

Pedal Power

Bay View Bicycle Club (BVBC) Newsletter

www.bayviewbikeclub.org

July 2014

Next Board Meeting:

Next Newsletter Deadline:
Friday, August 19, 2014

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July Meeting

Beulah Brinton Community Center
2555 S Bay St
Bay View
Monday, July 21, 2014, 7:00 pm

the Prez sez

Speaker: No Speaker, Just Ice Cream ☺

July has arrived and we are in the final weeks of preparation for the 2014 Lake Country Classic. Thank you to all who have volunteered your time and energy in the months leading up to the Classic and those who have volunteered to help on the day of the Classic. With that being said, don't think it is too late to help out. We still could use more help on the day of the event, especially at rest stops, but also a couple SAG support assistants and a few more sentries. If you can help, contact Linda Roessl (roessll@hotmail.com or 414-764-2513) and she can set you up. We also need a few more people to bake treats for the Classic rest stops. Just divide up your baked treats into 3 disposable containers and either drop them off at a designated member's house or bring them to the church the morning of the ride. The riders love your homemade treats. Don't forget, the July meeting is also our annual ice cream social. After all the Classic talk, hang around to socialize and indulge in an ice cream sundae. See you on a ride,
Rich

the Veep speaks

Ice Cream Social

Our July (21st at 7pm) general membership meeting will include the annual ice cream social. Come have a scoop or two with all the fixings!

Coalition Picnic

The CCC, SCS, and BVBC coalition picnic hosted by BVBC this year will be on Sunday August 3 at Heg Memorial Park (South Shelter), from 7:30 – 4pm at 6300 Heg Park Rd. Wind Lake, WI 53185. There will be three rides:

8:00 Am – 50 mile

9:00 Am – 33 mile

9:30 Am – 23 mile

Bring a dish to pass or \$10.00. BVBC will provide plates, utensils, soda, water, traditional sloppy joes and “vegan lentil sloppy joes” as well as a meat dish and buns. Alcohol is not allowed in the park. Looking forward to seeing all of you and mixing with sister clubs.

BVBC AT SAGBRAW

By Linda Roessl

There are a few Bay View Bicycle Club (BVBC) members attending SAGBRAW 2014. If you are planning to ride in this tour bring your BVBC jersey or a t-shirt, so we can show our support for our bike club. Feel free to contact me as I will be collecting names just in case you are wondering who will be there and if folks are willing to carpool to Jefferson.

Social Events

27, 42 or 52 miles BIKE RIDE AND PICNIC WATERTOWN TO LAKE MILLS

Saturday, AUGUST 16, 2013

Ride Starts at 9:00 am

Arrive by 8:45 am

Joint event with the Nordic Ski Club. Rides are rolling terrain with level sections. Ride through scenic farm country west and southwest from Watertown. Short route has a rest stop at 14 miles at the River Bend Resort on the Crawfish River. Longer routes go west toward Waterloo and then southeasterly toward Lake Mills. Longer routes

have a rest stop at 27 miles at Crawfish Junction Tavern & Restaurant in Milford.

Start at Lalor house at 1425 Country Club Lane, Watertown. Take I94 West to STH 26 North, right turn from off-ramp toward Watertown. Near Watertown, stay on the **new** STH 26 bypass, do not take Business 26 into Watertown. Exit STH 16 East. Turn left (north) on Water Street (at sign for Watertown Country Club), right (east) on Silver Creek Road, left (north) on Country Club Ln. to light tan ranch on right (east) side of street. Park on the east side of the road only (park on pavement). Approximate drive time: one hour from Zoo Interchange. Picnic after the ride at the Lalor's. Meat, soda, and water provided. Bring dish to pass and a lawn chair. RSVP by 8 pm Thursday August 14th to Tierney Lalor at (920) 261-6608, or tlalor1425@charter.net.

Scavenger Hunt

Bicycle Scavenger Hunt Results

On June 8th 14 members of the Bay View Bike Club and Milwaukee Nordic Ski club participated in Mike's Bicycle Scavenger Hunt. This was my 4th version of this activity. It was great fun for everyone. As usual, I may gotten carried away and made it a bit too difficult. 4 teams participated and we ended up having a 3 way tie for first. The name of the game is to find and take a picture of an object or item along the trail based on the clues provided. There were 32 things to find. A few items were found by all teams—a lot of things nobody found. Here's an



example:

The clue is “(Blank) and Bob Will’s Music”. The answer of course is Lone Star Beer.

A few teams figured this one out. The easiest was “a Canadian” The most possible correct answer being a Canada goose. Perhaps the most difficult was “Roland Kaminski’s Work Gloves”. Nobody found

them—but they’re in Ziedler Park.

Here are the official results, I apologize if I’ve omitted anyone or spelled your name wrong.

Tied for first place, three teams:

12 items, finished on time Dennis and Mary Labinski, Sheryl Tersen.

13 items, 1 point late penalty Ron Santoro, Deb Tuckwood, Joe Soriano and Mary Jo Schwabe

13 items, 1 point penalty Nancy and Gil Kreuger, Dave and Delvina Katzfey.

2nd place:

9 items Clare Beachkofski, Dennis Drake, and Pat

Pear and Craisin Salad

½ Cup pecans

2 TB. Cinnamon Sugar

10 Cups assorted greens, chopped

4 pears, cored and sliced or cubed (not peeled)

¼ lb crumbled goat cheese or blue cheese

½ - 1 10 oz bag of craisins (about 2 cups – use the whole bag if you are a “craisin fanatic”)

Put the nuts in a skillet and sprinkle with Cinnamon Sugar. Cook over medium heat, stirring constantly, until the sugar starts seeping and melting into a liquid, which will then coat the nuts. When they look coated remove from the heat. Put the nuts on a plate and let cool. (Put some water in your skillet and let it soak before cleaning it. That will make cleaning the skillet a snap later on. Starting with a nonstick pan helps, too.) While the nuts cool, combine the greens, pears blue cheese and craisins, in a serving bowl and toss to combine. Sprinkle with the nuts, toss again and serve with your favorite dressing.

Prep time: 10 minutes

Cooking time: 5 minutes for the nuts

Serves 12-14

Classic Report

Lake Country Classic 2014

By Linda Roessl

We are approaching the day of the Classic on Saturday, July 26th and there is excitement in the air. Per Diane, our registration numbers are looking good and weather will determine our level of success. If you are available on the day of the event, come to the church by 7:00AM. I will find something to do for everyone who cares to volunteer. We will dress you in the coveted 2014 t-shirt designed by club member Scott Siebers. Bring some homemade goodies along with you for one of the three rest stops on the routes. Bring your sense of humor, a positive outlook and wishes for good weather and enjoy the camaraderie with the riders and other club members.

I appreciate any assistance from members who can contribute to making this event a success.

Last Month's Meeting Minutes

6/16/14 BVBC General Membership Meeting

Held at Summit Place due to maintenance issues at Beulah Brinton

I Reports

Treasurer: June 1st balance was 8414.66, balance to date: 9059.13

Social chair: Scavenger hunt was a success. Please e-mail Andy Sikorski with any ideas for upcoming social activities.

Vice president: Next meeting will be back at Beulah Brinton (we will confirm that location is really available closer to date). Next meeting is the ice cream social.

Ride Chair:

-This Saturday's ride is the Past President's Picnic. Tom S. will be grilling. Please RSVP to Joe F. Sign-up sheet was also passed around for potluck.

-Urban Fixx is Sunday July 6th. The fix coffee shop is no longer at this location (there is a new coffee shop). We will still meet at the same location.

-There will be an informal show and go every Tuesday at 6pm leaving from the Fox River Sanctuary in Waukesha. Routes will vary. Trail pass required for glacial drumlin trail.

-The Lake Mills ride meeting point is close to a sandy swimming beach with a pub close by. Feel free to bring your swimming suits and relax after the ride.

-Ride leaders are needed for upcoming rides. Two ride leaders are needed for the Classic Preview.

II Classic:

We reviewed the volunteer sign-up sheet. We still need markers and sag drivers. Volunteers are still needed to provide baked goods. Current committee chairs gave reports.

-Diane R. (registration chair) reported that we are ahead of last year in number of people pre-registered.

-Tom P. (sag drivers and Sentries) is still in need of several more sag support members and sentries.

-Scott S. has completed the T-shirt design. He will be placing the T-shirt orders this year. He still needs: list of sponsors, number of volunteer and rider shirts to order.

-We still need volunteers to distribute T-shirts early in the day. Becky B. advised that Sag drivers could probably sell T-shirts during the first hour of registration.

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.

On the Road

LaGrange Southern Kettle is scheduled for July 27. Didn't we just ride that? Yes, but this is a New Route! Well, it's the same as the old one only different. We reversed it, sort of. Both of the LaGrange rides have a southern and northern loop. We always ride the southern loop first, return to the parking lot, and the people doing the long ride keep going and do the northern loop. This time we are doing the northern loop first. This means instead of the routes being 23 and 48 miles, they are going to be 30 and 48. And if you generally do the short routes, you will get to see some new scenery. I may even try a new sandwich at the general store—but only if they are out of smoked fish.

New route! No Really!! Big Foot Prairie is scheduled for August 2 in my hometown Walworth WI. It is a bit of a drive, one hour from the zoo, but a nice route with a combination of rolling hills (nothing scary—sorry Dean) and flat prairie. There is a rest stop in Sharon WI where there is an ice cream parlor. After the ride stay for Walworth's annual Corn and Brat festival in the village square. On the way home stop at Pearce's vegetable stand. I have never had better sweet corn.

Parkside is scheduled for August 23. By popular demand we have added a 34 mile option to the route. Route lengths are 25, 34, and 47. By the way, last time we rode everyone agreed the drive to get there was not as long as we thought it was going to be. So don't let that deter you. (Tom Perkins this means you!).

Holland Festival ride is scheduled for August 17. Unfortunately the actual Holland Festival is

scheduled for July 26. (The day we had to schedule the Classic). Thought I better remind you so you don't ride into Cedar Grove looking for a freshly made glockenschpeckle or whatever you call those doughnut things. But hey, it's still a pretty ride.

If you have been a ride leader this year you may wonder why your rider points aren't as high as they should be, or may have possibly decreased. It seems there was a glitch in the Ride Chair Application that was awarding ride leaders double the miles in rider points instead of the 10 mile bonus they are supposed to get. Glitch is a technical term used in my industry that comes in handy when there has been a major problem that impacts our customers. Particularly when the problem has been caused by some bonehead employee screwing something up. We tell the customer there was a "glitch" in the computer system. It's easier all around.

As I was saying, there was a "glitch" in the Ride Chair Application. Fortunately your ever vigilant Ride Chair got right on the case as soon as someone pointed it out to me. All rider points have been corrected year to date and the boneheaded ...er... "glitch" has been fixed. That is my story and I am sticking to it.

Seen on a recent ride. If you were not on the River Hills ride (we had 31 riders) you missed a rare cycling moment. Susie Thaller actually passed Ron Santoro toward the end of the ride. (On her bike, not in her car). I was a witness. Did I say "passed?" She smoked him! I think Ron blamed his bike. I am sure he will be happy to explain it if you ask.

The Past Presidents Picnic ride set a club record for attendance! We had 41 riders. Our previous high was 40. Ridership is up this year. I will have more details and other fun facts next month after I get the outstanding signup sheets entered. Note to ride leaders—please remember to get the ride packets back to me—preferably by sticking them in my face right before the ride starts because I can't seem to remember to ask for them. If I am not on the ride please contact me by email so we can make other arrangements.

I think that is everything for this month. And remember, it's not a glitch unless someone notices and you have to explain what happened.

And let's have fun out there!

Joe Fischer
Ride Chair

Bay View Bicycle Club

Ride Statistics for April 8, 2013 - June 23, 2013

Rides Ridden	31
Total Riders	495
Members	97
Non-Members	43
Average per Ride (rounded)	16
Total Miles Ridden	17,212

Bay View Bicycle Club

Ride Statistics for April 12, 2014 - June 22, 2014

Rides Ridden	32
Total Riders	542
Members.....	100
Non-Members.....	67
Average per Ride (rounded)	17
Total Miles Ridden	17,595

How To Pedal Better. Spin, Don't Push

Reprinted from The Over 40 cyclist

By Rebecca Ramsay

Beginners push, pros spin. How to spin your way to improving your cycling

Did you know there's a technique to pedaling a bike?

Learning to pedal 'correctly' is a learned skill that when perfected can make you a faster and more efficient cyclist. As you probably have noticed, the professional riders in the Tour de France all pedal with a high cadence! There IS no professional rider out there who does big gear mashing with a slow cadence.

Indeed, in sportives as well as in cycle racing, remaining 'efficient' by conserving energy is absolutely key to cycling success. In fact, when I started out cycling I used to push a big gear all the time thinking I wasn't able to increase my cadence – it just didn't feel natural to me. It was only when I started cycle racing on the continent that I was 'told' over and over again to 'spin, spin, spin'!

But WHY learn to 'spin'?

Spinning means turning the pedals over 'quickly' – from about 80-100rpm (revs per minute) for flat cycling, and about 70-90rpm in the hills. Obviously this varies markedly between individuals depending on training, experience and adaptability. But one thing is for sure – the higher up the cycling ranks you go, the more pedaling efficiency plays a part in cycling success.

The idea behind spinning is that you conserve energy by pushing a much smaller force to the pedals whilst turning them over quickly. This contrasts 'mashing' whereby you push a bigger force down on the pedals, but the pedals go round slower. Even though a big gear and slow cadence feels intuitive in the beginning, it becomes 'tiring' once we try to go any good distance on the bike.

When trained, you can also *gain more power* by pedaling a lighter force but spinning that gear consistently over a period of time. Again, you only have to look at the top time trialers in the world to see this demonstrated. If you count the cadence of the top 5-10 world time trialists, the cadence is between 110-120 rpm – that’s phenomenal – specially when the gear size is huge too! Remember, there is a reason WHY the pros ‘spin’ the way they do in endurance events and it all comes down to that little word ‘efficiency’. In all your cycling you ever do, you should continually be seeking ways to be more efficient – and pedaling is just one important facet that makes up ‘cycling efficiency’ as a whole.

But I’m not suggesting you simply jump on your bike and pedal like a pro straight out! The thing is, it takes YEARS to learn to pedal like this to make it ‘intuitive’. Pedaling is NOT a natural thing (as you may well know) and it therefore takes time and discipline to train....but then the payoff is great.

Here’s some tips on how to get started cadence training:

1. One of the best investments you can make is to buy a cadence sensor. These can either be an ‘add on’ you buy with your heart rate monitor, or you might be lucky enough to have this integrated already with your speedometer. Either way, cadence monitoring is key during your training AND during sportives.
2. Ideally, you need to use the clipless pedal system and learn to “pedal in circles not squares”. This is important towards being able to increase your cadence on the bike smoothly. *Cycling smoothly in circles AND cycling with good cadence go hand in hand.* I’ve now written an article uniquely on this aspect of pedalling in circles:
3. A good place to start cadence training IS on a turbo trainer and do a set of light intervals. No this isn’t hard work – it’s simply a controlled training for your brain to learn to ‘spin faster’. The training is almost immediately adaptable to the road, simply because you adapt quicker to ‘neuron pathway training’ than specific muscular training...[Pedal Technique: Pedal in Circles NOT Squares!](#)
If you don’t have a turbo, then simply do this training on a quiet road where you can concentrate:

- Warm up for 20 minutes.
- Find your natural cadence ‘starting point’ by riding for 5 minutes consistently in an easy gear you might ride on the flat. Find roughly your ‘average’ cadence for those 5 minutes. This is your BASE cadence we need to work from. For example’s sake, let’s say it’s 70rpm.
- Now up the cadence for 5 minutes and try to hold between 75-80rpm – you’re looking to feel out of your comfort zone, but not so much you have to back down the cadence. Keep this on the same light gear as ‘a’.
- Recover for 1 minute back down to normal pedalling cadence – whatever feels easy.
- Repeat this 5 minutes x 5, so you accrue 25 minutes of this exercise. You can do this once or twice a week depending on your time...or integrate it into a long bike ride. ***The point is, you want to be able to measure your improvements, so (if you can) alternate between the turbo trainer and the road and note everything down from session to session.

To progress the workout: you should find you adapt quickly right from the first

Bayview Bicycle Club

Rider Points for October 1, 2013 - June 22, 2014

Soriano, Joseph	1,099	Wojtal, Prati	191	Krueger, Nancy.....	55
Siebers, Scott.....	1,037	Fishman, Steve	189	Richardson, Ann	55
Roessl, Linda.....	1,016	Mitton, Steve	188	Sharpless, Philip	50
Schmidt, Jeff.....	982	Ziegler, Megan	173	Remlinger, George	45
Fischer, Joe.....	910	Mitton, Sandy.....	169	Connors, Dennis.....	37
Temple, Rich.....	835	Sericati, Tom	169	Craig, Michael	33
Sikorski, Andy	793	Orosa, Jojo.....	163	Lentzke, Phil	33
Mowery, Dean.....	692	McNaughton, Jamison	160	Lewis, Paul.....	33
Santoro, Ron	676	Gibbs, Tamara	157	Stachowiak Sr, Keith.....	32
Tuckwood, Debra	645	Kelly, Kent	156	Labinski, Dennis	30
Ziegler, Suzanne	645	Hogan, Helen.....	152	Krall, Dan	28
Smiley, Michael	575	Martinez, Andy.....	146	Mikolic, Teri.....	28
Ziegler, Joel	523	Dames, William	138	Schaubel, Jeff	28
Thaller, Susan	519	Crown, Ron.....	132	Litzenberg, Erica.....	25
Dix, Michael.....	447	Tallberg, Janet.....	123	Walbon, James	25
Burton, Becky	436	Shields, Colleen	119	Cahoon, Michelle	23
Klein, Robert.....	428	McCarty, Elaine	116	Smiley, Wendy	23
Litzenberg, Jill.....	413	Gannon, Dan	112	Earle, Sandy.....	22
Henn, Milton	403	Gannon, Sandra	112	Robinson, Dennis	21
Perkins, Tom.....	398	Perkins, Randy.....	109	Bivens, Bob.....	20
Beachkofski, Clare	385	Valente, Nancy	107	Bivens, Katie.....	20
Peterson, Pat.....	376	Lalor, Tierney	106	Roy, Sharon	20
Schwabe, MaryJo	360	Gresl, Lois.....	102	Volkman, Sue	20
Rutkowski, Ron.....	351	Nelson, Tom	92	Katzfey, David	16
Michalets, Ellen	291	Bauknecht, Joe	90	Katzfey, Delvina.....	16
McAvoy, Tom	279	Knepper, Dick	89		
Zellner, John.....	271	Krueger, Gil	83		
Constantine, Darwin	263	Watson, Wendy	79		
Ellington, Pauline	263	Benz, Eric.....	74		
Moranski, Erica.....	254	Matson, Kevin	72		
Peterson, Beth	247	Brantman, Michael.....	64		
Templin, Tod	231	Philbert, Jean.....	63		
Schwabe, John.....	230	Rosenberg, Diane	63		
Borchardt, Jeff.....	225	Labinski, Mary	62		
McChain, Betsy	224	Polk, Bob	61		
Prestine, Jodie	212	White, Becky	60		
Blakely, Chuck	199	Johnson, Kathy	59		
Paulson, Don	198	Zalewski, Mark	57		
Freischmidt, Lance	195	Hofstetter, Kim.....	56		
Wojtal, Norm.....	191	Lewis, Lois	56		

Bay View Bicycle Club

Ride Schedule for July 19, 2014 - August 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.

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 the road. Park in the northeast corner of the upper parking lot.

Jul 26, 2014- BVBC Lake Country Classic - 15, 25, 45, 65, 100 miles

Bay View Bicycle Club fund raiser ride through Lake Country Waukesha & Jefferson Counties - 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 the road. Park in the northeast corner of the upper parking lot.

Jul 27, 2014- LaGrange - Southern Kettle Moraine - 30, 48 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.

Aug 2, 2014- Big Foot Prairie - 23, 35, 55 miles

Ride through rolling hills south of Delavan Lake then across prairie through farm country. Rest stop in Sharon WI visit old fashioned ice cream shoppe. Stay after for the annual Walworth Corn and Brat Festival. - Take I43 south to Elkhorn. Exit Hwy 67. Turn left (south). Follow Hwy 67 south through Williams Bay and Fontana into Walworth. Turn right at stop sign go one block, turn left on Reed St about 4 blocks. Starts in high school parking lot.

Aug 3, 2014- Coalition Picnic - 23, 33, 50 miles

Club members from BVBC, Cream City and Spring City only. Bring dish to pass or \$10. - Starts at Heg Park. The start times are 7:30am, 8:00am, and 9am. Take WI 36 (Loomis Rd) south towards Wind Lake. Heg park is approximately 1 mile past Wind Lake, watch for signs on the right.

Aug 9, 2014- 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.

Aug 10, 2014- 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.

Aug 16, 2014- Tierneys Picnic Ride - 27, 42, 52 miles

Ride from Watertown to Lake Mills. Members only - bring a dish to pass. Bring a lawn chair and BYOB (soda provided). RSVP to Tierney by Thursday prior to ride (920 261-6608). - Directions to Lalor house at 1425 Country Club Lane, Watertown. Take I94 West to STH 26 North, right turn from off-ramp toward Watertown. Near Watertown, stay on the new STH 26 bypass, do not take Business 26 into Watertown. Exit STH 16 East. Turn left (north) on Water Street (at sign for Watertown Country Club), right (east) on Silver Creek Road, left (north) on Country Club Ln. to light tan ranch on right (east) side of street. Park on the east side of the road only (park on pavement). Approximate drive time: one hour from Zoo Interchange.

Aug 17, 2014- Holland Festival - 27, 43, 57 miles

Ride along Lake Michigan to Cedar Grove and back. Staggered start. - The long routes start at 9:00 am; short route starts at 10:00. All routes start from and end at the park-and-ride lot across from Allen Edmonds in Port Washington. All routes return along the Interurban. Drive I-43 north and take Exit 100. Turn right (south) to first stop light (gas stations on two corners for a restroom break). Turn left (east) and look for the park-and-ride on the left (north) side of the street.

Aug 23, 2014- Parkside - 25, 34, 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.

Aug 24, 2014- Cream City Century - 32, 55, 69 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

Aug 30, 2014- Lake Mills Triangle - 29, 41, 55 miles