

Pedal Power

Bay View Bicycle Club (BVBC) Newsletter

www.bayviewbikeclub.org

Nov/Dec 2012

Next Board Meeting:
Tuesday, February 12, 2013

Next Newsletter Deadline:
Friday, February 8, 2013

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February Meeting Beulah Brinton Community Center 2555 S Bay St Bay View

Monday, February 21, 2013, 7:00

Winding Down

The 2012 BVBC biking season is winding down. By the time you read this, the last miles of the Club weekend rides will have been ridden by Club members hearty enough to brave the November weather. It's been a fun season of biking and socializing, meeting new members and getting re-acquainted with members who have been in the Club for any number of years. And that's really what the BVBC is all about: Biking with other biking enthusiasts! The following statement on the BVBC website nicely sums up the benefits of joining the Club:

We promote bicycling not only for its overall health benefits, but just as importantly for the opportunity to meet a diverse group of people, create friendships, share our riding experiences as well as everyday experiences, and enjoy the camaraderie of fellow bicyclists. We do it because we enjoy people and bicycles.

And boy did we bike! According to statistics compiled by Kent Kelly, Ride Chair, Club members biked 52,980 miles during the season! That's equivalent to biking around planet Earth **more than two times**! Those miles were accumulated by 114 Club members during 98 Club rides. And, happily, someone volunteered to be Ride Coordinator for each of the 98 scheduled rides, so no ride was cancelled! Way to go, members!

Speaking of volunteers, the Club has three new Board members: Jill Litzenberg (Vice President), Linda Roessl (Treasurer), and Tammy Gibbs (Newsletter Editor). Filling out the remaining Board positions are Clare Beachkofski (President), Bob Klein (Secretary) (extending his term another year), MaryJo Schwabe (Membership), Tom Perkins (Classic), Kent Kelly (Ride Chair), and Dan Krall (Social). Special thanks to outgoing Board member Norm Wojtal for his contributions during four years on the Board!

The weekly Club rides will resume again in April 2013. Until then, be sure to stay active in the Club by participating in Club holiday rides and social events. And when we send out requests during the off-season for assistance with Classic planning and Club promotion, please pitch in and help! Many hands make light work. And the more, the merrier!

See you around!

Clare

Membership Notes

We welcome new member Dean Mowery to Bay View Bike Club. **Also, orders from Hidden Bay Sports are expected to begin shipping to individuals the week of December 3, 2012.**

Social Events

Join members of the Nordic Ski Club and members from the Bay View Bike Club on November 17, 2012 for a nice autumn hike on the trail along the north end of Lake Geneva. Meet at the library in Lake Geneva by 10:00 a.m. where cars will be shuttled to the destination before returning to Lake Geneva where the one way hike begins. The hike will head toward Fontana (distance of 7 miles) or somewhere along the way depending on the distance everyone wishes to hike. Bring water and snacks to eat along the way since there are no stops along the way until you reach Williams Bay. After the hike, we will get a bite to eat at the local restaurant. People who live in Milwaukee may wish to carpool from the north lot of the Watertown Plank Road Park and Ride at Highway 45 and Watertown Plank Road. Plan to leave the park and ride by 9:00 a.m. Call Mike Craig at 414-552-5011 with any questions or for details on where to meet.

In the future is a holiday social in January and an evening watching roller derby (not on the same night) Scott Siebers is going to lead this event also in January.

Bike News

3 Super-Easy Things Your Bike Mechanic Wishes You Would Do

So what if you're not a virtuoso when it comes to repairing bicycles? You can still perform some routine maintenance that will not only save you money but also prolong the life of your bike—not to mention allow you to enjoy riding it more than you probably are now. To that end, we visited a premier bike shop in New York City and persuaded mechanic Mark Purdy to reveal some of the secrets of his trade. Here's what he'd like to see customers doing for their bikes.

I. Clean and grease your seatpost.

Use tape around the seatpost so that you always keep your saddle at the same height.)

Few things are more frustrating, time-consuming, or easily preventable than a stuck seatpost. Here's how to prevent that:



1. Mark your seat's height with a piece of tape by wrapping the tape around the post right where it meets the frame.
2. Remove the post and wipe it off with a clean rag.
3. Jam that rag down into the seat tube as far as you can and pull it out.
4. Smear some grease inside the seat tube and slide the post back into the frame up to the tape line.
5. Tighten the clamp.
6. Ride away content with the knowledge that you've staved off your mechanic's wrath for a bit. Do this at least twice a season. Or else.

And yes, you can use regular grease with carbon. The moron who says otherwise is just trying to sound smarter than you. He's not. But go ahead and use carbon paste if the seatpost slips.

II. Lube your bottom bracket's cable guide.



The minimalist cable guides brazed on a stainless-steel frame.

Want to improve your shifting dramatically in 10 seconds? Want to save \$20 and stop wasting my time? That little trough that your derailleur cables glide onto needs some attention. Otherwise it gets gummy from your sports drink and crusty from road grime, both of which contribute to the evil friction that disrupts the casual flow of a precise cable adjustment.

And drip a couple of drops of oil on it every time you lube your chain. Or pay me 20 bucks to spend 10 seconds to do the same thing.

III. Wipe off that disgustingly gooey chain!

Hey, I get dirty enough as it is without dealing with neglect disguised as proper care. When mechanics talk about lubing a chain, what we mean is adding lubrication in between the side plates and



under the center roller. Lube any place else serves no positive purpose. Unless you consider a grotesquely embarrassing mess a positive.

Be sure to apply chain lube in the right place.

Anytime you lube your chain you should let it soak in for a few minutes and wipe off as much of the excess as possible. Then wipe the chain off again after your ride. And again after the next ride. There's no need to add more lube until your chain starts squeaking.

I tell my clients to keep a rag on the shelf next to their [shoes](#) [4]. When you get home and take your shoes off, grab the rag and wipe off the chain. Your

right calf will thank you for it, too.

Bicycling Magazine

THE VEEP SPEAKS

Hello Everyone!

I'm already having withdrawal from not having regularly scheduled rides and I'm eagerly looking forward to our next biking season as I enjoy the workouts and the camaraderie of the club. As the new vice-president of the club, I will be gathering ideas for our monthly meetings and I welcome any ideas that members may have. Please email your ideas to me and I will run the ideas past the board.

Have a great holiday season and keep moving in order to wear off the holiday treats and to stay strong and limber! Active ideas are hiking, spinning, snowshoeing, swimming, cross country and downhill skiing, walking, indoor bike trainers, running, weight lifting, indoor triathlons, dancing, yoga, snow shoveling, aerobics, tennis, driving ranges, boot camps, etc. Incorporate weight bearing, non-weight bearing, aerobic, and stretching activities into your workout plan. Now is a great time to try a new activity that you may have been thinking about. Pick one activity or pick a few to help the winter months pass quickly and to be bike ready in spring!

A healthy diet includes a lot of fruits, vegetables, and lean proteins. Limit processed, boxed, and frozen foods. Become a label reader. Shop the perimeter of the grocery store where more of the healthy foods are generally placed.

See you in April for biking or possibly earlier at one of the great social events that Dan has planned!

Jill
Vice-President

Last Month's Meeting Minutes

October 2012 BVBC Membership Meeting Minutes

The meeting commenced at 6:45 PM on the 15th of the month. A meal of pizza and deserts were served at the start.

Clare sounded the gavel and the formal meeting began with a "Thank You " to the members that helped with the food for the evening.

The minutes to the previous meeting , which are printed in the Newsletter , were approved by a motion as written.

The treasurer's report was approved by a motion.

On membership Maryjo reported a total of 145 with three new sign-ups in the last month. She also affirmed that the new members get the balance of this year plus all of 2013. Maryjo concluded her report saying the jersey orders are all in and they are due to ship in mid November.

Kent made a request for ride coordinators for the rides coming up.

On the Newsletter Kent indicated the need for his replacement on this task.

Dan mentioned an outing at Applebee's this Friday at Hwy 100 and National plus Al's game night on Saturday night.

On Classic issues Tom informed the membership that Diane Rosenberg volunteered for the position of registration and that sponsorship and promotion are still open.

The meeting then turned to board nominations and the following positions were successfully filled: Tammy will be newsletter chair, Linda will be the new treasurer and Jill will take vice president.

The meeting then proceeded with the awards and presentations after which the meeting adjourned.

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.

Rider points

Bay View Bicycle Club

Rider Points for October 1, 2011 - September 30, 2012

Ziegler, Suzanne	2,583	Sandler, Mark.....	476	Mikolic, Teri.....	155
Siebers, Scott.....	2,460	Labinski, Mary	467	Gilipsky, Dan.....	153
Santoro, Ron	2,256	Crown, Ron.....	451	Bivens, Bob.....	150
Ziegler, Joel	2,231	John, Emily	433	Bauknecht, Lauren	129
Roessl, Linda.....	2,206	Freischmidt, Lance	432	Anders, Eric	127
Schmidt, Jeff.....	2,092	Sericati, Tom	407	Anders, Heidi.....	127
Tuckwood, Debra	2,056	Temple, Rich.....	400	Mitton, Sandy.....	125
Soriano, Joseph	1,541	Nelson, Tom	373	Shields, Colleen	120
Schwabe, MaryJo	1,532	Polk, Bob	371	Watson, Wendy	118
Beachkofski, Clare	1,505	Peterson, Pa	356	White, Cory	112
Perkins, Tom.....	1,491	Hogan, Helen.....	345	Hofstetter, Kimberly	105
Sikorski, Andy.....	1,259	Gannon, Sandra	339	Moore, Mark	104
Krall, Dan	1,207	Labinski, Dennis	326	Dyszelski, Robert.....	100
Wojtal, Norm.....	1,086	Karr, Nancy.....	304	Burrill, Alan.....	98
Wojtal, Prati	1,043	Moranski, Erica.....	297	Paulson, Don	95
Dix, Michael.....	988	Lalor, Tierney	290	Williams Jr, Maurice.....	88
McNaughton, Jamison	889	Gannon, Dan	289	Byrne, Sandy	82
Smiley, Michael	844	Katzfey, David	282	Rosenberg, David	82
Klein, Robert.....	806	Krueger, Nancy.....	279	Wierbinski, Denise	81
Zalewski, Mark	801	Bauknecht, Joe	268	Peterson, Beth	79
Lentzke, Phil	705	Demian, Milad.....	268	Constantine, Darwin	78
Bloemer, Byron	700	Craig, Michael	264	McAvoy, Thomas.....	77
Venne, Bill	664	Valente, Nancy	264	Pomahac, Pat	76
Burton, Becky	642	Hustedde, Bill	262	Jelinek, Rick	57
Rosenberg, Diane	619	Katzfey, Delvina.....	262	Grimme, Julie	52
Gibbs, Tamara	610	Borchardt, Arden	257	Tillen, Bob	51
McCarty, Elaine	610	Pier, Barb.....	256	Zalewski, Evonne.....	44
Kelly, Kent	607	Mallman, John.....	252	Richardson, Ann	42
Knepper, Dick.....	603	Ellington, Pauline	248	LaFave, John.....	40
Litzenberg, Jill.....	592	Paque, Sam	245	Lewis, Lois	35
Orosa, Jojo.....	587	Thaller, Susan	236	Lewis, Scott	35
Gresl, Lois	574	Mitton, Steve	235	Wenzell, Jim.....	28
Fischer, Joe.....	565	Schaubel, Jeff	232	Szwalkiewicz, Mark	25
Borchardt, Jeff.....	554	White, Becky	232	Bauknecht, Ben	23
Schwartz, Steve	542	Planey, Heide	230	Schneider, Paul	22
Schwabe, John.....	539	Ziegler, Megan	228	Wild, Sandy	20
Connors, Dennis	520	Butters, Gary	227	Jaekel, Randy.....	18
Krueger, Gil	517	Mathers, Russ	162	Kreis, Doris	10
Durkin, Gretchen.....	476	Stachowiak Jr, Keith	158		

Schedule

Bay View Bicycle Club

Ride Schedule for November 24, 2012 - March 17, 2013

All Off-Season Rides Start at 11:00am

Nov 24, 2012 - Too Much Turkey Ride - 16 miles

Pedal off those pounds gained at the table on Thursday. - Starts at the Pantheon Restaurant (Rawson Ave and 76th St). Park behind the Pantheon in the NE corner of the strip mall's parking lot.

Jan 1, 2013 - Polar Bear Ride - 15 miles

Kick-off ride to watch the crazies jump in Lake Michigan at Bradford Beach, easy ride but cold. - 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.

Feb 16, 2013 - Sweetheart Ride-FIXX - 10 miles

Celebrate Valentines Day with a ride for coffee (or a mocha, latte, capuchino grande, whatever). - Ride starts at FIXX Coffee House (3558 E Sivyer Ave) in St Francis. Take Oklahoma east to Superior St / Lake Dr; drive south to Packard Ave; stay south to Sivyer Ave. Turn right to the coffee house. If you miss Packard, turn right on Howard then right on Packard. Park on Howard (small parking lot).

Mar 16, 2013 - St Paddys Ride - 16 miles

It is St. Patricks Day so help us spin those snakes out of town then stop for a snack or meal or something afterwards. - Starts at the Pantheon Restaurant (Rawson Ave and 76th St). Park behind the Pantheon in the NE corner of the strip mall's parking lot.

On The Road Again

As Fall forgets its creep and begins a full gallop toward Winter and this year's ride season ends, I'm looking forward to next year's. Which simply means I'm working on the ride schedule. As always that becomes a balancing act between near and far, north and south and west, avoiding festivals and farmer's markets, long and short distances.

You can help by sending in corrections, suggestions for changes, ideas for new rides, or, just your comments. Please e-mail rides@bayviewbikeclub.org.

Over the off-season, I'll be reviewing our routes and cue sheets to make sure all the corrections I have received are made. I'll also be working on a revision to the Ride Coordinator's duties.

Don't forget our off-season rides: Too Much Turkey, Polar Bear Ride, the Sweetheart Ride, and St. Paddy's. Because of the chancy weather, any published dates are subject to change and will come with at least one alternate date. Even if you don't ride, we usually get together someplace afterward for a warm-up social. Join in then.

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

Kent