

PEDAL POWER

Bay View Bicycle Club

VOL 18 NO.8

www.bayviewbikeclub.org

August 2006

Celebrating Eighteen Years of Fun!



EXTRA! EXTRA!



**BAY VIEW BIKE CLUB
LAKE COUNTRY CLASSIC RIDE
POSTS A RECORD
APPLICANTS!**

400

**New lake country scenic area & added century ride
attracts bicyclists! Volunteers became a team!**

***Members seen celebrating and dancing to the
'Classic Cookie Monster Mash!'***

**As a representative of the Bay View Bike Club, I can
truthfully say:**

**"It's a great feeling to be part of history and tradition –
we've accomplished a major goal here! I'm
proud to be a member of such a dedicated and supportive team."**

Thank you, one and all!

Respectfully, Jimmy Mamayek, BVBC President



Members of the BVBC Board

President	Jimmy Mamayek grenbett@execpc.com 414-764-3676
Vice President	Dan Krall 414-321-5212 getinolder@yahoo.com
Secretary	Heidi Aponte 262-786-0351 aaponte1@wi.rr.com
Treasurer	Tom Simonson 262-752-9753 tomsimonson@sbcglobal.net
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Social Committee Chair	JoJo Orosa 414-940-2717 oscjoro@hotmail.com
Membership Chair	Pauline Ellington paulineellington@hotmail.com
Classic Chair	Sandra "Sam" White (w) 276-4970 sandraw@warshafsky.com
Newsletter Editor	Barb Pier bikenut07@sbcglobal.net

Standing Committees

Quartermaster	Jimmy Mamayek	414-764-3676
Web Master	Ron Santoro: bikerron@earthlink.net	453-8636
Nominating	Dick Knepper	744-5315
Nominating	Gil Krueger MRGGK@hotmail.com	262-797-8448

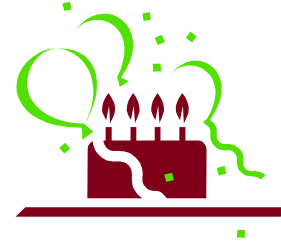
For up-to-the-minute information about rides, special events, and meetings

BVBC Hotline ■ ■ ■ ■ 299-0317

Hotline Manager: Phil Fellner:
fatdogbikes@yahoo.com

Club Meetings

Club meetings are held on the third Monday of each month at the Beulah Brinton Center, 2555 S. Bay St. All are welcome!



AUGUST BIRTHDAYS

Name	BirthDate
Ronald Leonhardt	August 3
Raechell Thout Rann	August 7
Jenny Peterson	August 19
Terry Salpeter	August 20
Norm Wojtal	August 20
Monica Downs	August 21
Bill Hepp	August 24
C. Russell Mathers	August 27
Susan Thaller	August 28
Curtis Olinger	August 29
Steven Woods	August 29

Membership Report

By Pauline Ellington

Current membership is 114, consisting of 111 adults and 3 kids.

The 2006 Roster is now ready. I will have them available at the meetings. If you are not able to attend a meeting, let me know and I can mail you a copy. My number is 920-387-4812 – email is paulineellington@hotmail.com
There were no new members this month.

Member Meeting Minutes

6/19/2006

By Heidi Aponte

Meeting opened at 7:10 pm

Susan Black from the Park System is the guest speaker and will talk about the bike trails.

If you have concerns or questions you can contact her at County Parks.com or Phone: 257-Park.

We had a short ice cream break.

Minutes from last month were called and seconded.

Classic Updates: The Preview ride will be more interesting this year. The roads will be marked the day before and please let Sam know if changes have to be made. Also, Sam pointed out that you can find food stops along the way and those were printed in the July Newsletter.

Ride Leaders needed.

Membership is at 114 members. The new rooster for 2006 is out.

Gil Krueger had a suggestion for the Board members to discuss. Non members come to the rides without helmets. Gil recommends having a few on hand to give to them. Also, on the sign up sheet it should read that "wearing a helmet is required" not "strongly recommended".

The meeting closed at 9:00pm.

BVBC VOLUNTEERS ROCK!

By Sam Gannon

A huge **THANK YOU** to the wonderful volunteers who helped make our 2006 Lake Country Classic Ride a success. We had a record number of registered riders - 400! Many of us heard glowing remarks from riders about our routes, rest stops, food, helpful volunteers, etc. that were very gratifying. Please indulge yourselves in at least a few minutes of self-satisfaction for having done such a great job. You deserve more than that, but most of you are too modest to admit it.

I am very pleased to know that we helped 400 people out there to enjoy the heart-healthy activity of bicycling. They had a beautiful summer day, wonderfully scenic routes and

terrific food to make it even more enjoyable. I wish you had all been at St. Paul's School at the end of the Ride to hear the comments of praise and gratitude from our Riders. Gil, Nancy, Tom, Barb, Nancy, Pauline, Clare, Tierney and others can share with you the remarks they heard. We were the lucky ones to be able to accept from the Riders the thanks that belong to all of you volunteers. Some of our new members really pitched in and helped. Bruce and Amy picked up and delivered bottled water to all of the Rest Stops, then helped out at a Rest Stop all day before returning the empties that evening. Sabrina was a terrific help as a new Sentry in the parking lot. John, Del, Francis, Jeff, Cory and Staci were outstanding Sentries as well. Our Rest Stop volunteers were all top-notch, as were those at Registration. A big Thank you to Tierney for overseeing things at the School. We are particularly grateful to our partners at St. Paul's School. Mike Papa and his crew were fantastic. They made the event a much more pleasant experience by graciously offering assistance whenever needed and by giving our Riders a delicious spaghetti dinner to top off their ride. Thank you to our route markers and to our club members who previewed the routes and offered suggestions. We had some superhero Ride Marshalls and SAG drivers too. Pauline's Rider and Volunteer t-shirts were "tres chic". Our Prez, Jimmy, has worked tirelessly on the Classic for many months and kept at it on Ride day. He...is classic! Dan Gannon deserves special recognition for his skillful organization and endless hours of work, (along with numerous tanks of gas). Promotions were excellent. Good planning and good people make for success. One rider told me that our Classic Ride is the benchmark for all other rides. Wow!

If I weren't in such a rush to leave for 2 weeks of biking, I would properly thank every one of you by name in this article. I'll have to make up for it later - I will write again! ☺ Your devotion to bicycling and to our Club is so uplifting that you make me very proud to be a member of BVBC. Can't wait to see those photos, Ron. Thank you, thank you for all of your hard work, from the bottom of my heart.

Au revoir!

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Armstrong and a trip to France!

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Bicycle Checks for Safe Riding

Submitted by Phil Fellner

Every day you ride your bike:

- Wear a helmet.
- Be sure your wheels are installed properly.
Check quick-release hubs. Make sure they are tight and that tires spin freely without wobbling from side to side.
- Be sure both brakes work. Squeeze both brake levers.
- Make sure brake pads are not badly worn and are aligned properly with rims.
- Make sure the tires are properly inflated.
Proper inflation helps prevent flats, protects the rims and promotes efficient pedaling.
- Keep an eye/ear out for squeaks, clanks, rattles or creaks. Attend to problems promptly.
- Clean the bike after your ride, and lubricate the drive train. A clean, well-lubricated bike wears longer.

Once a week or monthly:

- Check hub and bottom bracket adjustments.
Be sure they turn smoothly, but are not loose.
- Check hubs by grasping rim and attempting to move wheel at right angles to the centerline of the bike.
- Check bottom bracket by grasping the crank arms where the pedals are attached and applying pressure at right angles to the

centerline of the bike. There should be no "clunking" sensation in either case.

- Examine each tire. Make sure:
- There are no breaks in the sidewall.
- The sidewall is not dried out.
- The tread is in good condition.
- The tread is free of debris that might cause a flat.
- The rim is true. The rim should be within 1 to 2 mm of true. Spin the wheel and make a visual check using the front or rear brake pads as a guide. An out-of-true rim will wobble.
- The brake pads are adjusted so that they hit the rim properly, and that the pads are not worn excessively.
- Teeth are not bent or worn, chain links are not bent, tight or worn and derailleur is not excessively worn.
- Cables inside housing are lubricated. Use heavy-duty grease specifically designed for the job, never, never use household oil.
- All accessory attachment bolts are tight. Road vibration can loosen bolts in a hurry. Check brake caliper and lever bolts, handlebar and stem attachment bolts, seat bolts, pedals, racks, lights, computers and all other attachments subject to road or trail shock often.
- Headset is properly adjusted. While the front brake is on, rock the bike forward and backward. There should be no "clunking" sensation. If there is, the headset is loose and should be adjusted before the bike is ridden.

Monthly or annually:

- Clean and inspect the frame. Look for cracks, bulges or dents.
- Perform a complete tune-up or overhaul yourself (wear latex gloves) or take to a bike shop (\$\$).

September Pedal Power Deadline



The deadline for the September newsletter is August 14. Articles from any club member are welcome!

Barb Pier

bikenut07@sbcglobal.net

Ride Chair, Ride

By Kent Kelly

Our rides start at 9:00 am. Please plan accordingly.

We are well into our riding season but have lots of great rides coming up. And we can always use ride leaders. I'll have the sign-up sheets at the meetings and at rides. See you then.

Contact me, Kent Kelly:

1. At our monthly meeting.
2. By e-mail: knkelly@wi.rr.com (please include BVBC in the subject line)
3. By phone: 414.423.0236 (home - you can leave a message)
4. On a ride

Thanks

Ride Schedule for July and August

All Rides Start at 9am (unless noted)

Saturday, July 22, 2006

Leukemia Ride. Annual fund raiser (preregistration and pledges required). Ride Distance 62, 75 or 100 miles. Starts at MATC in Mequon, goes to Door County. See brochure for details. www.leukemia-lymphoma.org/wi (262)790-4701.

Saturday, July 22, 2006

Harrington Beach. Ride along Lake Michigan north to Harrington Beach and back. Ride Distance 24, 54 or 64 miles. 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

Sunday, July 23, 2006

Audubon Court. Ride north along Lake Michigan to County Line Rd. Return inland following county bike trail south. (There is no longer a breakfast stop halfway) Ride Distance 36 miles. Starts at South Shore Park in Bay View. Take I-94 exit at Becher St. Go east on

Becher to E. Bay St. Veer right on E. Bay St.; follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn on left on Estes and right on South Shore Dr. Consult a map for more details.

Sunday, July 23, 2006

Leukemia Ride. Annual fund raiser (preregistration and pledges required). Ride Distance 62, 75 or 100 miles. Starts at MATC in Mequon, goes to Door County. See brochure for details. www.leukemia-lymphoma.org/wi (262)790-4701.

Saturday, July 29, 2006

Holland Festival. Ride along Lake Michigan to Cedar Grove and back. Ride Distance 30 or 60 miles. 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.

Sunday, July 30, 2006

Coalition Picnic. Club members from BVBC, Cream City and Spring City only, bring a dish to pass. Ride Distance 22 or 39 miles. Starts at Whitnal Park, picnic area #8

Saturday, August 05, 2006

MS 150 Best Dam Bike Tour. Annual fund raiser (preregistration and pledges required). Ride Distance 62, 75 or 100 miles. Starts at the Waukesha Expo Center, goes to Madison. See brochure for details. www.wisms.org or call (262) 547-8999

Saturday, August 05, 2006

Northern Kettle Moraine. Very scenic ride through Northern Kettle Moraine state forest.

Short route is fairly easy, longer routes are moderately hilly. Ride Distance 20, 31 or 44 miles. Starts from Mill Park in Dundee. Take I-94 west to US 45. North on US 45 to WI 67 (approximately 7 miles past Kewaskum). East on 67 to Dundee. Park in lot behind the Hamburger Haus. Approximate drive time: 55 minutes from Zoo.

Sunday, August 06, 2006

MS 150 Best Dam Bike Tour. Annual fund raiser (preregistration and pledges required).

Ride Distance 62, 75 or 100 miles. Starts at the Waukesha Expo Center, goes to Madison. See brochure for details. www.wisms.org or call (262) 547-8999

Sunday, August 06, 2006

Menomonee Falls/Neosho. Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots. Ride Distance 29, 49 or 59 miles. 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.

Saturday, August 12, 2006

Aztalan. State park sticker required for parking. Very scenic ride through Jefferson, Cambridge and Lake Miles. Ride Distance 18, 39 or 46 miles. Start at Aztalan Park. Take I-94 west, exit at Johnson Creek Hwy 26, #267. Take Hwy 26 south to Cty B approx .8 of a mile, turn right on B then left on Q to Aztalan. Approximate drive time: 55 minutes from Zoo.

Sunday, August 13, 2006

Betty's Booper. Easy ride with a few rolling hills on rural roads thru scenic farmland in NE Racine Co. Ride Distance 28 miles. Starts at Gorney Park in Caledonia. Take I-94 south, exit at Ryan Rd. Go left, east 1.5 miles to Nicholson Rd. Turn right, going south for 1.5 miles to park on the left. Approximate drive time: 30 from Zoo.

Saturday, August 19, 2006

Burlington Roll. Easy ride between Wind Lake and Burlington. Ride Distance 23 or 33 miles. 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.

Sunday, August 20, 2006

Virmond Park. Easy ride along Lake Michigan to Port Washington and back. Ride Distance 30 miles. 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.

Sunday, August 20, 2006

Tour de Fort. Annual fund raiser for the MACC fund (registration required). Organized ride in Fort Atkinson hosted by Tour de Fort Bicycle Club. Ride Distance 19, 35 or 63 miles. Starts in Fort Atkinson, WI. Directions on brochure are confusing, use Business 26. On Line registration @ www.jcbc.info

Saturday, August 26, 2006

BVBC Windlake. Long route goes west around Windlake and back, shorter routes go through South Milwaukee and Oak Creek. Ride Distance 15, 30 or 60 miles. Starts at South Shore Park in Bay View. Take I-94 exit at Becher St. Go east on Becher to E. Bay St. Veer right on E. Bay St.; follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn on left on Estes and right on South Shore Dr. Consult a map for more details.

Sunday, August 27, 2006

Cream City Century. Annual Cream City Cycle Club ride (registration fee required).

Ride Distance 50, 75 or 100 miles. 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.

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Rider Points through June

	Total	Krueger, Nancy	190	Lalor, Tierney	65
Roessel, Linda	1006	Gannon, Dan	178	Demian,Milad	64
Mamayek, Jim	754	Peterson, Pat	176	Thompson, Kris	61
Grendysa, Betty	705	Fishman, Steve	171	Kisley, Frances	60
Santoro, Ron	640	Lucas, Mary	163	Knepper, Dick	58
Hepp, Bill	638	Peterson, Beth	162	Rann, Phoenix	58
Wojtal, Norm	560	Butters, Gary	161	Fisher, Harry	57
Beachkofski, Claire	496	Gresl, Lois	160	Hallman, Tom	50
Ellington, Pauline	465	Sterr, Mike	160	Friske, Tim	46
Wojta, Prati	465	Verheyen, Byron	155	Fulton, Amy	46
Schmidt, Sabrina	464	Gomez, David	151	Williams, Maurice	46
Pretzel, Walter	404	Gomez,Julie	151	Jaelen, Will	44
Poznanski, John	360	Radke, Gary	149	Bendland,Grace	34
Katzfey, David	328	Karr, Nancy	147	Clowers, Arlene	34
Krall, Dan	326	Pendland, Bruce	147	Leonhardt, Peggy	34
Tuckwood, Debra	305	Fellner, Phil	145	Buddy, Theresa	30
Safranski, Joe	292	Nelson, Tom	143	Kelly, Nancy	30
Frausto, Patricia	281	Tumey, Carol	140	Bivens, Bob	26
Orosa, Jojo	264	Meilicke, Dennis	139	Evans, Katie	26
Simonson, Tom	262	Radke, Lorraine	134	Kochen, Chris	26
White, Sandra	259	Thaller, Susan	134	Fahey, Joe	25
Michalets, Ellen	243	Malmann, John	131	Johnson, Barb	25
Polk, Bob	242	Locker, Chris	125	Labinski, Dennis	25
Schmidt, Jeff	238	Cirillo, Corrado	104	Pier, Isabella	25
Kelly, Kent	233	Pier, Barb	102	Wozniak, Anne	25
Gibbs, Tamara	228	Mathers, Russ	99	Komassa, Karen	24
Katzfey, Delvina	227	Margraf, Arlene	98	Matt, Frank	24
Kuhs, Kelly	217	Wolf, David	97	Penn, Jenni	24
Cordero,Janice	210	Downs, Monica	86	Hamill, Barbara	20
Sericati, Thomas	209	Fulton, Bruce	71	Jaeckel, Randy	15
Krueger, Gil	200	Stachowiak, Keith	71		
		Payne, Jay	66		



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