

PEDAL POWER!

Newsletter of the Bay View Bicycle Club (BVBC)

VOL. 19 NO. 7

www.bayviewbikeclub.org

July/August 2007

Celebrating Nineteen Years of Fun!

A Successful Finish to Months of Preparation 2007 Lake Country Classic

by Dan Krall

7-7-7 was a lucky day for the Bay View Bike Club Lake Country Classic Bike Ride. The weather was stunning, the roads were in good condition, the routes were well marked, the rest stops were well stocked, and plenty of sentries were in place to point riders through the downtown of Oconomowoc.

Almost 400 riders and over 50 volunteers showed up to have a great day and a great ride. The first to begin the ride were the century (100 mile) bikers, some who left before 7a.m., and the last to leave were the 15 mile bikers who left after 10 a.m. They made their way through and around Oconomowoc, out to the country roads of Lake Country and as far away as Palmyra. All of the routes were carefully marked with painted arrows and signs directing riders on their respective routes. There were five sag vehicles riding the route to assist riders as necessary. Wheel & Sprocket mechanics, positioned at the most highly-visited rest stop, provided bike repair service that ensured safe and enjoyable biking.

When I got to the registration area I found bagels, butter, cream cheese and coffee. What a great way to start the day! Then, there were four rest stops well stocked with beverages, fruit, sandwiches and most importantly, home baked goodies made by our members. I sampled chocolate chip cookies, peanut butter cookies, peanut butter and jelly sandwiches, fudge, brownies, rice krispie bars, Gatorade, watermelon, orange slices, and a coconut lime bar that caused my blood sugar to skyrocket. I really should not blame those bars, but they were my favorite and I ate more than one. Then I finished my day with a wonderful spaghetti dinner in the school.

A few riders needed help and we were on the spot. A couple of riders were going the wrong way on the wrong route. OOPS! You have to watch those road signs and your cue sheet. One fellow, the last guy to get brought in, was found about 25 miles out. He was on the route but had taken a wrong turn earlier. He ended up doing over 80 miles, which was almost his age. I had to admire his tenacity. We got everyone in by 4:30 PM. It was a long day for lots of us. We all worked together to produce a fun time for riders and volunteers. It brought me a lot closer to some of our club members. Thanks to all who helped, each of you in your own way. It makes me glad that I'm in this club.

Last but not least, we are grateful to our sponsors, whose generous donations help make the Classic a success: Wheel & Sprocket, Warshafsky Law Firm, First Bank Financial Centre, Ben's Cycle & Fitness, Culligan Water, and Snyder Insurance. **Special thanks to Chris Kegel and Wheel & Sprocket** for the technical expertise provided by the W&S mechanics, for the many ways W&S promotes the Classic and BVBC, and for their extremely generous financial support of the Classic and other BVBC activities.

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You Scream, I Scream, We all Scream for Ice Cream!

It's summertime! And there's no better way to celebrate summertime, biking, and another successful Classic than at the annual **BVBC Ice Cream Social** on **Monday, July 16** starting at **7 P.M.** at the Bay View Community Center (3120 E. Oklahoma Ave). Join fellow members of BVBC for camaraderie, socializing, and delicious ice cream treats. Special guests will be Tony Zielinski, City of Milwaukee 14th District Alderman; Marina Dimitrijevic, 4th district County Supervisor; and racing champions Rodger Nelson and his wife Barbara, winner of the 1951 USA National silver medal for cycling. Save your appetites for some devilish treats! **Note: The July meeting will be at the Bay View Community Center, 1320 E. Oklahoma Ave., not at the Beulah Brinton Center.**

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
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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 roessl@hotmail.com
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Bay View Bicycle Club © 2007

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!

July meeting: Annual Club ice cream social on Monday, July 16, 2007 at 7 P.M. at the Bay View Community Center, 1320 E. Oklahoma Ave., Milwaukee (**not at the Beulah Brinton Center**).

August meeting: Monday, August 20, 2007 at 7 p.m. Dennis Northey of Peddle Over Wisconsin Week on Wheels (POWWOW) is the featured speaker.

Newsletter Articles

The deadline for the next newsletter is **midnight on August 1, 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

We currently have **107 members**. We have several new members. Please welcome them to our club!

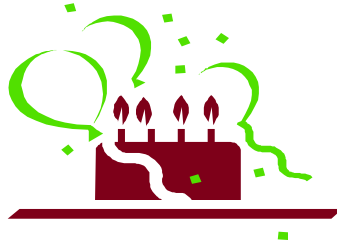
Russ and Janie McKnight James Moroney

August Membership Meeting

Monday, August 20, 2007

Dennis Northey, ride coordinator and director of POWWOW (Pedal Over Wisconsin Week on Wheels) is the featured speaker for our August 20 meeting (7 P.M., at the Beulah Brinton Community Center in Milwaukee Bay View). Dennis is well-versed in the world of cycling and his presentations are always informative and entertaining. Be there for the latest news in bicycle-related innovations and answers to your biking questions.

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

July Birthdays

Name	Birthday
Gary Butters	July 1
Keith Stachowiak	July 4
Daniel Gannon	July 5
John LaFave	July 13
Lois Gresl	July 14
Dan Krall	July 15
Michael Dix	July 18
Richard Knepper	July 18
JoAnne Brandes	July 21
Michael Noll	July 29

August Birthdays

Name	Birthday
Diane Uting	August 2
Ronald Leonhardt	August 3
James Moroney	August 19
Jenny Peterson	August 19
Norm Wojtal	August 20
Bill Hepp	August 24
Russ Mathers	August 27
Susan Thaller	August 28

Hydration Tips

by Brent Emery (emerys.com)

1. Drink a glass of water at bedtime and upon waking.
2. Blend banana or other fruits with juice or milk, and as much good stuff as you can blend into it.
3. Eat meal items that have good fluid content (soups, salads, broths, etc.).
4. Eat more fruit, yogurt.
5. Eat cereals that use liquids (oatmeal, grits, etc.). Let cereals soak up milk before eating.
6. Drink a glass of water or energy drink while driving/riding to training.
7. Drink a glass of water or energy drink just before starting training ride.
8. Drink a glass of water or energy drink at conclusion of training ride.
9. Drink fluids with crackers/drier energy bars/dried fruit, etc.
10. Drink a glass of water before meals.
11. Drink a glass of water before alcoholic or caffeinated beverages.
12. Avoid fiber-heavy items the evening before or the day of a big race or ride.

Handling Road Rage Incidents

Fox Point Blockwatch News (Vol. 10, No. 6)

Road rage incidents are increasing, both in numbers and severity. If you are involved in an incident with an aggressive driver while biking or driving, follow these simple rules:

- Make every attempt to get out of their way.
- Do not challenge them by speeding up or slowing down.
- Always ride/drive defensively.
- Avoid making eye contact or shaking your head at them.
- Ignore gestures and refuse to return them.
- Report aggressive drivers to the local police, especially if they cause an accident. The vehicle's description, license number, location, and direction should be reported.

Avoid the challenges or confrontations of an aggressive driver and support law enforcement's efforts to rid the streets of this menace.



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Ride Chair, Ride

by Kent Kelly

Still time to make our July **Get in Gear (GIG) ride** which is on **Sunday, July 22**. It's the Greenfield SW ride and we'll have an easy pace group. Join them if you are new to biking or prefer a more laid back ride. The August GIG ride is Sunday, August 5th. It's the River Hills Roll. Try a GIG; you'll like it!

This year's **Coalition Picnic** is on **Sunday, July 29th** at **Area 3A** in **Greenfield Park**. **Cream City Cycle**, this year's host, will provide dinnerware, grilled meats, and beverages. Bring a dish to pass (coolers available to store food during the ride) or donate \$5. There will be three routes: 65 miles (starting at 7:30am); 42 miles (starting at 9am); and 24 miles (starting at 10:30am). This is an opportunity to meet and socialize with members of BVBC and other local bike clubs, and enjoy some delicious food! Let's have a strong showing of BVBC members!

If you do one of the charity rides on our schedule and don't know who the Ride Leader is, e-mail or phone me with the ride and your miles. If you saw other Club members, please mention their names. I'll record your points.

Remember: Our rides need ride leaders, so **please sign up**. I'll have the sheets with me at the membership meetings. FYI...The \$1 guest ride fee has been waived this season.

If you have any questions, suggestions, comments, or just want to talk, contact me, Kent Kelly:

- At the BVBC monthly meeting
- Email: knkelly@wi.rr.com (please include BVBC in the subject line)
- Phone: 414-423-0236 (home: leave message)
- On a ride

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

Get in Gear (G.I.G.) this Summer!

by Nancy Karr and Barb Pier

G.I.G. rides (Get in Gear) rides will be offered each month. If you enjoy the camaraderie of riding with a group and want to cycle at a little slower pace, you might want to try it out. It's a great way for new riders to develop cycling skills or for experienced riders to get back into the sport. And some of us just think it's lots of fun.

We follow a standard BVBC route but usually choose a route between 20 and 30 miles. We also select routes that are fairly easy so riders at any skill level will enjoy the ride. We start as a group and stick together. We'll wait for slower riders to catch up to the larger group and stop along the way to catch our breath. The pace makes it possible to carry on a conversation and get to know fellow bikers.

Here are the dates and routes of the upcoming G.I.G. rides:

July 22	Greenfield SW	24 miles
August 5	Rivers Hills Roll	26 miles
September 2	Harrington Beach	24 miles
October 20	Wind Lake	21 miles

What are the benefits of a G.I.G. ride?

- * Enjoy the camaraderie of riding with a group.
- * Cycle at a slower pace.
- * Improve your cycling skills or get back into cycling.
- * Introduce children to cycling.
- * Have fun on your bike!



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Rummages, Farms, Coffee Shops, Ice Cream....

By Jimmy Mamayek

...country roads, fresh air, exercise, interesting people, homes and condos for sale. Old cemeteries, Civil War sites, bicycle and antique shops, photographing, mooing at cows. Flowering landscapes, rows of corn fields, lakes, rivers, bridges, quaint villages, bird watching. What am I talking about? Bicycling!

Each ride creates new memories to add to the old. There's that special exalted feeling that comes when prepping for an excursion, tooling along a back country road in beautiful weather, joining a club ride or tour in another state, or volunteering at a bicycle function with your sweetie. Even hill climbing is cherished, for those aches and pains meant we really did something! Though the prospect of food at the end of the line (or in the middle of the road) can often be the most appealing, if one listens to the Booper.

And we're not leaving out bicycle trails! We recently rode the Racine County bicycle path to downtown Kenosha to see what was going on during "Bloomingfest Days." As we passed through the Velodrome park area, we watched a couple of racers in training. After reaching our destination, we visited the various vendors, ate the usual festival foods, and even toured the open for-sale condos near the marina. It was neat! We had fun!

On the way back (via the trail of course), we stopped in downtown Racine and listened to the Britons as they performed their Beatle tunes at Monumental Square. Then motored on back to 'Clarksdale' before darkness came.

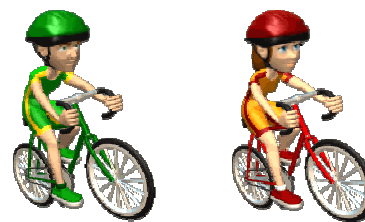
Having these special times together are part of the reason why we bicycle – and sometimes take it easy when we do. Let the curious bystanders stare at our brightly-colored Lycra bicycle outfits when we ride up to a rummage or a home for sale, and question our presence with lifted eyebrows. Do we care? You betcha not! Bicycling makes us feel younger.

Plus after a day such as that day on the trail, we felt extraordinarily good inside – a loving feeling, a love for each other as partners bicycling together for life. We have continued our love voyage ever since we met during the **1998 Bay View Bike Club Classic** ride event.

Oops! Our secret is out. Many of you now know why we hang in the back of the pack. It is because we take the time to share in all these wonderful attributes that lay before us on the road ahead. We get time to communicate our thoughts to each other, and reflect upon what we've learned. And we are well aware of our good fortune in meeting while bicycling. I don't think any of you will begrudge us being proud of that.

We imagine that you too have unique reasons for enjoying bicycling. We would like to hear from you about your love for cycling!

Remember, a couple that cycles together, stays together!



-- JimmySnot and Booper TM

Are your Lungs at Risk?

Wisconsin Dept of Natural Resources

Air pollution, especially ozone, affects thousands of people each year – some severely enough to require hospitalization. You can't see or smell ozone, but your lungs are still affected by it. Some groups are particularly sensitive to ozone: Children under 14, adults over 65, **adults who exercise or work vigorously outdoors**, and people with respiratory disease (asthma, emphysema, chronic bronchitis).

Your lungs can get an "ozone burn" similar to sunburned skin. When ozone is inhaled, it makes lungs red and swollen. This can weaken the lungs' defenses against infections, and it may cause lung disease.

Breathing elevated levels of ozone can cause throat irritation, shortness of breath, coughing and wheezing, increased severity and occurrence of respiratory disease.

Protect your health by checking the Air Quality Index (AQI) at 1-866-DAILY AIR (324-59247) or www.epa.gov/airnow.

BVBC Rider Point Totals
1-Oct-2006 through 24-June-2007
 (Some rides not reported yet.)

Roessl, Linda	1136
Hepp, Bill	1051
Schmidt, Jeff	890
Santoro, Ron	818
Beachkofski, Clare	594
Peterson, Beth	555
Mamayek, Jimmy	511
Wojtal, Norm	502
Peterson, Pat	491
Grendysa, Betty	476
Demian, Milad	462
Tuckwood, Debra	435
Fulton, Bruce	387
Wojtal, Prati	386
Labinski, Dennis	367
Orosa, Jojo	367
Poznanski, John	330
Gannon, Dan	315
Mallman, John	314
Gannon, Sandra	309
Krall, Dan	297
Stachowiak, Keith	291
Krueger, Nancy	282
Meilicke, Dennis	279
Tumey, Carol	279
Kuhs, Kelly	247
Gibbs, Tamara	246
Verheyen, Byron	223
Krueger, Gil	208
Karr, Nancy	195
Pier, Barb	195
Barry, Kevin	190
Katzfey, David	179
Safranski, Joe	173
Butters, Gary	171
Ellington, Pauline	168
Katzfey, Delvina	165
Johnson, David	160
Lucas, Mary	158
Fishman, Steve	150
Pendland, Bruce	147
Nelson, Tom	147
Thaller, Susan	147
Gresl, Lois	139
Jackson, Will	138
Michalets, Ellen	138
Kelly, Kent	120
Brotz, Chris	113

Knepper, Dick	101
Cirillo, Corrado	97
Polk, Bob	78
Crown, Ron	77
Cordero, Janice	75
McKnight, Janie	75
Friske, Tim	70
Simonson, Tom	70
Sericati, Tom	69
Aponte, Carmen	62
Schmidt, Sabrina	62
Bivens, Bob	57
Bivens, Katie	57
Baerwald, Cathy	54
McKnight, Russ	52
Radtke, Lorraine	50
Remlinger, George	49
Kisley, Francis	48
Dix, Michael	46
Doering, Stephanie	46
Brandes, JoAnne	44
Wiken, Dan	42
LaFave, John	42
Margraf, Arlene	37
Hamill, Barb	34
Scudder, John	34
Sterr, Mike	32
Fischer, Harry	30
Jaeckel, Randy	29
Lalor, Tierney	29
Thompson, Kristina	26
Kelly, Nancy	25
Klimetz, Adrian	25
Mathers, Russ	25
Hein, Kathy	20
Peterson, Jenny	20



Rides in June and July

*** Rides leave at 9am in July and August***
(Arrive early so you're ready at the start time)

Saturday, July 14, 2007

Germantown Roll. Ride through Germantown, Hubertus and Richfield, some hills. Ride Distance 29 or 42 miles. Starts at Haupt Strasse Park in Germantown. Take Hwy 45 north to Mequon Rd (167east). Go east to Western Ave. (stoplight, Medical Associates on corner). Left (north) on Western Ave. 1/2 miles to park 30 minutes from zoo.

Sunday, July 15, 2007

South Shore to Gorney Park. Ride south to Gorney Park, then return. Ride Distance 24 or 38 miles. Starts at South Shore Park in Bay View. Take I-94 exit at Becher St. Go east on Becher to E. Bay St.. Veer right on E. Bay St., follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn on left on Estes and right on South Shore Dr. Consult a map for more details.

Saturday, July 21, 2007

Tierney's Picnic Ride. New Routes! Short ride is an easy, relatively flat ride. Longer route is relatively flat with some rolling terrain and a few hills. Rides through farm country from Watertown south and west toward Lake Mills. Rest stop at 15 miles at the River Bend Resort. Longer route to Lake Mills with a second rest stop at 32 miles on the shores of Rock Lake. Ride Distance 30 or 55 miles. **Members only** (BVBC and Nordic Ski Club). Bring a dish to pass and a lawn chair. Soda, water, and hot meat sandwiches provided. RSVP by Thursday, July 19 to Tierney at 920 261-6608 or tlalor1425@charter.net. **Directions:** Starts at Lalor house, 1425 Country Club Lane, Watertown. Take I94 west, exit STH 26 at Johnson Creek. Go right (north) on STH 26 for about 11 miles through Watertown (past the STH 16 east ramp). Turn right (east) on Silver Creek Rd and drive 0.8 mile to Country Club Lane. Turn left (north) on Country Club Lane. House is tan ranch on east side of street. Approx drive time: 55 minutes from Zoo.

Saturday, July 21, 2007

Scenic Shore 150. Annual fund raiser for Luekemia-Lymphoma research (pre-registration and pledges required). Ride Distance 75 miles. Starts at MATC in Mequon, goes to Door County. See brochure for details.

Sunday, July 22, 2007

Greenfield SW. A G.I.G. (Get In Gear) ride. 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.

Sunday, July 22, 2007

Scenic Shore 150. Annual fund raiser for Luekemia-Lymphoma research (preregistration and pledges required). Ride Distance 75 miles. Starts at MATC in Mequon, goes to Door County. See brochure for details.

Saturday, July 28, 2007

Holland Festival. Ride along Lake Michigan to Cedar Grove and back. Ride Distance 30 or 60 miles. Longer routes start at Virmond Park in Mequon. Take I-43 to Mequon Rd. East on Mequon Rd. to Lakeshore Dr. South approximately 3/4 mile to Virmond Park (on left). Short route starts ONE HOUR after long route from the Marina in Port Washington. Take I-43 north to WI 32, 32 northeast into Port Washington, right on Washington St to marina. Approximate drive time: 40 minutes from Zoo.

Sunday, July 29, 2007

Coalition Picnic. Members only of BVBC, Cream City and Spring City clubs. Bring a dish to pass or \$5. Cream City hosting at Greenfield Park, Area 3A. Ride Distance 24, 42, or 65 miles. The 65 mile starts at 7:30 a.m.; 42 mile starts at 9:00 a.m.; 24 mile starts at 10:30 a.m.

Saturday, August 4, 2007

Ottawa Lake. Scenic ride through Southern Kettle Moraine State Forest. Ride Distance 30 or 40 miles. Start in Dousman. Take I-94 west to WI 67 (Oconcomoc 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 Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

Saturday, August 04, 2007

MS 150 Best Dam Bike Tour. Annual fund raiser (preregistration and pledges required). Ride Distance 62, 75 or 100 miles. Starts at the Waukesha Expo Center, goes to Madison. See brochure for details. www.wisms.org or call (262) 547-8999.

Sunday, August 05, 2007

River Hills Roll. A Get In Gear ride. 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, August 05, 2007

MS 150 Best Dam Bike Tour. Annual fund raiser (preregistration and pledges required). Ride Distance 62, 75 or 100 miles. Starts at the Waukesha Expo Center, goes to Madison. See brochure for details. www.wisms.org or call (262) 547-8999.

Saturday, August 11, 2007

Horicon Marsh. Ride along or around Horicon Marsh. Fairly hilly. Long route goes around the marsh, take enough water. Short route goes along the east side of the marsh and returns the same route. Ride Distance 32 or 44 miles. Starts at Clausen Park in Horicon. Take US 41 north to WI 33. West on 33 to Horicon. Go straight when 33 turns left in downtown Horicon. Go under John Deere bridge, cross river, turn left on Larabee St. Park in Clausen Park on left. Approximate drive time: 55 minutes from Zoo.

Sunday, August 12, 2007

Bettys Booper. Easy ride with a few rolling hills on rural roads thru scenic farmland in NE Racine Co. Ride Distance 28 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.

Saturday, August 18, 2007

Menomonee Falls/Neosho. Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots. Ride Distance 29, 49 or 59 miles. Starts at Village Park in Menomonee Falls. Take I-94 west to US 45. North on 45 to Appleton Ave. Northwest on Appleton Ave to Garfield Dr. (across from bank in downtown). Left on Garfield Dr. to Village Park on left. Approximate drive time: 20 minutes from Zoo.

Sunday, August 19, 2007

Parkside. Easy ride through Kenosha County. Ride Distance 29 or 50 miles. Starts near Petrified Springs Park in Kenosha. Take I-94 south, exit at County E (Kenosha), east on County E approximately 5 miles to Hwy 31, left on Hwy 31 for 0.3 miles, right on JR for 0.6 miles to parking lot on the left, just outside of Petrified Springs Park.

Sunday, August 19, 2007

Tour de Fort. Annual fund raiser for the MACC fund (registration required). Organized ride in Fort Atkinson. Hosted by Tour de Fort Bicycle Club. Ride Distance 19, 35 or 63 miles. Starts in Fort Atkinson, WI. Directions on brochure are confusing, use Business 26. On Line registration @ www.jcbc.info

Saturday, August 25, 2007

Brown Deer to Cedarburg. Fairly easy ride, mostly rural areas through River Hill, Mequon and Cedarburg. Ride Distance 26 or 34 miles. Starts at Brown Deer Park. Take I-43 north to Good Hope Rd., west to Teutonia Ave., right on Teutonia (approximately 1/2 mile), right on Calumet. Cross RR tracks, turn left at stop sign.

Sunday, August 26, 2007

Cream City Century. Annual Cream City Cycle Club ride (registration fee required). Ride Distance 50, 75 or 100 miles. Starts at Waterford Union High School. Take Hwy 36 SW to Hwy 20, then west on Hwy 20/83 into Waterford. Turn left on S. Center St., follow signs for parking lots south and west of the high school. www.creamcitycycleclub.com (414) 299-9398.

Being a Kid Again!

by Jimmy Mamayek

What could be more enjoyable than bicycling on a trail before or after work, or for those members in retirement (weather permitting, of course)?

Thanks to member John Mallman who initiated a Club ride on Wednesday, June 20, starting at the South Shore Park Pavilion trail in our namesake 'Bay View.' The ride commenced at approximately 5:15 PM, in clear, bright, sunny daylight and proceeded south at a leisurely pace. The breeze off the Lake along with the ever so blossomed trees lining the path cooled the riders. A turnaround point at the Grant Park Golf Club House marked an almost uneventful ride, but somehow John managed to get a rear tire flat before returning to START.

However, no way was that small incident or jesting one another going to mar a wonderful summer day's end! Afterwards, a pizza, beverages and conversation at a local restaurant marked the finale of a wonderful evening with friends! Just like kids again, Ayna hey?

If anyone is interested in having an informal Club bicycle ride during the week from a centralized location, let us know and I am sure that there will be plenty of interested members to participate. Why not bring another kid too? Suggestions are welcome. *P.S: Jokes and flats permitted.*

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

ON DECK AT WHEEL & SPROCKET...

The Madone - A Historic Bike

Mr. Armstrong helped test and fine-tune the Madone on his way to seven epic Tour de France victories. The 2007 Madone represents the epitome of road bike design during the Lance era. Now is probably the last chance to ride away on this piece of history. The 5.0 and 5.2 Madones are \$1999.99 for the rest of the summer while quantities last.



Bikes for Africa Bike Donation

The program is grateful for any bike donation (any size), but bikes in good mechanical condition are preferred because they save time in getting the bikes to Sierra Leone quickly.

Bring in your donation bike to any Milwaukee-area Wheel & Sprocket location to participate in the program.



more details at wheelandsprocket.com

Bay View Bicycle Club, Inc.
P.O. Box 070455
Milwaukee, WI 53207
