



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 22 NO. 3

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

April / 2010

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## Words of Wisdom from the Prez

I bought an iPhone last week, it's supposed to do a lot of really useful things. Although I haven't figured very many of them out yet. So far I downloaded an app that shows you where the nearest bathroom is—that might be useful someday. I also downloaded a wind speed indicator app. So now if I hold the phone up while I'm riding I could estimate my speed, as long as I account for the prevailing winds.

I was also attempting to clean out my office area at home and found the big box of Bay View Bike Club files that Dan Krall gave me 2 years ago. Since I've never really looked at it—I thought I'd bring it back to Beulah Brinton for safekeeping. You never know when someone will need the 2000 Southeastern Wisconsin Regional Planning Report or information about the 1994 Trek 100. Does anyone have a computer that still uses floppy disks?

Information technology has changed a lot since this club started. We have changed the way we do things in order to take advantage of new technology—we should keep changing. I realize we are not the most technologically sophisticated group of people. Not all of us have computers and cell phones. Some of us do but don't know how to make them work. One of the advantages of belonging to a club is that we can help each other learn new things.

Here are a few ideas. Since our newsletter is electronic—it can have pictures. Ride leaders should encourage riders to share cell phone numbers at the beginning of rides. It would make getting lost less lonely. We could start including GPS information in our cue sheets. Eventually, I think everyone will have a GPS.

The purpose of Bay View Bike Club is the same as when it started—to have fun by riding bikes together. We should keep looking forward. We should use new technology to help us ride our bikes farther, to new places and have more fun along the way.

On a side note, this past weekend the Bay View Bike Club had the opportunity to promote ourselves for new members at the Wheel & Sprocket Expo. The club would like to thank everyone who volunteered their time and hard work to help make this another successful year.

## **LAKE COUNTRY CLASSIC RIDE Update**

- ❖ 12 more volunteers are needed for our Rest Stops on Ride day.
- ❖ 6 more volunteers are needed for route marking on 7/10/10, the Saturday before the Ride.
- ❖ 4 to 6 volunteers are needed to direct parkers and as Sentries.
- ❖ 8 more SAG drivers/riders are needed (4 teams of 2 people).

***To volunteer-*** please email Dan at: [danielg@warshafsky.com](mailto:danielg@warshafsky.com), or call: 262-673-7686.

**Please sign up now ☺**

Our Ride brochures have been printed and are ready for distribution. We will have them available at our Membership meeting on April 19, 2010. Pick up a few stacks of brochures and take them to your local bike shop, retail stores and other businesses near your home, or workplace. Whatever you can do to help us get the word out and encourage people to try our Ride would be appreciated.

**Please help distribute Ride brochures ☺**

An early reminder to everyone to start thinking about what type of bakery item you can prepare and donate for our Rest Stops. For those of you who never learned the fine art of baking, you can still join in the cause by donating money to pay for the fruit, bagels and PBJs needed for the Rest Stops. Please let our Rest Stop Chair, Sam Gannon, know what you can donate. We have many riders relying on our famous tradition of home-baked goodies at our Rest Stops.

***To sign up-*** please e-mail Sam at: [sandraw@warshafsky.com](mailto:sandraw@warshafsky.com), or call: 262-673-7686.

**A BIG "THANK YOU" TO ALL BVBC VOLUNTEERS!**

## BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Dan Gannon	danielg@warshafsky.com
Secretary	Bob Klein	b68018201K@hotmail.com
Treasurer	Norm Wojtal	Norm@bayviewbikeclub.org
Ride Chair	Pat Peterson	pat@bayviewbikeclub.org
Social Committee Chair	Vacant	
Membership Chair	Debra	debra@bayviewbikeclub.org
Classic Ride Chair	Vacant	
Newsletter Editor	Guadalupe Mittelstaedt	isislc@gmail.com

## Standing Committees

Role	Name	Email Address
Web Master	Ron Santoro	bikerron@bayviewbikeclub.org
Nominating	Vacant	

## Next Club Meeting – April 2010

**When:** 7 P.M. on the third Monday of each month

**Where:** Beulah Brinton Center

2555 S. Bay St., Milwaukee (Bay View).

**Next Meeting:** Monday, April 19, 2010

## Membership Report

Memberships expired on March 31, 2010. So, this is a reminder to get your renewals in as soon as possible so you don't miss out on any club events. Use the renewal form included in the March 2010 newsletter or download a copy from [www.bayviewbikeclub.org](http://www.bayviewbikeclub.org). If there is a change in your e-mail address during the year make sure I am notified so you continue to receive club e mails.

### ***New Members:***

**Please welcome the following new members:**

Gordano, Stevan and George Rajak, and Peter Cowley



## May Birthdays



David Katzfey	May 1
Salvatore Fontanazza	May 5
Joe Kepper	May 9
Kristen Hewitt	May 14
Paula Ambos	May 15
Pat Peterson	May 15
Jamison McNaughton	May 25
Penney Haney	May 25
John Mallman	May 28
Bruce Fulton	May 29

### Pat Peterson, Ride Chair

Well our season got off to a soggy start, hopefully the rest of the year is much better for riding. I hope everyone was able to get all there needed equipment or bikes at our March meeting or the Wheel and Sprocket Expo.

If anyone is interested in being a ride leader see me at the meeting or at a club ride. I would gladly fill you in on what you have to do. It is a great way to meet some of our club members. Also if anyone is interested in hosting a picnic ride see me and I will the ride into the schedule.

See you out on the road.

Pat

Contact me at [pat@bayviewbikeclub.org](mailto:pat@bayviewbikeclub.org)

1-414-771-5526 or out on the ride or bike club meeting

## Ride Schedule

All Rides Start at **10am** April, May and October and **9am** June through September

### **Saturday, April 17, 2010**

**Whitnall South** - 22, 37, 58 miles - Easy ride into Racine county and back - Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave.

### **Sunday, April 18, 2010**

**Cool Doctor** - 20, 35, 46 miles - Ride west on the New Berlin Recreational Trail, through Waukesha to the Glacial Drumlin Trail, and on to Dousman. Return same route. Turn a-round in Waukesha or Wales, or Dousman. - Starts at Greenfield Park. Take I-894, exit at Greenfield Ave. Go west to 124th St. Turn Left on 124th and left into park at the Cool Waters Sign. Park in the north lot across from the Cool Waters Pool.

### **Saturday, April 24, 2010**

**Greenfield SW** - 22, 44 miles - Improved route! Rural ride going through Muskego, New Berlin and Windlake - Starts at Greenfield Park. Take I-894, exit at Greenfield Ave. Go west to 124th St. Turn Left on 124th and left into park at the Cool Waters Sign. Park in the north lot across from the Cool Waters Pool.

### **Sunday, April 25, 2010**

**River Hills Roll** - 26, 35 miles - Ride through River Hills, Mequon and Bayside. - Starts at Kletzsch Park. Take I-43 north to Good Hope Rd. Go west one mile to Milwaukee River Pkwy. South in Pkwy approximately one mile to parking lot on west side.

### **Saturday, May 01, 2010**

**Windlake** - 21, 34 miles - Ride around Windlake and Big Muskego Lake, fairly flat, mostly rural route. - Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., south west on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116<sup>th</sup> St. Left on New Berlin Rd. to parking lot on left.

### **Sunday, May 02, 2010**

**LaGrange** - Southern Kettle Moraine - 23, 49 miles - Scenic ride through Southern Kettle Moraine. - Starts from LaGrange General store. Take I-43 southwest to East Troy. West on WI 20 to US 12. West on US 12 to LaGrange. Park in the lot at the intersection of US 12 and Cty. H. Approximate drive time: 50 minutes from Zoo.

### **Saturday, May 08, 2010**

**Cedarburg** - 28, 49 miles - Improved route! Very scenic ride through rural area north of Cedarburg. - Starts at Centennial Park. Take I-43 north to County C (exit 89), west on C to Wauwatosa Rd (181), right on Wauwatosa Rd to Bridge St. Right on Bridge St. to Evergreen Blvd, left on Evergreen Blvd approximately three blocks. Street parking or Pool/Waterpark lot.

### **Sunday, May 09, 2010**

***Burlington Roll*** - 23, 33, 50 miles - Easy ride between Wind Lake and Burlington. - Starts at Heg Park. Take WI 36 (Loomis Rd) south towards Wind Lake. Heg park is approximately 1 mile past Wind Lake, watch for signs on the right.

### **Saturday, May 15, 2010**

***Past Presidents Day Ride*** - 25 miles - Easy ride with a few rolling hills thru scenic farmland in NE Racine Co. Club members only, bring a dish to pass. Call or e-mail Dan Krall to RSVP - Starts at Gorney Park in Caledonia. Take I-94 south, exit at Ryan Rd. Go left, east 2.5 miles to Nicholson Rd. Turn right, going south for 2.5 miles to park on the left. Approximate drive time: 30 minutes from the Zoo.

### **Sunday, May 16, 2010**

***Beaver Lake*** - 30, 62 miles - Old TREK 100 routes. They go around Pewaukee, Beaver, Pine and Nagawicka Lakes. Challenging. - Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo.

### **Wednesday, May 19, 2010**

***To be determined*** - 0 miles - Place holder only. -

### **Saturday, May 22, 2010**

***Gils Ride to Rome*** - 23, 41, 50 miles - Scenic ride through farming country to Rome and back. I-94 west exit Hwy 67. Go left 3.4 miles to Sunset (Hwy 18). Turn right on Sunset, go half mile to Main St.. Turn left on Main .8 mile to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from Zoo.

### **Sunday, May 23, 2010**

***Chocolate City Bike Ride*** - 19, 33, 62 miles - Annual fund raiser for Burlington Kiwanis Club (registration required). - Starts at Bobs Pedal Pusher - 466 S. Pine St. (HWY 83) Burlington WI. Take I-43 to South to 164 South to HWY 36/83 South to Hwy 83 (Pine St.). Online registration [www.signmeup.com/24841](http://www.signmeup.com/24841) or call (262) 763-7794.

***Dousman Ride*** - 20, 37 miles - Very scenic rural ride around Dousman area with some rolling hills. - Starts at Bicycle Doctors parking lot. Take I-94 west to WI 67 (Oconcomoc exit), south on WI 67 approximately 3.4 miles, right on Sunset/(WI 18) 1/2 mile, left on Main St. 1.2 miles to Bicycle Doctors parking lot on right side of street or Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

### **Saturday, May 29, 2010**

***South Hills*** - 23, 35, 52 miles - Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville. - Starts at South Hills Golf Course. Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time :25 minutes from Zoo.

## **Sunday, May 30, 2010**

**Charlies Memorial Ride** - 24, 40 miles - Scenic ride through Hales Corners, Muskego, Big Bend and Mukwonago. Long route has numerous hills. Passes near Charlies gravesite. - Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., south west on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116th St. Left on New Berlin Rd. to parking lot on left.

## **Monday, May 31, 2010**

**Menomonee Falls/Neosho** - 29, 49, 59 miles - Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots. - Starts at Village Park in Menomonee Falls. Take I-94 west to US 45. North on 45 to Appleton Ave. Northwest on Appleton Ave to Garfield Dr. (across from bank in downtown). Left on Garfield Dr. to Village Park on left. Approximate drive time: 20 minutes from Zoo.

## **RIDE LEADER RESPONSIBILITIES**

Being a ride leader is lots of fun and earns you additional rider points. It's easy to do. There are just a couple of things to remember:

- √ Be on time, or preferably, a little early.
- √ Be sure all riders sign the waiver sheet. Have them indicate the number of miles they intend to ride.
- √ Provide and distribute the ride route map to all riders.
- √ Pack and carry a First Aid Kit. If you don't have a kit or need additional supplies, please contact the Ride Chair. Render assistance as needed and as you are able. In case of an accident involving more serious injury or property damage, fill out the enclosed incident report when time permits. This will allow a claim to be submitted to our insurer.
- √ At rest and lunch stops, do a check to make sure all riders are accounted for. At the end of the ride, again double-check on riders to make sure everyone made it back.
- √ Have fun!

### *After the ride:*

Return the waiver sheet (and ride package) to the Ride Chair so that everyone can qualify for rider points and to satisfy our insurance requirements.

Make notes after the ride (where to eat afterwards, where to park, any problems with the route (places people got lost, incorrect mileage, bad corners, etc.)) for the next ride leader and turn in to the Ride Chair.

**BVBC - Rider Point Totals - 1-Oct-2009 thru 15-April-2010**

Roessl, Linda	357
Dix, Michael	250
Santoro, Ron	249
Soriano, Joseph	204
Tuckwood, Debra	203
Schmidt, Jeff	200
Beachkofski, Clare	150
Klein, Robert	149
Krall, Dan	134
Peterson, Pat	128
Labinski, Dennis	120
Meilicke, Dennis	112
Turney, Carol	112
Craig, Michael	82
Lucas, Mary	66
Kent, Kelly	60
Walsh, Patrick	60
Krueger, Gil	44
Polk, Bob	44
Gannon, Sandra	40
Gannon, Dan	40
Bear, Colleen	36
Zalewski, Mark	35
Mcnaughton, Jamison	22



Orosa, Jojo	20
Connors, Dennis	20
Hewett, Kristin	16
Butters, Gary	16
Weiner, Dean	16
Hepp, Bill	16
Nelson, Tom	16
Peterson, Beth	16
Neperud, Brian	14
Pier, Barb	13
Karr, Nancy	13

### ***Saddle Adjustment - How to get comfy quicker***

Adjusting your bike seat position sounds so simple, yet most of us struggle with it. About the time some of us finally get truly comfortable, our bikes are worn out, and we have to start over. Here are some tips on bike seat adjustment that will get you comfy in a few rides, rather than a few months.

The muscles that move our hip and knee joints are fairly fussy about the angles that they operate through. If your bike seat is too low, your knees and hips will be operating through a range close to "fully squatted." This is bad for two reasons. A fully bent knee joint is in a weak position, and it's easy to damage the structure of the joint by trying to push hard just then. This is mainly a problem with deep knee bends, the kind where your heels touch your butt, so you probably aren't riding with your saddle that low. At least, not while sitting on it. The second problem is more realistic-fatigue. Excessively low bike seats make your legs tired prematurely. Your leg muscles aren't good at putting out power with that much knee angle. You can train them to accommodate this position, but why?

If your saddle is too high, the penalties are even steeper. First of all, a too-tall seat will inhibit your bike handling. If you're bad at the technical stuff, a big part of the problem may be that your bike seat is so high that you get whacked whenever you try to ride an obstacle. Worse, if your saddle is so high that you have to reach down with your toes to keep your feet on the pedals (roadies call this "ankling"), you can damage your Achilles tendons or knees. Severely.

So how high should your saddle be? With your bike in a doorway (so you can lean against the frame with your shoulders), put your heels on the pedals, and pedal backwards. You should be able to complete the pedal stroke without rocking your hips.

**If your hips rock, the saddle is too high.** If they don't, raise it until they do. Call this the "ideal road position." I prefer a mountain bike seat position about a half-inch lower than the road position for buff trails, especially those with a lot of aerobic climbing. I find my leg strength to be optimum in this range. I go about an inch lower than the road position for mixed technical/fast riding. If anything, I err on the low side. Tired, I can handle. Injured? I reject the concept. For extreme or totally technical riding, my seat is all the way down, and I don't think about sitting on it.

Once the height is right, adjust the fore/aft position. Too far back, and you'll have to bend over too far to reach the bar, and climbing will be one long wheelie into the weeds. Too far forward, and you'll feel a bit scrunched. Start with the bike seat centered-if you are convinced that you need to have it at one end of the rails or the other, your bike or stem may be the wrong size.

How about saddle angle? If the nose is too high, your Precious Bits will go to Numbsville, and your genetic string may end prematurely. Too low, and you'll get tired holding yourself back in the saddle. Each saddle is different, because they all have a different shape. Start by slapping a level on the saddle's front and rear high points, and adjust your seatpost clamp to level the saddle.

On your next ride, be sensitive to pressure points. If the nose of the saddle presses on the base of your thingy, lower the nose just a bit, like one click, or a few bolt turns. This is a science of bike seat adjustments.

When all is well, dot a bit of red or white nail polish (which I always carry) just above the seatpost clamp and on the seat rail. Now you'll be able to get your saddle right back to your perfect position, should it ever slip.