

PEDAL POWER

Bay View Bicycle Club

VOL 18 NO.10

www.bayviewbikeclub.org

October 2006

Celebrating Eighteen Years of Fun!

The Prez Sez

Why Do I Enjoy Bicycling?

That's not the easiest question! So much depends on individual taste and preference, the way the wheels feel beneath you, the way the scenery flies by. For me, I think a great part of it depends on where the road goes.

Believe me; weather has a play in it also. I like warm and sunny days, but if rain is in the forecast, I'm still prepared to go. It's the wind that gets me – the wind and snow and ice! I'd rather do hills than bicycle against the wind any day. Yep, I said hills. Got to get up in those hills so my legs appreciate me more. My favorite hilly ride? Thinking it over, that's a tossup between the Tour of the Mississippi River Valley (TOMRV) and the Hilly Hundred bicycle ride tours.

The TOMRV consists of two routes and is hosted by the Quad Cities Bicycle Club, of which I'm proud to say I'm also a member. Both routes are two-day rides. I usually prefer the shorter of the two, which starts in Preston, IA and is routed to Dubuque and back with plenty of hills.

The Hilly Hundred is in the middle of Indiana, near Bloomington, a state which you might think was devoid of hills, but would be speedily assured of otherwise. The Hilly 100 is also a two-day ride, with a bountiful carbed meal after the first day.

Each ride has all the hallmarks of a splendid journey and destination, complete with the joy of finishing successfully. Plus, staying overnight in college dorms with clean bedding is oddly comforting! (I'm no longer a fan of sleeping outdoors, 'army' style, when facing a challenging ride the next day.)

The Horsey Hundred is another two day bicycle tour that circles to and from Georgetown, KY. The

Horsey takes you through rolling hills in renowned horse country. I truly found it the most beautifully groomed farmland and horses ever witnessed by anyone, well worth the gas mileage and price. And it's educational too! I asked why this particular section of the country is so valued for horses. "Because of the nutrients in the soil and grass," they replied.

And, lest I forget, right here in our own backyard is Wright Stuff Century ride, starting in Mt. Horeb, WI. Wish I could do that one again. I'll have to ask my legs first.

Besides all the great food and the fine bicyclists I meet on these trips, I suppose my greatest joy comes when I'm tooling around the countryside and admiring the various barns and farms. It's only a rumor that I go just to moo at cows! Though I have been told by various people that my animal vocal sounds could win contests. What kind of contests, they refuse to say.

Another thing I like about bicycling is seeing people from all parts of the USA, with the same exercise plan, same wearing of their favorite colorful bicycle jerseys and shorts, and same goals. The various brands and types of bicycles to see is certainly a plus also. When you think of it, where else could a bunch of jocks enjoy such camaraderie than on a bicycle tour? Most astonishing is when you meet someone who is much older and in much better shape. The gender doesn't matter at that point – it's the "golden age" that surprises everyone! Kind of wonder where I went wrong. But really, I'm just happy to escape injury or some errant, road-raged driver. Motto: "Share the road - I have rights too!"

Bicycling a considerable distance on rural scenic countryside roads has taken me much further into

adventure and excitement than running or jogging ever did. I've participated in swimming and running events, but I think I've hit my groove with bicycling. After I'm adjusted to my bicycle seat, the hills and overall endurance snap into focus. Ah, yes, those youngsters with legs that must have automatic springs and shocks are nothing more than me, years back... Calling out 'car back,' or 'car up' or 'on your left' are carols that remind me I'm still in the group. I religiously wear my helmet, obey road signs, and courteously pull off the road for rummages and Home for Sale signs. Hey, I need to take a break every so often!

So no more competition for me. I just want plain and simple recreational bicycling with my que sheet in a rural, scenic setting, on a clear, warm and sunny day. I won't even mention how it stirs my appetite for the next delicious gourmet meal to be devoured. After all, I'll be losing the results on my next ride!

Yes, I'd rather be on my favorite bicycle dressed in flashy colors alongside my best-ever bicycling partner one could have, the Booper!

See you on the road!

Respectfully,

Jimmy Mamayek,

a.k.a. Jimmysnot

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!

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
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

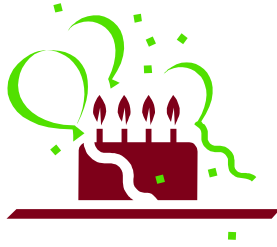
Quartermaster	Jimmy Mamayek	414-764-3676
Web Master	Ron Santoro: bikerron@earthlink.net	453-8636
Nominating	Dick Knepper	744-5315
Nominating	Gil Krueger MRGGK@hotmail.com	262-797-8448

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

BVBC Hotline ■ ■ ■ ■ 299-0317

Hotline Manager: Phil Fellner:

fatdogbikes@yahoo.com



OCTOBER BIRTHDAYS!!

Name	BirthDate
Ron Vega	October 2
Karen Komassa	October 4
Walter Pretzel	October 5
Michael Sterr	October 8
Donna Pogliano	October 10
Joe Safranski	October 12
Kent Kelly	October 14
Tom Simonson	October 15
Pauline Ellington	October 15
Bruce Pendland	October 16
Jay Payne	October 17
Debra Tuckwood	October 19
John Jr Poznanski	October 19
Bill Meyer	October 21
Janice Cordero	October 28

November Pedal Power Deadline



The deadline for the November newsletter is October 9. Articles from any club member are welcome!

Barb Pier

bikenut07@sbcglobal.net

October 8-10, 2006 at Wheel & Sprocket		BUILDING INTEGRATED WELLNESS THROUGH CYCLING	
<p>Portia H. Masterson, life-long cyclist, author and publisher of <i>Bicycling Bliss: Riding to Improve Your Wellness</i> will be presenting at Wheel & Sprocket October 8, 9, and 10!</p> <p>Learn how to set up your bicycle, establish a comfortable and efficient riding position, optimize your riding technique, and balance your muscular development to benefit the most from your riding experience.</p> <p>Stop in for details or visit www.wheelandsprocket.com.</p>	<p>Bike Fit, Custom Setup and Riding Technique to optimize your riding potential and pleasure. Oct. 8</p> <p>Stretching and Strengthening for Cycling Performance: Oct. 9 How discomfort while riding can originate from tensions and habits established off the bike.</p> <p>Fuel Your Engine for Health, Stamina, and Rapid Recovery: How a busy cyclist can shop, prepare healthful meals and still make time to train. Oct. 10</p>	<p>CELEBRATING CYCLING</p> <p>Wheel & Sprocket Find us in Appleton & Oshkosh too!</p>	
<p>Brookfield 13925 W. Capitol Dr. 262-783-0700</p>	<p>Delafield 528 Wells St 262-646-6300</p>	<p>Fox Point 6940 N. Santa Monica 414-247-8100</p>	<p>Hales Corners 5722 S. 108th St. 414-529-6600</p>

Membership Report

By Pauline Ellington

Current membership is 120, consisting of 117 adults and 3 kids.

We have 3 new members – please make them feel welcome.

Barb Kubal

Jay Marek

Karen Marek

If you know of anyone interested in joining our club, you might mention to them that if they join after October 1, 2006, their membership will run thru March 31, 2008. So encourage them to join now so they can get familiar with our club, enjoy the fall rides, receive the newsletters through the winter months, and participate in some fun social activities.

Pike Lake Hike

Sunday, November 5, 2006

Join members of the Bay View Bike Club and the Nordic Ski Club on Sunday, November 5, 2006 for a late autumn hike through Pike Lake State Park. The park's nine different hiking trails offer a variety of topography and scenery, including wetlands, woods, open prairies, and glacial terrain. You'll also have an opportunity to climb the Powder Hill observation tower, which offers spectacular views of the surrounding area. We will hike for about 2 ½ hours and then drive to nearby Harford for an early dinner at the Mineshaft restaurant.

If you'd like to join the fun, you can either carpool to Pike Lake State Park or meet the group there. To carpool, meet at 12:30pm at the Good Hope Road park-and-ride lot (southwest corner of the intersection of Good Hope Road and Highway 45). Otherwise, meet the group at 1:30pm at the bathhouse parking lot on the east side of Pike Lake in the state park. A state park sticker or \$7 day pass is required for each car. Remember to bring water and energy snacks. We'll hike rain or shine, so come prepared for the weather. Call or email Clare Beachkofski at 414-228-0929 or clarebeach@yahoo.com if you have questions.

Ride Chair, Ride

By Kent Kelly

Our rides still start at 9:00 am through September. In October we start at 10:00 am. Please plan accordingly.

We have good rides left in this season and we can always use ride leaders. I'll have the sign-up sheets at the meetings and at rides.

On another very important note: While Heidi Aponte is off on a six-week trip to Germany, I'll be handling the rider points. So, please return those Ride Sign-up Sheets to me (see address below). This becomes especially critical as we close in on the cut-off for the October Awards Banquet and Election.

See you on your bike.

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. By snail mail: Kent Kelly, 5611 Churchway, Greendale WI 53129
5. On a ride

Thanks.

Ride Schedule for September and October

All September Rides Start at 9am. All October rides start at 10 am.

Saturday, September 23, 2006

Big Cedar Lake. Rural ride going north through Holy Hill, Hartford and Slinger, long route circle Big Cedar Lake. Ride Distance 27 or 42 miles. Start at Holy Hill. Take I-94 west to US 45 north. US 45 to WI 167 (Holy Hill Rd). West on 167 to Holy Hill. Park in large lower gravel lot.

Sunday, September 24, 2006

New Berlin West. Scenic ride through New Berlin, Muskego, Big Bend, Mukwonago and Vernon. Ride Distance 34 or 55 miles. Starts at Target in New Berlin. Go South on I 43 exit on Moreland Rd., Turn right on Moreland Rd. Turn right into Target's lot and park in the far east section. The short route is has more climbs than the long route.

Saturday, September 30, 2006

LaGrange - Whitewater. Scenic ride through Southern Kettle Moraine between LaGrange and Whitewater. Ride Distance 30 or 56 miles. Starts from LaGrange General store. Take I-43 southwest to East Troy. West on WI 20 to US 12. West on US 12 to LaGrange. Park in the lot at the intersection of US 12 and Cty. H. Approximate drive time: 50 minutes from Zoo.

Sunday, October 1, 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.

Saturday, October 7, 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.

Sunday, October 8, 2006

Dick's Chili Ride. Club members only, bring a dish to pass, Call to RSVP. Ride Distance 20 miles. RSVP to Dick @ (414) 744-5315 by Friday, October 15, 2004 to get directions to his home.

Saturday, October 14, 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, October 15, 2006

Sam's Fall Color Ride. Club members only, bring a dish to pass, Scenic ride with rolling hills through Kettle Moraine area around Holy Hill. Ride Distance 30 miles. RSVP to Sam @ (262) 673-7686 by Friday, October 6, 2006 to get directions to her home.

Saturday, October 21, 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.

Sunday, October 22, 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.

Saturday, October 28, 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.

Sunday, October 29, 2006

Whitnall Park to Currie Park. Easy ride following the Oak Leaf trail. Ride Distance 30 miles. Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave.

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Bay View Bicycle Club Rider Point Totals

1 Oct-2005 / 31-Aug-2006

Roessl, Linda	1829
Hepp, Bill	1355
Mamayek, Jimmy	1343
Grendysa, Betty	1304
Santoro, Ron	1237
Beachkofski, Clare	1165
Wojtal, Norm	1064
Wojtal, Prati	939
Ellington, Pauline	906
Poznanski, John	766
Krall, Dan	737
Tuckwood, Debra	709
Frausto, Patricia	702
Safranski, Joe	690
Schmidt, Sabrina	679
Cirillo, Carrado	677
Schmidt, Jeff	671
Orosa, Jojo	642
Fishman, Steve	617
Katzfey, David	554
Krueger, Gil	531
Cordero, Janice	510
Kelly, Kent	509
Gannon, Sandra	479
Mallman, John	477
Gibbs, Tamara	469
Radtke, Lorraine	452
Simonson, Tom	428
Polk, Bob	421
Pretzel, Walt	404
Sericati, Tom	404
Gannon, Dan	388
Michalets, Ellen	368
Radtke, Gary	367

Katzfey, Delvina	358
Labinski, Dennis	353
Krueger, Nancy	339
Tumey, Carol	333
Meilicke, Dennis	332
Fellner, Phil	315
Gresl, Lois	315
Karr, Nancy	302
Fulton, Bruce	268
Thaller, Susan	265
Butters, Gary	261
Pier, Barb	257
Verheyen, Byron	254
Peterson, Pat	253
Aponte, Carmen	250
Pendland, Bruce	240
Peterson, Beth	239
Nelson, Tom	228
Sterr, Mike	226
Kuhs, Kelly	217
Locker, Chris	211
Mathers, Russ	199
Lalor, Tierney	196
Fulton, Amy	192
Stachowiak, Keith	166
Lucas, Mary	163
Kisley, Francis	160
Knepper, Dick	158
Gomez, David	151
Gomez, Julie	151
Kelly, Nancy	147
Evans, Katie	126
Butters, Pat	100
Wenzell, Jim	100

Wenzell, Marie	100
Margraf, Arlene	98
Wolf, David	97
Downs, Monica	86
Payne, Jay	66
Leonhardt, Peggy	65
Demian, Milad	64
Petzel, Walt	62
Thompson, Kris	61
Rann, Phoenix	58
Fisher, Harry	57
Wozniak, Anne	55
Hallman, Tom	50
Friske, Tim	46
Williams, Maurice	46
Jaelen, Will	44
Stefanoski, Charles	41
Bendland, Grace	34
Clowers, Arlene	34
Noll, Elaine	33
Noll, Mike	33
Baerwald, Cathy	31
Thaller, Susa	31
Buddy, Theresa	30
Bivens, Bob	26
Fahey, Joe	25
Johnson, Barb	25
Pier, Isabella	25
Komassa, Karen	24
Matt, Frank	24
Penn, Jenni	24
Hamill, Barbara	20
Jaekel, Randy	15



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