

PEDAL POWER!

Newsletter of the Bay View Bicycle Club

VOL. 19 NO. 1

www.bayviewbikeclub.org

January/February 2007

Celebrating Nineteen Years of Fun!

Comments From the Back of the Pack...

By Dan Krall, BVBC President

Well, well, well, lookee here! To say the least, I am honored to write my first newsletter article as President of the Bay View Bike Club. It took me quite by surprise at the Board meeting when the job of president came my way, and what surprised me more is that I accepted the position. Oh well, I'm in the fray and am eager and excited to have a great year biking and socializing as your president. And my first act as president is to thank **Jimmy Mamayek** for all his contributions to BVBC during his tenure as Prez! He will be a tough act to follow!

As I approached this job, my first question was "Why am I in a bike club?". Was it:

- To ride my bike?
- To socialize with like-minded people?
- To have a place to meet new people who are health conscious?
- To perform community service activities related to health and fitness?
- To make friends?
- To have a place to share experiences?
- To help raise money to promote bicycling for disadvantaged youth or other charities?
- To promote and protect bicycling?

Although my answer is "all of the above," most important to me was to socialize with health conscious people and make friends. I was in the club a very short time when I volunteered to help out with the Classic. I got to know people and more importantly, people got to know me. One of the best feelings I know is to arrive at a ride and be recognized and greeted. That is only one of the advantages to helping the club in its mission. Get involved, stay involved, get to know everyone. Be a ride leader, help out with the social committee, help with picnic rides, take a position on a Classic committee. Contact one of the chairpersons and offer to help. We will be glad to have you participating in club activities and riding together.

I was looking at the Bay View Bike Club Web site recently. There is a section called "Do You Know (DYK)". I was amazed at the number of people profiled who are no longer members. In order for us to keep members and increase membership, we have to participate in club events and attract people of like minds. Our club rides at a certain speed. We socialize in ways that are healthy and fun. We welcome couples and singles. Should we go out for ice cream instead of beer? Do we want to have a breakfast ride occasionally? Do we want a monthly social outing? Should we stay in the metro Milwaukee area or should we ride all over the state? These are a few of the thoughts that I had as I was thinking about our club.

A mission is as important for a club as it is for an individual, business, or organization. I want to be a member of a club that has a purpose and defines the way it is going to accomplish that purpose.

I polled the Board members about what they think is the mission of the club. Here is a possibility: "At the BVBC, we promote bicycling for its overall health benefits, for the opportunity to meet diverse people, engender friendships, share our riding experiences, as well as everyday experiences, and enjoy the camaraderie of fellow bicyclists." (Thanks, Corrado!)

I will continue to poll all members of the club to refine the club's mission statement and to make it something that we, the members of BVBC, can accomplish together while we ride our bikes, make new friends, establish long-term relationships, and have fun in the process.

BVBC Board Members

| | |
|------------------------|--|
| President | Dan Krall getinolder@yahoo.com 414-687-2757 |
| 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 414-545-4337 ccirillo@wi.rr.com |
| Membership Chair | Pauline Ellington paulineellington@hotmail.com |
| Newsletter Editor | Clare Beachkofski clarebeach@yahoo.com |

Standing Committees

| | |
|------------|---|
| Web Master | Ron Santoro bikerron@earthlink.net 414-453-8636 |
| Nominating | Dick Knepper 414-744-5315 |
| Nominating | Gil Krueger MRGGK@hotmail.com 262-797-8448 |

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 roessl@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: Our next meeting is Monday, February 19, 2007 at 7 P.M.

Newsletter Articles

The deadline for the next newsletter is midnight on February 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.

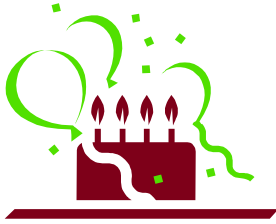
Please introduce yourself to the following new members and make them feel welcome!

George Remlinger
Tom McElwee

Reminder: Renew your membership now!

Your BVBC membership expires on **March 31, 2007**. Renew early so you don't miss any BVBC newsletters and emails. Use the renewal form included with this newsletter or download it from www.bayviewbikeclub.org.

| |
|---|
|  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! |



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

December Birthdays

| Name | Birthday |
|--------------------|-------------|
| Dennis Labinski | December 2 |
| Christopher Locher | December 3 |
| Nancy Krueger | December 6 |
| Barbara Pier | December 7 |
| Phoenix Rann | December 10 |
| Kristina Thompson | December 18 |
| Genevieve Penn | December 31 |

January Birthdays

| Name | Birthday |
|-----------------|------------|
| Ron Santoro | January 3 |
| Milad Demian | January 10 |
| Tierney Lalor | January 10 |
| Sandra Gannon | January 12 |
| Robert Polk | January 14 |
| Amy Fulton | January 18 |
| Harry Fischer | January 20 |
| Anne Wozniak | January 24 |
| Sabrina Schmidt | January 24 |
| Ryan Kirchhoff | January 26 |
| Joe Fahey | January 29 |
| Elaine Noll | January 30 |
| Tom Nelson | January 30 |
| Heidi Aponte | January 30 |

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 Wenzell | February 27 |

Minutes of the October 2006 Member Meeting

By Heidi Aponte

The meeting on October 16, 2006 began with a delicious dinner of appetizers, pizza, and desserts.

The business meeting convened at 7:12pm. The minutes from the last meeting were accepted, motioned, and seconded.

The treasurer's report was not available. Contact Tom Simonson for more information.

Sam Gannon announced the Jingle Bell Run/Walk on November 12th at the Zoo. It is a 5K run/walk for the Arthritis Foundation, the cost is a \$25 donation, and includes a free shirt, jingle bells, and food. The team photo is posted on the BVBC Web site.

Kent Kelly mentioned that there are only a few rides left this season.

Linda Roessl read a poem that she composed (included in this newsletter).

The following members were elected to the Board: Clare Beachkofski, Corrado Cirillo, and Jeff Schmidt.

Awards were presented to members for their accomplishments during 2006. For details, see the Awards article in this newsletter.

The meeting adjourned at 8:45pm.

**Our next meeting is
Monday, February 19, 2007 at 7 P.M.**

Bay View Bike Club 2006 Annual Membership Awards

By Jimmy Mamayek

The **Bay View Bike Club** Annual Membership Awards banquet meeting is always a special time for members to celebrate their accomplishments for the past season. This year was no exception. It was very gratifying for me, because it was my final term as the **Prez**. However, you will continually see my face as I have one more year of eligibility on the Board, and have agreed to be the **Vice Prez** for the 2007 season. It was time to turn over the reins to a much younger and charming person for the **Prez** position, **Dan Krall**.

In summarizing the awards listed below, I may have unintentionally omitted some members who may have qualified in certain categories. If I did, my apologies and if you contact me with any correction, I will respectfully respond. Now, kudos to the following members:

| <u>Top Riders</u> | | <u>Rookie of the Year</u> | |
|--|-----------------|---------------------------|------------------|
| <u>Women</u> | <u>Men</u> | <u>Women</u> | <u>Men</u> |
| Linda Roessl | Ron Santoro | Debra Tuckwood | Joe Safranski |
| Betty Grendysa | Jimmy Mamayek | | |
| Clare Beachkofski | Bill Hepp | | New Bikes |
| Prati Wojtal | Norm Wojtal | Debra Tuckwood | Phil Fellner |
| Debra Tuckwood | Joe Safranski | Nancy Kelly | Tom Simonson |
| | | | Ron Santoro |
| <u>Centuries (100 Mile Bike Rides)</u> | | | |
| Betty Grendysa | Phil Fellner | Ken Kelly | Bill Hepp |
| Prati Wojtal | Gil Krueger | Pat Peterson | Walt Pretzel |
| Debra Tuckwood | Dennis Labinski | Ron Santoro | Jimmy Mamayek |
| Corrado Cirillo | Joe Safranski | Norm Wojtal | Steve Fishman |

2006 Prez Award (Traveling Trophy)

Betty Grendysa

2006 Prez Excellence Award

Dan and Sam Gannon

Miscellaneous Recognition Awards

Classic Volunteers - 50 volunteers were recognized with special awards.

Founder of the BVBC – Dick Knepper

Couple with Jokes – Dave and Del Katzfey

Classic T-Shirt Design – Erin Thull

SAGBRAAW Girl – Sabrina Schmidt

Comeback Kid – Byron Verheyen

Happiest Rider – Tammy Gibbs

Where Is He? – Russ Mathers

Good Humor Biker – John Mallman

Club Newlyweds – Dan and Sam Gannon, Bob Bivens and Katie Evans, Susie Thaller, Gil and Nancy Krueger (“Every year with Nancy seems like we are newly married.”)

Triathletes and Duathletes – Steve Fishman, Prati Wojtal, Dan and Sam Gannon, Debra Tuckwood, Patricia Frausto, Kelly Kuhs, Monica Downs.

Outgoing Board and Committee Members – Sam Gannon (Classic Chair), Barb Pier (Newsletter Editor), Heidi Aponte (Secretary), JoJo Orosa (Social Chair), Phil Fellner (Hotline Manager)

Heart and Soul – Linda Roessl and Dan Krall

New Members – Mike and Elaine Noll, Bruce and Amy Fulton

Mangia Man – Corrado Cirillo

Spatula Toolman – Dennis Labinski

Webmaster Genius – Ron Santoro

Never a Winner – John Poznanski

Missed You – Donna Pogliano

In closing, I would like to say **THANKS** to all those who supported me during the last two years. There are many of you and I really appreciated it.

Respectfully,

Jimmy Mamayek, BVBC VP

October 14, 2006

A Poem by Linda Roessl

Twass two days before the awards banquet and
all through the club
The board members were stirring with ideas for
grub.

The awards were all bought by Jimmy with care
In hopes that all club members would show for
the affair.

With some bay view members hustling to ready
for a bike ride
With visions of free pizza dancing in their heads
with pride.

With TR in his thermals, and I in my tights
Had just loaded my bike getting ready for
daylight.

When out on the lawn there arose such a clatter,
I sprang from the chair to see what was the
matter.

A ways down the yard it flew like a flash
25 mile per hour winds could make me & my
bike crash.

As departure time approaches I guzzle coffee
with creamer
Twass no concern of mine, I was the ride leader.

Whitnall Park was the starting point for all and
their gear
When out of the corner of her eye, Betty spots
three white tail deer.

With Joe and his camera, he got a quick shot
Of nature at it's finest, gone with a hiphop.

A small group of riders leave at 10 o'clock sharp
Decending the hill with temps that could kill carp.

Now Bruce, now Bryon, now Linda and Joe
On Betty, on Jimmy. we care not for those who
don't show.

To the top of the trail and the newly paved roads
We ride with the pleasure and freedom of toads.

As the leaves that before the wild winds whine
When we meet with an obstacle, we form a pace
line.

All except Bryon take turns in the front
With the wind tearing us up with every grunt.

After four miles of head wind we stop for a break
Wondering if Jimmy & Betty continued at no
steak.

Bruce calls home with warning of his time line
As we regroup with Joe in the lead this time.

Bryon is thankful for the existence of 911
With Linda needing trees before going on.

Joe hustles ahead to take pictures with care
I hope folks don't recognize the faces of dispare.

Our cheeks were like roses and noses of cherry
With snot rockets flying, oh how merry.

We take a turn out of the wind with a thankful
scamp
Hoping the end is near for Bruce has a cramp.

The red tail hawk hovers over us contemplating
attack
We being thankful the wind is at our back.

We finish the route with pride in our selves
Hoping the pizza will be baked by the Keebler
elves.

The small group gathers for thanks and good byes
Hoping Jimmy & Betty make it back alive.

Happy Riding to all and to all a good season.



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It's Holiday Party Time!

Mark your calendar! The BVBC holiday party is **Saturday, February 3, 2007!** This year's party is actually two events. The first event takes place at **The Eisner American Museum of Advertising & Design** where we will tour the TREK "Designing the Ride" exhibit. It describes the process of designing and producing a bicycle from the perspective of TREK, a leader in the bicycle industry. After touring the exhibits at The Eisner, we'll wander thru the 3rd Ward and then proceed to the second event: dinner at **Joey Buona's**. You're welcome to attend one or both events, whatever fits your schedule.

Times and Places **Museum**

Meet at **3:30pm on February 3** at The Eisner Museum, 208 N. Water St., Milwaukee (3rd Ward). Admission is \$4.50.

Dinner

Meet at **5:45pm on February 3** at Joey Buona's Restaurant, 500 N. Water St., Milwaukee.

Please **RSVP by February 1** to Corrado Cirillo at 414-758-0296 (c) or 414-545-4337 (h) or ccirillo@wi.rr.com.

Proceeds from the 2006 Lake Country Classic Benefit the Community

Mike Papa, who coordinated the spaghetti lunch at St. Paul's School for the 2006 Lake Country Classic, recently sent this email to Sandra "Sam" Gannon, the 2006 Classic chairperson:

"Want you and your club to know how very fortunate we all are here at St. Paul's to have an association with your ride. This time of year is when a good chunk of the money that was raised is used. Close to \$2,000 is used to help buy gifts and food for those in need. Those individuals and families greatly appreciate that help. Thank you!"

Thanks to the 2006 Classic volunteers who helped make those donations possible!

Shine With Your Valentine on the Starbucks Ride, Featuring Sweetheart Joe as Your Ride Leader

By Linda Roessl

Come join us **Saturday, February 10, 2007 at 10 a.m.** at the Grant Park Golf Course parking lot located on Hawthorn Ave. in South Milwaukee. Ride approximately 7 miles to Starbucks in Oak Creek and back! This ride will follow the Oak Leaf Trail into Oak Creek. If the trail is snow-covered, we will take the roads. Ride with or meet your sweetheart at Starbucks, located at 8880 S. Howell Ave. for coffee and/or a Valentine treat.

Please dress appropriately, bring equipment suitable for the road conditions for the forecasted Wisconsin weather, and bring money because Joe is not that sweet ☺.

It's Official - - The Lake Country Classic is July 7, 2007!

Spread the word! **Saturday, July 7, 2007** is the date of the 2007 Lake Country Classic, the BVBC annual fundraiser. It's a joint effort by BVBC and St. Paul's School of Oconomowoc to provide a fun day of biking and raise funds that benefit the community.

Plans are already underway to make the 2007 Classic the best ride ever! And for that to happen, we need your help. We're counting on all members to step forward and volunteer to help with advertising, sponsorships, registration, rest stops, etc.

The best way to get to know other members is to have fun with them. Working together to promote biking is a grand aim and part of the mission of our club. It's true that "many hands make light work," and the more members who get involved, the more fun and the easier it will be to prepare for and run the Classic. The upside of volunteering is learning new skills, getting acquainted with other members, and helping BVBC raise funds that will promote biking, club activities, and community events.

For more information and to volunteer, please contact **Dan Krall**.

BVBC Rider Point Totals
1-Oct-2006 through 30-Nov-2006

| | |
|--------------------|-----|
| Roessl, Linda | 316 |
| Mamayek, Jimmy | 253 |
| Grendysa, Betty | 218 |
| Schmidt, Jeff | 204 |
| Mallman, John | 159 |
| Beachkofski, Clare | 157 |
| Santoro, Ron | 157 |
| Krall, Dan | 147 |
| Fulton, Bruce | 140 |
| Labinski, Dennis | 105 |
| Safranski, Joe | 95 |
| Hepp, Bill | 93 |
| Tuckwood, Debra | 89 |
| Poznanski, John | 86 |
| Orosa, Jojo | 83 |
| Peterson, Beth | 83 |
| Peterson, Pat | 83 |
| Pendland, Bruce | 69 |
| Sericati, Tom | 69 |
| Gannon, Sandra | 62 |
| Wojtal, Norm | 61 |
| Wojtal, Prati | 61 |
| Karr, Nancy | 60 |
| Pier, Barb | 60 |
| Verheyen, Byron | 57 |
| Nelson, Tom | 54 |
| 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 |
| Turney, Carol | 34 |
| Kelly, Kent | 32 |
| Knepper, Dick | 30 |
| Thompson, Kristina | 26 |
| Katzfey, Delvina | 20 |
| Simonson, Tom | 20 |
| Ellington, Pauline | 14 |
| Fishman, Steve | 14 |
| Jaeckel, Randy | 14 |

Improving Bike Lanes

By Dan Krall

I've been riding in bike lanes in Florida, which are next to truck and auto traffic, and find them very difficult to use. Cities around the world are addressing issues related to bike lanes and coming up with creative solutions. I encourage you to look at the following Web site and video, which show how cities, like New York, have improved bike lanes and the biking experience:

<http://www.streetsblog.org/2007/01/02/the-case-for-physically-separated-bike-lanes/>.

Winter Biking is Fun!
(when you're warm)

Excerpts from www.wheelandsprocket.com

The warmer-than-normal temperatures and lack of snow and ice on streets in the Milwaukee area this winter provide great conditions for bicycling. However, the secret to biking in comfort during the winter is wearing the proper clothing. When you exercise, your body generates enough heat to keep you warm outdoors on a cold day. The clothing you wear needs to keep you dry and comfortable, with the right balance of wicking, insulation, breatheability, and protection against wind and water. Feeling cold while riding is often due to overheating, which can be caused by wearing fabrics, like cotton, that don't breathe or that hold moisture. When your extremities (head, hands, feet) start to feel cold, it means your body is conserving energy around your core to keep your vital organs warm. To stay warm while biking, start with the proper layers on your body. Then, protect your head, hands, and feet with wind-resistant balaclavas, gloves, and booties.

For more winter biking tips, resources, and local rides, check out www.wheelandsprocket.com, www.bikewinter.org, and www.mrbike.com/winter%20source.php.

MR. BIKE'S COLD-WEATHER TIPS

Excerpted from *Urban Bikers' Tricks & Tips*, a 250-page, illustrated paperback book, in color

Dressing for Cold Weather

INNER LAYER

The layer next to your skin should be a non-absorbing material that lets sweat evaporate. Use underwear made of a synthetic, wicking fabric such as polyester or polypropylene, not cotton.

LONG UNDERWEAR

METAL conducts cold. In freezing cold, remove or cover metal body-pierced rings.

Cover cracked skin with petroleum jelly.

NYLON KNEE SOCKS

MIDDLE LAYER

HEADBAND or Knit cap

SWEATER
Other option: Long-sleeved shirt

COTTON, WOOL, OR SYNTHETIC GLOVE LINERS or Outer shell of layered ski gloves

CROTCH To avoid unusual frostbite, wear a wind brief. Avoid porous sweat pants.

THICK HEADBAND
Other options: Scarf, Turtleneck, Neck gaiter, Zippers (to vent body heat)

TIGHTS or Light pants

WOOL OR COTTON SOCKS

OUTER LAYER

SKI MASK or Balaclava

EARMUFFS

WIND-BREAKER

INSULATED MITTENS
Other options: Gardening gloves, Fishing gloves, Thick-lined hunters' gloves

SKI GOGGLES
Ones that seal tightly against face won't let breath in and fog up. Avoid ones that block peripheral vision.

In freezing cold, a THIN INNER GLOVE helps when you have to remove the outer glove for things like locking.

JEANS
Black denim hides road grime. Another option: Nylon overpants

BOOTS or Rubber overshoes

Even in cold, you sweat when you bike. If sweat can't evaporate, you get clammy. So your inner clothes should wick sweat away from your skin.



Fabrics wick sweat by pulling sweat from inside the fabric and pushing it outside. There, the moisture can evaporate in the air.



Names of some wicking synthetics: Acclimate; BiPolar; Bergeline; Capaline; Chlorofiber; Coolmax; Dryline; Filament or Spun polyester; Thermostat; Thermax



How to Ride in Snow

When riding too fast on hard-packed snow or ice, don't apply your front brake—you might skid out. Instead, turn into softer snow (that you might find on either side of a tire rut) to slow down.

Snow's not an excuse to stay off your bike. Within a day of a major snowfall, crews usually clear most major streets. Walk your bike to one and get going.

With piles of snow on the right, ride in the middle of the right lane. If in light traffic, motorists give you the horn, shake your head firmly and keep going. In heavy traffic, pull over and let cars pass.

In freezing weather, slush can freeze your derailleurs so you can't shift gears, freeze your brakes so you can't stop, and clog clip-in pedals. After riding through freezing slush:

(1) Before you park your bike outside, bounce the bike a couple of times. Also tap the derailleurs (and clip-in pedals if you have 'em) with your foot. This shakes off slush. (2) If you park your bike indoors, don't take it outside again unless it's dried off completely. If slush gets in your lock, spray inside it with WD-40 before taking it outside.

In extreme cold, wiggle your fingers often to keep blood circulating. If your toes freeze, get off your bike and run with it.

Loose snow can hide ice on the pavement, so don't ride on it.



MR. BIKE SEZ:

Want more tips on riding in cold and tricky weather? Find 'em in my illustrated book, *Urban Bikers' Tricks & Tips*. Ask for it at book stores and bike shops everywhere; or call 800/888-4741; or go to www.mrbike.com.

Mr. Bike: glow@mrbike.com, 773/292-0932

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