



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 24 No 1

www.bayviewbikeclub.org

February 2012

Next Board Meeting:

Tuesday, March 13, 2012

Next Newsletter Deadline:

Friday, March 9, 2012

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March Meeting

North Shore Wheel & Sprocket

2940 N Santa Monica Blvd

Fox Point

Monday, March 19, 2012, 6:30 pm

Changing Gears

According to the calendar, it's the middle of winter here in Milwaukee. But you wouldn't know it, based on the lack of snow and balmy temperatures in the 30s and 40s! As much as I enjoy the beauty of freshly fallen snow and the exhilaration of an afternoon of cross-country skiing, I'm also enjoying a reprieve from the icy snow-covered roads and shoveling of a typical winter!

The lack of snow has created ideal conditions for cold weather biking. I've seen many more people than usual biking this time of year and maybe you're one of those hearty bikers. All it takes is a few more layers of clothes and a bike that can withstand the rigors of winter road dirt and salt. My winter bike of choice, a wide-tire hybrid bike, is a joy to ride. Road cracks? Buckled pavement? Curbs? No problem! My trusty hybrid can handle just about anything, except black ice. (Do bruised ribs ever heal?!?)

Speaking of biking...A great season is shaping up for BVBC members! At the February 20th Club meeting, Ride Chair Kent Kelly will be previewing the 2012 BVBC ride schedule, which includes a couple new routes, a couple new festival rides, and a couple of surprises! Come to the February meeting to find out more. During the second half of the February meeting, we'll accompany Kent Kelly through The Netherlands, where the bike is a common mode of transportation, as he recounts his recent travels to that country. Hearing about his adventures might even give you the urge to do some traveling this year!

Now's the time to take an inventory of your biking equipment and clothing so you're prepared to take advantage of your member discount at the March meeting, which will be held at the Wheel & Sprocket store in Fox Point. Does your bike need a tune-up or new tires? Have your biking shoes seen better days? How about a new odometer with all the bells and whistles? Is it time to replace shabby

jerseys and shorts? Is this the year to buy a Camelbak so you don't get dehydrated? The March meeting is a great opportunity to do some serious shopping, socialize with fellow Club members, and learn some bike maintenance tips from the W&S mechanics.

Thanks to the Board members who have been working behind the scenes to get things ready for this season's rides, picnics, and other events! Thanks also to the Club members who have already volunteered to be committee chairpersons for our annual Lake Country Classic fundraiser on Saturday, July 21st: Scott Siebers (Tshirt Design), Debra T (Tshirts), Gil Krueger (Registration), and Nancy Karr and Barb Pier (Promotions). Help is needed on these and other committees, so please contact Classic Chair Tom Perkins to volunteer.

Cheers!

Clare B.
Keep the Club Rolling

Ride Chair, Ride

You will receive (or have already) a draft, a potential, a not-to-be-counted-on pdf of our proposed 2012 ride schedule. Please look it over carefully. If you have questions or suggestions, contact me at rides@bayviewbikeclub.org.

At our February meeting, we have two things to discuss and vote on before accepting the schedule and making it official. If you won't make the meeting, you can e-mail your considered responses to me.

The first is reversing the route if a ride is repeated during the season. Not all rides are conducive to riding the other way but some may be. Please think of whys and why nots. Perhaps we'll decide to do one or two on a try-it-out basis.

The second has to do with festivals in the area. I've had a few requests to connect rides with festivals as we do for the Holland Festival ride. Two that have been mentioned are the Strawberry Festival in Cedarburg and Pirate Days in Port Washington. We do have rides that go to Port Washington and that start in Cedarburg.

The V-P Station

Bob Tillen here.

Another reminder that March's meeting will be at Northshore Wheel & Sprocket, 6940 Santa Monica Blvd, in Fox Point. The meeting starts at 6:30pm for some early shopping. We'll have a short business meeting, a show and tell bike maintenance demonstration, and more shopping. Wheel & Sprocket is offering discounts. A way to get there is to exit I-43 at Good Hope going east; turn south on Port Washington Rd then east on Green Tree Rd. When you get to Santa Monica, look in the southeast corner for the parking lot/building.

If you have any ideas, topics, or someone you'd like to hear speak, please email me: vp@bayviewbikeclub.org. Stay tuned.

I feel that I am entitled to my share of lightheartedness and there is nothing wrong with enjoying one's self simply, like a boy.

Leo Tolstoy In response to criticism for learning to ride a bicycle at age 67

Considerations include crowds, parking, crowds, safety, crowds, sweaty spandex-clothed bodies, crowds. (Do you detect a slight bias? Thought so.)

Speaking of the Holland Festival ride, I got a request to start the ride in Cedar Grove so folks can stay as late as they want and not have to ride any distance to their cars. From my house (your mileage will vary), it's no further than Lake Mills so I count it within range. We'd create a new short route to go with last year's new long route. Give this some thought also.

If we vote to do any or all of that, I'll make the changes and we can call the schedule as final as any of our schedules can be. If you want a picnic ride, let me know; we'll try to work in a favorable date.

Over the winter, we updated a few rides and created a few. We think you'll enjoy the changes.

Here's to a great riding season.
Kent Kelly

See And Be Scene

January was a great social month. Early in the month a group of us joined members from Nordic Ski Club and went to Miss Katies for food then to the "Coffee House" for music and fellowship.

Then in the Middle of the month we went to Romines and ate at the Mexican restaurant there and then Had a mini pool tournament. Lots of us didn't know how to play very well but we had a great time a bunch of laughs and a good feed. I'm looking for some ideas for social events and for leaders for those events (both don't have to be the same person). Anyone can come up with an idea and someone else can volunteer to lead one.

Email Social@bayviewbikeclub.org or call 414-687-2757. See you on a ride or participating in a social.

Dan Krall

Membership

Current memberships expire on March 31, 2012. Renew soon so you don't miss out on any club events! You can get an application form from the club website, www.bayviewbikeclub.org, or see me at any monthly meeting and I will have one for you. Please mail it back or bring it to a meeting.

Also, please make sure that your email is written clearly and let us know if it is a changed email address from last year. The newsletter and most club news is now emailed. Make sure to notify me if you are not getting these emails and we can make the necessary corrections.

Please welcome new members:

Douglas Felde

Bill Hustedde

Michael Smiley

Thanks and see you all soon.
MaryJo, Membership Chair

It's a Classic

The Classic 2012 is set for Saturday, July 21, 2012

Volunteers are needed.

The word volunteer means "someone else" to some, but in reality it means you. Without volunteers like you, we cannot support our only fundraiser of the year. Like Uncle Sam said during the war, "we need you"!

Please find time to review the various committees listed below. All could use your help and expertise in getting their assigned tasks completed. Contact any Board Member to sign up, the lead person in the committees below, me at a meeting or email me: classic-info@bayviewbikeclub.org.

PROMOTION Committee: Place ads; write articles for local news; create and distribute Ride brochures; assist with web site Ride info.; handle post-ride survey. Nancy Karr, Barb Pier.

SPONSORSHIP committee: Contact businesses for sponsorships; contact stores for food donations; obtain sponsors logos for t-shirts; create Rest Stop advertising for sponsors and sending out thank-you letters to sponsors.

ROUTE SAFETY & SENTRIES Committee: Mark routes and place signs before the Classic Ride; assign Sentries at intersections.

SAG SUPPORT COMMITTEE: Arrange for SAG vehicles and ambulance service; handle Wheel & Sprocket mechanics; route sign placement and repair/replace route signs.

T-SHIRTS COMMITTEE (Order, pickup, sales): Work with Registration Committee, order T-shirts; sell T-shirts at classic Ride. Debra Turckwood, Scott Siebers.

REGISTRATION COMMITTEE: Update registration database; coordinate updating and printing of 2012 registration form; mail registration forms to previous years riders; work with t-shirts committee; work with webmaster to get registration on website; staff registration desk on day of Ride. Gil Krueger, Nancy

Krueger.

REST STOPS committee: Coordinate baked goods made by members; organize and determine the distribution of food, treats, drinks, and ice to rest stops; staff rest stops on Ride day. Summit RS, Bob Klein. Bark River RS, Dan Gannon, Sam Gannon. Palmyra RS, open. Mackie RS, open.

FREE TO VOLUNTEERS ON RIDE DAY – 2012 Lake County Classic Ride T-Shirt, pasta dinner with dessert and 100 rider points.

Thank You For Your Support

Tom Perkins classic-info@bayviewbikeclub.org

The Classic Promotions Committee Needs You!

We are in the process of getting a plan in place for advertising the 2012 Lake Country Classic Ride. We are looking for people to take responsibility for the following jobs:

Two fun jobs!

1. A person(s) to do the brochure. 2. A person(s) to design a small ad to use as a poster. (You might want to team up and work together.)

To do these jobs you need:

Access to a computer with software, usually Word, Publisher or a similar application and maybe Adobe Acrobat to convert the docs to PDF. (You can do this online through the Adobe Web Site. Just upload the docs and they do it for you. Free.)

The know-how to create a good looking brochure/poster and work with a printer (like Office Depot) to get it produced.

The art work for the T-Shirt can be used for the brochure/poster or you can find clipart online. To produce the docs, you can go to the Office Depot Site and set up the docs for printing online. They take your originals and produce them on a giant printer/copier. You pick them up. (Easy-peasey-lemon-squeezy!)

FYI: We stick to fun, not fancy and/or sophisticated. A sense of humor helps. We have samples from previous years and the application form. If we can find the digital copy (if you have it, fess up) we will send it to you.

Another Fun job!

A person to manage the survey: design it, get it to the registration committee, and do the recap. Ask all the questions you ever wanted to. (Like, why do you want to get on a bike at 7:00 AM on a Saturday morning and ride 100 miles? Are you into pain? Maybe phrase it a little more tactfully.) You need the computer and applications described above to do the survey form. You need to be able to count responses (fingers and toes are useful) or you can always ask Gil Kruger and the registration committee to help. They're good at it.

Lots and lots of you to go to bike stores, coffee shops, health clubs, other bike rides and all those other places where fellow cycling geeks gather. You can distribute Classic posters and applications there (with permission of course).

What are you waiting for? Get that sign up sheet and get your name on it!

After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow.

H.G. Wells - The Wheels of Chance

Wheel & Sprocket Bike Expo

This year Wheel & Sprocket will again have the Bike Expo at State Fair Park. The dates are from April 5th to April 8th. This will make it the 28th year for this event and we are invited to have a booth set up to get our name out and tell the biking public about our great club. As in past years we need help from members to man the booth and answer questions about membership, activities, and our annual Lake Country Classic ride.

I have set a shift schedule as follows:

Thursday April 5th

4:00PM to 6:30 PM

6:30PM to 9:00 PM

Friday April 6th

10:00AM to 1:00PM

1:00PM to 4:00PM

4:00PM to 7:00PM

7:00PM to 9:00PM

Saturday April 7th

9:00AM to 11:30PM

11:30AM to 2:00PM

2:00PM to 4:30PM

4:30PM to 7:00PM

Sunday April 8th

11:00AM to 1:00PM

1:00PM to 3:00PM

3:00PM to 5:00PM

Please call me at 262-385-7704 or email me at secretary@bayviewbikeclub.org if you would like to help out with our booth on one or more of these shifts. This is also a great time to see the show and/or take advantage of discounted sale items that will be available.

Thank you in advance for your help.

Bob Klein

What Do You Hear?

Exercises for the core and back in this issue. Time still to strengthen them and increase their flexibility before our season gets underway.

The next Newsletter article deadline is March 9, 2012. Keep those articles about biking coming in. Thanks.

Kent Kelly

Bicycling's Golden Rules

Take the Lane

You have a right to the road, so use it. It's safer than riding on the shoulder, which is often cracked, covered in gravel, or worse. But don't be a road hog, either.

Always Carry Cash

Money can't buy love, but it can buy food, water, a phone call, or a spare tube.

Drink before you are thirsty; eat before you are hungry.

Don't Live in Your Chamois

When the shoes come off, your shorts should come off with them.

Play the Terrain

Go hard on climbs and take it easy on descents.

Layer Like a Wedding Cake

Easily removable layers make it a snap to regulate your temperature. Booties, vests, and skullcaps, as well as arm, knee, and leg warmers, can all be stashed in pockets as the day warms up.

It's Okay to Stop

Don't be afraid to pull over for a good swimming hole, hot spring, ice-cream stand, café, bakery, or dive bar. In fact, some of the best rides are planned around these diversions.

(abridged from bicycling.com)

Flabby Core? Tone Up and Improve Your Cycling

by Laurel-Lea Shannon

You're on a long bike ride -- pedaling hard up steep hills, flying down the other side, barreling along the flats. Your legs, like powerful, well-tuned pistons, push through the miles. Ten fly by, 15, then 20.

At 30 miles, your legs are still going strong, but you notice you're starting to wobble in the saddle from side to side, your lower back is hurting, your shoulders and neck are getting tight and sore. You start losing power. What's happening? Your ride has just been sabotaged by a flabby core.

"Most cyclists have marshmallow middles," says boot camp trainer and ironman athlete Kris Plant. "Road and triathlon cyclists need a strong core to form a good tripod position to sit properly on their saddle." That means sitting on their sit bones -- the ischial tuberosities (those two bones in your bum that make you fidget when you sit too long on a hard bench). A strong lower back and abs form the foundation for pedal efficiency and strength. Unfortunately, cycling doesn't build core strength.

Why Do You Need a Solid Core to Cycle?

Strengthening your core will help you develop a good tripod position -- making you a stronger, faster cyclist. "For cyclists, that means doing exercises that target the obliques, transverse abdominis, lower back, hamstrings, gluteals, and hip flexors. The rectus abdominis -- also known as 6-pack abs -- are not as important for biking," says Plant.

A solid core:

- decreases upper body sway

- helps maintain proper bike form and posture

- reduces or eliminates shoulder, neck, and lower back pain

- increases pedal stroke efficiency

- helps you to use your leg strength properly and more effectively

Plant suggests 4 core strengthening exercises you can do in your home without any additional equipment. Do these 3 times a week for 10 to 15 minutes during the cycling season. Create a strong core and you'll ride faster, farther, and more efficiently.



Plank -- Simple, but so effective. Works transverse abdominis, upper and lower back

- Lie on your stomach and place your elbows directly under your shoulders with forearms and hands on the floor.

- Place feet about hip-width apart.

- Slowly lift your hips off the floor, keeping your back straight.

- Squeeze your glutes together. Don't sag through the hips or arch your back.

- Hold for 10 to 20 seconds. Work up to 30 seconds.

- Repeat 3 times.

Bridge -- Works the back, glutes, hip flexors

- Lie down on your back, bend your knees and place your heels near your bum (6 to 8 inches).

- Place your arms at your sides, palms down.

- Pull your navel toward your spine (to eliminate any space between the floor and your lower back).

- Squeeze your glutes, while you slowly raise your hips off the floor and push up from your heels, forming a straight line from shoulders to knees.

- Pause, then slowly lower your hips to the ground.

- Repeat 5 times and build from there.





Scissor Kick -- Works inner and outer thighs, hip flexors, abs

Lie on your back with legs straight, and place both hands under your head.

Pull your navel toward your spine (to eliminate any space between the floor and your lower back), and raise your shoulders off the floor.

Raise your legs 6 to 8 inches off the ground (you can start higher as Plant does here) and scissor them: left leg over right, then right over left. That's one rep.

Repeat 10 times and build from there.



Bird Dog -- Works the back, glutes, hip flexors

Kneel on all fours with your hands placed flat on the floor under your shoulders and your knees under your hips.

Raise your right arm while extending your left leg. Keep your back straight and your hips level.

Hold for 1–5 seconds. Do other side.

Repeat 5 times and build from there.

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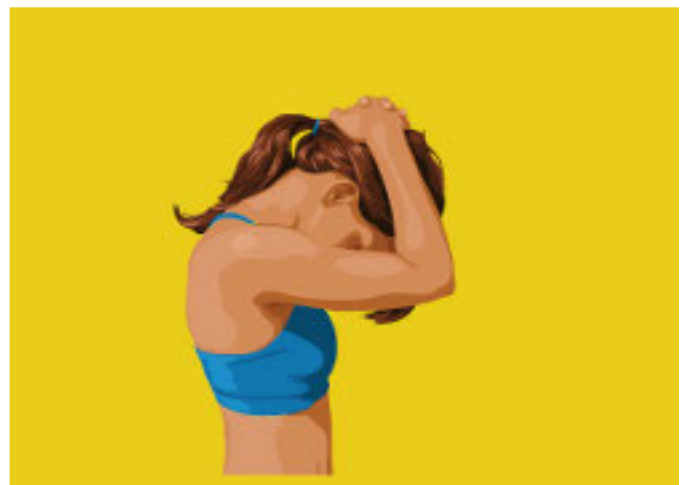
Back In Business

Four yoga moves for a pain-free spine

You expect sore quads, calves, and glutes after copious saddle time. But according to a study in the American Journal of Sports Medicine, back pain is the most common overuse injury reported by competitive cyclists. Even if you don't pin on a race number every weekend, "simple yoga-based stretches align your spine; relieve back, neck, and shoulder pain; and create flexibility in your upper body," says Alyssa Dinowitz, founder of Athletes Yoga in Tempe, Arizona. Do this sequence two or three times a week to keep your back going strong.

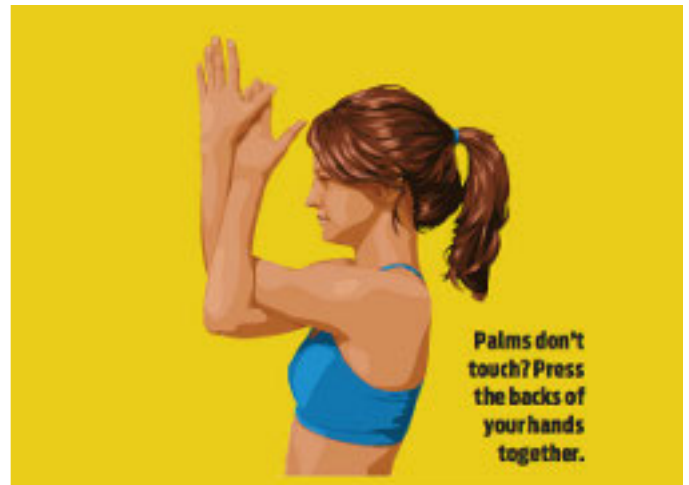
Tilt and Hold

Sit up tall in a chair with your back straight and your feet flat on the floor. Bend your head and neck forward as far as possible, keeping your shoulders down. Lace your fingers together behind your head, elbows out to the sides, and press gently on the back of your head. Hold for eight deep breaths, then release. Repeat three times.



Eagle Arm Pose

Stay seated and extend your arms in front of you at shoulder level. Cross your left arm over your right, raise your forearms perpendicular to the floor, and twist your palms inward until they touch. Inhale and raise your arms slightly; exhale and lower. That's one rep. Do five; unwind, switch arms and repeat.



Spinal Twist

Sit on a mat and place your right foot on the floor outside your left knee. Slide your left foot back, tucking it under your right thigh. Inhale, lift your left arm overhead, then lower your elbow to the outside of your right knee. Place your right hand on the floor behind you; exhale and twist to the right. Hold for five breaths; then repeat on the other side.



Cat-Cow

Start on all fours, back flat, eyes focused on the floor. Inhale. As you exhale, round your spine like a cat, drop your head, and tuck your chin toward your chest. Inhale, then arch your back toward the floor, lifting your hips, tailbone, and chest toward the ceiling, directing your gaze upward. Exhale as you return to cat pose. Do the sequence 10 times.



Rider Points

For October 1, 2011 through January 31, 2012

All Rides entered.

Roessl, Linda.....	387	Sericati, Tom.....	88	Gannon, Sandra.....	41
Siebers, Scott.....	387	Dix, Michael.....	86	McCarty, Elaine.....	35
Ziegler, Joel.....	297	McNaughton, Jamison.....	86	Sandler, Mark.....	35
Ziegler, Suzanne.....	297	Lucas, Mary.....	77	Shumard, Aimee.....	34
Krall, Dan.....	263	Orosa, Jojo.....	72	Lentzke, Phil.....	32
Beachkofski, Clare.....	257	Connors, Dennis.....	71	Smiley, Michael.....	32
Soriano, Joseph.....	255	Earle, Sandy.....	71	Butters, Gary.....	31
Schmidt, Jeff.....	244	Gresl, Lois.....	71	White, Cory.....	31
Sikorski, Andy.....	237	Polk, Bob.....	63	Krueger, Gil.....	30
Schwabe, MaryJo.....	216	Crown, Ron.....	62	Krueger, Nancy.....	30
Wojtal, Norm.....	168	Klein, Robert.....	61	Karr, Nancy.....	28
Tuckwood, Debra.....	166	Mallman, John.....	55	Pier, Barb.....	28
Hustedde, Bill.....	163	Zalewski, Mark.....	54	Katzfey, David.....	21
Santoro, Ron.....	156	Fischer, Joe.....	52	Katzfey, Delvina.....	21
Wojtal, Prati.....	133	Tillen, Bob.....	51	Burton, Becky.....	20
Perkins, Tom.....	119	Demian, Milad.....	48	Kelly, Kent.....	20
Labinski, Dennis.....	107	Schaubel, Jeff.....	46	Zalewski, Evonne.....	20
Craig, Michael.....	91	Paque, Sam.....	45		
Gibbs, Tamara.....	91	Gannon, Dan.....	41		

Ride Schedule

Ride will start at 11:00am. Check your e-mail or Club website.

March 17, 2012 (might have an alternate weather date)

St. Paddy's Ride - 16 miles - It is St. Patrick's Day so help us spin those snakes out of town then stop for a snack or meal or something afterwards. Starts at the parking lot behind the Pantheon Restaurant on SW corner of 76th and Rawson.