

Pedal Power

Bay View Bicycle Club (BVBC) Newsletter

www.bayviewbikeclub.org

June 2014

Next Board Meeting:

Next Newsletter Deadline:
Friday, July 18, 2014

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June Meeting

Summit Place

6737 W. Washington St. Suite 2218

West Allis

Monday, June 16, 7:00 pm

the Prez sez

Speaker: Lawrence Hoffman – Boys and Girls Club

Because of remodeling being done at the Beulah Brinton Center, this month's meeting has been moved to Summit Place in West Allis. The address for Summit Place is 6737 W Washington St. Washington Street is one block north of Greenfield Avenue. Directions from I-94—Take I-94 east or west (depends on where you are starting from) to the 70th Street exit (exit 307), go south on 70th Street to Washington Street, turn left onto Washington, Summit Place will be on your right. Park in the gated Visitor Lot (just passed the blue awning) and enter using the marked Visitor Entrance.

We still need to fill some volunteer positions for the classic, so please talk to Linda Roessl to see what is available. Volunteering at the Classic is a great way to get to know other club members, meet other cycling enthusiasts and get a spaghetti dinner when you're all done.

And finally, I had an interesting conversation with a guest rider last weekend. Trevor lived in Portland, OR and was in the Milwaukee area on business. He wanted to do some riding out here during his free time, so he rented a bike from Wheel & Sprocket. After riding the Trek 100 on Saturday, he found our website and thought our ride in Dundee on Sunday looked good so he joined us for a ride in the northern kettle moraine. After we were done riding, we were all sitting around enjoying lunch at the Hamburger Haus talking about cycling, he was telling us about the club he rides with at home. Now as a club we have been having great turn outs for our rides, often attracting 20+ riders. So you can imagine my amazement when I learned it was not unusual for his home club to have 200 riders for a weekend ride. All different rider levels, slow to fast, all out having fun and enjoying the outdoors. It's great to be a cyclist...

Membership Notes

Membership

The 2014 Club Membership directory will be available for distribution at the June member meeting. Please come to the meeting if you would like one. I will have them at rides I attend as well, so you can get one then if you can't make it on Monday. Per club policy, we do not email this information. So far this year, we have welcomed 20 new members to the club. The current 2014 membership now stands at 115 total members.

There are no new members this month.

Mike

Membership Chair

What Do You Hear

How to Prevent and Recognize Skin Cancer

By Evelyn Spence

Crisp tan lines shouldn't be a badge of honor. Here's why—and how to shield yourself from the sun's harmful rays.

In August 2007, Amber Neben's husband noticed that she had a mole on her back. Something about it—the irregular shape, the mottled color—seemed off. After observing it for a couple of months, Neben, then 32 and a two-time Olympian and world time-trial champion, went to a dermatologist and got the diagnosis everyone dreads: She had melanoma. "I was young and fit and thought I was doing everything right," she says. "But I never thought to put sunscreen on my back. I assumed my jersey was enough."

Though the lesion required a deep surgical cut, Neben had caught it in time. "I was the first cyclist I knew of who went through this," she says. But she is hardly alone. In the last three decades, more people have had skin cancer than all other cancers combined, according to data from the Skin Cancer Foundation. And between 2000 and 2009, cases of melanoma (the deadliest form of the disease) rose steadily by almost 2 percent a year. It's also the most common type of cancer in people ages 25 to 29.

Numerous studies have shown that regular exposure to ultraviolet radiation from the sun leads to an increased risk of melanoma and that outdoor endurance athletes are particularly susceptible to skin cancers. While there is little research on cyclists specifically, we are clearly vulnerable given the sheer amount of time they spend outside, says Prentice Steffen, MD, physician for Team Garmin-Sharp. One study published in the journal *Dermatology* found that during eight stages of the Tour de Suisse, riders were exposed to levels of harmful UV radiation that were 30 times more than recommended limits. Several factors compound the risk, say experts, including sweat, which increases the skin's sensitivity to UV radiation.

Less worrisome but just as sobering, a staggering 90 percent of skin changes—like the fine lines and wrinkles that we attribute to just getting older—are caused by the sun.

Too much sun can also affect your ability to ride well. Your skin plays a key role in regulating

your body temperature through sweating and evaporative cooling. A severe sunburn can block sweat glands and lead to overheating. And when blood rushes to the sunburned skin as part of the healing process, it can cause the body to lose heat and feel chilled. The upshot? Riding becomes more difficult and less enjoyable, and your performance suffers.

The benefits of riding a bike far outweigh these risks, but only if you take steps to protect yourself. Luckily, it's not hard. Here's what to do.

Keep Tabs on Your Skin

Schedule a baseline exam with a dermatologist, especially if you've had any peeling sunburns in your lifetime or have more than 30 moles. A doctor can determine how much sun damage you have—and how often you need to be examined. Neben now sees her oncologist or a dermatologist twice a year. "When they detect something," she says, "they just take it out." It's also a good idea to examine your own skin regularly.

Check Yourself

Use these alphabetical clues from the National Cancer Institute to identify whether a mole might be a melanoma.

A: Asymmetrical shape

B: Border is irregular

C: Color is uneven

D: Diameter is usually ¼" or larger

E: Evolving size, shape, or color

Know the Danger Zones

Melanomas often occur on sun-exposed areas like the neck, the back of the ears, and the face. And when you're cycling, "you're leaning forward, perpendicular to the sun," says Timothy Berger, MD, a dermatologist at the University of California San Francisco, who wasn't surprised that Neben's suspicious mark was on her back.

Block the Sun

There are no excuses, really. Your risk of melanoma doubles if you've had more than five sunburns in your life, according to the Skin Cancer Foundation. Using sunscreen with an SPF of 15 or higher every day will slash your risk of developing squamous-cell carcinoma and melanoma by 40 and 50 percent, respectively. And cover up with jerseys and shorts that have built-in UV protection. Many companies make them.

Understand the Fine Print

Look for sunscreen with the term "broad spectrum" on its label. This means it blocks both UVB rays (the main cause of sunburn) and UVA (associated with skin damage, aging, and cancer). Also, the FDA has found little evidence of better protection from any product that claims to have an SPF higher than 50.

Apply Sunscreen the Right Way

Dermatologists recommend putting on sunscreen 20 minutes before a ride. Ideally, you

should reapply every one to two hours, so carry some in your jersey pocket on all-day rides to use at water breaks, intersections, or rest stops. If you ride at a high altitude, be even more vigilant. "Cycling in the mountains is like sitting on the beach at noon in Florida," says Brian Adams, MD, a sports dermatologist at the University of Cincinnati. In fact, because you are literally closer to the sun, it's worse: UV radiation increases nearly 5 percent with every thousand feet above sea level.

Use More Than You Think You Need

A study in a 2012 issue of the journal *Clinical and Experimental Dermatology* found that only when people were instructed to apply sunscreen in two separate doses did they use enough to get the full effectiveness of the product. "I tell my patients to apply, wait 20 minutes, and apply again," Berger says. "The double dose forces them to do it right."

Remember Your Scalp

"Cyclists tend to forget that most helmets have vents," says Adams. Indeed, in a 2006 study, researchers found that riders on a seven-day charity ride unwittingly exposed the top of their heads to more sun than any other part of their bodies. Of course, the less hair you have up top the greater the danger is, although people with thick hair aren't immune. Remember to spray your head with sunscreen or wear a bandana, cap, or do-rag underneath your helmet.

Protect Your Lips

Use a lip balm with sun protection before every ride and carry it with you so you can reapply often. Pay special attention to your lower lip—81 percent of lip cancers occur there, according to the Skin Cancer Foundation.

Watch the Clock

Try to ride before 10 a.m. and after 2 p.m., when the sun isn't at its peak.

Stay Comfortable

Prevent dehydration by sipping water frequently when you ride in the sun. Aim for six to eight ounces every 15 to 20 minutes you're on the bike. To mitigate the discomfort and performance effects of sunburn, apply a moisturizer and take a nonsteroidal anti-inflammatory like ibuprofen, says Steffen.

Published on *Bicycling Magazine*: http://www.bicycling.com/training-nutrition/injury-prevention/how-prevent-and-recognize-skin-cancer?cm_mmc=BicyclingNL_-1730608_-06102014_-no_skin_cancer.

Last Month's Meeting Minutes

5/19/14 BVBC General Membership Meeting

I. Reports

Treasurers report: Balance May 1: 7336.74. Balance today: 7602.72. This month's income includes membership and classic registration. Expenses include: printing, picnics and classic expenses.

Secretary: minutes read approved from 4/21/14 general membership meeting

Social Chair: members participated in the Waukesha Art Crawl last month. 6/18/14 Mike Dix will host a bicycle scavenger hunt. The hunt meets at TGI Fridays at Miller Park at 10am. Tentative event: 6/21/14 bike ride to the Blue Angels Air Show.

Vice President: Tom McAvoy arranges speakers for each general membership meeting. Please contact Tom with any ideas for speakers.

Membership Chair: Mike Smiley has accepted the position of membership chair.

Ride Chair: Our club has been enjoying great turn-outs for rides this season. Joe provided clarification for upcoming Ride of Silence locations. Schedule and route updates reviewed for this season. Prize raffle held for Past month's ride leaders. Congratulations Andy Sikorski!

II. Updates from Members

Clare B. has organized a BVBC team for the RiverEdge Ride on 6/22/14. It's too late to sign up for the team and receive the team shirt but members are welcome continue to register for the RiverEdge Ride and ride with us.

Clare also spoke about picnic rides to inform new members about this opportunity to ride and socialize.

III. Classic

-Our registration chair, Diane R., reported that 40 riders have registered. This is consistent with last year's numbers.

-Linda R. solicited members to volunteer to chair committees or help at the event. The sign-up sheet was passed around. Volunteers are essential in keeping our classic ride going.

-Linda R. asked for volunteers to donate home-made baked goods for the registration and rest stops. They are one of the great attractions to our ride. Sign-up sheet was passed around.

-Susie announced that the Classic currently has three sponsors: Murphy and Procthauser, Wheel and Sprocket and Carpet Master. Club members are encouraged to brainstorm for any other potential sponsors. Sponsors can contribute cash, or goods/services we will be purchasing such as: food, coffee, water, etc. Members are asked to contact potential sponsors and e-mail the board with any updates.

-Susie asked for members to volunteer to work rest stops and accept the role of rest stop captains. We reviewed the responsibility of rest-stop captains including: picking up supplies at the church in the morning, staying at the rest stop from start to finish, dropping off supplies at the church at the end of the day, and contacting sag drivers when needed.

-Joe F. has designed and printed flyers for the Classic Ride. He brought a supply of flyers and a checklist of bike stores. Members were asked to take bundles of flyers to a bike store and mark which stores they are delivering to. Members are also encouraged to drop off flyers at coffee shops, libraries, anywhere they can think of to promote the ride.

-We are asking for volunteer Sag drivers. Mileage reimbursement is provided.

Speakers for the Evening: Steve and Kyle from UPAF Ride for the Arts. They reviewed updates for this year's ride as well as ride marshal responsibilities. T-shirts were distributed to Marshals.

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.

Classic Update

Baking Goodies for the Classic

By Linda Roessl

Now is the time to start thinking about your contributions of fresh baked goods for the Classic. Home-made baked items make our event memorable to the riders who return year after year. Yes, some remember us for missing a turn and getting lost but the majority rave about the baking. Rice crispy bars, brownies, cookies and sweet breads are the favorites. Mini cupcakes are preferred over the regular size. While the weather is cool, warm up your kitchen with great smells of fresh baked goods and freeze them for the event.

Packaging is made easier this year with just three rest stops. Both Summit Park and Palmyra will be visited twice by the riders. It would be greatly appreciated if your baked goods are packaged in baggies or containers divisible by three.

A sign-up sheet will be circulated at the May membership meeting for a commitment for baked goods for the Classic on July 26th, 2014. If you are unable to attend the meeting you can email me at: roessl@hotmail.com. If you are not a baker, purchase store bought cookie dough and I will find a baker to assist you with the rest.

We will be asking for volunteers as drop off points prior to the Classic. We will be commutating this information once arrangements are complete or just bring your baked goods to church the morning of the event.

Thank you in advance for your volunteer efforts for this event. Any contributions are appreciated.

Bay View Bicycle Club

Rider Points for October 1, 2013 - May 31, 2014

These Rides Have Not Been Entered

May 27 – Tuesdays

Siebers, Scott.....	915	Fishman, Steve	141	Rosenberg, Diane	32
Roessl, Linda.....	764	Dames, William	138	Stachowiak Sr, Keith.....	32
Soriano, Joseph	750	Wojtal, Norm.....	129	White, Becky	32
Schmidt, Jeff.....	735	Wojtal, Prati	129	Labinski, Dennis	30
Temple, Rich.....	728	Kelly, Kent	125	Hofstetter, Kim.....	25
Fischer, Joe.....	664	Tallberg, Janet.....	123	Lewis, Lois	25
Sikorski, Andy	626	McNaughton, Jamison	120	Remlinger, George	24
Mowery, Dean.....	574	Shields, Colleen	119	Cahoon, Michelle	23
Santoro, Ron	513	Schwabe, John.....	113	Smiley, Wendy	23
Smiley, Michael	486	Crown, Ron.....	112	Earle, Sandy.....	22
Tuckwood, Debra	482	Sericati, Tom	106	Robinson, Dennis	21
Thaller, Susan	434	Templin, Tod	106	Bivens, Bob.....	20
Ziegler, Suzanne	405	Martinez, Andy.....	105	Bivens, Katie.....	20
Ziegler, Joel	365	Gresl, Lois.....	102	Roy, Sharon	20
Henn, Milton	344	Bauknecht, Joe	90	Valente, Nancy	20
Dix, Michael.....	333	Gibbs, Tamara	86	Volkman, Sue	20
Litzenberg, Jill.....	317	Watson, Wendy	79	Katzfey, David	16
Peterson, Pat.....	302	Perkins, Randy.....	69	Katzfey, Delvina.....	16
Klein, Robert.....	299	Moranski, Erica.....	66		
Rutkowski, Ron.....	287	Lalor, Tierney	65		
Beachkofski, Clare	286	Nelson, Tom	64		
Perkins, Tom.....	281	Orosa, Jojo.....	64		
Constantine, Darwin	243	Philbert, Jean.....	63		
Schwabe, MaryJo	235	Labinski, Mary	62		
Burton, Becky	225	Johnson, Kathy	59		
McChain, Betsy	224	Zalewski, Mark	57		
McAvoy, Tom	214	Krueger, Gil	55		
Prestine, Jodie	212	Krueger, Nancy.....	55		
Paulson, Don	198	McCarty, Elaine	50		
Freischmidt, Lance	195	Sharpless, Philip	50		
Michalets, Ellen.....	194	Benz, Eric.....	46		
Borchardt, Jeff.....	178	Gannon, Dan	43		
Ellington, Pauline	173	Gannon, Sandra	43		
Peterson, Beth	173	Connors, Dennis.....	37		
Blakely, Chuck	171	Brantman, Michael.....	36		
Zellner, John.....	165	Craig, Michael	33		
Mitton, Steve	163	Lentzke, Phil	33		
Hogan, Helen.....	152	Lewis, Paul.....	33		
Ziegler, Megan	150	Polk, Bob	33		
Mitton, Sandy.....	144	Richardson, Ann	32		

Bay View Bicycle Club

Ride Schedule for June 14, 2014 - July 31, 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.

Jun 14, 2014- Parkside - 25, 47 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.

Jun 14, 2014- Tour de Cure - 16, 31, 62 miles

Annual American Diabetes Association ride (registration fee and fund-raising required). - See website for more information: <http://main.diabetes.org/site/TR>

Jun 15, 2014- LaGrange - Southern Kettle Moraine - 23, 49 miles

Scenic ride through Southern Kettle Moraine. - 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.

Jun 21, 2014- Past Presidents Day Ride and Picnic - 28, 47 miles

Ride open to all/Picnic for members only. Bring dish to pass or \$10. Start times are 8:00 am and 9:00 am. Rural ride going through Muskego, New Berlin and Windlake. - 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.

Jun 22, 2014- Ottawa Lake - 29, 41 miles

Scenic ride through Southern Kettle Moraine State Forest. - 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 28, 2014- Menomonee Falls/Neosho - 29, 49, 59 miles

Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots. - Starts at Village Park in Menomonee Falls. Take I-94 west to US 45. North on 45 to Appleton Ave. Northwest on Appleton Ave to Garfield Dr. (across from bank in downtown). Left on Garfield Dr. to Village Park on left. Approximate drive time: 20 minutes from Zoo.

Jun 29, 2014- 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. - New Starting Location: I-94 west (Exit 259 - Lake Mills), south on Hwy 89 approximately 2 miles, right on Sandy Beach Road. Park in Rotary Park lot, approximately .2 miles (enter at west end).

Jul 4, 2014- 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.

Jul 5, 2014- Three Trails West - 15, 24, 26, 39 miles

Ride Glacial Drumlin, Cushing Park, and Lake Country trails to Oconomowoc. Trail Pass required. - Start at Fox River Sanctuary in Waukesha at W College Avenue and N Prairie Dr.

Jul 6, 2014- Urban FIXX - 16, 23, 34 miles

Urban ride in traffic through St Francis, Milwaukee and South Milwaukee. - Ride starts at FIXX Coffee House (3558 E Sivyver Ave) in St Francis. Take Oklahoma east to Superior St / Lake Dr; drive south to Packard Ave; stay south to Sivyver Ave. Turn right to the coffee house. If you miss Packard, turn right on Howard then right on Packard. Park on Howard (the coffee shop has a small parking lot; save the spaces for the customers).

Jul 12, 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.

Jul 13, 2014- Delafield Lake Country - 20, 39, 54 miles

Scenic ride through lake country around Delafield, long route passes near Holy Hill, Pike Lake and Hartford. - Starts at Cushing Park. I-94 west to County C (Delafield), left (north) on C 0.4 miles to Main St. Left (west) on Main St. 1/2 mile to Cushing Park Rd. (by Kurts Steak House), right on Cushing Park Rd. 1/5 mile to parking lot just across bridge. Approximate drive time: 25 minutes from Zoo.

Jul 19, 2014- 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.

Jul 20, 2014- 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