



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

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www.bayviewbikeclub.org

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Words of Wisdom from the Prez

The busiest riding time of the year is still to come. Cream City Century, 8-29 Door County Century 9-12, Maywood 9-18 and Pedal the Kettle 9-19. If you haven't ridden over 60 miles yet this year--now's the time.

If you are planning to go to the Door County Century this year--let me know. We'll plan to organize the traditional group dinner on Saturday night and Breakfast on Monday morning.

How about a Packer Party? There are several Sunday afternoon Packer games that would make great social events. Ride in the morning--then watch the game. We're looking for someone to host a party or suggest a good bar where we can all get together.

See you on the road.

Mike Dix

President BVBC

BVBC VOLUNTEERS ROCK!

*A huge **THANK YOU** to the wonderful volunteers who helped make our 2010 Lake Country Classic Ride a success. We had a record number of registered riders - 485! This was the most number of riders we have ever had participate in the history of the Classic. Many of us heard glowing remarks from riders about our routes, rest stops, food, helpful volunteers, etc. that were very gratifying. Please indulge yourselves in at least a few minutes of self-satisfaction for having done such a great job. You deserve more than that, but most of you are too modest to admit it.*

I am very pleased to know that we helped 485 people out there to enjoy the heart-healthy activity of bicycling. They had a beautiful summer day, wonderfully scenic routes and terrific food to make it even more enjoyable.

I wish you had all been at First Congregational Church at the end of the Ride to hear the comments of praise and gratitude from our Riders. Gil, Nancy, John, Barb, Nancy, Katie, Linda, Tierney and others can share with you the remarks they heard.

We were the lucky ones to be able to accept from the Riders the thanks that belong to all of you volunteers. Our Rest Stop volunteers were all top-notch, as were those at Registration. A big Thank You to Tierney and Katie for overseeing things in the parking lot. With this many riders, they had to think fast and keep on their toes. We are particularly grateful to our partners at First Congregational Church and their kitchen help and the "church ladies." They were all fantastic. They made the event a much more pleasant experience by graciously offering assistance whenever needed and by giving our Riders a delicious spaghetti dinner to top off their ride. Thank you to our route markers and to our club members who previewed the routes and offered suggestions. We can't forget the SAG drivers too. Sam Gannon deserves special recognition for her skillful organization and endless hours of work pre-organizing the rest stop supplies, buying rest stop items, organizing bakery items from members and keeping everything running smoothly on the day of the ride. Good planning and good people make for success.

Your devotion to bicycling and to our Club is so uplifting that you make me very proud to be a member of BVBC. Can't wait to see those photos, Ron. Thank you, thank you for all of your hard work, from the bottom of my heart.

Dan Gannon

BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Dan Gannon	danielg@bayviewbikeclub.org
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	Dan Gannon	danielg@bayviewbikeclub.org
Newsletter Editor	Guadalupe Mittelstaedt	isislc@gmail.com

Standing Committees

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

*****AUGUST 16TH MEMBERSHIP MEETING
START TIME CHANGED TO 7:30pm *****

August Club Meeting

When: August 16th, 7:30 PM

Where: Beulah Brinton Center

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

Agenda: Business meeting and announcements
from the Board

Guest Speaker: Tom Held, Milwaukee Journal
Sentinel Reporter

The meeting will start off with our Speaker, Tom
Held, followed by a very short business meeting.

Open to the Public, everyone is welcome!!!

No 'fancy riding': city set to bring cycling rules up to speed

By [Tom Held](#) of the Journal Sentinel

Dec. 21, 2009 12:04 p.m.

Barring unexpected opposition, bicyclists in Milwaukee will soon be free to ride two abreast on city streets and register their bikes only if they choose.

An ordinance with those changes to the city's cycling regulations will go to the [Common Council on Tuesday](#), with the support of a council committee, the police and the Department of Public Works. The Bicycle Federation of Wisconsin also supports the new ordinance.

Most of the changes being proposed simply bring the city's rules on pace with state law covering bicycles and rules of the road.

The new ordinance has some language, though, that leaves room for interpretation, if not debate and legal challenges. Some of it seems amusing, especially a prohibition against “any acrobatic for fancy riding on any street.” (The Sanata Cycle Rampage may be one large moving violation).

In the most significant changes, the measure eliminates the city’s prohibition against riding two-abreast and the required licensing of bikes.

The mandatory licensing was rarely followed and rarely enforced. Going forward, the registration will be voluntary, providing police a means to trace and return stolen bikes and providing owners with a form of identification.

For the first time, it will cost \$25 to retrieve a bike that the police have impounded.

The ordinance also incorporates the “dooring” law that requires motorists to check for bicyclists before opening a car door into their path. The Legislature put that “check first” requirement in into state law earlier this year.

Subject to interpretation:

Two-abreast: The provision allowing cyclists to ride two abreast includes the caveat, “if the flow of traffic is not impaired.” That language would require a discretionary call on the part of a police officer issuing a ticket, and the potential for an argument in court.

At stake would be a fine of \$10 to \$20.

Brakes and fixies: The ordinance requires that bikes be equipped “with a brake in good working condition, adequate to control the movement of and to stop the bicycle whenever necessary.”

It does not specify that a fixed-gear bike must be outfitted with a hand brake, nor does it confirm that the braking action of the rider pushing backward on the pedals to slow the bike would be sufficient.

Kovac said he interprets the ordinance to say “your brakes are your legs.” Dave Schlabowske, the city’s pedestrian and bicycle coordinator, said he reads it to say that a separate hand brake is required.

Different courts across the country have [provided different rulings on the topic.](#)

Stay off the sidewalks: Unless you’re a child under 10 being supervised by an adult, the ordinance says don’t ride on the sidewalk. Even those youths are prohibited from riding on a sidewalk that abuts a building, which eliminates a pretty good share of the riding area in the city.

The ordinance also prohibits riding on public school grounds or public playgrounds, in any circumstances, even for children, unless part of a sanctioned function.

Sidewalk exceptions: Riding on the sidewalk is allowed in a few areas to provide safer routes for cyclists.

Those include: sidewalks on grated bridges that lack bicycle surface plates; (The grates become slippery when wet) sidewalks on the viaducts on 6th St., 16th St., 27th St., and 35th St.; the bridges over the Milwaukee River on E. North Ave. and E. Locust St., and the sidewalks along Commerce Ave, on the Beerline bike trail.

Keep your hands on the bars: According to section 102-7-3a., cyclists have to keep their hands on the handlebars and their feet on the pedals. This section includes the rule against “acrobatic” or “fancy riding” on any street.

Red reflectors: For riding at night, the ordinance requires a head light that is visible from a distance of 500 feet, and a red reflector of at least two square inches on the rear. A red light on the back is not a substitute for a rear reflector.

Additional considerations from your BVBC Board:

From Bicycling Magazine, here is a link to riding safety tips. Click on the link and read all about riding safety, not only as a cyclist, but as a motorist too:

http://www.bicycling.com/news/advocacy/share-road?cm_mmc=BicyclingNL_-2010_08_03_-slideshow_-share_the_road

Special Announcement

Dear Coalition Club Members;

We here in "Spring City" would like to extend to BVBC members the opportunity to ride our Pedal the Kettle at a \$5.00 per rider discount. Instead of \$25, your members pay only \$20! The only stipulation is that you need at least 10 members per club, riding any distance. Skip the Active.com registration. Go to our website, print out and sign waiver forms for each rider. Give them to Mike Dix or mail them to the BVBC post office box by August 25th.

Thanks for all you do to support safe and fun cycling!

Mary Ziebell

Director of Marketing and Public Relations
Spring City Spinner Bicycle Club

Membership Report

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.

We currently have 115 members: 107 adults and 8 children.

Please Welcome our new members:

Jeffrey Schaubel, Thomas Scheer, Penny Acree, and Mark Sandler



September Birthdays



Penny Acree	September 7	Rebecca Banks	September 15
Doris Kreis	September 11	Marjorie McNaughton	September 16
Laura Hartnett Weiner	September 11	David Weiner	September 30

Pat Peterson, Ride Chair

The dog days of summer are upon us now. The classic was a hit. The summer has been a wet one, hope you are all getting in enough riding.

As always if you are interested in being a ride leader see me. If you did the Scenic 150 or the MS 150 let me know what distance you did and I will update the rider points.

See you out on the road.

Pat

Contact me at pat@bayviewbikeclub.org

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

Remember every ride is tentative until ridden; check our website or your e-mail. All club rides start at 9:00.

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.

Ride Schedule

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

Saturday, August 14, 2010

Germantown Roll - 24, 40 miles - New route! Ride north toward West Bend. Fewer hills than the old route. - Starts at Haupt Strasse Park in Germantown. Take Hwy 45 north to Mequon Rd (167east). Go east to Western Ave. (stoplight, Medical Associates on corner). Left (north) on Western Ave. 1/2 miles to park 30 minutes from Zoo.

Sunday, August 15, 2010

Horicon Marsh - 32, 44 miles - Ride along or around Horicon Marsh. Fairly hilly. Long route goes around the marsh, take enough water. Short route goes along the east side of the marsh and returns the same route. - Starts at Clausen Park in Horicon. Take US 41 north to WI 33. West on 33 to Horicon. Go straight when 33 turns left in downtown Horicon. Go under John Deere bridge, cross river, turn left on Larabee St. Park in Clausen Park on left. Approximate drive time: 55 minutes from Zoo.

Sunday, August 15, 2010

Tour de Fort - 19, 35, 63 miles – Annual fund-raiser for the MACC fund (registration required). Organized ride in Fort Atkinson. Hosted by Tour de Fort Bicycle Club. – Starts in Fort Atkinson, WI. Use Business 26. Online registration @ www.jcbc.info

Saturday, August 21, 2010

Harrington Beach - 24, 54, 64 miles - Ride along Lake Michigan north to Harrington Beach and back. - Longer routes start at Virmond Park in Mequon. Take I-43 to Mequon Rd. East on Mequon Rd. to Lakeshore Dr. South approximately 3/4 mile to Virmond Park (on left). Short route starts ONE HOUR after long route from the Marina in Port Washington. Take I-43 north to WI 32, 32 northeast into Port Washington, right on Washington St to marina. Approximate drive time: 40 minutes from Zoo.

Sunday, August 22, 2010

Pewaukee Lake Ride - 18, 35 miles - This ride goes around Pewaukee Lake with some hilly sections. - Starts at Mitchell Park in Brookfield. Take I-94 west to Barker Rd exit. North on Barker Rd to River Rd (just north of RR tracks). East (RIGHT) on River Rd .3 mile to park. Park in lot south of red shed.

Saturday, August 28, 2010

Audubon Court - 36 miles - Ride North along Lake Michigan to County Line Rd. Return inland following county bike trail South. – Starts at South Shore Park in Bay View. Take I-94 exit at Becher St. Go East on Becher to E. Bay St. Veer right on E. Bay St., follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn Left on Estes and Right on South Shore Dr. Consult a map for more details.

Sunday, August 29, 2010

Cream City Century - 50, 75, 100 miles - Annual Cream City Cycle Club ride (registration fee required). - Starts at Waterford Union High School. Take Hwy 36 SW to Hwy 20, then west on Hwy 20/83 into Waterford. Turn left on S. Center St., follow signs for parking lots south and west of the high school. www.creamcitycycleclub.com (414) 299-9398

Saturday, September 04, 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.

Sunday, September 05, 2010

Big Cedar Lake - 27, 42 miles - Rural ride going north through Holy Hill, Hartford and Slinger, long route circle Big Cedar Lake. - Start at Holy Hill. Take I-94 west to US 45 north. US 45 to WI 167 (Holy Hill Rd). West on 167 to Holy Hill. Park in large lower gravel lot.

Monday, September 06, 2010

Lake Country Ride - 33, 60 miles - Scenic ride through Pewaukee and Oconomowoc area. - Starts at Wagner Park in the City of Pewaukee. Take I-94 west, exit County J. Turn right (north) on J go 1.8 miles to Green Rd (at the top of the hill). Rt on Green Rd. for 0.7 mile to Wagner Park. Park in SE corner of lot. Approximate drive time: 20 minutes from Zoo.

Saturday, September 11, 2010

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 (Oconomowoc 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.

Sunday, September 12, 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 116th St. Left on New Berlin Rd. to parking lot on left.

Door County Century - 30, 60, 100 miles - Annual fund raiser in Door County (preregistration required). - See brochure for details. <http://DoorCountyCentury.tripod.com> (715) 276-2320.

Saturday, September 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.

Maywood Earth Ride - 25, 50, 64 miles - Fund raiser ride with five scenic routes through Sheboygan County to benefit the Ellwood May Environmental Park - Take I-43, exit #128 go southeast 1.1 mile on Hwy 42. Turn right on Mueller Road; park entrance is 0.2 mile on left. For more details check out the website: www.gomaywood.org

Sunday, September 19, 2010

Pedal the Kettle - 30, 60, 100 miles - Annual Spring City Cycle Club ride (registration feerequired). - Start at Meadowbrook School. Take I 94 west to Cty Hwy G (exit 291), go left on Hwy G, turn left on Rolling Ridge Drive to Meadowbrook School. www.springcityspinners.org Club hotline (414) 279-9135.

Saturday, September 25, 2010

Delafield Lake Country - 20, 29, 57 miles - Scenic ride through lake country around Delafield, long route passes near Holy Hill, Pike Lake and Hartford. - Starts at Cushing Park. I-94 west to County C (Delafield), left (north) on C 0.4 miles to Main St. Left (west) on Main St. 1/2 mile to Cushing Park Rd. (by Kurts Steak House), right on Cushing Park Rd. 1/5 mile to parking lot just across bridge. Approximate drive time: 25 minutes from Zoo.

Sunday, September 26, 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.

BVBC - Rider Point Totals - 1-Oct-2009 thru 8-Aug-2010

Roessl, Linda	1319	Labinski, Dennis	598
Santoro, Ron	1273	Gast, Ted	594
Soriano, Joseph	1272	Gannon, Sandra	561
Peterson, Pat	1211	Gannon, Dan	561
Tuckwood, Debra	1026	Bear, Colleen	521
Dix, Michael	1019	Orosa, Jojo	509
Schmidt, Jeff	991	Duchateau, Susan	449
Beachkofski, Clare	955	Krall, Dan	447
Wojtal, Norm	835	Kelly, Kent	411
Mcnaughton, Jamison	807	Krueger, Nancy	374
Lucas, Mary	784	White, Becky	332
Wojtal, Prati	782	Meilicke, Dennis	328
Klein, Robert	721	Schaubel, Jeff	327
Krueger, Gil	668	Mittelstaedt, Guadalupe	323
Peterson, Beth	641	Craig, Michael	317

Gresl, Lois	290	Williams, Maurice	79
Gibbs, Tamara	286	Zalewski, Mark	65
Nelson, Tom	269	Neperud, Brian	64
Tumey, Carol	228	Rajak, Gordano	58
Sericati, Tom	213	Sartori, David	54
Michalets, Ellen	209	Bivens, Bob	52
Polk, Bob	203	Sandler, Mark	52
Karr, Nancy	202	Pomahac, Pat	52
Connors, Dennis	190	Kubal, Barb	50
Pier, Barb	189	Burill, Alan	50
Hepp, Bill	161	Earle, Sandy	50
Bivens, Katie	155	Mathers, Russ	50
Knepper, Dick	150	Crown, Ron	42
Poznanski, John	150	LaFave, John	42
Lalor, Tierney	145	Brown, David	34
Butters, Gary	141	Zalewski, Evonne	30
Walsh, Patrick	140	Coffey, Brian	30
Simonson, Tom	137	Kreis, Doris	30
McNaughton, Marjorie	132	Peterson, Jenny	30
Katzfey, David	130	Stachowiak Sr, Keith	30
Katzfey, Delvina	100	Jackson, Will	30
Pogliano, Donna	100	Head, Diane	30
Bloemer, Byron	99	Rajak, Steven	24
Jaeckel, Randy	94	Cahill, Alyssa	24
Johnson, Jared	82	Schaetke, Kathy	24

Young, Meredith	24	Hewett, Kristin	16
Rosiak, Nancy	23	Weiner, Dean	16
Dyczeiski, Robert	20	Mallman, John	8

The whole truth and nothing but the truth

By **Selene Yeager**, at **Bicycling.com**

In a society where beliefs about exercise are either long-held or fleeting (you know, until something better comes along), it can be difficult to know if we're doing the right thing at the right time. And while some rules of fitness are backed up with studies and research, others aren't as grounded in science. These are the rules you can bend.

1) *Always warm up and cool down.*

THE WHOLE TRUTH While a proper warm-up is a must, especially prior to a race, a cooldown isn't always necessary.

NOTHING BUT THE TRUTH Researchers at Aberystwyth University, in Wales, found that a warm-up that includes moderate to heavy efforts can improve high-intensity cycling performance by 3 percent. These efforts activate all available motor units so they're ready to jump into action at the start, and leave you less likely to go into the red 30 seconds in. For very hard efforts, a cooldown can help prevent blood from pooling in your legs and causing dizziness, but there's no evidence that it clears lactic acid or helps prevent soreness.

2) *Drink before you're thirsty.*

THE WHOLE TRUTH Drink up, but don't drown yourself.

NOTHING BUT THE TRUTH A little dehydration doesn't hurt performance or put you at risk for heat stress. In a study from the Sports Science Institute of South Africa, researchers found that runners who drank according to thirst performed just as well as those who drank moderate or high amounts, and they didn't have any higher heat stress or core body temperature.

3) *When weight training, rest between sets.*

THE WHOLE TRUTH Keep moving.

NOTHING BUT THE TRUTH You're a cyclist, not a body builder. Sitting between sets reduces potential calorie burn. In a recent study from the University of Connecticut, researchers found that lifters who rested for one minute or less between sets experienced nearly double the metabolism boost of lifters who rested for three minutes.

4) *Crunches strengthen your core.*

THE WHOLE TRUTH Crunches don't work.

NOTHING BUT THE TRUTH Do this instead: Lie back on a mat and lift your legs so your thighs are perpendicular to the floor and your knees are bent 90 degrees. Extend your arms straight toward the ceiling. Contract your abs and lift your torso off the floor while simultaneously straightening your legs so your body forms a V. Hold for two seconds. Lower. Do three sets of eight to 10 reps.

5) *Never do intervals on back-to-back days.*

THE WHOLE TRUTH Do intervals on back-to-back days--but only if you're training for something really hard.

NOTHING BUT THE TRUTH If you're training for a stage race or other multiday event, doing consecutive interval days with ample rest afterward helps build top-end stamina and simulates what's ahead.

6) *Aim for 90 rpm when pedaling.*

THE WHOLE TRUTH There is no magical cadence.

NOTHING BUT THE TRUTH You can perform well spinning between 80 and 100 rpm. Choose according to your muscle-fiber makeup and recruitment as well as your fitness level and gear selection.

Classifieds

8 brand new in the box Yakima tube top crossbars for converting womens or mountain type bikes for carrying on car racks **\$15** each.

If you know any one interested give me a call, **414-423-6895**

Thanks,

Cheryl Pierson