



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 23 No 4

www.bayviewbikeclub.org

May 2011

Next Board Meeting:
Tuesday, June 14, 2011

Next Newsletter Deadline:
Friday, June 10, 2011

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May Meeting

Beulah Brinton Community Center
2555 S Bay St
Bay View
Monday, May 16, 2011, 7:00 pm

the Prez sez

Hey everybody. I'm still out on the road with the ride for World Health. I'm in Memphis now. I'll be back home and back to work on May 17th. If you'd like to see some pictures check me out on facebook. Also check out the Ride for World Health website. Rideforworldhealth.org

Here are some random but profound words of wisdom. Things I thought of and learned during all the hours I've spent riding.

- 1) Good tires are much better than cheap tires.
- 2) The best cleats are ones you can walk in and get out of easily.
- 3) Restaurant bathrooms are cleaner than gas station bathrooms.
- 4) When killed on the road, mammals tend to lie on their sides. Reptiles, birds, and amphibians lie on their backs. I don't know why.
- 5) When going down large hills, try not to use your brakes. It's more fun going both up and down that way.
- 6) Wear your helmet. If you fall, your head won't hurt as much.
- 7) I've seen a lot of armadillos in the road over the past week. If you get run over by a car, the helmet won't really help much.
- 8) Most drivers are careful and respect your rights. But if you slow them down when their on the way home from work--they don't like it.
- 9) When a long line of cars is passing you, the drivers that honk their horns are stupid.
- 10) Dogs that chase bicycles generally have no idea why they're doing it. They have no plan for success.
- 11) Age and experience usually get you farther than youth and strength.
- 12) Adult bike riders are naturally celebrities of a sort. People admire you. Most adults don't have the ability or determination to ride a bike even though they know it's good for them. I think more so than in the past, people admire bike riders.

When you dress up funny, and ride across the country you're even more of a celebrity. Especially down south. Adults don't seem to ride much at all down here.

Enjoy your celebrity status. Talk to people. Encourage them to get out and walk or ride too. They'd like to be more like you.

See you down the road.
Mike Dix

Membership Notes

We currently have 85 members. 77 adults and 8 children. Memberships expired on March 31, 2011. Please renew as soon as possible. This is your last newsletter unless we receive your renewal by the end of May 2011. Renew your membership so you're eligible for ride information, members' only events, the newsletter, awards at the annual banquet, discounts at local bike stores, and a listing in the club roster. Applications can be downloaded from 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.

***The club roster will be available at the June membership meeting.

PLEASE WELCOME NEW MEMBERS:

Chris, Ed, Andy & Mary Beth Chandler
Gretchen Durkin, Kimberly Hofstetter
Phil Lentzke
Andrew, Anna, Eric & Teri Mikolic
Mary Jo Schwabe

What Do You Hear? What Do You Know?

If it's bicycling related, write it up and e-mail the editor. Pictures and illustrations are fine also. Check the Newsletter deadline in the first page sidebar. Comments, suggestions, critiques for improvement are welcome.

the Veep speaks

April rides were dominated by wind, wind and more wind. Wind helps build a stronger rider but it was not fun to ride with your bike on an angle and the visor on your helmet flapping from the wind. I am confident May will bring better days for riding. Please feel free to invite your friends and family members on a club ride; the GIG rides are available for those needing to build endurance. While in attendance, remind them of the following rules of the road that we should all practice as bike club members.

1) Obey all traffic laws, signs and signals. This includes not impeding traffic. Riding two abreast is allowed but when members communicate, "car back," this means move to the right.

2) Ride with traffic as far right as practical. Remember we need to share the road with other vehicles. "Cyclists fare best when they act and are treated as drivers of vehicles."

3) Ride predictably. Use and position yourself in the correct lane. Communication is essential when riding in a group. Signal your turns.

4) Ear buds are illegal and you will be fined if involved in an accident.

Our bike club also offers a variety of bike trail rides. Please be aware that Trail Etiquette is all about sharing.

1) Ride on the right side of the trail and control your speed.

2) Call out, "ON YOUR LEFT" when passing dogs, walkers, bikers, joggers or roller bladers.

3) Ear buds are not recommended.

4) Best of all, don't block the trail. Pull off to answer your cell phone or if you must stop to rest.

A follow-up to a question at March's meeting:

Why aren't our club rides listed in the Journal Sentinel? Any member can call them in, visit: jssports@journalsentinel.com for details. We offer an exceptional website and newsletter that details the same information. [ed. note: Ride Chair will take on that responsibility.]

Ride Chair Ride

Ever try to switch bikes in mid-pedal stroke? Apart from unclipping and clipping back in, there's the transfer of body mass across space and time calling for the utmost in coordination, timing and precision (to say nothing about the stunt double). Won't tell you that Guadalupe and I managed the feat quite that well however we will make the transition.

Why? you ask. Well, mainly it concerned time. Not quite enough on one hand and a little surplus on the other.

So, I'm now the Ride Chair and like all Ride Chairs I'll be asking for folks to sign up as Ride Leaders. Look for me at the meetings and rides or contact me. I'll have the sign up sheets and ride packets with me.

Praise, or curse, no ride until ridden.

Kent Kelly

In Case of Emergency (ICE)

ac-ci-dent \ac-sed-ent\ - an unexpected happening causing loss or injury.

crash \krash\ - a breaking to pieces by or as if by collision.

Whatever you call it, a crash or accident can happen unexpectedly while biking. To assist the people (bikers, motorists, medical personnel, etc.) who come to your aid, it's vitally important that you carry identification, information about medical conditions (allergies, etc.), and emergency contact numbers. It's also important to add contact numbers to your cell phone and label them as ICE (In Case of Emergency). For example, ICE-Mom, ICE-Spouse, and ICE-Son would be the contact numbers for your mother, spouse, and son. Do it today - it could save your life!

May Meeting Speaker

The May membership meeting will be dedicated to ride marshalling. We will have guest speaker Steve Halmo from the Miller Lite Ride for the Arts available for t-shirt distribution and details on the ride held Sunday, June 5th. It is not too late to become a ride marshal. Attend the meeting at 7:00PM at Beulah Brinton in Bay View for all the details and a presentation on how to be the ideal ride marshal.

Stay tuned for guest details for the June 20th meeting

Route Reimbursement Program

Here is the criteria put into place by the BVBC board of directors for this program. This program is only available to club members. Route improvements must be pre-approved by the board. 25 cents per mile will be refunded to members who create new routes, additional loops to a pre-existing route or SAG for the Lake Country Classic.

Proof will be submitting the route sheet with the modification of the new route.

No reimbursement will be given for driving from home; only the mileages affecting the route.

The board reserves all rights to reject the change and the request for reimbursement without proof.

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.

Biking for Weight Loss

By Chris Carmichael

For every spreadsheet-keeping supertrainer, there are 10 cyclists who just go out and ride. For a lot of folks, that's fine, but when you're cycling to lose weight, just riding isn't enough. Take it from Ben Owens, a roofing company executive from Marietta, Georgia, coached by Carmichael Training Systems's Ryan Kohler, who has lost more than 240 pounds over the past three years--and now competes in criteriums and track races.

Of course, Owens's amazing transformation came about from big changes in every part of his lifestyle, but one of the biggest was exercise. In the beginning, his goal was just to complete short rides, and the non-weight-bearing nature of cycling meant he could ride for more time than he could walk. It wasn't long, though, before Kohler started incorporating intervals into Owens's training. He wasn't concerned with Owens's maximum power output or trying to make a racer out of a 400-plus-pound beginner. Rather, by alternating intervals with recovery periods, Owens increased the amount of work he accomplished per session, thereby increasing the impact each workout had on his fitness and weight loss. Even if you have just 10 pounds to lose, intervals are the key to your success.

A note to all you Clydesdales: Years of carrying around a big body can work to your advantage. I remember visiting an anatomy lab years ago and viewing a cadaver of a man who had been morbidly obese. The fat had been removed, and the underlying muscles of his legs and hips were massive compared to those of a slimmer person. That muscle represents a lot of potential power that 140-pound pip-squeaks can't come close to. Slim down and nurture that muscle, and you'll be a force to be reckoned with.

Some people think it's counterintuitive that you can maximize calorie burn by inserting recovery periods into your rides. They'd rather go as hard as possible from the first pedal stroke to the last. When you look at power data files, however, you see that what feels like a consistently high-intensity ride is actually a diminishing effort. By the end of

an hour, you may feel like you're pulverizing the pedals, but you're producing a fraction of the power you were 45 minutes earlier. What makes intervals so effective is that the recovery periods allow you to maintain higher power outputs during hard efforts, and accumulate more time at those higher outputs.

Whether you're talking about weight loss or enhanced performance, time at intensity is the factor that matters most. Riding at a tough-but-sustainable pace is a good way to burn about 12 calories per minute. Intervals like the ones included here can push your burn rate to about 16 calories per minute. But because you can't sustain 16 calories per minute for very long, time spent at this intensity has to be spread over several intervals separated by recovery, during which you're burning eight to 10 calories per minute. In total, the interval session lasts 42 minutes, but even with the recovery periods, the calories burned are almost identical to the calories burned during 42 minutes at a steady pace.

Why put yourself through intervals if they don't burn a ton more calories? Because time-at-intensity not only burns calories but also stimulates change. That steady pace for 42 minutes isn't enough stress to make you faster or pack your muscles with more fat-burning mitochondria. But those 20 minutes at maximum intensity are. Riding a steady pace burns calories today; intervals burn calories today and enable you to burn more later.

Wheel & Sprocket Expo Notes

The Wheel & Sprocket Expo in April turned out to be a very good publicity for our club. There was at least five new member sign-ups and a lot of interest by a number of other visitors to our booth.

I would like to thank all the member volunteers that put in hours to be available to attend to the booth to make this a success.

The timing of this event happens when most people are turning to nice weather activities and we are right there to offer what we have .

Bob Klein



Host a Professional Cyclist!

Local Volunteers needed to host top professional and amateur cyclists from around the world who will be competing in the Tour of

America's Dairyland. This unique opportunity offers you the chance to get to know the country's top riders and get a peek behind the scenes of the racing lifestyle. Lifelong friendships are often formed.

We are looking for host homes to house racers both men and women from around the world who will travel to this summer for ten days of bike racing. Hosting riders in individual homes is a huge factor in recruiting teams. Invite your neighbors too. They can help by providing housing so that entire teams can stay in the same geographical area (ideal situation). Please pass this information on to your friends, family and co-workers.

Host families are asked to provide:

- a comfortable sleeping space, bed or air bed
- the use of a bathroom and shower
- use of kitchen to prepare meals
- counter and refrigerator space
- use of your washer and dryer
- a secure place for the cyclist(s) to store their bicycle at night

Note: You are NOT expected to provide food or transportation.

To volunteer contact:

Host Housing Coordinator

KarenLarson@midwestcyclingseries.com

414-588-2798

Host Housing Frequently Asked Questions

Will the riders want to be in my home when I'm not there?

No. They are looking for a place to sleep at night. However, due to the race schedules and some remote locations they will most likely arrive home past 10:00pm. They can let themselves in if you don't want to wait up for them.

Will I have to feed them?

No. Hosts often invite riders for a meal but it is not expected. They will need the use of the kitchen, (they will clean up after themselves). They will need the use of your refrigerator and counter space. Some may ask permission to use your washer and dryer.

Will I have to provide transportation?

No.

Will my home be treated like a hotel?

No. Riders stay in many different homes and they would like to be invited back. They know how to be good guests.

Granted, these are nice people. Do they have any other reason to behave well?

You bet. These are mostly sponsored riders and teams. They are very aware that they are representing

those sponsors and teams for the entire time they are in town not just when they are racing. They want those sponsors and teams to hear good things about them.

Will I have an uncomfortable conversation with the riders when I define the limits of what I'm willing to do?

No. The Host Housing Coordinator is an advocate for both the riders and hosts. You tell us your limits and we will pass it on to the riders. These riders are very flexible and gracious guests.

How will I know if I have been accepted as a host?

We will contact you once you have signed up, either through the website or the Housing Coordinator, and notify you when host assignments have been made by an introduction email that will be sent to you and the rider from me. Your guest(s) will also contact you shortly after the assignments have been distributed.

Yard Sale To Benefit Bay View Historical Society

The Bay View Historical Society will hold a benefit yard sale at 2590 S. Superior Street on Saturday, May 21st. Located on the lawn and inside the house at the Society's headquarters, the Beulah Brinton House, the sale will be held from 9 am til 3 pm and is open to the public.

Society members and other generous donors are cleaning out their attics and basements to offer a wide variety of goods for sale, including furniture, antiques and collectibles, books, toys and other household items. There will be a boutique and book shop as well as refreshments available for purchase. The Society's second floor gift shop will be open, featuring Bay View Historical Society logo items, note cards and reproductions of vintage post cards depicting familiar Bay View scenes.

The Society is accepting pre-priced donations of all items except clothing, shoes and holiday items. Donations can be dropped off at the garage behind the house between Monday, May 16th and Friday, May 20th or on the morning of the sale.

The Society also offers pick-up service for large or heavy items. Call 414-324-5690 to make arrangements or for further information.

All proceeds will benefit the Bay View Historical Society, a non-profit, educational community organization and will be used to support the Society's programs and its ownership of the historic Beulah Brinton House. Built in 1872, it is among the best remaining Gothic Revival

residences in the city. It was formerly home to Beulah Brinton, a community leader who turned her house into an informal social center and Bay View's first library. It was designated as one of the "10 To Save in 2010" by UWM's Institute for Historic Preservation. Donations are tax deductible as allowed by law.

Chris Carmichael's Weight-Loss Workout

This one-hour workout delivers the double whammy of torching calories and building high-end aerobic power you can put to good use the rest of the season. It's strenuous, so do it a maximum of three times a week to allow for adequate recovery and best results.

6 minute: warmup

1 min.: fast pedal, spinning a light gear as fast as you can

1 min.: recovery spinning

1 min.: fast pedal

1 min.: recovery spinning

5x2 min. at maximum intensity, with 2 min. recovery spinning between each

6 min.: recovery spinning

5x2 min. at maximum intensity, with 2 min. recovery spinning between each

8 min.: cooldown

Total time: 60 min.

Rider Points

Whew! Taking a break this month. Coming on strong in June though.

Push Endurance Report

Last month we featured a new product, Push Endurance, a post-ride drink that promotes muscle recovery after exercise. Here is report from one of our rides.

Single serving portions of Made in Wisconsin, Push Endurance were distributed at the Greenfield Southwest ride. I hope you all enjoyed a sample of this muscle recovery drink product. Riders gave positive feedback: "It tastes great," "It gave me more energy than coffee after riding in the wind" and "I did feel pretty good after the ride" spoken by a rider who drank it during the ride. If you care to make a purchase, the cost with the discount to BVBC members is \$36.08 plus shipping per bottle which contains 20 servings. Share the purchase of two bottles to get the best deal priced at \$65.46 plus shipping. This is a better deal than other recovery drink products. To order or for more information, visit Push Endurance or email Kevin@pushendurance.com. Be sure to mention Bay View Bicycle club to get the discount.

In May

10

Board Meeting - 7:00 pm

16

Club Meeting - 7:00 pm
Beulah Brinton Center

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.



On the road again - RAGBRAI, 2004

Get In Gear Rides

Hello fellow, experienced Riders. New members and riders need YOU!

As you may know, I have organized the GIG rides for this year. But...I need some experienced BVBC members to help me out by volunteering to be the GIG ride leader for the day.

What does this mean....? At the beginning/start of the ride, meet with the people who will be doing the GIG ride. All the other riders will leave for their short or long route. Discuss the route, what you might encounter (construction, a little heavier traffic road), distribute the GIG ride cue sheet (provided to you) and also hand-out for to discuss what is on the hand-out I will provided (i.e. rules of the road, bike accessories, how to ride in a group, etc.). Answer any of their questions. Then you go on the ride, stopping whenever necessary to let any slower riders catch up. There is a NO DROP rule. So no one gets left behind. At the end of the ride, answer questions, discuss the ride, offer suggestions/advise, give everyone the handout so they can take it with them in their cars and that is it.

So, if you are interested in helping (even on more than one ride), let me know. Here is the GIG ride schedule:

Saturday, May 14, 2011	Gil's Ride To Rome	13.4 miles
Sunday, May 22, 2011	Dousman	13.6 miles
Sunday, May 29, 2011	Charlie's Memorial Ride	15 miles
Saturday, June 4, 2011	Ozaukee Interurban Trail	16 miles
Sunday, June 12, 2011	Virmond Park	16 miles
Saturday, June 18, 2011	Big Cedar Lake	20 miles

If you are interested, it would really help me and the Club out. I will get you the cue sheets and hand-outs well in advance of the ride.

Thanks for your help and consideration.

Dan Gannon

Historic Tour and Picnic

See buildings with history! Socialize at a picnic! Visit a lighthouse! All that in just one day, Saturday, May 21. See the Ride Schedule for location. If you plan to picnic, bring a dish to pass or pay \$7.00.

RSVP to Mike Dix
(mike@bayviewbikeclub.org) by
Thursday, May 19.

Ride Schedule

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

May 18, 2011

Ride of Silence - 10 miles - Ride to honor bicyclists killed by motorists, promote sharing the road, and promote awareness of bicycling safety. - Starts at 7:00 pm at the Wheel & Sprocket's North Shore location, 6940 N. Santa Monica Blvd, Fox Point, or from the Waukesha State Bank at 151 E Saint Paul Ave, Waukesha. Additional parking available off Clinton street.

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). Take 7-94 to the Lakefront. Take Lincoln Memorial Drive about 2 ½ Miles North. Turn left on Ravine Road. (Narrow Park 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.

May 22, 2011

Dousman Ride - 20, 37 miles - A G.I.G. ride also. 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.

May 28, 2011

South Hills - 23, 35, 52 miles - Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville. - Starts at South Hills Golf Course. Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time :25 minutes from Zoo.

May 29, 2011

Charlies Memorial Ride - 23, 40 miles - A G.I.G. ride also. Scenic ride through Hales Corners, Muskego, Big Bend and Mukwonago. Long route has numerous hills. Passes near Charlies gravesite. - 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.

May 30, 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.

June 4, 2011

Ozaukee Interurban Trail - 30 miles - A G.I.G. ride also. Easy ride on a newly paved trail in Ozaukee County. - Starts at Park & Ride in Port Washington. Take I-43 north to the Fredonia-Port Washington (exit 100). Turn right at the stop sign as you get off the exit, then left at the first stop light which is Hwy LL. The park & ride lot is about 1 block down on the left side of the road.

June 5, 2011

Miller Lite Ride for the Arts - 5, 15, 25 miles - 50 and 75 mile routes. Annual fund raiser for the Arts. Sign-up with the BVBC to be a ride marshall. - Starts at the Center For Performing Arts in downtown Milwaukee. See brochure for details.

June 11, 2011

Germantown Roll - 29, 42 miles - Ride through Germantown, Hubertus and Richfield, some hills. - 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.

June 11, 2011

Trek 100 - 25, 62, 100 miles - Annual fund raiser (preregistration required). - 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. Register online @ www.maccfund.org (800) 248-TREK.

June 12, 2011

Virmond Park - 30 miles - A G.I.G. ride also. Easy ride along Lake Michigan to Port Washington and back. - Starts 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). Approximate drive time: 25 minutes from Zoo.

June 18, 2011

Big Cedar Lake - 27, 42 miles - A G.I.G. ride also. Rural ride going north through Holy Hill, Hartford and Slinger, long route circle Big Cedar Lake. - Start at Holy Hill. Take I-94 west to US 45 north. US 45 to WI 167 (Holy Hill Rd). West on 167 to Holy Hill. Park in large lower gravel lot.

June 18, 2011

Tour de Cure - 16, 31, 62 miles - Annual American Diabetes Association ride (registration fee and fundraising required). - See website for more information:
http://main.diabetes.org/site/TR?fr_id=7584&pg=entry

June 19, 2011

River Hills Roll - 26, 35 miles - Improved route 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.

June 25, 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.

June 26, 2011

Riveredge River Valley Ride - 16, 30, 50 miles - Annual fund raiser (registration required). - Starts in Newburg, WI. See brochure for details or On Line registration @ www.riveredge.us (800)-287-8098.

June 26, 2011

Menominee River Century - 25, 50, 75 miles - Annual fund raiser (registration required). - Starts in Marinette, WI. See brochure for details. www.mrcride.com (800) 447-5673.

June 26, 2011

South Shore to Gorney Park - 24, 38 miles - Ride south to Gorney Park, then return. - Starts at South Shore Park in Bay View. Take I-94 exit at Becher St. Go east on Becher to E. Bay St.. Veer right on E. Bay St., follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn on left on Estes and right on South Shore Dr. Consult a map for more details.