



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 26 NO. 1

www.bayviewbikeclub.org

February / 2010

Words of Wisdom from the Prez

Hi friends—It's been a great winter for skiing—not such a great winter for biking. I have seen some bikers out there since the roads have been in good shape. I'm not one of them yet. Spring and summer is coming—this is the time to plan for it!

In 2010 Bay View Bike Club will continue to do what we do best. Sponsor local rides every weekend that appeal to riders with a variety of abilities and interests. We need to continue to welcome new riders and offer routes that appeal to beginners and casual riders. Now is the time to plan picnic rides! If you're considering hosting a picnic or party ride—now is the time to get it on the ride schedule. We will continue to support local charity sponsored rides. If you know of a ride that we don't currently participate in, we can discuss including it on our ride schedule.

Speaking of planning—We still need 2 board members. The social chair and classic chair are still vacant. Please consider joining the board and helping to continue the fun and excitement of Bay View Bike Club.

Our world is changing. Fat kids, fatter adults, global warming, a shrinking economy. Be an inspiration to your community—Ride your bike more!!

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 – February 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, February 15, 2010
Open to the public, everyone is welcome!

The BVBC Hot Line is Gone

Just a friendly reminder to our members, the BVBC hotline is gone. The board had decided to retire the hotline as of November 1st 2009. As times change, the website seems to have replaced the hotline as our source of information. Almost no one calls the hotline anymore. It costs the club \$16.75 a month, year round to have the phone line—so it's clearly not worth it.

Membership Report

We have a total of 123 members; 118 adults and 5 children. As a reminder, since our communication is primarily through e-mail make sure you provide me with any changes or corrections to your email address. If you notice that you have not been getting e-mails from the club, please let me know so I can try to remedy the situation.

There are no new members this month.



February Birthdays



Nancy Kelly	February 2
Thomas Sericati	February 8
Barb Kubal	February 10
Alan Burrill	February 12
Beth Peterson	February 21
Mary Lucas	February 26
Betty Grendysa	February 26
Jim Wenzell	February 27



March Birthdays



Nancy Karr	March 1
William Hustedde	March 6
Jane Connors	March 6
Prati Wojtal	March 6
Clare Beachkofski	March 6
Agustin Orosa Jr.	March 15
Tamara Gibb	March 19
Alicia Howell	March 20
Pat Butters	March 21
Katie Bivens	March 26
Kathy Schaetke	March 27
Matthews Kepper	March 28

Pat Peterson, Ride Chair

The schedule is shaping up and I will present it to the board at the February board meeting. I will then present it at the February general meeting for all members to view.

Picnic Rides. If you are interested in hosting a picnic ride, please contact me as soon as possible. If you can give me advanced notice, at least a month I should be able to work the schedule around it.

There are 2 rides coming up for the winter cycling enthusiast in February and March. The Polar bear ride went off with only Linda and 11 other riders from Wheel and Sprocket.

Contact me, Pat Peterson:

1. At our monthly meeting
2. By e-mail: pat@bayviewbikeclub.org
3. By phone 414-771-5526
4. On a ride

Thanks and remember, every ride is tentative until ridden, check out website

I'll see you out there.

Pat

Ride Schedule

Ride starts at 10:00 AM and I will need a ride leader.

Sunday, March 14, 2010

St Paddys Ride. In honor of St.Patrick's Day so help us spin those snakes out of town then stop for coffee afterwards. The ride is 16 miles and starts at the Pantheon Restaurant on Rawson west of 76th street, park in the back. The address is 7621 West Rawson Avenue, Franklin, WI 53132

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 2-Jan-2010

Roessl, Linda	294
Dix, Michael	234
Santoro, Ron	217
Tuckwood, Debra	187
Schmidt, Jeff	174
Soriano, Joseph	168
Beachkofski, Clare	150
Klein, Robert	118
Krall, Dan	118
Labinski, Dennis	88
Tumey, Carol	74
Meilicke, Dennis	74
Krueger, Gil	44
Kelly, Kent	44

Craig, Michael	44
Polk, Bob	44
Walsh, Patrick	44
Gannon, Sandra	40
Gannon, Dan	40
Zalewski, Mark	35
Lucas, Mary	30
Peterson, Pat	24
Mcnaughton, Jamison	22
Neperud, Brian	14
Bear, Colleen	14
Karr, Nancy	13
Pier, Barb	13

Six Ways to Stay in Shape This Winter

1) Nordic Skiing

Nordic ski almost every day. It's a great aerobic workout, and it strengthens muscles that may have atrophied during the season to provide a more balanced body. Winter **snowshoeing**, especially uphill and breaking trail after a snowstorm, can do the same thing.

2) Core Strength

Work on injury prevention by rebuilding my body. A lifting program focusing mainly on the legs and core. The first part rebalances muscle groups caused by injuries or favoring one leg during pedaling. The second focuses on increasing maximum power, so lots of weight and low reps. The third works on transferring power into muscular endurance, so light to medium weights and high reps. Also do a plyometrics program with sets of jumping exercises to increase your explosiveness.

3) Hiking

See how fast you can hike a familiar trail and try to beat your time each day. Hiking in hills and up steep inclines increases your stamina and strength.

4) Downhill Skiing

It's an incredible, dynamic, anaerobic workout, working most of the musculature of the legs, hips. Strengthens your core.

5) Dog-Walking

The physical and emotional benefits are priceless. Walk in a group and keep the pace high and the distance long, perfect for cross-training. Your dogs' company is a perfect distraction and helps you stay motivated to be out there in all conditions.

6) Yoga

Yoga helps to focus on weaknesses, and for injury prevention. Some injuries were related to or caused by inflexibility. Yoga classes offer a good environment and help you relax.