



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

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www.bayviewbikeclub.org

March / 2010

Words of Wisdom from the Prez

Spring is coming. March has always been the month I traditionally get my bike out for the first time. I've got my computer set back to zero and I'm ready to go. (As soon as I get this cast off my right hand.) The first ride of spring is the St Patrick's Day ride on Sunday. Last year the weather was nice and we had a great turn out. Plan ahead—get the clothes out and the bike ready and be there!!!

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 – March 2010

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

Where: Wheel & Sprocket, North Shore

6940 N. Santa Monica Blvd

Milwaukee (Foxpoint)

Next Meeting: Monday, March 15, 2010

Members can browse the store for extra savings (20% off parts and accessories) with snacks provided by Wheel and Sprocket. At 7 PM, a quick club meeting, followed by a representative of Trek Travel who will provide a presentation about their fun and exciting, supported bicycle trips around the US and Europe.

March Social Event

Join us for the Milwaukee St. Patrick's Day Parade.

When: Saturday, March 13th. Meet at 11:00am. Parade starts at noon.

Where: Meet in front of **Buck Bradley's**, 1019 Old World 3rd Street

After the parade we can enjoy their special of the day, corned beef, cabbage and potatoes. **OH, SOME GREEN BEER TOO.** They offer a full menu of other items as well. Hope to see you there. Be sure to wear your best, green St. Patty's Day clothing.

For more information, visit their website: <http://www.saintpatricksparade.org/>.

Please RSVP to Dan Gannon by phone or e-mail so we can reserve a table.

Membership Report

Reminder:

Memberships expire on March 31, 2010. Renew now so you don't miss out on any club events. You can use the renewal form included with this newsletter or download it from www.bayviewbikeclub.org. Please mail or bring it to one of our membership meetings.

Also, make sure your e-mail address is written clearly. The newsletter will now be e-mailed to all club members. Be sure to notify me if you are not getting the newsletter or other club information by e-mail so I can make the necessary corrections and insure you are receiving club information.



April Birthdays



Bonnie Belonger	April 2
Mike Tompkins	April 7
James Mamayek	April 14
Ron Crown	April 21
Delvina Katzfey	April 29

Pat Peterson, Ride Chair

Our next ride is on Sunday March 14th, for our St Patrick's Day ride. Meet behind the Pantheon Restaurant on Rawson, just west of 76th street on the south side of the street.

Picnic Rides: If you want to host a picnic ride let me know. I can still work it into the schedule. The tentative schedule will be posted soon, if not by the time this article is published. Rides will be starting in April after the Wheel and Sprocket Expo, I will need ride leaders.

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

Ride Schedule

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

Sunday, March 14, 2010

St. Paddy's Ride - 16 miles - It is St. Patrick's Day so help us spin those snakes out of town then stop for coffee afterwards. - Starts start at Pantheon Restaurant just west of 76th St on the south side of the road on Rawson.

Saturday, April 03, 2010

Whitnall Park to Greenfield Park - 20 miles - Easy ride following the Oak Leaf trail. Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave.

Sunday, April 04, 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.

Thursday, April 08, 2010 thru Sunday, April 11, 2010

Wheel & Sprocket Expo - 0 miles - Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield. **Help will be needed to man our booth and with setup/teardown.** Details will be forthcoming.

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 approx. one mile to parking lot on west side.

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-Feb-2010

Roessl, Linda	319
Dix, Michael	250
Santoro, Ron	233
Schmidt, Jeff	200
Tuckwood, Debra	187
Soriano, Joseph	168
Beachkofski, Clare	150

Krall, Dan	134
Klein, Rober	133
Labinski, Dennis	104
Meilicke, Dennis	74
Tumey, Carol	74
Kelly, Kent	60
Lucan, Mary	46
Walsh, Patrick	44
Craig, Michael	44
Krueger, Gil	44
Polk, Bob	44
Gannon, Dan	40
Gannon, Sandra	40
Zalewski, Mark	35
Peterson, Pat	24
Mcnaughton, Jamison	22
Butters, Gary	16
Weiner, Dean	16
Hepp, Bill	16
Nelson, Tom	16
Neperud, Brian	14
Bear, Colleen	14
Pier, Barb	13
Karr, Nancy	13

All About Tires

1. PUMP IT UP

Proper tire pressure lets your bike roll quickly, ride smoothly and fend off flats. Narrow tires need more air pressure than wide ones: Road tires typically require 80 to 130 psi, mountain tires 30 to 50 psi and hybrid tires 50 to 70 psi. To find your ideal pressure, start in the middle of these ranges, and then factor in your body weight. The more you weigh, the higher your pressure needs to be. For example, if a 165-pound rider uses 100 psi on his road bike, a 200-pound rider should run closer to 120 psi, and a 130-pound rider could get away with 80 psi. Never go above or below the manufacturer's recommended pressures.

2. STOP RESISTING

Traditional wisdom says that higher tire pressure equals lower rolling resistance, because on a smooth surface hard tires flex less and create a smaller contact patch. But no road is perfectly smooth. Properly inflated tires conform to bumps and absorb shocks. Over inflated tires transmit impacts to the rider, which sacrifices speed and comfort. On new pavement your tires might feel great at 100 psi, but on a rough road, they might roll faster at 90 psi. In wet conditions, you may want to run 10 psi less than usual for improved traction. And if you're a mountain biker who rides to the trailhead, keep in mind that while your bike rolls smoothly on the road with 50 psi, it might feel better on the singletrack at 38 psi.

3. KEEP IT IN THERE

The pent-up air in your tubes wants desperately to join its friends in the atmosphere. If you ride over sharp objects, immediately sweep your tire with a gloved hand to remove debris. For ultimate protection, use tire liners or puncture-proof inner tubes. To avoid pinch flats when you ride over bumps, maintain proper air pressure and unweight your wheels by sharply pushing your bike downward before the bumps then pulling it upward as you roll over them. For each 10-degree-Fahrenheit drop in the temperature, your tire pressure drops by about 2 percent. So if the temperature dips from 90 degrees to 60, your road tires would drop from, say, 100 psi to 94 psi. Those six pounds are noticeable and worth adjusting for. Get in the habit of checking your pressure before every ride.