

PEDAL POWER

Bay View Bicycle Club

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www.bayviewbikeclub.org

March 2006

Celebrating Eighteen Years of Fun!

The Prez Sez

The Road to Guatemala

I think you'll find this month's edition of the **Prez Sez** somewhat different, but interesting:

On Wednesday, March 15th, I'll be boarding a plane in the early AM headed for Livingston, Guatemala. No, the Booper isn't shipping me out – I've joined a group committed to serving the needy in Livingston. Eleven hearty companions including myself will be working with the locals to finish constructing a school building and play area for the children. This is not intended to be a bicycle trip vacation! (Although I'll be keeping an eye out for suitable bicycling conditions and will let you know.)

In preparation for this trip, I've attended four meetings with the group, who is affiliated with a Christian Church in Brookfield, Wisconsin. In other words, I can call myself a missionary for awhile! Experienced folks have said that I will return a tired yet changed person, better equipped to serve people. I can say now that it'll be not only exciting and challenging, but also rewarding.

In fact, it's almost akin to the drama, adventure, and slapstick portrayed in the "Road" movies starring Bob Hope, Bing Crosby and Dorothy Lamour. Of Course, I will have slightly different goals – I have to leave the slapstick at home –and the stars will be my companions. Oh, and there probably won't be any villains to overcome. But the experience will be as self-satisfying, I reckon.

By the time you read this article, I should have sweated a few pounds away under the torturous heat and humidity while applying my Carpenter skills – that is, expert wheel barrowing of concrete--to help complete the tasks. Thus, I

won't be in attendance at the regular scheduled March 20th, membership meeting to be held at the Wheel & Sprocket's Hales Corners store location. Treasurer and Board member, Tom Simonson, has graciously volunteered to oversee said meeting. Hence, I wish everyone a good time and success with their 'discount' shopping spree!

For my journey to be safe and successful, I need and respectfully ask for your support, thoughts and prayers. Think of me while I'm away and I'll reciprocate the favor. For more information on my journey, I urge you to log on to www.mapstrips.org, and <http://www.stjohns.ubc.ca/@sjc/guatemala.htm>.

Camping Schedule

Thanks to our friendly neighbors at the Cream City Cycle Club, I am able to present their 2006 Camping schedule to our Membership, which they are willing to share with us:

*** Sat., 5/26-Sun., 5/29; Chicago Self-Contained Camping Weekend.**

*** Fri., 6/2-Sun. 6/4; Hartman Creek.**

"It is a perennial favorite with many outdoor activities available besides great riding; a perfect ride for novice and veteran riders alike."

*** Fri., 8/18-Sun., 8/20; Point Beach.**

"The maritime lore of Lake Michigan, Two Rivers, and Manitowoc and miles of quiet back roads will give us an enchanting riding weekend."

*** Fri., 9/8-Sun., 9/10; Our Favorite Door.**

Camping at Peninsula State Park. *"Starting in Cedarburg is always fun. Explore the back*

roads and take a ride through the bog to see an extraordinary world of wildlife and plants.”

*** Sat., 9/23-Sun., 9/24; Astico Self-Contained Camping Ride.** Start: Oconomowoc

“The group will start out at 9:00 for a 2 day moderately flat 95 mile loop to Astico County Park and back.

*** Sat., 9/30-Sun., 10/1; Devil’s Lake.**

“This is a gem of a park with hiking, swimming, and wonderful rides providing the best of bike/camping.”

*** Fri., 10/6-Sun., 10/8; Ocooch Mountain Ride***

Start: Richland Center

“Come join the club as we return to Richland Center for the Fall Color Fiesta. You may either ride with the club or partake in the many festivities that surround Richland Center. The weekend culminates with the OCOOCH Mountain Fall Bicycle Tour.

Kindly be advised that the aforementioned are not sanctioned for BVBC ‘rider points,’ and are provided as an option for camping and bicycling enthusiasts. You may need to check the CCCC camping schedule for details or call their hotline at 414-299-9398, box 3.

Also, as non-members of CCCC, a per diem charge of \$8.00 per participant and guest will be assessed.

* Indicates challenging terrain (i.e. hills)

Event at Crank Daddy’s

On Saturday, March 25th (Daytime Event), Crank Daddy’s Bicycle Works, located on N. Farwell Ave., in Milwaukee, will be hosting

the second annual **Juvenile Diabetes Research Foundation** 100 mile indoor ride. You can participate as a team member or a single rider. All proceeds and donations go to **JDRF**. If interested, contact the shop to sign up by Thursday, March 23rd by contacting Eric Kuhagen at 414.347.5511. The **BVBC** needs at least three more riders to complete a team of five participants.

On Saturday, March 25th (NightTime Event), Crank Daddy’s will be hosting their first ever Cycling Fashions Runway Show! Both male and female, spring and summer clothing from Specialized, Louis Garneau, and Nike will be featured. The event will include food, drink, music and special deals for that night only. For this event, contact Courtney Ney with questions at 414.704.6455.

Survey

Let us know how we’re doing. You can make a difference. This is your Club, after all. I urge you to contact any Board Member with your ideas and/or suggestions. We do want to hear from you!

It’s time to sign off for this month’s edition of the **Prez Sez**. I wish all well as we enter the Bicycling season once again! And hope to see you upon my return, which will be the 26th, if all goes well!

Respectfully,

Jimmy Mamayek,

a.k.a. Jimmysnot

Helmet Tips

Submitted by Phil Fellner

Courtesy of Master Mechanic Joe C. at W&S

As long as you buy a good helmet and take care of it, does it last forever? It may last forever, but that doesn't mean it'll provide protection in a crash forever. In fact, helmet manufacturers recommend replacing helmets every five years. And, it's not so that they can sell a bunch of new ones. It's because the materials in a helmet break down over that time causing the helmet to lose some of its impact-absorbing ability, which means in a crash, you're at risk. So, the helmet may look dandy, but you shouldn't wear it when cycling.

Something else to consider is that helmets are continually improving. Today's designs are

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drastically superior to those we were wearing just a few years ago. Desirable features such as better cooling vents, baseball-cap-like comfort, feathery weight, along with advances in protection against concussion and abrasions, make it worthwhile to upgrade regularly.

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
Treasurer	Tom Simonson 262-752-9753 tomsimonson@sbcglobal.net
Ride Committee Chair	Kent Kelly 414-423-0236 knkelly@wi.rr.com
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!

Membership Report

By Pauline Ellington

Renewal time is here again. Memberships will expire on March 31, 2006. Mail in your renewals soon, or bring it to the next meeting so you don't miss out on any Newsletters and announcements of upcoming events. A membership form is attached to the Newsletter or you can download one from the website. Another advantage of renewing on time is that you can be included in the Club Roster if you choose. The Roster is printed and handed out at one of our membership meetings. It's a way for you to keep in touch with others who share your same interests.

Our current membership is 136, consisting of 129 adults and 6 kids.

Please welcome the following NEW MEMBERS!!

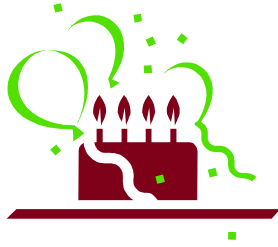
Diane Nowak
Cedric Olinger
Charles Stefanoski

April Pedal Power Deadline



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

Barb Pier
bikenut07@sbcglobal.net



APRIL BIRTHDAYS

Name	BirthDate
Arlene Clowers	April 1
Lance Granholm	April 4
Karolyn Henderson	April 6
Ann LeBaron	April 12
Sandra McSweeney	April 12
Jimmy Mamayek	April 14
Leonard Symhowski	April 20
Ron Crown	April 21
Delvina Katzfey	April 29
Jan Kennedy	April 30

Member Meeting Minutes

2/20/06

By Heidi Aponte

The last minutes were written in October 2005. They were motioned and seconded.

The Power Point presentation for the Wheels and Sprocket Show was shown to the members.

The donation checks were written to various organizations as follows:

The Food Pantry \$250.00; St. Paul School \$100.00; Boys and Girls Club \$200.00; Lance Armstrong Foundation \$200.00; Special Olympics \$200.00; Beulah Brinton Center \$250.00.

A 100 Mile route was added to the Classic Ride. Sam needs lots of Volunteers. She also needs a Promotion Committee to promote the ride. Everything is basically the same.

Membership is 132 Members. The Membership expires 3/31/06. A Membership application is attached to the Newsletter. Please take Membership applications to the Bike Shops.

Volunteers for the Expo are needed. Talk up the Club for Members and the Classic Ride. If possible have them sign up right at the Expo.

Please notify Heidi with your rider points/miles for the Non Club rides like the Miller Light Ride. There will be no Ride leader or sign in sheet.

The Cream City Bike Club wants Bay View members to join on their Camping rides. The Nordic Club has a Camping Ride over the Labor Day weekend

Linda Roessl wants you to donate blankets, pillows, towels etc for the Orphan Canine in Racine. You can bring the items to the meeting and give them to Linda.

Meeting was adjourned at 8:20pm.

Parade

The South Milwaukee Heritage Days Parade committee would like the Bay View Club to participate in their parade on July 29, 2006. The parade starts at 11:00 a.m. in South Milwaukee.

If anyone is interested in participating in the parade, contact either Jimmy (764-3676) or Tom Sericati (764-0091) reply by April 20, 2006



Social Activity for the Month of April

Fish Fry Night at Serb Hall on April 21st (Friday). For reservation, kindly contact Jojo Orosa at (414) 940-2717 or email him at oscjoro@hotmail.com.

Hey, please submit ideas for monthly meeting programs to Dan Krall (getinolder@yahoo.com). If there is anything you think the club would enjoy or if there is anything you want to know about, I will try to arrange a program. Thanks for your input.



LAKE COUNTRY CLASSIC RIDE NEWS

By Sandra White

This year's Classic Ride has some "new and improved" aspects to it. "New" is our 100-mile route. "Improved" are our Rest Stops.

The 100-mile route is a beauty! It shoots further west out of Oconomowoc through beautiful countryside. There is an optional rest stop at the General Store, (a BP station with store and sandwich shop). The route runs along the scenic Rock River then cuts over to Hwy. F, which is a sweet ride downhill on new asphalt with a wide bike lane. That is Hwy. "F" for "you're gonna Fly!" It joins the other routes to the first Rest Stop and then winds south. It turns west again, through the countryside, toward a Rest Stop at the Bark River Campground. The route follows the Bark River south through Hebron, then cuts east through the Scuppernong wildlife area toward Palmyra. It shares the remaining routes and Rest Stops with the 65-milers.

Our first Rest Stop has been moved from the Faith Baptist Church to the east, across the highway onto the private property of Leon Storm, (of Bluemound Golf Range). Riders will not have to cross the busy Hwy. 67 to reach our first Rest Stop this year. Mr. Storm's farm is on Genesee Lake Road and there are shade trees and plenty of grassy space for bicyclists to relax and to refuel (their bellies).

We are adding a 4th Rest Stop due to the Century Ride. The owners of the Bark River Campground have graciously agreed to let us use their property for our Rest Stop. Look around the campground and recreational facilities while you're there. Our Rest Stops at Palmyra Beach and Mackie Picnic Area remain the same.

Also new this year is on-line registration with Active.com. Riders may pay the registration fee on-line for a \$2.50 fee. Otherwise, we continue to offer the registration form on BVBC's web site and hundreds of Ride brochures will be distributed to area bike shops, retail stores, corporations and past riders.

The Registration Committee, (Tom Sericati, Gil and Nancy Krueger, Barb Pier and Nancy Karr), is working on our 2006 Ride registration brochure and Active.com registration. Kent Kelly created the brochure format, as he did last year. The Promotion Committee, (Susie Thaller, Clare Beachkofski and Katie Evans), will begin

distribution of the brochures soon and we will need additional club members to volunteer to take some to bike shops, retail stores, etc. ***It will take all of us in the Bay View Bicycle Club to help get the word out.*** Dan Gannon and Mike Sterr are working on the Sponsorship Committee. Dan has already obtained some cash donations. Pauline Ellington will be working on our 2006 Classic Ride T-shirt order. The Route & Safety Committee, (Sam White and Dan Gannon), are finalizing route maps, contacting municipalities, etc. We will be promoting our Classic Ride in our booth at the Wheel & Sprocket Bike Expo in April. Please stop by our booth and watch the terrific computer video show created by Tom Simonson. Ron Santoro has done a great job of updating our web site with Ride details and an updated registration

form. A BIG **THANK YOU** to all of **you volunteers** who are already hard at work preparing for this year's Ride.

Ride Chair

By Kent Kelly

A few things: we added a 60-mile route to the Whitnall South ride (22 April 2006). We also re-routed Charlie's Memorial Ride (28 May 2006) because of safety concerns. While about the same length, the routes have a few more hills. And, we re-activated an old, Classic ride and re-named it to avoid any confusion with our new Classic routes. The BVBC Classic - Windlake is now called BVBC Windlake (26 August 2006).

Change to how to get rider points for the non-club rides (Chocolate City, MS 150, etc.). You have one week from the end of the ride to get the information to the club's Secretary, Heidi Aponte. If you don't, no rider points.

You can still get extra rider points as a Ride Leader, however. I'll have the sign-up sheet and packets available. Give it a whirl, give it a try.

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, and, keep spinning.

Ride Schedule for April

All Rides Start at 10AM April, May and October and 9AM June through September

Saturday, April 01, 2006

Whitnall Park to Greenfield Park. Easy ride following the Oak Leaf trail. Ride Distance 20 miles. Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave. Ride Leader: Jimmy M and Betty B

Sunday, April 02, 2006

Glacial Drumlin State Trail. Trail pass required. The trail is paved for 15 miles then continues with a packed limestone surface. Ride Distance 30 miles. Starts at Wales trail parking lot. Take I-94 west to WI 83, south on WI 83 approximately three miles Cross US 18. Cross bridge over trail, take a left after the bridge; go approximately 1/3 mile to parking lot. Approximate drive time: 25 minutes from Zoo. Ride leader: needed.

Friday, April 07, 2006

Wheel & Sprocket Expo. Volunteer your time at the BVBC booth held at State Fair Park located at 84th and Greenfield

Saturday, April 08, 2006

Wheel & Sprocket Expo. Volunteer your time at the BVBC booth. Held at State Fair Park located at 84th and Greenfield

Sunday, April 09, 2006

Wheel & Sprocket Expo. Volunteer your time at the BVBC booth held at State Fair Park located at 84th and Greenfield

Saturday, April 15, 2006

Greenfield SW. Rural ride going through Muskego, New Berlin and Windlake Ride Distance 24 or 44 miles. 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. Ride Leader: Jimmy M and Betty B

Sunday, April 16, 2006

Hoyt Park. Suburban ride through Elm Grove, Brookfield and Pewaukee. Ride Distance 22 or 38 miles. Starts at Hoyt Park. Take I-94 west to US 45, north to Watertown Plank Rd. (at end of ramp continue straight on Swan Blvd). Stay to the right, road heads North / Northeast. Entrance to Hoyt Park is about one mile on the right. Ride Leader: needed

Saturday, April 22, 2006

Whitnall South. Easy ride into Racine county and back. New for 2006 - additional mileage added. Ride Distance 22, 37 or 58 miles. Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave. Ride Leader: Linda R

Sunday, April 23, 2006

Pewaukee TREK. Fairly easy ride, mostly rural areas around Pewaukee, Merton, Chenequa, Delafield and Hartland. Ride Distance 19 or 34 miles. Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo. Ride Leader: needed

Orphan Kanines

By Linda Roessl

Jimmy (Snot) and I recently visited Orphan Kanines (non profit) dog shelter located in Racine, WI for orphan dogs. This place is nothing special except for the people who run it and their focus on adoptions. These dogs are not old they just don't meet the criteria for the Wisconsin Humane Society or any government supported shelter. Animal lovers are lucky to have a place like Orphan Kanines because they haven't given up on dogs in their prime 5, 6 or 7 years old. You can view these dogs online through Google or Petfinder.com. These dogs come to them from the Humane Society and other shelters originating from folks who move into housing that don't allow dogs, or the owner passes away without putting the dog in their will.

In the future if you have or know someone who has these items to donate, please consider donating them to Orphan Kanines located at 1922 Kremer Ave. or call (262) 681-1415. They can always use canned and dry dog food, used carpeting all rolled up, not cut in small pieces and cash or money donations. If you or someone you know plans to add a dog to your family,

check out this facility. If you would like to foster a dog, they can always use temporary housing for dogs. If you are unable to visit the shelter, bring your items to any Bay View Bicycle Club membership meeting and I will gladly deliver it for you. I feel this is just another way to can help a community based organization and as always, thanks for your support.

Tour de Cure

There is a local bike ride called Tour de Cure. The event benefits the American Diabetes Association and the 330,000 people in WI with diabetes.

The ride has 4 outstanding new courses through Ozaukee County with the start and finish line at Grafton High School. The event takes place on May 21 and it offers a 10-mile, 25K, 50K, or 100K course. Breakfast and lunch are both provided and the ride features fully stocked rest stops and SAG support. Registration is only \$15 until April 1st and \$100 fundraising is required to ride.

Registration is available at www.diabetes.org/tour or by calling (414) 778-5500 ext. 6529

Thank you for your help.

A Remembrance

Late last month we lost, Randy Hill, a bike buddy, friend, and BVBC club member, to amyloidosis, a rare blood disorder.

Randy began racing in WiSport in 1995 then joined ISCorp as a Masters racer in 2000. Randy progressed from Cat 4 to Cat 2 racing mostly in the Masters category. Randy placed in the top ten in points for his age category during those years of racing, and then underwent prostate cancer surgery in 2004. He returned to racing in 2005 in time to win a Prime Sprint in the Masters 50+ Wisconsin State Crit and finished 7th in that race on August 27th, 2005.

Randy always said the best part of racing was the camaraderie, friendship and memories that were developed during all those training rides. Randy has always enjoyed sharing his knowledge of the sport and using his mechanical abilities to help others in bike maintenance.

Here are some of the memories of Randy shared by BVBC club members.

- He only guy I thought was happier than I, when on his bike. His smile was really a full-time grin when he was pedaling his machine. He was so generous: freely passing out biking tips and things that made biking more enjoyable. I will miss him greatly, but am so glad that I was able to say goodbye before he left.

Steve Fishman

- Randy Hill's favorite places to ride his bike were Holy Hill & LaGrange. When I was a board member I would consult Randy regarding modifications to some of the club routes. Randy had maps of these areas embedded in his head. He would rattle off road names, turns, locations of bathrooms or where to get water without even consulting a printed map. When I did reference a map or drive the route, what he told me was always exactly where he told me. Today, the club has two routes in the LaGrange area and two routes starting from Holy Hill. It makes me wonder if Randy was attracted to these areas because the terrain matched his name!!!

Linda Roessl

- Pat and I will miss seeing Barb and Randy racing down the parkway in front of our house this summer on their training runs. Randy always had a huge smile, out enjoying the ride. He is definitely being welcomed now in biking heaven, as we are mourning his loss. We'll miss you Randy!

Beth and Pat Peterson

- I remember watching Randy flash past me when I pedaled along Menomonee River Parkway, always grinning from ear to ear, like a kid who just got out of school for summer vacation.

Nancy Karr

- Dave and I were never fast enough to ride with Randy but we managed to get to know him through the years. He's been a long time member, like us. Even though he had become quite the racer, he never got too big to leave our club behind. We will always remember his smile and friendliness in our after-ride conversations. We are very sad that he is gone.

Del & Dave Katzfey

- This is just a little something that I remember about Randy. On one of my first rides I was having some trouble with my back and I mentioned something about this to some

riders that were standing around. That's when Randy came over to me and took a look at my bicycle and said that it was not set up right. He proceeded to mention to me some things that I could have done to make it fit me. I went and had the things done and the riding was a whole lot better. The next time that I saw Randy I thanked him for the recommendations he made to me. He always had time for you when you asked him questions; he never put you on the side.

HE WAS A TRUE PERSON.

John Poznanski

Rider Points

Mamayek, Jim	252
Roessel, Linda	243
Santoro, Ron	211
Grendysa, Betty	203
Beachkofski, Claire	183
Sterr, Mike	160
Pretzel, Walter	154
Hepp, Bill	142
Wojtal, Norm	140
Polk, Bob	131
Simonson, Tom	119
Wojta, Prati	116
Krall, Dan	106
Margraf, Arlene	98
Sericati, Thomas	95
Poznanski, John	82
Ellington, Pauline	75
Lucas, Mary	72
Katzfey, Delvina	71
Karr, Nancy	70
Fishman, Steve	68
White, Sandra	66
Katzfey, David	57
Krueger, Gil	54
Verheyen, Brian	47
Friske, Tim	46

Fellner, Phil	45
Krueger, Nancy	44
Locker, Chris	44
Nelson, Tom	43
Fisher, Harry	38
Peterson, Pat	38
Rann, Phoenix	38
Knepper, Dick	35
Clowers, Arlene	34
Gibbs, Tamara	34
Gannon, Dan	31
Pendland, Bruce	31
Kuhs, Kelly	25
Pier, Barb	25
Pier, Isabella	25
Fulton, Amy	24
Fulton, Bruce	24
Peterson, Beth	24
Frausto, Patricia	23
Lalor, Tierney	21
Jaeckel, Randy	15
Kelly, Kent	15

How do I keep my chain clean?

By Phil Fellner

The best way to keep those links looking good is by getting the right chain lubricant and using it sparingly. We can help. We carry quality chain lubes designed to prevent drivetrain wear and increase efficiency without getting grimy over the long haul. Once you get some, apply a drop to every other link any time you notice that the chain is beginning to look dry. The sign that you've waited too long is squeaking. That's bad. It means the links have become dry and that if you keep riding, you'll accelerate chain and sprocket wear (it's also a lot harder to pedal). So lube the chain immediately.

When you apply lube, let it sit a bit and then wipe off the excess. You don't want too much oil

on your chain because it'll pick up dirt (which makes things wear faster) and increase the amount of grime that builds up in your sprockets and derailleurs. A messy chain is a hassle, too. It marks you with hard-to-remove grease tattoos anytime you get near it, and it'll do the same to your car if you transport your bike in it.

If you make the mistake of using too much lube or heavy oil not made for bicycle chains, you'll probably turn the drivetrain into a black mess. Depending on how filthy it is, you might be able to clean the links by thoroughly wiping the chain with a rag. It's a good idea to put some disposable gloves on first to keep the gunk and chemicals off your skin. Then, spend some time wiping at the links until the chain is as clean as you can get it. Also, wipe the chainrings and derailleurs to degrease them. Doing this once will convince you that it's worth it to use the right lube and not too much of it.

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Delafield 262-646-6300

Oshkosh 920-232-0900

Appleton 920-992-9300

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