

Pedal Power

Bay View Bicycle Club (BVBC) Newsletter

www.bayviewbikeclub.org

April, 2016

Next Board Meeting: Tuesday, Apr
12, 2016

May newsletter deadline: May 5,
2016

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Next member meeting

Beulah Brinton Community Center

2555 S. Bay Street, Bay View

Monday, April 18, 7:00 pm

Speaker: Mark Lydecker from Sports Medicine Center at
Froedtert. Also come try on samples for our new &
updated BVBC Kits.

The Prez Sez

While it may not seem like it quite yet, the 2016 ride season has begun. Admittedly, it hasn't been the smoothest of beginnings; our first ride on April 2nd had to be cancelled due to snow. Go figure, almost no snow all winter, and when it's finally biking time.....A group of hardy club members did have better luck on Sunday though, when despite cool temperatures and hurricane force winds, they completed a trek from Veteran's Park to Brown Deer Park following the Oak Leaf Trail.

What will the rest of the new season bring? Will this be the year you ride your first century or maybe go on your first multiday bike tour? Maybe you would like to do more club rides, try riding to work or just ride more to relax after a hard day at work. Perhaps this is the year you finally master changing a flat tire. Whatever your goals, remember your friends at the BVBC are a great resource.

Hope to see you at our April meeting and even better, out on a ride,

Rich

On the Road

There is not much to report this month. Our first weekend of riding went about as smoothly as a train wreck. You may recall we first switched our Saturday and Sunday rides in order to work around a run at the lake front on Saturday only to learn that our plan B conflicted with yet another run in Waukesha. There was THIRD run held in South Shore Park that day so they had us surrounded. I thought about riding east into Lake Michigan but figured there was probably a triathlon swim scheduled out there.

As it turned out the weather made all of that a moot point. I don't need to tell any of you about our crazy weather either. As I write this I am looking out at what remains of the 2 inches of partly cloudy that fell on my deck last night. I have accumulated a fair amount of gear for cold weather riding, but that does not include a snow plow for my bike. I wonder if they sell those at the Expo?

I know some of our members took up a challenge to ride their bikes every day in April and I have seen photographic evidence they are persevering. Keep up the good work! Personally I took up the challenge to eliminate broccoli and cauliflower from my diet and so far so good.

And speaking of amazing things, I do not have any changes to the upcoming ride schedule to announce. There. Now I jinxed it.

About the upcoming ride schedule. You will see **Delafield Lake Country** scheduled for Memorial Day weekend. Do not worry, last year's civil war re-enactment in Cushing Park was part of a one-time rededication ceremony honoring the park's name sake 1st Lt. Alonzo Cushing who was awarded the medal of honor in 2015 for his service in the Civil War. Look him up. His service is more than deserving, but the details of his death commanding a gun battery at Gettysburg is not for the faint of heart.

You will also see **Big Foot Prairie** on the schedule for May 14. This is not a misprint. We will be riding this route again in August when we can enjoy the corn and bratwurst after the ride.

We will also be riding the new and improved **East Troy Trolley Dodger** on April 30. Andy has made some changes to the route and I thought I would help him out a little by scheduling the route on a day that will not be 95 degrees. But after this week I am not so sure my plan will work.

And remember, just because you don't have anything to write about.....it doesn't mean you can't submit an article for the newsletter (see above).

And let's have fun out there!

Joe

From the Veep

A recent series of radio commercials for American Family Insurance features people who, in one way or another, followed their dreams. In the one where the guy drove his car through all 48 contiguous states in the U.S., he credits his sense of adventure to his mom, who 'read me maps the way other moms read story books'. While my scenario is a bit different from that, I do credit my mom with instilling in me an appreciation for road trips and maps (you know, those old fashioned foldy paper things that used to sit in your glove compartment along with extra fast food napkins and the non-working tire gauge). Don't worry, this isn't going to be an autobiographical dissertation, I just wanted to give you a brief background for the BVBC topics that follow.

Last year, Joe was kind enough to include on the calendar a route that I had created in East Troy. Rich accused me of keeping it 'super secret' because of how long I talked about it before it was finished (it's nice when your friends help you find euphemisms for character flaws like laziness). I'm glad he said those nice things BEFORE the ride (let's just say that he was one of several people who politely observed that the route may have had a few 'gently rolling elevation changes'). Either way, watch for the new and improved (but still hilly) Trolley Dodge 2.0 and a new Mukwonago route scheduled in the coming months (who can help suggest an 'Elegant' name for the latter?).

The point is, I really enjoy creating and exploring new routes, and I'm especially interested in trying to fill in the 'white space' on the map of Southeastern Wisconsin. If anyone has any ideas for specific routes, areas or roads that they feel would be an enjoyable addition to our catalog of routes, feel free to drop me a line with your suggestion. I'll investigate it and work with Joe to determine whether it's feasible and safe, and if so, create a route for it. Of course, since the ride schedule never changes once it's published, we probably won't see it on the calendar until an upcoming season.

The second topic, while related to the first, is a new tool that we have been investigating, and for which I am personally excited because of the potential it has to enhance our experiences in riding with the club. I'm talking about Ride With GPS (www.ridewithgps.com) and the corresponding app for mobile devices.

Ride With GPS consists of an online mapping tool which, after overcoming the initial learning curve, I've become quite comfortable with. However, the really cool feature is the ability to download a route from the online database so that your mobile device can provide turn-by-turn guidance. Don't worry, cue sheets aren't going away anytime soon, but this tool offers significant advantages when it comes to having to make late changes to a route due to construction or special events. However, having said that, I also learned firsthand of a significant advantage that Ride with GPS provides over cue sheets.

Another route under development starts in Elm Grove. I started investigating it when, on a recent drive heading north from the area, I was surprised at how far I could get using, almost exclusively, really nice residential streets (with a minimal number of stop signs). The only problem I've identified with the resulting route to Menomonee Falls and then Sussex (via the Bugline) is that there are a total of 74 cues in 35 miles (!). I created the frickin' thing, but without the voice prompts, my test ride might've started in Elm Grove, but would've ended somewhere near Dundee.

Having said all that, Joe and I are looking for a handful of guinea pigs who are willing to help test Ride With GPS as we figure out the best way to roll it out to the entire club. There are a lot of items that we need to determine, such as: the process for establishing login credentials, how to keep routes visible only to current BVBC members, how to ensure that only the most current version of the route is accessible, etc.

Between us, Joe and I have all of the routes from now to Memorial Day uploaded into a private area of the club database. If you're reasonably tech savvy, plan to show up for at least a handful of rides in April and May, and are willing to provide your feedback (compliments come to me, 'constructive' feedback goes to Joe), please contact me and I'll help you get set up.

Andy

Membership Notes

The 2016 ride season is underway. If you have not turned in a new application yet, please do so soon. We will be creating the Club Directory for distribution in June, so we'd like to have all active members renew by May. As usual, you can either send it to the club PO Box, or bring it to a ride or club meeting. For those of you who have renewed, I will have your new membership cards for you at club meetings, and on any club rides that I do.

If you do not plan to renew your membership, I'd appreciate it if you could let me know so that I can remove you from this year's roster.

In the past month, we have had three new members join - Maria Patterson, Sharon Stephens and Chris Wodke. Please welcome them to the club.

Mike
Membership Chair

BVBC Gear (Kits)!!

Come to the April club meeting to see the design and try on samples

We will be offering new club gear (jersey, jacket, shorts, socks) this year. Please note there is a very short time frame to order. We will be presenting them at the April Club meeting. There will be samples available to try on for sizing: April 18 (meeting), 23 (club ride), 30 (club ride). We will be emailing out the information and details for the online store to place your order. You will NOT be able to place any orders after Monday, May 2 as the store will "close" the start of Tuesday, May 3 for all of our orders to be processed. It will take approximately 6-8 weeks to receive your gear, hence the short window to order. For questions or arranging additional time for sizing contact Kimberley Zur at 262.370.8264.

Trek Factory Tour, Picnic and Ride

Friday, May 20th our club has been invited to Trek in Waterloo, WI for a factory tour. Following, you can use the locker facilities at Trek to change and then meet at Korth Park for a picnic lunch (bring your own). The park is on the west shore of Rock Lake in Lake Mills and has two entrances; W8282 Elm Point Road and W8930 Korth Lane. Both entrances are just off of County Highway S, on the West side of Lake Mills, WI. From there you can enjoy the afternoon by enjoying a beautiful 26 mile ride that Joe has graciously put together for us in the area. He is looking at potentially adding a longer route as well. We will meet at the Trek factory and be providing more details as we get closer to the event.

Kimberley

Tuesday Morning Rides – begin on May 3

Attention Tuesday morning riders and all other members. Do you have a favorite 20 mile or so ride you enjoy doing? The club is looking for some Tuesday morning rides that don't start at Beulah Brinton. The ride could start at your house or some park nearby or wherever. I am fine tuning a ride that will start at Holler Park just west of the airport. Rides can start from anywhere. Tuesday morning rides will start on May 3.

Jeff

Wheel & Sprocket Expo

The Expo seemed to be a great success once again this year!! Thanks to all club members who served as club ambassadors at our booth. At this time, we don't have a count of new members who signed up at the Expo. Elaine & I were excited to sign up 1 new member on Friday afternoon. I know that Mike Smiley and Chris Truskowski pulled in the lead that afternoon though with 4 new members!! Thanks also to those of you who shopped and bought new gear for the upcoming season from our sponsor Wheel and Sprocket & to Bob Klein for doing a wonderful job of organizing the effort!

MaryJo

Tour de Cure – June 18

Ride Marshalls needed

Mark Sandler is once again very involved in this year's Tour de Cure ride that raises money for the American Diabetes Association. The ride takes place on Saturday, June 18th and starts in Grafton. Mark is looking for Ride Marshalls for all of the distances (100k, 75k, 50k, 25k & 5M) and is reaching out to club members to see if anyone is interested. Please respond to Mark via his email marktsand@aol.com or by phone 414-380-9818. He would like to have all the Marshalls in place at least a week before the ride, so contact him soon if you are interested.

BVBC Weekender in Northern WI

Come join us in Boulder Junction/Sayner/St Germain, WI area for a weekend of riding. Make your lodging plans now for May 27, 28 and 29th for camping or motel accommodations in Northern Wisconsin. We will provide routes ranging from 30 to 50 miles on paved roads and trails which have been mapped out with cue sheets. We normally plan a lunch stop on the route each day so bring lunch money or pack food in your cooler just in case the route passes by the motel where you are staying. Riding starts every day at 10:00am. For those starting the weekend early, there will be a Friday afternoon ride on the Bearskin State trail. It is packed granite and a trail pass is required.

On Saturday evening, a potluck dinner will be hosted at the Roessl's place located on Little Bearskin Lake where we can all gather, eat, socialize and relax. This is an easy 40 minute drive from Sayner; the address and map will be provided to all who care to attend. Please bring a dish to pass or \$10 per person. There will be food, beverages, and a couple of Golden Retrievers, Izzy and Roxy who enjoy meeting new people. We will provide boat rides around the lake to check out the eagles nest. If you have residual energy, there is a canoe and kayak on-site for your paddling pleasure.

Optional weekend activity; if you prefer to go fishing in exchange for riding, Tom can fit a total of three people in the boat.

Feel free to call (414) 764-2513 or contact me at roessl@hotmail.com for additional details or any questions you may have.

Linda

March Membership Meeting Notes

Bay View Bike Club 3/21/16 General Membership Meeting Minutes

- I. Meeting called to order by President Temple
- II. Minutes approved from 2/15/16 General Membership Meeting
- III. Treasurer's Report: Dean reported on our financial status
- IV. Membership Chair: Please remember to renew your membership. Mike Smiley, membership chair, will have membership forms at meetings and on rides. They can also be downloaded from the website

and mailed to our PO Box.

V. Vice President report: Cindy Petted from Wisconsin Women's Fund will be our speaker tonight. Please send any suggestions for speakers to Andy Sikorski.

VI. Newsletter: Mary Jo Schwabe thanked everyone for their submissions. Members are encouraged to send submissions to Mary Jo.

VII. Social Chair: Latest BVBC Game Night was at Steve and Sandy Mitton's. Please send any suggestions for social outings to social chair, Jill Litzenberg.

VII. Ride Chair: Joe Fischer posted a draft of this season's ride schedule. Current ride schedules are available on website and in newsletter. Ride packets were available at this meeting through June 4th. Ride leaders are needed.

- The Burlington Ride has been re-routed due to bridge repairs. Please note changes on cue sheet.

- Jeff S. is welcoming alternate starting points for Tuesday morning rides. We discussed having one Tuesday each month start from an alternate start-point. The rest will start from Beulah Brinton. It has not been decided yet which Tuesdays will have the different locations.

VIII. Non-club rides and social rides

- Friday May 20th, the club will tour the Trek factory in Sun Prairie, WI. Folks will meet up at the factory at 10 am. There will be a factory tour, picnic lunch and approximately 20 mile ride. Contact Kimberley Zur for more info and watch the newsletter and website.

- Linda Roessl is hosting a Memorial Day Biking Weekend in Northern Wisconsin. The ride will start in Boulder Junction and explore the Sayner and St Germaine areas. Contact Linda Roessl if you are interested.

- Bike Wisconsin is still in need of volunteers for their Bike Northwood's ride. Contact Eric or Kathy Schramm at info@bikewisconsin.com if you are interested in volunteering.

- Mary Jo Schwabe reported that the Door County Century is 9/11/2016. Now is the time to reserve accommodations. Club members will again be participating.

- Brochures and posters were available from the Best Dam Bike Tour and the Chocolate City Ride in Burlington.

- 3/22/16 will be the Bella Donna's Season kick-off at Fox Point Wheel and Sprocket. All female cyclists are welcome to attend.

IX. 2016 Wheel and Sprocket Bike Expo is April 7-10th. Bob Klein reported that volunteers are still needed for Sunday shifts. Please contact Bob Klein if available.

X. 2016 Club kits: The preliminary design is available for our new club kits. Jerseys, shorts, jackets and socks will be available. Sizing kits will be available at our April general membership meeting.

Tonight's Speaker: Cindy Petted from Wisconsin Women's Fund and Wisconsin Women's Cycling. She presented on her process of building these organizations and the upcoming Women's Century Ride & Bike Festival on July 29th thru 31st in Cedarburg. Details are available at www.WiWomen'sFund.org. Training ride information is available at GroupRides.com.

Newsletter

All club members are welcome to submit content to the Monthly Newsletter. If you come across something interesting to share, please feel free to send to MaryJo at newsletter@bayviewbikeclub.org. The deadline for the next newsletter is May 5, 2016.

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.

How to Get Rid of a Cramp, Fast

Try these three steps to help soothe the spasm

By Selene Yeager, bicycling.

Let's be clear: The best way to cure a cramp is to prevent a cramp. For most riders, that means not jumping into a race or hard ride way above your ability, as cramps are nearly always the unwelcome byproduct of working muscles beyond their current fitness and endurance level. But that does you no good when you're halfway up Death March Hilltop Road and you feel the unmistakable, painful pangs of muscles gone mad. Now what?

Pop a Tums. Your body uses calcium to maintain healthy muscle contraction. Tums, which contains a healthy dose of the mineral, has been a favorite product of long-distance cyclists for years. “Some people also swear by CrampEase, which is a combination of minerals—magnesium, potassium, calcium, and sodium—that help with muscle contraction,” says Stacy Sims, PhD, an exercise physiologist and nutritionist at Stanford University School of Medicine.

Reduce the workload. A cramp is essentially your muscles’ cry for help. Calm it down by backing off a bit and giving your body a breather. “Change your position on the saddle to recruit different muscles and reduce the load on the ones that are fatiguing,” says Sims, “and slow down.” Nobody wants to do that. But slowing is better than coming to a screeching halt.

Take a deep breath and stretch. If those clenching fibers just won’t calm down, you may need to stop, breathe, and stretch during your ride. Ease into it, so you don’t make matters worse. Take a deep breath and stretch, exhaling fully as you gently press through your muscles for a few seconds. Inhale as you release and repeat as needed.

(Compliments of Kent Kelly for sending to newsletter editor. Keep them coming!)

(This article was submitted by Kent Kelly and we will publish 1 of the 10 bicycles each month in this series). This is bike #2 in our series.

The 10 most beautiful bicycles of 2015



Wooden bike: Matteo Zugnoni's WooBi

****Country of origin:**** Italy

****Details:**** Wooden bikes are all the rage right now, with examples that range from [\\$90 balance bikes](#) made of plywood to [\\$70,000 art bikes](#) made of steam-bent beechwood. Presented in April during [Milan Design Week](#), Italian stylist Matteo Zugnoni's WooBi (a portmanteau of, well, you know) is one of the prettiest we've seen. The minimalist bike features frame pieces and a front fork made of solid wood, and a greaseless Gates belt drive in place of a traditional chain. When the WooBi goes on sale this summer, buyers will be able to select a wood species from a list that includes walnut, rosewood, ash, wenge and others, and pick the hue of the wheels and the Brooks leather handgrips and saddle. We think the prototype gets the colour combination just right. Nothing says "earth friendly" quite like a solid-wood bike with bright green rims.

****Price:**** \$7,700

(Credit: [Matteo Zugnoni](#))

Rider Points for October 1, 2015 – April 3, 2016

(All rides entered for these days)

Schmidt, Jeff.....	335	Crown, Ron.....	98
Mowery, Dean.....	303	Gietza, Catie	97
Siebers, Scott.....	233	Litzenberg, Jill.....	94
Dix, Michael.....	231	Aschenbrenner, Gary	92
Smiley, Michael	225	Thaller, Susan	83
Roessl, Linda.....	217	Peterson, Pat.....	70
Fischer, Joe.....	208	Schwabe, John.....	69
Sikorski, Andy.....	208	Burton, Becky	68
Ziegler, Suzanne	168	Fishman, Steve	68
Gast, Ted	153	Rosenberg, Diane	66
Schwabe, MaryJo	140	Templin, Tod	66
Soriano, Joseph	139	Zur, Kimberley.....	62
Blakely, Chuck	135	Klein, Robert.....	56
Temple, Rich.....	122	Martinez, Andy.....	51
Tuckwood, Debra	120	Gibbs, Tamara	49
Santoro, Ron	115	Orosa, Jojo.....	49
Lerand, Carol	114	Ellington, Pauline	46
Ziegler, Joel	110	Perkins, Randy.....	40
Lerand, Bill.....	109	Perkins, Tom.....	40
Monkey, Sock.....	109	Moranski, Erica.....	36
Hogan, Helen.....	107	Moranski, Jeffrey	36

Ziegler, Megan	36
Beachkofski, Clare	30
Constantine, Darwin	26
McChain, Betsy	26
Nelson, Tom	26
Tallberg, Janet	26
Braatz, Penny	24

Henn, Milton	24
Luetzow, Debbie	21
Matson, Kevin	21
Peterson, Beth	16
Truskowski, Chris	16
McNaughton, Jamison	15

Bay View Bicycle Club

Ride Schedule for April 16, 2016 – June 5, 2016

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

Tuesdays- Morning Rides (May - October) - 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 16, 2016- Urban FIXX - 16, 23, 34 miles

Urban ride in traffic through St Francis, Milwaukee and South Milwaukee. - Ride starts at Jacobs Well Cafe (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).

Apr 17, 2016- Bugline Trail - 27 miles

Waukesha County recreational trail, paved surface. Ride from Merton to Menomonee Falls and back. Easy ride. - Starts at Firemans Park, Merton. Take I94 to Exit 294, Hwy 164. Follow 164 north 4.8 miles to Lisbon Road (CR K). Turn left on Lisbon Rd, after 1.8 miles Lisbon Rd becomes Moraine Dr. Continue on Moraine Dr 2 more miles to Sussex Rd (CR V V). Turn left on Sussex Rd for .4 miles, then right on Main St (CR V V). Follow Main St. north .6 miles, Firemans Park is on the left side of the road.

Apr 23, 2016- Classic Mash Up - 26, 40 miles

Ride northwest of Oconomowoc and south to Dousman using the Classic route. Starts at Roosevelt Park in Oconomowoc. 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

Apr 24, 2016- Fiddlesticks - 34 miles

Easy ride through River Hills and Mequon. Formerly Chucks Lunch Ride. - Starts at Village Park in Thiensville. Take I-43 north to Mequon Rd. West on Mequon Rd (approximately 3 miles). Right on N. Cedarburg Rd/Main St. (approximately 1/2 mile). Right on Green Bay approximately 1 block, right on Elm to Village Park.

Apr 30, 2016- East Troy Trolley Dodger - 28, 38, 54 miles

Scenic ride around East Troy longer route extends to LaGrange. - Starts at East Troy High School, 3128 Graydon Ave, East Troy, WI. Take I43 south to exit 38, Hwy 20 West. Turn right (west) on Hwy 20/North St. Continue on Hwy 20 for 1.2 miles. Turn left on Beluah Ave, .4 miles, turn right on Graydon Ave, .4 miles to West St. School is on the NW corner of Graydon Ave and West St. 35 minutes from the zoo.

May 1, 2016- Burlington Roll - 23, 33, 50 miles

Easy ride between Wind Lake and Burlington. - Starts at Heg Park. Take WI 36 (Loomis Rd) south towards Wind Lake. Heg Park is approximately 1 mile past Wind Lake, watch for signs on the right.

May 7, 2016- LaGrange - Southern Kettle Moraine - 30, 48 miles

Scenic ride through Southern Kettle Moraine. - Starts from United Methodist Church N8548 County Road H, Whitewater, WI. Take I-43 southwest to East Troy. West on WI 20 to US 12. West on US 12 to LaGrange. Right on Highway H 200 yards, church is on the right. Approximate drive time: 40 minutes from Zoo.

May 8, 2016- 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.

May 14, 2016- Big Foot Prairie - 23, 35, 41, 53 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.

May 15, 2016- Greenfield Park SW - 28, 47 miles

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.

May 18, 2016- 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 all Wheel & Sprocket locations.

May 21, 2016- Cedarburg - 28, 34, 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.

May 22, 2016- Dousman Ride - 20, 37 miles

Very scenic rural ride around Dousman area with some rolling hills. - Starts at the Dousman village parking lot, 118 S. Main St in Dousman. Take I-94 west to WI 67 (Oconomowoc exit), south on WI 67 approximately 3.4 miles, right on US Hwy 18/Sunset Dr for .5 miles, turn left on Main St and go .8 miles. Park in the new village parking lot just south of the Drumlin bike trail. There are restroom facilities at the park. Drive time about 30 minutes from the Zoo.

May 28, 2016- 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.

May 29, 2016- 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 30, 2016- 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.

Jun 4, 2016- White River Trail - 21, 37 miles

Scenic ride west of Burlington through Lyons and Springfield via the White River State Trail - Starts at Echo Park in Burlington. Take US 45 south to Loomis Rd, turn right on Loomis Rd/WI 36 south for 17.6 miles. Stay to the right to exit on Milwaukee Ave. Continue 3.5 miles on Milwaukee Ave to Echo Park. 35 minutes from the zoo. State Trail pass required.

Jun 5, 2016- 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.