

PEDAL POWER

Bay View Bicycle Club

VOL 18 NO.7

www.bayviewbikeclub.org

July 2006

Celebrating Eighteen Years of Fun!

The Prez Sez

Having just returned from another - my 4th! - Tour of the Mississippi River Valley (TOMRV) ride on June 10th and 11th, I'm alive and well thanks to my granny gear and my riding partner, the Booper!

A most spectacular, scenic, and hilly ride hosted by the Quad Cities Bike Club, the Tour's route is a challenge even for the most experienced rider. I always opt for the shorter of two routes: 68 miles from Preston, IA to Dubuque on the first day, and approximately 42 miles on the return trip. Each time we complete this Tour, I swear it will be the last - but after regaining consciousness, I always seem to want to do again. Faulty memory or true love - who can tell?

This year, I even escaped severe (fatal!) injury. To wit: At about the 9-mile marker, I was cycling in the designated bicycle lane when it came time to cross over due to said lane ending in a gravel section. In doing so, my front wheel got caught in a parallel crack in the road pavement, which refused to let go. Thus, I took a Bill Hepper* that should have cracked every bone in my golden-aged body as well as ending my cycling days. (*Ref: Member Bill Hepp took a header when he was ride marshal in Trek's 100 ride in 2005, and has since remained in Club infamy.)

As I lay sprawled out in the traffic lane, contemplating nirvana, the Booper came to my aid before anyone rode over me. I was dragged off the roadway, propped up, and dusted off. I checked to make sure everything was intact and undamaged on me and, more importantly, my beloved Paramount framed bicycle, and sallied forth in admirable pride (well, it covered the sheepishness).

Now, why is it that we cyclists are always more concerned about our bicycles than our own selves? Could it just be the ignominy of walking the rest of the route, or - the horror! - being carted away in the Sag wagon back to the start?

Anyway, I eventually reached the end of the cue sheet's first leg of the tour, albeit with sore quads and hamstrings, later to be assuaged with stretches and a self massage using my Mom's (may she rest in peace!) rolling pin. Ask me and I'll tell you my secret for rolling out those aches and pains. Sometimes they even work.

The Clarke Community College dormitory room was my resting-place for that evening after stuffing myself with a catered dinner and enjoying entertainment that would have brought the envy of every King, Queen, or President.

The 2nd day of the tour was another day filled with anticipation, perhaps because we knew there were longer hills to conquer. I give heartfelt thanks to the Sag mechanic at Dubuque who fine-tuned my derailleur in a matter of seconds, which enabled me to become 'King of the Mountain' with my granny gear in constant use.

I'm glad to have completed another challenge, and proud to add it to my life experiences. It feels great to be alive and well and looking forward to the next challenge, which will always include meeting new bicycling enthusiasts and renewing old acquaintances. Wouldn't be the same without it, just as it wouldn't be complete without the hi-five with the Booper at the end!

So whatever lies ahead, I've regained confidence that I can face it head on! Every once in a while, I just need another ride or a tumble like this to prove to myself that I'm human and can carry on!

That's it for this month's story-telling edition of the Prez Sez. It's time now to get out of the computer room so I can bicycle to my life's enjoyment!

We want to hear about your ups and downs too! Write to our editor, Barb Pier, so we can all share in another experience of life in the bicycle lane.

Respectfully,

Jimmy Mamayek, BVBC Prez,

414.764.3676

A..K.A., Jimmysnot

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 Pedal Power Deadline



The deadline for the August newsletter is July 10. Articles from any club member are welcome!

Barb Pier

bikenut07@sbcglobal.net

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Nominating	Dick Knepper	744-5315
Nominating	Gil Krueger MRGGK@hotmail.com	262-797-8448



July Birthdays

Name	BirthDate
Gary Butters	July 1
Diane Engel	July 3
Keith Stachowiak	July 4
Daniel Gannon	July 5
Maria Wenszell	July 6
Randall Jaeckel	July 7
John LaFave	July 13
Lois Gresl	July 14
Dan Krall	July 15
Richard Knepper	July 18
Phil Fellner	July 24
David Wolf	July 31

Membership Report

By Pauline Ellington

Current membership is 113, consisting of 110 adults and 3 kids. The 2006 Roster is now ready and I'll have it at the meetings. If anyone wants me to email them a copy, please let me know by emailing me at paulineellington@hotmail.com. Please encourage any friends and/or family that might be interested to join us for a ride to "check us out". They just might want to join.

If you have any changes to your address, phone number, email address, etc., please contact me at paulineellington@hotmail.com or 920-387-4812. Thanks.

We have several new members – Please welcome them !!

Anne Wozniak	Debra Tuckwood
Jeff Schaetz	Brandon Engel
Catherine Baerwald	Ryan Kirchhoff
David Gomez	

Member Meeting Minutes

5/15/05

By Heidi Aponte

New Members were introduced.

Steve Halmo talked about the Miller Lite Ride.

The minutes from the last meeting were called and seconded.

The Social Event was announced 5/18/06 at 6:00pm at the Landmark Lanes on Farwell.

Picnic Ride on 6/18/06 please bring a dish to pass or pay \$5.00.

Classic Ride on 7/8/06. It was announced that Volunteers will receive Rider Points for volunteering. Water is still needed if we have no donation the Club has to buy water.

Treasure report the beginning balance in April is \$5,372.88 and ending balance is \$6,026.58

The deadline for Newsletter articles is 6/12/06.

Ride Leaders needed. The rides in June will start at 9:00am

The Classic Preview ride is on 7/1/06 if you ride the 100 or 65 miles the ride will start at 7:00am. Please report any signs that don't work.

On rides try to team up with other riders.

This year the City of Oconomowoc wants Ride Marshals on the day of the Classic Ride.

Membership is at 104 members.

Meeting adjourned at 7:30pm motioned and seconded.



Save at Wheel & Sprocket during TourMania July 1-23!

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wheelandsprocket.com

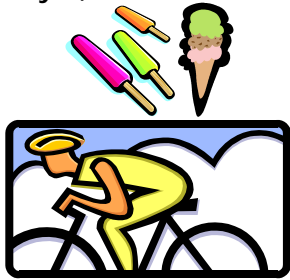


Wheel & Sprocket

Brookfield 13925 W. Capitol Dr. 262-783-0700	Delafield 528 Wells St 262-646-6300	Fox Point 6940 N. Santa Monica 414-247-8100	Hales Corners 5722 S. 108th St. 414-529-6600
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LAKE COUNTRY CLASSIC PREVIEW RIDE

Sunday, July 2, 2006



Our Club's Preview Ride of our Lake Country Classic routes, (15, 25, 45, 65 and 100 miles), will be on Sunday, July 2, 2006. There are Rest Stop opportunities for the longer routes, (45, 65 and 100 miles). The two shorter routes would be similar to our short Club rides where you bring your own "fuel" (Power bars, water, etc.).

Century riders can stop at the BP Concord General Store at Hwys. B & F, (frozen treats; sandwiches, etc.).

65 and 100-milers can stop at the Citgo station in Palmyra, where they have ice cream cones, or at the BP Station in Palmyra, which is also a Subway Sandwich Shop. In the town of Eagle, instead of taking a right on Main and continuing out of town, you could take a left on Main Street to find cold treats and food.

45, 65 and 100-milers can take a short 1-mile detour off of Waterville Road onto Sunset Dr. (Hwy. 18) to the intersection of Hwy. 67 for food and drinks at the BP Station/convenience store there. The Sunny Side Up Café is south of that corner and their menu includes --- ice cream! If you're in the mood for pizza, head for Denny's Pizza in Dousman. Those of you with a trail pass could take a shortcut and jump on the Glacial Drumlin Trail, which is paved from its intersection with Waterville Road to the BP Station in Dousman. Additional "Rest Stop" locations may be identified prior to the Ride date and the information will be given to you with the cue sheets and maps on that day.

Our Route Marking crew will have been out marking the routes the day before the Preview Ride. We are counting on you to promptly let us know of any necessary changes or improvements on our route markings, maps and cue sheets. Please call Sam White with your comments, (home #262-673-7686). THANK YOU!

ROUTE MARKERS' BREAKFAST

Saturday, 9:00 a.m., July 1st

We still need 4 more volunteers (2 teams of 2) to help with route marking on the Saturday before our Classic Ride. Please plan to meet at The Depot Restaurant in Oconomowoc on Saturday, July 1, 2006, at 9:00 a.m. The Club will be treating us to breakfast, and then we'll get busy marking the routes. To volunteer, or to ask questions, please call Sandra (Sam) White at: work #414-276-4970, home #262-673-7686, or email: sandraw@warshafsky.com.



The Classic Cookie Monster Bash!!!

By Betty Grendysa

Classic Rest Stop Chairperson

Scrumptious sugar cookies, chocolate chip cookie bars, sweet breads, banana-nut muffins...it's time for the Cookie Monster Bash! We need all BVBC members to bake their favorite treat for the upcoming July 8th BVBC Lake Country Classic Ride.

Instructions:

- Start baking your favorite goodies now.
- Eat a few - just to make sure they turned out, you know.
- Freeze remainder.
- Place your baked goods for transportation in crush-proof, disposable containers.
- Any allergen ingredients should be labeled.

You have two options for the cookie drop-off:

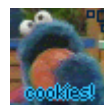
- Knepper Brothers, Inc., at 2892 S. Kinnickinnic Avenue in Bay View (414-744-2280) the day before the Ride, 7:00 AM to 5:00 PM
- St. Paul's School in downtown Oconomowoc, at 6:15 AM, the day of the event.

The secret recipes have always been big winners with the riders. Let's all work together to make this another successful Classic event. Afterwards, we'll all dance the Cookie Monster Mash!



Your participation is always appreciated. Please call 414-764-3676 or email me @ grenbett@execpc.com for any questions or additional information.

Thanks!



Want To Be Part Of The Team???????

By Linda Roessl

This is an invitation to be on a team for the National MS 150 bike tour. (Previously called the Best Dam Bike Tour) held on August 5th & 6th. This is a two day event where you can ride 62, 75 or 100 miles each day. There is also a one day (Saturday) option.

Captain Harry Lum and his sidekick Kay, lead this team on a weekend of fun! The team name is the Positive Pedalers. Their focus is to be sickeningly positive. The only requirement to be on the team is a positive attitude, and you must also raise a minimum of \$300 for Multiple Sclerosis. It's easy to raise \$300 or more. You just have to ask and/or come up with creative ways to raise the money. You can sign up on line or mail in the brochure, mention the team name and captain to receive the cheaper registration fee. Please contact them @ kayelum@yahoo.com after you sign up.

Bike Rides from Minocqua

By Joe Safranski

On our recent vacation up north, we were in Minocqua walking after breakfast. I saw a new bike store, Adventure Bicycles located on Front Street, Minocqua, WI. This is three blocks from the Bearskin bike trail. I stopped in and talked to the new manager Jeff Lauder. Jeff told me about a bike ride he was on the day before. While they don't have an organized club, they do have two "semi-organized rides" every week.

The ride on Wednesday is an open general class bike ride.

The ride on Thursday there is ride geared toward training. This is about a 20mph class.

Anyone is welcome, but check with Jeff at the bike store to get the specifics.

The store is,

Adventure Bicycles

301 Front Street

Minocqua, WI.

(715) 356 1618

Check it out if you are in the area.

Who moved the Pretzels?

By Walt Pretzel



In 1993 we joined the BVBC. That was the year Maxine and I went on a bicycle trip to Ireland with UW Stevens Point. We've had great times with the BVBC over the years. However, to be closer to our grandchildren, we have moved to Greenville WI, that's a little NW of Appleton. I will miss riding with BVBC. More importantly, we will miss the many friends we have made over the years. Perhaps I will see some of you on the Door County Century. Thanks for all the fun times.

The answer to the question is; Two Men and a Truck moved us.

Consider Being a SuperWeek Host

by Chuck Paul

Ozaukee Bicycle Club

Our family has hosted cyclists racing in the July [International Cycling](#) race series for the last 5 years or so. It's been a great experience every year, so we've been glad to encourage others to consider hosting.

If you can appreciate the needs of athletes working out their dreams on a thin budget, then you can understand why the race event thrives on the support of host families that provide a place for cycling guests to stay during all or part of the race series.

Here's some Q&A on the subject:

What is the International Cycling (aka, "Superweek") event and why do they need host housing?

SuperWeek is the common name for the original 17 stage race series boasts that it is the world's largest multi-category race series, the most consecutive racing days in North America. This is the 37th year. The race is organized by Otto Wenz, Jr., famous in USCF circles and a member of the US Bicycling Hall of Fame. The event, like many pro/non-pro race series draws riders of modest income. If not for generous hosts, the cost of housing would make great events like this too expensive for most amateur and many pro riders.

Why bother with hosting?

The riders bring a great event to the area. This is a great spectacle of bike racing—recognized internationally as a great race series. Meeting and encouraging amateur and professional cycling athletes is a way of returning thanks for what they bring to the sport and our region. I used to race small sailboats around SE Wisconsin, and have experienced "host housing" as a guest. So, by hosting cyclists, I can respect the generosity given to me several years ago.

What is provided by the host?

Riders need to sleep, shower, and safely store their bike and equipment. Anything more you provide is gravy. Many riders expect only a place to roll out a sleeping bag and air mattress. If you provide a bed, bedding or air mattress, that's all great, and appreciated too! Arrangements will be discussed with the host housing coordinator. Some of the riders are just scraping by, so any hospitality at all is welcome. Mostly, they need good rest and shower access. In our home, the modestly finished basement rec room is fine: one bed and modern air mattress or two. Shower is on the main floor.

What about food, cooking and laundry?

The riders do care a lot about what they eat, but they're expected to fend for themselves. We make our kitchen available, but that's not required. The riders are told by the host housing coordinators that riders are on their own for food arrangements. Host housing coordinators give the riders strict instructions not to beg for more than the minimum—rather to wait for what is offered beyond the minimum expectations. If you want to be generous, that's up to you, but it's not expected.

Will I have compatible guests?

The host housing coordinators respect preferences of the hosts. We had very young children the first year we offered host housing. "Can we get senior riders—or at least riders that will be mature enough to understand that little kids need naptime to be quiet?" Appropriate pairing was arranged to fit our situation. The same goes for requesting male riders or female riders—just make it clear is welcome or not welcome in your home.

How much room do they need for bike equipment?

The riders will typically have some spare parts—wheels, especially. The riders generally

prefer not to have equipment stored in their cars, especially if the location is a target for theft or vandalism. Riders that fly into town often have large cases or boxes for shipping. A place to store those items might be necessary. Younger riders sometimes travel very light. It just depends on the rider.

Will they need transportation help?

The riders are expected to handle their own transportation. I know a host that offered his car, and I've heard one rider used a host's new Porsche 911 convertible for the day. Some hosts seem to fancy flattering their guests, but that certainly isn't expected. They may let you know they will be returning late or leaving early in the morning, but they are given strict orders by the host housing coordinators not to expect shuttle service from their hosts.

Will the host be expected to provide a key to the guests? Can they be trusted?

Guests are asked to respect the schedule of the host. You should not offer a key if you prefer to be available to open your home. Discuss this with the host housing coordinator. In general, the riders know their ability to live in harmony with the community of racers requires good behavior. And if they don't behave, the housing coordinators kick them out of the program, immediately.

How many days of stay should be expected?

Some riders only stay in town for a few of the races, but many stay for the whole series. Plans sometimes change due to injury, or other difficulties. If you have ability to host only certain days of the series, the host housing coordinators will make use of your availability—especially during the last week of the series.

Child Trailers

Submitted by Phil Fellner

I'm thinking of getting a trailer to bring my young kids along on rides. Any advice on what I should look for?

Child trailers make a lot of sense because they allow towing two kids (even kids too young to ride in baby seats) in a fairly well-protected rolling environment. You can put books, toys, food, a radio, etc. in with your kids to keep them comfortable and happy. Most trailers provide shelter from wind, rain, sun and the cold; and some level of shock absorption against rough roads.

Trailers are stable and not prone to tipping. They also carry cargo so you can combine rides with grabbing some groceries. And they're pretty easy to pull with the exception of climbing steep hills and fighting strong headwinds. You can still ride, but you'll want low gears and should probably choose routes that minimize these difficulties.

You can find trailers or information about trailers in any good bike shop. The company that has a long-standing reputation in trailers is Burley. But, you'll find shops offering trailers by other makers as well.

When shopping, try the trailer out to see how easy it is to attach and detach from the bicycle you'll use it with. Ideally, it'll be a 2-minute task. Otherwise, you may be less inclined to use the trailer. Nice features to look for include manageable total weight so you're not pulling too hefty a load; and quick and easy folding or collapsing, which makes it much easier to fit the trailer in a car should you want to take it on vacation or simply drive to a nice place to bike with your family.

When using a trailer, pick paths and roads that are compatible with your wide load. If you choose busy bike paths frequented by inline skaters, joggers and dog walkers, ride very carefully because the extra width of the trailer can surprise other path users who are not always paying attention. Usually, you get used to the width of the trailer quickly and don't have problems running into things. But, it's definitely important to always keep in mind that the trailer is back there and that snagging things with the trailer (such as parking meters) could lead to injury to you and the kids.

One of best things about these trailers is excellent resale value because the demand is so high for used child trailers. When your kids are grown and you no longer need the trailer, just run an ad in the classifieds and the trailer will sell before you know it for at least half what you paid for it.

Ride Chair, Ride

By Kent Kelly

Important reminder: our rides now start at 9:00 am. Please plan accordingly.

First off, I apologize to any of our members who went to do the Lake Country Ride on Saturday, June 10th. Word came of road construction on a major street so I substituted

another ride. We changed the web site and the Ride Hot Line; we sent out an e-mail to all members who have given us an e-mail address; I sent the change to the Journal Sentinel contact and I hope that was in time (I don't read the paper). We still could have missed someone.

So this caution, please treat all schedules as tentative and check our web site; call the Ride Hot Line before you start out for a ride.

Also, if you see major road construction on one of our routes, please let me know as soon as you can.

And finally (for this month), 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 June and July

All Rides Start at 9am

Saturday, June 24, 2006

Parkside. Easy ride through Kenosha County. Ride Distance 29 or 50 miles. Starts near Petrified 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.

Sunday, June 25, 2006

Menomonee River Century. Annual fund raiser (registration required). Ride Distance 25, 50 or 75 miles. Starts in Marinette, WI. See brochure for details. www.mrcride.com (800) 447-5673.

Sunday, June 25, 2006

Riveredge River Valley Ride. Annual fund raiser (registration required). Ride Distance 16, 30 or 50 miles. Starts in Newburg, WI. See brochure for details or On Line registration @ www.riveredge.us (800)-287-8098.

Saturday, July 01, 2006

Chuck's Breakfast Ride. Easy ride through River Hills and Mequon. Stop at Chuck's for breakfast afterwards at 406 N. Main St. Ride Distance 34 miles. 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.

Sunday, July 02, 2006

BVBC Classic Preview. BVBC Classic previewed for MEMBERS ONLY!!!! Century and 65 mile starts at 7:00 am; all others at 9:00 am Ride Distance 25, 45 or 65 miles. Starts at St. Paul's School in Oconomowoc. Take I-94 west to WI 67 (Oconomowoc exit). Turn right on 67, go north approximately 2 miles, names changes to Summit continue straight 1.5 miles, turn right on St. Paul to school

Saturday, July 08, 2006

BVBC Classic-Lake Country. New!!! Century added for 2006!! Bay View Bicycle Club fund raiser ride through Lake Country Waukesha & Jefferson Counties. Ride Distance 25, 45, 65, or 100 miles. Starts from St. Paul's school in Oconomowoc. See brochure for registration, starting times and more details

Sunday, July 09, 2006

Oakleaf Trail - North Loop. Easy ride on the Oak Leaf trail going north, then inland to connector trail. Ride Distance 50 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.

Saturday, July 15, 2006

River Hills/Grafton. Ride north through River Hills, Mequon, Thiensville and Grafton. Return along Lake Michigan. Ride Distance 31 or 48 miles. Starts at Klettsch 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.

Sunday, July 16, 2006

Ottawa Lake, Scenic ride through Southern Kettle Moraine State Forest. Ride Distance 30 or 40 miles. Take I-94 west to WI 67 (Oconomowoc exit), south on WI 67 approximately 3.4 miles, right on Sunset/(WI 18) 1/2 mile, left on Main St. 1.2 miles to Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

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 from Zoo.

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.

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 additional directions.

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

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

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Subject: Bicycling 101: How to be a Considerate Rider - Twin Cities

Bicycling Club

A basic part of group riding is to ride in a way that makes things easier for everyone else (or at the very least, you should not be making things more difficult for the others in your group!). I won't claim perfection on all of the items below, but wouldn't it be a nice New Year's resolution for all of us to work on these skills?

Be steady: A steady rider maintains a consistent pace. If they do speed up or slow down, they do so gradually. A steady rider also is able to "hold their line" (a fancy way of saying

they can ride in a straight line). They can look at the person riding next to them, or look behind for traffic, without their bike veering wildly.

Keep pedaling: Have you ever noticed how difficult it is to ride behind someone who goes: Pedal, pedal, pedal, coast. Pedal, pedal, pedal, coast. When they start coasting, you have to slow down to keep from getting too close to them. Then, after you've slowed down, they start pedaling again and you have to hurry to catch up with them. The rider behind you has to do the same thing and the 'accordion effect' gets magnified further back in the group. Often times when a rider is going 'pedal pedal coast' it's because they're in a gear that's making them go too fast for the speed the group is going. Sometimes the answer is as simple as shifting into an easier gear, which will allow you to pedal continuously.

Don't lead others into danger: It's a standard part of ride briefings to ask riders to point out obstacles and hazards. You should also realize that folks riding behind you will be trusting you to ride a safe line around potholes or sand. In other words, even if you have the beefy tires and bike handling skills to ride through a big pile of sand, the riders behind you may not. Or, perhaps your great mountain biking skills allow you to bunny-hop over a pothole, but in the meantime you've led everyone behind you straight into the hole.

Communicate: Most of us are aware that we need to give hand and verbal signals for things like stopping, slowing, right and left turns. You'll make things safer, and less stressful for others, if you also communicate about what you're going to do in other situations. Let's say you're at the front of a large group waiting to cross a busy intersection. You know that you can get across before the next car passes, but that there's not enough time for the whole group to get through. Rather than just launching yourself across the street, if you say, "I think there's time for two or three of us to get across - we'll wait for the rest of you on the other side", then the others in the group will know that it's not safe for everyone to go (and that they won't have to try to chase you down once they are able to get across).

Help other riders: A few years ago I was on a ride and miraculously I was staying with the fast group. Then we got to the largest hill on the route, and I started falling behind. One of the other riders saw my plight, and actually dropped back from the group so that I could draft him and

catch back up to the group. I think that's a much better way to demonstrate how strong you are than dropping everyone on a hill! Try helping someone else out every now and then, and enjoy how good it feels to be someone's hero.

Here's to happy and safe riding in 2006!

Bicycling Is Our Passion!

It restores us by allowing us to place life's troubles on the back burner just long enough, so that we can recharge while we are away through natural wonders. When we return from bicycling to the every day hustle and bustle of life, we are armed with the solutions to overcome. We truly believe that there is no more constructive and healing pastime.

Author unknown

Rider Points

Roessel, Linda	809	Peterson, Pat	126	Rann, Phoenix	58
Mamayek, Jim	517	Locker, Chris	125	Cordero, Janice	57
Hepp, Bill	476	Frausto, Patricia	123	Fisher, Harry	57
Grendysa, Betty	468	Krueger, Gil	121	Radke, Lorraine	47
Wojta, Prati	374	Karr, Nancy	118	Friske, Tim	46
Wojtal, Norm	396	Nelson, Tom	118	Fulton, Amy	46
Santoro, Ron	377	Pendland, Bruce	117	Williams, Maurice	46
Beachkofski, Claire	350	Peterson, Beth	112	Fellner, Phil	45
Poznanski, John	293	Krueger, Nancy	111	Jaelen, Will	44
Pretzel, Walter	267	Tumey, Carol	110	Wolf, David	44
Krall, Dan	260	Meilicke, Dennis	109	Radke, Gary	37
Polk, Bob	242	Michales, Ellen	106	Bendland, Grace	34
Schmidt, Sabrina	222	White, Sandra	99	Gannon, Dan	31
Katzfey, David	212	Margraf, Arlene	98	Bivens, Bob	26
Ellington, Pauline	206	Gresl, Lois	95	Evans, Katie	26
Schmidt, Jeff	197	Downs, Monica	86	Kochen, Chris	26
Gibbs, Tamara	194	Mathers, Russ	74	Malmann, John	26
Kelly, Kent	192	Pier, Barb	73	Fahey, Joe	25
Butters, Gary	161	Fulton, Bruce	71	Johnson, Barb	25
Simonson, Tom	161	Stachowiak, Keith	71	Labinski, Dennis	25
Sterr, Mike	160	Thaller, Susan	70	Pier, Isabella	25
Verheyen, Byron	155	Gomez, David	67	R ?????	25
Orosa, Jojo	143	Gomez, Julie	67	Wozniak, Anne	25
Sericati, Thomas	143	Kuhs, Kelly	67	Komassa, Karen	24
Katzfey, Delvina	136	Payne, Jay	66	Matt, Frank	24
Safranski, Joe	136	Lalor, Tierney	65	Penn, Jenni	24
Tuckwood, Debra	136	Demian, Milad	64	Hamill, Barbara	20
Fishman, Steve	130	Thompson, Kris	61	Jaeckel, Randy	15
Lucas, Mary	129	Cirillo, Carrola	59		
		Knepper, Dick	58		



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