



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 23 No 3

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

April 2011

Next Board Meeting:  
Tuesday, May 10, 2011

Next Newsletter Deadline:  
Friday, May 6, 2011

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## April Meeting

Beulah Brinton Community Center  
2555 S Bay St  
Bay View  
Monday, April 18, 2011, 7:00 pm

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### the Prez sez

Well, not much this month as he's biking somewhere between San Diego and Nashville on the Ride For World Health. He's scheduled to be in Albuquerque at the time of our April meeting.

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### the Veep speaks

While Mike our Prez is out riding across the country, we can be riding around Wisconsin. The Board has put together a wonderful ride schedule for us. We have G.I.G. rides available for those who need to gear up to their speed and distance or for those of us who just need to ease our butts into saddle shape. There are: trail rides, picnic rides, charity rides and a variety of starting locations to accommodate members no matter where you live.

By now your bike should have been tuned up and your tires pumped up. As a club, we look out for each other but you need to carry a spare tube or patch kit and tire pump to change a flat tire. Please don't be totally dependent on others. Be prepared so we can at least assist you. Bring filled water bottles because not every route has a place to stop along the way. Blow the dust off that helmet and bring it along too.

You can ride alone any day so participate in the weekend club rides to ride along with others. Allow enough drive time because we leave at the designated start time which is 10AM in April, May and October then 9AM in June, July, August & September. We generally don't start a club ride in the rain but there are weekend warriors who are brave enough to challenge the elements. Use your best judgment when the weather is a concern. Hope to see you all on a ride soon.

## Membership Notes

Memberships expired on March 31, 2011. So, this is a reminder to get your renewals in as soon as possible so you don't miss out on any club events. New member or renewals applications can be found at [www.bayviewbikeclub.org](http://www.bayviewbikeclub.org). 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.

### PLEASE WELCOME NEW MEMBERS:

Dawn Bunnell, Thomas Brucker, Joe Fischer,  
Pat Fabozzi, Tom & Lynn Foti,  
Lance Freischmidt, Jennifer Meyer,  
Lynn Ruhl, Gail Santoro, Corey White,  
Joel & Suzanne Ziegler

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## April Meeting Speaker

### **Self-Defense Workshop, April 18, 7:00 pm**

When you bike alone, walk to your car in a parking structure or parking lot, or wait at a bus stop, you are vulnerable to being assaulted, especially if you are a woman. The speaker at the BVBC April meeting, Jane Dawson, is trained in krav maga, a form of self-defense. She will explain what you can do to avoid being a victim and will demonstrate simple and effective ways to defend yourself if you are attacked. Don't miss this meeting! You're welcome to bring friends and relatives, who will also benefit from hearing this information.

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## Classic Report

### **Wanted: members for the Classic Team.**

Help make this year's Classic another success. Volunteer for positions involved in promotion, rest stops, registration, SAG, route marking or sentries among others. Take the lead as chairperson or assist in getting things done. Don't be shy. The rewards, while mostly intangible, are very satisfying.

Look over the sign-up sheet and put your name down. Together, we go well.



*Striding the catwalk in style.*

## Season Kick-off at Crank Daddy's

*Tammy Gibbs*

On Saturday March 12, 2011 Crank Daddy's hosted an open house to kick off the biking season. The event included plenty of refreshments, entertainment by Comedy Sportz, and a fashion show. A month before the event, all us Bella Donnas (An all female cycling group on the East Side of Milwaukee) were contacted by our leader looking for anyone who would be interested in participating in the fashion show by modeling the latest in cycling gear. I thought that sounded like a fun thing to do so I volunteered.

On the day before the show I went in for a fitting and met event coordinator Becky Solick. On Saturday I arrived and there at Crank Daddy's was an actual runway set up with chairs all around. At the appointed time of the show I nervously waited in line along with my fellow Bella Donnas for my turn on the catwalk and wondered what did I just get myself into? but the enthusiastic reaction from the crowd for all us amateur models calmed my nerves and made the whole experience really fun!!

## Ride Chair

First, I would like to thank everyone for the wonderful response to help fill in our open Ride Leader spots. We have just a few spots left that need to be filled. I will have packets and the Ride Leader clipboard available at our next club meeting for review and pick up.

Being a Ride Leader is easy, the first step is just showing up! Our ride packets will have everything you need to fulfill your Ride Leader duties. Each ride packet contains your ride signup sheet, queue sheets for your riders, and an accident report in case things just don't work out as planned.

Check out our Ride Leader Responsibilities section for a more detailed breakdown of what is expected of you. If you still have questions, feel free to catch me at one of our club meetings, a ride, or send me an email at [isislc@aol.com](mailto:isislc@aol.com).

One last note, we are having some pretty crazy weather. Please keep in mind that our weather has been very unpredictable so you should be prepared to dress appropriately for our rides. It's better to wear too many layers than not enough. As the day warms up, you can easily remove them so that you are comfortable. Not so easy if the weather is colder than expected and then having to cut your ride short because you didn't bring that extra jacket or rain gear. Just something to keep in mind.

As the cold weather continues, one thing you might want to try is toe or hand warmers. These do tend to deactivate when they become wet from sweat but it's easy to overcome by snugly wrapping them in a piece of foil or saran wrap.

This will help protect them from moisture as well as keeping your feet or hands from sliding around on them. Nice way to keep those extremities toasty on a cold day riding.

Thanks and remember that every ride is tentative until ridden. Ride changes can be found either on our website or received as an email by the club.

Well that's it for now. Have a good week and we'll see you at our next ride!

Guadalupe

## BVBC April Social Event

**Dinner and Ping Pong** - The April social event will take place on Saturday, April 30 at SPIN, 233 East Chicago St., Milwaukee (3rd Ward). In addition to being a bar and restaurant, SPIN also has 17 ping pong tables! Haven't played ping pong in years? Don't worry, it's just like riding a bike - you never forget how to do it! And to make it even more fun, the staff at SPIN chase all the balls, so there's always a full bucket of balls at each table. We'll meet for drinks and socializing at 6pm and will be served dinner at 6:30pm. After dinner, we'll play ping pong at two tables that are reserved for an hour. The table rental is \$24 per hour, so each 15-minutes is \$1.50/person for doubles ping pong, or \$3.00/person for singles ping pong. Hope you can attend!

RSVP info: To ensure speedy service, we will pre-order our meals. Please go to the [SPIN website](#), select Restaurant tab, select View Menu tab and choose an entree. Send an email to [clarebeach@yahoo.com](mailto:clarebeach@yahoo.com) by **5pm on Thursday, April 28**. Indicate how many people will attend, your entree choices from the SPIN menu, and how many 15-minute slots you're interested in playing ping pong

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## What Do You Hear? What Do You Know?

If it's bicycling related, write it up and e-mail Kent: [knkelly@wi.rr.com](mailto:knkelly@wi.rr.com). Use any format that suits you. Pictures and illustrations are fine also. He'll edit for length, spelling and gross grammatical issues; apply some styling then publish it. Check the Newsletter deadline in the first page sidebar.

Comments, suggestions, critiques are welcome.

# Three things you can do in 21 minutes to keep your bike in tip-top shape

By Chris Cassidy

## 1. CLEAN YOUR CHAIN

Complicated methods abound: Remove the chain and soak it overnight; disassemble and clean each roller with a cotton swab; and something else involving pipe cleaners and a toxic solvent. This lazy-chain-cleaner's process removes gunk and you won't need safety goggles. Buy a chain cleaner such as Park Tool's Cyclone Chain Scrubber (\$30; [parktool.com](http://parktool.com)) and fill it with Pedro's Oranj Peelz Citrus Degreaser (\$11/16 ounces; [pedros.com](http://pedros.com)). Attach the device to your chain, turn the crank 15 revolutions, and let the brushes scrub away grime (shown). Remove the chain cleaner and wipe the chain dry with a clean rag. No chain cleaner? Spray Finish Line Speed Degreaser (\$12/17-ounce can; [finishlineusa.com](http://finishlineusa.com)) onto the chain, focusing on small sections at a time (it evaporates quickly), and wipe clean with a dry rag. Apply lube when you're done.



and clean each roller with a cotton swab; and something else involving

## 2. ADJUST YOUR BRAKES

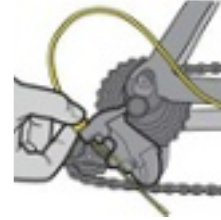
If your brake lever reaches the handlebar before it stops your bike, either your pads are worn or your cables are stretched. Worn pads should be replaced—but that's another story, and you want to ride now, so do this to get by. Turn the barrel adjuster on the brake caliper (where the cable enters the brake) clockwise one click at a time, testing your brakes after each adjustment. If you reach the last click and still haven't solved the problem, turn it clockwise until it stops, loosen the pinch bolt (where the cable goes into the caliper) and pull a small amount of cable through (shown). Tighten the pinch bolt and repeat the process until you get the right amount of tension.



worn or your cables are stretched. Worn pads should be replaced—but

## 3. SMOOTH OUT SHIFTING

What good is a clean chain if it jumps around and skips gears? Loose cable tension is the likely culprit. With your bike in a repair stand, shift to the smallest cog. Turn the barrel adjuster on the rear derailleur one-half turn clockwise (shown). Then, as you rotate your pedals, shift once. If the chain doesn't jump to the next cog, make another half-turn. If the chain starts to jump two cogs for every one shift, you went too far. Back it down a half-turn. Don't turn the barrel adjuster more than halfway at a time. You may end up with too much tension, which will make your shifting just as bad or worse than when you started



culprit. With your bike in a repair stand, shift to the smallest cog. Turn the

From the desk of Keith Stachowiak:

Wis Stat. 346.37 4. Notwithstanding subd. 1., a motorcycle, moped, motor bicycle, or bicycle facing a red signal at an intersection may, after stopping as required under subd. 1. for not less than 45 seconds, proceed cautiously through the intersection before the signal turns green if no other vehicles are present at the intersection to actuate the signal and the operator of the motorcycle, moped, motor bicycle, or bicycle reasonably believes the signal is vehicle actuated. The operator of a motorcycle, moped, motor bicycle, or bicycle proceeding through a red signal under this subdivision shall yield the right-of-way to any vehicular traffic, pedestrian, bicyclist, or rider of an electric personal assistive mobility device proceeding through a green signal at the intersection or lawfully within a crosswalk or using the intersection.

## In May

10

Board Meeting - 7:00 pm

16

Club Meeting - 7:00 pm  
Beulah Brinton Center



## Calling All Ride Marshals

*By Linda*



Come one, come all who are interested in ride marshaling for the Miller Lite Ride for the Arts. BVBC members along with other bicycling organizations

will be volunteer representatives practicing our good riding skills and setting an example for those riders participating in this event. Marshals will work in teams so we also have fun while being functional.

You will be expected to assist with repairing a flat tire or be able to call for pick up in the case of a distressed rider. A sign-up sheet will be sent around at the April 18th membership meeting held at Beulah Brinton Center for folks who are interested in helping at this event held Sunday, June 5th.

We need marshals for all distances: 5, 12, 25, 50 and 75 mile routes. The sign-up sheet will require: your name, the distance you choose to ride and t-shirt size. You must be 18 years or older to volunteer but children can ride with a guardian who is of age.

If you are unable to attend this meeting but want to sign up to marshal, please email me at roessll@hotmail.com with the required information noted above.

Steve Halmo from the Miller Lite Ride for the Arts will be attending the May 16th membership meeting to distribute t-shirts and map packets. There will also be a training session afterwards for all the folks who are unsure of what is expected or need a refresher on being the ideal ride marshal. This training will be a benefit to all who plan to marshal future rides where BVBC is invited to help out.

## 3 simple steps to take after a crash.

*By Christine Mattheis, Bicycling.com*

When professional cyclists crash during races, they're relatively lucky because medical professionals and throngs of bystanders are on hand to offer help. If someone on your group ride tumbles, stay calm but act quickly, and keep in mind these three key tips.

**Clear the Road.** If the fallen cyclist can walk, have him move away from traffic while you clear the bike and personal belongings off the road. If the victim can't move or loses consciousness, block traffic--or order others in the group to--and dial 911 on your cell phone. Try flagging down cars for help, maybe the driver would be able to take the injured to the hospital?

**Ask Questions.** Ask crash victims many questions while examining them from head to toe: "Can you see me okay? Can you follow my fingers? Are things blurry? Does it hurt if you take a deep breath? Do you feel short of breath? Do you have abdominal pain?" If the cyclist complains of a headache or blurred vision, or if anything seems atypical or out of place, immediate medical attention should be sought. "Look in the injured person's eyes and at their pupils and make sure they react. Make sure they can follow directions."

Many injured bikers become very talkative. A lot of times after an accident, people want to apologize. Just talk to them and reassure them that they will be fine, and keep asking questions.

**Check the Helmet.** Whether the cyclist is on the ground or walking, I always check for a head injury. The victim should see a doctor if the helmet shows even tiny cracks or dents. If there's a suspected head injury, the person needs to be transported for medical attention and assessed.

Only if the cyclist feels capable, the ride can continue as planned.

## Tour de Cure Volunteers Needed



The American Diabetes Association has asked our club for anyone interested in becoming a Ride Marshall or

Volunteering in some capacity for the Tour de Cure which will be held on Saturday, June 18th in Grafton, WI. There is no specific number of marshals or volunteers requested all are welcome.

There is still plenty of time to decide if you're unsure about prior commitments or you just haven't planned that far ahead yet. The routes and times available are as follows.

100K	Check-In: 6:45 AM	Start: 8:00 AM
50K	Check-In: 7:45 AM	Start: 9:00 AM
25K	Check-In: 8:15 AM	Start: 9:30 AM
10mile	Check-In: 8:45 AM	Start: 10:00 AM

As a Ride Marshal or Volunteer you are not required to do any fundraising in order to participate. Thanks to everyone who has already sent a response. I will have a sign up sheet available at our next meeting or you can email me with your preference. For more information, you can visit their website at [ADA Tour de Cure](http://www.ADATourdeCure.org).

Guadalupe

## 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.

## Rider Points

1-Oct-2010 through 3-Apr-2011

Peterson, Pat.....	181	Gast, Ted.....	64	Hall, Erika.....	36
Roessl, Linda.....	177	Kreis, Doris.....	61	Wojtal, Prati.....	35
Siebers, Scott.....	155	Klein, Robert.....	61	Craig, Michael.....	31
Bluemer, Byron.....	154	Wojtal, Norm.....	55	Burton, Becky.....	30
Soriano, Joseph.....	154	Gannon, Dan.....	53	Nelson, Tom.....	30
Beachkofski, Clare.....	144	Litzenberg-Hall, Jill.....	52	Katzfey, David.....	30
Perkins, Tom.....	138	Gibbs, Tamara.....	51	Walsh, Patrick.....	30
Schmidt, Jeff.....	135	Orosa, Jojo.....	51	Sandler, Mark.....	30
Santoro, Ron.....	122	Mittelstaedt, Guadalupe.....	50	Gravning, Mary.....	23
Tuckwood, Debra.....	122	Kelly, Kent.....	50	Gravning, Cole.....	23
McNaughton, Jamie.....	108	Dix, Mike.....	49	Mallman, John.....	20
Dix, Michael.....	107	Krueger, Nancy.....	47	Schaubel, Jeff.....	20
Krueger, Gil.....	82	Lucas, Mary.....	47	Tumey, Carol.....	20
Labinski, Dennis.....	81	Gilipsky, Dan.....	44	Meilicke, Dennis.....	20
Krall, Dan.....	81	Zalewski, Mark.....	44	McNaughton, Jamison.....	15
Polk, Bob.....	79	Ziegler, Suzanne.....	36	Karr, Nancy.....	13
Gannon, Sandra.....	71	Ziegler, Joel.....	36	Pier, Barb.....	13

## Say “Goodbye” to Sore Muscles After Biking

*Kevin Klumppan*



Now that biking season is back in full swing, riders are out in full force again. No matter what our reasons to ride are — good health, getting together with friends or just enjoying the outdoors — how many of us really give after-exercise nutrition any thought? Each of us has put in some long rides on our bike only to be stiff and sore for a few days after. It’s great to be out riding with friends for a couple hours on Saturday, but it’s not too great to be limping around on two sore legs until Tuesday, is it?

This is where after-exercise nutrition comes in. Once your ride is finished, your body is primed to take in key nutrients to start healing the muscles you depended on to power your ride. If you ignore after-exercise nutrition, your muscles will heal on their schedule, usually taking two to three days before they’re back at full-strength and that tenderness in your thighs, calves and upper back are completely gone. But, if you give your body

exactly what it needs to start the healing process right after your ride, you can be back to full-strength and ready to exercise again much much sooner.

Push Endurance is a new endurance supplement company in Madison. Their first product, Push Recovery, helps heal muscles faster after exercise so cyclists and runners can enjoy their activity without experiencing the soreness and stiffness that results from their sport.

Push Endurance is offering Bay View Bicycle Club members a 20 percent discount on Push Recovery. If members buy two bottles or more, the price of each bottle drops \$4 per bottle so members enjoy even further savings. To take advantage of the discount, simply enter this discount code during the checkout process in their online store: BVBC2011. You can even try Push Recovery risk free — if Push Recovery doesn’t drastically reduce muscle soreness after your rides, they’ll refund the price of your purchase.

To order or for more information on Push Recovery, visit [Push Endurance](http://PushEndurance.com) or email [Kevin@pushendurance.com](mailto:Kevin@pushendurance.com).

## Ride Schedule

All Rides Start at 10am in April and May

### **Saturday, April 16, 2011**

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 17, 2011**

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 23, 2011**

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 24, 2011**

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.

### **Saturday, April 30, 2011**

Windlake - 21, 34 miles - Ride around Windlake and Big Muskego Lake, fairly flat, mostly rural route. - Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., southwest on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116th St. Left on New Berlin Rd. to parking lot on left.

### **Sunday, May 01, 2011**

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 Cty. H. Approximate drive time: 50 minutes from Zoo.

### **Saturday, May 07, 2011**

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 three blocks. Street parking or Pool/Waterpark lot.

### **Sunday, May 08, 2011**

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, May 14, 2011**

Gils 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 .8 mile to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from Zoo.



**Sunday, May 15, 2011**

Beaver Lake - 30, 62 miles - Old TREK 100 routes. They go around Pewaukee, Beaver, Pine and Nagawicka Lakes. Challenging. - Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo.

**Sunday, May 15, 2011**

Chocolate City Bike Ride - 19, 33, 62 miles - Annual fund raiser for Burlington Kiwanis Club (registration required). - Starts at Bobs Pedal Pusher - 466 S. Pine St. (HWY 83) Burlington WI. Take I-43 to South to 164 South to HWY 36/83 South to Hwy 83 (Pine St.). Online registration [www.signmeup.com/24841](http://www.signmeup.com/24841) or call (262) 763-7794.

**Wednesday, May 18, 2011**

Ride of Silence - 10 miles - Ride to honor bicyclists killed by motorists, promote sharing the road, and provide awareness of bicycling safety. - Location to be announced.

**Saturday, May 21, 2011**

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](mailto:mike@bayviewbikeclub.org)) Picnic is for members and their guests. We will supply the meat and buns. Bring a dish to pass or \$7.00.

<http://www.county.milwaukee.gov/ImageLibrary/Groups/cntyParks/maps/Lake1.pdf> - Take 7-94 to the Lakefront. Take Lincoln Memorial Drive about 2 ½ Miles North. Turn left on Ravine Road. (Narrow Pa-rk 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.

**Sunday, May 22, 2011**

Dousman Ride - 20, 37 miles - Very scenic rural ride around Dousman area with some rolling hills. - Starts at Bicycle Doctors parking lot. 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 Bicycle Doctors parking lot on right side of street or Glacial Drumlin parking on left side of street. 30 minutes from Zoo.