



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 22 NO. 6

www.bayviewbikeclub.org

July / 2010

Words of Wisdom from the Prez

The Lake Country Classic is this weekend. Registration on-line and through the mail has been going very well. If the weather holds, we would expect over 400 riders this year. A BIG "Thank you" must go out to our sponsors (Wheel and Sprocket, Buffalo Wild Wings, Culligan Water and the Warshafsky Law Firm) and our tireless volunteers. We could not do this event without them. This event provides the financial foundation for our club. It also allows us to donate thousands of dollars to local charities.

I rode the 100 mile route last Sunday--I think it includes some of the best roads we ride on. I really appreciated all the route markings. For the first time this year, I completed an entire BVBC ride without making any wrong turns!!!

Every bike needs handlebars. (Except unicycles--they're hard to ride). Bike clubs need board members. Think about your friends in the club---wouldn't many of them make great board members? Now's the time to ask them.

Let's keep a good thing going.

We are looking for a speaker for our August Membership meeting. If you know of someone who would be willing to come and speak to our Club, please talk to any Board member.

See you on the road.

Mike Dix

President BVBC

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	

July Club Meeting

When: July 19th, 7 PM

Where: Beulah Brinton Center

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

Agenda: July 19th meeting is the Ice Cream Social.

We will discuss the results of the Classic and enjoy
ice cream supplied by the Club.

NOT open to the public.

August Club Meeting

When: August 16th, 7 PM

Where: Beulah Brinton Center

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

Agenda: Announcements from the Board

Guest Speaker: To Be Announced.

Open to the Public, everyone is welcome!!!

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 107 members: 99 adults and 8 children.

Please Welcome our new members:

David Sartori, Brian Coffey, Anne Bonds, Jennifer Clark, and Erik Hokanson



August Birthdays



Meredith Young	August 1	Jim Moroney	August 19
Diane Head	August 5	Jenny Peterson	August 19
David Weiner	August 6	Norm Wojtal	August 20

Andy Gravning	August 13	Bill Hepp	August 24
Anne Bonds	August 19	C. Russell Mathers	August 27

Pat Peterson, Ride Chair

If you did the Rivers edge and did not see Mary Lucas, let me know and I will update the rider points. As always I am looking for volunteers to be ride leader. If you are interested please get in touch with me.

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, July 17, 2010

BVBC Classic-Lake Country - 25, 45, 65 miles - Bay View Bicycle Club fund raiser ride through Lake Country Waukesha & Jefferson Counties - Starts from First Congregational church in Oconomowoc. See brochure for registration, starting times and more details

Sunday, July 18, 2010

LaGrange - Whitewater - 30, 56 miles - Scenic ride through Southern Kettle Moraine between LaGrange and Whitewater. - 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, July 24, 2010

Ottawa Lake - 30, 40 miles - Scenic ride through Southern Kettle Moraine State Forest. - Take I-94 west to WI 67 (Oconomoc 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 Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

Sunday, July 25, 2010

Coalition Picnic - 23, 33, 50 miles - Club members from BVBC, Cream City and Spring City only, bring a dish to pass or \$7.00. The Cream City Cycle Club is the sponsor this year. The picnic starts around 11am. Rides start @ 7:30a for 56 m, 8:30a for 41 m, and 9a for 20 m. Picnic and ride start at Picnic Area #3A near Lincoln Ave.

Scenic Shore 150 – 75 miles – Annual fundraiser for Leukemia-Lymphoma research (pre-registration and pledges required). – Starts at MATC in Mequon, goes to Door County. See brochure for details. www.leukemia-lymphoma.org/wi (262) 790-4701.

Saturday, July 31, 2010

Holland Festival - 30, 60 miles - Ride along Lake Michigan to Cedar Grove, enjoy the festival, buy some food, 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 01, 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 3 blocks. Street parking or Pool/Waterpark lot.

Saturday, August 07, 2010

Lake Mills Triangle - 31, 46 miles - Very scenic ride through Lake Mills, Cambridge and Jefferson. - I-94 west (Exit 259 - Lake Mills), south on 89 approximately 2 miles, right into Glacial Drumlin trailhead Parking lot.

Sunday, August 08, 2010

Hoyt Park - 22, 38 miles - Suburban ride through Elm Grove, Brookfield and Pewaukee. - Starts at Hoyt Park. Take I-94 west to US 45, north to Watertown Plank Rd. (at end of ramp continue straight on Swan Blvd). Stay to the right, road heads North / Northeast. Entrance to Hoyt Park is about one mile on the right.

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.

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

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.

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

BVBC - Rider Point Totals - 1-Oct-2009 thru 10-Jul-2010

Roessl, Linda	1007	Meilicke, Dennis	228
Santoro, Ron	976	Tumey, Carol	228
Dix, Michael	859	Polk, Bob	203
Soriano, Joseph	816	Mittelstaedt, Guadalupe	200
Peterson, Pat	803	Krueger, Nancy	195
Schmidt, Jeff	776	Duchateau, Susan	184
Tuckwood, Debra	729	Hepp, Bill	161
Beachkofski, Clare	719	Michalets, Ellen	160
Peterson, Beth	571	White, Becky	157
Mcnaughton, Jamison	522	Gresl, Lois	149
Bear, Colleen	480	Craig, Michael	142
Lucas, Mary	454	Connors, Dennis	141
Wojtal, Norm	447	Walsh, Patrick	140
Klein, Robert	420	Nelson, Tom	121
Gast, Ted	414	McNaughton, Marjorie	102
Krueger, Gil	400	Butters, Gary	100
Wojtal, Prati	394	Jaeckel, Randy	94
Orosa, Jojo	364	Sericati, Tom	93
Gibbs, Tamara	286	Johnson, Jared	82
Gannon, Sandra	286	Williams, Maurice	79

Gannon, Dan	286	Zalewski, Mark	65
Krall, Dan	281	Neperud, Brian	64
Labinski, Dennis	278	Rajak, Gordano	58
Kelly, Kent	237	Sartori, David	54
Karr, Nancy	53	Jackson, Will	30
Pomahac, Pat	52	Katzfey, David	30
Mathers, Russ	50	Kreis, Doris	30
Earle, Sandy	50	Stachowiak Sr, Keith	30
Burill, Alan	50	Coffey, Brian	30
Poznanski, John	50	Peterson, Jenny	30
Knepper, Dick	50	Rajak, Steven	24
Kubal, Barb	50	Young, Meredith	24
Crown, Ron	42	Bivens, Bob	24
LaFave, John	42	Cahill, Alyssa	24
Pier, Barb	38	Schaetke, Kathy	24
Simonson, Tom	37	Rosiak, Nancy	23
Brown, David	34	Weiner, Dean	16
Head, Diane	30	Hewett, Kristin	16
Zalewski, Evonne	30	Mallman, John	8

Munch and Ride

On-bike snack breaks keep your energy levels high and your legs spinning fast

Alberto Contador said he planned to win every race he entered in 2009--but that dream dissolved by March, when attacking riders left him in the dust at Paris-Nice, seizing the leader's jersey. His show of weakness came not from heavy legs or a superior field; he

simply forgot to refuel and bonked hard. It was a rare mistake for an established champion.

As Contador demonstrated, failing to fill your glycemic gas tank will quickly ruin a ride. A smooth snack break requires specific bike-handling skills to deliver the proper type and amount of food from your pocket to your mouth.

STAY ON SCHEDULE Make timing your nutrition a priority. Take hits from your water bottle after 30 minutes and every 15 minutes thereafter. For rides longer than 45 minutes, follow the American College of Sports Medicine's guidelines and eat the equivalent of 1 gram of carbohydrate for each additional minute (gels have about 25 grams and bars have 40 to 45).

BUILD BALANCE Holding your handlebar with one hand and eating with the other sounds easy enough. What's not so simple: continuing a perfect line while barreling down a busy road and digging through your back pocket. Practice by riding one-handed along parking-space lines. Then, ride the lines while mimicking a snack break. Just keep pulling food from your pocket, bringing it to your handlebar, and returning it. When your support hand is on the brake hoods or the side of the bar, every body motion is exaggerated and transferred to the front wheel. For optimal balance (though reduced braking ability), hold your handlebar next to the stem with your dominant hand.

EAT SAFELY Hyperawareness during refueling will help keep you--and the people riding with you--safe. First, scan the road for traffic in case you swerve. Then, look out for other obstacles. Potholes and debris can sneak up quickly, even when you're rolling along at a leisurely pace.

DIVERSIFY Blowing through an entire case of Strawberry Blast gels can become tedious, and when you grow tired of a specific flavor, you're less likely to eat. Buy a variety of gels, bars and chewy supplements; most energy foods have a six-month or longer shelf life. When you can, carry unprocessed fare such as bananas and sandwiches.

PREP YOUR FOOD Avoid an on-bike fight with your food wrapper--and the resulting smashed snack--by partially opening the packaging before you roll out. Another option: Repack your food into a zip-lock bag, which doubles as a used gel-packet depository.

CHOOSE WISELY The muffin you crave at the preride coffee shop may look delicious, but it is likely to crumble into hard-to-eat bran meal in your jersey pocket. Stick with easy-to-manage foods, like a peanut-butter-and-banana sandwich cut into quarters.

By Matt Allyn, Bicycling Magazine