



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 24 No 6

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

July 2012

**Next Board Meeting:**

Tuesday, August 14, 2012

**Next Newsletter Deadline:**

Friday, August 10, 2012

**Board Members:****President**

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## July Meeting

Beulah Brinton Community Center

2555 S Bay St

Bay View

Monday, July 16, 7:00 pm

Annual Ice Cream Social plus Biking Across America!

## The Days of Summer

One of my favorite songs of summer is Nat King Cole's 1963 hit The Lazy-Hazy-Crazy Days of Summer. It epitomizes what I love about June, July, and August: Warm, sunny weather; relaxing with a good book on vacation; jumping into the cold water of a pool or lake; long bike rides; road trips to new places; and lots of good food. Since I joined BVBC, summer has also become synonymous with the Lake Country Classic, our Club's annual one-day fundraising ride. As I'm writing this article, I'm enjoying a cold glass of milk and a couple of homemade brownies, my reward for the batches I'm baking for the Classic! I'll pack up the rest of those brownies and freeze them until July 21st, when they'll be enjoyed at the rest stops by the Classic riders. The Classic has a reputation for rest stops stocked with homemade baked goods, so the riders will be counting on you and other BVBC members to help out! If baking is not your thing, cash donations for rest stop supplies are also welcome!

*Roll out those lazy, hazy, crazy days of summer*

*Those days of soda and pretzels and beer*

*Dust off the sun and moon and sing a song of cheer*

*I wish that summer could always be here!*

This month, while we enjoy our ice cream sundaes, BVBC member Gary Butters will entertain us with slides from his 2011 bike trip across the U.S. We'll also get the last-minute scoop on the July 21st Classic and other upcoming Club events.

There's still a lot of summer to enjoy! Hope to see you on many BVBC rides!

Clare B.

## August Meeting Alert

Our August Membership Meeting will start at 6:30pm and will be held at Emery's Cycle, 9929 W Lisbon Avenue (one block south of Capitol Dr between N Mayfair Rd and 92nd St). We need two volunteers: one person who is comfortable with the current setup of his/her bike and one person who is not. Please contact a Board Member if you are willing.

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## See And Be Scene

Greetings from the social chair.

Lots of exciting things happened in June and if you missed them, you missed them.

Our scheduled and postponed scavenger hunt finally came to fruition!! Yea!! Five teams rubbernecked their way from the stadium to the Harley museum. Mike Dix picked some interesting and difficult to find items along the path. My team came in late and therefore disqualified. I'm not sure anyone won but we all had a great time. More people showed up for the food at Friday's. I hope Mike does another one before the end of the season.

Watch your email. Plans change as new venues appear. We are going to continue the Whitnall Park Thursday night concerts. Wear a bike club shirt so you can be found or don't if you prefer incognito-ness. I'm planning glo golf for the week after the classic ride.

Dan Krall

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## What Do You Hear?

If it's bicycling related, write it up and e-mail me: [newsletter@bayviewbikeclub.org](mailto: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 August 10, 2012.

Kent

## Membership

If any of you have changed your email recently, please let me know so it can be changed in the database and you will continue to receive all Club correspondence.

MaryJo

Welcome these new or returning members:

Eric, Heidi, Molly Anders

Julie Grimme

Erica Moranski

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## On the Road

**CORRECTION:** Last month I got so burbly about the Picnic Rides that I failed to double-check some dates. Here are the real dates for two of the rides.

### **Fall Harvest Ride - Sep 29**

While there might not be much to harvest given the warm, false spring and subsequent frozen apple blossoms, the ride and picnic following will be fine. So come on out to Tom's orchard.

### **Sam's Fall Color Ride - Oct 7**

We hope the fall colors are in time for Sam's Ride but the Packers play that day so all will be well.

Of course the Fall schedule has changed again. So, once again, please download the latest Yearly Schedule from our website. It will be dated July 16, 2012. And, as always, check the schedule in each Newsletter.

The Board decided to change the Ride Leader title to Ride Coordinator. That describes the duties better.

The Board also decided to officially sanction the Tuesday morning rides. They will be added to the schedule and rider points will be awarded. We'll pick up all the rides this year. I'm still working on the changes so the points won't show up this month.

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

Kent

## The Classic is Looking Good

We're counting the days now to the Lake Country Classic. More than anything hope and pray for cool weather. It would be exciting to have 500 riders plus like we did last year. It's possible if we return to some normal weather. The best scenario now for the ride is that there is pent up demand, the weather breaks just before the ride, and we have a record attendance of over 500 riders.

As for the nuts and bolts of the ride everything appears to be pretty much in place to make the ride successful. The Volunteer Sign Up Sheet is in this issue for those who want to review it one more time. We do have the right number of volunteers to make the ride a success and for that I thank you.

To give you a quick summary of the effort involved here: Promotions have put out advertisements and pamphlets and Sponsorship has signed up sponsors. Dan Krall's team will mark the route next Saturday, a week before the ride. On the Sunday before the ride, club members will check out all five routes with a club ride. On the morning of the ride, Route Volunteers will put out some one hundred directional route signs. The five paper ride maps and cue sheets are ready for the printer; Sag Support people have their route assignments; Sentries have their sentry post assignments, and Church Parking is ready to park cars. T-shirts have gone to the printer and will be available to volunteers at the July 16th membership meeting and rider customers on the day of the event. Registration has been taking in mail and online registrations for several months now. At 6:00 am on the morning of the ride, registration will start processing the 65 & 100 mile riders for a 7:00 am start time and finish with the 15 & 25 milers about 11:00 am, for a total (I hope) of about 200 walk-in riders. Bob Klein is buying the Rest Stop food for a 6:00 am pick up time at the church by Summit, Bark River, Palmyra and Mackie Rest Stop Captains. Six porta-toilets and a hand washing station will be delivered to the Rest Stops and the church a day before the event.

I think you get the idea where I am going with this. This is one big and complicated undertaking by some 60 Bay View Bike Club members. Regardless of what happens in two weeks, I am impressed.

Tom Perkins, Classic Organizer

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### Classic Preparation Day

Volunteers for classic marking: We will be meeting at Maxim's at Oconomowoc Depot, 115 East Collins Street, at 8:00 am. We will decide teams and assignments, collect the tools and go mark the route.

Thank you in advance.

Dan Krall

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With the wind, downhill  
Cranking it in the Big Gear  
Why a stop sign, Now!

Mark

### When Stop Does Not Mean Go

Six signs you need to scrap your planned workout.

1. Your heart rate is higher than normal when you wake up. Take an easy or rest day.

2. You can't stomach the idea of riding. Do something else, like a walk or a mellow run or easy swim.

3. Your heart rate on the bike is unusually high – or it's low plus you're irritable or don't feel well. Decrease intensity and/or duration. (Lower heart rate can signal improved fitness. Keep a training log to become familiar with your body's normal responses.)

4. You immediately feel horrendous on the bike and have a hard workout planned. Spin easy or don't ride.

5. You feel so-so on the bike and have a hard workout planned. Do the first hard effort. If you still don't feel good, spin easy or call it a day.

6. You didn't sleep well the previous night and don't feel rested. Take an easy day.

Source: Stephen Cheung, PhD, Bicycling magazine, July 2012

## Tierney Lalor's Picnic Ride

### WATERTOWN TO LAKE MILLS

27, 42, or 52 miles

Saturday, August 11, 2012

Ride Starts at 9:00 am. Arrive by 8:45 am

Rides are rolling terrain with level sections. Ride through scenic farm country west and southwest from Watertown. Short route has a rest stop at 14 miles at the River Bend Resort on the Crawfish River. Longer routes go west toward Waterloo and then southeasterly toward Lake Mills. Longer routes have a rest stop at 27 miles at Crawfish Junction Tavern & Restaurant in Milford.

Start at Lalor house at 1425 Country Club Lane, Watertown. Take I94 West to CTH F (Jefferson County not Waukesha County) right (north) on CTH F to Ixonia. Turn left (west) on STH 16. Near Watertown, stay on STH 16 West, do not take Business 16/19 into Watertown. Turn right (north) on Water Street (at sign for Watertown Country Club), right (east) on Silver Creek Road, left (north) on Country Club Ln. to light tan ranch on right (east) side of street. Park on the east side of the road only (park on pavement). Approximate drive time: 55 minutes from Zoo Interchange. Picnic after the ride at the Lalor's. Meat, soda, and water provided. Bring dish to pass and a lawn chair. Joint event with the Nordic Ski Club of Milwaukee. After the ride and picnic at the Lalor's, head over to Watertown's River Fest sponsored by The Watertown Rotary for live music.

RSVP by 8 pm Thursday August 9th to  
Tierney Lalor at (920) 261-6608,  
or [tlalor1425@charter.net](mailto:tlalor1425@charter.net).

Bicycling is a big part of the future. It has to be. There's something wrong with a society that drives a car to workout in a gym.

Bill Nye, the Science Guy

## Short Workouts, Big Results, part 2

The best results come from a smart blend of rides of all lengths and durations. Long, steady efforts are still important. But don't turn up your nose at outings that last less than two hours.

### If You Have...45 to 60 minutes

**THE TRIPLE THREAT** Warm up for 15 minutes. Then boost your intensity until you're working very hard (a 9 on a rate of perceived exertion, or RPE, scale of 1 to 10). Hold that intensity for three minutes. Recover for three minutes. Repeat two more times. Finish your ride at a moderate pace, including a cooldown. The Benefit - Your VO2 max is your fitness ceiling. To raise that roof, you need to do lung-searing efforts like this one that force your body to find ways to increase VO2 capacity.

**HILL ATTACKS** There are two ways to do these. One: standard hill repeats. Warm up for 10 to 15 minutes. Find a hill that takes about five minutes to climb and ascend it hard, staying at your max sustainable pace, or threshold (RPE of 7). Descend for three minutes to recover. Repeat for a total of five intervals. Cool down. Or, take a more organic approach and map a 10- to 15-mile route that includes four to six good climbs. Hit the hills hard and ride moderately between efforts. The Benefit - You know the saying: Hills make you stronger.

**CROSS THE THRESHOLD** Warm up for 10 to 15 minutes. Increase your effort to beyond your comfort zone (about an RPE of 8) and hold it five to six minutes. Back off and ride just below your threshold point (RPE of 6) for five minutes. Do three or four sets. You won't feel fully recovered between them. Cool down. The Benefit - Your threshold, the point at which you produce more lactate than you can absorb, is your max sustainable effort. A high threshold lets you ride hard and long before your legs scream; this workout raises it.

From [bicycling.com](http://bicycling.com), Selene Yeager

# BVBC LAKE COUNTRY CLASSIC RIDE

July 21, 2012  
Volunteer Sign-up

## PROMOTION

Co-Chair: Nancy Karr  
Co-Chair: Barb Pier

## SPONSORSHIP

Chair: Clare Beachkofski

## RIDE ROUTES

Chair: Kent Kelly

## SAG SUPPORT

Chair: Tom Perkins

## TEAMS (driver & assistant):

1. Guadalupe Mittelstaedt  
Pat Mittelstaedt
2. Kent Kelly
3. Becky Burton  
Jill Litzenberg
4. Dick Knepper

## ROUTE & SAFETY

- Chair: Dan Krall
2. Scott Siebers
  3. Tom Perkins
  4. Ron Santoro
  5. Debra Tuckwood
  6. Joel Ziegler
  7. Suzanne Ziegler
  8. Lance Freischmidt

## Sentries

- Chair: Jeff Schmidt
2. Scott Siebers
  3. Dennis Labinski
  4. Mike Smiley
  5. Nancy Valente
  6. Heide Planey

## Church Parking

1. Mary Labinski
2. Lance Freischmidt
3. Tierney Lalor

## T-SHIRTS

Chair: Debra Tuckwood  
Colleen Shields  
Chair: Scott Siebers

## REGISTRATION

Chair: Gill Krueger  
Co-Chair: Nancy Krueger

3. Tom Nelson
4. Nancy Karr
5. Byron Bloemer
6. Andy Sikorski

## REST STOPS

Chair: Bob Klein

## Summit:

1. Bob Klein
2. Diane Rosenberg
3. Aaron
4. Dave Krolnik
5. Sean Mittelstaedt
6. Mark Zalewski
7. MaryJo Schwabe
8. John Schwabe
9. Elaine McCarty

## Bark River:

1. Sam Gannon
2. Dan Gannon
3. Gannon Friend

## Palmyra:

1. Tammy Gibbs
2. JoJo Orosa
3. Norm Wojtal
4. Prati Wojtal
5. Joe Fischer
6. Russ Mathers

## Mackie:

1. Tom Seracati
2. Bob Dyszelski
3. John Mallman
4. Jeff Schaubel
5. Teri Mikolic
6. Anna Mueller

## AT LARGE

Lois Gresl  
Keith Stachowiak  
Rich Temple

## PHOTOGRAPHER:

Ron Santoro

What's in it for the volunteers?  
Pride, camaraderie, free food and  
Classic Ride T-shirt on Ride day,  
fun!!

Updated; June 26, 2012.

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## Ride Statistics

Oct 1, 2011 - Jul 15, 2012

Rides Scheduled.....	55
Rides Ridden.....	52
Rides Cancelled.....	0
Rides Not Entered.....	3
Total Riders.....	881
Members.....	99
Non-Members.....	67
Average per Ride (rounded)....	17
Total Miles.....	28,663

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I thought of that while riding my  
bicycle.

Albert Einstein on the theory of  
relativity



## A Quick-Fix Guide

### EVERY TIME YOU FIX A PUNCTURE, THE NEW TUBE GOES FLAT

If the holes in the tube are on the bottom, the rim strip may be out of position, allowing the tube to get cut by the spokes. If they're on the top, there may be some small sharp object stuck in the tire. Find it by running your fingers lightly around the inside of the tire, then remove it.

### FREQUENT PINCH FLATS

Put more air in your tires.

### A REMOUNTED TIRE WON'T SIT RIGHT ON THE RIM

Let the air out, wiggle the bad spot around, reinflate to about 30 psi, and roll the bad spot into place with your hands. By pushing the tire in toward the middle of the rim you will be able to see if any of the tube is poking out. When the tube is fully inside the tire, inflate as normal.

### A PATCH WON'T STICK TO THE GLUE ON THE TUBE

Apply more glue and let it dry completely--about five minutes. (Don't blow on the glue to try to make it dry faster--this can leave moisture from your breath on it, which hinders adhesion.) When you apply the patch, avoid touching its sticky side with your fingers.

### CREAKING SOUND FROM THE WHEELS

A spoke may have loosened. If tension is uniform, the sound might be caused by a slight motion of the spokes against each other where they cross. Lightly lube this junction, wiping off the excess.

### SHIFTER HOUSINGS RUB THE FRAME, WEARING A SPOT IN THE PAINT

Put clear tape beneath the housings where they rub.

### BRAKING FEELS MUSHY, EVEN THOUGH THE PADS AREN'T WORN OUT

The cable probably stretched. Dial out the

brake-adjuster barrel (found either on the caliper or on the housing closer to the lever) by turning it counterclockwise until the pads are close enough to the rim to make the braking action feel as tight as you want.

### ONE PAD DRAGS AGAINST THE RIM OR STAYS SIGNIFICANTLY CLOSER TO THE RIM THAN THE OTHER

Before messing with the brakes, open the quick-release on the wheel, recenter the wheel in the frame and see if that fixes the problem. (This is the most common solution.) If the wheel is centered but a pad still rubs, you need to recenter the brake. On most modern brakesets this is done by turning a small adjustment screw found somewhere on the side or top of the caliper. (There may be one screw on each side, as well.) Turn the screw or screws in small increments, watching to see how this affects the pad position. If you center the brake and the wheel, and a pad still drags on the rim, it probably wore unevenly from being misadjusted; sand the pads flat and recenter everything.

### BRAKES SQUEAL

Wipe the rim to remove any oil or cleaning residue. If this doesn't work, scuff the pads with sandpaper or a file. Still noisy? The pads need to be loosened then toed-in, an adjustment that makes the front portion touch the rim before the back--an easy fix for a shop, a tortuous process for a first-timer.

### YOU CAN NEVER REMEMBER WHICH WAY TO TURN THE PEDALS

Treat the right-side pedal normally--righty-tighty, lefty-loosey (clockwise to tighten, counterclockwise to loosen). The left-side pedal has reverse threads (which keeps it from unscrewing during pedaling) so it must be turned counterclockwise to tighten and clockwise to loosen. If that's confusing--and for many of us it is--think of this phrase: Back off. This can remind you that, with the wrench engaged above the pedal, you always turn it toward the back of the bike to remove the pedal.

Bicycling Magazine

## Ride Coordinator Responsibilities

Being a ride coordinator 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.

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### Four simple steps to take the pressure off swollen, burning feet

**Painful burning on the ball of the foot (a.k.a. hot foot, or metatarsalgia)** is usually a result of hot weather or poorly fitting shoes—or both—on long, hilly rides. "Pressure can pinch nerves in one or both feet and shut down a ride fast," says Amol Saxena, DPM, a time-trial cyclist and podiatrist in the department of sports medicine at the Palo Alto Medical Hospital in California. "If hot foot strikes while you're on a ride, there isn't much you can do other than stop, take off your shoes and let your feet cool down." Saxena takes these precautions to keep his feet cool and comfortable during races.

**DO THE SQUISH TEST** When shopping for cycling shoes, pull out the insole and hold it up to the bottom of your bare foot (in front of a mirror). "if you can see any part of your foot beyond the borders of the insole, you need a wider shoe," says Saxena. a tip: When you find the perfect shoe, buy another pair for backup.

**TAKE A LOAD OFF** Move your cleats a few millimeters closer to the heel of the shoe to take pressure off your forefoot. or switch to a larger-platform pedal to more evenly distribute the pressure across your feet.

**CUSHION THE BLOW** Over time and after many miles on the bike, your feet start to lose their natural padding, which can make riding painful. adding more supportive insoles to your cycling shoes can help. if you're shopping for new shoes, take the insoles along to make sure you get the best fit.

**BE A MATERIAL GIRL** Choose socks made of high-tech fibers such as Coolmax and Thermax, which wick away sweat. and don't buy a pair right off the rack; try them on with your cycling shoes first.

bicycling.com, Marianne McGinnis

## Rider Points

For October 1, 2011 through July 15, 2012

Not Entered:

Jun 23..... Beaver Lake  
Jul 14..... Classic Preparation Day

Jul 14..... Cedarburg  
Jul 15..... BVBC Classic Preview

Siebers, Scott..... 1397	Bloemer, Byron.....247	Anders, Heidi.....97
Roessl, Linda..... 1262	Orosa, Jojo.....243	Katzfey, David.....97
Ziegler, Suzanne..... 1137	Connors, Dennis..... 233	Katzfey, Delvina.....97
Ziegler, Joel..... 1088	Gibbs, Tamara.....231	Temple, Rich.....97
Schmidt, Jeff..... 1033	Burton, Becky.....229	Thaller, Susan..... 80
Santoro, Ron..... 967	Krueger, Gil..... 224	Burrill, Alan..... 78
Tuckwood, Debra..... 919	Fischer, Joe..... 219	Pomahac, Pat..... 76
Beachkofski, Clare.....875	McCarty, Elaine.....217	Gilipsky, Dan..... 70
Schwabe, MaryJo.....844	Paque, Sam..... 208	White, Becky..... 70
Sikorski, Andy..... 805	Demian, Milad.....204	Valente, Nancy.....65
Perkins, Tom..... 708	Schwabe, John.....203	Mathers, Russ..... 62
Dix, Michael..... 704	Craig, Michael..... 197	Stachowiak Jr, Keith.....58
Soriano, Joseph.....637	Gannon, Sandra..... 197	Williams Jr, Maurice.....58
Wojtal, Norm..... 616	Litzenberg, Jill..... 193	Ziegler, Megan.....58
Krall, Dan..... 608	Borchardt, Jeff..... 190	Hofstetter, Kimberly.....55
Wojtal, Prati..... 573	Hogan, Helen..... 183	Byrne, Sandy..... 54
McNaughton, Jamison.....419	Labinski, Dennis.....172	Rosenberg, David..... 54
Smiley, Michael.....403	Freischmidt, Lance..... 170	Grimme, Julie..... 52
Lentzke, Phil.....377	Borchardt, Arden..... 164	Tillen, Bob..... 51
Gresl, Lois..... 349	Crown, Ron..... 164	Bivens, Bob..... 50
Rosenberg, Diane.....345	Nelson, Tom..... 164	Peterson, Beth.....43
Zalewski, Mark.....344	Moranski, Erica..... 158	LaFave, John.....40
Venne, Bill..... 333	Karr, Nancy..... 157	Aussprung, Lois.....35
Klein, Robert..... 312	Gannon, Dan..... 147	Lewis, Scott..... 35
John, Emily.....295	Butters, Gary.....133	Wenszell, Jim.....28
Labinski, Mary.....294	Krueger, Nancy.....130	Knepper, Dick.....25
Kelly, Kent.....283	Peterson, Pat..... 129	Lalor, Tierney..... 25
Schwartz, Steve..... 274	Mallman, John..... 126	Mikolic, Teri..... 25
Polk, Bob.....268	Watson, Wendy..... 118	Szwalkiewicz, Mark..... 25
Hustedde, Bill.....262	White, Cory.....112	Shields, Colleen.....20
Sericati, Tom.....260	Pier, Barb..... 109	Wild, Sandy..... 20
Durkin, Gretchen.....259	Planey, Heide..... 105	Zalewski, Evonne..... 20
Sandler, Mark..... 259	Schaubel, Jeff.....102	Kreis, Doris.....10
	Anders, Eric..... 97	

Five drakes, one hen, QUACKS!  
Spring must finally be here.  
One hen, one drake, quack.

Kent

Follow up: six ducks,  
one mama and five ducklings.  
no drake to be seen.

Kent



## Ride Schedule

July - September rides start at 9:00am. Check your e-mail or Club website.

### **Tuesdays** - Morning Rides - miles vary

Start at 9:00am from Buelah Brinton Community Center, 2555 S Bay St, Bay View. Routes determined day of ride but are usually around 20 miles.

### **July 14, 2012** - Classic Preparation Day - 100 miles

Mark the Route.

### **July 14, 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.

### **July 15, 2012** - BVBC Classic Preview - 15, 25, 45, 65, 100 miles

BVBC Classic previewed for MEMBERS ONLY!!!! Century and 65 mile starts at 7:00 am; all others at 9:00 am Starts at First Congregational Church at 815 S. Concord Rd. Oconomowoc. Take I-94 west to WI 67 (Oconomowoc exit). Turn right (North) on Hwy 67 (Summit Ave), turn LEFT (west) on Hwy B (Valley Rd). Travel West 3+ miles to Hwy BB (Golden Lake Rd, also Concord Rd.) turn RIGHT (north). Go North about 1.5 miles to First Congregational Church, on East side of the road. Park in the northeast corner of the upper parking lot.

### **July 21, 2012** - BVBC Classic-Lake Country - 15, 25, 45, 65, 100 miles

Bay View Bicycle Club fund raiser ride through Lake Country Waukesha & Jefferson Counties Starts at First Congregational Church at 815 S. Concord Rd. Oconomowoc. Take I-94 west to WI 67 (Oconomowoc exit). Turn right (North) on Hwy 67 (Summit Ave), turn LEFT (west) on Hwy B (Valley Rd). Travel West 3+ miles to Hwy BB (Golden Lake Rd, also Concord Rd.) turn RIGHT (north). Go North about 1.5 miles to First Congregational Church, on East side of the road. Park in the northeast corner of the upper parking lot.

### **July 22, 2012** - Brown Deer to Cedarburg - 32 miles

Fairly easy ride, mostly rural areas through River Hill, Mequon and Cedarburg. Starts at Brown Deer Park. Take I-43 north to Good Hope Rd., west to Teutonia Ave., right on Teutonia (approximately 1/2 mile), right on Calumet. Cross RR tracks, turn left at stop sign. Park in lot on the right.

### **July 28, 2012** - Holland Festival - 27, 57 miles

Ride along Lake Michigan to Cedar Grove and back. Staggered start. The long route starts at 9:00 am; short route starts at 10:00. Both routes start from and end at the park-and-ride lot across from Allen Edmonds in Port Washington. Both routes return along the Interurban. Drive I-43 north and take Exit 100. Turn right (south) to first stop light (gas stations on two corners for a restroom break). Turn left (east) and look for the park-and-ride on the left (north) side of the street.

### **July 29, 2012** - Coalition Picnic - 26, 46, 70 miles

This year, the Spring City Spinners are proud to host the annual Coalition Ride. Club members from BVBC, Cream City and Spring City only. Bring a dish to pass or \$10.00.

The location is Lowell Park, which is a few steps away from the parking lot of Waukesha North High School, 2222 Michigan Ave., Waukesha (where Pedal the Kettle starts and ends).

We offer three route options, with a staggered start to get us all back in time for an excellent lunch and time to visit. 70 miles starts at 8:00 a.m. 46 miles starts at 9:00 a.m. 26 miles starts at 10:00 a.m.

Lunch will be ready around noon.

**August 4, 2012** - Gils Ride to Rome - 25, 32, 41, 50 miles

Scenic ride through farming country to Rome and back. I-94 west exit Hwy 67. Go left 3.4 miles to Sunset (Hwy 18). Turn right on Sunset, go half mile to Main St.. Turn left on Main .8 mile to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from Zoo.

**August 5, 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.

**August 11, 2012** - Tierney's Picnic Ride - 27, 42, 52 miles

Ride from Watertown to Lake Mills. Members only - bring a dish to pass. Bring a lawn chair and BYOB (soda provided). RSVP by 8 pm Thursday August 9th to Tierney Lalor at (920) 261-6608, or [tlalor1425@charter.net](mailto:tlalor1425@charter.net).

Directions to Lalor house - 1425 Country Club Lane, Watertown, WI 53098:

I94 west to STH 26 at Johnson Creek, North on STH 26 through Watertown, Turn right, east, on Silver Creek Road, (Silver Creek is 0.6 mile north of exit for STH 16 east). Travel 0.8 mile east and turn left, north, on Country Club Lane. House is 6th house on the east side, tan-colored ranch. 50 minutes from Zoo Interchange.

**August 12, 2012** - Harrington Beach - 24, 54 miles

Ride along Lake Michigan north to Harrington Beach and back. Longer routes start 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). Short route starts ONE HOUR after long route from the Marina in Port Washington. Take I-43 north to WI 32, 32 northeast into Port Washington, right on Washington St to marina. Approximate drive time: 40 minutes from Zoo.

**August 18, 2012** - Parkside - 29, 50 miles

Easy ride through Kenosha County. Starts near Petrifying Springs Park in Kenosha. Take I-94 south, exit at County E (Kenosha), east on County E approximately 5 miles to Hwy 31, left on Hwy 31 for 0.3 miles, right on JR for 0.6 miles to parking lot on the left, just outside of Petrified Springs Park.

**August 19, 2012** - Big Cedar Lake - 27, 43 miles

Rural ride going north through Holy Hill, Hartford and Slinger, long route circle Big Cedar Lake. Start at Holy Hill. Take I-94 west to US 45 north. US 45 to WI 167 (Holy Hill Rd). West on 167 to Holy Hill. Park in large lower gravel lot.

**August 25, 2012** - Cool Doctor - 15, 20, 33, 44 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.

**August 26, 2012** - Cream City Century - 50, 75, 100 miles

Annual Cream City Cycle Club ride ( registration fee required). Starts at Waterford Union High School. Take Hwy 36 SW to Hwy 20, then west on Hwy 20/83 into Waterford. Turn left on S. Center St., follow signs for parking lots south and west of the high school. [www.creamcitycycleclub.com](http://www.creamcitycycleclub.com) (414) 299-9398