



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

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www.bayviewbikeclub.org

February / 2011

Words of Wisdom From the Prez

It looks like we're coming up on about the middle of winter. That means we're half way to Spring!!! I've got my odometer set back to zero so I'm ready to start riding as soon as the snow melts a little more. While you're sitting around waiting for Spring here's a few things to think about—

The ***Wheel and Sprocket Bike Expo*** will be April ***7th*** thru the ***10th***. We'll be looking for friendly volunteers to staff our booth. Anyone interested can contact Bob Klein for available time slots. We would also like to have our ***Lake Country Classic*** T-Shirts available by that time. We're looking for a design for this years' shirt. This is your chance at fame and fortune—maybe. Even if you just have a general idea—please send it to me. We can get the design in the final form for the T-Shirts—but we need some ideas to start with.

The regular riding season starts April 2nd. I'm going to put air in my tires now.

See you on the road.

Mike Dix

President BVBC

BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Linda Roessl	roessll@hotmail.com
Secretary	Bob Klein	b68018201K@hotmail.com
Treasurer	Norm Wojtal	Norm@bayviewbikeclub.org
Ride Chair	Guadalupe Mittelstaedt	isislc@aol.com
Social Committee Chair	Clare Beachkofski	clarebeach@yahoo.com
Membership Chair	Debra	debra@bayviewbikeclub.org
Classic Ride Chair	Mark Sandler	marktsand@aol.com
Newsletter Editor	Guadalupe Mittelstaedt	isislc@aol.com

Standing Committees

Role	Name	Email Address
Web Master	Ron Santoro	bikerron@bayviewbikeclub.org
Nominating	Vacant	

March Club Meeting

March Club Meeting

When: March 21st, 6:30 PM

Where: Wheel.& Sprocket North Shore location

There will be beverages, demos and a special sale for members in attendance...

This meeting will start earlier than the normal 7 PM because the store closes at 8:30PM.

They will stay open as long as folks are there.

See you there!!!

Membership Report

If there is a change in your e-mail address during the year make sure I am notified at debra@bayviewbikeclub.org so you continue to receive club e-mails.

We currently have 123 members: 113 adults and 10 children.

There are no new members



February Birthdays



Nancy Kelly	February 2	Trevor Hall	February 12
Karin Borgh	February 6	Alan Burrill	February 12
Thomas Sericati	February 8	Beth Peterson	February 21
Barb Kubal	February 10	Mary Lucas	February 26

March Birthdays

Jennifer Clark	March 1	Agustin Orosa Jr	March 15
Nancy Karr	March 1	Tamara Gibb	March 19
William Hustedde	March 6	Pat Butters	March 21
Jane Connors	March 6	Julie Grimme	March 24
Prati Wojtal	March 6	Katie Bivens	March 26
Clare Beachkofski	March 6	Kathy Schaecke	March 27
Scott Siebers	March 10		

Guadalupe Mittelstaedt, Ride Chair

The schedule is done but can use a bit more tweaking by our members. Send in your ideas for a new club ride. All ideas will be presented at the March board meeting and then shared at the general club meeting for all to view.

Picnic Rides. If you are interested in hosting a picnic ride, please contact Michael Dix or myself as soon as possible. We would need advance notice of at least a month to be able to work the schedule around it.

Again, to continue making our scheduled rides a success, I am calling to all members who can help volunteer as Ride Leaders.

Contact me at:

- ❖ Our monthly meeting
- ❖ My email : isislc@aol.com with a subject header of Ride Leader
- ❖ On a ride

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.

Finally, if you rode on the Polar Bear ride, I need you to please contact me so I can properly assign you your rider points.

Guadalupe
Contact me at isislc@aol.com
Ride or Club Meeting

Ride Schedule

Ride starts at 10:00 AM.

Sunday, March 13, 2011

St Paddys Ride. In honor of St. Patrick's Day so help us spin those snakes out of then stop for coffee afterwards. The ride is 16 miles and starts at the Pantheon Restaurant on Rawson west of 76th street, park in the back. The address is 7621 West Rawson Avenue, Franklin, WI 53132.

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:

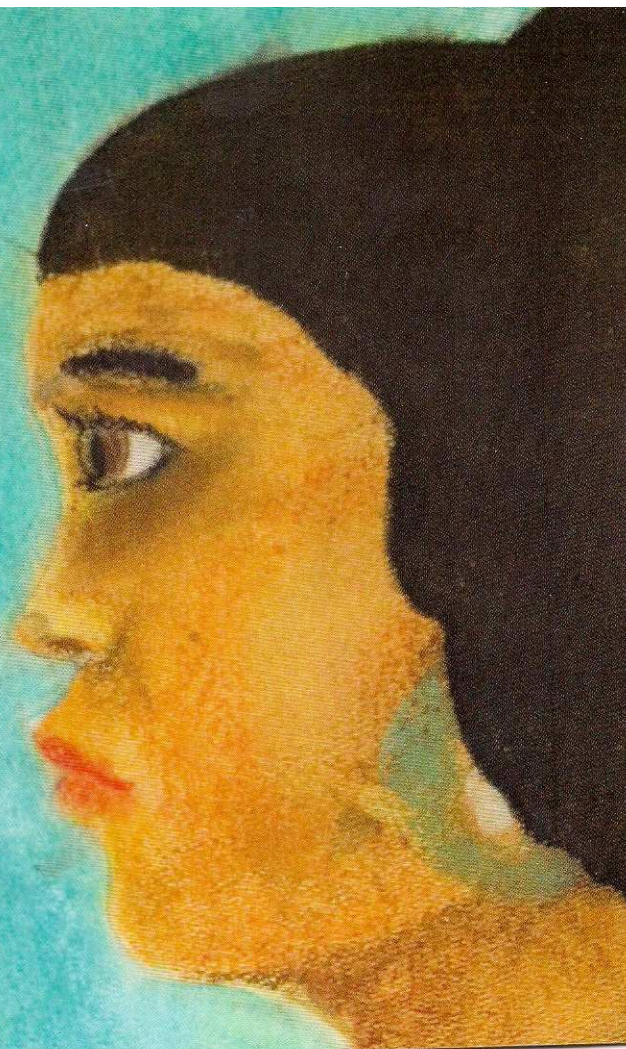
Return the waiver sheet (and ride package) to the Ride Chair so that everyone can qualify for rider points and to satisfy our insurance requirements.

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-2010 thru 2-Feb-2011

Linda Roessl	177	Mary Lucas	47
Clare Beachkofski	124	Dan Gilipsky	44
Joseph Soriano	118	Mark Zalewski	44
Byron Bluemer	105	Ted Gast	44
Scott Siebers	104	Jill Litzenberg-Hall	37
Debra Tuckwood	102	Erika Hall	36
Ron Santoro	102	Prati Wojtal	35
Jeff Schmidt	99	Norm Wojtal	35
Michael Dix	91	Tamara Gibbs	31
Pat Peterson	90	Jojo Orosa	31
Jamie McNaughton	88	Michael Craig	31
Dan Krall	81	Tom Nelson	30
Bob Polk	79	Kent Kelly	30
Sandra Gannon	71	David Katzfey	30
Dennis Labinski	61	Becky Burton	30
Robert Klein	61	Patrick Walsh	30
Doris Kreis	61	Mark Sandler	30
Tom Perkins	58	Cole Gravning	23
Dan Gannon	53		

Here are a couple of letters of appreciation for the donations made to their cause by the BVBC.



1/4/11

Clare,

Thank you for Bay view Bicycle Club's recent gift to Boys & Girls Clubs of Greater Milwaukee. We greatly appreciate your continued support of the Bike Shop and our members.

Your donation allows the Clubs to distribute bikes to deserving kids, while providing repairs and teaching the skills to fix their own bikes.

I look forward to the opportunity to show you our Bike Shop this year. Please feel free to call or email me to schedule a time.

Sincerely,
Maria Lubick



HUNGER TASK FORCE

November 26, 2010

Mr. Michael Dix
Bay View Bicycle Club
P.O. Box 070455
Milwaukee, WI 53207

Dear Michael:

Please accept my gratitude for Bay View Bicycle Club's recent gift to Hunger Task Force of \$1,000, which we received on November 24, 2010. This Thanksgiving season, your generous donation and leadership have warmed the hearts and homes of those facing hunger, ensuring that families in Milwaukee have a safe and special holiday.

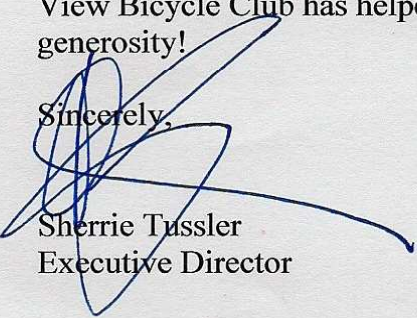
You have recognized that hunger is a problem every day in our community, and with your special gift, you have supported Hunger Task Force with a true spirit of charity. From those facing the hardships of unemployment for the first time, to the 40% of Milwaukee's children who live in poverty, you have answered the call for help and provided comfort for those in need this holiday season.

Milwaukee is experiencing some tough times, but your support is a shining example of selfless giving. Hunger Task Force relies solely on the generosity of our donors to carry on our mission. Thanks to you, Hunger Task Force can keep the safety net of emergency food intact for Milwaukee's hungry.

But your gift provides so much more than just money that purchases food. You have shown that sharing is the true measure of heartfelt giving, and you will inspire others to follow in your footsteps. You are truly a leader in our community, fighting for the hard working families and individuals that need our help this Thanksgiving. The success of Hunger Task Force would not be possible without your generosity, and we thank you for your trust and partnership in our mission.

Hunger Task Force is **Free & Local**, and friends like you are leading the way to keep this mission unique in our community. On behalf of Hunger Task Force and the many families Bay View Bicycle Club has helped this Thanksgiving season, thank you for your wonderful generosity!

Sincerely,



Sherrie Tussler
Executive Director



“BVBC President Mike Dix is Going on the Ride of His Life”



In April and May of this year I will be participating in the **Ride for World Health** rideforworldhealth.org , a 3,700 mile bicycle ride from San Diego, California to Washington D.C. to promote education and awareness of global and domestic health concerns as well as raise funds for Medwish International and AHOPE for Children. Medwish international collects literally tons of unused medical supplies in the United States and distributes them to those in need throughout the world. AHOPE for children serves the needs of poor children—mostly orphans in Ethiopia, a country that has been devastated by AIDs. Please take a look at the website to learn more about what these great charities are doing.

The Ride for World Health is sponsored by Ohio State University. It was founded about 5 years ago by a group of fourth year medical students who have the months of April and May off from their clinical rotations. Ride for World Health tries to raise awareness of world health problems such as healthcare access, Poverty and infectious diseases. Besides fundraising, the ride provides a series of lectures about world health issues in the cities where we stop.

I heard about the Ride for World Health through an e-mail that was sent to the Bay View Bike Club by the ride organizers. When I looked at their website I was inspired. I realized this was something I could do. Not only would I be able to have a great adventure---I would also be able to do a lot of good at the same time. I haven't actually met anyone that will be on the ride. I have only communicated by e-mail or phone call. I had to apply to be a rider which involved sending in a resume and 2 telephone interviews. I've always wanted to ride my bike across the country and realized that if I'm ever going to do it, I better do it soon. Of course my wife Barb had a few reservations, but after some discussion she is supportive. She has warned me that she is not picking me up if I can't make it. I'm not too worried about being able to do the ride, but I am a little nervous about being the oldest person doing it. Almost everyone else is a medical student in their 20's. I would like to do the whole ride but—since I need to use vacation time, 6 weeks is the best I can do. I'll be riding from San Diego to Nashville.

I need to raise about \$2700 in order to participate in this ride. I'm counting on my friends and family to help me. Please take a look at the website and read my biography posted there.—RideforWorldHealth.org. You can contribute online or you can give me any contributions at the membership meetings in February or March. Bay View Bike Club will be listed as a sponsor on the website at least \$100 is donated. Thanks

How To Get Showstopping Legs

5 moves for ridiculously powerful and extremely sexy pistons.

By Selene Yeager

Bulging quads and diamond-cut calves are telltale signs you're a cyclist. Use these moves to boost your power and chisel your form in the off-season. Do two sets of 10 to 12 reps twice a week.

Single-Leg Lift-Off

Stand in a lunge position, knees bent, right foot forward, left knee grazing the floor. Bend slightly from the waist, arms in front of you as though holding a handlebar. If necessary, place your fingertips on a chair back for balance. Straighten your right leg and extend your left leg behind you, lifting your foot off the floor and keeping toes pointed. Bend right knee back to start, keeping left leg extended and allowing only your toes to touch the floor. Do one set; switch sides. *Beauty & the Bike*: Etches definition in quads, hamstrings and glutes. Equalizes strength in legs for premium pedaling power.

X Lunge

Stand with your feet hip-width apart, holding a 10- to 15-pound dumbbell in each hand at your hips. Take a giant step back and to the left with your right leg, so your foot would end up at the 8 o'clock position if you were facing noon. Bend your knees and lower your hips until your left thigh is parallel to the floor. Press back to start. Alternate sides for a full set to each side. *Beauty & the Bike:* Builds solid strength in back, outer thighs, hips, glutes and calves. Strong glutes protect your knees and keep you planted firmly on the saddle with no side-to-side wavering.

Hip Hinge

Stand with feet hip-width apart, holding 5- to 10-pound dumbbells (heavier if you're an experienced lifter) at your sides, palms facing in. With back straight, bend forward from your hips, lowering your torso and allowing arms to hang toward the floor. At the same time, extend your left leg straight behind you, toes pointed, until your body forms a T. Slowly raise back, and lower left toes to touch the ground. Repeat for half a set; switch sides. *Beauty & the Bike:* Lifts and separates the glutes from the hamstrings to fill out those new shorts. Stretches and strengthens hamstrings for a more fluid pedal stroke.

Speed Skater

Stand in front of a 12- to 18-inch step or bench. Plant your right foot on the step. Extend your arms in front of you for balance. Maintaining a 90-degree bend in your right leg, pull your left leg up and touch your toes on the step. Immediately extend the left leg back down, touching your toe on the floor before repeating the move. Complete a full set; then switch sides. *Beauty & the Bike:* Carves that line where quads meet hammies. Builds hip flexor strength for an unstoppable upstroke.

Stuck Jumps

Stand with feet hip-width apart. Bend knees so you're crouching toward the floor. Explode upward, swinging arms toward the ceiling. As you land, bend your knees until your hands are touching the floor on each side of your feet. Repeat. *Beauty & the Bike:* Explosive moves target fast-twitch fibers, which give your muscles their sleek, curvy shape. Jumps and other plyometric exercises put snap in your legs for lightning-quick power into your pedals.