

Pedal Power

Bay View Bicycle Club (BVBC) Newsletter

www.bayviewbikeclub.org

Feb. 2013

Next Board Meeting:
Tuesday, March 12, 2013

Next Newsletter Deadline:
Friday, March 8, 2013

Board Members:
President
Clare Beachkofski

Vice-President
Jill Litzenberg
vp@bayviewbikeclub.org

Secretary
Bob Klein
secretary@bayviewbikeclub.org

Treasurer
Linda Roessl
treasurer@bayviewbikeclub.org

Ride Chair
Kent Kelly
rides@bayviewbikeclub.org

Social Committee Chair
Dan Krall
social@bayviewbikeclub.org

Membership Chair
MaryJo Schwabe
membership-info@bayviewbikeclub.org

Classic Ride Chair
Tom Perkins
classic-info@bayviewbikeclub.org

Newsletter Editor
Tammy Gibbs
newsletter@bayviewbikeclub.org

Webmaster:
Ron Santoro
bikerron@bayviewbikeclub.org

Contact us:
Bay View Bicycle Club
P.O. Box 070455
Milwaukee, WI 53207

February Meeting
Beulah Brinton Community Center
2555 S Bay St
Bay View
Monday, February 18, 2013, 7:00 pm

Speaker Carolyn Weber – Owner of Coast In Bikes and Third Coast
Inn Bicycle Hostel

Anatomy of a Club

Every club is made up of four bones:

Wishbones – Those who wish someone else would do the work.

Jawbones – Those who talk a lot, but do little.

Knucklebones – Those who knock everything that everyone else does.

Backbones – Those who shoulder the load, pedal the wheel, and do the work.

Which kind of bone are you?

from Dayton Cycling Club, Spoke 'n Link

Make no bones about it – Bay View Bike Club is a great club! We have amazing routes to bike every weekend; entertaining meetings and social events; a newsletter that keeps members informed of Club news and biking tips; and a popular and profitable annual ride that benefits the community.

This year, resolve to be a **Backbone of the Club!** Take a turn being Ride Coordinator so rides are never at risk of being cancelled. Volunteer to host Club picnics and social events, or help with preparations. Use your organizational skills to head up a Classic committee. Share your knowledge and expertise of a subject (bike maintenance, yoga, travel show, homemade energy bars, meditation, etc.) at a Club meeting. There are so many ways you can contribute to the Club, so lend a hand. If all members pitch in and help, it'll lighten the load for each individual member.

Looking forward to a fun year!

Clare

THE VEEP SPEAKS

Welcome to the 2013 season with the Bay View Bicycle Club. I hope that everyone had a very enjoyable holiday season with family, friends, and feasting. It's hard to believe that biking season is so near. With the nice dry mild weather this winter, it has been a treat to have a few opportunities to get in a few winter rides. For those of you who haven't been riding, it's time to get out of the recliner and get back into biking mode. Kent has planned a variety of great routes of varying distances that I'm sure we will all enjoy.

A few of us enjoyed riding the Polar Bear Ride on New Year's Day. We rode from South Shore Park to Bradford Beach and watched the crazy people jump into the frigid water. Suddenly, riding a bicycle in 15 degree weather didn't seem so strange! Some club members who didn't ride met us at the beach and then we all enjoyed warming up with hot drinks, warm soup, and lunch at Sven's.

Nancy, Bob, and I met and got the totes ready for the Classic rest stops and to straighten out the club's storage space at the community center. Things should be much easier to find now. We found some old photo albums of club functions and we will get those out at one of our meeting so that everyone can take a look at them. Very funny!

If anyone has a particular topic of interest for a meeting speaker, please email me and let me know so that I can arrange for it. If you have been on a bike trip and have pictures that you would like to share or a topic that you may want to present, please let me know. I would love to hear your ideas!

The speaker for our meeting in February will be Carolyn Weber, the owner of Coast In Bikes. She will be talking about a new bike shop that is opening in the Bay View area and the future opening of 3rd Coast Inn, a hostel for bicyclists.

Jill Litzenberg
Vice President

Membership Notes

Hi everyone. Your current membership is valid through March 31, 2013 and the new year begins on April 1, 2013. Feel free to get your 2013 membership application in any time soon. It can be downloaded from our website. You can bring it to an upcoming member meeting or mail it to the club P.O. box. Membership fees for this year are the same as they have been in the past - \$25 for an individual or \$40 for a household. Thanks!

For those of you who helped out at last year's Classic ride but did not get your club socks as a thank you gift yet, please see me at a member meeting to get your pair.

Mary Jo
Membership Chair

Social Events

After one delay and one postponement the Bay View Bike Club Roller Derby event will be a reality on February 9, 2013. We will meet at the Horny Goat Brewery 2011 South 1st St. They have a special for \$25.00 per person which includes dinner (Your choice of two entrees, sandwich salads, or burgers) A shuttle to and from the U.S. Cellular Arena and tickets for the Roller Derby. We will meet at the restaurant at 5:00 p.m. and plan on seating and eating and being finished by 6:30 p.m. when the shuttle leaves for the arena. Look for Scott Siebers at the restaurant.

Avoiding Injuries in Middle Age

STAYING ACTIVE – SAFELY

How to prevent and manage sports injuries in middle age.

By Lisa Nieskes

It's important to stay active throughout life to maintain overall physical and mental well-being. It's also important for athletes to realize that, as they enter middle age, they can't always push their bodies the way they did when they were younger.

The most common injuries for middle-aged athletes range from a torn meniscus or an anterior cruciate ligament (ACL) in the knee, to rotator cuff or tendonitis issues in the shoulder, to a jammed, dislocated or sprained finger to tennis/golfer's elbow. While some injuries happen suddenly, those in the shoulder and knee usually occur over a period of time due to excessive use, explains Dr. Donald Zoltan, an orthopedic surgeon with the Sports Medicine and Orthopedic Center.

Middle-aged athletes can also be at greater risk for injury if they try to do too much, too soon, adds Dr. David Kornreich, an orthopedic surgeon at Wisconsin Bone and Joint. "Meaning, you're going too fast for what you can handle, or doing too many repetitions of the same thing, rather than a slow progression of your training program," he says.

Not every injury requires a trip to the doctor. But when it comes to the hands and fingers, the sooner you seek treatment, the better chance there is for nonoperative care to be successful, says Dr. Steven Goldberg, an orthopedic surgeon and hand surgeon specialist with Hand Surgery Ltd. "The most common thing that really would make someone want to come in for a sooner evaluation would be a deformity – if there's any change in the way the finger looks," he says. Other considerations are pain and mobility. "The more pain there is, and the more difficulty there is with movement, then they should be seen sooner rather than later. There may be pain with range of motion, but if a person can fully make a fist and then fully straighten the finger, then that would be something that would be a little bit less severe."

For knees and shoulders, Kornreich suggests that if symptoms don't resolve in four to five days, then it may be time to see a doctor. Another red flag is swollen joints. "If you develop swelling in joints, that's usually a bad sign, especially in the knee," Zoltan warns. "There are really very few situations where you get swelling in a knee joint after an injury where it's not something significant."

On the other hand, some symptoms may be resolved with a little rest and relaxation. "If someone has soreness in the joint but they have full movement and reasonably good strength, it's certainly safe to treat it with some early first-aid treatment of resting, avoiding activity that irritates it, using some ice and perhaps taking some anti-inflammatory medication," says Zoltan. "If you do that for a week or two and it's not improving, it might be time to get it looked at."

A common misconception is most sports injuries will require surgery. Not true, say Dr. Steven Merkow, an orthopedic surgeon and director of the Waukesha Sports Medicine Program of Orthopaedic Associates of Wisconsin. "Many of the sprains, strains, and injuries are treated nonsurgically," he says. "I probably see 10 times as many people with knee or shoulder injuries that are successfully treated nonsurgical than surgically."

When it is time to seek treatment, seeing a sports medicine or orthopedic specialist versus a primary care physician may help expedite diagnosis and treatment. "The sports medicine specialist is very familiar with the signs and symptoms of specific injuries," Merkow explains. "The fallacy is that if you go to a specialist, you're going to get all these tests done. I think sometimes the specialist can recognize for instance, a torn ACL or torn meniscus – many times without an MRI. So you're decreasing costs and decreasing the amount of testing. And you're getting the recommendations on treatment sometimes a little bit sooner."

To avoid injury in middle age and beyond, Merkow suggests that athletes be diligent with flexibility

and muscle training, since these are two areas that begin to decline as a person ages. Zoltan also recommends balance training to help people avoid falls, since balance and position sense can be impacted as we age as well.

In the end, it's about listening to your body to understand its limitations. "It's very important to know how your body reacts to an activity level that you're doing, to increase activity slowly, to do appropriate stretching. Goldberg advises, "If you're starting to develop some pain, don't necessarily push through that. Stop and listen to your body."

Nighttime Riders

Ever get tired of riding your bike only during the day? Feeling restless after dinner and there is nothing on T.V.? and you think, I just want to go for a bike ride. Well here are some pointers for all of you nighttime riders:

Look Straight Ahead

A handlebar-mounted light moves where and when your bike moves. Like your car's headlights, the light shines in the direction it's pointed. Disadvantage: You won't see anything outside the turning radius of your handlebar.

Watch Where You're Going

A helmet-mounted light moves where your head moves and shines where you're looking. Gaze ahead and you'll cruise down Main Street without a hitch. But jerk your head to check out the betty with the booty, and you may end up riding directly into the bushes.

Make Yourself Visible

A red taillight, flashing or not, should be worn only behind you--on your backpack, your jersey, etc. Like a car, red lights are for the rear and white lights are for the front. It lets drivers know if you're coming or going. Good tip: Wear something reflective on your shoes or ankles. The constant movement of your rotating feet will catch the wandering eyes of daydreaming motorists.

Jennifer Sherry, bicycling.com

Promote Biking with Bicycling Stamps!

When you mail greeting cards, Christmas cards, and other mail, use these special bicycling stamps for the postage! These special Forever stamps (45 cents per stamp in 2013) are sold by the United States Postal Service at post offices or online (USPS.com).



Rendered in graphic retro fashion, these U.S. Postal Service **Bicycling (Forever®)** stamps celebrate the American love of bicycling, one of the most popular outdoor activities in the country.

Remember the day you learned to ride a bike? That exhilarating sense of freedom is one you never forget and can easily recapture every time you hop on a bike. Perhaps that's why millions of Americans young and old enjoy bicycling so much.

But bicycling isn't just fun. It's also good for the environment and for you. Each ride you take cuts down on traffic congestion, fuel consumption, and vehicle emissions. And riding a bike lowers the risk of obesity, heart disease, and breast cancer, while reducing stress and improving muscle tone and strength.

So climb on! And be the first to help us celebrate this healthy, affordable, and eco-friendly means of transportation with these striking *Bicycling* stamps.

Art director Phil Jordan designed the stamps using illustrations by San Francisco illustrator John Mattos. Each of the four **Bicycling (Forever®)** stamps features a different kind of bike and cyclist: a young child learning to ride, a commuter pedaling to work, a road racer intent on the finish line, and an airborne BMX rider.

The *Bicycling* stamps are being issued as Forever® stamps, which are always equal in value to the current First-Class Mail one-ounce rate. And they're made in the USA.

Ride Coordinator 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.

On The Road

Gettin' to be that time, ain'ta? I hope you've received the draft version of our 2013 Ride Schedule by e-mail. I welcome any ideas and suggestions to make the schedule better. E-mail me at: rides@bayviewbikeclub.org or call me at 414 940 0834 (cell). Or, better yet, come to the February meeting and we can discuss it in person and/or as a group.

I've made the route corrections I've received. We have the prospect of a couple of new routes coming on-line and several routes have been renamed:

Sweetheart Ride FIXX is now Urban FIXX 16.

St Paddy's Ride is now Pantheon Ride.

Cool Doctor is now Two Trails West.

Fox River Sanctuary is now Three Trails West.

Depending on the growing season, the Fall Harvest Ride and Picnic may happen this year. The Packers schedule could shift some later season rides. I think I've allowed for the Badgers' home games.

If we can correct some trouble spots on a few routes, I'll add them to the schedule. The final schedule will be out in time for the March meeting as will the Ride Coordinator Sign-up sheets

As always, it's not a ride until ridden.

Kent

Rider Points for October 1, 2012 - January 31, 2013

Roessl, Linda.....	332	Temple, Rick	25
Soriano, Joseph	191		
Borchardt, Jeff.....	190		
Klein, Robert.....	188		
Paulson, Don	180		
Ziegler, Suzanne	179		
Litzenberg, Jill.....	162		
Tuckwood, Debra	162		
Sikorski, Andy	155		
Wutt, Jenny	140		
Ziegler, Joel	133		
Dix, Michael.....	132		
Siebers, Scott.....	130		
Beachkofski, Clare	126		
Santoro, Ron	125		
Fischer, Joe.....	124		
McAvoy, Thomas.....	115		
Zalewski, Mark	105		
Krall, Dan	89		
Thaller, Susan	83		
Crown, Ron.....	75		
Watson, Wendy	72		
Smiley, Michael	70		
Valente, Nancy	63		
Constantine, Darwin	59		
Perkins, Tom.....	55		
Gannon, Dan	42		
Gannon, Sandra	42		
McCarty, Elaine	33		
Burton, Becky	32		
Schwabe, John.....	32		
Schwabe, MaryJo	32		
White, Cory	32		
Labinski, Dennis	30		
Labinski, Mary	30		
McNaughton, Jamison	30		
Hustedde, Bill	28		
Schmidt, Jeff	241	Schwartz, Steve	28
Wojtal, Norm.....	28		
Ziegler, Megan	28		

