepers, and will take over this job. As part of this project, it is acquiring a sweeper designed and sized for bicycle lanes and paths. Beginning this summer – and possibly as soon as May – there will be a dedicated sweeper out cleaning bike lanes and paths. Those of us who regularly ride the city know that broken glass is a constant pain in the tread; I have sometimes had three flats in one week. This sweeper will surely not eliminate the problem, but it could make things a whole lot better for many of us.

In putting together this list of projects due for completion in the next two years, I am beholden to Joshua Tharp, the Operations Manager for the Pacers Bikeshare, who keeps excellent minutes for the Indianapolis Mayor’s Bicycle Advisory Council (IMBAC), which meets monthly. I have included in this list major projects to be completed in 2019 and 2020.

1. A multi-use trail around the grounds of the Indianapolis Museum of Art. This trail will partly solve the problems caused by the closure of the grounds to pedestrians and cyclists three years ago. There will also be a Pacers Bikeshare Station on the campus. The cost of the trail is about $1 million, with the Art Museum and the city sharing the cost. To be complete in 2019 or 2020, depending on the Art Museum.

2. Widening of Monon from 10th to 96th St. This project is scheduled to be completed in 2020 and will involve closures and detours for those using the Monon. The cost is about $3.5 million.


4. Construction of the Monon bridge over 38th St. This is scheduled to be completed in 2020, presumably in conjunction with the widening of the Monon. Cost: about $4 million.

5. Extension of the Canal Towpath from 30th St. to Burdsal, due to be completed in 2020 at a cost of $1.6 million. This will reclaim an overgrown section of the historic canal, and will bring infrastructure to an underserved corner of the city. It will also connect the Canal Towpath to the extended Fall Creek Trail (see below), and to the bike lanes on Burdsal.

6. Extension of the Fall Creek Trail from 10th St. to Burdsal. Due for completion in 2020 at a cost of about $2.5 million.

7. Cold Spring multi-use pathway from 30th St. to the Velodrome, due for completion in 2019 at a cost of about $775,000. This will connect with the existing bike lane on Cold Spring Road from Lafayette Road to 30th St.

8. Buffered bike lanes and sidewalks on 22nd St., from Capital Ave., near the White River Trail, to Dr. A. J. Brown Avenue. This is part of a road resurfacing project scheduled to be completed in 2019 at a total cost of about $2 million.

9. Resurfacing of the existing Fall Creek Trail, which, in many places, is broken up by tree roots. The project will be divided into two parts, with the north half to be completed in 2019 and the southern half in 2020, at a total cost of about $2 million.

In my view, this is an impressive list of projects, and suggests that there will be nearly $20 million of investment in new infrastructure over the next two years. It also brings infrastructure to some areas that have been underserved. It is also worth noting, however, that only one of these projects, the improvement of the Pleasant Run Trail, is on the south side of the city, compounding the neglect of that area relative to the north. I will write more about this later.
Grand Touring Rides
By Randy Schmucker (CIBA Grand Touring Ride Coordinator)

After roaming through the countryside among the redbud trees, wildflowers and hills in southeastern Indiana in April, head to Columbus and meander through the flowering hillsides in Western Bartholomew and Eastern Brown County. The Dogwood trees should be in full bloom. Next, go west to Greencastle and travel the backroads of Putnam and Hendricks Counties with visits to the small towns of Fillmore and Amo. In June return to Metamora for a second time around. It’s the Strawberry Festival. Enjoy the strawberries with whip cream, short cake and ice cream while listening to folk music! All tours will stop at local restaurants for food and rest. There will surely be some goodies for the sweet tooth!

Saturday, May 4 - Eastern Brown County Dogwood Meander
Sunday, May 19 - Greencastle Grand Tour
Sunday, June 2 - Metamora Strawberry Fest

If you are thinking of leading a Grand Touring ride, there are plenty of opportunities to do so. Check the Grand Touring Ride Schedule to see which dates are open. You can then email me at rsdesign@ieee.org with your ride information. If you have any questions about Grand Touring rides email me or call 317-257-5607 and I will be happy to answer any questions.

For complete details and the latest information on Grand Touring Riding go to www.rsdesign.info/grand_touring_rides.html or click on ‘Grand Touring’ on the front page of the CIBA website. This web page also contains information, such as Grand Touring ride leader guidelines and route maps, for both potential Grand Touring ride leaders as well as Grand Touring riders. For specific questions about a particular ride or in case of inclement weather, contact the ride leader. The ride leader may cancel a ride due to the weather conditions.

The emphasis for Grand Touring rides is to have fun and to socialize. Some riders think it’s to eat ice cream! Try out a Grand Touring ride this year. See you on the road!

Are You Ready to Ride 500 Miles in May?
By Bill Linhart

In 2019 CIBA announces the 500 Miles in May Incentive with a custom designed jersey from BeSpokeKit, LLC. We hope you will take the challenge and invite your friends to join you as you ride 500 miles or kilometers on CIBA Rides during the month of May.

A CIBA Ride is any ride posted to the CIBA Calendar (except Rides of Interest – Non-CIBA) or an Indiana Randonneurs ride. Miles cycled to commute to work (or a ride) on Bike to Work Day, May 17, 2019, also count.

Repeating rides are offered every day of the week. If you can make a repeating ride, that will go a long way towards your goal of 500 miles or kilometers. The routes are marked so you can go at your pace. Several repeating rides have multiple speed groups and some are no drop rides.

The 2019 custom jersey will be available from the CIBA Store in both men’s and women’s sizes for a limited time. The sleeve will indicate which challenge, 500 Miles in May or 500 KM in May, was met. The subsidized cost for qualifying members is $25.

How do I qualify? Ride, then log your miles ridden on CIBA rides. Both Excel and fillable pdf versions of a log sheet are available for you to download from www.cibaride.org. Log in as a member, then select Members/Incentives/500 Miles in May. Comparable logs listing the date, ride name and CIBA miles cycled are acceptable. Email your mileage log, full name, address and phone number to incentives@cibaride.org. Your log must be received no later than June 15, 2019.

How do I get my jersey? Jerseys will be ordered from the CIBA Store. After confirmation that your mileage included only CIBA miles, you will be emailed a single-use discount code to be applied against the listed purchase price of the jersey. Shipping from the vendor is included in your order, so make sure you provide a valid shipping address. Orders will open in early June and will close at midnight June 23, 2019. Size charts are available on the 500 Miles in May webpage and in the CIBA Store. Note: You cannot use your 500 Miles in May coupon and incentives points coupon at the same time. Only a single discount coupon may be used.
Most crashes occur in a moment of inattention, but are strongly supported by a history of a lack of determination to understand the Rules of Motion or abide by the Rules of the Road, and to observe group riding etiquette. All cities, states, and cycling communities are not statistically equal. Data reveals common factors involved in statistics describing serious injuries and cycling fatalities across the country; yet these habits continue to repeat themselves, without exception, in proportion to the population and numbers of people on bikes.

Data does not differentiate between ‘people on bikes’ and ‘cyclists’ and there is a distinct difference between these two categories. ‘People on bikes’ describes a demographic of people ranging from once-a-week riders to frequent-riders with one common factor; neither group has had any formal bicycling education. ‘People on bikes’ commit multiple traffic violations every time they ride, which subjects them to very high-risk situations and extends a negative cycling image as perceived by motorists.

My observations indicate that the more complicated the maneuver, the more dangerous it becomes and the less likelihood of successful execution. The resourcefulness of un-schooled people almost borders on a comedy of errors when they commit one bad decision after another as they bob and weave through intersections, lurch on and off sidewalks, ride against traffic, ignore traffic lights, and violate other road users’ right of way. This demographic’s signature apparel seems to be dark clothing with no helmet. Lights, reflectors, bells, horns, and seat bags are foreign objects and evidently considered un-necessary expenses. ‘People on bikes’ account for a large proportion of cycling fatalities and serious injuries.

‘Cyclists’ may be sub-classified as ‘Riders’ and ‘Drivers’. Many people categorize a ‘cyclist’ as a person on a bike wearing Lycra, but many cyclists do not wear Lycra and are totally confused as to what it is. (LYCRA® is DuPont’s brand of elastane, or spandex. The word “spandex” is used only in the United States while “elastane” is recognized worldwide, so we tend to use the more widely known term.) A cyclist who ‘rides’ their bicycle is vaguely aware that there are ‘Rules of the Road’. They theorize that the more miles you ride – the faster you get – the farther you can go; and the primary objective is to “keep the rubber-side down.” Strava, average speed, and not getting dropped are additional priorities, while no mention is given concerning half-wheeling and riding above one’s ability by wheel-sucking, heads-down, to belong to a prestigious speed designation. (A-group, B-group, etc.) Bicycle riders adhere to the fact that the more expensive bicycles enable even a new rider to go fast, even though they marvel at some cyclist’s mystical ability to ride at the front on a generic bike with 26” mtb tires. A group of bike riders is often described as a ‘Pack’, since they are unaccustomed to the discipline of riding no more than two-abreast or sharing the work in a paceline. Half-wheeling is responsible for a large number of ‘Bike Rider’s’ crashes, especially when coupled with a lack of ‘Calling-out’ “On your left”. The greatest percentage of crashes involves only a single bike and does not involve a motor vehicle. A majority of bicycle riders have heard about ‘cycling-safety’ and ‘skills-training’, but have never participated in them. CyclingSavvy and (LAB) League Certified instruction may be viewed as un-necessary expenses.

In the past only motorists and motorcyclists drove their vehicles. Driving a bicycle is, for many individuals, still an awkward term. In the modern world where bicyclists ‘Share the road’, there comes an equal responsibility for us to adhere to the Rules of the Road. ‘Bicycle Drivers’ must obey traffic laws that evolved from the Laws of Movement that integrated motor vehicles, horses, and bicycles in 1903. As the speed and density of traffic increases, cyclists must evolve to become ‘Bicycle Drivers’ if they hope to retain their rights and presence on the roadways. Being restricted to bike trails and bike paths does not offer the freedom to experience the wind-in-your-face along country roads nor the ability to commute to work, school, or shopping at urban destinations. Just as cyclists have to learn ‘Trail Etiquette’ to safely and courteously navigate an ever-increasing network of segregated bikeways, we must also master the integration of utilizing bike lanes if we hope to extend our range of destinations. ‘Bicycle Drivers’ are trained to understand traffic flow and take advantage of favorable situations and to identify and avoid moving and stationary hazards. A ‘Bicycle Driver’ recognizes that there is no such thing as an ‘Accident’, only a series of events that lead up to a crash. Driving your bicycle safely requires a constant vigil, scanning 12-seconds ahead for potential hazards that need to be prioritized and eliminated as conditions and situations develop. Motorists that fail to use their signal lights are a constant and irritating danger. They invite collisions from ‘Left Crosses’, ‘Right Hooks’, ‘Pullouts’ and being rear-ended. Cyclists have no protection from bumpers and fenders and a car-on-bike incident frequently results in serious injury to the cyclist. Our best defense is ‘Communication’. While motorists may or may not be negligent, cyclists must drive proactively by communicating their intentions anytime they intend to slow down, stop, turn, change position in a lane, or change lanes. Motorists will do what ‘Bicycle Drivers’ ask if cyclists communicate, drive predictably, and show respect.

Fast cyclists are often confused with experienced cyclists, but once motor vehicles enter the mix, ‘Bicycle Drivers’ become conspicuous by virtue of their ability to control the lane, seamlessly occupy the appropriate position in the appropriate lane, and utilize avoidance skills when necessary. Bicycling in traffic is a dance you must lead. The first step is a free course, on-line at CyclingSavvy.org.
Midwest Tandem Rally 2019: Continuing a CIBA Tradition

By John Calhoun & Madelyn Zalon, HOOTs Chairs

One of CIBA’s best kept secrets is the tandem organization, Hoosiers Out On Tandems (HOOTs). We’ve been hosting multi-day weekend rallies around the state from Auburn in the northeast corner of the state to New Harmony on the Wabash River in southern Indiana. Other weekend stops have been at the Sherman House in Batesville, the Riverboat Inn in Madison, Cincinnati, Jeffersonville, Lafayette, Wabash, Warsaw, and Fort Wayne. Last year, we did an overnighter, riding on the Nickel Plate trail from Kokomo to Rochester.

For the sixth straight year, we’ll be hosting events in May and August at the Indiana School for the Blind and Visually Impaired. This unique event pairs a captain from our group with a student from the school. We ride about ten miles on the Monon Trail with an ice cream stop at Bries in Broad Ripple. Thanks to the support of Bries Ice Cream, Dan and Lucy Neely, and an anonymous donor, HOOTs has only paid for ice cream once in five years. Riders on single bikes are always welcome, and they often help to keep everyone on track. For more information about HOOTs, please visit www.tandemhoots.org.

The 2019 Midwest Tandem Rally (MTR), the largest tandem gathering in the U.S., will be hosted by CIBA/HOOTs (Hoosiers Out On Tandems) in Columbus, IN over Labor Day weekend. Headquarters for the event will be the Edinburgh Shopping Mall just north of Columbus. We are expecting to host about 300 teams from around the country. It’s an impressive sight to see that number of tandem teams for the Saturday and Sunday mass starts. The size of MTR allows vendor displays, seminars, and fully supported routes on Saturday and Sunday.

MTR is a four-day event starting on Friday with a modified poker run / architectural tour through Columbus. Saturday’s route will travel south and west with a lunch stop at the Mill Race Center on the Flat Rock River in Columbus. After the ride, we plan to have our traditional “HOOTs Happy Hour” in the lobby of the Hilton. Entertainment on Saturday night will be at the annual Hospice Concert in Columbus. Sunday the route will head east to the town of Hope and Anderson Falls with a lunch stop at Simon’s Winery. On Sunday evening, we’re hosting a dessert social for one last group gathering. On Monday we’ll include a mountain bike ride in Brown County in addition to the traditional morning road ride.

Hoosiers have been hosting MTRs for over 40 years. The first MTR was held in 1976 on Labor Day weekend in Kokomo, Indiana, with 35 teams attending. Since then the rally has been held in Anderson (’85), Indianapolis (’95), Columbus (’04), Shipshewana (’10), and Fort Wayne (’14).

For more information about MTR, please visit www.mtr2019.org
Cycling Without Age (CWA) began in Copenhagen, Denmark in 2012, and has grown to chapters around the world, including one established in Indianapolis in 2017.

The CIBA Foundation is thrilled to support our local CWA chapter! Cycling Without Age of Greater Indianapolis (CWAGI) is a volunteer run non-profit organization which serves the elderly and mobility challenged. The group provides bicycle rides with its adaptive electric bicycles (trishaws) to those who otherwise would not be able to feel the wind in their hair. It’s a new world of mobility for many seniors.

The CIBA Foundation, along with private donors, recently provided an enclosed trailer, a second trishaw and extra batteries. This will allow CWAGI to double the services it provides.

In 2019 CWAGI will continue to partner with two senior facilities it worked with in 2018, and it has plans to expand to other locations. In addition, CWAGI has some exciting special events in the works.

Recently, CWAGI had enthusiastic attendance at its first volunteer training of the year! The group has an incredible group of volunteers, but as it expands services, more volunteers are needed. Duties include escorting the rides and piloting the trishaw.

If you are interested in volunteering, or just want to learn more, visit the CWAGI website, follow them on Facebook, Twitter or Instagram or contact the president Deborah Gardner at deborah@cyclingwithoutage.com.

Want to be inspired? Check out this TED talk from CWA Founder Ole Kassow.
Central Indiana Bicycling Association
Board Meeting
American College of Sports Medicine
March 18, 2019

**Attendees:** Katie Feltman, Martha Hall, Marc Walter, Alan Rainey, Jay Hardecastle, Sheldon Hall, Anthony Marshall, Mark Bettinger, Holli Phanco, Tim Diemer, Jyoti Verderame, Jan Moorhead, Elisabet Gravani, Jerry Halpern, Janet Hollis

**Absent:** Leslie Powell, Catherine Dusing

6:00 p.m. Social Hour

6:32 p.m. Call to Order  Katie Feltman welcomed all and introductions were made.

**Secretary’s Report**

M. Hall presented the minutes of the February 18, 2019, meeting. Walter made the motion to approve which was seconded by Diemer. They were approved with edits Hall suggested of the draft.

The CIBA contact list was reviewed. The document with Important Events and Dates was reviewed. The following dates were established:

- Picnic Ride – Tentative date of June 8, 2019
- Annual Dinner Meeting and Election – November 9, 2019
- CIBA Board Appreciation Dinner – Tentative date of December 7, 2019
- CIBA Annual Membership Meeting – January 17, 2020
- Bike to Work Day – May 17, 2019

**Financial Report:**

Dusing was unavailable. Feltman reported the club expenses for 2019 year appear to be in line with the expenses of last year’s comparable period. The club received a rebate on the insurance of $1700.00.

**President’s Report**

Feltman reported Joe Hettle is retiring as coordinator of the Speaker Series on Wednesday, March 20, and she thanked him for his efforts to arrange engaging speakers. To curb costs to CIBA, Feltman proposed partnering with the Bike Supergroup to help coordinate this series and to also share the cost. Low attendance at some and cost of the program are under consideration. Halperin suggested emailing reminders of the speaker series as some are not on social media. It was agreed that the board needs to evaluate our communication strategies for club activities. The board will further discuss this proposal at the next board meeting.

She presented a proposal for CIBA/Freewheelin’ rides partnership to reach and support a new, beginner rides of 7-15 miles in length Monday and Wednesday evenings in the Mapleton/Fall Creek neighborhood. Freewheelin’ will provide the start and end location, mechanical support at the start of the ride, water and the fleet of bikes for those who need a bike. Freewheelin’ staff will be onsite to open and close the facility and assist the coordinator with the fleet bikes. CIBA is to assist in recruiting and training a ride coordinator for the rides which will take place on Monday and Wednesday evenings starting in May 2019 through October. Plans include a launch of this program on April 27th at Freewheelin’s 10th birthday party and the first short community ride will take place that day. Freewheelin’ has $2000 budgeted as an honorarium to the ride coordinator. Ride coordinator will be encouraged to invite/recruit CIBA members to join the community ride and will need to be a CIBA member and complete CIBA ride leader training. Recruitment for the coordinator position will be extended to CIBA members, Freewheelin’, and outreach to Marian College will happen. Requirements for the ride include:

- Advance sign in required for fleet bike. Ride sign in required either in advance or onsite at ride. Ride sign in and registration will be available on CIBA’s website.
- Helmets required
- Minimum age of riders is 12; those 16 and under should be accompanied by a parent or guardian.

Feltman also updated the board about the Indy Crit/Indy Crit Family Ride. Upon her request, Phanco and Harding volunteered to be club liaisons for these rides at the event July 13 as she will be unavailable. Feltman will continue to have this liaison to the planning committee. The CIBA Foundation has agreed to provide 5 volunteers for the family ride. There will also be a short out and back ride to Garfield Park for which Feltman will do the pre-ride preparation. CIBA volunteers are needed to help with these rides.

**Vice President’s Report**

Moorhead regretted missing the February meeting.

**Ride Pillar Report**

Walter reported there were 16 attendees at the ride leader training. 3 of those have already submitted rides for the schedule. The new Breakfast/Dinner Rides Chair is Dave Thomas. Phanco has 30 weekend rides scheduled. Three from last year are going off the schedule. Several other leaders have expressed interest. Rainey reports that the repeating ride schedule is filling in as typical. Several possible repeating rides were discussed.

**Community Partnership Pillar Report**

Hardcastle did not have an update on social media guidelines but that there were lots in progress. He will be contacting Marshall to proceed. PR is ramping up for the Hilly.

**Hilly Hundred Update**

Bettinger reported they are planning to open registration the first week of April, that the confirmation booklet is almost ready, merchandise has been selected, and that a large decal will be available while the poster has been discontinued. They are on schedule planning for the event.

**Positions Open**

Risk management – Phanco and Feltman are working together on this. Indy Crit liaison – Day of ride liaisons will be Phanco and Hardcastle.

The following positions remain open:

- Entertainment Director for Hilly
- Logistics Director for NITE Ride
- Sag Drivers NITE Ride

**CIBA Foundation Update**

Halpern provided the board with a list of the grants reviewed. $17,020 was awarded in total at the March 2, 2019, meeting. The evening of June 6 volunteers will be needed for the Helmet Fair at the Children’s Museum. Sign-up will be used for those wishing to volunteer.

**Membership Pillar Report**

S. Hall shared that this pillar met February 20 and will hold one more meeting on March 20. A mentor list is being developed. He will email the board to ask them to mentor. Other volunteers are welcome as well. The pillar wants to do more promotion for joining CIBA at Pedal and Park at the fair. The pillar wants the Donut Ride and Ice Cream Rides (not official names) to continue as new members seem to enjoy them.

**NITE Ride Update**

S. Hall reported 294 registrations have been received. Volunteer signup opens April 1. Planning is moving forward.

**Matters Arising**

M. Hall asked about the designation of CIBA maintaining part of the White River Trail north of 30th Street and who was responsible. Verderame volunteered to make phone calls to see if the sign can be removed as the club has not maintained the trail in a number of years.

Minutes continued on page 11
Time to Register for the 52nd Hilly Hundred

When you read this, registration for the 52nd Hilly Hundred, October 25, 26, and 27th 2019, will be open. For those who are just interested in a taste of the Hilly, we have added “The Little Hilly” Saturday morning to allow riders to experience the fun, food, and music of The Hilly without quite as many of the Hills. We are listening to our riders and keeping ideas you like, such as Upland Brewery on Saturday, and the 35 mile option each day, while we update our menus and replace the traditional spaghetti dinner with Lasagna and a Potato Bar, while still keeping the Snack Trucks. We are pulling the campus activities closer together so that registration, meals, and Saturday entertainment are all at the High School, and bringing sleeping bag space and showers to the Jr High. We will continue to have music at the High School both Friday and Saturday evenings, but the traditional slide show and entertainment will be moved out to screens in the High School Commons so you can see yourself and friends in pictures even sooner.

So bring your friends and family out for another wonderful year at the Hilly. We will still have much of the music you look forward to and will be keeping the newly paved roads from last year! And since it may be a little crisper this year given the later time frame, we have added some colder weather options to the merchandise selections. We look forward to you returning for new memories at the 52nd Incarnation of the Hilly Hundred Weekend!

Mark Bettinger
Hilly Hundred Managing Director
26th Annual N.I.T.E. Ride – Are You Registered?

The 26th Annual N.I.T.E. Ride is being held at the Indianapolis City Market on Saturday, June 22nd and registration is currently open!

Experience what it’s like to ride with 2,500 other cyclists under the stars over Indianapolis with a route that takes you through downtown Indianapolis, Butler University, The Indianapolis Museum of Art and IUPUI. For more information and to register go to niteride.org.

Stay tuned for next month’s article, which will list the activities throughout the day including an optional Cultural Trail & Historic Neighborhoods Tour by ActiveIndy and also a Catacombs Tour through the Indiana Landmarks. We’ll also have a morning CIBA Ride and Dinner Ride, so plan on spending the day with us!

Interested in helping out instead?
We need you! The N.I.T.E. Ride would not be possible without our volunteers. Interested in volunteering? Fill out the volunteer request form online at niteride.org.

Weekend Ride Mentors NEEDED

Every Weekend Ride should have one or more volunteers to serve as a “mentor” for new riders. The mentor should arrive 30 minutes early to help greet new riders, explain Dan Henrys, rest stops, “Car Back,” and answer any questions. The mentors should plan to ride with the new rider(s) at their desired speed and distance to help them “learn the ropes” of CIBA rides.

We “veteran” riders can easily forget how intimidating 100 experienced riders, with fancy equipment and clothing, impressive cycling ability, and obvious know-how, can be to a newcomer. “Mentoring” is a very important part of CIBA’s ride programs! Having a “mentor” available at the start of the ride is critical in ensuring that all new participants enjoy their first CIBA ride and come back for more.

If you are willing to serve as a ride mentor on s rides or have questions about being a ride mentor - please contact Sheldon Hall at hallherin@comcast.net
CIBA Business Members 2019

★★ BGI (Bicycle Garage Indy)  
M-Sat 10-8, Sun 12-5  
4340 E. 82nd St.  
Indianapolis IN 46250  
317.642.4140  
www.bgindy.com

Bicycle Garage Indy - Greenwood  
M-Sat 10-8, Sun 12-5  
997 E. County Line Rd  
Greenwood, IN 46143  
317.885.7194

Bicycle Garage Indy - Downtown  
Open M-Sat, closed Sun (hours variable with seasons, check website)  
242 E. Market St.  
Indianapolis, IN 46204  
317.612.3099

★★ Bluegrass Bicycle Company  
Contact for appointment,  
10929 E CR 750 N  
Brownsburg, IN 46112  
317.513.3017  
info@bluegrassbicyclecompany.com  
www.bluegrassbicyclecompany.com  
http://facebook.com/BluegrassBicycleCompany

★★ Circle City Bicycles  
M-F 10-7 and Sat 10-6  
5506 Madison Ave  
Indianapolis, IN 46227  
317.786.9244  
www.circlecitybicycles.com

★★ Endurance House  
M-F 8-10, Sat 9-6, Sun 12-5  
640 S Main St, #400  
Zionsville, IN 46077  
317.344.0940  
9778 E 116th St  
Fishers, IN 46037  
317.537.8040  
http://www.indianapolis.endurancehouse.com

★★ Fall Creek Veterinary Medical Center  
9667 Geist Crossing Drive  
McCordsville, IN 46055  
317-336-8900  
www.fallcreekvet.com

★★★ Fountain Law Firm  
320 N Meridian St.  
Indianapolis, IN 46204  
317.917.7873  
Merry Fountain,  
attorney@FountainInjuryLaw.com  
www.FountainInjuryLaw.com

★★ Gray Goat Bicycle Company  
M-F 10-7, Sat 10-6, Sun 12-5  
7750 S Meridian St Suite A  
Indianapolis, IN 46217  
317.780.GOAT (4628)  
knowledge@graygoatsports.com  
25 E Court Street Suite B  
Franklin, IN 46131  
317.494.6967  
franklin@graygoatsports.com  
https://www.graygoatsports.com

★★ Hamilton Financial Group, Raymond James  
23 South Eighth Street, #700  
Noblesville, Indiana 46060-2643  
317.201.8702  
www.BrianReeves.net

★★ Hawk Racing  
216 East Collins Road  
Fort Wayne, Indiana 46825  
941.209.1790  
cindy@hawk-racing.com  
https://hawk-racing.com

★★ Indy Criterium, Inc.  
info@indycrit.org  
www.indycrit.org

★★ Jensen Ford Insurance  
Insurance for Individuals and Small Businesses  
Jim Jensen  
8000 S. Meridian St., Suite A  
Indianapolis, IN 46217  
317.888.6007  
www.JensenFordInsurance.com

★★ Live Fused  
Peter Fuller, Business Coach  
peter@livefused.com  
https://www.livefused.com

★★ Loke Bicycles  
M, T, Th-Sat 11:30 am - 6:00 pm  
8800 North Street  
Fishers, Indiana 46038  
317.595.5653  
www.lokebicycles.com

★★ Marian University  
3200 Cold Spring Rd.  
Indianapolis IN 46222  
317.955.6300 (Admissions)  
www.marian.edu

★★ Midwest Trike Megastore  
M-F 10-7, Sat 10-5  
6665 W Washington St

Indianapolis, IN 46241  
317.377.4265  
www.midweststrikemegastore.com  
midweststrike1cc@icloud.com

★★ Pingen Cycle Werks  
149 E Main Street  
Gosport, IN  
www.pengincycle.com  
michael@pengincycle.com

★★ Roark Custom Titanium Bicycles  
Ted Roark  
317.852.3163  
troark@roarkfab.com  
www.roarkcycles.com

★★ Team Nebo Ridge, Inc.  
4000 W 106th St., Ste. 160  
Carmel, IN 46032  
Doug Wilcox  
tnrkits@gmail.com  
http://teamneboridge.org

★★ The Bike Line  
M-F 10-6, Sat 9-5  
Carmel City Center  
317.815.1122  
sales@thebikeline.com  
http://twitter.com/BikeLineCarmel  
http://pinterest.com/bikelinecarmel  
https://www.facebook.com/TheBikeLineatCarmelCityCenter  
www.thebikeline.com

★★★ Tom O’Brien Chrysler Jeep Dodge Ram  
4630 E 96th Street  
Indianapolis, IN 46240  
www/tomobrienindy.com

★★ Wheel House Donuts  
111E York Street  
Rockville Indiana 47872  
wheelhousedonuts@gmail.com  
www.wheelhousedonuts.com

Membership Levels:  ★ Bronze Level ★★★ Silver Level ★★★★ Gold Level