



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 23 No 9

[www.bayviewbikeclub.org](http://www.bayviewbikeclub.org)

October 2011

Next Board Meeting:  
Tuesday, November 8, 2011

Next Newsletter Deadline:

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## !!! Start Time Change !!! October Meeting

Beulah Brinton Community Center

2555 S Bay St

Bay View

Monday, October 17, 2011, 6:30 pm

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### the Prez sez

It's time to celebrate with your fellow riders. Don't miss our October Awards Meeting. There will be fun for everyone.

We'll also be looking for some new board members for next year. We need you. Please think about helping out. It doesn't take a lot of time. You don't need any special experience.

See you there.

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### the Veep speaks

On Monday, October 17th our membership meeting kicks off at 6:30 PM at Beulah Brinton with pizza arriving at 6:45 PM. There will also be salad, desserts and beverages for members. After the food, the awards will be presented with prizes for all. The list of rider points will award top riders, along with other awards for riders with any number of rider points. Classic volunteers will be recognized with a special gift for their efforts in helping create a successful event. This is our grand finale meeting for the 2011 season so plan to attend.

Monthly membership meetings will resume the third Monday in February 2012. Continue to watch emails for impromptu rides on weekends when the weather is conducive to riding. Stay in touch by attending social events and participating in the winter rides. Thanks for a great season of riding and camaraderie.

## Board Games Social

Join your fellow Bay View Bike Club members along with the Nordic Ski Club for a games night on Saturday October 29th at Al Burrill's home, 2302 S.82nd in West Allis (southeast corner of 82nd and Lincoln in West Allis). Arrive anytime after 7:00 pm, please bring a snack or dish to pass and any favorite board games. Soda and bottled water will be provided, please bring your own alcoholic beverages. Please RSVP by calling Al at (414) 651-0695 or by e-mail at awburrill@earthlink.net.

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## Membership Notes

If there is a change in your e-mail address during the year make sure Debra Tuckwood is notified so you continue to receive club e mails.

New member dues paid after October 1 will start immediately and will be credited towards next year. Your membership will be good until March 31 2013.

### NEW MEMBERS

Mary Hancock

Sam Paque

Robert Tillen

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## What Do You Hear? What Do You Know?

Thank you to all who contributed articles, made suggestions for or commented on our Newsletter. You made my job much easier. Please continue.

I've enjoyed this stint as editor. I've learned some things; kept some skills current; tried a few new wrinkles; and taken pleasure in the results while aiming for improvements. It's been fun.

Kent

## Tuesday Morning Rides

Tuesday rides were a great success with an average number of riders around six. We would decide where to ride the day of the ride and take suggestions from the people who showed up. We have decided to end the rides as of September 28th.

[ed. note: The Tuesday morning rides will continue through October led by Jeff Schmidt. ]

We will start next year in spring when the weather permits. Watch the newsletter for time and dates.

Dick Knepper

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## Ride of the Dead?

On Sunday, October 30, 2011, we'll be riding the Ozaukee Interurban Trail. Let's celebrate the end of another biking season by having some scary fun. Come dressed in your favorite/scariest Halloween costume (suitable to bike in). Anyone dressed in a costume, other than a "biker", will be eligible to have their name entered in a drawing for some SPOOKY prizes! Here's a picture of last year's ghastly crew. We can do better this year, eh?



## Ride Chair, Ride

## Season Statistics

### Oct 1, 2010 - Sep 30, 2011

Rides Scheduled .....	81
Rides Ridden .....	78
Rides Cancelled .....	3
Rides Not Entered .....	0
Total Riders .....	1,174
Members .....	100
Non-Members .....	62
Average per Ride (rounded) ....	15
Total Miles .....	38,462

A stationary bike for the body is like a fantasy for the mind. It might not take you anywhere, but it prepares you for an opportunity.

- Unknown

Even though the temps and our season are winding down, we still have rides left to ride. No schedule changes this time but we could have some ad hoc rides called more or less at the last minute. If on a Wednesday the weekend weather forecast looks dry and somewhere above 40 degrees and you feel like a ride and want company, pick one of our routes and contact the President or Ride Chair with the details. They will e-mail the membership and get it to our webmaster Ron for posting on our website. As it will be unscheduled, no rider points will be given. We'll just have the enjoyment of riding with friends.

Thank you to all who put in route corrections, worked on new routes or helped improve old ones, and who volunteered to be Ride Leader. It's been a pleasure working with you.

I'll be puzzling on next year's schedule over the winter so if you have suggestions, requests, something new or old you want added (or dropped) from the schedule, contact me. Here's to a good finish this year and a strong next year.

It's not a ride until ridden. See you on the road.

Kent

## 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.

# Caffeine Alert

## By Matthew Kadey, RD

There's a lot more to know about this popular pick-me-up than how to order a proper doppio. Consider these six stimulating truths.



### **The Jolt Is Legit**

The performance boost you get from caffeine is a result of how it hot-wires your central nervous system, says Matthew Ganio, PhD, an exercise physiologist at the Institute for Exercise and Environmental Medicine in Dallas.

"Caffeine crowds out a calming brain chemical called adenosine," he says. You become more alert, you react faster, and you don't feel like you're working as hard, all of which add up to training or competing at a higher intensity for a longer period of time and being

more agile in a pack.

### **It Will Not Dehydrate You**

"In reasonable doses, caffeine alone won't lead to more bathroom breaks during a ride or a greater risk of dehydration," says Mindy Millard-Stafford, PhD, former president of the American College of Sports Medicine. The upshot, she says, is that regardless of whether you supplement with caffeine, you don't need additional fluid to avoid performance-sapping dehydration during a ride. The long-held belief that caffeine can muck with your body's ability to regulate heat during exercise in hot weather has also been muted by science.

### **It Affects Everyone Differently**

Before breaking out a venti on event day, Ganio suggests testing what caffeine does to you during hard training sessions. "If you feel jittery, anxious, or notice your heart racing, dial back the amount you take in before a ride," says Ganio. "If you can't find a caffeine level that leaves you feeling comfortable, skip it. Side effects can impair performance."

### **You Can Develop A Tolerance**

Your body eventually adapts to the effects of caffeine, limiting the performance benefit. If you regularly drink more than five daily cups of coffee, Ganio recommends tapering your intake by a half cup a day for several days prior to a big ride, saving higher amounts of caffeine for before and during actual events.

### **Timing Is Everything**

It takes 60 minutes for caffeine to start affecting the body, so imbibe one hour before a ride. "For rides lasting two hours or more, take half of your caffeine before and the other half in divided amounts during the ride," says Ganio, "making sure to consume the remainder when there is more than an hour left in your ride." Say you plan to take 200mg of caffeine for a three-hour ride: Aim for 100mg one hour before you get on the bike, and 50mg at the beginning of each hour thereafter.

## Rider Points

For October 1, 2010 through September 30, 2011

All Rides entered.

Siebers, Scott.....	2258	Krueger, Gil.....	374	Nelson, Tom.....	130
Roessl, Linda.....	1869	Litzenberg-Hall, Jill.....	374	Dyszelski, Robert.....	125
Santoro, Ron.....	1719	Bartelt, Gregory.....	348	Mathers, Russ.....	112
Beachkofski, Clare.....	1389	Labinski, Dennis.....	339	Durkin, Gretchen.....	102
Bloemer, Byron.....	1343	Shields, Colleen.....	328	Bivens, Bob.....	100
Schmidt, Jeff.....	1338	Meilicke, Dennis.....	308	Bivens, Katie.....	100
Perkins, Tom.....	1320	Tumey, Carol.....	308	Pogliano, Donna.....	100
Tuckwood, Debra.....	1214	Karr, Nancy.....	306	Jakob, Bruno.....	99
Krall, Dan.....	1126	Lucas, Mary.....	299	Planey, Heide.....	99
Ziegler, Joel.....	1110	Schaubel, Jeff.....	293	Langer, Thomas.....	95
Ziegler, Suzanne.....	1082	Zalewski, Evonne.....	292	Butters, Gary.....	82
Sandler, Mark.....	1045	Katzfey, David.....	291	Hofstetter, Kimberly.....	82
McNaughton, Jamison.....	1021	Pier, Barb.....	286	Kelly, Nancy.....	67
Wojtal, Prati.....	1010	Mikolic, Teri.....	284	Hayer, Nancy.....	66
Wojtal, Norm.....	957	Fischer, Joe.....	282	Bauer, Elizabeth.....	63
Gannon, Sandra.....	954	White, Becky.....	270	Wenzell, Jim.....	63
Lentzke, Phil.....	913	Freischmidt, Lance.....	257	Wenzell, Maria.....	63
Gannon, Dan.....	869	Hall, Trevor.....	256	Hall, Erika.....	60
Soriano, Joseph.....	800	Krueger, Nancy.....	252	John, Emily.....	48
Klein, Robert.....	759	Katzfey, Delvina.....	250	Scheer, Thomas.....	45
Dix, Michael.....	724	Crown, Ron.....	241	Gilipsky, Dan.....	44
Zalewski, Mark.....	722	Schwabe, Mary Jo.....	238	Peterson, Jenny.....	42
Orosa, Jojo.....	703	Burrill, Alan.....	232	Lalor, Tierney.....	41
Gibbs, Tamara.....	569	Schwartz, Steve.....	229	Earle, Sandy.....	34
White, Cory.....	559	Knepper, Dick.....	225	Demian, Milad.....	28
Sikorski, Andy.....	529	Craig, Michael.....	219	Jaekel, Randy.....	28
Peterson, Beth.....	525	Burton, Becky.....	217	Pomahac, Pat.....	28
Kelly, Kent.....	515	Shumard, Aimee.....	179	Meyer, Jennifer.....	27
Connors, Dennis.....	513	Poznanski, John.....	175	McNaughton, Marjorie.....	25
Peterson, Pat.....	486	Fink, Jim.....	157	Constantine, Darwin.....	18
Polk, Bob.....	476	Watson, Wendy.....	152	Chandler, Chris.....	10
Sericati, Tom.....	468	Mallman, John.....	150	Planey, Jack.....	10
Gresl, Lois.....	430	LaFave, John.....	145		
Mittelstaedt, Guadalupe.....	398	McCarty, Elaine.....	136		

I came out for exercise, gentle exercise, and to notice the scenery and to botanise. And no sooner do I get on that accursed machine than off I go hammer and tongs; I never look to right or left, never notice a flower, never see a view - get hot, juicy, red - like a grilled chop. Get me on that machine and I have to go. I go scorching along the road, and cursing aloud at myself for doing it.

-- H.G. Wells, The Wheels of Chance



## Ride Schedule

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

### **October 15, 2011**

Chucks Breakfast Ride - 34 miles - Easy ride through River Hills and Mequon. Stop at Chucks for breakfast afterwards at 406 N. Main St. - Starts at Village Park in Thiensville. Take I-43 north to Mequon Rd. West on Mequon Rd (approximately 3 miles). Right on N. Cedarburg Rd/Main St. (approximately 1/2 mile). Right on Green Bay approximately 1 block, right on Elm to Village Park.

### **October 16, 2011**

Sams Fall Color Ride - 30 miles - Club members only, bring a dish to pass, Scenic ride with rolling hills through Kettle Moraine area around Holy Hill. - Call Sam @ (262) 673-7686 by the Friday before the ride to RSVP and to get directions.

### **October 22, 2011**

Cool Doctor - 20, 35, 46 miles - Ride the New Berlin Recreational Trail west, return from 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.

### **October 23, 2011**

Northern Kettle Moraine - 20, 31, 44 miles - Very scenic ride through Northern Kettle Moraine state forest. Short route is fairly easy, longer routes are moderately hilly. - Starts from Mill Park in Dundee. Take I-94 west to US 45. North on US 45 to WI 67 (approximately 7 miles past Kewaskum). East on 67 to Dundee. Park in lot behind the Hamburger Haus. Approximate drive time: 55 minutes from Zoo.

### **October 29, 2011**

Oakwood to Oakleaf - 25, 33 miles - Easy ride following the Oak Leaf trail and loops back through Oak Creek. - Starts at Grant Park Golf Course. Take Lake Drive south to Hawthorne Ave. East on Hawthorne to Club House.

### **October 30, 2011**

Ozaukee Interurban Trail - 30 miles - Easy ride on the Ozaukee County Interurban. - Starts at Logemann Community Center, 6100 W Mequon Rd. Take I-43 north to Mequon Rd (Exit 85). West on Mequon Rd just over 3 miles and turn Right into the Community Center.

### **November 5, 2011**

Holy Moly Hills - 14 miles - Hills, hills, hills. If you like hills this is a fun ride. - Starts at Plat Rd School. Take US 45 to WI 167 (Holy Hill Rd). West on 167 to 164. Turn left on 164 go approximately 3 miles to Monches Rd. Turn right on Monches, go approximately one mile to Plat Elementary school.

### **November 5, 2011**

Gorney Park - 24, 33 miles - Easy ride with around Gorney Park with a few rolling hills on rural roads thru scenic farmland in NE Racine Co. - Starts at Gorney Park in Caledonia. Take I-94 south, exit at Ryan Rd. Go left, east 2.5 miles to Nicholson Rd. Turn right, going south for 2.5 miles to park on the left. Approximate drive time: 30 from Zoo.

### **November 6, 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.

### **November 26, 2011**

Too Much Turkey Ride - 20 miles - Varies from year to year but usually one of the shorter and mid-distance rides. Check your e-mail or our website for details.