



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 24 No 2

www.bayviewbikeclub.org

March 2012

Next Board Meeting:

Tuesday, April 10, 2012

Next Newsletter Deadline:

Friday, April 6, 2012

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March Meeting

North Shore Wheel & Sprocket

2940 N Santa Monica Blvd

Fox Point

Monday, March 19, 2012, 7:00 pm

(early shopping at 6:30 pm

check out after the meeting, please)

In Gear

In spite of having only 28 days, February feels to me like the longest month of the year. It's winter in Wisconsin, the excitement of the holidays is behind us, and it'll be months before warm weather is a daily occurrence. So, when possible, I try to take a mid-winter vacation to maintain my sanity. This year, my destination was to an adventure-seeker's paradise: Costa Rica. The group I traveled with consisted of 16 adventurers from across the U.S., ranging in age from mid-20s to 60+, some traveling with a spouse or friend, and others traveling alone. However, the one thing we had in common was that we loved to travel. Over the next 12 days, we traveled 800+ miles in a van through the lowlands, mountains, rain forests, and coastal regions of Costa Rica. During that time, our group shared many experiences, including sightseeing, eating meals together, nature hikes, rafting, zip-lining, and horseback riding. That's a lot of togetherness, but everyone got along well. The group was ready at the agreed-upon times for meals and other events, and if there was an issue, Jenny, our trip leader, resolved it quickly. People in the group were patient, sociable, and made a point of including everyone in all activities. We started the trip as strangers but became friends.

Bay View Bike Club is similar in many respects to that group of Costa Rican travelers. Some members join the Club with spouses or friends, but most join solo. Club members have varied backgrounds and life experiences, but we share a love of biking, a sense of adventure, and enjoy the challenge of trying something new. When you renew your membership in BVBC this year, you're joining a group of fellow travelers who like to explore Wisconsin (and the world) by bicycle, but who also enjoy the camaraderie of other bikers. What's great about our Club is that it offers both: Great weekend rides

and opportunities to socialize (post-ride lunches, Club picnics and social outings, monthly Club meetings, and Classic activities). While you'll probably recognize many of the people at this year's Club rides and events, some of them will be new faces. Please introduce yourself to those new members and guests, and make feel welcome and part of the group. It makes it more fun for everyone, it's a good way for the Club to grow, and it'll help you expand your circle of friends!

Looking forward to a great biking season!

Clare B.

From the VP's Corner

Hopefully my efforts at improving the content of membership meetings will bear some fruit in March and April. The plan for March is a session with a paid outside expert and me going over heart rate training equipment. Then, in April, our expert will tie the equipment in with interval training for better conditioning. Good information and there just might be a deal on heart rate monitors in March.

If you have specific topics that you would like to have experts come in and talk about, send me a suggestion via email (vp@bayviewbikeclub.org) so that I can arrange for that type of program. I would greatly appreciate it.

Bob Tillen

See And Be Scene

Hi Everyone!!!

March Social Event is dining together at this fine Mexican Restaurant.

Please email getinolder@yahoo.com or call Dan at 414-687-2757 with the number of people that will be attending.

I have to make a reservation early so let me know by the 22nd if you are going to attend.

Guadalupe Mexican Restaurant
11320 West Bluemound Road
Milwaukee, WI 53226
(414) 256-3955 †

Dan Krall

On the Road

Getting awfully close to our full riding season and the schedule is as final as a schedule can be. You should have gotten, or will very soon, a copy. Expect some changes and revisions along the way. Check the schedule in the Newsletter or on our website.

I'll have Ride Leader signup sheets and Ride Packets at the March meeting so be ready to put your name on the solid line. You don't even need to bring a pen. I'll have some of those too.

The planned Get In Gear (GIG) rides are tagged as such on the Ride Leader signup sheets and in the monthly schedules. See the article elsewhere in this newsletter for more explanation and the schedule. We do need experienced riders to lead these rides, so please signup.

On the issues listed last month, we made these decisions at February's meeting:

1. Reverse a ride - look for a candidate (or two) and we'll try it.
2. Festivals - we'll stay away from them except I switched a Virmond Park ride to coincide with Pirate Days (sweaty, spandex-clad bikers fit with scurvy pirates, arrrr?).
3. The Holland Festival ride will again start from the Park n Ride just north of Port Washington.

As always, if you have ideas or suggestions or corrections for a ride, send them to rides@bayviewbikeclub.org.

It's not a ride until ridden.

Kent

Wheel & Sprocket Bike Expo

This year Wheel & Sprocket will again have the Bike Expo at State Fair Park April 5th to April 8th. We can 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 on one or more of these shifts. I still have open time slots.

Thank you in advance for your help.

Bob Klein

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 & 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:

Joe and Lauren Bauknecht

Thanks and see you all soon.

MaryJo, Membership Chair

What Do You Hear?

We've got a DIY issue this month. Our very own Tom Perkins shows how a bicycle, with a few modifications, can be used for other purposes. Of course, to make those mods or repairs or tune-ups you'll need a stand. Here's how to build one. And to round it out, some ideas to keep your bike safe if you forgot its lock.

If you hear or read or see something related to biking, give me the tip. I'm always looking for ideas. E-mail: editor@bayviewbikeclub.org.

And finally, the April deadline for article submissions is Friday, April 6th.

Kent

When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.

Sir Arthur Conan Doyle



Goes together like deer hunting and bicycles

by Dave Schlabowske,
Bike Fed Wisconsin Blog, Feb 24, 2012

Fellow cyclist and (successful) deer hunter Tom Perkins from the Bay View Bicycle Club sent me some photos of his rig for hauling deer back from the woods. Given all the wonderful snow we have today, I thought this would be a nice time to share.

From Tom:

I am finally getting around to emailing you the photo's of a big box mountain bike I altered to transport a deer out of the woods. Actually, the only thing I altered was the seat post. I brazed two pointed 5/16 bolts to the seat post to cradle the deer's back bone inside the body cavity. The pointed spikes formed a V and kept the deer from slipping off the bike. The modified seat post of course could be interchanged with a seat if you wanted to ride to the stand.

I also took the drive train off the bike to make it lighter.

I think for next year I will custom design a rear rack out of 1/2 inch conduit for something to tie the rear legs to and center the deer more on the bike. This will replace the trailing kids bike. I do not think that the extra length that the trailing bike provided was needed.

Because a bike tracks well on a line it is especially good on small wooded trails. I have tried two wheeled carts for this and they just get hung up on wooded trails.

The location of this deer hunt was Florence county Wisconsin on the the second day of the 2011 gun season.



Bike for Sale

Mens Red 25 inch Trek 800 hybrid bike for sale. The bike was recently tuned up with a new chain installed. Asking \$50 dollars, the cost of the tune up, new chain is included to make this a great buy.

If interested, contact Linda Roessl

Do It Yourself: Building Your Own \$30 Repair Stand

By Jim Langley, Bicycling.com

If your New Year's resolution is to learn how to do your own bicycle wrenching, you'll need to start with one basic tool: a work stand. (After all, turning the cranks to make adjustments won't work if your wheels are touching the ground.) Commercial stands are nice, but they can be pricey. Besides, with 30 bucks, a trip to The Home Depot and a couple of hours on a winter weekend, you can build your own customized work station.

THE INGREDIENTS

ONE 3x3-foot piece of 1-inch plywood or particleboard (this is the base)

SEMIGLOSS PAINT (to paint the base)

ONE 1-inch threaded pipe flange (for joining the upright to the base)

FOUR EACH 1x1/4-INCH BOLTS, WASHERS AND NUTS (for attaching the flange to the base)

FOUR each 1x1/4-inch bolts, washers and nuts (for attaching the flange to the base)

ONE 5-FOOT SECTION (or whatever best fits your height) of 1-inch diameter pipe threaded on both ends (this is the upright)

ONE 5-foot section (or whatever best fits your height) of 1-inch diameter pipe threaded on both ends (this is the upright)

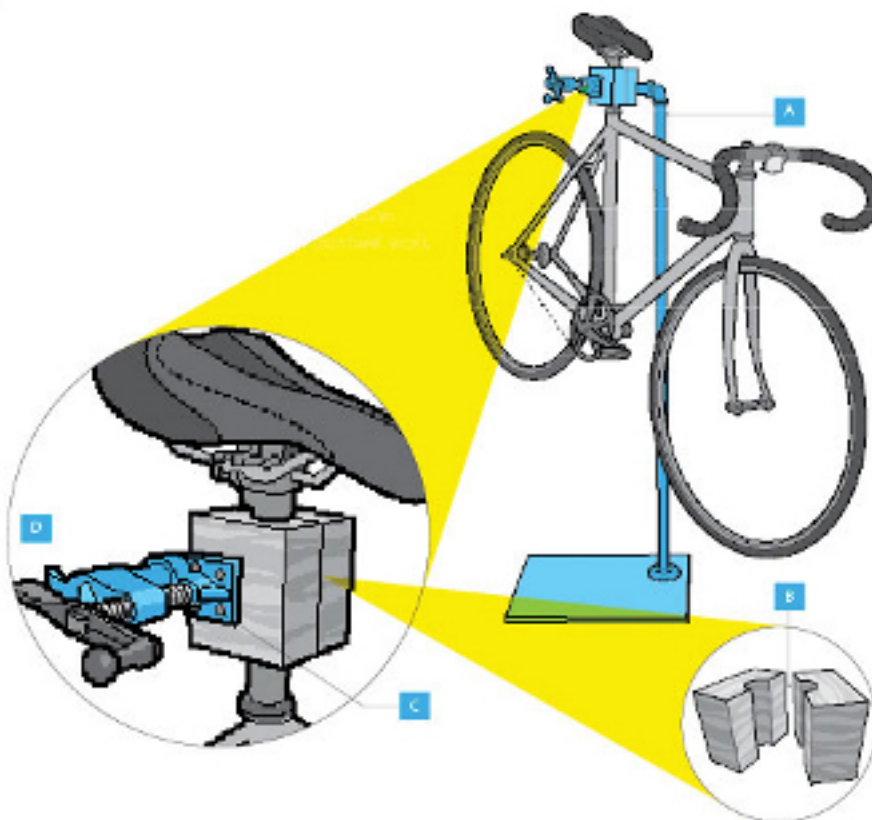
ONE 1x3/4-inch 90-degree reducer pipe elbow (for joining the arm to the upright)

ONE 2-foot section of 3/4-inch diameter pipe threaded on both ends (this is the arm)

ONE 5-inch section of 4x4 (to make the clamp jaws)

ONE pony clamp fixture (style no. 50)

EIGHT 1-inch screws (for attaching the jaws to the clamp)



1. Brush Base Paint the plywood—the semigloss finish makes removing lube and dirt easier. When it's dry, position the pipe flange about 4 inches in from one corner and mark where the four flange holes are. Remove the flange and drill through the wood on the marks, making sure to countersink the holes on the underside of the plywood so the nuts are flush. Then bolt the flange into place with the 1x1/4-inch bolts.

2. Position Pipes Screw the 5-foot section of pipe into the flange until it's tight. Then screw the reducer elbow onto the top until it's tight and facing in—toward the corner of the base opposite the flange. Then screw the 2-foot pipe to the

elbow (A).

3. Make Jaws Drill a hole a little larger than the diameter of your largest seatpost length-wise down the middle of the 4x4 wood block. (For example, for a 27.2-mm diameter seatpost, drill a 1 1/8-inch hole.) Then saw the block—and hole—in half lengthwise (B).

4. Prep Pony Drill four holes into each Pony clamp jaw—one in each corner (C). Then slide the Pony clamp parts onto the horizontal arm and screw on the handle end, locking it in so the horizontal edge of the clamp is 10 degrees below parallel with the ground (D). This angle ensures that in the stand your bike's front wheel will be lower than the rear and not swing when you're working.

5. Clamp It Holding the wood block together as it was before you cut it in half, place it between the Pony clamps so the seatpost hole is running vertically. Then tighten the Pony clamp to hold the block in place, and drill and screw it to the wood jaws using the 1-inch screws.

6. Use Stand With the Pony clamp open, carefully lift your bike and place the seatpost between the jaws. Turn the handle to tighten the clamp and hold your bike in the perfect position. TIP: Line the wooden jaws with recycled inner tubes to prevent scratching.

Booby-Trap Your Bike

By Jennifer Sherry, Bicycling.com



Most times you head out on your bike, the plan is to do Bicycling.com your thing and come straight home. But sometimes an unexpected detour—in your plan, not the road—requires a quick stop: You forgot that your faithful feline ran out of 9 Lives that morning, or you remember that the lottery is up to two mill and you'd be a fool not to buy a ticket. Quick and easy stops. Right?

Well, sort of, except you never thought to bring a lock. You could go home and break the news to Max that there's no dinner, or you could rig your rig to make it harder to swipe. These tips won't prevent your bike from being stolen, but they will slow down a potential thief and buy you some time. You can do one or go to the extreme and do all—based on the circumstances, you decide. Just remember, whatever you do or undo, you have to undo or redo. Or, something like that.

Rig the chain

As you're coasting near your stopping point, shift into the big-ring/big-cog combo. When you stop to park your bike, shift just your shifters (don't pedal) into the small-ring/small-cog combo.

Thief jumps on, tries to pedal, gears go crazy, chain drops off, thief freaks out and splits.

Loosen the rear

Open the rear quick-release skewer.

Thief pedals for a bit, wheel starts to wobble, bike eventually becomes unrideable, thief drops bike and runs.

Secure it secretly

Use the straps on your helmet to "lock" your bike to a secure object.

Thief grabs bike, straps stop thief, thief fumbles with helmet, gets frustrated, leaves.

Use your mini-tool

Loosen the side pinch bolts on your stem and turn your bar 90 degrees; loosen your seat clamp bolt and turn your seat backward.

Thief looks at bike, thinks he's losing his mind, wants nothing to do with it, thief moves on.

Rider Points

For October 1, 2011 through February 29, 2012

All Rides entered.

Roessl, Linda.....	402	Gibbs, Tamara.....	91	Gannon, Dan.....	41
Siebers, Scott.....	397	Sericati, Tom.....	88	Gannon, Sandra.....	41
Ziegler, Joel.....	307	Dix, Michael.....	86	McCarty, Elaine.....	35
Ziegler, Suzanne.....	307	Lucas, Mary.....	77	Sandler, Mark.....	35
Krall, Dan.....	263	Orosa, Jojo.....	72	Shumard, Aimee.....	34
Beachkofski, Clare.....	257	Connors, Dennis.....	71	Lentzke, Phil.....	32
Soriano, Joseph.....	255	Earle, Sandy.....	71	Butters, Gary.....	31
Schmidt, Jeff.....	254	Gresl, Lois.....	71	White, Cory.....	31
Sikorski, Andy.....	247	Klein, Robert.....	71	Krueger, Gil.....	30
Schwabe, MaryJo.....	216	Mallman, John.....	65	Krueger, Nancy.....	30
Wojtal, Norm.....	168	Polk, Bob.....	63	Karr, Nancy.....	28
Tuckwood, Debra.....	166	Crown, Ron.....	62	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
McNaughton, Jamison.....	96	Paque, Sam.....	45	Planey, Heide.....	10
Craig, Michael.....	91	Smiley, Michael.....	42		

Get In Gear Rides

A Get In Gear (GIG) ride is designed to help ease new riders (or any other rider) into the swing of a full season. They are a part of our regular rides and the miles count as Rider Points. We need a GIG ride leader for each ride. So what's different from a regular ride leader?

Meet with the people who will be doing the GIG ride. Discuss the route, what everyone might encounter (construction, a little heavier traffic road), distribute the GIG ride cue sheet and hand-outs (in the Ride Packet) covering rules of the road, bike accessories, how to ride in a group, etc.). Answer any questions. Start ten minutes after the other riders.

On the ride, stop whenever necessary to let any slower riders catch up. There is a NO DROP rule. No one gets left behind.

At the end of the ride, answer questions, discuss the ride, offer suggestions/advice and that is it. Signup on the Ride Leader sheets.

Here is the GIG ride schedule for 2012:

Sat, April 14	Grant Park 13 miles	Sat, May 12	Fox River Sanctuary 15 miles
Sun, April 22	Gorney Park 14 Miles	Sun, May 20	South Shore to Gorney 17 miles
Sat, April 28	Cool Doctor 15 miles	Sun, May 27	Burlington Roll 18 miles

Thanks for signing up and helping our Club.

Ride Schedule

Rides start at 10:00am. Check your e-mail or Club website.

March 17, 2012

St Paddys Ride - 16 miles - It is St.Patricks Day so help us spin those snakes out of town then stop for a snack or meal or something afterwards. Starts at the Pick N Save parking lot (north end) on Rawson Ave and 76th St.

March 31, 2012

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.

April 1, 2012

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 approximately one mile to parking lot on west side.

April 5, 2012

Wheel & Sprocket Expo - 50 miles - Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

April 6, 2012

Wheel & Sprocket Expo - 50 miles - Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

April 7, 2012

Wheel & Sprocket Expo - 50 miles - Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

April 8, 2012

Wheel & Sprocket Expo - 50 miles - Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

April 14, 2012 - GIG Ride (13 miles)

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.

April 15, 2012

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.

April 21, 2012

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.

April 22, 2012 - GIG Ride (14 miles)

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.

April 28, 2012 - GIG Ride (15 miles)

Cool Doctor - 20, 35, 46 miles - Ride the New Berlin Recreational Trail west, return from Waukesha or Wales, or Dousman. Trail Pass required beyond Waukesha. - 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.

April 29, 2012

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.

May 5, 2012

Delafield Lake Country - 20, 29, 57 miles - Scenic ride through lake country around Delafield, long route passes near Holy Hill, Pike Lake and Hartford. - Starts at Cushing Park. I-94 west to County C (Delafield), left (north) on C 0.4 miles to Main St. Left (west) on Main St. 1/2 mile to Cushing Park Rd. (by Kurts Steak House), right on Cushing Park Rd. 1/5 mile to parking lot just across bridge. Approximate drive time: 25 minutes from Zoo.

May 6, 2012

Historic Milwaukee Tour - 18, 27 miles - Ride along the Hank Aaron trail, and Veterans Administration grounds. - 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 2.5 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 12, 2012 - GIG Ride (15 miles)

Fox River Sanctuary - 15, 25, 40 miles - New for 2012! Ride three paved trails to Oconomowoc: Glacial Drumlin, Cushing Park, Lake Country. Trail Pass required. - Start at Fox River Sanctuary in Waukesha at W College Avenue and N Prairie Dr.

May 13, 2012

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.

May 16, 2012

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 19, 2012

Dundee - 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.

May 20, 2012 - GIG Ride (17 miles)

South Shore to Gorney Park - 24, 39 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.