



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

Vol 24 No 7

www.bayviewbikeclub.org

August 2012

Next Board Meeting:

Tuesday, September 11, 2012

Next Newsletter Deadline:

Friday, September 7, 2012

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Bay View Bicycle Club

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Milwaukee, WI 53207

August Meeting

Emery's Cycle

9929W. Lisbon Avenue

Milwaukee

Monday, August 20, 6:30 pm

(7 blocks east of Highway 100 and Capitol Drive)

Park in front or on side of store, or in bank lot across the street

Lots of Miles Ahead

If you're like many BVBC members, you may have set biking-related goals for the season, like riding your first century (100 miles); participating in a multi-day bike ride; exceeding your mileage from last season; exploring a new bike trail; participating in at least one Club ride each week, or learning how to fix a flat tire! It's hard to believe that it's already August, but with about three months left in the BVBC biking season, there's still plenty of time left to achieve whatever goals you set for yourself.

If one of your 2012 goals was to join a bike club, I hope you're enjoying your experience as a member of Bay View Bike Club! Has the Club met your expectations? Do you like the weekly routes and distances? Is the pace comfortable for you? Would you prefer GIG rides throughout the season? Have you been treated well by other members? Would you recommend our Club to others? These questions apply to all members, both new and long-term, and I welcome and encourage your feedback. Feel free to email me (clarebeach@yahoo.com) or talk to any Board member.

We have some interesting Club meetings scheduled for August and September. At the August meeting, Brent Emery will talk about the importance of a proper bike fitting and, with the help of two members, will demonstrate how to achieve that. There will also be time to do some shopping (discounts to members)! The September meeting will feature a bike equipment rummage sale, a recap of the 2012 Classic and discussion of the 2013 Classic, and a hands-on flat tire demo (an opportunity to accomplish one of your goals!).

See you on the road!

Clare B.

Social Snippets

Concerts

The Thursday night concerts at Whitnall park continue and so do we. Watch your email as one night we went to Wisconsin Lutheran College and enjoyed a concert there.

Fish Fry and Golf (if you don't want to golf you will be welcome to join us for food before!)

I'm planning a golf outing on a Friday night in the September. It will be on the 7th or the 14th. The cost is \$15.00 per person which includes golf, a glow in the dark golf ball and a glowing neck band (so you can be found in the dark). You will need a club or two and a putter as the longest hole is about 180 yards. We will be going for a fish fry before the golf (so if you get lost you will have enough sustenance until daybreak). We will be golfing at Warnimont Golf course which is located on South Lake Drive between Layton Avenue and College Avenue. If you have a favorite fish fry place let me know what it is when you reply. Please email social@bayviewbikeclub.org your preference of dates and fish fry venues. Majority rules.

Fine Dining

We will also be going to Buffalo Wild Wings on Capitol Drive for dinner and conversation on the Friday we don't choose for golf. BWW is an annual sponsor for our classic and we will have an outing there as a thank you to them and because I enjoy their wings. RSVP to the same place as for golf.

See you on a ride or somewhere else.
Dan

What Do You Hear?

If it's bicycling related, write it up and e-mail me: 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 September 7, 2012.

Kent

Membership

Apparel Project:

Thanks to everyone who sent email input on the Apparel. After last month's meeting, we had plans to get an order going yet this year. However, due to some members who wanted us to explore other designs and companies, we will most likely continue to investigate this over the winter. So just keep tuned over the next couple of months. I will send out emails or present more information at upcoming member meetings.

MaryJo
Membership Chair

Welcome these new or returning members:

Ann Richardson	Rick Jelinek
Mark Moore	Theresa Dickison
Michael Craig	Tom Simonson

On the Road

The latest from Tom about the Fall Harvest Ride is not good. The early false spring and summer's drought have simply left nothing to harvest. Tom has canceled the ride. We can, as so many farmers are, wish for better weather next year. I've scheduled another ride and the latest Yearly schedule (dated August 20, 2012) is posted on our website.

And, as always, check the schedule in each Newsletter or our website for those last minute changes.


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

How about if we all just try to follow these very simple Rules of the Road? Drive like the person ahead on the bike is your son/daughter. Ride like the cars are ambulances carrying your loved ones to the emergency room. This should cover everything, unless you are complete sociopath.

David Desautels


Support our Coalition partners. They supported us!

Cream City Cycle Club Century Classic
Sunday, August 26, 2012



Start Waterford, Wisconsin
Union High School

- 30, 56, 68 & 100 mile routes
- Rides starting - 7 AM
- Fresh fruit & pastries
- Sag wagon service
- Hot & cold showers
- Delicious pasta dinner



Ride to Summer's End!

HOTLINE: 414-299-9398 • Register on www.Active.com

2012 Pedal the Kettle



SPRING CITY SPINNERS
BICYCLE CLUB
September 16, 2012

30, 64, 100 mi. Routes
Sagged & Supported
Showers & Lunch

Info/Register at: www.springcityspinners.org

Classic Credits

The Bay View Bike Club 2012 Lake County Classic was Held on July 21st. We had 459 riders, a little down from last year, but none the less a success. Even more so considering that I was new to the administration of the Classic, except for having worked at the Palmyra Rest Stop last year.

What I want to do here is recognize the core volunteers that put in many, many hours of planning, preparation and organizing over the six months prior to the event. They are; Bob Klein, Rest Stops; Gil Krueger; Registration; Nancy Karr and Barb Pier, Promotions; Clare Beachkofski, Sponsors; Scott Siebers, T-shirt Design; Debra Tuckwood, T-shirt Sales; Kent Kelly, Routes; Dan Krall, Route Marking. Without these individuals the Classic would not have happened. In addition, the following members also helped out prior to July 21st: Linda Roessl, Lance Frieschmidt, Jill Litzenberg, Tom Nelson, Mike Dix, Ron Santoro, Lois Gresl, Jeff Schaubel, John Schwabe, Suzanne Ziegler, and Joel Ziegler.

Special mention goes to Bob Klein and Clare Beachkofski.

Bob was the Summit Captain & Rest Stop Chair. As Rest Stop chair, Bob bought, picked up and delivered a mountain of food and about 35 five gallon water bottles to the church, where they were sorted into four piles for Rest Stop Chair pick up. Further, he cleaned and organized the Rest Stop kitchen kits and procured a rather large box truck for hauling from Sam's Club to the church and Summit Rest Stop.

Clare because she really wore two hats in this: she was club president as well as the co-Classic Chair or co-Organizer. I had only been in the club a year when I learned at a fall organizational meeting that there was a need for a Classic Organizer, so I volunteered. That might have been a little naive, but that is where Clare came in. She guided and steered me through a six month learning process. We literally exchanged hundreds of emails with my many questions on club traditions, history, etc. She provided the needed counter to my ideas on what and how things should be done. Without Clare the Classic would not have come off nearly as well as it did.

The Classic will need new blood for next year. Some of these volunteers credited above, have been in these key positions for years and need a break. Do something risky or naive this next year and volunteer for a Classic lead position. It is a lot of work, but there is also the reward of being part of a group, meeting new people and doing a good job.

Tom Perkins, Classic Organizer

If I can bicycle, I bicycle.
David Attenborough

July Membership Meeting Notes

President: Clare called the meeting to order on the 16th.

Secretary: The minutes to the previous meeting were read and approved by a motion.

Treasurer: Norm gave the report which was approved by a motion and voice vote.

Vice-President: In the V-P's absence, Clare informed the membership that the August 20th meeting will be at Emery's bike shop and Brent Emery will give a presentation on bike fitting. Dan Krall and Jojo volunteered to bring their bikes for the demonstration. The annual Coalition picnic will be on July 29th.

Membership: MaryJo informed the membership that the member directories are now available and the club obtained two new members.

Ride Chair: Kent reported that the "Ride Leader" title was changed to "Ride Coordinator". This was decided by the Board to soften the intimidation that goes with that task. This will hopefully make it less difficult to get volunteers. He also said that the Tuesday rides will be fully

sanctioned and that riders will get rider points. He also said that he would like any corrections to cue sheets as soon as possible.

Editor: Kent thanked all those offering articles and said that the Newsletter Editor position will become available at the end of this term. The deadline for the August issue is Aug 10th.

Social: Dan reported that the music offerings at Whitnall park will be tried at least one more time. An event at Wisconsin Lutheran College may be possible in the near future.

Classic: Tom indicated that as of this date there are 240 registrants which is slightly fewer than last year. Debra informed everyone that the Classic t-shirts were now available.

Club Jerseys/Shorts: MaryJo talked to the membership about the new club jerseys and then showed everyone the patterns of particular interest. Sample jerseys were then passed around for members to inspect. MaryJo then asked for a vote on the best design.

The meeting concluded with an ice cream social and a slide presentation by Gary Butters on his cross country bike trip.

Nine Short Workouts, part 3

If You Have...60 to 75 minutes

TEMPO TRAINING Warm up for 10 minutes. Reach a pace that feels like hard work but is sustainable for a 40k race (an RPE of about 7). Ride for 15 minutes, then pedal easy for three. Repeat twice more. Cool down. As you gain fitness, increase the tempo time and decrease recovery until you are at tempo for an hour. The Benefit You will gain power to climb or bridge a gap—and be able to sustain such efforts. Tempo intervals train your cells to be efficient at producing energy, which improves your threshold and boosts your sustainable race pace.

ADULT RECESS Find a few friends who can sneak away (your lunch hour is an ideal duration), and practice your pack-riding skills. Experiment with various pacelines: You know you can do a

single file, now try a double or a rotating paceline. Challenge each other to town-line sprints and king-of-the-mountain wins. The Benefit Time spent riding with a small group will hone your balance and riding skills, your drafting technique, your ability to read other riders to predict their moves and your group-race tactics. Plus, it's fun.

STEADY-STATE Ride at a moderate intensity (RPE of 6) for an hour or more. This can be surprisingly difficult to sustain. Make sure that your breathing remains under control and your legs don't burn. The Benefit This workout improves your ability to tap into stored body fat as a fuel source, which enhances endurance by reducing your reliance on stored carbs or glycogen stores. As your fitness increases, you'll ride longer and more comfortably without fading or bonking, and your steady-state pace will get faster.
From bicycling.com, Selene Yeager

Ride on the Wild Side

Once again, the Zoological Society has asked us to act as Ride Marshalls for their Ride on the Wild Side event. If you are interested, please e-mail their contact, Jessica Groth, at jessicag@zoosociety.org by August 26. Let her know that you are a BVBC member.

The ride is Sunday, September 16. The distances are 2.5 miles (inside the zoo), 17 and 27 miles. All routes begin and end at the Zoo.

Marshalls will be riding the route with or behind the registered participants and watching for stragglers, ensuring everyone is safe, assisting with route direction (we have maps and directions for you), helping to fix broken bike pieces if possible, etc. Most importantly, they will be keeping staff informed as to the progress of the riders and letting us know when the slowest riders are finished with the route (so we can pack up at the rest stop).

Registration and breakfast begin at 7:00 a.m. Marshals can join us for breakfast if they wish, but if not, they should be at the Milwaukee County Zoo and ready to ride at 7:45 a.m. Depending on the speed of the riders, the longest route riders should be done by 11:30. The BVBC people could then stay for lunch if they wish.

Schedule of activities:

7:00am	Check-in/walk-up registrations/continental breakfast at the Zoo
8:00am	Distance riders depart from the Zoo
8:15am	Critter Caravan kids' route riders depart
9:00am-10:30am	Kids 'n Critters Corral – children's activity station
11:00am-12:30pm	Picnic lunch served at the Zoo

For more information, check the web site: <http://www.zoosociety.org/Events/RideWild/>

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.

Just Cool It: Riding When It's Hot

The Face-Off: Morning vs. Evening

Avoiding the midday sun is an obvious way to duck the heat. But should you ride closer to when it rises or sets? You decide.

Air Temperature

Morning: Lowest after sunrise, but the day's not getting any cooler

Evening: Heat absorbed by road surfaces radiates and keeps air warm

Humidity

Morning: Cooler air has more relative moisture, so sweat evaporates slower and you take longer to cool

Evening: Drops as the temperature rises; sweat evaporates (and you cool off) faster

Body Temperature

Morning: Lower just after you wake up

Evening: Higher later in the day

Three More Ways To Chill

Deflect the sun. You learned in middle-school science that pale colors reflect light, while dark ones absorb it. But few of us can legitimately rock a blinding-white skinsuit. Instead, try Pearl Izumi's new dark-colored kit made with coldblack, a special fabric treatment designed to reflect sunlight. Jerseys, bibs, and shorts start at \$100.

Ice your legs. Cyclists who soaked their lower bodies in cold water for 20 minutes before a 40-minute time trial on a hot day generated, on average, 20 more watts of power than when they skipped the soak, reports the journal *Medicine &*

Science in Sports & Exercise. No pool? The Transformer shorts (\$110) made by clothing manufacturer 110% Play Harder come with ice packs that slip into built-in panels. Try wearing them for 20 minutes before riding on the hottest days.

Drink protein with carbs. The combo helped cyclists go faster in an eight-day race in 90-degree heat than those who fueled only with carbs. "Protein helps the body retain water, so there's more blood to divert to the skin to cool you," says study author Chris Easton, PhD. During a long ride, sip a drink with a 4:1 carb-to-protein ratio, aiming for 56 grams of carbs and 14 grams of protein per hour.

(Key Skill) Make A Preride Slushie

1 cup ice + 1 cup water + 1/4 cup sports drink

Icy-beverage devotees were stoked last year when research concluded that slurping a slushie before exercise helps you go 20 percent longer in the heat than sipping cold water. Toss the above ingredients into a blender. Start drinking 40 minutes pre-ride and try to finish it about five minutes before you roll.

Why It Works Your body shuttles warmth to your stomach and away from your extremities to melt the slushie, which prolongs the time it takes you to overheat, says study author Paul Laursen, PhD, a physiologist at the Sports Performance Research Institute of New Zealand. The electrolytes in the sports drink enhance hydration.

From bicycling.com, Paige Greenfield

BVBC Needs You!!!

To run for the Board. At least four of our nine Board offices will be vacant next year as terms of office (3 years) expire.

However informally or formally constructed, no club can survive long without some form of a Board of Officers. The members who fill the positions do a valuable and rewarding service. Bay View Bicycle Club needs its members to step up. The election is in October so you have a little time to think about how you can give something back. New voices as well as old are welcomed.

Ride Statistics

Jan 1, 2012 - Aug 12, 2012

Rides Scheduled.....	60
Rides Ridden.....	54
Rides Canceled.....	0
Rides Not Entered.....	6
Total Riders.....	914
Members.....	102
Non-Members.....	61
Average per Ride (rounded)....	17
Total Miles.....	31,169

Rider Points

For October 1, 2011 through August 12, 2012

Not Entered:

Jul 22.. Brown Deer to Cedarburg	Jul 31.....Tuesdays	Aug 7..... Tuesdays
Jul 24.....Tuesdays	Aug 5.....Germantown Roll	Aug 11..... Tierneys Picnic Ride
Siebers, Scott..... 1903	Schwartz, Steve..... 356	Stachowiak Jr, Keith..... 158
Ziegler, Suzanne..... 1766	Litzenberg, Jill..... 354	Bivens, Bob..... 150
Ziegler, Joel..... 1619	Fischer, Joe..... 343	Ellington, Pauline..... 149
Roessl, Linda..... 1522	Sandler, Mark..... 340	Butters, Gary..... 133
Santoro, Ron..... 1447	Knepper, Dick..... 334	Anders, Eric..... 127
Schmidt, Jeff..... 1396	Burton, Becky..... 329	Anders, Heidi..... 127
Tuckwood, Debra..... 1344	Peterson, Pat..... 320	Mikolic, Teri..... 125
Schwabe, MaryJo..... 1296	Labinski, Dennis..... 299	Mitton, Sandy..... 125
Perkins, Tom..... 1225	Gannon, Sandra..... 297	Mitton, Steve..... 125
Beachkofski, Clare..... 1220	John, Emily..... 295	Shields, Colleen..... 120
Sikorski, Andy..... 1033	Crown, Ron..... 293	Watson, Wendy..... 118
Krall, Dan..... 991	Hogan, Helen..... 289	Ziegler, Megan..... 115
Soriano, Joseph..... 896	Nelson, Tom..... 288	White, Cory..... 112
Dix, Michael..... 881	Karr, Nancy..... 284	Thaller, Susan..... 104
Wojtal, Norm..... 858	Temple, Rich..... 274	Dyszelski, Robert..... 100
Wojtal, Prati..... 815	Polk, Bob..... 268	Burrill, Alan..... 98
McNaughton, Jamison..... 705	Borchardt, Jeff..... 263	Williams Jr, Maurice..... 88
Zalewski, Mark..... 650	Hustedde, Bill..... 262	Byrne, Sandy..... 82
Klein, Robert..... 569	Mallman, John..... 252	Rosenberg, David..... 82
Smiley, Michael..... 559	Gannon, Dan..... 247	Pomahac, Pat..... 76
Kelly, Kent..... 558	Pier, Barb..... 236	Gilipsky, Dan..... 70
Gresl, Lois..... 549	Connors, Dennis..... 233	Jelinek, Rick..... 57
Lentzke, Phil..... 512	White, Becky..... 232	Hofstetter, Kimberly..... 55
Bloemer, Byron..... 505	Krueger, Nancy..... 230	Grimme, Julie..... 52
Durkin, Gretchen..... 476	Planey, Heide..... 230	Tillen, Bob..... 51
Rosenberg, Diane..... 473	Demian, Milad..... 224	Peterson, Beth..... 43
Gibbs, Tamara..... 461	Borchardt, Arden..... 213	LaFave, John..... 40
Krueger, Gil..... 441	Paque, Sam..... 208	Aussprung, Lois..... 35
Labinski, Mary..... 440	Schaubel, Jeff..... 202	Lewis, Scott..... 35
Schwabe, John..... 440	Craig, Michael..... 197	Wenzell, Jim..... 28
Venne, Bill..... 433	Moranski, Erica..... 188	Szwalkiewicz, Mark..... 25
Freischmidt, Lance..... 432	Lalor, Tierney..... 187	Wild, Sandy..... 20
McCarty, Elaine..... 423	Katzfey, David..... 165	Zalewski, Evonne..... 20
Orosa, Jojo..... 394	Katzfey, Delvina..... 165	Jaekel, Randy..... 18
Sericati, Tom..... 380	Valente, Nancy..... 165	Kreis, Doris..... 10
	Mathers, Russ..... 162	

One of the things that I wound up loving about being involved with a bike racer was learning how to bike and how that really creates solitary time for you to reflect on things and nobody can get a hold of you.

Sheryl Crow

Ride Schedule

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

Tuesdays - Morning Rides (May - September) - 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.

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 (414) 299-9398

September 1, 2012 - Whitnall South - 22, 37, 58 miles

Easy ride into Racine county and back Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave.

September 2, 2012 - Dousman Ride - 20, 37 miles

Very scenic rural ride around Dousman area with some rolling hills. Starts at Bicycle Doctors parking lot. Take I-94 west to WI 67 (Oconcomoc exit), south on WI 67 approximately 3.4 miles, right on Sunset/(WI 18) 1/2 mile, left on Main St. 1.2 miles to Bicycle Doctors parking lot on right side of street or Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

September 3, 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.

September 8, 2012 - Lake Mills Triangle - 29, 41, 55 miles

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.

September 9, 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.

September 15, 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.

September 15, 2012 - Maywood Earth Ride - 12, 25, 50, 70, 100, 112 miles

Fund raiser ride with five scenic routes through Sheboygan County to benefit the Ellwood May Environmental Park Take I-43, exit #128 go southeast 1.1 mile on Hwy 42. Turn right on Mueller Road; park entrance is 0.2 mile on left. For more details check out the website: www.gomaywood.org

September 16, 2012 - Pedal the Kettle - 30, 60, 100 miles

Annual Spring City Cycle Club ride (registration fee required). Start at the UW-Waukesha Campus, 1500 N. University Drive, Waukesha, WI Exit on Hwy. T off I-94, then South on Hwy T (Grandview Blvd), then West on Northview Road and then South on University Drive. Parking is available directly across from the Commons building at the top of the hill.

September 16, 2012 - Zoo Ride - 2.5, 17, 27 miles

Ride on the Wild Side. Serve as route marshals. E-mail their contact, Jessica Groth, at jessicag@zoosociety.org. Let her know that you are a BVBC member. All routes begin and conclude at the Zoo.

September 22, 2012 - River Hills/Grafton - 31, 48 miles

Ride north through River Hills, Mequon, Thiensville and Grafton. Return along Lake Michigan. 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.

September 23, 2012 - Beaver Lake - 30, 62 miles

Routes go around Pewaukee, Beaver, Pine and Nagawicka Lakes. Challenging. Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo.

September 29, 2012 - Windlake - 25, 36 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.

September 30, 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.