



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 23 No 6

www.bayviewbikeclub.org

July 2011

Next Board Meeting:
Tuesday, August 9, 2011

Next Newsletter Deadline:
Friday, August 5, 2011

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July Meeting

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

the Prez sez

Bay View Bike Club classic weekend is here. We've had lots of advance registrations coming in. This year's ride is on track to be at least as successful as last year's. When I talk to people about Bay View Bike Club lots of people compliment us on our bike ride. Remember to invite your friends and co-workers. Many people that aren't ready for our regular rides could handle one of the shorter distances of the classic. This is a great way to get people out on their bikes. Everyone put in your requests for good weather. I'm hoping for a high of 80, sunshine, 5mph winds.

I'd like to thank everyone for making this event happen this year. A special thanks to Dan and Sam Gannon for their continued work. This event would not happen without their dedication. This year has been a challenge. We've had a number of people taking on new roles. The key to success is communication. We need everyone stay positive and help each other. Almost everyone has cell phones, smart phones etc. Let's use them.

Take lots of pictures. Bring them on a disk or memory stick to the July ice cream social meeting on Monday the 18th. If you can't make the meeting, e-mail them to me.

See you down the road.

Social Events

July Social Event: BVBC Lake Country Classic

The BVBC Lake Country Classic on Saturday, July 16 is not only the Club's annual fundraiser, it's also a great opportunity to meet and get to know other BVBC members who are volunteering that day! In addition, you'll come in contact with many enthusiastic bikers who registered for the Classic and are riding one of the five Lake Country Classic routes. Socialize with BVBC members and the biking community by volunteering at the Lake Country Classic on Saturday, July 16! For more information, email clarebeach@yahoo.com.

July and 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 July and 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 your summer!

Door County Century Reminder

If you plan to go but haven't registered yet, do so before July 30. The registration fee jumps from \$50.00 to \$55.00. Save those bucks for a meal with the other BVBC'ers at the ride.

the Veep speaks

There will be an ice cream social as the featured event for the July meeting. There will not be a guest speaker so bring your conversation along to the membership meeting on Monday, July 18 at Beulah Brinton Community Center. Starting at 7:00 PM, we will hold the normal business meeting with ice cream and the fixings to follow. Come hungry.

I have been trying to get a nurse practitioner to give a talk on biker first aid for the August membership meeting. She has not committed but I will continue to focus on this for a membership meeting in the future.

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 129 members: 109 adults and 10 children.

Please Welcome our new members:

James Fink

Steven Schwartz

Nancy Hayer

Charity Ride Riders Wanted

An on-going issue is answering the question: who rode a charity ride? For a variety of reasons it is difficult for a ride leader to get everyone's name and mileage. Some people make the list; others don't.

A solution is e-mail. Unless you actually signed a BVBC Signup Sheet for that ride, e-mail me the ride and distance. I'll get you on the list and credit the points. You could tell me in person or by phone, but, that's risky. I've forgotten or confused what people tell me; I've yet to lose an e-mail.

Send past and future charity ride info for this season to: knkelly@wi.rr.com. Thanks.

Kent Kelly, Ride Chair

Ride Chair, Ride

Changes, Will Robinson! At least to our ride schedule that is. August, September, and October have been reworked. Be sure to get a copy of this year's schedule off our website. It's dated 8 Jul 2011. And, follow our monthly published schedule. Check our website and your e-mail for any late-breaking deviations. Some rides were dropped; some added; some just shifted around.

We also have route changes to finish July and in August. Holland Festival has a new starting point and long route. Lake Mills Triangle picked up a 64-mile long route and minor variations to the other two routes. Oconomowoc-Eagle has a new routing leaving and returning to Roosevelt Park. Finally, I'm reviewing Harrington Beach for a possible face-lift (route-lift??).

And now, for your enjoyment, The FACTOIDS!

Oct 1, 2010 - Jun 30, 2011

Rides Scheduled.....	49
Rides Ridden.....	47
Rides Cancelled.....	2
Rides Not Entered.....	0
Total Riders.....	677
Members.....	85
Non-Members.....	48
Average per Ride (rounded)....	14

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

Kent Kelly

What Do You Hear? What Do You Know?

If it's bicycling related, write it up and e-mail Kent: knkelly@wi.rr.com. Use any format that suits you. Pictures and illustrations are fine also. He'll edit for spelling and gross grammatical issues; apply some styling then publish it. The next Newsletter deadline is August 5, 2011.

Comments, suggestions, critiques are welcome.

This issue is dedicated to HEAT!!! We all ride in it. Heat during the summer is just a part of cycling. So, following are some articles on staying cool while riding, hydration, and signs of and what to do in case of heat related illnesses.

To throw in my 2 cents: ride the short route and ride a little slower. We can all of us ride smarter.

Bay View Bicycle Club Senior Ride

The BVBC is starting a Senior Ride on July 5th and every Tuesday there after. We will meet at the Beulah Brinton Center at 9:00am. This is a ride for inexperienced riders or those that want to ride a slow and short ride. All riders must wear helmets and have a bicycle that is in good condition. We will start by giving a talk on how to ride in a group and the safety issues that could arise. We will then take a short ride in the Bay View area to get used to riding in a group. The following week we will ride down to the Summerfest grounds and the State Park. If you know any one at work or home that could use some added exercise or just needs an activity, tell them about it. This ride is called the Senior Ride but any one can participate in it.

Thanks.

For more info call, Dick Knepper at 414-232-4627

Staying Cool in Hot Weather Riding

By David Fiedler

http://bicycling.about.com/od/howtoride/tp/Stay_cool_in_hot_weather.htm

Hot weather can make normally pleasant rides more difficult, and really scorching weather can make you want to stay off the bike altogether. But that's not necessary when you use these simple ways to keep cool on your bike. You can beat the heat, stay safe, ride longer and still have fun.

1. Squirt Water on Your Head

During hot weather riding, you can use your water bottle to squirt water on your head through the vents in your helmet every 15 minutes or so, which will really help cool you down. First, the water itself will be cooler than your head, and so that'll be an initial and immediate blast of temperature relief. Next, the evaporation effect will continue to help keep you cool as the water dries by carrying heat away from your body as you continue to ride.

Just make sure you have access to an adequate water supply that you can replenish as necessary as you ride. You certainly don't want to whoosh away your water by squirting it all on yourself, and then leave yourself with nothing to drink.

2. Wrap a Wet (or Even Icy!) Bandana Around Your Neck

Wrapping a water-soaked bandana around your neck can do wonders to keep you cool. For maximum relief, you can go a step farther and do what a guy I know does. He folded a bandana in half and stitched up two of the sides, leaving the third open. He'll shove that thing full of ice cubes and wrap it around his neck. Talk about an intense and lasting chill. And as the ice melts, the frigid water drips down your back and chest. Plus, that ice supply can be replenished as necessary, giving you a freeze that'll last all day.

If you're not inclined to do-it-yourself, so-called "ice bandanas" are also commercially available.

3. Freeze Your Water Bottles Overnight

For colder water longer, consider freezing your water bottles overnight. The ice will melt as you ride, offering you cold water along the way, instead of the too warm stuff that's not so refreshing.

This may be a little bit trickier than the other steps, as you want to make sure the water will be melting so that it is available for drinking as you need it. Experiment with this until you know what is right for you. If you carry two water bottles, maybe freeze just one of them, saving that to be the second one you drink, after it has had the chance to melt a bit. Also remember that you should not fill your water bottles more than 3/4 full. Any more than that, and the water will bust your bottles as it expands while freezing.

4. Wear the Right Kinds of Clothes

Choose clothing that allows perspiration to evaporate quickly so that it can do its cooling job better. That's going to mean materials like cotton and silk are out since they absorb and hold on to sweat. Opt for "technical" fabrics instead, like spandex and lycra. If you don't want to look like a bike dork all decked out in this gear, you'll be glad to know that golf and tennis-style shirts are now made in technical fabrics, and you can buy UnderArmor-type shirts that look normal, feel comfortable and perform well.

The Importance of Good Hydration

<http://familydoctor.org/online/famdocen/home/healthy/physical/basics/1014.html>

Why is it so important to stay properly hydrated?

Whether you're a serious athlete or recreational exerciser, it's important to make sure you get the right amount of water before, during and after exercising. Water regulates your body temperature, lubricates joints and helps transport nutrients for energy and health. If you're not properly hydrated, your body will be unable to perform at its highest level, and you may experience fatigue, muscle cramps, dizziness or more serious symptoms.

How much water should I be drinking?

There are no set guidelines for water intake while exercising because everyone is different. Sweat rate, heat, humidity, exercise intensity and duration are just some of the factors that must be considered. A simple way to make sure you're staying properly hydrated is to check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-colored urine is a sign of dehydration.

The American Council on Fitness has suggested the following basic water intake guidelines for people doing moderate- to high-intensity exercise:

- * Drink 17 to 20 ounces of water 2 to 3 hours before you start exercising
- * Drink 8 ounces of water 20 to 30 minutes before you start exercising or during your warm-up
- * Drink 7 to 10 ounces of water every 10 to 20 minutes during exercise
- * Drink 8 ounces of water no more than 30 minutes after you exercise

What about sports drinks?

While you are exercising, water is the best drink for most people, most of the time. However, if you are exercising at a high intensity for more than an hour, you may want to choose a sports drink. The calories, potassium and other nutrients in sports drinks can help provide energy and electrolytes to help you perform for a longer period of time.

Choose sports drinks wisely, as they are often high in calories, sugar and sodium. Also check the serving size – 1 bottle may contain several servings. If you drink the entire bottle, you may need to double or even triple the amounts given on the Nutrition Facts Label. Some sports drinks contain caffeine. If you use a sports drink that contains caffeine, be careful not to get too much caffeine in your diet.

What are the signs of dehydration?

Dehydration happens when you lose more fluid than you drink. When your body doesn't have enough water, it can't work properly. Dehydration can range from mild to severe. The signs of dehydration can include:

- * Dizziness or lightheadedness
- * Nausea or vomiting
- * Muscle cramps
- * Dry mouth
- * Sweating stops
- * Heart palpitations

Signs of severe dehydration can include mental confusion, weakness and loss of consciousness. Seek medical attention immediately if you have any of these symptoms.

Severe dehydration combined with exercise can also lead to heat illness. Heat illness can occur when the body is dehydrated, which can compromise the body's ability to cool itself. There are 3 stages of heat illness: heat cramps, heat exhaustion and heatstroke. Symptoms of heat cramps include muscle spasms in the legs, abdomen and arms. Symptoms of heat exhaustion are more serious and can include feeling faint or weak, nausea, headache, rapid pulse and low blood pressure. The most serious heat-related illness is heatstroke, and symptoms can include high body temperature, rapid pulse, flushed skin, lack of sweating, rapid breathing and possibly even delirium, loss of consciousness or seizures. Seek rapid emergency medical attention if you experience any of these symptoms of heatstroke. Untreated heatstroke can lead to death.

What is hyponatremia?

Hyponatremia is rare, but it is something that athletes should be aware of. Hyponatremia is when there is too little sodium in the body. It can occur when athletes, particularly endurance athletes, drink too much water. When sodium levels in your body are too low, your cells begin to swell with water. This can cause your brain tissue to swell, putting pressure on your brain. It can also cause your lungs to fill with fluid. Symptoms of hyponatremia can include headache, vomiting and swelling of the hands and feet.

Just how much water is too much depends on your body and the kind of activity you are doing. Talk to your family doctor if you have questions about the right amount of water to drink while exercising.

Heat Exhaustion and Heatstroke

<http://familydoctor.org/online/famdocen/home/healthy/firstaid/basics/088.html>

Heat exhaustion and heatstroke, occur when your body can't keep itself cool. As the air temperature rises, your body stays cool when your sweat evaporates. On hot, humid days, the evaporation of sweat is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your body temperature rises, and you may become ill.

What is heat exhaustion?

Heat exhaustion happens when your body gets too hot. It can be caused by physical exercise or hot weather. You may experience:

- * Heavy sweating
- * Feeling weak and/or confused
- * Dizziness
- * Nausea
- * Headache
- * Fast heartbeat
- * Dark-colored urine, which indicates dehydration

What should I do if I think I have heat exhaustion?

If you think you have heat exhaustion, get out of the heat quickly. Rest in a building that has air-conditioning. If you can't get inside, find a cool, shady place. Drink plenty of water or other fluids. Do NOT drink alcohol or caffeinated drinks (such as soda). These can make heat exhaustion worse. Take a cool shower or bath, or apply cool water to your skin. Take off any tight or unnecessary clothing. If you do not feel better within 30 minutes, you should contact your doctor. If heat exhaustion is not treated, it can progress to heatstroke.

What is heatstroke?

Symptoms of heatstroke

- * High fever (104°F or higher)
- * Severe headache
- * Dizziness and feeling light-headed
- * A flushed or red appearance to the skin
- * Lack of sweating
- * Muscle weakness or cramps

- * Nausea
- * Vomiting
- * Fast heartbeat
- * Fast breathing
- * Feeling confused, anxious or disoriented
- * Seizures

Heatstroke is when the internal temperature of the body reaches 104°F. It can happen when your body gets too hot during strenuous exercise or when exposed to very hot temperatures, or it can happen after heat exhaustion isn't properly treated. Heatstroke is much more serious than heat exhaustion. Heatstroke can cause damage to your organs and brain. In extreme cases, it can kill you.

What should I do if I think someone has heatstroke?

If you think someone might have heatstroke, call emergency medical personnel immediately. While you are waiting for medical assistance, take the person into an air-conditioned building or a cool, shady place. Remove the person's unnecessary clothing to help cool him or her down. Try to fan air over the person while wetting the skin with water. You can also apply ice packs to the person's armpits, groin, neck and back. These areas contain a lot of blood vessels close the surface of the skin. Cooling them with ice packs can help the person cool down.

Get medical help right away if you have these warning signs:

- * Skin that feels hot and dry, but not sweaty
- * Confusion or loss of consciousness
- * Frequent vomiting
- * Shortness of breath or trouble breathing

How can I prevent heat illness?

When the heat index is high, stay indoors in air-conditioned areas when possible. If you must go outside, take the following precautions:

- * Wear lightweight, light-colored, loose-fitting clothing.
- * Protect yourself from the sun by wearing a hat or using an umbrella.
- * Use sunscreen with a sun protection factor

(SPF) of 15 or more.

* Drink plenty of water before starting an outdoor activity. Drink extra water all day. Keep in mind that heat-related illnesses are not only caused by high temperatures and a loss of fluids, but also a lack of salt in the body. Some sports drinks can help replenish the salt in your body lost through sweating.

* Drink fewer beverages that contain caffeine (such as tea, coffee and soda) or alcohol.

* Schedule vigorous outdoor activities for cooler times of the day -- before 10:00 a.m. and after 6:00 p.m.

* During an outdoor activity, take frequent breaks. Drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids. Dark-colored urine is an indication that you're dehydrated.

* If you have a chronic medical problem, ask your doctor about how to deal with the heat, about drinking extra fluids and about your medicines.

What should I do after having heat exhaustion or heatstroke?

Having heat exhaustion or heatstroke makes you more sensitive to hot conditions for about a week afterwards. Be especially careful not to exercise too hard, and avoid hot weather. Your doctor can tell you when it is safe to return to your normal activities.

First Aid for Heat Related Illness

<http://www.ibike.org/education/heat-illness.htm>

Heat cramps are painful muscle spasms that usually occur in the legs or abdomen. They are caused by the failure to replace fluids or electrolytes, such as sodium or potassium. Heat cramps are the least severe of heat related illnesses. Treatment includes moving a person to a cooler place, stretching muscles for cramps, and giving cool water or electrolyte-containing fluid to drink.

Heat exhaustion is an early indicator that the body's cooling system is becoming overwhelmed. Symptoms include headaches, dizziness, lightheadedness, or fainting; weakness and clammy or moist skin; mood changes such as irritability or confusion; upset stomach or vomiting. It can lead to heat stroke if ignored. Treatment includes moving the person to a cooler place, and if the person is conscious, providing small amounts of cool water to drink. Fan the victim to circulate the air while applying water with a cool cloth.

Heat stroke is a medical emergency caused by the failure of the body's cooling system. Symptoms include dry, hot skin with no sweating; mental confusion or losing consciousness; seizures or fits. Treatment includes all of the elements for heat exhaustion and contact emergency medical assistance.

Classifieds



For Sale

LeMond Tourmalet road bike 55cm. \$650
Would fit someone with about a 32 inch inseam. 4 years old. Aluminum Frame, Carbon Fork and Seatpost. Gatorskin tires. Perfect condition.

This bike has already been on most of the Bay View Bike Club rides. It knows the routes.

Questions--call Mike Dix 414-483-1293 or email dix83@sbcglobal.net

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.

Rider Points

For September 1, 2010 through June 30, 2011

All Rides Entered

Siebers, Scott.....	1078	Peterson, Beth.....	177	LaFave, John.....	75
Roessl, Linda.....	959	Gresl, Lois.....	176	Poznanski, John.....	75
Santoro, Ron.....	894	Meilicke, Dennis.....	175	Hall, Trevor.....	56
McNaughton, Jamison.....	768	Sikorski, Andy.....	175	Fischer, Joe.....	53
Beachkofski, Clare.....	764	Tumey, Carol.....	175	John, Emily.....	48
Bloemer, Byron.....	700	Polk, Bob.....	168	Gilipsky, Dan.....	44
Tuckwood, Debra.....	673	Schwartz, Steve.....	162	Lalor, Tierney.....	41
Schmidt, Jeff.....	669	Freischmidt, Lance.....	157	Butters, Gary.....	40
Sandler, Mark.....	636	Schaubel, Jeff.....	152	Crown, Ron.....	40
Perkins, Tom.....	609	Katzfey, Delvina.....	150	Hall, Erika.....	36
Ziegler, Joel.....	561	Krueger, Nancy.....	128	Earle, Sandy.....	34
Ziegler, Suzanne.....	561	Mallman, John.....	125	Hayer, Nancy.....	32
Wojtal, Norm.....	531	Connors, Dennis.....	119	Nelson, Tom.....	30
Krall, Dan.....	508	Craig, Michael.....	115	Demian, Milad.....	28
Wojtal, Prati.....	492	Litzenberg-Hall, Jill.....	113	Pomahac, Pat.....	28
Soriano, Joseph.....	468	Burton, Becky.....	112	Meyer, Jennifer.....	27
Lentzke, Phil.....	391	Karr, Nancy.....	105	Dyszelski, Robert.....	25
Klein, Robert.....	388	Durkin, Gretchen.....	102	Constantine, Darwin.....	18
Peterson, Pat.....	368	Burrill, Alan.....	98	Kelly, Nancy.....	13
Orosa, Jojo.....	365	Knepper, Dick.....	98	Mathers, Russ.....	12
Gannon, Dan.....	360	White, Becky.....	96	Peterson, Jenny.....	12
Gannon, Sandra.....	360	Zalewski, Evonne.....	92	Chandler, Chris.....	10
Dix, Michael.....	347	Watson, Wendy.....	90	Planey, Jack.....	10
Gibbs, Tamara.....	314	Pier, Barb.....	85		
Mittelstaedt, Guadalupe.....	283	Fink, Jim.....	84		
Kelly, Kent.....	272	Jakob, Bruno.....	84		
Sericati, Tom.....	246	Planey, Heide.....	84		
White, Cory.....	245	Hofstetter, Kimberly.....	82		
Bartelt, Gregory.....	214	Labinski, Dennis.....	81		
Krueger, Gil.....	200				
Zalewski, Mark.....	193				
Katzfey, David.....	191				
Mikolic, Teri.....	186				



No points for slices!

Ride Schedule

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

July 16, 2011

BVBC Classic-Lake Country - 15, 25, 45, 65, 100 miles - Bay View Bicycle Club fund raiser ride through Lake Country Waukesha & Jefferson Counties - Starts at First Congregational Church at 815 S. Concord Rd. Oconomowoc. Take I-94 west to WI 67 (Oconomowoc exit). Turn right (North) on Hwy 67 (Summit Ave), turn LEFT (west) on Hwy B (Valley Rd). Travel West 3+ miles to Hwy BB (Golden Lake Rd, also Concord Rd.) turn RIGHT (north). Go North about 1.5 miles to First Congregational Church, on East side of the road. Park in the northeast corner of the upper parking lot.

July 17, 2011

LaGrange - Whitewater - 30, 56 miles - Scenic ride through Southern Kettle Moraine between LaGrange and Whitewater. - 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.

July 23, 2011

Cedarburg - 28, 49 miles - 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.

July 24, 2011

Ottawa Lake - 29, 41 miles - Scenic ride through Southern Kettle Moraine State Forest. - Take I-94 west to WI 67 (Oconomowoc 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 Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

July 30, 2011

Holland Festival - 29, 59 miles - New Long Route! Ride along Lake Michigan to Cedar Grove and back. - The long route starts at 9:00 am; short route starts at 10:00. Both routes start from and end at the park-and-ride lot across from Allen Edmonds in Port Washington. Both routes return along the Interurban. Drive I-43 north and take Exit 100. Turn right (south) to first stop light (gas stations on two corners for a restroom break). Turn left (east) and look for the park-and-ride on the left (north) side of the street.

July 31, 2011

Coalition Picnic - 23, 33, 50 miles - Club members from BVBC, Cream City and Spring City only, bring a dish to pass or pay \$7.00. - 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. We are at the North picnic area.

August 6, 2011

Lake Mills Triangle - 31, 46, 64 miles - New long route! Very scenic ride through Lake Mills, Cambridge, Jefferson and west to Lake Kagona State Park. - I-94 west (Exit 259 - Lake Mills), south on 89 approximately 2 miles, right into Glacial Drumlin trailhead Parking lot.

August 7, 2011

Brown Deer to Cedarburg - 32 miles - Fairly easy ride, mostly rural areas through River Hill, Mequon and Cedarburg. - Starts at Brown Deer Park. Take I-43 north to Good Hope Rd., west to Teutonia Ave., right on Teutonia (approximately 1/2 mile), right on Calumet. Cross RR tracks, turn left at stop sign. Park in lot on the right.

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

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 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 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. 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