

# CYCLEDOLIC FLYER

Newsletter of the Wright Cycledelics

## Meet the 2007 Cycledelics !!!

**Meg Church** is participating in her third Little 500 race and is a senior majoring in Biology/Pre-Dentistry. She is an active member of Riders' Council and has been gaining additional race experience competing in the IU Cycling Club and racing with Morris Trucking during the summer. She also enjoys working as a server at Longhorn Steakhouse throughout the year. She is originally from Elwood, IN, and enjoys a variety of sports including swimming, cross country and track. Megan plans on competing in Triathlons after this year's Little 500 season concludes.

**Evelyn Ewing**, who rode with Team Stellar for the past two years, hails from Battle Creek, MI. She is a junior pursuing a degree in Journalism who enjoys working at her new part time job in the IU campus computer labs. Past athletic experience includes cross country, track, and dance. She was a first-year member of the IU Redsteppers this past fall and has been an active member of the IU Cycling Club for several years. She also races for Morris Trucking during the summer.

**Kim Loebig**, a third year rider, is a senior majoring in Business Marketing. Kim is originally from West Chester, OH. Her athletic experience includes swimming. She is a current member of the IU Cycling Club and also races for Morris Trucking during the summer. Kim will also be filling the role of student coach for the Dodds House team.

**Pam Loebig**, a second year rider in the Little 500, is a junior working towards a degree in Exercise Science. One of her other interests is dancing, and she is a member of the IU Redsteppers, a dance team that performs during the IU football games. She is also gaining race experience by participating in the IU Cycling Club and racing with Morris Trucking during the summer months. Her hometown is West Chester, OH.

Two rookies are training with the team this year and are participating in some of the pre-race events to gain additional riding experience.

**Haley Locke** is a freshman majoring in Criminal Justice from Brownstown, IN. Haley was a strong track and cross country competitor in high school but switched to cycling due to a knee injury.

**Kelsey Heard**, a freshman from Bloomington, IN, is majoring in Finance and International

Business and has participated in DeCycles cycling trip.

**Glenn Spiczak**, BS, MA & PhD in Astrophysics, is a former rider for Dodds House (1984-86) and has been coaching the Dodds team since 1987. He has been involved with the Cycledelics as a coach since 1988. Glenn is currently employed as a professor at the University of Wisconsin at River Falls. He and his wife Heather (Cycledelics rider 1992-93) and sons Logan and Blake reside in nearby Ellsworth, WI.

**Heather (Martin) Spiczak**, former Cycledelic rider (1992-1993), BS Nursing (1995), wonderful mother to sons Logan and Blake, currently works part-time as a home care nurse for Adoray Homecare. Heather has been traveling to Florida with the Cycledelics and Dodds House team members and coaches for spring break training for a number of years. She supports the teams by preparing delicious well-rounded meals for all of the riders and coaches. She also provides coaching support to the teams on race day.

**Chris Chartier**, a fourth year rider for Dodds House, is the team's student coach. Chris is a senior majoring in social psychology and plans to enter a PhD program in social psychology following graduation.

The role of student coach was formally created by IUSF this year to limit pit coaching in Little 500 races to current IU undergraduate students. As a result, over 80 IU undergraduate students received formal coaching training through a 1 credit course offered by the School of Health, Physical Education, and Recreation, as well as coaching seminars offered by IUSF so they could serve as student coaches for this year's Little 500 races.

In a surprising turn of events, IUSF recently announced a decision to relax this new requirement, stating that IUSF wants to "encourage the continued involvement of the many supportive Little 500 alumni and volunteers" by allowing teams to have "either or both their student coach and alumni coach serve in the pit on race day." The press release concludes that this decision should "encourage further positive interaction between alumni and students within the dynamic realm of the Little 500 races." (*Curt Simic, IU Foundation President and Jenny Bruffey, IUSF Director*)

Spring 2007

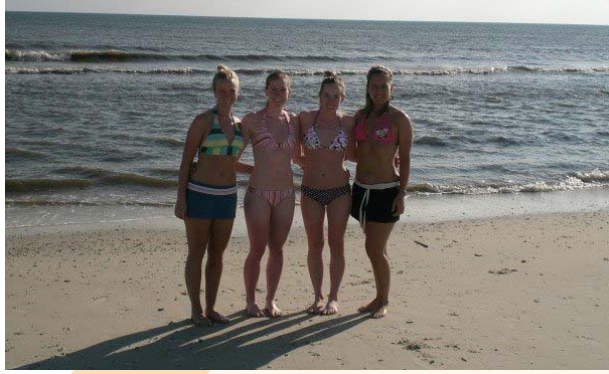
Volume 4, Issue 1



### In this issue:

- Meet the Team (1)
- Spring Break Training & pictures (2)
- Fall Series Results (3)
- Spring Series Results (3)
- Hey, Where Are You Now? (4)
- 2007 Little 500 Event Calendar (4)

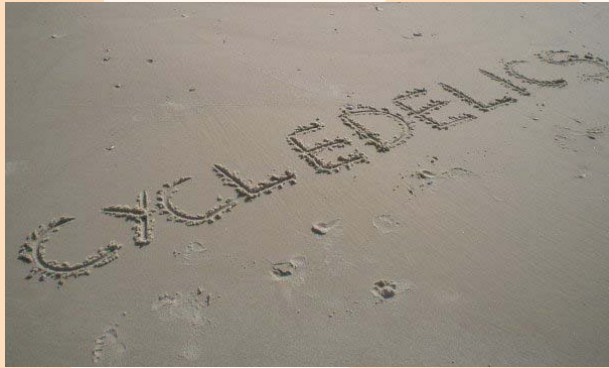
*Cycledelics qualify third for the 2007 race. See page 3 for details!*



Spring Break '07  
L to R: Evelyn Ewing, Pam Loebig, Kim Loebig, and  
Meg Church



2007 Cycledelics  
L to R: Meg Church, Pam Loebig, Kim Loebig, and  
Evelyn Ewing



## Spring Break Training 2007

The Cycledelics, along with this year's Dodds House team, left for their annual training trip to Alligator Point, FL, on March 9, and returned home on March 18.

Rider Evelyn Ewing summarizes: "We had a successful and fun spring break in sunny Alligator Point. We had lots of practice on exchanges, sprinting and intervals. Heather provided us with great meals as always and Glenn gave us some great pointers and encouragement to improve so we can have the most successful race day."



Spring Break Training '07  
Evelyn & Pam



Spring Break Training '07  
Pam & Kim

# Fall Cycling Series Results

## Cyclocross

- 1 Rieke/Moeller (Teter) 24:17
- 2 Ewing/Church (Cycledelics) 25:50**
- 3 Levin/Haft (Athena) 27:35
- 4 Grotn/Andrew (Kappa Kappa Gamma) 27:41
- 5 McCormick/White (Kappa Alpha Theta) 27:43

## Individual Time Trials

- 1 Sarah Rieke (Teter) 17:11.39
- 2 Jackie Moeller (Teter) 17:37:39
- 3 Olivia Yeagy (Athena) 17:41.0
- 4 Nicole Williams (Bella Veloce) 17:42.57
- 5 Katie Haft (Athena) 17:45.01
- 6 Brittany Mahoney (Kappa Alpha Theta) 17:54.68
- 7 Trevy Ramos (Alpha Phi) 17:54.70
- 8 Evelyn Ewing (Cycledelics) 17:59.83**
- 9 Sydney Hatter (Teter) 18:00.89
- 10 Liz Pollatta (Kappa Alpha Theta) 18:07.71
- 11 Ali Smith (Bella Veloce) 18:28.00
- 12 Ali McCormick (Kappa Alpha Theta) 18:56.18
- 13 Brittany White (Kappa Alpha Theta) 20:23.08

## Little 500 Duathlon

- 1 Sarah Rieke (Teter) 40:30.00
- 2 Nikki Williamson (Bella Veloce) 41:08.00
- 3 Mia Williams (Bella Veloce) 41:21.00
- 4 Trevy Ramos (Alpha Phi) 41:49.00
- 5 Julie Bembinista 43.55.00
- 6 Megan Church (Cycledelics) 44:47.00**
- 7 Kate Lauder milk (Alpha Phi) 49:54.00
- 8 Lizzy Street (Alpha Phi) 49.55.00

## Overall Team Point Standings

- 1 Teter 120
- 2 Athena 105
- 3 Cycledelics 75**
- 4 Bella Veloce 61
- 5 Kappa Alpha Theta 52
- 6 Alpha Phi 52
- 7 Kappa Kappa Gamma 26

*Results compiled by Evelyn Ewing*

Visit our team's website at:

<http://mypeoplepc.com/members/bashams/cycledelics/>

# 2007 Spring Series Results

**Qualifications:** On Saturday March 24, thirty-one teams qualified for this year's women's race. The pole position was awarded to Teter (2:38.19). Kappa Delta placed 2nd (2:39.65). **Cycledelics** landed in 3rd (2:39.73) which positions them on the outside of row 1 for the start of the race. This placement ties a previous qualification placement from 1997 (3rd, 2:46.88). However, this year's qualifying time is certainly the fastest ever for the team and is the closest ever to getting the pole position.

**ITTs:** There were 124 participants in Wednesday's Individual Time Trials.

- 1 Sarah Reike (Teter) 02:34.27
- 2 Pam Loebig (Cycledelics) 02:37.52**
- 3 Lindsey Manck (Kappa Delta) 02:38.36
- 4 Brittany Mahoney (Kappa Alpha Theta) 02:39.44
- 5 Kirsten Olson (Alpha Gamma Delta) 02:40.14
- 12 Meg Church (Cycledelics) 02:41.87
- 19 Kim Loebig (Cycledelics) 02:44.63
- 41 Evelyn Ewing (Cycledelics) 02:49.86
- 105 Haley Locke (Cycledelics) 03:08.36

**Miss-N-Out:** A field of 87 participants was divided into 5 or 6-person heats seeded according to their ITT results.

Haley Locke competed in Heat 1 (did not advance)  
Kelsey Heard competed in Heat 3 (did not advance)  
Meg Church competed in Heat 11 (advanced to Quarterfinals, 3rd)  
Evelyn Ewing competed in Heat 19 (advanced to Quarterfinals, 5th)  
Pam Loebig competed in Heat 29 (advanced to Quarterfinals, Semi-Finals, and placed 3rd in the Finals)  
Kim Loebig competed in Heat 31 (did not advance)

## Final Miss-N-Out Results:

- 1 Sarah Reike (Teter)
- 2 Brittany Mahoney (Kappa Alpha Theta)
- 3 Pam Loebig (Cycledelics)**
- 4 Liz Pallotta (Kappa Alpha Theta)
- 5 Kirstin Olson (Alpha Gamma Delta)
- 6 Lindsey Manck (Kappa Delta)

# 2007 Little 500 Event Calendar

**March 12-18**—Spring Training  
(IUSF Spring Break Camp)

**Sat. March 24**—Qualifications

**Wed. March 28**—Individual Time  
Trials

**Sat. March 31**—Miss-N-Out

**Thurs. April 12**—Team Pursuit

**Thurs. April 19**—Little Fifty Run-  
ning Race (7:00 pm, Haugh Track)

**Fri. April 20**—  
20th Annual Women's Little 500  
Race (4:00 pm, Armstrong Sta-  
dium)

**Sat. April 21**—  
Annual BBQ (pre-race, Soccer  
Practice fields)  
57th Annual Men's Little 500  
Race (2:00 pm, Armstrong Sta-  
dium)

**Thurs. April 26**—  
Victory Banquet (6:00 pm, Alumni  
Hall-Indiana Memorial Union)

## The Cycledelics now have a group on Facebook's website.

If you have a Facebook profile, simply go to [www.facebook.com](http://www.facebook.com) to log in, go to **My Groups**, then **Search Groups**, and search for the **Cycledelics Cycling Team**.

This group was created by Coach Glenn Spiczak and anyone connected to the Cycledelics is welcome to join!

## Hey, Where Are You Now???

**Darrell Whinnery** (Dodds House rider 1988-1991, Cycledelics coach 1992, Wright Cycling coach 1995). Graduated Indiana University in 1992 with a BA in Chemistry. Graduated Butler University in 1999 with a BS in Physician Assistant Studies.

As a physician assistant, he is currently on private staff in orthopaedic surgery, does speaking for pharmaceutical companies, and coordinates investigational studies.

He and his wife of 5 years, Jane, live on the northwest side of Indy, not far from his job at OrthoIndy. They just had their first child, Megan Nichole, on July 4th, 2006 (cutest baby ever per independent sources). Since Jane, also an IU alum with degrees in nursing and business, is a manager in a busy emergency room, the three of them and their two dogs really enjoy time together on the weekends.

Darrell still races and is a member of the M.O.B. Squad cycling team, but also finds time to go boating on Eagle Creek Reservoir between changing diapers and maintaining his yard and ponds. Darrell can be contacted at [dwhinnery@comcast.net](mailto:dwhinnery@comcast.net).

*If you are a former rider, assistant, mechanic, lap counter, etc., let us know where you are and what you have been doing.*

*E-mail information to Cheryl Koch Martinez (Cycledelics rider '92-95) at [azcharito@yahoo.com](mailto:azcharito@yahoo.com) and you could be featured in a future issue of the Cycledelic Flyer!!!*

*If you have been featured in a previous newsletter and would like to submit an updated profile, please also feel free to contact us.*

## Do You Want to Be a Cycledelic?



If you are interested in riding for the team, or if you want to learn more about the Cycledelics' involvement in the Little 500, please contact Cycledelic Pam Loebig at [pmloebig@indiana.edu](mailto:pmloebig@indiana.edu) or Coach Glenn at [glenn.spiczak@uwrf](mailto:glenn.spiczak@uwrf).

### Cycledelic Flyer

is published twice a year in the Spring and late Summer/early Fall.

*We're interested in your comments. Also, if you would like to make a monetary donation to the team to help cover its operating costs, please contact:*

Glenn Spiczak  
N6088 1000th St  
Ellsworth, WI 54011  
[glenn.spiczak@uwrf.edu](mailto:glenn.spiczak@uwrf.edu)



Cheryl Koch Martinez  
818 W. Fogal Way  
Tempe, AZ 85282  
(480) 736-0738  
[azcharito@yahoo.com](mailto:azcharito@yahoo.com)

*To have the newsletter emailed to you in PDF format please contact:*

[azcharito@yahoo.com](mailto:azcharito@yahoo.com)  
[bashams@hotmail.com](mailto:bashams@hotmail.com)

The team's website is located at:

<http://mypeoplepc.com/members/bashams/cycledelics/>