

bicycle  
INDIANA



2026 Bicycle Indiana Resource Guide

# LIFE ON TWO WHEELS

Photo Credit: Justin Wolfert



A LEISURELY BIKE RIDE AROUND SCENIC INDIANA LAKES

**SATURDAY, JULY 18<sup>TH</sup>, 2026**

Tour Starts: 7:00 am – 9:30 am  
1013 N Long Dr. Syracuse, IN 46567

Register @ [TOURDESLAKES.COM](http://TOURDESLAKES.COM)



SCAN ME

**30K • 55K • 100K ROUTE OPTIONS**



Sponsored by: **K21**  
HEALTH  
FOUNDATION

SAG Stops with Snacks Provided & Lunch after the Ride  
Bike Tour • Family-Friendly Ride • Music • Food Trucks • Drinks

# LOVEBIKETOBER FEST 2026

**Love to Ride**  
Road routes,  
Gravel routes,  
Mountain Bike trail

**Love to Eat**  
Artisan food from  
local restaurants

**Love to Drink**  
Locally crafted beer

**Sunday, October 4<sup>th</sup>, 2026**  
Love Creek County Park  
Berrien Center, MI  
(1/2 hour from South Bend, IN)

**A celebration of cycling!**



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

A ride supporting Bike Michiana Coalition



# TABLE OF CONTENTS

Letter from the Executive Director.....	4
Who Are We?.....	5
Meet the Board.....	6
A Note from the Board of Directors.....	7
2026 Funding Rides.....	8
Educational Materials.....	11
Trail Updates .....	12
The Brown County Pump Track at Deer Run .....	14
The Heroes Foundation & Team Heroes .....	15
What the Carb? .....	16
Meet the Board on Bikes .....	18
Nine13sports & the CIBA Foundation - Safety & Skills Park .....	20
American Disabilities Act with David Heinold .....	22
Our Strategic Plan .....	24
Our Impact .....	25
Hiring a Personal Injury Lawyer with Brian Drummy .....	26
To Bike or Not to Bike? with Doreen .....	28
Bike Shop Directory.....	30





Margaret Barawskas  
Executive Director

#### Board of Directors

Jordan Ballinger  
Indianapolis, Indiana

Jacob Boberg  
Indianapolis, Indiana

Monica Crews  
Borden, Indiana

Brian Drummy  
Bloomington, Indiana

Cindy Hedge  
La Porte, Indiana

Fred Helfrich  
Warsaw, Indiana

David Heinold  
La Porte, Indiana

Cory Lautzenhiser  
Fort Wayne, Indiana

Denny Leffner  
New Albany, Indiana

Stu Milligan  
Richmond, Indiana

Dustin New  
South Bend, Indiana

Kari Sears  
South Bend, Indiana

John Weber  
Richmond, Indiana

Bicycle Indiana makes bike riding safe and equitable for all Hoosiers by educating bicyclists, motorists, and policymakers, while advocating for laws, policies, and infrastructure.

Dear Bicycle Indiana Members and Community,

Did 2025 fly by, or what? Another year has passed, and I am delighted to be writing to you once again. I hope that 2026 has started off well for you, your families, and your friends. As we reflect on 2025, Indiana has experienced many changes in the cycling world. I am hopeful that we can learn from one another and continue building a stronger, more connected community in the year ahead.

With state and federal funding being reduced for many outdoor recreational activities and trail projects, Indiana must take a proactive approach to sustaining progress in both current and future cycling initiatives. These challenges are not limited to cycling; they are being felt across multiple industries and markets. From increased tariffs on bicycle-related products to workforce reductions, the landscape has shifted significantly. In response, it is more important than ever to support local events, bike shops, cycling clubs, and communities.

Looking ahead to 2026, I remain optimistic about the possibility for meaningful progress. However, achieving this will require active engagement from our local advocates and cyclists. Connecting with advocacy organizations and reaching out to local representatives are important first steps. Through small, consistent efforts, Indiana can begin to foster a culture that prioritizes safe cycling and accessibility for all riders. Expanding bike paths, bike lanes, and overall cycling infrastructure will be essential in this transition and remains one of the state's most pressing challenges.

I encourage our members and supporters to start locally and get involved at the grassroots level. Participate in local cycling events, join bike clubs, and continue to support neighborhood bike shops. Together, we can make a meaningful difference.

Margaret Barawskas  
Executive Director

This publication contains information available at the time of initial publication and is subject to change or cancellation.

Please contact the event organizer for confirmation before the event.

For additions and corrections to the 2026 Bicycle Indiana Resource Guide, please email [info@bicycleindiana.org](mailto:info@bicycleindiana.org)

The Bicycle Indiana Resource Guide is compiled by volunteers and published by Bicycle Indiana.

# WHO ARE WE?



Photo Credit: Nine13sports



Photo Credit: Health By Design

**Everything we do at Bicycle Indiana is centered around our belief that riding a bike should be safe for everyone. We are able to achieve this through education, influencing change, and promoting, building, and supporting partnerships in our community. We are Indiana's premiere bicycle advocacy organization.**

We have three pillars that drive our work and mission: promote, educate, and advocate. Below are the programs that Bicycle Indiana offers as we strive to make Indiana a better place to ride and live.

## **BikeSmart Literature**

Bicycle Indiana offers educational booklets and pamphlets, for both children and adults free of charge. Visit our website and click the BikeSmart link under the Get Resources Section.

## **Bicycle Friendly Communities**

Bicycle Indiana believes that a better place to bike is a better place to live! We support the Bicycle Friendly America Program from the League of American Bicyclists that offers seminars, consulting and educational programs to communities, businesses, and universities. These services provide guidance on how to become Bicycle Friendly Communities, Universities, Business, and Drivers.

## **Legislative**

The staff and Board of Bicycle Indiana works to improve Indiana's laws and infrastructure at all levels of government, from local to federal. If you have a need in your community, please give us a call.

## **Bicycle Education**

Bicycle Indiana works with the League of American Bicyclists Certified Instructors (LCI's) to offer programs and classes that teach bicycle skills and build confidence to ride for both children and adults.

# Meet the Board



**Jordan Ballinger**  
Indianapolis, IN  
Central Representative



**Jacob Boberg**  
Indianapolis, IN  
Central Representative



**Monica Crews**  
Borden, IN  
Southern Representative



**Brian Drummy**  
Bloomington, IN  
Southern Representative



**Cindy Hedge**  
La Porte, IN  
Northern Representative



**Fred Helfrich**  
Warsaw, IN  
Northern Representative



**David Heinold**  
La Porte, IN  
Northern Representative



**Cory Lautzenhiser**  
Fort Wayne, IN  
Southern Representative



**Denny Leffler**  
New Albany, IN  
Southern Representative



**Stu Milligan**  
Richmond, IN  
Eastern Representative



**Dustin New**  
South Bend, IN  
Board Chair



**Kari Sears**  
South Bend, IN  
Northern Representative



**John Weber**  
Richmond, IN  
Eastern Representative



**Margaret Barawskas**  
Terre Haute, IN  
Executive Director



Bicycle Indiana is proud to share the 2026 Bicycle Resource Guide with our valued members and community partners. This annual publication is designed to serve as a valuable resource, highlighting statewide events, news, and updates relevant to Indiana's cycling community. Reflecting on 2025, Bicycle Indiana expanded its Board by welcoming new members from additional regions across the state, with the goal of strengthening representation and better serving diverse cycling communities.

With 92 counties and nine districts, Bicycle Indiana strives to provide comprehensive coverage across the state. As new developments emerge throughout the year, readers are encouraged to stay connected by subscribing to the organization's newsletter and following its social media platforms, including Facebook and Instagram, where timely updates are regularly shared.

The organization also hosted another successful Bicycle Indiana State House Day, presented by McCready Law, on January 22, 2026. The event featured strong attendance and engaging speakers, and it provided an opportunity to advance legislative priorities and discuss key policy initiatives. Although progress on certain legislative efforts has been limited, continued advocacy remains essential.

Members and readers are encouraged to connect with their local representatives to support cycling related initiatives. Engagement at the local level can help build momentum and bridge gaps in statewide efforts. While individual actions may seem small, communication through emails, letters, and phone calls plays an important role in promoting safer roadways for cyclists and raising awareness among policymakers.

## A Note from the Board of Directors

Founded in 1993, the Indiana Bicycle Coalition, now commonly referred to as Bicycle Indiana, is a nonprofit organization serving bicycle riders and those who want to ride in the future. We work collaboratively to represent the interests and address the concerns of all people who benefit from strong cycling communities in Indiana.

Bicycle Indiana is governed by a Board of Directors elected by our members who represent different regions of the state and serve rotating terms. Bicycle Indiana also employs one full time Executive Director. Our work to promote, educate, and advocate for equity and safety in cycling raises the bar for statewide impact.



# 2026 FUNDING RIDES

This designation means they will donate \$1 per rider to help support our mission. If you are interested in being a funding ride, please reach out to us so we can help spread the word about your event. Organizers should email their ride information to [info@bicycleindiana.org](mailto:info@bicycleindiana.org).

## 42nd Orchard Country Bicycle Tour, May 17



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

Departing and concluding at the La Porte County Fairgrounds on the southwest edge of La Porte, IN, these rides are designed especially for those “warming-up” for the bicycling season. Relax and tour the scenic areas of the city and county for approximately, 16 miles, or pick up your pace and ride a 63-mile route. An intermediate ride of 32-miles is also offered - or combine any routes you wish! \$30 pre-registration/\$35 on-site. Price changes May 10. Family group plan: \$60/\$70 day of ride. T-shirts available for \$30/\$35 XXL

## Fat & Skinny Tire Fest, May 15-17

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



Fat & Skinny Tire Fest is a fun-filled weekend of all-things-bicycling, centered on bringing enthusiasts, competitors, casual participants, and spectators together to share in the physical, social, and economic benefits of bicycling. The Wildman Business Group countryside Tour & Century is a festive tour over rolling country roads during the Fest. Ride distances include 12, 19, 39, 63 and 101 mile routes. Support, SAG stops, refreshments, post-ride lunch, and a goodie bag for all registered riders. Starts at 8am!

## Pedal Putnam, June 20

[www.bikereg.com/pedal-putnam](http://www.bikereg.com/pedal-putnam)



Pedal Putnam is an growing GRAN FONDO event aimed at the beginner, the racer and the weekend enthusiast. Featuring three different routes (100k, 43 miles & 12.5 miles), there's a course for everyone. Even better, all three will take you past some of Putnam County's murals, including the new ones. Pedal Putnam will give you a taste of our open roads.

## Licking Valley Century, June 20

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



The Cincinnati Cycle Club is excited to present the Sixth Annual Licking Valley Century on Saturday June 20th, 2026. This ride offers stunning panoramas across a diverse landscape of hills and valleys, all while pedaling along quiet roads with very little traffic. We offer a route for everyone, including a casual 21-mile Route, a scenic 42-mile Loop, a spirited 62 mile Metric-Century, and the ambitious 100-mile Century.

## Ride Across Indiana (RAIN), June 27

[www.centralincycling.org/flagship-ride/ride-across-indiana-rain/](http://www.centralincycling.org/flagship-ride/ride-across-indiana-rain/)



RAIN is a one-day bicycle ride across Indiana that is in its 37th year. The 160-mile course runs from Terre Haute to Richmond with part of the route on historic US Route 40. The ride is now being run by Central Indiana Cycling. This year's route is updated to get off Route 40 more in favor of county roads, and to go further south of Indianapolis onto roads with better paving. There will also be an optional 200+ mile route for those looking for an even bigger challenge.

## Flat 50 Plus, June 27

[www.bikesignup.com/Race/IN/Berne/Flat50plus](http://www.bikesignup.com/Race/IN/Berne/Flat50plus)



Come ride one of Northeast Indiana's favorite cycling events - starting at a new location in 2026 with an entirely new course. This is our 36th year, and we would love for you to join us for a great day on your bicycle. We also encourage you to bring a friend and experience our flat countryside together!



### **SunStroke 74, July 4**

[www.breakaway.club/events/sunstroke-74](http://www.breakaway.club/events/sunstroke-74)

One of the BreakAway Bike Club's annual favorite rides. This 74-mile ride passes through the beautiful countryside of North Central Indiana and past the scenic Mississinewa reservoir. 2 SAG stops along the way allow you to refuel and refresh. This is traditionally a very hot ride, so plan on drinking plenty of water!



### **Dust Bowl 100 Presented by ZIPP, July 25**

[www.dustbowl100.com](http://www.dustbowl100.com)

The Dust Bowl 100 presented by Zipp is meant to celebrate all this. Three distances are available (100 miles, 100K, and 44 miles), so whether you're a seasoned cyclist seeking a new and compelling challenge or an adventurous spirit eager to explore Indiana's backroads on two wheels, we invite you to be a part of this journey with us. 2026 is year #6 of Indiana's Premier Gravel Race!



### **Subaru CASA Cycling Challenge, August 8-9**

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

The Subaru CASA Cycling Challenge is an extreme cycling event that allows individuals and teams to test their endurance over a 24-hour period while raising funds for children in need. The ride is held on the 2-mile test track at Subaru of Indiana in Lafayette.



### **Sizzling Century, August 15**

[www.breakaway.club/events/sizzling-century](http://www.breakaway.club/events/sizzling-century)

Over 35 years and still rolling. Setting out from Kokomo, multiple bike event routes are available with distances of 40, 60, 80, and even a 100-mile bicycle tour. There are several SAG stops to refresh and refuel along the way. Taking advantage of the best road conditions for the year, the road cycling routes cover gently rolling Indiana "hills" along lightly traveled roads and wooded creeks, between farmland and through some of the small towns of Howard County, Indiana.



### **Wabash River Ride, August 22**

[www.wrcc-in.org/page/wabashrivergravel](http://www.wrcc-in.org/page/wabashrivergravel)

Our routes will take you in and out of the Wabash River and Big Pine Creek watersheds, as well as iconic landmarks such as the Fountain County Church, Rob Roy Covered Bridge, the historic Williamsport Bridge, and rolling hills around farmlands and the river valleys make for a fun and challenging ride. Join cyclists of all levels for well-organized and supported routes from 16 to 101 miles through Tippecanoe, Fountain, and Warren counties.



### **Tour de La Porte 2026, August 23**

[www.runsignup.com/Race/IN/LaPorte/TourdeLaPorte](http://www.runsignup.com/Race/IN/LaPorte/TourdeLaPorte)

Tour de La Porte is more than a walking, running, and cycling event—it's a powerful weekend of movement with purpose. Families, friends, and fitness enthusiasts come together to support the La Porte County Family YMCA and the vital programs that strengthen our community.



### **IU Health North Hospital Roundabout Ride, September 12**

[www.carmel.in.gov/our-city/experience/attractions/bike-carmel/bike-carmel-events](http://www.carmel.in.gov/our-city/experience/attractions/bike-carmel/bike-carmel-events)

The City of Carmel and Bike Carmel will be hosting the inaugural Roundabout Ride on Saturday, September 12 at 8 a.m., sponsored by IU North Hospital. This fun event will have two distance options, 25 miles and 50 miles; the costs will be \$45 for the 25-mile option and \$65 for the 50-mile option. \$5 of each registration will be donated to the Rollfast Foundation for suicide prevention.



### Tour de Ramps at Lake Monroe, September 12

[www.bloomingtonbicycleclub.org/tour-des-ramps](http://www.bloomingtonbicycleclub.org/tour-des-ramps)

This can be a beautiful, pleasant bike ride around Lake Monroe, or, by a series of poor decisions, you can visit each of the 9 boat ramps to create a very challenging ride. Start/Finish at Fairfax State Recreation Area (11 miles south of Bloomington, IN). Park at the Fairfax Beach parking area. Check in up the hill at the Big Oak Shelter.



### 10th Annual Tour de Komen, September 19

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

The Tour de Komen is a 100-mile cycling event, beginning in Fishers, IN and ending in Terre Haute, with a closing celebration at The Mill concert venue. The Tour de Komen raises critical funds for Susan G. Komen, advancing our research and funding for our Financial Assistance Program.



### Hilly Hundred, October 2-4

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

Come spend a weekend with family and friends riding among the hills during the peak of fall colors. The Hilly Hundred is 100 miles of scenic roads over two days through the hills of Southern Indiana. Three rest stops each day with music give you a chance to sit back and relax with your friends before conquering Mount Tabor!

### LOVE Biketober Fest, October 4

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



The perfect way to celebrate your cycling season, Love Biketober Fest offers road, gravel and mountain bike routes with the best post-ride party in the area! Ride with your friends then enjoy locally crafted beer and artisan food from our area's best restaurants. Proceeds from Love Biketober Fest are used by the Bike Michiana Coalition to support bicycling advocacy and infrastructure throughout "Michiana".

### Bicycle Boogie, October 19

[www.myiu.org/events](http://www.myiu.org/events)



If you love the outdoors and pedaling through spectacular scenery, experience Bartholomew and Brown counties as only the locals get to enjoy them. Boogie west through great autumn-colored sites and tour the city of Columbus. Catch a glimpse or stop and experience the fascinating art and design of Exhibit Columbus installations. Each ride offers unique sites to see and experience.

### 28th Annual Crane Cruise, October 10

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



The ride will begin and conclude at the Medaryville Fire station, touring the paved back roads of rural Pulaski, Jasper, and Starke counties, past fields of feeding Sandhill Cranes. Ride lengths will vary from 14 miles, 25 miles and 50 miles. Lunch will be served at the Medaryville Fire station for all riders. Our ride features well-stocked SAG stops with various fruits and homemade snakes. Following the ride at dusk, 5:00 pm, the star attraction appears: thousands of noisy Sandhill Cranes returning from their feeding activities to their nightly grounds at the Jasper-Pulaski Fish and Wildlife Refuge. Be sure to bring your binoculars for this truly awe-inspiring spectacle.

### The Polar Bear Ride, January 1, 2027

[www.breakaway.club/polar-bear-ride](http://www.breakaway.club/polar-bear-ride)



Some people would call you crazy if you told them you were going to go on a 25-mile bike ride on January 1st. Others would call you a polar bear! This New Year's Day bicycle ride is the highlight of mid-winter since 1970. This is a Rain / Shine / Snow / Freeze event! If you don't feel like riding, come enjoy the fire and start the year off right!



# Trail Updates



## The Test Road Trailhead - Richmond, IN

The Test Road Trailhead sits at the southern tip of the Whitewater Gorge and connects to the Cardinal Greenway's southernmost trailhead via the Whitewater Gorge Trail and the Veterans Park Trail Connector. The Whitewater Gorge Trail winds its way through the heavily wooded gorge, utilizing the Starr Gennett Walk of Fame and terminates at the old Starr Piano factory. The factory shell now hosts the winter farmers market and events such as high school proms. The Veterans Park Trail Connector picks up here and takes the users out of the gorge providing an outstanding overlook of Veterans Park. The connector terminates at the Cardinal Greenway Depot Trailhead, with parking and access to Depot District in Richmond.

The Test Road Trailhead is open dawn to dusk and includes an octagon shelter with ADA-compliant seating. In addition to parking, benches, and bike racks there is a multi-camera security system that helps keep things safe. This is one of the first steps in the Gorge Activation project which also includes access to Whitewater river for kayaking and other recreational activities. **Visit: [www.gorgeactivation.com](http://www.gorgeactivation.com)**



The B&O Trail in Hendricks and Marion counties saw some exciting expansion get completed in 2025. Thanks to two different Next Level Trails grants awarded by Indiana DNR, the Speedway Trails Association and the B&O Trail Association combined efforts and spent well over \$10 million to create what is now a 16-mile contiguous paved trail on the abandoned railroad corridor that goes from the middle of Hendricks County through Brownsburg and Speedway reaching nearly to downtown Indianapolis. Dedicated bike lanes on Michigan Street now connect the B&O Trail to Indianapolis' downtown network of trails so you can reach the Cultural Trail, the Canal Towpath, the Monon Trail and numerous others. More connectivity to the B&O Trail is planned for 2026 and beyond including an expansion of the Eagle Creek Trail. **Visit: [www.botrail.org](http://www.botrail.org)**

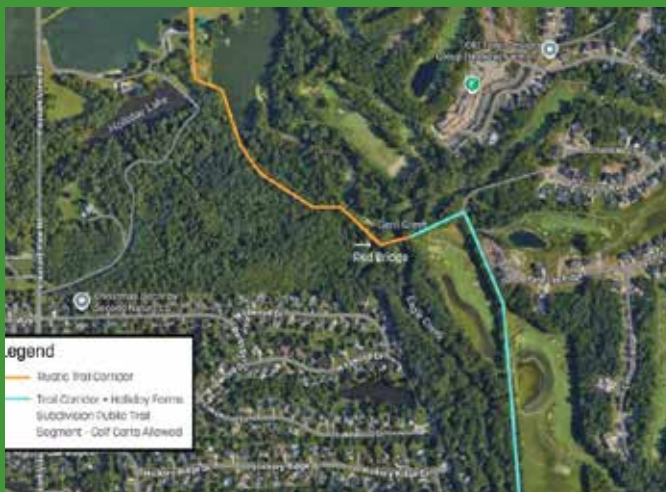
## The B&O Trail - Indianapolis, IN





### Turkey Foot Pedestrian Bridge - Zionsville, IN

The Turkey Foot Pedestrian Bridge updates were completed in August 2025, providing an improved route for pedestrians and cyclists along a 0.8-mile paved corridor. At the same time, the red bridge over Eagle Creek was opened to the public, creating access to an additional 0.7 miles of rustic trail extending to Pleasant View Road, establishing a 1.5 mile segment of our future Eagle Creek Trail. Visit: [www.zionsville-in.gov/715/Turkey-Foot-Park](http://www.zionsville-in.gov/715/Turkey-Foot-Park)



### The Pennsy Trail - Greenfield, IN

Ribbon cutting on the Pennsy Trail at German Church in Cumberland. Artist Koda Witsken designed a beautiful flower and lightning bug "Trail of Light" mural to add to our community's wonderful trail. Pennsy Trail of Hancock County aims to connect the separated Cumberland Pennsy Trail to the Greenfield Pennsy Trail and beyond.

Please help them continue to improve the health, safety, and economic development of Hancock County. By making a donation to the Pennsy Trails of Hancock County, a 501(c)3 non-profit. Be part of shaping the next decade.

Visit: [www.pennsytrails.org](http://www.pennsytrails.org)



# Trail Updates

# Brown County

## Pump Track at Deer Run Park

In 2025, Danielle and Kate Nolan, owners of Brown County Bikes, sat down to put their ideas on paper for a new cycling attraction in Brown County. The area has long been known for its trail systems, local cuisine, and tourism. However, this project aimed to elevate outdoor recreation and site-based experiences to a new level.

The Brown County Pump Track at Deer Run features a concrete surface that provides a smooth, durable, and predictable riding experience. The design accommodates heavy use, requires minimal maintenance, and ensures consistent flow. The pump track allows riders to generate speed without pedaling, while adjacent jump lines offer a clear progression pathway for those ready to advance their skills. As a result, the facility serves both as a skills-development space and a community gathering area where families, competitive riders, and beginners can share the same environment.

The mission of this project is to create an accessible and welcoming space where individuals of all experience levels can enjoy cycling. It offers a low-barrier entry point for newcomers, builds confidence among youth riders, provides a training ground for experienced mountain bikers, and functions as a central hub for community connection. The concept emerged from years of observing customers at the local bike shop who were enthusiastic but uncertain about how to begin. Although Brown County is home to world-class trails, there was a lack of visible and approachable cycling features within the town.

The project began with discussions involving park officials, community leaders, and cycling advocates about the potential use of Deer Run Park. Once the vision was established, momentum developed through coordinated efforts in fundraising, planning, education, design, approvals, and construction. Like many community-based initiatives, the project faced several challenges. Funding constraints and grant coordination proved difficult, as did explaining the benefits of a pump track to stakeholders that were unfamiliar with the concept. Additional obstacles included navigating approval processes, managing timelines, and adapting to construction scheduling and weather conditions. As Nolan noted, "One of the biggest hurdles was visualization. On paper, rollers and berms are abstract. Once poured in concrete, they become magnetic."

Following its official ribbon-cutting ceremony on December 15, 2025, the Brown County Pump Track at Deer Run has already made a strong impression on the community. Future goals include expanding youth clinics and skills programming, organizing community ride nights and events, integrating the pump track into broader cycling initiatives, and continuing to advocate for bike-friendly infrastructure throughout the region. The Nolans also hope the project will serve as a model for other communities. As Nolan stated, "We hope it becomes a model for how small communities can activate public space through cycling."

For organizations considering similar projects, the Nolans recommend building partnerships early with parks departments, schools, and local businesses. They emphasize the importance of educating decision-makers through examples and measurable outcomes, while maintaining clarity about the project's mission and intended audience. Planning for long-term stewardship is also critical, even for low-maintenance facilities such as concrete pump tracks. Additionally, designing for progression ensures that riders of varying skill levels can safely coexist. Ultimately, fostering a sense of community ownership is essential, as individuals who feel connected to a space are more likely to care for and sustain it. **Visit:** [www.browncountybikes.com/articles/pump-track-pg250.htm](http://www.browncountybikes.com/articles/pump-track-pg250.htm)



# Team Heroes

**HEROES**  
FOUNDATION



Team Heroes is one of the most established and respected cycling teams in Indiana. Comprising more than 75 athletes from across the state, Team Heroes competes in a wide range of events sanctioned by USA Cycling and USA Triathlon. These disciplines include road cycling, gravel racing, mountain biking, and cyclocross, with participation throughout the Midwest and beyond. The team has also hosted numerous events and plans to support major events in 2026, including the Dustbowl 100 and the Bottleworks Criterium.

Originally known as the Geist Riders, Team Heroes was founded in 2001 following a meeting between Vince Todd Jr. and cyclist Don Birch at a Livestrong Foundation cycling event in Austin. The two collaborated to establish the team in Indianapolis.

In 2026, Team Heroes celebrates 25 years of commitment to the mission of the Heroes Foundation, which focuses on providing meaningful support to cancer patients, promoting cancer prevention through education, and advancing research for a cure. The three summits depicted in the organization's logo symbolize its core pillars: cancer support, cancer prevention, and cancer research.

Team Heroes is more than a competitive cycling group; it is a community dedicated to healthy lifestyles and cancer prevention. The team also serves as a key fundraising arm of the Heroes Foundation. During the foundation's annual Fit4Heroes campaign each April, community members are encouraged to prioritize their fitness while contributing to the fight against cancer.

Growth and expansion remain central priorities for Team Heroes, particularly in engaging younger individuals who are interested in joining a cycling community with a broader purpose. While training and competition are fundamental aspects of the team, members are equally motivated by the opportunity to support cancer patients and their families, contribute to prevention initiatives, and help fund research at leading institutions within Indiana.

Team Heroes strives to represent the Heroes Foundation as ambassadors both on and off the bicycle. Members pursue competitive excellence, set and achieve personal goals, and foster an inclusive environment by welcoming new participants who share a commitment to health, service, and community engagement.

Opportunities to contribute and get involved are available through both Team Heroes and the Heroes Foundation.

**Learn more about the Heroes Foundation: [www.heroesfoundation.org](http://www.heroesfoundation.org).**



# What the

with  
Dr. Kari Sears, MD.



# CARBS?



Carbohydrates, or glucose, are among the most essential components for human survival. Glucose serves as a primary energy source, supporting bodily functions such as fueling activity, aiding recovery, and contributing to muscle development. Understanding the role of carbohydrates in cycling and exercise is critical for optimizing performance and overall health. Because carbohydrates exist in a variety of forms, athletes have multiple fueling options to consider.

Selecting the appropriate form of fuel varies by individual. Bicycle Indiana Board Member and family and sports medicine physician Kari Sears, MD, explains, “Carbohydrates break down into glucose, which is the primary source of energy for cells during exercise. We have stores of carbohydrates in our body, but those are depleted within 90–120 minutes of exercise. Eating carbohydrates before exercise helps top off those stores, consuming them during exercise helps maintain blood glucose levels, and after exercise helps rebuild carbohydrate stores (glycogen).”

Many athletes have experienced the phenomenon commonly referred to as “bonking,” or “hitting the wall.” This occurs when the body becomes

severely fatigued and is unable to continue exercise. In cycling, bonking is typically caused by depleted glycogen stores and insufficient fueling, leading to low blood glucose levels. Symptoms may include weakness, dizziness, and mental confusion. As Sears notes, “Consuming carbohydrates during exercise helps preserve glycogen stores and provides cells with glucose for energy during prolonged activity.”

Glycogen is the primary storage form of glucose in the body. Many endurance athletes practice “carbohydrate loading” prior to long events to maximize glycogen stores. This strategy may include consuming carbohydrate-rich meals the day or night before an activity. Ultimately, carbohydrates are essential before, during, and after cycling. Sears recommends experimenting with different fueling strategies. She writes, “I recommend trying a variety of products and testing what works best. Everyone responds differently to various brands and types. Start gradually and consider the type and duration of exercise. For workouts under one hour, water may be sufficient. For longer sessions, aim for approximately 20–30 grams of carbohydrates per hour to start. The gut can be trained to absorb more,

but this requires practice and is not necessary for every individual or workout.”

Consulting with qualified healthcare professionals can help individuals develop safe and effective fueling strategies tailored to their specific needs. On the next page, we highlight some of the most common forms of carbohydrates.





# Glucose

"Glucose is a simple monosaccharide sugar and the primary energy source for the body's cells, including the brain," according to Harvard Medical School. Glucose comes from dietary carbohydrates and is also produced by the liver. Glucose is a necessity. By providing energy for our body, glucose can come in many forms that our body breaks down into fuel. Cycling and other exercise require carbohydrates to help fuel our bodies and muscles during exertion and exercise.



# Sucrose

Also known as "Table Sugar", Sucrose is a common sweetener derived from sugarcane or sugar beets that consists of 50% glucose and 50% fructose. Commonly used in cooking and baking, sucrose is found in a variety of processed foods we see on the grocery store shelves. With a one-to-one ratio of glucose to fructose, sucrose is a cost-effective source. Next time you grab that gas station mid-ride snack, take a look at the ingredients!



**The average Tour de France cyclist consumes approximately 100 to 120 grams of carbohydrates per hour. This ability to tolerate such a high carbohydrate intake does not develop overnight. Training the gastrointestinal system, along with the body, through targeted nutritional strategies is essential. As noted previously, individual cyclists vary in the amount of carbohydrates they can consume per hour. Maintaining proper hydration and adequate fueling is critical for performance. The following are common types of carbohydrates used in the sports nutrition market.**

# Maltodextrin & Dextrose

By definition, Maltodextrin is "a highly processed white powder used as a thickener, filler, or preservative in many processed foods, derived from corn, rice, potato, or wheat starch," according to the National Institute of Health. Delivering quick energy, this processed carbohydrate is very common in sport drinks. A second commonly used processed sugar, Dextrose, is chemically identical to glucose. Both processed sugars have a high glycemic index and are typically derived from wheat or corn. These sugars are found in many sports nutrition powders and drinks for endurance athletes.



# Fructose & High Fructose Corn Syrup

Fructose, also known as the "Fruit Sugar," is a natural sweetener found in fruits, vegetables and even honey. Fruit is a great source of carbohydrates, plus some fiber! A more common form of fructose found in sports drinks and your favorite snacks is High Fructose Corn Syrup (HFC). HFC is one of the most common sweeteners used in processed foods on the shelves today. It is cheap to make and chemically similar to the other carbohydrates listed above.



# Get to know the

1



## 1. Fred Helfrich - Warsaw, Indiana

*"I love the social aspect of riding, group rides are awesome! I have a Specialized Turbo Creo e-bike, it has changed my life. I'm retired, so I had the time and I am passionate about advocacy. Riding has helped me nurture some social connections. It has helped me maintain a young attitude."*

2



## 2. Dustin New - South Bend, Indiana

*"As a diabetic, being active helps me control my blood sugar levels. Like many people, I used to ride a lot as a teenager, but got away from it after getting a driver's license. Cycling seemed like a good thing to get back to when I needed to be more active. Sometimes I'm faster or stronger than other times, but every ride gives me something. Moving is good for you, no matter how fast or far you go."*

3



## 3. Jacob Boberg - Indianapolis, Indiana

*"I got involved with Bicycle Indiana because I wanted to be able to make a difference in bicycle safety near my home. This became especially prevalent after I was struck by a car in a bike lane in 2024 due to lack of road upkeep and driver unawareness. I want to help make sure that cycling is an equitable and a safe sport for all Hoosiers. Cycling continues to help grow my social circle while providing me with a way to adventure and stay connected with my local areas. You just aren't able to appreciate everything around you until you're on a bike."*

4



## 4. David Heinold- La Porte, Indiana

*"I was called to empower and educate people about the positive differences they can make to build a more bicycle friendly community. The Bicycle Indiana Board allows me to connect with people across the State of Indiana to educate them about why bicycling matters to remove barriers for social connection among citizens."*

# board on bikes

## 5. Cindy Hedge - La Porte, Indiana

*"Bicycling is pure joy. Often, as I ride along, my thoughts turn toward cycle visionaries, advocates and implementors, past and present. I am in awe of them - and grateful for their work. I jumped into Bicycle Indiana hoping to pass on what these bikers gave me: a lifetime of pleasure. Biking is a versatile sport. Novice or pro, you can have fun whether riding by yourself or with others. You can ride almost any place or time in the world, at any age or speed, and in any way you like. You can travel cheap or in luxury. Whatever you chose, enjoy, enjoy, enjoy!"*



## 6. Denny Leffler - New Albany, Indiana

*"I joined Bicycle Indiana to support cycling across the state and to promote safety initiatives and legislation that protect cyclists. As a kid it was freedom and a way to travel through my community and spend time with friends and family. Cycling has allowed me to connect with old and new friends. Cycling gives me downtime, good exercise, and time out to enjoy my community."*



## 7. Cory Lautzenhiser - Fort Wayne, Indiana

*"I feel like cycling has had a profound impact on my life, so I want to do everything I can to help make cycling better for everyone. Cycling is incredibly rewarding for me. To set a cycling goal that I know will take serious training and effort and then go out and complete it. I've personally battled severe depression and anxiety ever since I was a teenager, and one of the greatest forms of therapy for me is to get on my bike and ride by myself through the beautiful countryside."*



## 8. John Weber - Richmond, Indiana

*"I started mountain biking in Tennessee, and upon moving to Indiana I made the transition to road riding. Cycling has played a role in the majority of my life. Last year I faced both prostate cancer and open heart surgery, I turned to cycling for both the motivation and fitness to recovery. I'm still learning what that looks like, but every day on the bike is a good one. Cycling is how I make and share memories with my family and friends, it's my main form of exercise."*



# Nine13Sports & CIBA Skills & Safety Park



Tom Hanley is the founder and chief executive officer of Nine13sports and oversees daily operations across its three divisions: Nine13sports, Nine13sports Logistics, and Nine13sports Properties. Nine13sports uses the bicycle as an educational tool for youth throughout Central Indiana by delivering programming to schools, community centers, and at its primary facility located at 29th Street and the Canal in Indianapolis.

In 2025, Nine13sports served more than 50,000 youth and anticipates exceeding that number in 2026 across all program areas. The organization operates on the belief that the bicycle is an “equalizer,” providing opportunities not only for riding but also for hands-on learning experiences, such as bicycle building. Additionally, Nine13sports offers programs such as Explore Indy with Bikes, which integrates cycling into math and science curricula in elementary classrooms.

Hanley writes, “The original vision and business plan for Nine13sports was built around a simple but powerful goal: to bring the joy of bicycling to youth of all ages, abilities, and backgrounds across Indianapolis. To make a meaningful impact, the program needed to meet youth where they already were—primarily in their schools.”

In January 2026, Nine13sports announced plans to open a new Skills & Safety Park. The announcement was shared on the organization’s social media platforms and during Bicycle Indiana State House Day. The park will expand programming at the 29th Street and Canal site and provide a safe, accessible space for youth, families, and community

members to ride, learn, and develop cycling skills.

Hanley emphasized that the project represents more than a recreational space. He writes, “About 10% of the kids we see have never been on a bike before. For us, getting youth connected with the power of the bicycle and the role it can play for everything from fitness and transportation to workforce development is the key to connecting with the next generation that we want to see embrace the bicycle.”

The park will offer a traffic-free environment where participants can learn essential riding skills, rules of the road, and safe navigation of intersections, thereby enhancing the overall cycling experience.

In partnership with the CIBA Foundation, Nine13sports secured the funding and support necessary to begin construction in 2026. Hanley noted that the vision for the project had been developed internally over the preceding 18 months, with strategic outreach beginning in mid-2025. Early support from Keep Indianapolis Beautiful and the CIBA Foundation provided critical momentum, enabling the project to move quickly from concept to implementation.

The CIBA Foundation supports local Indiana initiatives focused on bicycle safety and education. Hanley writes, “Being able to have this as a resource that provides opportunities for all of Central Indiana, for just about every community partner they work with, and to be able to have something that is really a legacy investment that will provide opportunities for many years in the future—I’m just excited to make them proud.”

Construction is scheduled to begin in spring 2026, with the goal of opening the facility by late summer and completing final elements by the end of the year. One of the primary challenges involved securing funding partners who shared the vision of transforming an underutilized and deteriorating property into a vibrant community asset. Hanley credited Nine13sports’ track record of successful program implementation with building the trust necessary to secure early support from key partners.

Currently, no comparable Skills & Safety Park exists in Central Indiana, and few similar facilities are available nationwide. Nine13sports has emerged as a leader in integrating cycling with educational programming and community development. Through sustained commitment and strong partnerships, Nine13sports has built credibility and capacity to undertake projects of this scale. “We have built an incredible team and culture across all divisions. Our staff are passionate about the work and committed to delivering it at the highest level every day,” explains Hanley.

**To learn more about this project and Nine13sports, please visit: [www.nine13sports.org](http://www.nine13sports.org).**



DESIGN | RENDER



NINE 13 SPORTS | DECEMBER 11, 2025 | IWM

DESIGN | RENDER



NINE 13 SPORTS | DECEMBER 11, 2025 | IWM

DESIGN | RENDER



NINE 13 SPORTS | DECEMBER 11, 2025 | IWM

DESIGN | RENDER



NINE 13 SPORTS | DECEMBER 11, 2025 | IWM

### DESIGN | CONCEPT



NINE 13 SPORTS | DECEMBER 17, 2025 | IWM

# The Americans Disabilities Act (ADA)

## Creating accessibility for all with David Heinold

David Heinold is a board member of Bicycle Indiana and is the City Planner and the Americans Disabilities Act (ADA) Coordinator for the City of La Porte. According to the ADA National Network, "The Americans with Disabilities Act (ADA) became law in 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in many areas of public life, including jobs, schools, transportation, and many public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications. The ADA is divided into five titles (or sections) that relate to different areas of public life."

Heinold has accomplished many ADA projects for his community. One of his main projects was to coordinate with the Mayor to create the City of La Porte Active Transportation Task Force. One of his primary goals is to facilitate input among the local bicycling community. As the City of La Porte ADA Coordinator for Title II compliance, he is responsible for monitoring activities, preparing reports, and addressing concerns pertaining to Title II of the Americans with Disabilities Act.

The U.S. Department of Justice Civil Rights Division defines Title II as: "Title II of the ADA requires state and local governments to make sure that their services, programs, and activities are accessible to people with disabilities. Title II applies to all services, programs, or activities of state and local governments, from adoption services to zoning regulation. This includes the services, programs, and activities that state and local governments offer online and through mobile apps."

As the Title II compliance coordinator, "I can use my personal passion for walkability and bicycle-friendly communities to empower citizens to be civically engaged by offering feedback on proposed infrastructure projects. Through my attendance at numerous ADA educational workshops and active transportation training sessions, I have developed a well-rounded knowledge base for developing a safer and more accessible community that connects people to places. Both responsibilities allow me to combine efforts in coordination with residents to make it safer to walk and bicycle in the community," explains Heinold.

A critical part of his role as an ADA Coordinator for the city is to develop an inventory of sidewalks with existing condition ratings and use these ratings to guide decision-making for what sidewalk sections need to be fixed based on three priority areas in the city limits.

In addition, he has also been a key community leader in facilitating public feedback on trails and other bicycle infrastructure with the city trails, greenways, and Blueways Master Plan (BMP). This plan identifies a network of multimodal and priority corridors for investing in improving the quality of life for all citizens. "The two plans [sidewalk inventory and BMP] build off each other in a way that improves accessibility and ease of mobility for residents. Both of these plans are not final recommendations for the exact type of infrastructure but a way to measure the needs of the residents with the overall layout of the community. The result of this is a continual process to evaluate and update based on civic engagement from all citizens. With these facilitation efforts, the city is able to better serve the residents and visitors by making strategic investments in public infrastructure that make a positive difference in their lives," says Heinold. **Learn more about ADA today, [www.ada.gov](http://www.ada.gov).**



**ADA**  
Americans with  
Disabilities Act



**"Disability rights are civil rights. From voting to parking, the ADA is a law that protects people with disabilities in many areas of public life."  
-U.S. Department of Justice Civil Rights Division**

# Our Strategic Plan



## Bicycle Indiana Strategic Plan 2026-2030



### Our Commitment to Inclusion

We want all bicycle riders in Indiana to be able to experience the freedom of a bicycle without fear. With this knowledge, we will advocate for policies that reduce barriers and benefit all people who ride bicycles. It is critical all bicycle riders and future riders are included and represented in our advocacy efforts. We will listen, learn, and elevate the voices of underrepresented populations. We will develop an understanding of what it means to be safe while bicycling to ensure our work results in every person being able to ride a bicycle freely and safely without fear. With this knowledge, we will advocate for policies that benefit all people who ride bicycles and do not create barriers.

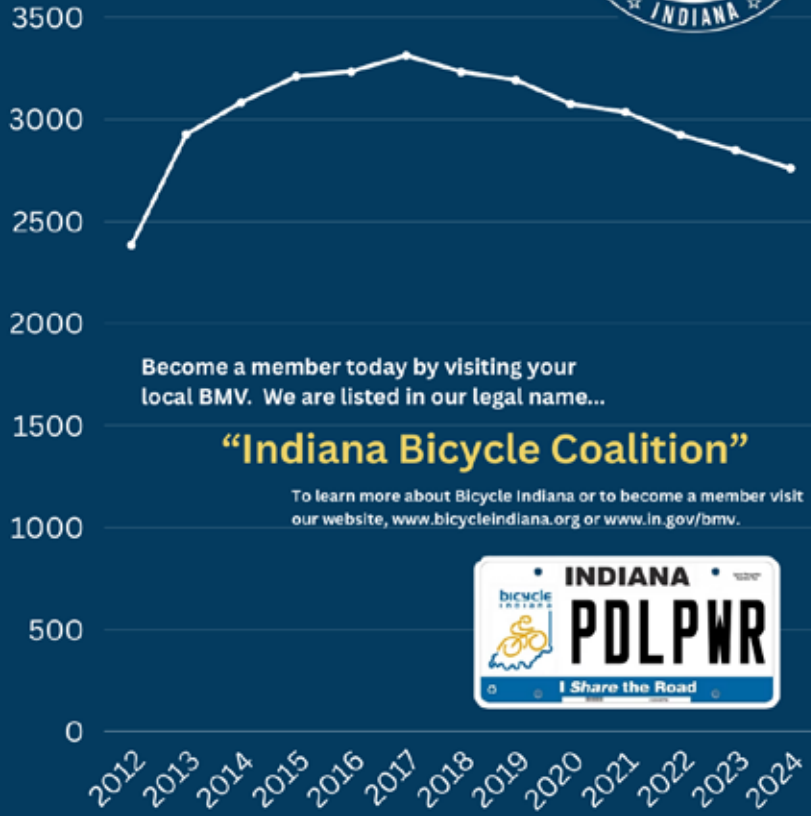


### Continually Raising the Bar for Statewide Impact

Bicycle Indiana is committed to ensuring that this sense of freedom in bicycling includes being free from fear, and harassment, threats of violence, for every Hoosier who rides a bicycle. Bicycle Indiana is committed to authentic and transparent discussions that make bicycling safer, in all of its forms, for all Hoosiers. This means a renewed focus on re-prioritizing resources so that spaces are better designed for bicycle riders, in addition to having policies in place that make these spaces safer emotionally, physically and spiritually.

# Follow our Funding

Through the "Special Group Recognition license plate" through the Indiana BMV, our organization receives memberships and funding monthly.



Become a member today by visiting your local BMV. We are listed in our legal name...

## "Indiana Bicycle Coalition"

To learn more about Bicycle Indiana or to become a member visit our website, [www.bicycleindiana.org](http://www.bicycleindiana.org) or [www.in.gov/bmv](http://www.in.gov/bmv).



**79** Indiana Counties Represented out of **92**.

## Top 5 Counties

- Elkhart
- Monroe
- Allen
- Hamilton
- Marion

**Year: 2025**

**Total Members: 2646**



## Vulnerability Awareness

2025 Monthly Crash and Fatalities report.



# Our Impact

# Hiring a Personal Injury Lawyer

By Brian Drummy, Partner & Registered Mediator

As a personal injury attorney, I help people and families throughout Indiana who have experienced injury and loss as a result of the negligence of others. As a mediator, I help other attorneys and their clients get their disputes resolved through collaboration, negotiation, and agreement.

***It happens more than people realize --so what should you do if you're involved in a crash?*** The first thing to do if you are involved in a bicycle crash is get to a safe place to make sure you avoid any type of secondary crash or collision. Once safe, then call 911 and request emergency assistance. I recommend having the police come to the crash scene even if it doesn't seem like there are significant injuries. The police will document the crash and will help to preserve physical evidence that might be helpful at a later time.

It is also important for you and the people with you to take photos and record information that may be useful. For example, one of the most common problems we face as cyclists is negative interactions with dogs. Dogs can cause direct injuries and can also cause significant bike crashes. Recording this information and reporting it to the authorities helps make the dog owners responsible if there is a significant injury in the future. If there is no record of the dog causing problems in the past, then the dog owner may not be liable for injuries caused at a later date.

As a lawyer, I see many situations that we commonly think of when we think of a personal injury lawyer — crashes involving cars, bicycles, trucks, and pedestrians, as well as trips and falls, dog bites and dog attacks. The most common bicycle specific cases are automobile vs. cyclist collisions. We also see a lot of dog vs. bike related cases. Often, the dog will cause the cyclist to crash, which results in significant injuries.

***So when do you need a lawyer?*** A person should consider hiring a personal injury lawyer [versus other types of lawyers] if they have sustained injuries as a result of someone else's carelessness or negligence. If you are involved in an incident and have minor injuries that heal quickly, then you may not need an attorney. If you have complex injuries or had pre-existing medical problems that were exacerbated by your injuries, then you will likely need a lawyer to help you sort through those issues.

When you are injured in an incident, everyone else involved has a team of lawyers working on their behalf. The other driver has insurance and has a team of lawyers. The hospitals and medical providers have lawyers. And you, the victim, are trying to sort through everything on your own — while also trying to recover from your injuries. A good personal injury lawyer will address everything else so that you can focus on your physical and mental recovery — which is always the most important thing.

***The Law is the Law.*** When it comes to Indiana compared to other states and their laws, Indiana is a comparative fault state. What this means is that a jury will be asked to assign fault to both the plaintiff and defendant. A plaintiff's recovery is reduced by their percentage of fault.

If the plaintiff's fault is greater than 50%, Indiana law says they recover nothing. In bicycle cases, simple things like not having reflectors, a bike bell, riding on the sidewalk, or failing to follow the rules of the road are used to argue comparative fault. For these reasons, the more things you can do to be safe the better. I personally recommend cycling with front and back lights activated at all times. Ideally, if it is within your budget, front and back cameras can be very useful if you encounter aggressive drivers or are involved in a collision.

- A potential client should consider a few things when hiring a lawyer:
- ***First and foremost - do I like this lawyer?***
  - ***Does this lawyer have the skillset necessary to help me?***
  - ***Does this lawyer have the financial resources to take my case?***
  - ***How much does this lawyer charge?***
  - ***What type of experience and access do you want?***
  - ***When should someone not hire a personal injury lawyer?***
  - ***What's the biggest piece of advice you could give to cyclists?***

The most important thing I could tell a cyclist is this: most cyclists don't know that their automobile insurance coverage can protect them while they are on a bike. Most uninsured or underinsured automobile policies will cover you as a cyclist or pedestrian if you are injured as the result of a negligent driver.



**Let's take a deeper dive into some of the potential things to consider when hiring an attorney.**

**First and foremost — do I like this lawyer?** A legal matter or claim can take a long time to bring to resolution. If you don't like your potential attorney or their staff in the beginning, then you surely won't in the end. Find a lawyer who you trust and that you have a good feeling about.

**Does this lawyer have the skill set necessary to help me?** If you are in a bike crash, does your lawyer understand the unique aspects of cycling? Are they familiar with the roads and routes that cyclists frequent?

**Does this lawyer have the financial resources to take my case?** Most lawyers will advance case expenses in order to bring a case on your behalf. Some of these expenses are nominal. However, in complicated cases, a lawyer might be required to hire experts and meet with your medical providers in order to fully support your injury case.

You want to make sure you hire a lawyer that has the financial resources to advance these expenses on your behalf. These types of resources are extremely valuable for maximizing a recovery in a case. Many lawyers are unable or unwilling to put in the time, money, and effort to maximize the value of the case. And beware, big advertising budgets (billboards, TV commercials, etc.) don't always mean that the lawyer has the means or willingness to invest in advanced expenses on your case.

**How much does this lawyer charge?** As you see on billboards and buses throughout the state, "no fee unless we win." This is called a contingency fee, and it is how almost every personal injury lawyer is paid. With that said, not all lawyers charge the same percentage of recovery. The standard contingency rate is between 33% and 40%. Some lawyers use a sliding scale that goes up at various case intervals. Some lawyers also offer a guarantee that their fee will not be more than what you receive at the conclusion of your case. It is important to understand and be comfortable with the fee arrangement of the lawyer that you choose to hire.

**What type of experience and access do you want?** Are you the kind of person that wants to have direct access to your chosen lawyer and appreciates some figurative hand holding? Then a small firm is likely a good fit for you. Would you prefer a more transactional approach and are okay interacting with non-lawyer case managers? Then a higher volume firm may suit you just fine.

**When should someone not hire a personal injury lawyer?** If you are not injured or your injuries are minor, and you heal quickly, then you probably don't need a lawyer. Also, if you were the cause of the situation, then it is unlikely that a lawyer can help you.

**What are the main causes of bicycle accidents and crashes?** Drivers distracted by their phones and other things in their car seem to be the biggest cause of crashes that I see. Also, drivers passing cyclists at the wrong time are very dangerous.

**What's the biggest piece of advice you could give to cyclists?**

One thing most cyclists don't know is that their automobile insurance coverage can protect them while they are on their bike. Most uninsured / underinsured automobile policies will cover you as a cyclist or pedestrian if you are injured as the result of a negligent driver. Feel free to contact me directly for a complimentary bicycle insurance review to see if you are protected.

Cycling has given me so much joy in my life, but the thought of my children spending hours riding along the side of the road terrifies me. I long for a day when we put people that do what I do for a living out of business. The solution isn't tort reform—it's demanding and mandating safer roads. We need to be willing to make difficult choices that make all roadway users safer. We also need to be willing to push our state legislature to make these changes. These changes may seem hard in the beginning, but the result will be less injury and death on our roadways.

Feel free to contact Bunker and Robertson directly for a free bicycle insurance review to see if you are protected. **Email: [BDrummy@lawbr.com](mailto:BDrummy@lawbr.com)**

**Brian Drummy, Partner & Registered Mediator**





Riding for something **BIGGER.**

Team Heroes is proud to represent the Heroes Foundation, empowering cancer advances across Indiana since 2000.

Cancer-fighting lifestyle choices can prevent up to half of cancer types. That's why the Heroes Foundation and Team Heroes advocate to advance cancer **prevention**, in addition to cancer **support** and **research** initiatives.



What are you riding for?  
[heroesfoundation.org](https://heroesfoundation.org)



# To Bike or Not to Bike!?

By Doreen McGuire Crenshaw

My interest in cycling began in the early 1970s after receiving an orange Schwinn Varsity bicycle. Since that time, cycling has remained a central part of my life. For individuals new to the sport, cycling can appear intimidating. However, for those unfamiliar with the enjoyment of cycling and its community, participation can be both accessible and rewarding. Although there are many reasons individuals may feel hesitant to begin riding, most barriers can be overcome with determination and support. Programs such as Bike Buddies, offered through Central Indiana Cycling, provide mentorship to help individuals identify suitable routes, develop safe riding habits, and address common concerns. Group events such as Bike Party and smaller community rides offer opportunities for social engagement. Additionally, organizations such as Bicycle Garage Indy host educational events, including "Lunch and Learn" sessions. With a willingness to step outside one's comfort zone, individuals can experience the many benefits and simple pleasures associated with cycling.

*"Just as a journey of a thousand miles begins with a single step, an abundance of joy on a bicycle begins with the first revolution of that wheel. You can do it!"*



# ENTER TO WIN! GIVEAWAY!

2 GREAT PRIZES!



WAHOO ELEMNT  
ROOM V2 COMPUTER  
WITH RPM SPEED &  
CADENCE SENSOR

WAHOO BOLT V2  
COMPUTER  
WITH RPM SPEED &  
CADENCE SENSOR

- SUPPORT BICYCLE SAFETY IN INDIANA
- RIDE SMARTER & TRACK EVERY MILE
- WIN PREMIUM WAHOO GEAR
- BUY MORE TICKETS = INCREASE CHANCES!

SCAN TO WIN!



# BIKE SHOP DIRECTORY

Your local bike shop is an integral part of the cycling community. It is a resource for riders new and seasoned and should be a partner as we all work together to make cycling safer for all Hoosiers who want to ride a bike. If your shop isn't listed here, or there is an error in our listings, please email [info@bicycleindiana.org](mailto:info@bicycleindiana.org) with the subject line "Bike Shop Listing" as we want to work to keep this as updated as possible.

Albrights Cycling & Fitness  
2720 Lincolnway West  
Mishawaka, IN 46544  
[info@albrightscycling.com](mailto:info@albrightscycling.com)  
(574) 255-8988

Alley Cat Outfitters  
100 Berry St.  
Wabash, IN 46992  
(260) 590-4144

Arnold's Mobile Bike Repair  
9890 Forest St.  
Dyer, IN 46311-2895  
[ArnoldsMobileBikerepair@gmail.com](mailto:ArnoldsMobileBikerepair@gmail.com)  
(219) 713-1463

Art Werks Bike Shop  
1910 Bluffton Rd.  
Fort Wayne, IN 46809  
(260) 310-0224  
[artwerksbikeshop@yahoo.com](mailto:artwerksbikeshop@yahoo.com)

Bespoke Raster BikeShop  
Richmond, IN 47330  
(317) 457-6142

Bicycle Doctor USA  
8551 W Gardner Rd.  
Bloomington, IN 47403-9276  
[bicycledoctor@outlook.com](mailto:bicycledoctor@outlook.com)  
(812) 825-5050

Bicycle Garage, Inc.  
507 E Kirkwood Ave.  
Bloomington, IN 47408-4060  
[sales@bikegarage.com](mailto:sales@bikegarage.com)  
(812) 339-3457

Bicycle Garage Indy 82nd St.  
4340 E. 82nd St.  
Indianapolis, IN 46250  
(371) 842-4140  
[www.bgindy.com](http://www.bgindy.com)

Bicycle Garage Indy Roosevelt Avenue  
1411 Roosevelt Ave., Suite B.  
Indianapolis, IN 46201  
(317) 612-3099  
[www.bgindy.com](http://www.bgindy.com)

Bicycle Garage Indy Southport Road  
3850 E. Southport Rd.  
Indianapolis, IN 46237  
(317) 885-7194  
[www.bgindy.com](http://www.bgindy.com)

Bicycle Garage Indy 106th Street  
4335 W. 106th St.  
Carmel, IN 46032  
(317) 870-3277  
[www.bgindy.com](http://www.bgindy.com)

Bicycle Hospital  
3702 Dr Martin Luther King Jr St.  
Indianapolis, IN 46208  
[bicycle\\_hospital@yahoo.com](mailto:bicycle_hospital@yahoo.com)  
(317) 926-1641

Bicycle Outfitters  
1510 Washington Ave.  
Vincennes, IN 47591-2250  
[indianabikeshop@yahoo.com](mailto:indianabikeshop@yahoo.com)  
(812) 882-5588

Bicycle Station - Columbus  
1201 Washington St.  
Columbus, IN 47201  
[info@thebicyclestation.com](mailto:info@thebicyclestation.com)  
(812) 379-9005

Bike And Soul  
120 N Public Square  
Angola, IN 46703  
[joe@bikeandsoulangola.com](mailto:joe@bikeandsoulangola.com)  
(260) 665-8356

Bike People Indy  
414 Dorman St.  
Indianapolis, IN 46202  
[matt@bikepeople.com](mailto:matt@bikepeople.com)  
(317) 650-6343

Bike Stop Cycling  
609 E US Highway 20  
Michigan City, IN 46360-7419  
[bikestopcycling@yahoo.com](mailto:bikestopcycling@yahoo.com)  
(219) 872-9228

Bikesmiths  
112 S College Ave.  
Bloomington, IN 47404-5165  
[bikesmithsbloomington@gmail.com](mailto:bikesmithsbloomington@gmail.com)  
(812) 339-9970

Bloomington Bike Project  
216 N Madison St.  
Bloomington, IN 47404  
[bloomington.bike.project@gmail.com](mailto:bloomington.bike.project@gmail.com)

Bloomington Bicycles  
4535 E. 3rd St.  
Bloomington, IN 47401  
(812) 964-4068

Bluegrass Bicycle Company  
10929 E County Road 750 N  
Brownsburg, IN 46112-9609  
[info@bluegrassbicyclecompany.com](mailto:info@bluegrassbicyclecompany.com)  
(317) 513-3017

Bontrager Bike Shop  
9699 W1050 N  
Nappanee, IN 46650  
(574) 646-2072

Breakaway Bike & Fitness Shop  
8 South Wabash St.  
Peru, IN 46970  
[shannon@breakawaybike.com](mailto:shannon@breakawaybike.com)  
(765) 473-3848

Brian's Bicycle Repair  
E 800 E  
Wilkinson, IN 46186  
(317) 372-0104

Brown County Bikes  
185 S Jefferson St. #2061  
Nashville, IN 47448  
[browncountybikes@gmail.com](mailto:browncountybikes@gmail.com)  
812-200-1115

Broken Heart Cycling  
101 N Washington St.  
Crawfordsville, IN 47933  
(765) 323-3099

Buck's Bike Shop, Inc.  
610 Silhavy Rd.  
Valparaiso, IN 46383-4442  
bucksbicycleshop@yahoo.com  
(219) 462-3411

Buckskin Bikes  
95 Madison Ave.  
Anderson, IN 46016  
ben@buckskinbikes.com  
(765) 393-1409

Burlington Bike Shop  
831 2nd B Rd.  
Nappanee, IN 46550  
(574) 546-1188

Carmel Cyclery  
230 W Carmel Dr.  
Carmel, IN 46032  
info@carmelcyclery.com  
(317) 575-8588

Chain Reaction Bike Center  
190 W 300 N  
Decatur, IN 46733  
rjbraun7@hotmail.com  
(260) 692-1400

Clarksville Schwinn  
111 W Lewis And Clark Pkwy.  
Clarksville, IN 47129-1731  
clarksvilleschwinn@gmail.com  
(812) 948-2453

Clermont Cyclery  
3639 N Raceway Rd.  
Indianapolis, IN 46234  
(317) 639-9167

Columbus Cycling & Fitness  
833 16th St.  
Columbus, IN 47201  
joe@columbus-cycling.com  
(812) 372-7486

Conquest Cycling  
1199 E. 181st St.  
Westfield, IN 46074  
bike@conquestcycling.org  
www.conquestcycling.org  
(317) 670-9417

Crossroads Cyclery  
1102 Ohio St.  
Terre Haute, IN 47807-3818  
jim@crossroadscyclery.com  
(812) 242-2453

Curfman's Cyclery & Fitness  
426 N Washington St.  
Marion, IN 46952  
rcurfman@sbcglobal.net  
(765) 662-6068

Cycling And Fitness Warehouse  
213 N 3rd St.  
Richmond, IN 47374  
info@cyclinandfitnesswarehouse.com  
(765) 914-8506

Cycling Solutions  
7766 Fruitwood Ln. Ste C-2  
Newburgh, IN 47630-8094  
(812) 518-2720

D+D Bicycle  
231 N Wayne St.  
Warren, IN 46792-9643  
(260) 375-3828

e-Boom Electric Bikes & Service  
47 South Main St.  
Zionsville, IN 46077  
Main: (317) 340-4156  
Service: (317) 654-5196

Ebikes-Escapes  
13101 Darmstadt Rd.  
Evansville, IN 47725  
(812) 319-8747

Ed's Sports Plus  
13809 Morse  
Cedar Lake, IN 46303  
arn02@msn.com  
(219) 374-5722

Family Bike Center  
3410 S Main St.  
Elkhart, IN 46517-3124  
ride@familybicyclecenter.com  
(574) 219-2865

Family Bike Chain Greenfield  
101 E. Main St.  
Greenfield, IN 46140  
mitch@familybikechain.com  
(317) 462-6008

Fizz'z Bike Shop  
311 W Main St.  
Madison, IN 47250-3716  
fizzzsales@hotmail.com  
(812) 273-3499

Fort Wayne Outfitters & Bike Depot  
1004 Cass St.  
Fort Wayne, IN 46808  
info@fwoutfitters.com  
(260) 420-3962

Freewheelin Community Bikes  
3355 Central Ave.  
Indianapolis, IN 46205  
info@freewheelinbikes.org  
(317) 926-5440

Future Velo Electric Bikes & Scooters  
156 W. Carmel Dr.  
Carmel, IN 46032  
(317) 810-0940

Gear Up Cyclery  
124 W Main St.  
Plainfield, IN 46168-1132  
dgibbs39@gearupcyclery.com  
(317) 203-5045

Goldman's Bike Shop  
9310 E Jackson St.  
Selma, IN 47383  
dgoldbike@hotmail.com  
(765) 282-2453

Graveyard Cycles  
709 E. Barker Ave.  
Michigan City, IN 46360  
(219) 669-7003

Greenway 500 Bike Shop  
5551 E County Road 500 S  
Muncie, IN 47302  
(765) 744-3414

Hardin's Bike Shop  
1725 S Walnut St.  
Muncie, IN 47302  
hardinsbikeshop@att.net  
(765) 289-6495

Heartland Bike Shop  
6125 County Rd. 800 S  
Topeka, IN 46571-9808  
(260) 593-0512

House Of Bicycles  
10140 Mckinley Hwy.  
Osceola, IN 46561-9753  
hobhouse73@aol.com  
(574) 679-4992

Ike's Bicycle Shop  
111 S 6th St.  
Richmond, IN 47374  
clickside@aol.com  
(765) 962-5480

Indy Cycle Specialist  
5804 E Washington St.  
Indianapolis, IN 46219-6524  
scott@indycyclespecialist.com  
(317) 356-4585

INRUSH Bicycle Shop  
3204 Crescent Ave.  
Fort Wayne, IN 46805  
inrushbicycles@gmail.com  
(260) 471-4454

JEM Bikes  
322 W Main St.  
Westfield, IN 46074  
(317) 586-5216  
www.jembikes.com

J's Bikes  
164 W Honey Creek Pkwy.  
Terre Haute, IN 47802-4114  
jaysbikes@gmail.com  
(812) 234-1969

Kirks Bicycle Shop  
124 S Walnut St.  
Muncie, IN 47305-2812  
info@bkbikes.com  
(765) 282-6389

Kokomo Cycling & Fitness  
1500 East Blvd.  
Kokomo, IN 46902  
kokomocyclery@kokomoschwinn.com  
(765) 452-7110

Leo's Mobile Bicycle Service  
1155 Marsh St.  
Valparaiso, IN 46385-4222  
(219) 246-2504

Lincoln Avenue Cycling  
430 W Lincoln Ave.  
Goshen, IN 46526-2413  
dannythebikeguy@yahoo.com  
(574) 533-7425

Matthews Bicycles  
7272 Pendleton Pike  
Indianapolis, IN 46226  
nparent@matthewsbikes.com  
(317) 547-3456

Marion Cycle Works  
207 S. Washington St.  
Marion, IN 46952  
(765) 251-8533

Motion Cycling & Fitness  
9530 E 126th St.  
Fishers, IN 46038  
info@motioncycling.com  
(317) 813-7433

New Haven Bicycles  
502 Broadway St.  
New Haven, IN 46774  
(260) 210-6469

Old Fort Bicycle  
1820 W. Dupont Rd. Ste D  
Fort Wayne, IN 46818  
service@oldfortbicycles.com  
(260) 399-5238

Pedego Electric Bikes Carmel  
254 Veterans Way Ste E  
Carmel, IN 46032  
info@pedegocarmel.com  
(317) 708-1070

Pengin Cycle Werks  
149 E Main St.  
Gosport, IN 47433  
contact@pengincycle.com  
(812) 879-5300

Poynter Brothers Pro Bike & Skate Shop  
1741 S. Main St.  
New Castle, IN 47362  
(765) 624-9369

Pro Bikes  
14129 W Hilltop Circle  
Daleville, IN 47334-9659  
ken@probikesltd.com  
(317) 514-6503

Pro Wrench 51  
2611 55th Pl.  
Indianapolis, IN 46220-3527  
prowrench51@gmail.com  
(317) 628-0409

Proform Bike Shop  
520 E. Lasalle Ave.  
South Bend, IN 46617  
info@proformbike.com  
(574) 272-0129

Pumpkinvine Middlebury Cyclery  
413 N Main St.  
Middlebury, IN 46540-9218  
info@pumpkinvinecyclery.com  
(574) 825-2252

R E M Bicycle and Fitness  
804 Main St.  
Jasper, IN 47546-3043  
rembikecenter@gmail.com  
(812) 634-1454

Revolution Bike & Bean  
401 E 10th St.  
Bloomington, IN 47408-3604  
rev.bikeandbean@gmail.com  
(812) 336-0241

Revolution Bike Fitting  
401 Industrial Dr.  
Carmel, IN 46032  
(317) 350-4510  
www.revolutionbikefitting.com

Rick's Bike Shop  
209 W Jefferson St.  
Decatur, IN 46733  
(260) 724-2705

Ridge Cyclery, Inc  
3731 Ridge Rd. #2092  
Highland, IN 46322-2055  
crusierlab@yahoo.com  
(219) 923-2555

Scheller's Cycling And Fitness  
Clarksville  
1000 Veterans Pkwy.  
Clarksville, IN 47129  
(812) 288-6100

Scheller's Cycling And Fitness  
Evansville  
5701 Vogel Rd.  
Evansville, IN 47715  
krickenbaugh@schellers.com  
(812) 402-4950

Schrock's Bike Shop  
2235 N 1000 W  
Shipshewana, IN 46565  
(260) 768-4225

South Bend Bike Garage  
119 W. Wayne St.  
South Bend, IN 46601  
info@sbbikegarage.com  
(574) 207-6537

Spin Zone Cycling  
51345 Bittersweet Rd.  
Granger, IN 46530  
mike@spinzonecycling.com  
(574) 243-4994

Spicer Cycles  
816 E Franklin St.  
Evansville, IN 47711  
info@spicercycles.com  
(812) 463-2120

STS Custom Bikes  
597 E US Highway 52  
Rushville, IN 46173-7917  
andy.stsbikes@gmail.com  
(765) 938-4412

The Avenue Bicycle Station  
2716 Mishawaka Ave.  
South Bend, IN 46615  
nogas@theavenuebicyclestation.com  
(574) 855-2453

The Bike Line  
6520 Cornell Ave.  
Indianapolis, IN 46220  
Sales@TheBikeLine.com  
(317) 253-2611

The Cycle Fix  
6215 Meridian Street West Dr.  
Indianapolis, IN 46260-4237  
derek@thecyclefix.com  
(463) 204-2453

The Watt Shop  
2611 E 55th Place  
Indianapolis, IN 46220  
tony@indywattshop.com  
(317) 670-0604

Trailblazer's Bike Barn  
11 N Hobart Ave.  
Hobart, IN 46342  
info@trailblazersbikebarn.com  
(219) 940-3477

Trailhouse Village Bicycles  
1001 E Canal St.  
Winona Lake, IN 46590  
barry@trailhousevillagebicycles.com  
(574) 267-2223

Trek Bicycle Fort Wayne  
3801 Lima Rd.  
Fort Wayne, IN 46805  
(260) 484-0182

Trek Bicycle Granger  
7225 Heritage Square Dr., Suite 260  
Granger, IN 46530  
matt\_lucas@trekbikes.com  
(574) 703-3610

Trek Bicycle Schererville  
651 East US 30  
Schererville, IN 46375  
dave@trekbikestore.com  
(219) 322-2453

Victory Cycle  
301 E Morgan St.  
Kokomo, IN 46901-2359  
mail@victorybikeshop.com  
(765) 452-9717

Virtuous Cycles  
215 N 10th St.  
Lafayette, IN 47901  
virtuouscycles@gmail.com  
(765) 201-0672

Wana Ride  
350 IN-5  
SHIPSHEWANA, IN 46565  
(260) 768-7064

Wandering Wheels  
277 Thoburn Ave.  
Upland, IN 46989-9058  
wheelsbike1964@gmail.com  
(765) 998-7490

Weber Sports  
238 Main St.  
Aurora, IN 47001-1357  
webersports@embarqmail.com  
(812) 926 1200

Westfield Cyclesports  
18128 Market Ct.  
Westfield, IN 46074  
westfieldys@gmail.com  
(317) 867-4422

**Accidents Happen.**

**We're here to make sure you'll be okay.**

If you've been harmed due to someone else's negligence, you're wondering how you will pay medical bills, when you will be able to go back to work, and who can help you through this dark time. Bunge & Robertson can be your light in the darkness, with a listening ear and a hand to guide you along this journey. Our knowledgeable personal injury attorneys are devoted to helping you find the path to physical, financial and emotional wellness.

**In every moment, count on us — we're here to help.**

**Brian Drummy**  
bdrummy@lawbr.com 812.245.6058

**75<sup>th</sup> YEAR**  
**BUNGER & ROBERTSON**  
ATTORNEYS AT LAW

211 South College Ave. Bloomington, IN  
Phone 812.332.9295 • lawbr.com



Bicycle Indiana  
PO BOX 22076  
Indianapolis, IN 46222

Promote. Educate. Advocate.  
Creating a safer Indiana for all who  
ride a bicycle.  
[www.bicycleindiana.org](http://www.bicycleindiana.org)

## Thanks to our Supporters!

Bicycle Indiana would like to thank the organizations, clubs, and retailers for their financial support and commitment to improving bicycling in Indiana. If you are interested in becoming a Business Member or are curious about our reach and associated benefits, please reach out to [info@bicycleindiana.org](mailto:info@bicycleindiana.org).

PODCAST



**LISTEN NOW! CHECK OUT  
OUR PODCAST TODAY!**