



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 22 NO. 5

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

June / 2010

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## *Words of Wisdom from the Prez*

Hey--- It's June already. The riding season is getting into high gear—you should too!!!

**Here are some events to keep in mind.** The new Historic Milwaukee Ride and picnic is this Sunday, June 20<sup>th</sup>. The ride is pretty short—about 18 miles or 27 miles. The picnic is in Area 5—a little north of the lighthouse. It starts as soon as we return from the ride. The Northpoint Lighthouse will be open for our private tour from 11am to 1pm. Another group has it reserved at 1pm. The tour is free to members and their guests—the club is paying for it. You may contribute more to the Lighthouse Foundation if you wish. This is a great event for your non-riding family members. If you haven't been to Lake Park lately, you will be surprised at how nice it is. This was this cities' first big park—many of its historic walkways and monuments have been restored. Most of the time we just ride or drive along Lake Drive. There's a lot of neat stuff on top of the bluff.

The **Lake Country Classic**, July 17<sup>th</sup>. What more can we say? **Lots! Talk it up** to your friends and people you meet on the road. It's a great way to get new members and potential members involved. Invite your families to come and help out. This ride provides the financial foundation for the club and allows us to contribute to some great local charities.

The coalition ride and picnic is Sunday, July 25<sup>th</sup>. It's our chance to ride and spend some time with the Cream City and Spring City riders. It's a great time to compare rides and get new ideas.

The Door County Century is Sunday September 12<sup>th</sup>. Many of us go up for the whole weekend. Traditionally we go out for dinner Saturday Night and Breakfast on Monday morning. My wife and I had a great time last year. We'll talk about it at upcoming meetings.

We've been having great rides with lots of riders so far this year. Let's continue to be a welcoming group. Invite someone to ride with us. Encourage new riders—don't let anyone feel lost or left behind. We've all been there. Let's continue to be a vibrant club.

See you on the road.

**Mike Dix**

**President BVBC**

## ***BVBC Board Members***

<b>Role</b>	<b>Name</b>	<b>Email</b>
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***

<b>Role</b>	<b>Name</b>	<b>Email Address</b>
Web Master	Ron Santoro	bikerron@bayviewbikeclub.org
Nominating	Vacant	

## ***June Club Meeting***

**When: June 21<sup>st</sup>, 7 PM**

**Where: Beulah Brinton Center**

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

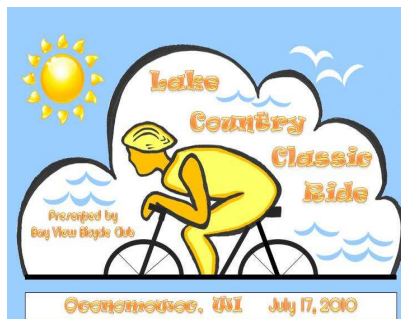
**Agenda: Announcements from the Board**

- **Dennis Christiansen** will make an oral and video presentation about his daughter's fight with Multiple Sclerosis and the **"Best Damn Bike Ride"**, which takes place on August 7 & 8.

Open to the Public, everyone is welcome!!!

## **LAKE COUNTRY CLASSIC PREVIEW RIDE**

***Sunday, July 11, 2010***



Our Club's Preview Ride of our Lake Country Classic routes, (15, 25, 45, 65 and 100 miles), will be on Sunday, July 11, 2010. There are Rest Stop opportunities for the longer routes, (45, 65 and 100 miles). The two shorter routes would be similar to our short Club rides where you bring your own "fuel" (Power bars, water, etc.).

Century riders can stop at the BP Concord General Store at Hwys. B & F, (*frozen treats; sandwiches, etc.*).

65 and 100-milers can stop at the Citgo station in Palmyra, where they have ice cream cones, or at the BP Station in Palmyra, which is also a Subway Sandwich Shop. In the town of Eagle, instead of taking a right on Main and continuing out of town, you could take a left on Main Street to find cold treats and food.

45, 65 and 100-milers can take a short 1-mile detour off of Waterville Road onto Sunset Dr. (Hwy. 18) to the intersection of Hwy. 67 for food and drinks at the BP Station/convenience store there. The Sunny Side Up Café is south of that corner and their menu includes --- ice cream! If you're in the mood for pizza, head for Denny's Pizza in Dousman. Those of you with a trail pass could take a shortcut and jump on the Glacial Drumlin Trail, which is paved from its intersection with Waterville Road to the BP Station in Dousman. Additional "Rest Stop" locations may be identified prior to the Ride date and the information will be given to you with the cue sheets and maps on that day.

Our Route Marking crew will have been out marking the routes the day before the Preview Ride. We are counting on you to promptly let us know of any necessary

changes, or improvements on our route markings, maps and cue sheets. **Please call Dan Gannon with your comments, (home #262-673-7686). THANK YOU!**

## ***Membership Report***

***The club roster will be available at the June membership meeting.***

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 98 members: 93 adults and 5 children.

***Please Welcome our new members:***

**Robert Dyszelski and Jared Johnson**



### **July Birthdays**



Gary Butters	July 1
Libby Gravning	July2
Keith Stachowiak Sr	July 4
Daniel Gannon	July 5
Ted Gast	July 10
John LaFave	July 13
Lois Gresl	July 14
Maurice Williams Jr.	July 15
Dan Krall	July 15
David R. Brown	July 16
Michael Dix	July 18

Richard Knepper	July 18
Joyce Harms	July 31

### ***Pat Peterson, Ride Chair***

The Classic is almost upon us, if you haven't volunteered now is the time. It is a great way to get to know other riders and members.

I have not received back the ride packets back for South Hills, Menomonie falls/Neosha and any ride in June. If you did the Miller Lite ride and did not see Jeff Schmidt to sign up for the ride just email me and I will get you points in.

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](mailto: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, June 19, 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.

### **Sunday, June 20, 2010**

***Historic Milwaukee Tour and Picnic*** - 18, 27 miles - Ride along the Hank Aaron trail, and Veterans Administration grounds. Picnic with optional lighthouse tour after the ride. Ride starts in Lake Park at the Lake Park Bistro parking lot. (Golf course parking lot). Picnic will be at area 5. RSVP to Mike Dix. (mike@bayviewbikeclub.org) Picnic is for members and their guests. We will supply the meat and buns. Bring a dish to share or \$7.00.

<http://www.county.milwaukee.gov/ImageLibrary/Groups/cntyParks/maps/Lake1.pdf>

Take 794 to the Lakefront. Take Lincoln Memorial Drive about 2 ½ Miles North. Turn left on Ravine Road. (Narrow Park road). Turn Left at the top of the hill to the parking lot OR turn right and park on the road near picnic area 5.

### **Saturday, June 26, 2010**

***South Shore to Gorney Park*** - 24, 38 miles - Ride south to Gorney Park, then return. - 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 on left on Estes and right on South Shore Dr.

### **Sunday, June 27, 2010**

***Riveredge River Valley Ride*** - 16, 30, 50 miles - Annual fund raiser (registration required). - Starts in Newburg, WI. See brochure for details or On Line registration @ [www.riveredge.us](http://www.riveredge.us) (800)-287-8098

***Menominee River Century*** - 25, 50, 75 miles - Annual fund raiser (registration required). - Starts in Marinette, WI. See brochure for details. [www.mrcride.com](http://www.mrcride.com) (800) 447-5673.

***Grant Park*** - 13, 28 miles - Easy ride through Oak Creek Pkwy, south to Caledonia

and back. - Ride starts at Grant Park Golf Course clubhouse. Take I-94 south, exit at College Ave. Go east on College Ave. to Lake Dr. Take Lake Dr. south to Hawthorne Ave., east on Hawthorne to clubhouse.

### **Saturday, July 03, 2010**

**Oconomowoc – Eagle** – 25, 42 miles – Rural ride going South from Oconomowoc through Dousman and Eagle. Longer route has some hilly areas. - Starts at Roosevelt Park. Take I-94 West to WI 67. Take WI 67 (becomes Summit) for 2.5 miles. Turn left on Forest St. (not marked at light), ½ mile into park. Approximate drive time: 30 minutes from Zoo.

### **Sunday, July 04, 2010**

**Chuck's Breakfast Ride** – 34 miles – Easy ride through River Hills and Mequon. Stop at Chuck's for breakfast afterwards at 406 N. Main St. – Starts at Village Park in Thiensville. Take I-43 North to Mequon Rd. West on Mequon Rd (approximately 3 miles). Right on N. Cedarburg Rd/Main St. (approximately ½ mile). Right on Green Bay approximately 1 block, right on Elm to Village Park.

### **Saturday, July 10, 2010**

**Parkside** - 29, 50 miles - Easy ride through Kenosha County. - Starts near Petrified Springs Park in Kenosha. Take I-94 south, exit at County E (Kenosha), east on County E approximately 5 miles to Hwy 31, left on Hwy 31 for 0.3 miles, right on JR for 0.6 miles to parking lot on the left, just outside of Petrified Springs Park.

### **Saturday, July 10, 2010**

**BVBC Classic Preparation Day** - 100 miles - Mark the Route. -

### **Sunday, July 11, 2010**

**BVBC Classic Preview** - 15, 25, 45, 65, 100 miles - BVBC Classic previewed for MEMBERS ONLY!!!! Century and 65 mile starts at 7:00 am; all others at 9:00 am. Starts at First Congregational Church at 815 S. Concord Rd. Oconomowoc. Take I-94 west to WI 67 (Oconomowoc exit). Turn right (North) on Hwy 67 (Summit Ave), turn LEFT (west) on Hwy B (Valley Rd). Travel West 3+ miles to Hwy BB (Golden Lake Rd, also Concord Rd.) turn RIGHT (north). Go North about 1.5 miles to First Congregational Church, on East side of the road. Park in the northeast corner of the upper parking lot.

### **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 St.Pauls school 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**

***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.

### **Saturday, July 24, 2010**

***Scenic Shore 150*** - 75 miles (Day 1) - Annual fund raiser for Luekemia-Lymphoma research (preregistration and pledges required). - Starts at MATC in Mequon, goes to Door County. See brochure for details. <http://wi.ss150.llsevent.org> (262)790-4701.

### **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. - To Be Determined

### **Sunday, July 25, 2010**

***Scenic Shore 150*** - 75 miles (Day 2) - Annual fund raiser for Luekemia-Lymphoma research (preregistration and pledges required). - Starts at MATC in Mequon, goes to Door County. See brochure for details. <http://wi.ss150.llsevent.org> (262)790-4701.

### **Saturday, July 31, 2010**

***Ottawa Lake*** - 30, 40 miles - Scenic ride through Southern Kettle Moraine State Forest. - 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 Glacial Drumlin parking on left side of street. 30 minutes from Zoo.



## BVBC - Rider Point Totals - 1-Oct-2009 thru 3-May-2010

Roessl, Linda	<b>774</b>	Soriano, Joseph	<b>517</b>
Santoro, Ron	<b>623</b>	Schmidt, Jeff	<b>461</b>
Dix, Michael	<b>557</b>	Tuckwood, Debra	<b>444</b>
Peterson, Pat	<b>414</b>	Nelson, Tom	<b>91</b>
Beachkofski, Clare	<b>385</b>	Krueger, Nancy	<b>85</b>
Klein, Robert	<b>361</b>	Gresl, Lois	<b>81</b>
Peterson, Beth	<b>268</b>	Neperud, Brian	<b>64</b>
Wojtal, Norm	<b>263</b>	Earle, Sandy	<b>50</b>
Krueger, Gil	<b>254</b>	Burill, Alan	<b>50</b>
Lucas, Mary	<b>246</b>	Poznanski, John	<b>50</b>
Tumey, Carol	<b>228</b>	Kubal, Barb	<b>50</b>
Meilicke, Dennis	<b>228</b>	Mathers, Russ	<b>50</b>
Mcnaughton, Jamison	<b>227</b>	White, Becky	<b>50</b>
Bear, Colleen	<b>219</b>	Johnson, Jared	<b>40</b>
Labinski, Dennis	<b>215</b>	Williams, Maurice	<b>37</b>
Wojtal, Prati	<b>210</b>	Zalewski, Mark	<b>35</b>
Krall, Dan	<b>209</b>	Brown, David	<b>34</b>
Polk, Bob	<b>203</b>	Rajak, Gordono	<b>34</b>
Gannon, Dan	<b>177</b>	Kreis, Doris	<b>30</b>
Gannon, Sandra	<b>177</b>	Jackson, Will	<b>30</b>
Mittelstaedt, Guadalupe	<b>175</b>	Knepper, Dick	<b>25</b>
Gast, Ted	<b>174</b>	Simonson, Tom	<b>25</b>
Kelly, Kent	<b>155</b>	Cahill, Alyssa	<b>24</b>
Orosa, Jojo	<b>154</b>	Young, Meredith	<b>24</b>

Walsh, Patrick	<b>140</b>	Bivens, Bob	<b>24</b>
Gibbs, Tamara	<b>134</b>	Schaetke, Kathy	<b>24</b>
Duchateau, Susan	<b>124</b>	McNaughton, Marjorie	<b>24</b>
Butters, Gary	<b>100</b>	Rosiak, Nancy	<b>23</b>
Hepp, Bill	<b>95</b>	Connors, Dennis	<b>20</b>
Hewett, Kristin	<b>16</b>	Pier, Barb	<b>13</b>
Weiner, Dean	<b>16</b>	Mallman, John	<b>8</b>
Karr, Nancy	<b>13</b>		

## The New Superfoods

**Add these five foods to every meal to flatten your belly--and ride longer and stronger.**

***By: Selene Yeager- Bicycling Magazine***

Cycling nutrition has recently added new superfoods, including monounsaturated fat, which will help flatten your belly and improve your performance. Monounsaturated fat, or “MUFA,” has been the cornerstone of Mediterranean diets for centuries, and is gathering space on the American table. Evidence shows that MUFAs may offer a host of important health benefits, including the ability to crank up your fat-burning metabolism and shrink your midsection. In one study, Harvard researchers put 101 men and women on either a low-fat or moderate-fat diet that included about 20 percent of calories from MUFAs. After 18 months, the MUFA-eating group dropped an average of nine pounds and shed nearly 3 inches from their waists, compared with the low-fat group, which gained an average of six pounds and added nearly an inch around their middles. Research from Spain yielded similar results--people eating carb-enriched diets gained belly fat during a four-week study, while those eating more MUFAs (but the same number of calories) lowered their belly-fat levels. This is important because high levels of belly fat, even in people who are otherwise a healthy weight, have been linked to a host of diseases including heart disease, diabetes and even Alzheimer's.

MUFAs are fluid fats that flow easily through those tunnels and keep them flexible. Solid fats like butter and shortening clog the tunnels, impede circulation and create inflammation that leads to hardening of the arteries.

That's good news for an ever-hungry cyclist during prime riding season, because it prevents succumbing to I-can't-believe-I-ate-the-whole-box carb binges and the roller-coaster ups and downs that follow.

Here are five MUFA food groups that Sass suggests eating every day, several times a day. Have a serving with each meal. But remember, these are still fats, so the calorie counts aren't low. For many cyclists, the best approach may be replacing some refined carbs or less-healthy fatty fare with MUFA-rich foods.

### **Nuts and seeds**

Everything from pecans to pine nuts, almond butter to tahini. Serving size: two tablespoons, or about a handful

### **Olives**

Black, green or blended in a tapenade. Serving size: 10 large olives or two tablespoons of tapenade

### **Oils**

Choose from MUFA-rich oils such as canola, flaxseed, peanut, safflower, walnut, sunflower, sesame or olive. Serving size: one tablespoon

### **Avocado**

There are two basic types, Florida and Hass. Either will do. Eat in guacamole or just slice and serve. Serving size: 1/4 cup

### **Dark chocolate**

As long as it's dark or semisweet, it counts. Serving size: 1/4 cup