



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

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May 2012

Next Board Meeting:

Tuesday, June 12, 2012

Next Newsletter Deadline:

Friday, June 8, 2012

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May Meeting

Beulah Brinton Community Center

2555 S Bay St

Bay View

Monday, May 21, 7:00 pm

The May meeting has a full agenda:

Steve Halmo will distribute Ride Marshal information for the June 3rd Miller Ride for the Arts. Members who plan to marshal must attend this meeting to sign a waiver and pick up a t-shirt.

Keith Stachowiak, Club member and attorney at Murphy & Prachthauser (**a Classic sponsor**), will discuss personal injury claims and what to do if you're in an accident.

An insurance agent will describe typical insurance policies and the coverage provided for people (rider and motorist) involved in an accident.

Good information to know! Come to the May meeting to find out more about these topics and to pick up your ride marshal information!

Classic Volunteers Needed on Saturday July 21, 2012

The countdown has begun! It's only two months until the Bay View Bicycle Club Lake Country Classic on Saturday, July 21, 2012! What's really amazing is that this is the 22nd year the Club has hosted this one-day fundraiser. It has grown from one route and fewer than 100 riders in 1990 to five routes and 500+ riders in 2011! Over the years, profits from the Classic have enabled BVBC to make donations benefitting both bikers and local community organizations (including the Bike Federation, Ozaukee Interurban Trail, Boys & Girls Club, and Hunger Task Force).

As you can guess, an event of this size requires a lot of volunteers. If you've already signed up to help at the Classic on Saturday, July 21, thank you! However, we still need more members to pitch in and help on July 21st. You'll be rewarded with a Classic t-shirt and a delicious spaghetti lunch, plus you'll have the opportunity to be part of an exciting event, mingle with 500+ friendly bikers, and enjoy the company of BVBC fellow members! If you care about biking, your community, and your Club, please contact Tom Perkins by June 1st at basswood98@yahoo.com to volunteer.

A Word of Thanks From Bob Klein

I wish to thank all those members that gave of their time at this years Wheel & Sprocket Expo. We attracted at least four new members and possibly more owing to the applications that were given out.

I have been in charge of this event for the third year now and this has been the best outcome yet in the way of members offering to staff our booth. Most all the positions were taken already at the Febraury meeting! This was very unusual owing to the event being on the Easter weekend this year. So again thanks so much for doing a wonderful job at getting the word out about our club.

Membership

Hi everyone! It's been nice seeing so many of you out on rides during this chilly spring. Many of you have now renewed for the 2012 year and I've also heard from several of you who plan to renew soon. Thanks for all the correspondence. As of June 1st, we will be rolling the membership database over for the new year. So please get your renewal in soon if it's still on your to-do list. See you all on a ride!

MaryJo

Welcome these new members:

Arden Borchardt
Jeff Borchardt
Sandy Byrne
Doris Kreis
Michael Obradovich
David Rosenberg
Kathy Stroo
Richard Temple
Bill Venne

What Do You Hear?

If it's bicycling related, write it up and e-mail newsletter@bayviewbikeclub.org. Use any format that suits you. Pictures and illustrations are fine also. I'll edit for spelling and gross grammatical issues; apply some styling then publish it. The next Newsletter deadline is June 8, 2012.

Comments, suggestions, critiques are welcome.

Kent Kelly

See And Be Scene

Have some fun, join us for some interesting and amusing events this month:

Last month the movie group went to see the Three Stooges, and for some food at Applebee's. We had a good time, laughed a lot and ate well.

I enjoyed "Avengers" and want to see it again. It has been a long time since I was at a movie where the audience applauded at the end. May 20th, Sunday afternoon, we will meet late afternoon to see the movie and then go for a sandwich and some conversation.

May 31st we will meet at the Miller Park for a Mike Dix sponsored short bike ride with some twists. The adventure will start near 5:00PM; the rules will be explained; we will team up and go for a ride then go to Friday's for some food.

Save June 30th to watch the bike races which I thought was like watching fishing. I was wrong. It is a very intense experience especially when shared with other bikers. So join Mark Zalewski and the club in front of Cafe Hollander to watch one of the Tour of America's Dairyland races and socialize.

Final Details will be sent via email a few days before each event. It is important that you watch your email for last minute details and instructions.

Dan Krall

Insist on a bicycle made of solid matter. Liquid and vapor bikes are a passing fancy; argon frames are particularly shoddy.

A bicycling tip from The Onion

A Paperless Classic Registration and Customer Contact?

I have been proposing changes to use more technology in the Classic. Technology however does have its down side. Some economists are suggesting that technology has caused structural changes in our economy and is contributing to the recession. Fewer people can do the same amount of work with technology and therefore we have fewer jobs today. However, I think most members would agree that reducing some of the labor intensive work in the Classic with technology is a good thing. After all we are volunteers and not getting paid for this work.

This year we did not send out a bulk US mailing to last year's classic customers, an expensive and labor intensive job. Instead we sent out more emails. We combined all the email addresses the club had on record into one Excel spread sheet with 1899 records and uploaded that to our database at Active.com, our on line Classic Registration Company. Gil Kruger, registration chair, sent out our first Classic promotional email a few weeks ago with a bulk email program in Active.com. This email program eliminated all duplicate email addresses and 877 actual emails went out. 119 of these emails failed, probably because the email address was no longer active or we had data entry errors.

Interestingly, more than half of our compiled email addresses from the past six years were duplicates. The most likely reason for this is that the Classic has a lot of repeat customers and family members using the same email address. So I think I can say that the Classic is a family ride and they like the ride because they return year after year.

Before the combined spread sheet could be up loaded to Active.com, last year's customers registered on paper applications forms had to be entered into an Excel spread sheet. For this labor intensive job I would like to thank Debra Tuckwood, Tom Nelson and Mike Dix. In future years I would hope that we could eliminate the paper applications and all Classic riders would register directly on line with our registration company. This then would completely eliminate the data entry job that club members have been doing over the years because our customers would register directly into our database at Active.com. When was the last time you bought something with a paper form that you sent in the US Mail?

Further, Gil Krueger made an interesting contact with Midwest Sports at the expo. They offered to do a bulk email to 6000 of their customers for us in return for displaying the brochure of one of their rides at the Classic. This ride is called "Race the Lake" and is a 90 mile bike race around Lake Winnebago, on Sunday, August 19th. I think Gil got the better part of that deal.

It is too early to tell what kind of a return we will have from these two bulk emails. History tells us that almost all Classic customers register in the month before the ride date. The goal is to limit the Classic to 500, with some slack built in for walk-ins on the day of the event. If we reach 500 before July 21st we will close the on-line registration and the paper mail-in application on the club web site. If all goes well we have seen the last of the club US mailing jobs.

Paper still has a place in promotions. We recently printed 500 copies of a tri-fold brochure that Nancy Karr and Barb Pier developed. These will be available at Membership meetings for members to place at likely distribution points in the community. I will take several hundred to bike shops in Madison.

Tom Perkins, Classic Chair

Ride Statistics	Rides Not Entered.....6	Every three to four weeks, lightly oil the chain. Then dip it in flour and fry it for a real taste treat. A bicycling tip from The Onion
Oct 1, 2011 - May 21, 2012	Total Riders.....396	
Rides Scheduled..... 36	Members..... 79	
Rides Ridden.....36	Non-Members..... 38	
Rides Cancelled..... 0	Average per Ride..... 11	

First Ever BVBC Bicycle Scavenger Hunt

Join us on Thursday Evening May 31st at 6:30pm for a new BVBC Social event. We will be doing a scavenger hunt ride starting and ending at Miller Park near the Fridays Restaurant. The ride will be about 10 miles starting at Miller Park, riding through the VA grounds and then following all the loops of the Hank Aaron trail to 6th street and back. We will finish before dark. We can all grab some food and drinks at Fridays restaurant after the ride.

I was inspired to create this event while riding the Hank Aaron trail. Every time I take the trail I notice some new sculpture, artwork or historical Kiosk. Has anyone else seen the live pony down there? Yesterday was the second time I've seen a man walking down the trail with a pony. The first time I thought it was a big dog. I think it lives at the boatyard near where the Dennis Sullivan is docked for the winter. Maybe it's a guard pony.

We could hold bicycle scavenger hunts in different locations and on longer rides in the future. Check out the listed rules. Feel free to invite any friends (with bikes and helmets) along to participate. See you there!!!

Mike Dix

To win the game

The team that photographs the most items from the list and returns with their camera within the allotted time wins.

To play the game

Form teams of 4-5 riders. Each team needs one camera (or camera phone). Each team will be given a cue sheet with the route and a list of items to be found and photographed. The items will be permanent objects on or near the trail such as: signs, statues, sculptures, landmarks etc. Teams will be started at 5-10 minute intervals. If it is a looped route, teams may be started in opposite directions. Each team should designate a photographer and a navigator/timekeeper. Teams will need to ride at about 10 miles per hour in order to finish on time. Only one member of the team and the camera needs to return within the allotted time.

The Rules

All pictures need to be taken with the same camera.

Teams will receive the cue sheet and list of items at their start time.

All the lists will be the same, items will NOT be listed in order. You may use smart phones to get more information.

No cheating. No sharing of information between teams.



Where's the Classic money go?

Given to charities.

Does that help?

Oh, yeah.

Do we get thanks?

You bet.

Perceived Exertion Scale

[Editor's Note: Last month our speaker, Sean Peterson, handed out a Heart Rate Training sheet and on it listed some RPE numbers. That stands for Rating of (or Relative) Perceived Exertion. However, he provided no key to the numbers. I found one I really like which is reprinted below. As always, your mileage may vary; modify to suit.]

When exercising, it's important to monitor your intensity to make sure you're working at a pace that is challenging enough to help you reach your goals, but not so hard that you blow a lung. One way to do that is to use a Perceived Exertion Scale. The standard is the Borg Scale of Perceived Exertion, which ranges from 0-20. Because I'm a math-idiot, I made up my own scale (see below) that's a little easier to remember. In general, for most workouts you want to be at around Level 5-6. If you're doing interval training, you want your recovery to be around a 4-5 and your intensity blasts to be at around 8-9. As you'll see below, working at a level 10 isn't recommended for most workouts. For longer, slower workouts, keep your PE at Level 5 or lower.

Level 1: I'm watching TV and eating bon bons

Level 2: I'm comfortable and could maintain this pace all day long

Level 3: I'm still comfortable, but am breathing a bit harder

Level 4: I'm sweating a little, but feel good and can carry on a conversation effortlessly

Level 5: I'm just above comfortable, am sweating more and can still talk easily

Level 6: I can still talk, but am slightly breathless

Level 7: I can still talk, but I don't really want to. I'm sweating like a pig

Level 8: I can grunt in response to your questions and can only keep this pace for a short time period

Level 9: I am probably going to die

Level 10: I am dead

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.

My wife...thinks cycling is great way to spend time as a family while burning a few calories. For her, the family ride is quality time. Then again, she does not have the trailer with 50 or so stuffed animals and the 2-year-old singing "Old McDonald" attached to her bike as we climb what must be Mont Ventoux. Hmm ... now that I think about it, cycling is the best way to burn a bazillion calories and hang with the family.

John Kibodeaux, VeloNews, 2005

Rider Points

For October 1, 2011 through May 20, 2012

Not Entered:

May 5	Delafield Lake Country	May 16	Ride of Silence
May 6	Historic Milwaukee Tour	May 19	Dundee - Northern Kettle Moraine
May 13	Windlake	May 20	South Shore to Gorney Park

Siebers, Scott.....	793	Lentzke, Phil.....	123	Nelson, Tom.....	50
Roessl, Linda.....	690	Gibbs, Tamara.....	116	Durkin, Gretchen.....	49
Ziegler, Suzanne.....	571	Mallman, John.....	116	Katzfey, David.....	49
Schmidt, Jeff.....	522	Labinski, Dennis.....	107	Katzfey, Delvina.....	49
Ziegler, Joel.....	522	Krueger, Gil.....	105	Demian, Milad.....	48
Schwabe, MaryJo.....	490	Krueger, Nancy.....	105	Schaubel, Jeff.....	46
Beachkofski, Clare.....	394	Polk, Bob.....	103	Peterson, Beth.....	43
Soriano, Joseph.....	382	Lucas, Mary.....	102	Bartelt, Gregory.....	40
Sikorski, Andy.....	376	Mittelstaedt, Guadalupe.....	100	Borchardt, Jeff.....	40
Santoro, Ron.....	373	Butters, Gary.....	99	Gilipsky, Dan.....	40
Tuckwood, Debra.....	367	Karr, Nancy.....	98	LaFave, John.....	40
Krall, Dan.....	301	Orosa, Jojo.....	97	Watson, Wendy.....	40
Wojtal, Norm.....	284	Crown, Ron.....	93	Schwabe, John.....	37
Perkins, Tom.....	266	Gannon, Dan.....	91	Aussprung, Lois.....	35
Wojtal, Prati.....	254	Gannon, Sandra.....	91	Lewis, Scott.....	35
Dix, Michael.....	215	Fischer, Joe.....	80	Williams Jr, Maurice.....	35
Klein, Robert.....	194	Pier, Barb.....	78	Shumard, Aimee.....	34
Zalewski, Mark.....	188	Rosenberg, Diane.....	76	Litzenberg-Hall, Jill.....	32
Gresl, Lois.....	177	John, Emily.....	74	White, Cory.....	31
Hustedde, Bill.....	163	Connors, Dennis.....	71	Cole, Melissa.....	28
Sandler, Mark.....	157	Earle, Sandy.....	71	Wenzell, Jim.....	28
Kelly, Kent.....	151	McCarty, Elaine.....	70	Temple, Rich.....	25
Craig, Michael.....	141	Hofstetter, Kimberly.....	55	Venne, Bill.....	25
Burton, Becky.....	138	Bauknecht, Joe.....	53	Planey, Heide.....	23
Sericati, Tom.....	138	Tillen, Bob.....	51	Bauknecht, Lauren.....	20
Smiley, Michael.....	135	Bivens, Bob.....	50	Wild, Sandy.....	20
Paque, Sam.....	134	Burrill, Alan.....	50	Zalewski, Evonne.....	20
McNaughton, Jamison.....	124	Mathers, Russ.....	50	Fink, Jim.....	18

Can't Find Time to Ride?

Here are some ways to make room in your life for cycling.

PUT IT ON THE CALENDAR - Each week, schedule three rides.

USE THE BUDDY SYSTEM - You'll be less likely to blow it off when things get busy.

GO FOR THE GOAL - Set a cycling-related goal and tell others about your objective.

BE PREPARED - Your bike, clothing and accessories should be ready to ride at all times. If you end up with some unexpected free time, you'll be ready to roll out quickly.

Ride Schedule

May rides start at 10:00am. June rides start at 9:00am. Check your e-mail or Club website.

May 26, 2012 - Lake Mills Triangle - 29, 41, 55 miles

Route change! Very scenic ride from Lake Mills to Cambridge and west to Lake Kegonsa State Park. Longer routes hilly. I-94 west (Exit 259 - Lake Mills), south on Hwy 89 approximately 2 miles, right into Glacial Drumlin trailhead Parking lot. Park behind the Depot.

May 27, 2012 - Burlington Roll - 23, 33, 50 miles

GIG Ride - 18 miles. Easy ride between Wind Lake and Burlington. Starts at Heg Park. Take WI 36 (Loomis Rd) south towards Wind Lake. Heg park is approximately 1 mile past Wind Lake, watch for signs on the right.

May 28, 2012 - Charlies Memorial Ride - 23, 40 miles

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.

June 2, 2012 - Virmond Park - 30 miles

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 3, 2012 - Miller Lite Ride for the Arts - 5, 15, 25, 50, 75 miles

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 9, 2012 - Past Presidents Day Ride - 31, 48 miles

Ride open to all/Picnic for members only. Ride north through River Hills, Mequon, Thiensville and Grafton. 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 10, 2012 - Oakwood to Oakleaf - 28, 37 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.

June 16, 2012 - Greenfield SW - 28, 47 miles

Rural ride going through Muskego, New Berlin and Windlake 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.

June 16, 2012 - Tour de Cure - 16, 31, 62 miles

Annual American Diabetes Association ride (registration fee and fund-raising required). See website for more information: <http://main.diabetes.org/site/TR>

June 17, 2012 - 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.