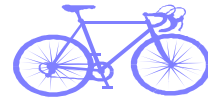




PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 22 NO. 9

www.bayviewbikeclub.org

October / 2010

Words of Wisdom from the Prez

The weather was great last weekend. We had over 30 riders on Saturday's ride. We had several newer riders, several guests and lots of regulars. One of the best things about riding with a club is meeting new people.

I hope to see a lot of new members at our October meeting. We'll have prizes and lots of awards. Everyone will get some kind of award. We will also announce all the organizations that will be receiving donations from us. Thanks to the efforts of our Lake Country Classic Committee Members and many volunteers — We have more money to give away this year. Local charities will be able to help more people because of the work we do. You can be proud to be a member of the Bay View Bike club.

See you on the road.

Mike Dix

President BVBC

After collecting the suggestions from our club members for organizations we would like to support, we have selected the following:

Boys & Girls Club of Greater Milwaukee	\$1,500
The Hunger Task Force	\$1,000
First Congregational United Church of Christ	\$200 to Church, \$300 to Mission
American Diabetes Association	\$500
Big Brothers Big Sisters of Metro Milwaukee	\$500
Beulah Brinton Center	\$500
Margaret Ann's Place	\$500
Ozaukee Interurban Trail	\$500
Urban Ecology Center	\$500

A donation to the Bike Federation will be made in the Spring.

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	

October Club Meeting

When: October 18th, 7 PM

Where: Beulah Brinton Center

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

Agenda: Awards and Pizza Night!

Members Only please !!!



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 123 members: 113 adults and 10 children.

Please Welcome our new members:

Wendy Watson, Jill Litzenberg – Hall, Trevor, Erika and Owen Hall



November Birthdays



Becky White	November 1
Colleen Shields	November 4
Linda Roessl	November 10
Guadalupe Mittelstaedt	November 16
Darwin Constantine	November 27



Pat Peterson, Ride Chair

This year's riding season has come to an end. The points have been tallied and the results will be announced at the October meeting. I want to thank everyone who volunteered to be ride leaders this year; I couldn't have done it without you. Enjoy the nice fall weather while it lasts. The last picnic ride of the year is at Sam and Dan's, the colors should be fantastic.

We still have a few more rides for the year. There is also the Too Much Turkey Ride to officially end the year.

Hope to 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** in April, May and October and **9am** June through September

Saturday, October 16, 2010

Northern Kettle Moraine - 20, 31, 44 miles - Very scenic ride through Northern Kettle Moraine state forest. Short route is fairly easy, longer routes are moderately hilly.
- Starts from Mill Park in Dundee. Take I-94 west to US 45. North on US 45 to WI 67 (approximately 7 miles past Kewaskum). East on 67 to Dundee. Park in lot behind the Hamburger Haus. Approximate drive time: 55 minutes from Zoo.

Sunday, October 17, 2010

Sam's Fall Color Ride - Members only. Revised 32-mile and 14-mile routes through lake country with scenic fall colors. Chili Cook-Off judging and Packer game follow the Ride. Bring a dish to pass: an appetizer, or dessert. Call **Sam Gannon @ 262-673-7686** or email: **sandrag@warshafsky.com** by the Friday before, October 15th, to RSVP and to get directions.

Saturday, October 23, 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 1/2 mile). Right on Green Bay approximately 1 block, right on Elm to Village Park.

Sunday, October 24, 2010

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, October 30, 2010

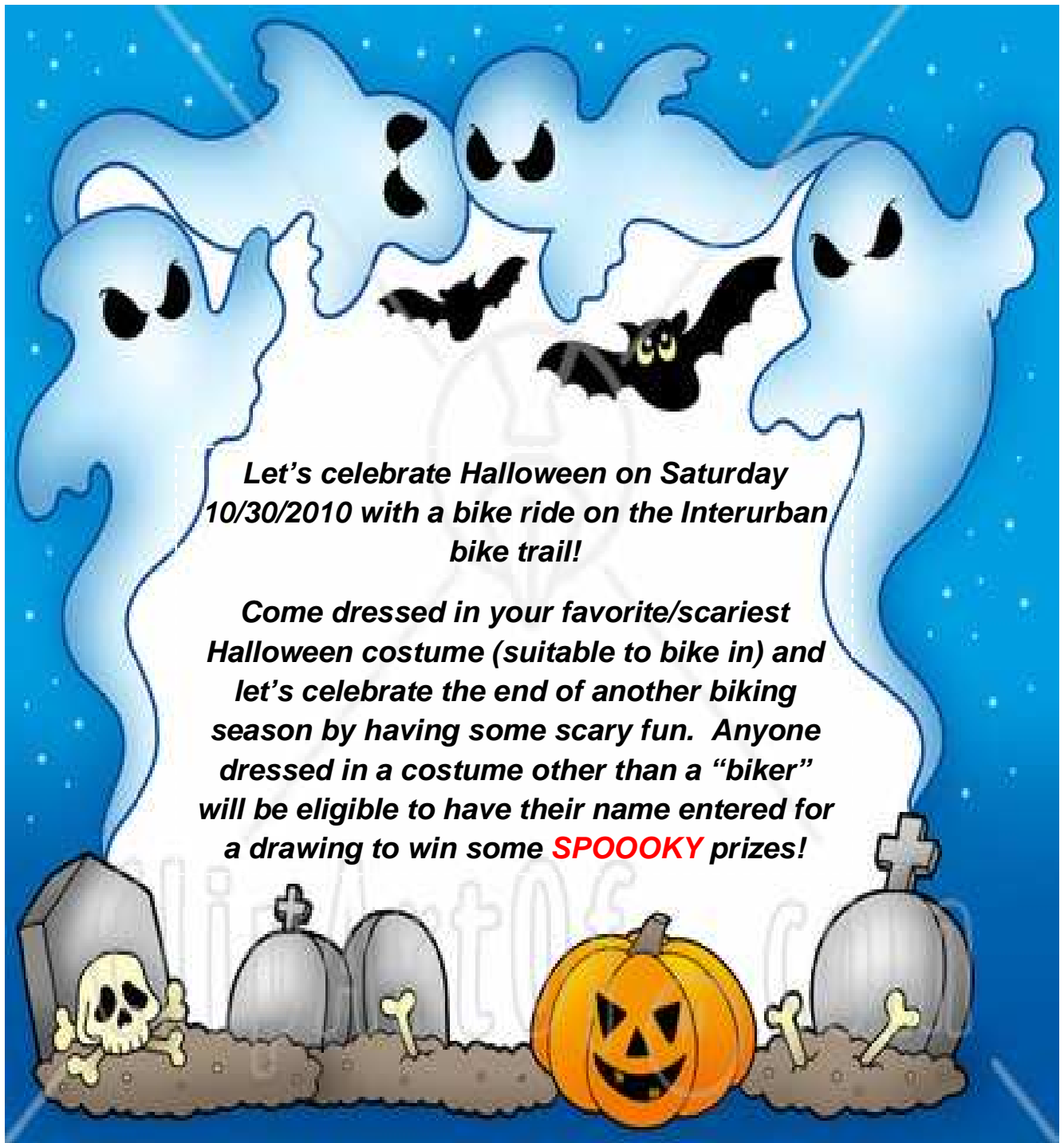
Ozaukee Interurban Trail - 30 miles - Easy ride on the Ozaukee County Interurban. - Starts at Logemann Community Center, 6100 W Mequon Rd. Take I-43 north to Mequon Rd (Exit 85). West on Mequon Rd just over 3 miles and turn Right into the Community Center.

Sunday, October 31, 2010

Holy Moly Hills - 14 miles - Hills, hills, hills. Join Pat if you like hills, this is a fun ride. - Starts at Plat Rd School. Take US 45 to WI 167 (Holy Hill Rd). West on 167 to 164. Turn left on 164 and go approximately 3 miles to Monches Rd. Turn right on Monches, go approximately one mile to Plat Elementary school.

Sunday, November 27, 2010

Too Much Turkey Ride – 16 miles – Varies from year to year but usually one of the shorter and mid-distance rides. Check the website. – Varies.



***Let's celebrate Halloween on Saturday
10/30/2010 with a bike ride on the Interurban
bike trail!***

***Come dressed in your favorite/scariest
Halloween costume (suitable to bike in) and
let's celebrate the end of another biking
season by having some scary fun. Anyone
dressed in a costume other than a "biker"
will be eligible to have their name entered for
a drawing to win some **SPOOKY** prizes!***



2010 Jingle Bell 5K
Run/Walk® Milwaukee
Milwaukee County Zoo
8 a.m. - Sunday, November 7



Jingle Bell Run/Walk® is a fun and festive way to kick off your holidays by helping others! Wear a holiday themed costume. Tie jingle bells to your shoelaces. Run or walk a 5 kilometer route through the Zoo with your team members and celebrate the season by giving to the Arthritis Foundation. Team registration due **Monday, October 18, 2010.**

Jingle Bell Run/Walk details may be found at: www.jbrmilwaukee.kintera.org . You can sign up on-line, (be sure to "join" our team, the Bay View Bicycle Club), or you can contact me to sign up for you: Sandra Gannon, email: sandrag@warshafsky.com or call my home #262-673-7686. The \$25 registration fee gets you an official event t-shirt, gloves, jingle bells and goody bag. Free food is served following the Run/Walk and in the past has included soup, sandwiches, cookies and fruit. **Please encourage your friends and family members to come along. The more the merrier, especially at holiday time!** Zoo entrance is FREE. Zoo parking is FREE.

'Watch where you're going, I'm the Invisible Man!'

By Mark Param

A friend of mine was recently on his scooter at a stop sign, waiting to pull out into a busy street here in Wausau, Wisconsin. As he sat there, an approaching SUV turned, cut the corner, almost clipping the near curb and just missed him sitting there like a proverbial dead duck. He said what frightened him most was the driver's side mirror whizzing inches past his head and that he seemed paralyzed and left watching the scene unfold. The woman driving had her head down, most likely texting, my friend thought.

Normally very Zen-like, my friend pulled a U-turn and tailed her through suburban neighborhoods until she dropped him. "Was that road rage?" he asked me.

Sarcastically, I suggested he install a bicycle safety flag, the ones that were popular in the '70s, although I still see one now and then on the road. A commuter who occasionally pedals past our house has one flapping on the back of his bike. The flag, however, has about a foot of surface area and doesn't seem all that effective in increasing the rider's visibility, especially when motorists drive with their heads down. Typing "btw what r u doing 2nite?" is seemingly more important than avoiding crashes. You could have as many sails as the USS Constitution painted blaze orange and a texting driver might still not see you. You're more likely to get hit and then hear, "Gee, I never saw them until it was too late."

We have laws against such irresponsible practices in Wisconsin, yet they rarely get enforced. For once I'd like some justice when I see a texter driving, like the license Nazi descending from heaven and confiscating that precious piece of Department of Transportation-issued plastic. "No license for you. You will not drive for 100 years."

Naturally, many cyclists worry about our visibility on the road – or "conspicuity" as it's referred to in traffic and accident studies. We have nightmares about getting hit from behind or blindsided or, like my friend, getting plowed into head-on. If a driver isn't even looking, because they're too busy texting or reading a map, it doesn't matter how conspicuous we appear. In that horrifying situation, we have absolutely no control over our fate.

However, if a driver is paying attention, we can do things to enhance our visibility. According to a 2009 Federal Emergency Management Agency document titled "Emergency Vehicle Visibility and Conspicuity Study," **fluorescent colors, especially orange and green, increase visibility during the day while cycling**, which is the why highway workers don fluorescent green. This is also why hunters wear blaze orange, which shows up remarkably well against a natural backdrop like the woods.

When I'm heading out for a solo road ride, I like to pick the brightest jersey in my closet. And on dark drizzly days, I might wear a fluorescent green safety vest. I'm glad I saved all of those chartreuse-colored team jerseys from the late '80s and early '90s. Their ongoing utility vindicates my pack rat habits. If I owned blaze orange clothing that was suitable for cycling, I would probably wear that as well.

Bright colors should not lead us to believe that we are conspicuous and therefore invulnerable. They should not give us false confidence. Research shows that some colors may not be as important in enhancing visibility as we think (see Car Color and Safety at www.aaaafoundation.org/pdf/carcolorandsafety.pdf). Traditional colors, like the yellows of school buses and the reds of fire engines, are not as visible as we once thought they were, which is why we now see fluorescent green emergency vehicles. On the other hand, black shows up surprisingly well during the day, especially against a busy background – a plus for all of us who wear black shorts. Predictably, silver and gray are poor choices for foggy, misty days, a reminder that my silver rain jacket may keep me dry but it also might render me inconspicuous. What really matters in determining conspicuity is background color, which unfortunately, constantly changes in an urban setting of neon signs, colored buildings and black to gray pavement.

At night our conspicuity is obviously low. White shows up well at night, an excuse to wear a T-shirt, but lights, reflectors and reflective paint are all musts for night riding. If I think I might be out past dark cycling, I always strap lights onto my bike, and I also keep spare lights in my bags, just in case.

The Taupo Bicycle Study (injuryprevention.bmj.com/content/14/1/11.full), which queried thousands of New Zealand bicyclists, did find that “low cyclist conspicuity may increase the rate of crash-related injury” and wearing high-visibility clothing can cause accident rates to drop. The 2005 study also found that our low speed and low body mass, relative to cars and trucks on the roads, might contribute to our rate of crashes. In other words, because we travel at considerably slower speeds and we're a lot smaller than the typical SUV, we remain ever vulnerable.

I wonder sometimes if drivers are looking for us, even at a subconscious level. Drivers get trained to look out for other cars, trucks and SUVs, and not smaller motorcycles, scooters, bicycles and people on foot. Psychologically, it makes sense that we fear larger vehicles, likes semis and cement trucks. When I'm on my bike and get passed by one on the road, I'm sure my heart rate and blood pressure increases. Such mammoth vehicles make me feel like a bug waiting to get smashed into a windshield or grill.

Years ago I adopted the idea that while cycling I was the **Invisible Man**. Consequently I don't expect drivers to see me crossing the street and I don't play chicken with 3-ton vehicles in intersections. I know what those flattened bugs look like on my windshield.