



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 24 No 3

www.bayviewbikeclub.org

April 2012

Next Board Meeting:

Tuesday, May 8, 2012

Next Newsletter Deadline:

Friday, May 11, 2012

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April Meeting

Beulah Brinton Community Center

2555 S Bay St

Bay View

Monday, April ~~21~~ 16, 7:00 pm

oops!

Bikeku Haiku

We're all familiar with the health and environmental benefits of biking. Not only can we strengthen our heart, lose weight, and tone our muscles, we can also reduce our carbon footprint, save money on gas, and get a great tan. However, I've also experienced what I call the creative benefit of biking. As I'm biking along, miles away from the demands of work-related and household tasks, I get into the "zone," a state of mind where I'm thinking about everything and nothing, while still being alert and aware of my surroundings. Some of my most creative ideas (including several patent-pending inventions) and observations have come to mind while in this altered state of reality.

I thought of that recently when I [read about a local resident](#) who writes haiku based on his experiences during his daily commute by train between Milwaukee and Chicago.

Haiku is an ancient Japanese poetic form which in English consists of 17 syllables, usually in three lines of 5 syllables-7 syllables-5 syllables. The haiku poems of the [train commuter](#) inspired me to attempt writing some myself during my daily walks and while biking.

If you're likewise inspired, send me your haiku at bikekuhaiku@bayviewbikeclub.org [editor's note: see Haiku Tips and examples in this issue], and I'll print them in the Club newsletter. In September, members can choose their favorite and the winning entry will receive the Member's Choice Bikeku Haiku award at the October awards banquet. Prove to yourself and others that all your biking is not a waste of time -- It's a creative outlet! Bikeku haiku!

Speaking of the Club's October meeting, it's never too early in the season to start thinking about appropriate (and tasteful) awards for your fellow Club members. A list of some past awards is included later in this newsletter to give you an idea of the accomplishments and antics for which members have been recognized. If something funny or memorable happens during a Club ride or event, make a note of it

and either create and present the award yourself at the October meeting, or let me know about it so the Board can create the award. The more ideas we get for awards, the more entertaining the October meeting will be!

Sayonara.
Clare B.

On the Road

As our ride season gets into full swing, I have my usual requests. In no particular order, they are:

- If you find an error on the cue sheet or some road conditions are now dangerous, please let me know. I'm always tweaking the cue sheets as this type of information comes in.
 - If you want to sponsor a picnic ride, get in touch. We'll work out a route and a date.
 - If you have an idea for a change in a route or a new route, talk to me. I'll give it a good hearing and it might show up on the schedule.
 - Ride Leaders! We need them for the rides to go. I have cancelled rides because there was no Ride Leader. Check your schedule; check the ride schedule; look for compatible dates and, sign up.
- We've revised the Windlake ride (May 13th). The long route was most affected.
- Also, look for the Get In Gear (GIG) rides and invite folks you know who have a bike but are worried that our distances are too far and we ride too fast for them. The GIG Rides are designed to ease new riders into the full Club schedule.

Thanks.

It's not a ride until ridden. See you out there.
Kent Kelly

As a kid I had a dream - I wanted to own my own bicycle. When I got the bike I must have been the happiest boy in Liverpool, maybe the world. I lived for that bike. Most kids left their bike in the backyard at night. Not me. I insisted on taking mine indoors and the first night I even kept it in my bed.
John Lennon

the V-P Station

Bob Tillen here.

April's meeting continues the series we started in March. At that meeting we heard about heart rate monitor equipment, its purposes, uses and benefits. Now it's time for the practical. Dan Gannon volunteered for a stress-to-the-limit test under expert attention. That information will be presented along with how to use it to determine a good training routine. Professional cyclists go through this as a matter of course. While not as critical for us recreational riders, we can still improve our fitness which will also improve our enjoyment of just riding.

Stay tuned.

See And Be Scene

Hey everyone! Here's the plan: The next Bay View Bike Club social event will be held on Sunday Afternoon, April 22nd. The idea is to go to a late afternoon movie (At least 4 stars. Watch your email for details) AND THEN... Go to a nice pizza place or sandwich shop and have a snack/dinner and some feisty conversation about the movie or the bike club or anything else that suits our fancy. Suggestions for a movie to see and a restaurant to eat at are invited

If you're available for an adventure like this and are willing to participate please let me know via email to social@bayviewbikeclub.org. I'm not going to hold anyone's feet to the fire if, after the place and movie is selected, you choose to decline the event. My intent is to do this event regardless of the number that attend, then make it a monthly event if we get good movies to see. I'll be making a selection of Movie and restaurant at least a week before the event and I will email information to those that express interest.

Dan Krall

What Do You Hear?

Another month, another change of seasons (well, usually). Now beginning our full season's schedule, we have a few changes to that schedule's report. I was looking at the current schedule on our website and liked what our webmaster, Ron Santoro, was doing with it. So I asked our Ride Chair, Kent Kelly, to change the way he reports it. Of course he had to get his own kicks at the can but I do think it is more informative at a glance than it was. Wish I'd thought of it before Ron did.

In addition to our standard features, we have tips and examples for the haiku contest and two other articles of interest, I hope, to round out this issue.

As usual, if you see or hear of anything bicycling related you find interesting, pass it along. Thanks.

Kent Kelly

Selling two bike racks: Brand new Yakima raptor upright bike racks, includes regular round bar mounts and Subaru specific crossbar mighty mounts. \$200.00 obo for pair.
Call Darwin at 414-383-0734. Thanks very much.

Membership

Hi everyone. I want to remind you all that last year's memberships are now expired. Many of you have already sent in your renewals but if you haven't yet, you can do it anytime soon. If you come on a ride, I will have renewal forms with me if you need one. You can also download a copy from the website. If you have it ready, feel free to bring it to a ride and give it to any member of the board who may be there. You can also mail it if you'd like. Once we receive it, I will get your new 2012 card to you. If any of you have renewed but not received your new card yet, please let me know.

Hope everyone is ready for a great bike season!!
I look forward to seeing you all soon.

MaryJo

Please welcome these new members:

Harry Fischer
Shari Gardner
Lenore Lenten
Scott Lewis & Lois Aussprung
Diane Rosenberg
Paul Schneider
John Schwabe
Sandra Wild

Polar Bottles For Classic Volunteers

As a thank-you gift to our awesome Lake Country Classic Ride volunteers, each received a BVBC-logo Insulated Polar Water Bottle. Not all of our volunteers attended the meeting to pick up their bottle. We have a variety of colors to choose from. Those of you that have not received a bottle have one coming. Please contact me to choose a color and to coordinate receiving your bottle.

These bottles not only look cool, but are dishwasher safe; you can put a little water in it, place it in your freezer then when you are ready to ride, take it out of the freezer; fill it the rest of the way with more water and you are ready to ride! Nothing beats having cool water to refresh you on a hot day.

The following people are those volunteers that I know I have not yet given a bottle, (please contact me): Jill & Trevor; Mark & Evonne; Guadalupe & family; Lois Gresl; Dick & Donna; Al Burrill; Joe Fischer; Becky White; Tom Nelson; Colleen Shields; Andy Sikorski; Greg Bartelt; Nancy Williams; Sue Duchateau; Bob Dyszelski.

I certainly may have missed someone, so I'm counting on you to let me know.

THANK YOU, AGAIN, FOR VOLUNTEERING!

Sam Gannon, sandrag@warshafsky.com, 262-673-7686

Sport Drinks at the Classic

I have been reviewing the after ride surveys from both member volunteers and the riders. There have been multiple suggestions for improving the sport drink served at the Classic. One of the suggestions is that we dilute down the sport drink from the label mixing instructions. We ran short of sport drink at both Palmyra and Mackie and further volunteers observed riders diluting the sport drink that we served. I rode the Cream City ride the past two years and they do serve a dilute sport drink.

I did some computer research on diluting a sport drink and found that it would be a mistake for the club to do to do this dilution. To explain why, I am going to use a technical quote from a sport drink article:

“The osmolality of a fluid is a measure of the number of particles in a solution. In a sport drinks, these particles will be comprised of carbohydrates, electrolytes, sweeteners and preservatives. In blood plasma the particles will be comprised of sodium, proteins and glucose. Blood has an osmolality of 280 to 330mOsm/kg. Sport drinks with an osmolality of 270 to 330mOsm/Kg are said to be in balance with the body’s fluid and are called Isotonic.”

Researchers have found that Isotonic drinks with electrolytes (salts) and 6 to 8% carbohydrates (sugars) quickly replace fluids lost by sweating and supply a boost of sugars. Almost all sport drinks have a sugar content of 6 to 8% sugars and about one gram of salts per liter of water. If the club were to reduce the concentration of the dissolved solids in our sport drink below these levels by adding more water we would reduce the effectiveness of the sport drink.

You can make your own 6% sport drink by mixing five tablespoons of sugar and one-third teaspoon of salt per liter of water. I have been doing this for a number of years using Wyler’s unsweetened lemonade mix in the 6.5 g packets that I get in the grocery store.

We do need more sports drink this year and Bob Tillen our very own VP in Research and Development is looking into mixing our own sport drink in addition to the commercial variety we serve. We would then have two containers of sport drinks at each Rest Stop.

This would also have the advantage of serving a second variety of sport drink. We buy the sport drink in bulk and the one variety (Gatorade Reptide Rush) serves all the Rest Stops. One of the riders in our 2011 Ride Survey wrote: “Got sick of the purple Gatorade at every stop. Different at each stop would be pretty nice.” Well, I think we can at least serve two flavors at each Rest Stop and serving it at the right concentration so you can ride your best would also be pretty nice.

Tom Perkins, Classic Chair

Haiku Tips

The classic Japanese form differs from the English language form. Rather than go into those differences, here are four tips that you can consider.

- 1 - There is slack in the standard 5-7-5 syllable count.
- 2 - Use sensory words to invoke a feeling rather than naming the feeling directly.
- 3 - Use two lines to build an image or feeling then compare or contrast that in the third line. Can be 2-1 or 1-2 form.
- 4 - Allow the reader to make the connections and conclusions.

To help your inspiration, I've included examples from Japanese masters (in translation) along with more modern English forms in this issue.

For a lovely bowl
Let us arrange these flowers...
For there is no rice

Basho

One Patch, Five Minutes, On The Road

A flat!?!? Well, break out your trusty old patch kit. Here's a three-step refresher guide to flat fixing.

Prep

Unless you have no choice, wait until you get home to patch your tube on a clean, smooth surface. Lay the tube flat and use the sandpaper or metal scraper from your kit to buff the surface around the puncture until the shine is gone.



Glue

Place a pea-sized drop of rubber cement over the hole and use a clean finger to spread it into a thin, even coat slightly larger than the size of the patch. (Some kits, like Park's GP-2, use adhesive patches. If you have one of these, skip this step.)



Wait

Let the cement dry (about two minutes), peel off the backing of the vulcanized patch, and firmly press the patch onto the tube. (Be careful not to touch the tube side of the patch.) Wait about 10 minutes then inflate your tube to make sure it holds air.

Warm air, soft breeze, look!
a heron in the pond, pothole,
stitches in my side.

Kent

Over the wintry
forest, winds howl in rage
with no leaves to blow.

Natsume Soseki

she dances lithely
seduction under the moon
i - hey, a nickel!

Anonymous

rain
ticking on the leaves
the long night

Karen Sohne

Everything I touch
with tenderness, alas,
pricks like a bramble.

Kobayashi Issa

Just friends:
he watches my gauze dress
blowing on the line.

Alexis Rotella

Unlike John Denver
This sunshine on my shoulder
Just makes me quite hot
Train Commute Haiku #435

A summer river being crossed
how pleasing
with sandals in my hands!
Yosa Buson

Gray sky, high 30s
Hands and feet like ice
Slow thaw last 12 miles
Clare, March 31st Ride

Hero Worship: Great Sandwiches for Hungry Cyclists

by Jennifer Sherry, Bicycling.com

When it comes to fuel, the humble sandwich may just be a cyclist's salvation. Not only does it tuck neatly into a jersey pocket and is easy to manipulate one-handed, it can be customized to meet any nutritional need. It even has a history in the sport's most renowned races: In the 15th stage of the 1975 Tour de France, Aussie domestique Don Allan abruptly dismounted his bike and refused to continue without a 25-tooth gear, a beer, and a chicken sandwich. The team mechanic had only a 24, but the crowd pulled through with a glass of wine and the sandwich. Satisfied, Allan finished the stage.

You likely won't get a baguette hand-up from a roadside fan during your ride, so we've come up with five nutrient-packed sandwiches. Whether it's a powerful blend of energy-revving carbohydrates or a protein-packed postride muscle mender, any way you slice it, a sandwich can meet all your fueling needs.



Crunchy Tuna Salad

Low-fat, postride recovery meal with a balanced boost of carbs and protein. Combine 1/2 cup tuna, 1/4 cup chopped apple, 2 tablespoons Dijonnaise and 2 tablespoons sliced toasted almonds and spread between 2 whole-grain slices.

339 calories,
9g fat,
31g carbs,
5g fiber,
27g protein,
934mg sodium



Banana- Nutella Roll- Up

Great grab 'n' go breakfast or midride fuel. Whole-wheat wrap spread with 2 tablespoons Nutella, 1 tablespoon whipped cream cheese, 1 tablespoon sliced toasted almonds, and one small banana (sliced).

493 calories,
21g fat,
70g carbs,
6g fiber,
10g protein,
329mg sodium



Tangy Turkey Ciabatta

High-protein, no-mess traveler. Ciabatta roll with 1 tablespoon pesto, 1/4 cup baby-spinach leaves, 2 ounces sliced lean turkey, 1 slice part-skim mozzarella, and 3 pickle slices.

378 calories,
15g fat,
43g carbs,
2g fiber,
24g protein,
1,338mg sodium



Peanut Butter, Bacon, And Honey

Salty-sweet energy blast; great back-pocket survivor. Two slices toasted raisin bread with 2 tablespoons peanut butter, 2 teaspoons honey, and 2 strips crispy bacon (cut in half).

410 calories,
22g fat,
45g carbs,
4g fiber,
15g protein,
353mg sodium



Veggie Pita

High-fiber, meatless option that replaces lost electrolytes. One half of a whole-wheat pita filled with 2 tablespoons garlic hummus, 1 black-bean burger (or baked tofu or portobello mushrooms), 1 slice reduced-fat Colby-Jack cheese, 1/4 avocado (sliced), 1/4 cup arugula, 3 tablespoons shredded carrots.

395 calories, 16g fat, 44g carbs, 12g fiber, 24g protein, 942mg sodium

Rider Points

For October 1, 2011 through April 8, 2012

Not Entered: Mar 31 Whitnall Park to Greenfield Park

Siebers, Scott.....	532	Zalewski, Mark.....	104	Fischer, Joe.....	52
Roessl, Linda.....	430	Mittelstaedt, Guadalupe.....	100	Tillen, Bob.....	51
Ziegler, Joel.....	360	Butters, Gary.....	99	Bivens, Bob.....	50
Ziegler, Suzanne.....	360	McNaughton, Jamison.....	96	Burrill, Alan.....	50
Beachkofski, Clare.....	333	Gannon, Dan.....	91	Mathers, Russ.....	50
Schwabe, MaryJo.....	319	Gannon, Sandra.....	91	Nelson, Tom.....	50
Schmidt, Jeff.....	304	Gibbs, Tamara.....	91	Demian, Milad.....	48
Soriano, Joseph.....	273	Crown, Ron.....	80	Schaubel, Jeff.....	46
Krall, Dan.....	263	Krueger, Gil.....	80	Paque, Sam.....	45
Sikorski, Andy.....	247	Krueger, Nancy.....	80	McCarty, Elaine.....	35
Wojtal, Norm.....	236	Sandler, Mark.....	80	Shumard, Aimee.....	34
Tuckwood, Debra.....	234	Karr, Nancy.....	78	Lentzke, Phil.....	32
Santoro, Ron.....	224	Pier, Barb.....	78	White, Cory.....	31
Wojtal, Prati.....	201	Lucas, Mary.....	77	Katzfey, David.....	21
Hustedde, Bill.....	163	Orosa, Jojo.....	72	Katzfey, Delvina.....	21
Perkins, Tom.....	154	Connors, Dennis.....	71	Zalewski, Evonne.....	20
Craig, Michael.....	141	Earle, Sandy.....	71	Fink, Jim.....	18
Gresl, Lois.....	139	Burton, Becky.....	70	John, Emily.....	18
Sericati, Tom.....	138	Kelly, Kent.....	70	Litzenberg-Hall, Jill.....	18
Dix, Michael.....	121	Mallman, John.....	65	Peterson, Beth.....	18
Klein, Robert.....	121	Polk, Bob.....	63	Planey, Heide.....	10
Labinski, Dennis.....	107	Smiley, Michael.....	60		

Ideas for October Awards Banquet

The Club's October meeting is when awards are presented to members for a variety of accomplishments. Listed below is a sampling of the awards that were presented at past October meetings. These were in addition to the standard awards for the top three male and female members who rode the most miles during the season. This is just a starting point; let's come up with some new ideas! If you see a member do something this season that deserves an award, email clarebeach@yahoo.com with the details.

Boy Scout award

First century

New bike award

Best crash

Best navigator

Best picnic on short notice

Most flats

Cross country

Fashion award

Dog attack

Best Bundt cake

Most 1 day mileage

The last winter leaves
Clinging to the black branches
Explode into birds.

Anonymous

It's cold—and I wait
For someone to shelter me
And take me from here.

Anonymous

My life is Jello
Sitting and waiting in the bowl
Patiently to gel

Anonymous

Ride Schedule

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

April 14, 2012 - Grant Park - 13, 28 miles

GIG Ride also. 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 - Gorney Park - 24, 33 miles

GIG Ride also. 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 - Cool Doctor - 20, 35, 46 miles

GIG Ride also. 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 - 23 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 - Fox River Sanctuary - 15, 25, 40 miles

New for 2012! IG Ride also. 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 - 26, 38 miles

GIG Ride also. 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 - South Shore to Gorney Park - 25, 41 miles

GIG Ride also. 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.