

PEDAL POWER

Bay View Bicycle Club (BVBC) Newsletter

Vol 23 No 2

www.bayviewbikeclub.org

March 2011

Next Club Meeting:

Monday, March 21, 2011 - 6:30 pm
(the third Monday of each month)

Where: Wheel & Sprocket
6940 N Santa Monica Blvd
Fox Point

Next Board Meeting:

Tuesday, April 12, 2011

Next Newsletter Deadline:

Friday, April 8, 2011

Board Members:

President

Mike 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

Kent Kelly
knkelly@wi.rr.com

Webmaster:

Ron Santoro
bikerron@bayviewbikeclub.org

March Meeting Location Change

North Shore Wheel & Sprocket

6940 N Santa Monica Blvd

Fox Point

Monday, March 21, 2011, 6:30 pm

(story page 2)

From the Prez

Bike season is just around the corner. I just came back from the St Patrick's Day ride. We had 7 riders braving the cold for a 16 mile ride to spin the snakes out of Ireland. We didn't see any snakes. Did see one robin though. We also came to the conclusion that ice is slippery. Hopefully that won't be a problem on any more rides.

This year we're planning to offer more shorter distance options for riders just getting started. We hope that by offering more "get in gear rides" we can welcome and encourage people to develop better skills and conditioning. We're always looking for new members. More members, more fun. Invite someone to join us.

We hope to have the ride schedule finalized and posted on the website before the next meeting. We're still looking for anyone to host picnic or party rides. They can certainly be added to the schedule later on.

Kent Kelly has joined the BVBC board as the newsletter editor. Kent's experience and enthusiasm will be a great help to all of us. Please thank him for volunteering and help him make our newsletter better by forwarding him ideas for the newsletter.

I'll be leaving town March 31st for my ride across the country with the Ride for World Health. Rideforworldhealth.org Please check out the website and consider sponsoring me. I never would have considered doing a ride like this if not for the skills and confidence I developed by being a member of Bay View Bike Club. Check my progress on facebook. Chances are I'll be in pretty good shape when I get back. Maybe I'll finally be able to keep up with Pat.

See you down the road.

Contact us: Bay View Bicycle Club, P.O. Box 070455, Milwaukee, WI 53207

Meeting At Wheel & Sprocket in March

Don't miss the Monday, March 21st Membership meeting held at Wheel & Sprocket North Shore located at 6940 N Santa Monica Blvd in Fox Point. The special sale starts at 6:30 PM until 8:30 PM. There will be sale items, demos and beverages available to Bay View Members. We will have a short business meeting and then we can shop and enjoy all the biking stuff in the store. I hope to see you there.

Membership Notes

Memberships expire on March 31, 2011. Renew now so you don't miss out on any club events. You can download an application form from www.bayviewbikeclub.org. Please mail or bring it to one of our membership meetings.

Also, make sure your e-mail address is written clearly. The newsletter is e-mailed to all club members. Be sure to notify me if you are not getting the newsletter or other club information by e-mail so I can make the necessary corrections and insure you are receiving club information.

PLEASE WELCOME NEW MEMBERS:

Davina Winandy, Martin Palicki, Edward Wills,
Rita & Dale Lambert

Partake in a Friday Fish Fry at Polonez on March 25!

In the mood for a tasty Friday fish fry? Then join BVBC members at the Polonez restaurant in St. Francis on Friday, March 25, 2011. We'll meet for cocktails at 6:15pm and be seated for dinner at 6:30pm. The fish dinners come with your choice of baked or fried fish, a potato side dish (great potato pancakes!), soup or salad, and coleslaw. For a special treat, try the Polish Platter, a sampling of the authentic homemade Polish foods served at Polonez located at:

4016 S. Packard Ave in St. Francis
(one block south of Howard Ave.).

This event is open to BVBC members and their guests. To attend the dinner on Friday, March 25, **please send an email to Clare B. at clarebeach@yahoo.com by 6 p.m. on Wednesday, March 23.**

Note: Please respond promptly. The event will be canceled if fewer than 6 people RSVP by the deadline.

Oak Creek Lake Front Redevelopment

By Linda

On Thursday, March 3 Oak Creek Common Council held a meeting at the Community Center for the public. This meeting was to gather input from the community for the redevelopment of lake front property boarding MMSD, 5th Avenue and Ryan Road along Lake Michigan. They have been dumping dirt from the Mitchell Interchange tunnel projects to cap the area due to environmental concerns. I attended the meeting and spoke with Dave Burch from Milwaukee County Parks. There is a proposal to run bike trails through this property. This will all be done within 2 to 3 years as long as there is money available. They do anticipate putting bike trails through Bender Park but that project is not scheduled for 5 years. They must address the lake front erosion first. The great thing about all this is in time, it will connect WE Energies bike trails through the new power plant property paralleling Hwy 32 to the Oak Leaf trail in Grant Park and the Racine bike trail system. As a bike club we have routes traveling on Ryan Road and 5th Avenue, these improvements will give us an option to ride on dedicated trails and aid in keeping us safe.

Ride Chair

We are still looking for your ideas for a new club ride. All ideas will be presented at each board meeting as they become available. The ride recommendations received so far 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 me as soon as possible. We would need advance notice of at least a month to be able to work the schedule around it.

Ride Leaders. Rides will be starting in April after the Wheel and Sprocket Expo. To continue making our scheduled rides a success, I am calling to all members who can help volunteer as Ride Leaders. Being a ride leader is easy, the first step is by just being there!! If you contact me by e-mail, please use a subject header of Ride Leader.

I am still looking for those of you that rode on the Polar Bear ride. Please contact me so I can properly assign your rider points.

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.

Contact Guadalupe

- At our monthly meeting
- By email : isislc@aol.com
- On a ride

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.

Classic Chair Report

Our 2011 edition of the Lake Country Classic is July 16th. Mark your calendars! Start thinking about where you can volunteer to help our Classic stay a continuing success. Volunteer sign-up sheets coming soon.

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. Check the Newsletter deadline in the first page sidebar.

Comments, suggestions, critiques are welcome.

Build a Better Diet

Ride stronger with meals from the Mediterranean

By Kelly Bastone

In the region where olives flourish, people flourish, too. Heart disease, cancer, diabetes and even Alzheimer's are far less common in Mediterranean countries, such as Greece, Italy, France and Spain. Perhaps this explains why many of the world's best bike racers, including Tour de France winner Alberto Contador, have a nutritional leg up. Eating well is easy for them because "Mediterranean eaters place an emphasis on fresh, quality ingredients," says Cynthia Sass, R.D., C.S.S.D., based on the region's eating patterns. These dishes often build on a few flavor-packed ingredients, such as tomatoes, basil and balsamic vinegar. Follow Sass's advice to import the best of the Mediterranean into your kitchen.

Make Veggies the Centerpiece Mediterranean meals typically consist of about 75 percent plant matter, from fruits, vegetables, whole grains and beans. "Meat is considered a condiment and is eaten infrequently," says Sass. Greeks, for example, eat little red meat but consume an average of nine daily servings of fruits and vegetables. These proportions offer a broad spectrum of vitamins, minerals and antioxidants, which stave off disease and fuel athletic performance.

Try it - Pick a vegetable or fruit and design the meal around it. Pair great berries with

oatmeal; mix broccoli into a pasta sauce. Fresh, in-season fruits and veggies deliver the highest nutrient content, and you can save them for other times of the year as well. "Freezing tends to lock in nutrients and preserve them, so many frozen foods are just as nutritious as when they are fresh," says Sass.

Choose Plant-Based Fats

Foods popular in the Mediterranean--like nuts and olive oil--aren't low in fat. But it's monounsaturated fat, the good kind that lowers total cholesterol levels. Plus, several studies have found that the diet fosters weight loss. One 2008 paper published in the New England Journal of Medicine reported that those who switched to a Mediterranean diet lost an average of 9.7 pounds, compared with 6.4 pounds for those who followed a low-fat plan.

Try it - Use olive oil in place of butter or mayo and snack on nuts instead of cheese. Slice an avocado into your salad or sandwich.

Season Food Liberally

"Cyclists need more antioxidants in their diets to repair the wear and tear from long rides," says Sass. Mediterranean food is amply seasoned with herbs and spices so packed with antioxidants that even small doses deliver powerful benefits. One teaspoon of cinnamon delivers as many antioxidants as

a cup of pomegranate juice.

Try it - Add antioxidant-rich herbs and spices such as oregano, cinnamon or dill to entrees. Place lemon slices over fish and beans to make a zingy dish. Grow a windowsill herb garden for a supply of flavor-packed seasonings.

Swap Your Protein

Fish, rather than beef, is the go-to protein, so Mediterranean eaters are consuming more healthy fatty acids than artery-clogging saturated fats.

Try it - Sass recommends two or three seafood-based meals per week. Start with typical Mediterranean vegetables and fruits (fennel and olives), olive oil and seasonings (lemon and thyme). To make a full meal, Sass says, Mediterraneans would round it out with even more vegetables, such as a salad of beans or greens.

(See recipe on page 5)

Rider Points

1-Oct-2010 through 13-Mar-2011

Roessl, Linda.....	177	Gannon, Sandra.....	71	Craig, Michael.....	31
Soriano, Joseph.....	134	Klein, Robert.....	61	Katzfey, David.....	30
Beachkofski, Clare.....	124	Labinski, Dennis.....	61	Kelly, Kent.....	30
Siebers, Scott.....	120	Kreis, Doris.....	61	Sandler, Mark.....	30
Schmidt, Jeff.....	115	Gannon, Dan.....	53	Burton, Becky.....	30
Dix, Michael.....	107	Krueger, Nancy.....	47	Nelson, Tom.....	30
Bluemer, Byron.....	105	Lucas, Mary.....	47	Walsh, Patrick.....	30
Tuckwood, Debra.....	102	Zalewski, Mark.....	44	Gravning, Cole.....	23
Santoro, Ron.....	102	Gast, Ted.....	44	Gravning, Mary.....	23
Peterson, Pat.....	90	Gilipsky, Dan.....	44	Treul, Larry.....	16
McNaughton, Jamie.....	88	Litzenberg-Hall, Jill.....	37	Ziegler, Suzanne.....	16
Krueger, Gil.....	82	Hall, Erika.....	36	Ziegler, Joel.....	16
Krall, Dan.....	81	Wojtal, Norm.....	35	Pier, Barb.....	13
Polk, Bob.....	79	Wojtal, Prati.....	35	Karr, Nancy.....	13
Perkins, Tom.....	74	Gibbs, Tamara.....	31	Mittelstaedt, Guadalupe.....	10
		Orosa, Jojo.....	31		

Pan-Roasted Red Snapper with Fennel, Olives and Lemon

4 red snapper fillets,* 6 ounces each, skin on

Salt

2 teaspoons flour for dusting

4 tablespoons extra-virgin olive oil

2 large thyme sprigs

12 Nicoise olives, with or without pits, whole

1 fennel bulb, diced, blanched for 2 minutes in salted boiling water, then chilled in ice bath

6 lemons; one juiced and the rest halved

1 tablespoon chopped parsley

* If red snapper is not available, substitute any fresh white fish.

Preheat the oven to 375 degrees. Season the fish with salt, dust the skin with flour and set aside. In a 12-inch ovenproof nonstick skillet, heat two tablespoons of the olive oil until it just begins to smoke. Place the seasoned fish in the hot oil. Brown for roughly one minute, then add the thyme, olives, fennel and lemon halves (placed cut side down in pan) and cook for eight to nine minutes in the oven. To serve, place each fish fillet skin side up on a plate along with a lemon half. Add the remaining olive oil, the juice from the other lemon, and the chopped parsley to the pan, stir well, gently heat and portion out over the fillets. Serves 4

Per serving: calories, 337; fat, 17.9g; carbs, 8.6g; protein, 40.8g

In April

2

Full ride season starts

7 - 10

W&S Bike Expo

State Fair Park

12

Board Meeting - 7:00 pm

18

Club Meeting - 7:00 pm

Beulah Brinton Center

Ride Schedule

All Rides Start at 10am in April and May

Saturday, April 02, 2011

Whitnall Park to Greenfield Park - 20 miles - Easy ride following the Oak Leaf trail. Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave.

Sunday, April 03, 2011

Hoyt Park - 22, 38 miles - Suburban ride through Elm Grove, Brookfield and Pewaukee. - Starts at Hoyt Park. Take I-94 west to US 45, north to Watertown Plank Rd. (at end of ramp continue straight on Swan Blvd). Stay to the right, road heads North / Northeast. Entrance to Hoyt Park is about one mile on the right.

Thursday, April 07, 2011 thru Sunday, April 10, 2011

Wheel & Sprocket Expo - 0 miles - Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield. **Help will be needed to man our booth and with setup/teardown.** Bob Klein will be handling the volunteer sign up sheet at our next meeting. We have different time slots available.

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.

Saturday, 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 approx. 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., 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.