



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 23 No 7

www.bayviewbikeclub.org

August 2011

Next Board Meeting:
Tuesday, September 13, 2011

Next Newsletter Deadline:
Friday, September 9, 2011

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August Meeting

Beulah Brinton Community Center
2555 S Bay St
Bay View
Monday, August 15, 2011, 7:00 pm

the Prez sez

Hey everybody. I finally got to participate in some club rides this summer. Last Saturday I rode the Lake Mills Triangle. We had a nice turnout of over 20 riders. I've been working so many weekends lately I haven't been able to get out with the club very often. I've been riding by myself during the week a lot---I miss riding with the group.

We have a lot of great rides coming up in the next 3 months. There are many big charity rides coming up. I will try to organize a meeting time and place in the Wednesday e-mails so members can ride together. I know I always feel a little lost if there's a big crowd at the start. I know there are other Bay View Bikers there somewhere---but I can't find them. If anyone has any suggestions for specific meeting places for any of the rides---please let me know.

Have any of you thought about being on the Bay View Board? Or maybe you've done it before and thought once was enough. Once was not enough. Bay View Bike Club needs more members to serve on the board. Please consider it. Let's keep a good thing going.

See you down the road.

Social Events

August: Music in the Parks

If you're a music lover, you've probably heard of Chill on the Hill, Jazz in the Park, River Rhythms, Waterfront Wednesdays, and Summer Sounds. They're just a few of the free concerts that are offered during the summer in parks throughout the Milwaukee area. Not only do they offer a variety of entertaining music, but most of the concerts also have vendors that sell tasty summer treats!

Watch your email for announcements about casual get-togethers in August to listen to music in the parks. Just bring a chair and insect repellent, and listen to the concert with other BVBC members. If you'd like to host one of these get-togethers, email clarebeach@yahoo.com with the date and location of the concert.

Enjoy the last of summer!

Ride on the Wild Side

Once again, the Zoological Society has asked us to act as Ride Marshalls for their Ride on the Wild Side event. If you are interested, please e-mail their contact, Jessica Groth, at jessicag@zoosociety.org. Let her know that you are a BVBC member.

The ride is Sunday, September 18. The distances are 2.5 miles (inside the zoo), 17 and 27 miles. All routes begin and conclude at the Zoo. Schedule of activities:

7:00 am Check-in/walk-up
registrations/continental breakfast at the Zoo
8:00 am Distance riders depart from the Zoo
8:15 am Critter Caravan kids' riders depart
11:00 am Picnic lunch served until 12:30 pm

For more information, check the web site:
<http://www.zoosociety.org/Events/RideWild/>

You don't want to miss any of this.....

By Linda

The monthly membership meetings held at Beulah Brinton Community Center in Bay View for the rest of the season are going to be packed with valuable information. Be there to welcome guest speakers for August and September who will offer their wealth of knowledge in their area of expertise.

Mark your calendar for Monday, August 15th when Daniel Goldberg will be present to speak as a legal source for WI bicyclists. Dan is not only a cyclist himself but he is attorney who can offer advice on personal injury claims and other legal matters. Visit his web at www.WIBikeLaw.com. I think you will agree, his website is almost as nice as the Bay View Bicycle Club's website.

Then on Monday, September 19th club member Aimee Shumard, studying to be a nurse practitioner along with Katy Trottier an ICU & Hospice RN will be present to speak on biker first aid. They will offer hints on items to carry along with you on a ride, health issues to recognize while riding and what to do in cases of an emergency.

This is good stuff you can't get just anywhere, so plan to stay after the business meeting to gain this valuable knowledge.

What Do You Hear? What Do You Know?

As mentioned elsewhere, I will be out of the country most of September. Mike Dix will guest edit the September Newsletter. Thanks and a tip o' the helmet to him. Please send any articles, etc. to Mike for inclusion. Also, please send a copy to me just so we have continuity in the archives. Thanks.

Kent

Ride Chair, Ride

More schedule changes!!! Huzzah! Don't let your head spin though. It's not that major. We added an old friend and shifted a couple of others to make room for a new ride.

The Zoological Society once again asked us to Ride Marshall for their Ride On The Wild Side (see the notice elsewhere in this issue). So we're adding that to September 18. And yes, that does, once again, overlap with Spring City's Pedal The Kettle. Checking the records, that happened in 2007 and 2010. So we've handled this before.

The new ride is the Fall Harvest Ride scheduled for October 2. It's a picnic ride and you can pick all the apples you think you can carry off. Pumpkins and squash might be ready for picking too. Hope I've got your interest. The ride starts at Munster Orchard (aka Tom Perkins' place); goes to Lake Geneva and then back. Two distances: 23 and 30 miles.

LaGrange - Southern Kettle Moraine moves to September 4 bumping a second helping of Big Cedar Lake. Greenfield SW advances a day to October 1.

Be sure to check our web site for the current schedules and the new yearly schedule dated 10 Aug 2011.

On a side trip, Nancy and I will be visiting the Netherlands September 1 - 20. We do hope to ride some. While I drool over their system of intra-country bikeways, we'll probably be riding an omafiets and opafiets (grandma and grandpa bike). While I'm away, Linda Roessl has taken on the Ride Chair duties and I thank her for that.

Direct from their recent Las Vegas engagement, it's The FACTOIDS!

Oct 1, 2010 - Jul 31, 2011

Rides Scheduled.....	60
Rides Ridden.....	58
Rides Cancelled.....	2
Rides Not Entered.....	2
Total Riders.....	884
Members.....	98
Non-Members.....	49
Average per Ride (rounded)....	15

It's not a ride until ridden. See you out there.

Kent Kelly

Membership Notes

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 138 members 128 adults and 10 children.

NEW MEMBERS

Elaine McCarty
Aimee Shumard
Elizabeth Bauer
Steve & Sandy Mitton
Judy Kirchoffer

Get a bicycle. You will not regret it if you live.

Mark Twain

You never have the wind with you - either it is against you or you're having a good day.

Daniel Behrman

The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community.

Ann Strong

Marriage is a wonderful invention: then again, so is a bicycle repair kit.

Billy Connolly

Why should anyone steal a watch when he could steal a bicycle?

Flann O'Brien



US Post Office Stamps

With the issuance of these stamps, the U.S. Postal Service celebrates bicycling, one of the most popular outdoor activities in the country. Each of the four colorful se-tenant stamps features a different kind of bike and rider: a young child just learning to ride with training wheels, a commuter pedaling to work, a road racer intent on the finish line, and an airborne BMX rider.

Recent surveys indicate that Americans enjoy approximately 2.5 billion bike rides a year. Bicycling organizations around the country report increased participation in local biking activities, and nearly half of all Americans say they would like more bicycling resources, such as trails and bike lanes, in their communities.

Bicycling is a low-impact aerobic activity that just about everyone — from young children to retirees — can enjoy. The health benefits are impressive: Riding a bike lowers the risk of obesity and heart disease, while improving muscle tone and strength. Bicycling can also lower stress. Whether riding along a lakeside path or through the bike lanes of a bustling city, bicycling is therapeutic and just plain fun.

Art director Phil Jordan designed the stamps using illustrations by John Mattos.

Ride Leader Responsibilities

Being a ride leader is lots of fun and earns you additional rider points. Just 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.



Ya know, sometimes biking is just a chore.

Are You Fit to Ride?

Lindsey Emery, Bicycling Magazine

Too many cyclists with bulging quads still struggle with a squishy core, wobbly hips, or stiff shoulders. On the bright side, fixing those issues will make you a more efficient rider, says Darcy Norman, a trainer with Athlete's Performance in Phoenix. Stand in front of a mirror or grab an observant friend and take these tests--the same ones Norman gave every member of team HTC-Highroad last year. If you fall short on any of them, do the corrective moves on non-ride days or as a warm-up on ride days. You'll come out pedaling stronger than ever.



Test Your: Hip and Quad Strength

Stand with feet hip-width apart, arms in front of you. Lift your right foot a few inches and lower your body as far as you can into a squat by pushing your hips back and bending your left knee. Return to start. Switch legs.

Improve It: Place a 6-inch-high stack of books on a chair. Repeat the test, lowering only until your butt reaches the books. Return to start. Do 15 with each leg. Over time, remove each book until you can squat correctly all the way to the chair.



Test Your: Hip Mobility

Lie faceup on the floor and, one at a time, raise each leg toward the ceiling until it's perpendicular to the floor.

Improve It: Lie on your back, arms out to the sides, and lift both legs perpendicular to the floor. Lower your left leg to the floor. (Prop your right leg on a stationary object, if needed.) Raise your left leg back to start. That's one rep. Do 10 on each side.



Test Your: Shoulder Mobility

Stand with feet hip-width apart. Extend your right arm overhead and bend your elbow to lower your right hand behind your upper back. Reach your left hand behind your back and try to touch the fingers of your right hand.

Improve It: Lie on your left side, right knee crossed over the left, arms extended at shoulder level on the floor, hands together. Rotate your torso to center and your right arm out to the side. Bring your legs to center. Do 10 reps on each side.

Test Your: Rotational Stability

Start on all fours with your knees under hips and hands under shoulders. Slowly extend your right arm and right leg away from each other.



Improve It: Start on all fours and extend your right arm in front of you. But this time extend your left leg behind you. Bring your right elbow and left knee in toward each other. Return to start. Do 15 reps on each side.

Test Your: Single-Leg Balance and Core Stability

Stand with your feet hip-width apart, holding a broomstick horizontally over your shoulders, and step your right leg over an imaginary hurdle that's just lower than knee-height in front of you. Repeat with your left leg. You should be able to lift your knee straight up and over the imaginary hurdle. Your torso should not lean forward, back, or to either side.



Improve It: Stand in the middle of a resistance tube, feet hip-width apart, elbows bent, holding one end in each hand at shoulder height. Press your arms overhead as you lift right knee to hip level; lower

knee then arms to starting position. That's one rep. Do 15 with each leg.

Test Your: Total-Body Mobility and Stability

Use masking tape to mark a straight line on the floor. Stand with your feet together on the tape, holding a broomstick vertically behind your back, one hand holding it behind your head, the other grabbing it behind your hips. Lunge forward with your right foot directly in front of left on the tape, until your right knee is bent 90 degrees and your left knee nearly touches the floor. Repeat on the other side. Your torso should not lean in any direction. Your knee should not collapse inward or pushes out to the side. The stick should stay in contact with your butt, back, and head at all times.



Improve It: Kneel on your right knee holding a 8- to 10-pound dumbbell horizontally in both hands, arms extended in front of your chest. Keeping your arms straight and your torso facing forward, raise the weight up and to the left (a). Then, lower it diagonally across your body to your right hip (b). That's one rep. Do 10 on each side.



Test Your: Strength and Coordination Between Your Shoulders, Back, and Hips Lie facedown on the floor, with palms under shoulders, elbows bent by sides. Push your body up in one solid movement until you're in a pushup position. You should be able to raise your body in one unit and not roll up or sway from side to side.

Improve It: Start in a plank position with your forearms on the floor, elbows under shoulders, back flat (a). Brace your core by contracting your abs. Hold for 30 seconds, then lower to the floor. Rotate to the left, resting your weight on your right elbow and forearm, with hips and legs stacked (b). Hold 30 seconds. Repeat on

the other side.

A Basic Bicycling Meditation

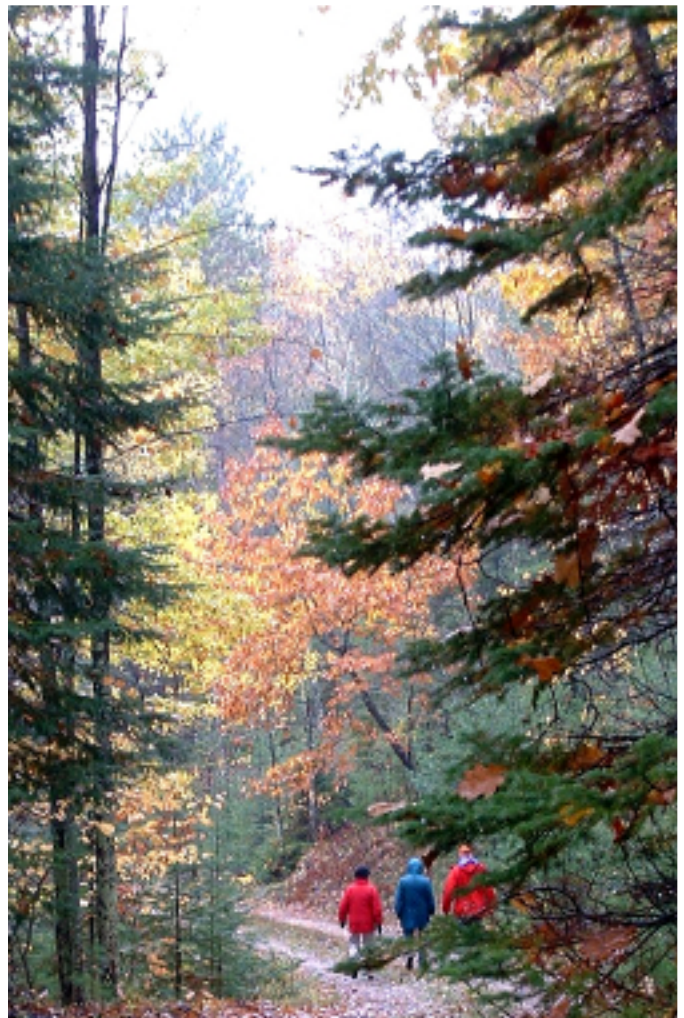
Like most meditations, you can begin by being aware of your breath while on the bike. How does it feel to breathe in and out while you're moving along? You can spend some time here, feeling the breath going in, going out. You can picture all the good things flowing into your system on the in-breath, and then the out-breath is where everything you don't need flows out. You don't need to pull in forcefully the stuff you need, and you don't need to push out the stuff you don't. It just flows in and out, naturally. This feels very good.

The next place to go is your pedaling. Pay attention to how your feet feel at each stroke. If you need to shift here, do so. You don't want to feel like your feet are pressing hard -- shift until you are one gear away from pressing, and the feet are nicely spinning. You should now be into a good cadence. You can feel how the feet and then the legs are working well. When your feet and legs are moving along with little effort, you can then check out the other parts of the body while you're pedaling. Does your back feel relaxed? Hands? Face? Do you feel like they are all working together, smoothly?

If you can move along, comfortable with your breath, your body, and your pedaling, then you are in your bicycle home. Any time you have an experience on your bike that disturbs you, such as a motorist who came too close, or the recollection of

something embarrassing you did the day before, you can return to your breath and your pedaling, and be in a place of calm and peace.

<http://www.bicyclemeditations.org/Basic.htm>



Rider Points

For September 1, 2010 through July 31, 2011

Rides Not Entered: Jul 24 - Ottawa Lake Jul 31 - Coalition Picnic

Siebers, Scott.....	1591	Peterson, Beth.....	311	Mathers, Russ.....	112
Roessl, Linda.....	1316	Bartelt, Gregory.....	302	Durkin, Gretchen.....	102
Santoro, Ron.....	1296	Zalewski, Evonne.....	292	Bivens, Bob.....	100
Beachkofski, Clare.....	1016	Katzfey, David.....	291	Bivens, Katie.....	100
Bloemer, Byron.....	912	Karr, Nancy.....	283	Pogliano, Donna.....	100
Schmidt, Jeff.....	912	Meilicke, Dennis.....	275	Watson, Wendy.....	90
McNaughton, Jamison.....	885	Tumey, Carol.....	275	Jakob, Bruno.....	84
Tuckwood, Debra.....	865	Pier, Barb.....	263	Planey, Heide.....	84
Perkins, Tom.....	864	Freischmidt, Lance.....	257	Hofstetter, Kimberly.....	82
Krall, Dan.....	850	Hall, Trevor.....	256	Shumard, Aimee.....	76
Ziegler, Joel.....	797	Katzfey, Delvina.....	250	McCarty, Elaine.....	74
Ziegler, Suzanne.....	797	Labinski, Dennis.....	240	Hayer, Nancy.....	66
Sandler, Mark.....	780	Polk, Bob.....	240	Crown, Ron.....	65
Wojtal, Norm.....	775	Shields, Colleen.....	240	John, Emily.....	48
Gannon, Sandra.....	748	Mikolic, Teri.....	235	Scheer, Thomas.....	45
Wojtal, Prati.....	736	Schaubel, Jeff.....	235	Gilipsky, Dan.....	44
Gannon, Dan.....	673	Connors, Dennis.....	233	Kelly, Nancy.....	42
Soriano, Joseph.....	655	Burrill, Alan.....	232	Lalor, Tierney.....	41
Klein, Robert.....	613	Krueger, Nancy.....	228	Butters, Gary.....	40
Lentzke, Phil.....	607	White, Becky.....	221	Hall, Erika.....	36
Orosa, Jojo.....	578	Lucas, Mary.....	216	Earle, Sandy.....	34
Zalewski, Mark.....	502	Knepper, Dick.....	198	Bauer, Elizabeth.....	29
Gibbs, Tamara.....	478	Schwartz, Steve.....	196	Wenzell, Jim.....	29
Kelly, Kent.....	463	Craig, Michael.....	186	Wenzell, Marie.....	29
Gresl, Lois.....	430	Fischer, Joe.....	182	Demian, Milad.....	28
White, Cory.....	403	Poznanski, John.....	175	Pomahac, Pat.....	28
Mittelstaedt, Guadalupe.....	383	Fink, Jim.....	157	Meyer, Jennifer.....	27
Peterson, Pat.....	368	Mallman, John.....	150	McNaughton, Marjorie.....	25
Sikorski, Andy.....	359	LaFave, John.....	145	Constantine, Darwin.....	18
Krueger, Gil.....	350	Nelson, Tom.....	130	Peterson, Jenny.....	12
Dix, Michael.....	347	Dyszelski, Robert.....	125	Chandler, Chris.....	10
Sericati, Tom.....	346	Schwabe, Mary Jo.....	116	Planey, Jack.....	10
Litzenberg-Hall, Jill.....	313	Burton, Becky.....	112		

Ride Schedule

All Rides Start at 10:00 am April, May and October and 9:00 am June through September

August 13, 2011

Germantown Roll - 24, 40 miles - Ride north toward West Bend. - Starts at Haupt Strasse Park in Germantown. Take Hwy 45 north to Mequon Rd (167east). Go east to Western Ave. (stoplight, Medical Associates on corner). Left (north) on Western Ave. 1/2 miles to park 30 minutes from Zoo.

August 14, 2011

Tour De Vour - 15, 35, 62 miles - Big Brothers Big Sisters of Racine and Kenosha, Biking For Kids sponsored event. Registration Fee required. - See <http://www.bbbsrk.org/events/view/10.html> for details.

August 14, 2011

Horicon Marsh - 32, 44 miles - Ride along or around Horicon Marsh. Fairly hilly. - Long route goes around the marsh, take enough water. Short route goes along the east side of the marsh and returns the same route. Starts at Clausen Park in Horicon. Take US 41 north to WI 33. West on 33 to Horicon. Go straight when 33 turns left in downtown Horicon. Go under John Deere bridge, cross river, turn left on Larabee St. Park in Clausen Park on left. Approximate drive time: 55 minutes from Zoo.

August 20, 2011

Pewaukee Lake Ride - 19, 35 miles - This ride goes around Pewaukee Lake with some hilly sections. - Starts at Mitchell Park in Brookfield. Take I-94 west to Barker Rd exit. North on Barker Rd to River Rd (just north of RR tracks). East (RIGHT) on River Rd .3 mile to park. Park in lot south of red shed.

August 21, 2011

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. half-mile into park. Approximate drive time: 30 minutes from Zoo

August 27, 2011

Harrington Beach - 24, 54, 64 miles - Ride along Lake Michigan north to Harrington Beach 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.

August 28, 2011

Cream City Century - 50, 75, 100 miles - Annual Cream City Cycle Club ride (registration fee required). - Starts at Waterford Union High School, 100 Field Dr. Take Hwy 36 SW to Hwy 20, then west on Hwy 20/83 into Waterford. Turn left on S. Center St., follow signs for parking lots south and west of the high school. www.creamcitycycleclub.com (414) 299-9398

September 3, 2011

Menomonee Falls/Neosho - 29, 49, 59 miles - Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots. - Starts at Village Park in Menomonee Falls. Take I-94 west to US 45. North on 45 to Appleton Ave. Northwest on Appleton Ave to Garfield Dr. (across from bank in downtown). Left on Garfield Dr. to Village Park on left. Approximate drive time: 20 minutes from Zoo.

September 4, 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.

September 5, 2011

Lake Country Ride - 33, 60 miles - Scenic ride through Pewaukee and Oconomowoc area. - Starts at Wagner Park in the City of Pewaukee. Take I-94 west, exit County J. Turn right(north) on J go 1.8 miles to Green Rd(at the top of the hill). Rt on Green Rd. for 0.7 mile to Wagner Park. Park in SE corner of lot. Approximate drive time: 20 minutes from Zoo.

September 10, 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., south west 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.

September 11, 2011

Door County Century - 30, 60, 100 miles - Annual fund raiser in Door County (preregistration required). - See brochure for details. <http://DoorCountyCentury.tripod.com> (715) 276-2320.

September 11, 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 (Oconomoc 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.

September 17, 2011

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.

September 17, 2011

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

September 18, 2011

Pedal the Kettle - 30, 60, 100 miles - Annual Spring City Cycle Club ride (registration fee required). - Start at the UW-Waukesha Campus, 1500 N. University Drive, Waukesha, WI Exit on Hwy. T off I-94, then 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.

September 18, 2011

Zoo Ride - 2.5, 17, 27 miles - Ride on the Wild Side. Serve as route marshals. - E-mail their contact, Jessica Groth, at jessicag@zoosociety.org. Let her know that you are a BVBC member. All routes begin and conclude at the Zoo.

September 24, 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.

September 25, 2011

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 Kurts Steak House), right on Cushing Park Rd. 1/5 mile to parking lot just across bridge. Approximate drive time: 25 minutes from Zoo.