

PEDAL POWER

Bay View Bicycle Club

VOL 18 NO.5

www.bayviewbikeclub.org

May 2006

Celebrating Eighteen Years of Fun!

The Prez Sez

The Weary Traveler (Vol. 2, Continued)

Saturday, March 25th marked a joyous occasion – we had returned home three days earlier than planned from Livingston, Guatemala.

Without the other twenty-six members who had made this a successful trip, none of us would have felt so content upon returning. As I had expected, this was a challenging and fulfilling journey as well as an educational one.

Challenging: Working in the heat and humidity while wheelbarrowing sand, stone and concrete to construct a basketball court for the school kids in the hilly landscaped region; carrying buckets of water and bags of cement and digging.

I really felt proud when my co-workers honored me with my own wheelbarrow and dubbed it ‘Wheelbarrow Jim!’ It made my day--my week! Especially when leading the “W-H-E-E-L-B-A-R-R-O-W” cheer during a break!

Fulfilling: Having the satisfaction of seeing the smiles on the little uniformed school children as we toiled to complete the task.

We knew, and perhaps they did as well, that they would now have the same opportunity as the school kids of the USA. Who knows, maybe some day there will be a Livingston basketball star in the NBA!

Educational: I couldn’t believe my eyes! The region abounded in hills. Although some residents and tourists commuted by bus, van, auto, or moped, there were many Nationals traveling on bicycles to complete their chores.

While a few roads were paved, most were gravel. The bicycles were generally foreign-made and of the mountain variety type, the better to combat the hilly terrain, and as such were not in the best of condition as one would expect to

find in the US. I observed the Nationals repairing their bicycles with parts from other bicycles.

I wished I could do something for these needy people, many who transported their wares by bicycle; being able to ship ‘junk’ bicycles there would have been great, but due to the distance and costs of shipping, that would be almost impossible.

But the bicycles worked for them; they were not flying up these steep and curvy hills by any means, but plugging away slowly and steadily, which got them to their destination in due time. There were what could be considered bicycle lanes on some stretches of the main highways, but those were allotted more for handicapped vehicles.

Incidentals: I might add that a few hundred yards from the Hotel Waba, our home away from home (albeit with no air conditioning and poor plumbing facilities); lay the scenic beaches and the blue-green waters of the Caribbean Ocean. How disappointing it was for me to learn that all this beauty was being wasted due to unsanitary conditions. And I realized that we have similar situations here as well.

Thoughts & Resolutions: As much as I wanted to try my skills at bicycling, I have to admit that I didn’t have the courage or the stamina to do so because of the extreme heat and trafficking, or just plain lack of good conditioned bicycles. Truthfully, I guess I would be shaming myself in the presence of the Guatemalans! But I’ll always remember what I’ve witnessed when I encounter the next hill. I won’t complain - I’ll just think of those Guatemalan hills! I will now appreciate and value our BVBC routes on our beautifully paved, Wisconsin rural roads even more. And if needed, I’ll just do it--slowly and steadily!

What I Took Home With Me: Upon returning, in my own way I quietly thanked those who had watched over me while on my mission. Yes, I am a changed person - for the better. I am happy and relieved to be fortunate to have the things that make my life easier. I won't ever complain again when climbing hills when either walking or bicycling. I've participated with a dedicated group of men and women in accomplishing a huge task for the needy school children. For many, it culminated their dreams to see the work begun on this project only a few years ago continue to grow. It wasn't all work, mind you. There were times we joked and played--like grownups do! But I can say that I've met my challenge! And I've made new friends.

Yes, I'm tired, a little drained, and tanned...and just glad to be home again!

This article is dedicated to coworker Steve Burns, who shared with me what being devoted to a cause really is.

Respectfully,

Jimmy Mamayek, BVBC Prez

A.K.A. Jimmysnot

A.K.A. Wheelbarrow Jim

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

BVBC Hotline ■ ■ ■ ■ 299-0317

Hotline Manager: Phil Fellner:
fatdogbikes@yahoo.com

June Pedal Power Deadline



The deadline for the June newsletter is May 8. Articles from any club member are welcome!

Barb Pier

bikenut07@sbcglobal.net

Members of the BVBC Board

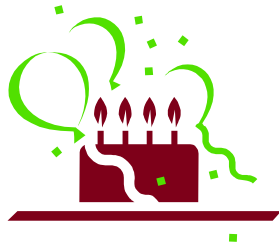
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Nominating	Dick Knepper
Nominating	Gil Krueger MRGGK@hotmail.com

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!



MAY BIRTHDAYS

Name	BirthDate
David Katzfey	May 1
Terry Pomeroy	May 3
Pat Peterson	May 15
David Weber	May 19
Patricia Frausto	May 23
Kelly Kuhs	May 24
Pat LaCocque	May 26
John Mallman	May 28
Bruce Fulton	May 29
John Donovan	May 29
Margaret Leonhardt	May 31

MEMBERSHIP UPDATE

By Pauline Ellington

URGENT!!! Memberships expired on March 31, 2006.

Please mail in your renewals ASAP. This will be your last Newsletter unless we receive your renewal by the next newsletter mailing, approximately May 15. You won't want to miss out on any ride information, social events, or other important club information. Also, by not renewing promptly, you could miss out on the opportunity to be listed in the Club Roster.

If you haven't renewed because we have failed to meet your needs, please let us know how we can improve the Club to meet your expectations.

Our current paid membership is 71. If we count those of you who have not yet renewed, we have a total of 139 members. So all of you who haven't renewed – NOW IS THE TIME!

We have several new members – Please welcome them!!

Barb Johnson
Milad Demian
Carmen Aponte
Dennis Labinski
Sabrina Schmidt
Corrado Cirillo
Karen Komassa
Genevieve Penn

Member Meeting Minutes

3/20/06

By Heidi Aponte

Meeting took place at Wheels & Sprocket

- Ride Leaders needed.
- Social Event for April Fish Fry at Serb Hall 4/21/06 at 5:30 pm.
- Membership dues are due at the end of March.
- Wheels & Sprocket Expo is on April 7, 8, 9 2006.
- Meeting adjourned 7:15 pm.



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

May Meeting

By Dan Krall

We will have an interesting program for the May meeting. I met Dennis Northy at the Wheel and Sprocket expo. His business is Pow Wow Bike tours and he has promised to give us an interesting program about Human powered vehicles and other interesting facts about bikes and biking. See you there.

LAKE COUNTRY CLASSIC RIDE Update

By Sandra White

6 more volunteers are needed for our Rest Stops on Ride day.

4 more volunteers are needed for route marking on 7/1/06, the Saturday before the Ride.

2 more volunteers are needed for placing signs along routes on Ride day.

8 more SAG drivers/riders are needed (4 teams of 2 people).

Please sign up now!

Our Ride brochures have been printed and are ready for distribution. Will you please make arrangements with our Promotions Committee (Clare, Susie, and Katie), to pick up a few stacks of brochures and take them to bike shops, retail stores and other businesses near your home, or workplace.

Whatever you can do to help us get the word out and encourage people to try our Ride would be appreciated.

Please help distribute Ride brochures!

An early reminder to everyone to start thinking about what type of bakery item you can prepare and donate for our Rest Stops. For those of you who never learned the fine art of baking, you can still join in the cause by donating money to pay for the fruit, bagels and PBJs needed for the Rest Stops. Please let our Rest Stop Co-Chairs, Jimmy Mamayek and Betty Grendysa, know what you can donate. We have many riders relying on our famous tradition of home-baked goodies at our Rest Stops.

A BIG "THANK YOU" TO ALL BVBC VOLUNTEERS!

To sign up- please email Sam at: sandraw@warshafsky.com, or call: 262-673-7686.

Trek 7500 Hybrid Bike For Sale

I bought this bike new in 2003. It's not a lot different from the 2006 version. There are six models in the Trek hybrid series. The 7500 is second from the top. It has been ridden less than 1,000 miles, probably about 500, and is in nearly new condition. I almost always ride my road bikes and I am running out of garage room.

The frame size is 22.5 inches, so it will fit someone who is around six feet tall and up.

I will sell it for a lot less than the price of a new bike. Gil Krueger--262 797 8448.

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Eight Winning Strategies for Century Day

Altered by Linda Roessl via Bicycling Magazine

A couple years ago I cut this article out of Bicycling Magazine. These eight points are really common sense items yet so important. I refresh my memory by rereading it whenever I plan to ride a century. Since we are all looking forward to riding the Lake Country Classic Century, I thought I would share this with you. As always, adjust as you see fit for your personal needs or preferences. I prefer & practice an additional winning strategy by drinking lots of coffee when driving to the start of the ride☺

- Eat a 400-calorie breakfast (cereal, orange juice and a bagel) two hours before the ride. Leave an extra hour of digestion time for every additional 200 calories.
- Pre-hydrate: drink three 8-ounce glasses of water with breakfast (I pre-hydrate starting the day before).
- Ride at your own pace. One of the most common mistakes is getting seduced into a group you have to struggle to keep up with. You can't hold that pace for 100 miles. Find people riding at your speed.
- Don't stuff yourself at the rest stops. Munch lightly and take some to go. Large amounts

of food divert blood to your stomach, which weakens your legs. But never get hungry.

- Stretch. Every 30 minutes, stand on the pedals, arch your back and stretch your legs. Stretch your neck and do shoulder shrugs. It prevents fatigue.
- Spin easy for 50 miles. Avoid going anaerobic (breathless) on climbs or sprints. This keeps your legs fresh for the last half.
- Stay hydrated. Drink at least one standard-size water bottle every hour you're on the bike. To cue yourself to drink, set your watch to beep every 15 minutes to signal sip time.
- Limit rest stops to 15 minutes or less. More than that and your legs get stiff.

Brake Tips for Rainy Roads.

By Phil Filner

Things change when wheels and brake pads get wet. The same braking techniques that work without a thought in dry conditions can cause big problems when you're riding in a spring shower.

Here are five tips that'll keep you from slip-sliding away.

Start stopping sooner. When wet brake pads contact wet rims, guess what. Nothing happens! At least for a few wheel revolutions until the water is squeegee away. Remember this and anticipate the need to slow or stop so you can begin doing it well in advance.

Tip! Be ready to ease your grip on the brake levers the instant you feel the pads grabbing. Stopping power then returns to normal, so you could lock a wheel and skid if you don't lighten up.

Emphasize the rear brake. In dry conditions, the front brake is the one that stops you best because weight shifts forward as the bike decelerates. But if you brake firmly up front on wet roads, the wheel could skid and slip out from under you. For this reason, apply both brakes but emphasize the rear. A brief rear-wheel skid isn't nearly as likely to take you down.

Be wimpy on descents. Use extra caution on a wet descent when the need to slow or stop is likely. A downhill accentuates the forward weight shift and makes a front-wheel washout or rear-wheel skid more likely.

Tip! On descents, keep the brake pads lightly in contact with the rims. This won't be enough to slow you or overheat the sidewalls, but it will

keep water wiped off. Then when you need to slow or stop, braking response will be nearly the same as in dry conditions.

I NEED YOU....

Perhaps you may recall that famous War poster depicting **Uncle Sam** looking you smack dab in the eye, pointing a finger and beckoning you to join His armed forces. The poster was indeed a masterful hit! So much so that mega companies and agencies have successfully followed suit. You have to admit that the poster was incredibly persuasive and no one could resist running to **Uncle Sam's** aid.

Do you think this would work--the illustrated poster--in recruiting volunteers from our membership to utilize their skills and talents in assisting with this year's **Classic**?

Yes, We Need You! This is Your Club!
Help us be successful! Please do your part in volunteering for the **Classic** and contact any board member for further information.

If you submitted your name in the past and I neglected to call, kindly call me again!

Thanks,

Jimmy Mamayek, BVBC Perez

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Miller Late Ride for the Arts

This year's Miller Late Ride for the Arts is scheduled for Sunday, June 4th. The ride coordinator, Steve Halo, is again soliciting our membership to be designated Ride Marshals for all of the five routes; 5, 15, 25, 50 and 75-mile options. According to Halo, the participants of

each ride may finish at the Summerfest grounds with entertainment featured at the new Miller stage. A brief informational training session will be presented at the BVBC's regular scheduled May 22nd Membership meeting. T-shirts and route cue sheets will be distributed at that time. Anyone interested in volunteering as a Ride Marshal for this event should contact me with your t-shirt size and choice of route prior to May 22nd.

Jimmy Mamayek, BVBC Prez

Ride Chair, Ride

By Kent Kelly

We be riding! Every Saturday and Sunday at 10:00 am through May. Consult your newsletter; check the web site; call the hot line. See you on the routes.

Oh, yes. Sign up to be a ride leader. I've got packets ready and waiting.

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 April and May

All Rides Start at 10am in April and May

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.

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.

Saturday, April 29, 2006

Gil's Ride to Rome. State park sticker required for parking. Scenic ride through farming country to Rome and back. Ride Distance 26 or 43 miles. Starts at Ottawa Lake Recreation Area. Take I-94 west to WI 67 (Oconomowoc exit), south on 67 approximately. 9 1/2 miles to County ZZ. West on ZZ 1/4 miles to Ottawa Lake Recreation Area. Approximate drive time: 40 minutes from Zoo.

Sunday, April 30, 2006

Windlake. Ride around Windlake and Big Muskego Lake, fairly flat, mostly rural route. Ride Distance 21 or 34 miles. Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., south west on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116th St. Left on New Berlin Rd. to parking lot on left.

Saturday, May 06, 2006

River Hills Roll. Improved route through River Hills, Mequon and Bayside. Ride Distance 26 or 35 miles. Starts at Kletzsch Park. Take I-43 north to Good Hope Rd. Go west one mile to Milwaukee River Pkwy. South in Pkwy approximately one mile to parking lot on west side.

Sunday, May 07, 2006

Dousman Ride. Very scenic rural ride around Dousman area with some rolling hills. Ride Distance 20 or 37 miles. Starts at Bicycle Doctors parking lot. 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 Bicycle Doctors parking lot on right side of street or Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

Saturday, May 13, 2006

South Hills. Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville. Ride Distance

23, 35 or 52 miles. Starts at South Hills Golf Course. Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time 25 minutes from Zoo.

Sunday, May 14, 2006

Cedarburg. Very scenic ride through rural area north of Cedarburg. Ride Distance 25, 31 or 43 miles. 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.

Saturday, May 20, 2006

Past President's Day Ride. Easy ride with a few rolling hills on rural roads thru scenic farmland in NE Racine Co. Club members only, bring a dish to pass. Call Jimmy the Prez to RSVP Ride Distance 25 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.

Sunday, May 21, 2006

Chocolate City Bike Ride. Annual fund raiser for Burlington Kiwanis Club (registration required). Ride Distance 19, 33 or 62 miles. Starts at Bob's Pedal Pusher - 466 S. Pine St. (HWY 83) Burlington WI. Take I-43 to South to 164 South to HWY 36/83 South to Hwy 83 (Pine St.). Online registration www.signmeup.com/24841 or call (262) 763-7794.

Saturday, May 27, 2006

Oconomowoc-Eagle. Rural ride going south from Oconomowoc, through Dousman and Eagle. Longer route has some hilly areas. Ride Distance 25 or 42 miles. Starts at Roosevelt Park. Take I-94 west to WI 16. Take WI 16 into Downtown Oconomowoc (16 becomes Wisconsin Ave). Turn left on Main Street. Go 0.7mi. to

Forest St. Turn right on Forest St. into park. Approximate drive time: 30 minutes from Zoo

Sunday, May 28, 2006

Charlie's Memorial Ride. New routes! Scenic ride through Hales Corners, Muskego, Big Bend and Mukwonago. Passes near Charlie's gravesite. Long route has numerous hills. Ride Distance 24 or 46 miles. Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., south west on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116th St. Left on New Berlin Rd. to parking lot on left.

Monday, May 29, 2006

Oakwood to Oakleaf. Easy ride following the Oak Leaf trail and loops back through Oak Creek. Ride Distance 25 miles. Starts at Grant Park Golf Course. Take Lake Drive south to Hawthorne Ave. East on Hawthorne to Club House.



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