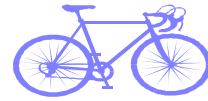




PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 22 NO. 8

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September / 2010

Words of Wisdom from the Prez

I saw the Moody Blues at Summerfest last July. They still sounded great and put on a really good show. Justin Haywood, singer and bassist, announced that he celebrated his 70th birthday the week before. "Now I've survived the 60's twice".

Well--many of us are riding in the 50's or 60's--I just joined that group last month. As the temperature goes down--sometimes it's harder to get up and get out to ride. Don't let the cold keep you inside. Come on out and ride. If you're newer to cold weather riding--just ask. Anyone would be happy to give you advice about what to wear and what to carry with you to stay comfortable.

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	



GREEN & GOLD DAY!

***FALL COLORS RIDE with CHILI CONTEST & PACKERS GAME
Sunday, October 17, 2010***



We are changing our annual picnic ride a bit, by making the picnic a Chili Contest and inviting you to stay and watch on TV the Green Bay Packers play the Miami Dolphins.

For those members that do not want to ride that day, you could take a nice, Sunday drive to the Holy Hill area to view the beautiful fall colors and join us afterward for lunch and the game.

Six people have generously volunteered to make chili. The competition will be hot! Voting will be anonymous. As with every picnic ride, please bring a dish to pass, that being an appetizer, or a dessert. Lunch starts around 12:30pm – 1pm.

We have also revised the route a bit... flatter and more scenic. 30-mile ride starts at 10:00 a.m.

We will record the noon game so that we can all watch it together from the start while we're eating lunch.

To RSVP by Friday, October 15th and for questions/directions, email: sandrag@warshafsky.com, or call home #262-673-7686, or cell #414-510-5290. – Sam & Dan Gannon

September Club Meeting

When: September 20th, 7 PM

Where: Beulah Brinton Center
2555 S. Bay St., Milwaukee (Bay View).

Agenda: Business meeting and
announcements from the Board.

“Before You Hang Up Your Bike for the Winter.”

Demonstration: Winterizing your Bicycle,
By Dan Gannon with Tips from YOU too!

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 119 members: 111 adults and 8 children.

Please Welcome our new members:

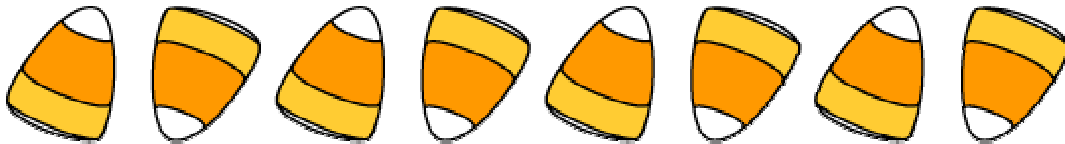
Byron Bloemer, Gregory Bartelt, Karin Borgh



October Birthdays



Gregory Bartelt	October 1	John Jr Poznanski	October 19
Pat Pomahac	October 3	Debra Tuckwood	October 19
Jeffrey Schaubel	October 5	Dennis Connors	October 23
Henry Gravning	October 9	Joseph Soriano	October 25
Donna Pogliano	October 10	Steve Szudrowitz	October 27
Kent Kelly	October 14	Brian Coffey	October 28
Tom Simonson	October 15	Jerry Rosiak	October 29
Mary Gravning	October 17	Jared Johnson	October 31



Pat Peterson, Ride Chair

This is the last month of the riding season. I am missing the Audubon Court ride, Cream City Century and the rides on Labor Day weekend. If you did the Cream City ride and did not see Linda, the ride leader, let me know and I will update your points.

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; call our hotline. All club rides start at 9:00 until October then the rides start at 10:00.

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, September 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.

Maywood Earth Ride - 25, 50, 64 miles - Fundraiser ride with five scenic routes through Sheboygan County to benefit the Ellwood May Environmental Park - Take I-43, exit #128 go Southeast 1.1 miles on Hwy 42. Turn right on Mueller Road; park entrance is 0.2 miles on left. For more details check out the website: www.gomaywood.org

Sunday, September 19, 2010

Pedal the Kettle - 30, 60, 100 miles - Annual Spring City Cycle Club ride (registration fee required). - UW-Waukesha Campus, 1500 N. University Drive, Waukesha, WI Exit on Hwy. T off I-94, the South on Hwy T (Grandview Blvd), then West on Northview Road and then South on University Drive. Parking is available directly across from the Commons building at the top of the hill. Showers are available at the Field House and the post ride meal will be served in the Commons Building www.springcityspinnners.org Club hotline (414) 279-9135.

Zoo ride – 26 miles – **Ride on the Wild Side.** Serve as route marshals.

Saturday, September 25, 2010

Delafield Lake Country - 20, 29, 57 miles - Scenic ride through lake country around Delafield, long route passes near Holy Hill, Pike Lake and Hartford. - Starts at Cushing Park. I-94 west to County C (Delafield), left (north) on C 0.4 miles to Main St. Left (west) on Main St. 1/2 mile to Cushing Park Rd. (by Kurt's Steak House), right on Cushing Park Rd. 1/5 mile to parking lot just across bridge. Approximate drive time: 25 minutes from Zoo.

Sunday, September 26, 2010

Burlington Roll - 23, 33, 50 miles - Easy ride between Wind Lake and Burlington. - Starts at Heg Park. Take WI 36 (Loomis Rd) south towards Wind Lake. Heg park is approximately 1 mile past Wind Lake, watch for signs on the right.

Saturday, October 02, 2010

LaGrange – Southern Kettle Moraine – 23, 49 miles – Scenic ride through Southern Kettle Moraine. – 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 City H. Approximate drive time: 50 minutes from the Zoo.

Sunday, October 03, 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 Cool Waters Sign. Park in the north lot across from Cool Waters Pool.

Saturday, October 09, 2010

Gil's Ride to Rome – 23, 41, 50 miles – Scenic ride through farming country to Rome and back. – I-94 west exit Hwy 67. Go left 3.4 miles to Sunset (Hwy 18). Turn right on Sunset, go half mile to Main St. Turn left on Main 0.8 miles to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from Zoo.

Sunday, October 10, 2010

South Hills – 23, 35, 52 miles – Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville. – Starts at South Hills Golf Course. Take I-94 south to County K, exit on K, take east Frontage Road 1.5 miles south to golf course. Approximate drive time: 25 minutes from Zoo.

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 - 30 miles - Club members ONLY. Bring a dish to pass. Scenic ride with rolling hills through Kettle Moraine area around Holy Hill. - Call Sam @ (262) 673-7686 by the Friday, 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. 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.



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.

BVBC - Rider Point Totals - 1-Oct-2009 thru 23-Aug-2010

Roessl, Linda	1369	Krall, Dan	471
Peterson, Pat	1350	Krueger, Nancy	398
Santoro, Ron	1348	Schaubel, Jeff	362
Soriano, Joseph	1312	White, Becky	332
Dix, Michael	1123	Meilicke, Dennis	328
Tuckwood, Debra	1101	Mittelstaedt, Guadalupe	323
Schmidt, Jeff	1090	Craig, Michael	317
Beachkofski, Clare	995	Connors, Dennis	298
Mcnaughton, Jamison	934	Gresl, Lois	290
Wojtal, Norm	903	Gibbs, Tamara	286
Wojtal, Prati	850	Nelson, Tom	269
Lucas, Mary	784	Michalets, Ellen	249
Klein, Robert	761	Tumey, Carol	228
Gast, Ted	698	Karr, Nancy	226
Krueger, Gil	692	Pier, Barb	213
Peterson, Beth	681	Sericati, Tom	213
Labinski, Dennis	633	Hokanson, Erik	206
Gannon, Dan	620	Hepp, Bill	205
Gannon, Sandra	620	Polk, Bob	203
Duchateau, Susan	614	Bloemer, Byron	193
Bear, Colleen	521	Bivens, Katie	155
Orosa, Jojo	509	Knepper, Dick	150
Kelly, Kent	485	Poznanski, John	150

Hustedde, William	146	Earle, Sandy	50
Lalor, Tierney	145	Mathers, Russ	50
Butters, Gary	141	LaFave, John	42
Walsh, Patrick	140	Crown, Ron	42
Simonson, Tom	137	Brown, David	34
McNaughton, Marjorie	132	Jackson, Will	30
Katzfey, David	130	Peterson, Jenny	30
Zalewski, Mark	129	Head, Diane	30
Sandler, Mark	116	Stachowiak Sr, Keith	30
Pogliano, Donna	100	Kreis, Doris	30
Katzfey, Delvina	100	Coffey, Brian	30
Jaeckel, Randy	94	Young, Meredith	24
Johnson, Jared	82	Rajak, Steven	24
Williams, Maurice	79	Cahill, Alyssa	24
Neperud, Brian	64	Schaetke, Kathy	24
Rajak, Gordano	58	Rosiak, Nancy	23
Sartori, David	54	Dyczeiski, Robert	20
Zalewski, Evonne	54	Banks, Rebecca	18
Pomahac, Pat	52	Hewett, Kristin	16
Bivens, Bob	52	Weiner, Dean	16
Kubal, Barb	50	Mallman, John	8
Burill, Alan	50		

Smart Shopper

In the sea of new-bike offerings, picking a fresh mount can be tricky business

We asked managers and owners at seven of the top 100 bicycle shops in the United States (as determined by industry specialists bicyclersearch.com) what new bike buyers should—and shouldn't—consider in the quest to find the perfect ride.—*Alan Cote, Bicycling Magazine*

"Sometimes customers get sticker-shock at the cost of the bicycle along with accessories and clothing. I always tell them that after the initial investment, bikes are incredibly cheap. The bike is going to last 10-plus years and you'll replace just a few parts such as tires and chains. People kind of breathe a sigh of relief when they hear that."—Peter Mooney, co-owner, Belmont Wheelworks, Belmont, MA, wheelworks.com

"When you visit a bike store, be sure to open up about what you want your riding experience to be like. What's cool about bikes today is that there are so many options."—Erik Saltvold, founder and owner, Erik's Bike Shop, Bloomington, MN, eriksbikeshop.com

"It's best to do a little Internet research about the subtleties among bike models—there are so many variations now. For instance, there's the Trek Madone Pro and the Madone Performance—the latter has a slightly taller head tube for a more upright riding position. There may be a model that's perfect for you but that the shop doesn't normally stock. It might not be on their minds [when you tell them what you're looking for], but they'll happily order it for you."—Tim Ferguson, manager, Landis Cyclery, Phoenix, landiscyclery.com

"Write a list ahead of time of what you want—not in your head, but on paper. Your thoughts and ideas, what you want in a bike, how you want to use it. A shop can be overwhelming—it's crowded with people and bikes, and you'll lose your train of thought. You might get distracted by paint colors or something that looks hot but isn't what you need."—Dmitri Keating, co-owner, Old Towne Bicycle, Gig Harbor, WA, oldtownebicycle.com

"Test-ride a variety of bikes. Even if you're [looking to buy] in the \$1,000 range, try a \$5,000 bike. You'll feel the differences and understand what you're paying for. You'll end up feeling better about your purchase, and that you're getting what you really want, not what the sales guy is pushing. It's like if you're looking at LCD TVs—you look at the big ones and the small ones and narrow it down to what's right for you."—Armando Enriquez, sales manager, Bicycles Plus, Folsom, CA, onlinecycling.com

"Be sure to buy the bicycle system—the helmet, shoes, clothing, hydration and inflation necessities—to get the full enjoyment of the experience."—*Mike Smith, sales manager, Liberty Bicycles, Asheville, NC, libertybikes.com*

"Find a shop you're comfortable with. You shouldn't feel pressured when you're buying— you'll need to go back there in the future. If the first question they ask is, 'What do you want to spend?' that's not a good sign. Instead, they should be asking, 'How do you want to ride?'"—*Mike Grotz, co-owner, CycleSport, Park Ridge, NJ, cyclesportonline.com*

"There are no deals if your bike doesn't fit. Best case with an ill-fitting bike is that it's uncomfortable; worst case is that it could result in an injury or be unsafe."—*Randy Clark, owner, Bicycle Garage Indy, Indianapolis, bgindy.com*

Drinking Problems

Five common hydration mistakes-and how to avoid them

By Selene Yeager, *Bicycling Magazine*

Cyclists, like all athletes, need plenty of liquids. But beyond that basic tenet, things get murky fast—and for years, riders have heard conflicting reports about what, when and how much to drink. So we tapped our best resources, from the latest research to sports nutrition expert Monique Ryan, RD, author of *Sports Nutrition for Endurance Athletes*, to separate the facts from the hype. Here's what we found.

Hype: REPLACE EVERY LOST OUNCE For years cyclists have been told to drink enough on the bike so they weigh the same after the ride as they did beforehand. The truth is, your body can't absorb fluids as fast as it loses them, and not every ounce of weight is lost through sweat anyway.

Truth: KEEP UP WITH SWEAT LOSS—MOSTLY Replace about 75 percent of lost sweat during a long ride. "To do that, you need to know your sweat rate," says Ryan, who recently coached a heavy-sweating triathlete who routinely lost 40 ounces of fluid an hour. To determine your sweat rate, weigh yourself before and after a short ride. "An hour ride is a good indicator of what you're losing through sweat alone," Ryan says.

Hype: OVERFLOW BEFOREHAND Guzzling gallons of fluids before a ride or race will do little more than send you searching for rest stops.

Truth: TOP OFF AS YOU GO Sip a 16-ounce sports drink an hour or two before you saddle up. That's enough time for your body to absorb what it needs and eliminate what it doesn't. Then take in about six to eight ounces (two to three gulps) every 15 to 20 minutes while you ride.

Hype: CAFFEINE WILL DEHYDRATE YOU Caffeine has long been demonized as a diuretic. On paper, that means it should lead to dehydration and heat stress, especially when you consider that it also raises your heart rate and increases your metabolism.

Truth: CAFFEINE IMPROVES CARB BURNING A review of ongoing research recently revealed that caffeinated drinks don't make you pee that much more than equal amounts of beverages without the buzz. The stimulant also doesn't worsen the effects of summertime heat. In fact, caffeine makes you feel better. Numerous studies have shown that it lowers your rate of perceived exertion while improving your strength, endurance and mental performance. Even better, researchers from the University of Birmingham, in England, found that riders who drank a caffeinated sports beverage burned the drink's carbs 26 percent faster than those who consumed a noncaffeinated sports drink, likely because caffeine speeds glucose absorption in the intestine.

Hype: YOU NEED MORE PROTEIN Initially, carbohydrates were the essential building blocks of the sports beverage. Then protein muscled its way onto the scene, after early studies showed that carb-protein blends seemed to shoot into the bloodstream and enhance endurance cycling performance better than carb-only beverages.

Truth: YOU NEED A LITTLE PROTEIN. . .MAYBE Recent research on 10 trained cyclists performing an 80K trial showed that riders drinking carb-only beverages did just as well as those drinking carb-protein beverages, and both groups did better than those consuming flavored water. However, the International Society of Sports Nutrition recently reported that taking in branched-chain amino acids (BCAAs) during vigorous aerobic exercise can decrease muscle damage and depletion. "If you're on a long ride where you're also eating, you'll be taking in protein already," says Ryan, "so it's likely not necessary to also have it in your drink."

Hype: HYDRATION DURING EXERCISE IS THE BE-ALL AND END-ALL Big beverage companies would have you grabbing your sports drink during every ride, no matter how long or short the effort, lest you suffer the ill effects of dehydration.

Truth: DRINKING EVERY DAY IS ESSENTIAL "Your first priority should be staying on top of your daily hydration," says Ryan. Research on gym-goers found that nearly half began their workouts in a dehydrated state. "Many people don't consume enough fluids during the day," Ryan says. "If you hydrate properly on a regular basis, you won't need to worry as much about getting dehydrated during a typical moderate ride." The old eight-glasses-a-day dictum is a good guidepost.