

PEDAL POWER!

Newsletter of the Bay View Bicycle Club

VOL. 19 NO. 2

www.bayviewbikeclub.org

February/March 2007

Celebrating Nineteen Years of Fun!

Comments From the Back of the Pack...

by Dan Krall, BVBC President

The Bay View Bike Club holiday party on Saturday, February 3, 2007 was fabulous and I am very happy that I was able to attend. The party started at The Eisner American Museum of Advertising & Design, where we toured the TREK "Designing the Ride" exhibit, a wonderful display of the TREK bicycle research and design process. We saw several TREK prototype bicycles, including a new model for commuters and casual riders that shifts automatically. The advances in technology and advertising are amazing! After touring the Eisner, it was time for dinner. It was extremely cold that evening, and during our two block walk to the restaurant, we had a brief rest stop at a local coffee shop to warm up. After some hot java and hot chocolate, we were ready to brave the cold again, and we continued on our trek (no pun intended). At Joey Buona's restaurant, we enjoyed a delicious dinner and pleasant conversation with fellow club members. Thanks to Corrado, the BVBC Social Chair, for planning the holiday party!!

The annual holiday party is just one of the many Bay View Bike Club social events throughout the year. I encourage all members to attend not only the club rides, but also the social events. It's a great way to meet and talk with other club members in a casual setting, and is also an opportunity to participate in non-biking activities. You're welcome to come alone or bring a guest. Past social events have included bowling, ice skating, movies, night golf, dining out, and hiking. What other activities would interest you? We're always looking for new ideas, so send Corrado an email if you have suggestions.

Speaking of club events, celebrate St. Paddy's Day with these special March activities:

- **St. Patrick's Day Parade on Saturday, March 10, 2007.** Meet at Buck Bradley's, 1019 Old World 3rd St, Milwaukee at **11:45am**. After watching the parade (starts at noon), we'll gather inside for Buck's delicious Irish food and beverages. RSVP to Corrado at 414-758-0296 or ccirillo@wi.rr.com by March 8th.
- **Ride with the Leprechauns on Sunday, March 18, 2007.** Park in the medical clinic parking lot behind the 5 Star Coffee Shop at 73rd St. and Rawson Avenue. We'll leave at **10am** sharp and ride about 16 miles. For details, see the article later in this newsletter.

A Club

A club is a haven of refuge and accord
in a world torn by strife and discord.
A club is a place where kindred spirits gather
to have fun and make friends.
A club is a place of courtesy, good breeding,
and good manners.
A club is a place expressly for camaraderie,
merriment, goodwill, and good cheer.
It humbles the mighty, draws out the timid,
and casts out the sorehead.
A club is one of the noblest inventions of mankind.

*- Robert J. Dedman, Sr.
Founder, ClubCorp USA, Inc.*

Support Your Bike Club – Volunteer for the Classic!!

Saturday, July 7, 2007 is the date of the BVBC Lake Country Classic, our club's annual fundraiser. BVBC members plan the bike ride and St. Paul's School of Oconomowoc provides the spaghetti lunch. There will be sign-up sheets at the monthly meetings for you to volunteer for advertising, registration, rest stop food, rest stops, and other things. Proceeds from the Classic support both **our club** and the community.

BVBC Board Members

President	Dan Krall 414-687-2757 getinolder@yahoo.com
Vice President	Jimmy Mamayek 414-764-3676 snottyboop@peoplepc.com
Secretary	Jeff Schmidt 414-761-3194 Bentguy61303@aol.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	Corrado Cirillo 414-758-0296 ccirillo@wi.rr.com
Membership Chair	Pauline Ellington 920-387-4812 paulineellington@hotmail.com
Newsletter Editor	Clare Beachkofski 414-228-0929 clarebeach@yahoo.com

Standing Committees

Web Master	Ron Santoro 414-453-8636 bikerron@bayviewbikeclub.org
Nominating	Dick Knepper 414-744-5315 rknepper@aol.com
Nominating	Gil Krueger 262-797-8448 MRGGK@hotmail.com

BVBC Hotline

For up-to-the-minute information about rides, special events, and meetings, call the BVBC Hotline: 414-299-0317	
Hotline Manager	Linda Roessl roessll@hotmail.com

Club Meetings

Club meetings are held at 7 P.M. on the third Monday of each month (no meetings November, December, and January) at the Beulah Brinton Center, 2555 S. Bay St., Milwaukee (Bay View). Our meetings are open to the public and everyone is welcome!

Note: The March meeting is Monday, March 19, 2007 at 7 P.M.

Newsletter Articles

The deadline for the next newsletter is midnight on **March 10, 2007**. Copyrighted material must include the author's name and permission to reprint. Please email the articles in MS Word-formatted files to clarebeach@yahoo.com. All members are encouraged to submit articles.

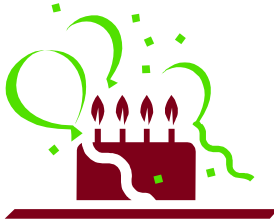
Membership Report

By Pauline Ellington

Bay View Bike Club (BVBC) currently has 123 members, including 120 adults and 3 kids.

Time to Renew Your Membership!

Memberships are due to expire on March 31, 2006, so it's time to renew for another year. By renewing your membership on time you will not miss any issues of our newsletter. Since the biking season is just around the corner, you'll receive the schedule of rides and social activities that appear each month in the newsletter. 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. Use the renewal form included with this newsletter or download it from www.bayviewbikeclub.org. Please mail or bring it to one of our membership meetings.



Celebrate your birthday with fellow members by bringing treats to the monthly meeting!

February Birthdays

Name	Birthday
Nancy Kelly	February 2
Dan Wiken	February 2
Brian Burke	February 5
David Gomez	February 5
Arlene Margraf	February 6
Cedric Olinger	February 7
Tom Sericati	February 8
Barb Kubal	February 10
Steve Fishman	February 16
Charles Stefanoski	February 17
Lorraine Radtke	February 18
Beth Peterson	February 21
Carmen Aponte	February 25
Jay Marek	February 26
Mary Lucas	February 26
Betty Grendysa	February 26
Jim Wenszell	February 27

March Birthdays

Name	Birthday
Nancy Karr	March 1
Karen Marek	March 6
Douglas Irek	March 6
Prati Wojtal	March 6
Clare Beachkofski	March 6
Jojo Orosa Jr.	March 15
Tamara Gibbs	March 19
Lisa Meyer	March 21
Pat Butters	March 21
Byron Verheyen	March 24
Katie Evans	March 26

Sweetheart Ride Was “No Sweat”

By Linda Roessl

The Sweetheart Ride (February 10) started 10 minutes late because we were waiting for our honorable president to show up. Kent informed us that Dan was in Florida!!! Three hearty BVBC club members, Gail, Joe, and myself, braved the 8 degree temperature to ride for coffee. We were met at Starbucks by three loyal supporters Russ, Tom N., and Kent. It was Gail's first ride with the club and she endured the journey with little whining. I was wearing 5 layers on my top half and three layers on my bottom half with hand and feet warmers. I felt and looked like the Michelin woman on wheels. Joe left his camera at home because you wouldn't recognize us. Gail plans to join us on another ride when we don't need to add antifreeze to our water bottles (ha-ha).

Wheel and Deal at the Spring Bike Swap!

The 2nd Spring Bike Swap is **Saturday, March 24, 2007** at Cushing School in Delafield, WI. It is sponsored by the **Lapham Peak Friends** and all proceeds go to the snowmaking project at Lapham Peak State Park. Last year's Bike Swap was a huge success and this year's will be even better. It will feature new bikes and bike merchandise from four bike stores, and consignment sales of used bikes. Last year, about 60 used bikes were sold on consignment and more could have been sold if they had been there. People were looking for used bikes to buy. All types of bikes were sold: old, kids, mountain, comfort, recumbents, commuter, and racing bikes. The price range of consignments was \$25 to \$800.

Hours: Sellers = 8:30am to 3pm
Buyers = 10am to 2:30pm

Entrance fee: \$5 per person.

For consignment sales information, go to <http://www.laphampeakfriends.org/Calendar%20of%20Events.htm> or contact John at 262-569-9397 or wrchota@execpc.com.

BVBC 2007 Active Rides Report

by Kent Kelly, Ride Chair

While going over our rides, and in response to a comment from a BVBC member, I wondered just where our start points were in relation to a radius. So, I got me a map, drew an arc (didn't see any sense to closing the circle out over Lake Michigan), and counted. The results are listed below.

Definitions:

- Club ride – a ride where BVBC controls the route and date
- Non-club ride – a ride where BVBC does not control the route or date
- Radius – 25 miles measured from Summerfest Grounds

Active Rides

Club rides	56	77%
Non-club rides	17	23%

Club Rides and Radius

Inside radius:	41	73%
Outside radius	15	27%

2007 Club Rides Inside Radius

Audubon Court	Harrington Beach	River Hills Roll
Beaver Lake	Holland Festival	River Hills/Grafton
Betty's Booper	Holy Moly Hills	South Hills
Brown Deer to Cedarburg	Hoyt Park	South Shore to Gorney Park
Burlington Roll	Lake Country Ride	St Paddy's Ride
BVBC Windlake	Menomonee Falls/Neosho	Sweetheart Ride
Cedarburg	New Berlin West	Tom's Grant Park Picnic Ride
Charlie's Memorial Ride	Oakleaf Trail - South Loop	Too Much Turkey Ride
Chuck's Breakfast Ride	Oakwood to Oakleaf	Virmond Park
Cool Doctor	Ozaukee Interurban Trail	Whitnall Park to Currie Park
Dick's Chili Ride	Past Presidents Day Ride	Whitnall Park to Greenfield Park
Germantown Roll	Pewaukee Lake Ride	Whitnall South
Grant Park	Pewaukee TREK	Windlake
Greenfield SW	Polar Bear Ride	River Hills Roll

2007 Club Rides Outside Radius

Big Cedar Lake	Horicon Marsh	Oconomowoc-Eagle
BVBC Classic Preview	LaGrange - Southern Kettle Moraine	Ottawa Lake
BVBC Classic-Lake Country	LaGrange - Whitewater	Parkside
Delafield Lake Country	Lake Mills Triangle	Sam's Fall Color Ride
Dousman Ride	Northern Kettle Moraine	
Gil's Ride to Rome	Horicon Marsh	

2007 Non-Club Rides

Bike Federation Ride	Menominee River	Scenic Shore 150
Chocolate City Bike Ride	Miller Lite Ride for the Arts	Tour de Fort
Coalition Picnic	MS 150 Best Dam Bike Tour	Trek 100
Cream City Century	Pedal the Kettle	Wheel & Sprocket Expo
Door County Century	Ride To Helenville	Zoo Ride
Maywood Earth Ride	Riveredge River Valley Ride	

The Moab Skinny Tire Festival

by George Korkos

(George Korkos belonged to the Bay View Bike Club before he moved to western Wisconsin several years ago. (You can read about George in the 2002 Did You Know [DYK] archive on the BVBC website.) George is a great bike rider and has done some monumental solo cross-country rides and some pretty awesome organized rides. He shares his experiences with some of his friends via email dispatches written and sent as his ride progresses. He has agreed that I can share some of his reports from the road with BVBC members. What follows is Part 1 of his account of his participation last spring in the Moab Skinny Tire Festival, an organized ride in Utah. There are four parts to follow.

--- Gil Krueger)

Please excuse the typos miss spelling and grammar I type as fast as I can and am charged by the minute on these public machines...

Part 1

I was thinking on the way out here that I would not be as impressed since I've been here before. But I was wrong! I am even more impressed since I think I am seeing things different than I did 2 years ago... On the way through Iowa and Kansas I saw some wind mills making electricity in some small towns and at large businesses I also saw some solar power grids. This really excites me since I so intune with alternative energy these days now that my house is off grid and solar powered. This is encouraging to see this....

The ride out here was uneventful until I went over Vail Pass. there was a snow storm the night before and in the morning it was snow packed and icy on the down hill side (west) I was doing ok I dropped down one gear and slammed it into 4 wheel drive to keep good traction and the speed under control. the people in front of me and to the side of me worried me because they were doing dumb things. one car in front jammed on their brakes and never gave a thought to all the vehicles behind them. cars were going every which way for a few minutes. I was sliding sideways for maybe 20 feet but it felt like hundreds of feet. It is a mystery why no one crashed into one another we all got through it ok.

On the other side of the road the people were less fortunate I passed an area where there was a bad looking wreck the road was totally closed off with a semi on its side and some wrecked cars. the traffic going east was backed up for miles...

Ok so I got to Moab one day early and was able to check into the motel a day early the place is nice has a micro wave and refrigerator gee I don't even have those things at my house yet :)

it was a real nice day I needed to work on my bike they got a bike work area with a work stand and wash station. I got out the tools and started working on the bike. Changed to a new tire on the front and new tubes then changed a cable and removed and cleaned the chain and all drive line parts. after I had it back together and was adjusting the index shifting a couple of others came over and asked if I could take a look at their problems.

One guy needed shifting adjusted and another needed a new tire put on and a lesson on how to change tires. they wanted to pay they said " how much do we owe you"? I said you owe two things 1) a thank you 2) the next time you see some one needing some sort of help you stop and help them out that's all.

I met 3 others that arrived early too. we decided to meet at 10 am local time this morning to do a warm up ride one guy didn't show but the other two did. Terry from the twin cities and Tex (John) the other guy got mixed up with the time zones and left an hour early thinking we didn't show up go figure! we ran into him later during the ride he was on the way back....

our ride took us up the Colorado River canyon for 25 miles and back. I mentioned I didn't think I would be impressed I was amazed again at the beauty of this place... our pace averaged between 14 and 19 miles per hour depending on who was leading the ride was comfortable way to stretch out the legs after 2 1/2 days of driving.

Later today we check in and get our bib numbers and goodie bag etc. then the guys I rode with today and I are going for dinner at Eddie Mc Stiff's a local brew pub that has great grilled salmon my favorite.

Emery's
SUPER FITNESS STORES SINCE 1963

Milwaukee Menomonee Falls

Show your BVBC membership card and receive 15% discount on regular priced accessories and labor.

Look for info and coupons at www.emerys.com.

Buy local! Our prices are competitive with the Internet and mail-order!

The MOAB Skinny Tire Festival

by George Korkos

Part 2

Ok today was the potash ride. Some might figure it was out to a place with a bunch of old hippies sitting in their pot ash ha ha ha. It is where they mine or make or what ever they do to get potash it goes in the soil as fertiliser.. more and more people came in yesterday afternoon I met Patricia who I will tell you more about later unless I forget. Last night me and Tex and Terry we lost track of Hantz , went to a place called Zacks for dinner and lots of cold water. i was back home and oin bed by 10 pm. I was too excited about the first stage to fall asleep right away.

I woke up at 3 am and felt sick as all heck. i was bummed out about it. I drank soem water and juice then tried to sleep chest was heavy head felt like it was full of cement. When it was time to get up i rolled out of bed and ws thinking ok a smart guy would bag this ride and stay in bed, but then again you must know that I am not the smartest person you ever met in your life.. I made some coffie and ate some grapes and yourgert and toast.

By ride start time I figured heck i didnt drive 1400 miles to sit in a motel room and not participate. Todays stage to Potash was mostly flat with minamal climbing so i decided to just ride easy nd see whaty happens. The roll out was fast we had a strong tail wind so 23 mph was easy cruising, through town and out hy 191 to the cut off once we turned we were into the wind and the realy only climb of the ride not steep but long and into the wind was a struggle. I really felt better by now but i was not breathing very well what ever i had was manifesting itself in my chest.

Along the way there was the Colorado river on the left and a shear rocl=k wall on the right the view is magnificent. At the turn around point I met up with Hantz and we rode together back to the hy. now we had the tail wind and slight down hill made breathing eaiser. once we hit the hy it was about 8 miles back to the finish line into a 20-25 mph head wind.. i didnt place well but ther were plenty behind me yet i was happy to not be a DNF due to being sorta sick. Back at the motel I cleaned and adjusted the bicycle for tomorrow washed the bike clothes and showered then took a well deserved nap.

Right now I feel much better but tired head is still stuffed and nose is running tomorrow during the

ride I will most liklye be launching snot rockets along the way :)

You know this is such a majical place here the beauty of the area is undescrivable how about thinking about this..... Next year come out here along. the rooms are reasonable take just a couple days off of work and fly out ship your bike we can put it together when you get here or I can haul it in the truck for you do a search on google for moab and arches park and see the beauty I am talking about..

Tomorrows stage is 57 miles and soem climbing but one major hill with a 2,500 ft climb near the half way point the turn around is farther out so we get to do it twice once out once back.

tonight ther is a get together with wine and stuff Chris Carmichael is here and is going to speak tomorrow night at another function i never met the guy so I will make it over and check it out.

Hope all is well with you it feels funny being 70 degrees in march but I am not complaining..

ahhh scheese I am almost out of time on the public computer got to go

**BEN'S
CYCLE
& FITNESS**

Milwaukee's Largest Schwinn Dealer


384-2236
1018 W. Lincoln Ave.
Open 7 days a week
Mon, Thurs, Fri 10-8
Tues, Wed 10-6
Saturday 9-4
Sunday 10-3

Over 60 years of service.
Huge Parts Inventory
Bikes for the family and
the serious enthusiast.

Exercise Equipment

- Step machines, treadmiles
- Airdyne, stationary bikes
- Weight stack-
commercial or home use

Ride With the Leprechauns

by Linda Roessl

Think green and come join other BVBC Leprechauns for a post-St Pat's day bike ride. Meet and park (in the medical clinic parking lot) around back of the 5 Star Coffee Shop located at **73rd on Rawson on Sunday, March 18th 2007**. We plan to leave at **10 am** sharp. We will ride approximately **16 miles**, some on the bike trail. If there is snow cover on the trail; I have planned an alternate road route just in case! Upon our return, we can get coffee, soup, sandwiches or a treat at the coffee shop. If you don't care to ride but want to share the luck, feel free to meet us at the 5 Star Coffee Shop around noon. Please dress appropriately for the weather conditions and think green for spring is just around the corner.

*If there is any form of rain or snow falling on this day, we will be drinking coffee by 10:01 am. ☺

Planning for the Lake Country Classic

by Dan Krall

At this time of year, it's common for people to look at their calendars and make plans for Spring, Summer, and Autumn activities, such as vacations, house projects, and family reunions. Bay View Bike Club is doing the same thing - planning club picnics, social outings, midweek rides, and its annual fundraiser, the **Lake Country Classic on Saturday, July 7, 2007**.

I hope that one of the reasons you joined BVBC was that you are as eager to help with the planning and organizing of those club events as you are to participate in the weekly bike rides.

Now's the time to step forward and volunteer to help! At the monthly meetings, you can sign up for a variety of Lake County Class volunteer opportunities such as promotions/advertising, registration, rest stop food, rest stops, safety, etc. We encourage all members to get involved in the club. **Remember: Many hands make light work!** If we don't see your name on the lists, we'll call and remind you! ☺

If you have any questions or want more information, please contact Dan Krall.

March Monthly Meeting

by Jimmy Mamayek

So the Season is just around the corner and you don't feel prepared? Attend our **March 19th meeting** to hear our featured guest speaker, **Brent Emery** and get yourself in gear! Brent is well renowned in the community for his bicycle and fitness stores and his expertise on the subject of all sorts of bicycling, from racing to recreation. A former Olympic Silver Medalist, Brent has lots to share about nutrition, proper bicycle fitting, stretching exercises, and training for that next killer hill. Learn about new innovations in the bicycle industry, too! His energy and motivation will get you on the path to a better season. I guarantee you will go away feeling much better about yourself. Bring the rest of the family or a guest to enjoy Brent's presentation to top off a fun and enjoyable evening! A question and answer period will follow. The meeting is free and the public is cordially invited.

Ride Chair, Ride

by Kent Kelly

A new season fast approaches. We have reworked some routes; updated some maps; planned two joint rides with Spring City Spinners; and the newly formed Washington County Bike Club may join us on some of our northern routes. That, along with our scheduled picnic rides, our Classic, the special rides, and our other rides, points the way to a very enjoyable season.

Our proposed 2007 Ride Schedule is on our website. Please look it over and send me your comments.

Contact me, Kent Kelly:

- At our monthly meeting
- By e-mail: knkelly@wi.rr.com (please include BVBC in the subject line)
- By phone: 414-423-0236 (leave message)
- On a ride

I should emphasize that October rides are really written in sand. A couple of them depend on the Packers schedule and when that is published, it could change some dates. Remember, the next ride is the **Leprechauns Ride on March 18** (see related article).

Thanks, and remember, every ride is tentative until ridden, so check our website and call our hotline (414-299-0317).

On a personal note, thanks to all who called or sent a card or a thought. I appreciate them and you.

BVBC Rider Point Totals

1-Oct-2006 through 28-Feb-2007

Roessl, Linda	357
Mamayek, Jimmy	268
Grendysa, Betty	233
Schmidt, Jeff	204
Mallman, John	174
Santoro, Ron	172
Beachkofski, Clare	157
Fulton, Bruce	155
Krall, Dan	147
Safranski, Joe	136
Hepp, Bill	108
Labinski, Dennis	105
Tuckwood, Debra	89
Poznanski, John	86
Orosa, Jojo	83
Peterson, Beth	83
Peterson, Pat	83
Karr, Nancy	75
Pier, Barb	75
Nelson, Tom	69
Pendland, Bruce	69
Sericati, Tom	69
Gannon, Sandra	62
Wojtal, Norm	61
Wojtal, Prati	61
Verheyen, Byron	57
Cirillo, Corrado	51
Butters, Gary	48
Kisley, Francis	48
Gannon, Dan	41
Krueger, Gil	41
Krueger, Nancy	41
Margraf, Arlene	37
Gibbs, Tamara	35
Gresl, Lois	35
Hamill, Barb	34
Katzfey, David	34
Meilicke, Dennis	34
Tumey, Carol	34
Kelly, Kent	32
Knepper, Dick	30
Jaeckel, Randy	29
Thompson, Kristina	26
Katzfey, Delvina	20
Remlinger, George	20
Simonson, Tom	20
Schmidt, Sabrina	15
Fishman, Steve	14

Get Moving: Stay Younger

*by Saleem Aman, MD, Wheaton Franciscan
Medical Group*

(submitted by Jimmy Mamayek)

Exercise is an excellent way to help slow the aging process and keep you feeling younger longer. It can also help fight chronic health problems such as high blood pressure, diabetes, and arthritis. But once you've reach age 50, it's best to talk to your doctor first in order to make sure you exercise safely.

Your doctor can evaluate your current physical condition and help you find an activity that meets your health goals. Talking to your doctor is especially important if you have high blood pressure, heart problems, breathing problems, arthritis, osteoporosis and other problems. If a joint replacement or other medical issue prevents you from doing some of the activities you once enjoyed, your doctor can also help you find new ways to overcome those limitations.

Start your exercise routine slowly. People who follow the adage "no pain, no gain" often hurt themselves or stop exercising because they become too sore. You don't need high-intensity exercises to get most health benefits. It's better to increase intensity over time as your strength builds. And if you should ever stop for more than a week or two, you'll want to restart at a slow pace.

There are two important types of activities to focus on: aerobic exercise and strength training. Aerobic exercises like walking, swimming, or riding a bike should be your top priority. Thirty minutes or more of aerobic exercise several days a week will lower your risk of heart disease, stroke, diabetes, and many other health problems.

Strength training will help you stay young by preventing your body from "wearing" as fast. As we age, our muscles naturally lose strength, causing them to stop supporting our body as well. For instance, weak leg muscles are often the cause of knee replacements because the muscles no longer properly support the joint. That places too much pressure on the knee and can lead to osteoarthritis. Strength training can fight this.

Once you begin exercising, make sure you talk to your doctor if you begin to experience any of the following signs: Severe shortness of breath; chest pains; irregular or rapid heart beat; new or undiagnosed pain.

Other tips to consider:

- Find an exercise you enjoy – you're much more likely to stick to an activity if you enjoy it already.
- Make exercise part of your routine – if you exercise at a regularly scheduled time and day, it will become a natural part of your schedule.
- Include someone else in your exercise plan – a friend or spouse can help encourage you to exercise at those times when you might otherwise give up.
- Join a recreational program – many communities have adult sports leagues or other programs that help you maintain interest in exercise over the long run.

Need Volunteers for Booth at W & S Bike Expo on April 5, 6, 7

b Tom Simonson

To promote Bay View Bicycle Club to the Milwaukee-area cycling public, the club will again have a booth at the Wheel & Sprocket Bike Expo on April 5, 6, and 7 in the Exposition Center at Wisconsin State Fair Park.

The Bay View Bike Club's booth will include an updated PowerPoint presentation featuring both the BVBC and the annual BVBC Lake Country Classic.

Volunteers are needed to staff the Bike Expo booth on Thursday, April 5 from 10AM to 2PM, 2PM to 6PM, and 6 PM to 9 PM; Friday from 10AM to 1PM, 1PM to 5PM and 5PM to 9PM; and on Saturday from 10AM to 2PM and 2 PM to 6 PM. Two club members are needed for each shift. This is a great opportunity to help the club and at the same time be in on the excitement of "THE LARGEST SINGLE CYCLING EVENT IN WISCONSIN."

Send an e-mail to the following members of the BVBC Bike Expo committee indicating what day and time you prefer.

Tom Simonson, tomsimonson@sbcglobal.net

Tom Nelson, tomkatnelson@yahoo.com

Gil Krueger, mrqgk@hotmail.com



Off-season strength training, the perfect compliment to your cycling fitness.

**FITNESS EQUIPMENT
FLOOR MODEL SALE**
Select Models 30-50% off.

BOWFLEX

FINAL SKI CLEARANCE!
SKI SHOP CLOSING FEBRUARY 28!

All Ski Equipment Must Be Liquidated.
Last Chance for One-time Savings
of 50% to 70% Off!

Live Life. Ski.

Visit wheelandsprocket.com for more specials and sales.



Wheel & Sprocket

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

www.wheelandsprocket.com

Bay View Bicycle Club
Membership Application

NAME (print): _____ Birthday (year not necessary): _____

NAME (print): _____ Birthday (year not necessary): _____

Other Family Members (under age 18) _____ Birthday(s) _____

ADDRESS: _____

CITY _____ **STATE** _____ **ZIP** _____ - _____

TELEPHONE: () _____ - _____ ☐ Check box if you **DO NOT** want to be listed in the club roster

E-mail Address: _____ **Newsletter:** ☐ E-mail me the newsletter ☐ Mail me the newsletter

☐ New Member ☐ Renewal

Annual Dues (April 1 - March 31): ☐ Individual (\$25.00) ☐ Household (\$40.00)

New Member Dues collected after October 1 will start immediately and also be credited towards the next year.

How did you hear of the Bay View Bicycle Club?

☐ Club brochure ☐ Internet ☐ Member ☐ Booth at W&S Bike Expo ☐ Other _____

Volunteer Opportunities: I am interested in the following: ☐ Ride Leader ☐ Meetings ☐ Picnics ☐ Membership

☐ Newsletter ☐ Advertising ☐ Classic ☐ Serve on Board ☐ Other _____

Make checks payable to and mail to: Bay View Bicycle Club, Inc.
P.O. Box 070455
Milwaukee, WI 53207

For additional membership information:
Phone (920) 387-4812
E-mail membership@bayviewbikeclub.org

**LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB") RELEASE AND WAIVER OF LIABILITY,
ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")**

IN CONSIDERATION of being permitted to participate in any way in Bay View Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ I HAVE READ THIS RELEASE _____ Date: _____

SPOUSE'S SIGNATURE (if family membership): _____ I HAVE READ THIS RELEASE _____ Date: _____

And I, the minor's parent and/or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasee's from all liability, claims, demands, losses, or damages on the minors account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

PRINTED NAME OF PARENT/GUARDIAN: _____

PARENT/GUARDIAN SIGNATURE: _____ I HAVE READ THIS RELEASE _____ Date: _____
(if participant is under age 18)

For Membership Chair Use: _____ paid _____ card _____ entered

2/07/07