

Pedal Power

Bay View Bicycle Club (BVBC) Newsletter

www.bayviewbikeclub.org

April 2014

Next Newsletter Deadline:
Friday, May 16, 2014

Board Members:

President

Rich Temple

president@bayviewbikeclub.org

Vice-President

Tom McAvoy

vp@bayviewbikeclub.org

Secretary

Susie Thaller

secretary@bayviewbikeclub.org

Treasurer

Linda Roessl

treasurer@bayviewbikeclub.org

Ride Chair

Joe Fischer

rides@bayviewbikeclub.org

Social Committee Chair

Andy Sikorski

social@bayviewbikeclub.org

Membership Chair

Bill Dames

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

April Meeting

Beulah Brinton Community Center

2555 S Bay St

Bay View

Monday, April 21, 2014

Speaker: Evan Pack – Vulture Space

The Prez Sez

The season has begun. After a soggy start last Saturday, the weather has started to get better. It's been great seeing all the club members who have turned out for our first three rides and I look forward to seeing more of you as the season progresses.

Our speaker at this month's meeting will be Evan Pack of Vulture Space. What the heck is Vulture Space you ask?? Well to read from their website, Vulture Space is a do-it-yourself bike shop where you can make use of our work stands and tools to learn how to fix, maintain, and build bikes!

For those of you that are interested in joining the group from the BVBC that will be riding the Bike Northwoods tour, if you register by April 30, 2014 you can still get a break on the registration cost. Of course you can still sign up after that, the registration cost goes up a little though. If you have any questions, you can ask either Linda Roessl or myself and we will answer your questions to the best of our ability.

And finally, we are still looking for volunteers to fill a few key positions as Classic Chairs. Please talk to one of the board members if you would like to volunteer for a position. Planning the Classic is a HUGE task for one person, but is MUCH easier when the tasks can be spread out over many, so even if you think you can only help a little, every little bit helps us move towards a successful Lake Country Classic!!

See you on a ride,
Rich

For Sale
By Linda Roessl

NEW SEVEN Titanium bike frame for person 6' 1" or taller with titanium couplers for easy travel. Asking \$1800.00 valued at \$4000.00. If interested or want to share this information with someone who may be interested, contact Joe via email: sam1234@milwpc.com or (262) 893-4440

Wheel & Sprocket Expo Message

Well another Expo is behind us and we achieved good results by picking up a few new members. The true success of this endeavor is hard to determine since some bikers who visit our booth usually take time in deciding to join us.

This event is probably the best way to get our story out there to the biking public and I wish to thank all the volunteers who came forward to help. The members talked enthusiastically about who we are and our activities and it couldn't have been a better presentation.

Bob Klein

On the Road Again

The 2014 bike season is underway! As of this writing we have had two club rides without incident. Well almost. Two rides and two flat tires—none of them mine! Congratulations (?) to Suzanne Ziegler for the first flat tire of the year on the first ride of the year. Last summer Suzanne road coast to coast without any mechanical difficulties. I suppose that makes the Oakleaf Trail between Whitnall and Greenfield Parks one of the toughest stretches of biking in the country. Who knew?

In May we will resume our Tuesday morning rides. Rides start at the Beulah Brinton center at 9:00 am. Routes vary but are generally about 20 miles. The first ride will be May 6. Also this month Holy Molly Hills is on the schedule on Saturday May 24. For the less intrepid riders, like me, an alternate ride is also scheduled that day, Two Trails West. On Memorial Day, Monday May 26, we have scheduled Charlie's Memorial Ride. Our first picnic ride of the season, Tom's Picnic Ride, is scheduled for May 18. Bring a dish to pass and contact Tom to RSVP and get directions. Oconomowoc Eagle is scheduled for May 4. The route has been changed slightly to avoid Main Street in Dousman which is under construction. Please pay attention to the cue sheet.

If you are aware of any other current or future road construction projects that might be on one of our routes, please let me know so we can make any route changes in advance. Also, if you notice an error in a route please either provide the information to the ride leader, email me, or bring the change to the next club meeting.

Remember, it is not a doughnut.....if it doesn't have a hole. Or is that a bike tire?
And let's have fun out there!

Joe

What Do You Hear

Wash Your Bicycle

How to Wash Your Bike

Four common missteps—and three tips to a fast cleanup.

By Brian Fiske

Reprinted from Bicycling Magazine

WHILE THERE ARE SOME OVERZEALOUS ODDBALLS out there who meticulously polish their headset spacers with Q-tips, most of us treat bike cleaning as a quick chore—if we do it at all.

But in your rush to get the job done, you can make mistakes that could hurt everything from your ego to the life span of your components. Here are four bike-wash bummers to avoid, and three tips to make tidying up a cleaner experience.

TOO-QUICK START

Don't skip the initial rinse. Otherwise, you'll end up swirling around every bit of gritty debris and scratching your frame's glossy finish. Using the light-shower setting on your garden hose, spray off your entire bike top to bottom before you go near it with a soapy sponge.

HIGH-PRESSURE HAZARD

Go full-throttle with a hose and you could force water (soapy, potentially degreaser-laden water) into bearings. The degraded grease will then give out before its time.

A GOLDDILOCKS FINISH

The last step in any bike wash is to relube the chain. Stop short of this step and your unprotected chain will quickly rust. But go too heavy on the lube and the chain will attract grime like a magnet. Give the chain a just-right light coating, then wipe off the excess with a clean rag.

SLIP FROM SHINOLA

Polishing products like Armor All aren't for your bike. Shine up your saddle and you'll have a hard time staying seated. Go glossy on your tires, and rim residue will reduce braking power. Skip it.

KEEP IT SIMPLE

Clean the drivetrain first. If you use degreaser, remove the rear wheel and angle it cassette-side down so the degreaser runs off. Use a mess-containing chain-cleaning system like Park Tool's Chain **Scrubber**.

Work from top to bottom, front to back. Use a bucket of warm, soapy water and a soft-bristled handheld brush (usually sold with a dustpan).

Rinse, wash, rinse. Dry with a clean cloth. Re-lube chain

Bike-Washing Tips From the Pros

Five cleaning secrets from the experts

By Jennifer Sherry

Reprinted from Bicycling Magazine

Don't skip the initial rinse. Otherwise, you'll end up swirling around every bit of gritty debris and scratching your frame's glossy finish. Using the light-shower setting on your garden hose, spray off your entire bike top to bottom before you go near it with a soapy sponge. (Michael Robertson)

"Cut off the top of a plastic water bottle. Fill it with a water-based degreaser, like Simple Green, and place it in your seat-tube bottle cage (for easy access). Use a paintbrush to apply the degreaser to the chain. Finish by holding a soapy sponge around the chain and turning the cranks. Hose off the excess and let it dry." —*Adrian Hedderman, head mechanic, Colavita/Forno D'Asolo pro cycling team*

"Every third or fourth wash, give your frame and fork a layer of car wax. I like Meguiar's Cleaner Wax. It restores the paint's luster and keeps road tar and bugs from sticking." —*Steven Sperling, head mechanic, United-Healthcare pro cycling team*

"Clean a grimy cassette or freewheel: Remove the wheel, and lay it flat with cogs up. Dampen the edge of a rag with solvent and pull it back and forth between each cog. No need to rotate the wheel; the freewheel keeps the cogs moving." —*Jim Langley, author of Your Home Bicycle Workshop*

"Braking causes aluminum rims to oxidize, leaving a layer of grit that can contaminate brake pads. Every 100 miles, more often if you ride in wet conditions, wipe your rims with a dry cloth." —*Tori Bortman, owner of Gracie's Wrench in Portland, Oregon*

"I prefer natural Tampico bristle brushes. Unlike nylon ones, they don't hold dirt, grease, or oil. Rinse the grime out of the bristles before moving on to the next part, and you can attack a filthy drivetrain and a mud-spattered frame with the same brush." —*Bernard Kocis, team mechanic, UnitedHealthcare pro cycling team*

Mark Your Calendar for July 26th

By Linda Roessl

The Lake Country Classic is in full swing planning stages for Saturday, July 26th, 2014. Your assistance will be needed as a volunteer for one or more of the many fun positions to make this event a success. If you are not available on Saturday, July 26th we have plenty of pre-event planning items that need your expertise. The volunteer sign-up sheet will be available at the following locations: the membership meeting, see me at any ride I attend or you can contact me via email at roessl@hotmail.com to sign up.

Start your baking early and freeze your goodies. Items with chocolate are always a favorite so freeze them in preparation for the warm weather we can anticipate for the end of July.

This is the first year the club does not have a Classic Chairperson. We are organizing this event as a team. Please consider being part of our team. Receive a coveted Classic t-shirt designed by Scott Siebers by signing up as a volunteer. Eat a delish spaghetti dinner and spend time with club members in street clothes and nice hair.

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.

Article

Join me on the Ride for Nature In Door County on June 14th

By Mike Dix

I'm planning to do the Ride for Nature on June 14th this year. I've heard good things about this ride and I've always wanted to do it. See the website ridefornature.com. The routes range from 25 to 100 miles they all start and end at Bailey's Harbor. The area is one of the best in the state for biking, great scenery, very little traffic, lake views, wild orchids and not too many hills. The ride does not fill up so it's easy to register for. It rides on similar roads as the door county century, but it has a much smaller number of riders.

I plan to drive up Friday evening and return Sunday. If you'd like to carpool and share accommodations please get back to me as soon as you can at dix83@sbcglobal.net. If we get at least 6 people I would like to rent a cabin or condo. I plan to be flexible about the details. It is early season so hotel rates are low and it's not very crowded up there. See you on the road.

Bay View Bicycle Club

Rider Points for October 1, 2013 - April 4, 2014

All Rides Entered for These Dates

Roessl, Linda.....	425	Crown, Ron.....	60
Siebers, Scott.....	405	Ellington, Pauline	54
Schmidt, Jeff.....	384	Sericati, Tom	52
Mowery, Dean.....	324	Kelly, Kent	50
Temple, Rich.....	298	McCarty, Elaine	50
Soriano, Joseph	277	Sharpless, Philip	50
Tuckwood, Debra	254	Hogan, Helen.....	44
Fischer, Joe.....	243	Gannon, Dan	43
Smiley, Michael	241	Gannon, Sandra	43
Klein, Robert.....	226	Shields, Colleen	34
Santoro, Ron	207	Zalewski, Mark	34
Sikorski, Andy.....	206	Ziegler, Megan	34
Thaller, Susan	172	Craig, Michael	33
Rutkowski, Ron.....	166	Lalor, Tierney	33
Freischmidt, Lance	158	Lewis, Paul.....	33
Perkins, Tom.....	156	Martinez, Andy.....	33
Litzenberg, Jill.....	154	Mitton, Steve	33
Dix, Michael.....	147	Moranski, Erica.....	33
McChain, Betsy	145	Schwabe, John.....	33
Ziegler, Suzanne	145	Wojtal, Norm.....	33
Constantine, Darwin	143	Wojtal, Prati	33
Dames, William	138	Labinski, Dennis	30
McAvoy, Tom	133	Labinski, Mary	30
Prestine, Jodie	131	McNaughton, Jamison	30
Ziegler, Joel	125	Remlinger, George	24
Schwabe, MaryJo	122	Gresl, Lois.....	23
Borchardt, Jeff.....	118	Blakely, Chuck	16
Burton, Becky.....	115	Krueger, Gil	14
Fishman, Steve	107	Krueger, Nancy.....	14
Henn, Milton	101	Mitton, Sandy.....	1
Beachkofski, Clare	97		
Peterson, Pat.....	97		
Paulson, Don	84		
Nelson, Tom	64		

Bay View Bicycle Club

Ride Schedule for April 26, 2014 - June 1, 2014

All Rides Start at 10am April, May and October and 9am June through September

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.

Apr 26, 2014- Germantown Roll - 24, 32, 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.

Apr 27, 2014- 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.

May 3, 2014- Gorney Park - 24, 33 miles

Easy ride with around Gorney Park with a few rolling hills on rural roads thru scenic farmland in NE Racine Co. - Starts at Gorney Park in Caledonia. Take I-94 south, exit at Ryan Rd. Go left, east 2.5 miles to Nicholson Rd. Turn right, going south for 2.5 miles to park on the left. Approximate drive time: 30 from Zoo.

May 4, 2014- Oconomowoc-Eagle - 25, 42 miles

Rural ride going south from Oconomowoc, through Dousman and Eagle. Longer route has some hilly areas. - Starts at Roosevelt Park. Take I-94 west to WI 67. Take WI 67 north (becomes Summit) for 2.5 miles. Turn left on Forest St. half-mile into park. Approximate drive time: 30 minutes from Zoo

May 10, 2014- 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 into the parking lot next to the tennis courts, before the stop sign.

May 11, 2014- South Hills - 22, 37, 51 miles

Newly re-vamped for 2013! Easy ride with all routes west of I-94. No route untouched. - Starts at South Hills Golf Course in Racine County. Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time :25 minutes from Zoo.

May 17, 2014- LaGrange - Whitewater - 30, 56 miles

Scenic ride through Southern Kettle Moraine between LaGrange and Whitewater. - Starts from LaGrange General store. Take I-43 southwest to East Troy. West on WI 20 to US 12. West on US 12 to LaGrange. Park in the lot at the intersection of US 12 and Cty. H. Approximate drive time: 50 minutes from Zoo.

May 18, 2014- Toms Picnic Ride - 13, 28 miles

Easy ride through Oak Creek Pkwy, south to Caledonia and back. Club members only, bring a dish to pass, - Call Tom @ (414) 764-0091 by the Friday before the ride to RSVP and to get directions.

May 21, 2014- Ride of Silence - 10 miles

Easy ride in silence at a very slow pace. Ride to honor bicyclists killed by motorists, promote sharing the road, and promote awareness of bicycling safety. - Starts at 7:00 pm at the Wheel & Sprocket's North Shore location, 6940 N. Santa Monica Blvd, Fox Point, or from the Waukesha State Bank at 151 E Saint Paul Ave, Waukesha. Additional parking available off Clinton street.

May 24, 2014- Holy Moly Hills - 14 miles

Hills, hills, hills. If you like hills this is a fun ride. - Starts at Plat Rd School. Take US 45 to WI 167 (Holy Hill Rd). West on 167 to 164. Turn left on 164 go approximately 3 miles to Monches Rd. Turn right on Monches go approximately one mile to Plat Rd. Turn right on Plat Rd to Plat Elementary school parking lot (approximately a tenth of a mile).

May 24, 2014- Two Trails West - 15, 20, 33, 44 miles

Ride New Berlin Recreational and Glacial Drumlin Trails west from Greenfield Park. 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.

May 25, 2014- Harrington Beach - 24, 34, 54, 64 miles

Ride along Lake Michigan north to Harrington Beach and back. Note staggered starts for this ride. - 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.

May 26, 2014- 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.

May 31, 2014- Gils Ride to Rome - 25, 32, 42, 51 miles

Scenic ride through farming country to Rome and back. - Starts at Kettle Moraine Middle School, 301 E Ottawa Ave Dousman. Take I-94 west to WI 67 (Oconomowoc exit), south on WI 67 approximately 4.6 miles, right on Ottawa Ave (CR Z) 1/4 mile, turn left into school parking lot on the left side of the street. There are no restroom facilities at the school. 30 minutes from Zoo.

Jun 1, 2014- 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 Summerfest grounds in downtown Milwaukee. See brochure for details.