

PEDAL POWER!

Newsletter of the Bay View Bicycle Club (BVBC)

VOL. 19 NO. 9

www.bayviewbikeclub.org

Sept/Oct 2007

Celebrating Nineteen Years of Fun!

Comments from the Prez

by Dan Krall

The August BVBC membership meeting was chock full o' fun! The Club's jazzy new cap was awarded to every club member in attendance who volunteered for the Classic. And the speaker, Charles McBride from REI, gave an exceptional presentation on camping equipment and tips.

An interesting part of the business portion of the meeting was when members of the Club shared their opinions about the direction of the club. It was feisty, informative, and controversial. The best part was that we have people actually interested in what the Club and the Board are doing. I was glad to hear the different ideas even if I didn't agree with all of them. Being on the board gives YOU the opportunity to choose the direction of the club and make your opinion count. I hope you throw your name into the hat when the Nominating committee calls you. The Board meets monthly from February thru October to plan Club events and make budget and policy decisions. It's a fun job and the time commitment is minimal.

For those of you Classic volunteers who didn't get your hats or water bottles yet, please come to the Club meeting in September or October. Classic volunteers receive them free of charge. Members who did not volunteer for the Classic can purchase a hat for \$8.

We've had a great turnout at the rides lately, and the adage "The more, the merrier" seems to hold true for Club rides. The Club was well-represented at the Door County Century (DCC) last weekend, too. Thirteen club members met for dinner on Saturday evening, and even more rode a variety of routes on Sunday. I'm sorry to report that Steve Fishman and Ron Santoro collided seven miles into the DCC, resulting in a junked derailleur and damaged spandex. Be careful of other riders, 'cause road rash heals, but spandex doesn't.

Summer's gone. Biking season isn't. Join us on Club rides in September and October!

Membership Meeting on September 17 at Wheel & Sprocket

by Jimmy Mamayek, VP

The BVBC membership meeting on Monday, **September 17, 2007** will be at **7 p.m.** at the **Wheel & Sprocket store in Brookfield (13925 W. Capitol Drive (Capitol and Lilly))**. This is a 'members only' event. After the business meeting and a bicycle presentation, you will have plenty of time to roam the store in search of biking clothes and equipment. Trent Faith, the W&S store manager, is providing members with great discounts (a benefit of membership). In addition, food and refreshments will be served. There's no better way to spend an evening than with Club cyclists, munching away, surrounded by biking equipment. It's the next best thing to being in Heaven! See you there!

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 roessl@hotmail.com
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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!

Attention, members! September and October are the last membership meetings in 2007. This is your Club, and the meetings are an opportunity for you to socialize with members and to voice your opinions. So, let's have a BLAST and celebrate another successful season for the **BVBC!**

October meeting: October 15th is the date of our annual Membership Awards meeting (as well as the last official Membership meeting of the year). It starts at 7 P.M. at the Beulah Brinton Community Center. You cannot miss this one, as pizza will be the second course of the evening. The main course? That belongs to the individual members receiving their designated awards as presented by our own Prez, Dan Krall. Whet your appetite with those extra calories. Who is looking anyway? Enjoy the evening with food, fun and laughter! It will be months before some of us see each other again. It is not farewell, but hello to forthcoming endeavors.

See you there! Join the Fun! Promote Your Club! Patronize our Sponsors!

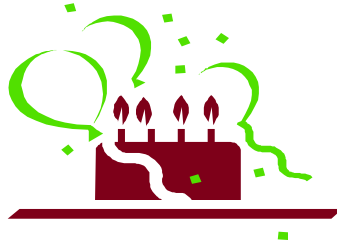
Newsletter Articles

The deadline for the next newsletter is **midnight on September 30, 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

Our current membership is 116. A big **WELCOME!** to our newest members: **Mark Gessert, Emily John, Corey Kopenski, Joseph Soriano, and Kimberly Moch**. Hope to see you at upcoming rides and Club events!



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

September Birthdays

Name	Birthday
Catherine Baerwald	September 2
Corrado Cirillo	September 18

October Birthdays

Name	Birthday
Patricia Pomahac	October 3
Walter Pretzel	October 5
Michael Sterr	October 8
Donna Pogliano	October 10
Melinda Notter	October 11
Joe Safranski	October 12
Kent Kelly	October 14
Tom Simonson	October 15
Pauline Ellington	October 15
Bruce Pendland	October 16
Debra Tuckwood	October 19
John Jr Poznanski	October 19
Joseph Soriano	October 25
Steven Szudrowitz	October 27
Janice Cordero	October 28

Final Get in Gear (G.I.G.) Ride

by Nancy Karr and Barb Pier

The final G.I.G. ride (Get in Gear) ride for the 2007 biking season will be **October 20 (Wind Lake, 21 miles)**. 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 start as a group and stick together, will 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.

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!

For Sale

Minoura RDA-850 Trainer - \$50.00

Lightly used. Very nice riding trainer. Selling because it does not fit a trike.

The RDA-850 is Minoura's mid-level rim drive offering. With a newly designed "Evolution" rim drive unit, the RDA-850 ensures a much smoother and silent pedaling feel. Two rubber rollers grip your rim on either side. The rubber roller is made of a material that won't damage your rim. The RDA-850 features:

- 850g machined steel flywheel.
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- Fits all wheel sizes from 24" to 27"/700c (without having to install an adaptor)
- Frame folds away for easy storage or transport.
- 5-year limited warranty on both the frame and Mag unit.

Contact: Kent Kelly at 414.423.0236 or knkelly@wi.rr.com.



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Ride Chair, Ride

by Kent Kelly

As we close down September, it is very important to get the sign-up sheets to me. We need an accurate tally by early October for our Awards Banquet.

Speaking of October, while it is our last full riding month for this year, we have some very nice rides scheduled, including the final G.I.G. ride (Get in Gear) on October 20 (Wind Lake, 21 miles).

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.

I am now sending the names of the ride leaders to Linda Roessl, who takes care of our ride hot line. You should be able to find out who the leader is by calling 414.299.0317.

Sunday, September 16 is the date of the Pedal the Kettle, the annual ride sponsored by the Spring City Spinners bike club. Explore the backroads of scenic Waukesha County on 30, 60 or 100 mile routes. Registration includes rest stops, a meal, and showers. Starts at Waukesha North High School, 2222 Michigan Ave, Waukesha. Please support this local club ride! Information at www.springcityspinners.org and (414) 279-9135.

Remember: Our rides need ride leaders, so please sign up at membership meetings or email me. Thanks, and remember, every ride is tentative until ridden, so check our website and call our hotline (414-299-0317).

Taking a Turn

by Gil Krueger

It's nice to know that on any given weekend from April through October, I can enjoy a bike ride with my Bay View Bike Club friends on a planned route and that we will be given cue sheets to guide us from turn-to-turn until we get back to where we started.

It's nice to know that once a month from February through October, I can attend a club meeting where I can meet my club friends, learn about the club and upcoming events, and hear an interesting speaker.

It's nice to know that besides biking I can get together with my bike club friends to enjoy organized activities such as hiking, miniature golf, bowling, dining out and other fun stuff.

It's nice to know that I will get a monthly newsletter with information of interest to club members.

It's nice to know that there is a club website and phone hotline available to me and anyone else who wants to have the latest news about club goings-on.

But all of this does not happen automatically. These things happen because club members take a turn at making them happen by getting themselves elected to a term on the board.

There will soon be vacancies on the board because the terms of some board members will expire in a couple of months. At our October meeting, new board members will be elected.

You could be one of those new board members. **This is your opportunity to help make the club "go", to help with doing things as they have been done in the past or to shake things up and do things differently in the future according to your vision of what would make a better bike club.**

If you are interested in running for the board or want to know more about it before you decide, contact me, Dick Knepper, or any of the present board members.

Take a turn at making things happen. You and the club will be better for it.



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BVBC Rider Point Totals
1-Oct-2006 through 31-Aug-2007

Hepp, Bill	1535
Roessl, Linda	1482
Santoro, Ron	1323
Schmidt, Jeff	1198
Beachkofski, Clare	1195
Peterson, Beth	1079
Wojtal, Norm	987
Peterson, Pat	957
Tuckwood, Debra	865
Mamayek, Jimmy	851
Grendysa, Betty	816
Krall, Dan	814
Wojtal, Prati	803
Labinski, Dennis	784
Poznanski, John	746
Orosa, Jojo	669
Demian, Milad	666
Fulton, Bruce	660
Meilicke, Dennis	587
Tumey, Carol	587
Verheyen, Byron	574
Gannon, Dan	556
Gannon, Sandra	550
Katzfey, David	473
Mallman, John	454
Gibbs, Tamara	437
Stachowiak, Keith	422
Katzfey, Del	417
Safranski, Joe	411
Krueger, Nancy	407
Krueger, Gil	387
Fishman, Steve	385
Gresl, Lois	379
Karr, Nancy	374
Pier, Barb	374
Kelly, Kent	350
Kuhs, Kelly	347
Ellington, Pauline	337
Nelson, Tom	320
Lalor, Tierney	317
Brotz, Chris	296
McKnight, Janie	288
Simonson, Tom	271
McKnight, Russ	265
Thaller, Susan	263
Sericati, Tom	260
Butters, Gary	253

Lucas, Mary	227
Michalets, Ellen	225
Cirillo, Corrado	222
Bivens, Katie	214
Knepper, Dick	201
Pretzel, Walt	201
Barry, Kevin	190
Johnson, David	160
LaFave, John	142
Pendland, Bruce	147
Pomahac, Pat	147
Aponte, Heidi	145
Brandes, JoAnne	144
Jackson, Will	138
Noll, Elaine	130
Noll, Mike	130
Klimetz, Adrian	125
Mathers, Russ	125
Hein, Kathy	120
Polk, Bob	118
Bivens, Bob	85
Kelly, Nancy	78
Crown, Ron	77
Cordero, Janice	75
Friske, Tim	70
Aponte, Carmen	62
Schmidt, Sabrina	62
Baerwald, Cathy	54
Radtke, Lorraine	50
Remlinger, George	49
Kisley, Francis	48
Dix, Michael	46
Doering, Stephanie	46
Wiken, Dan	42
Margraf, Arlene	37
Hamill, Barb	34
Scudder, John	34
Sterr, Mike	32
Fischer, Harry	30
Jaeckel, Randy	29
Thompson, Kristina	26
Fulton, Amy	24
Peterson, Jenny	20



Rides in August and September

Rides leave at 9am in September and 10am in October
(Arrive early so you're ready at the start time)

Saturday, September 15, 2007

Pewaukee Lake Ride. This ride goes around Pewaukee Lake with some hilly sections. Ride Distance 18 or 35 miles. Starts at Mitchell Park in Brookfield. Take I-94 west to Barker Rd exit. North on Barker Rd to River Rd (just north of RR tracks). East (RIGHT) on River Rd .3 mile to park. Park in lot south of red shed.

Saturday, September 15, 2007

Maywood Earth Ride. Fund raiser ride with five scenic routes through Sheboygan County to benefit the Ellwood May Environmental Park Ride Distance 25, 50 or 64 miles. Take I-43, exit #128 go southeast 1.1 mile on Hwy 42. Turn right on Mueller Road; park entrance is 0.2 mile on left. For details, check website.

Sunday, September 16, 2007

Pedal the Kettle. Annual Spring City Spinners Club ride (registration fee required). Ride Distance 30, 60 or 100 miles. Starts at Waukesha North High School, 2222 Michigan Ave, Waukesha. Take I-94 west to Hwy T (Grandview Blvd), south to Michigan Ave, right turn at school. Information at www.springcityspinners.org and (414) 279-9135.

Sunday, September 16, 2007

Zoo Ride. Ride on the Wild Side. Serve as route marshals

Sunday, September 16, 2007

Bike Federation Ride. Registration required. 11, 16, 30, 62 miles, www.bfw.org.

Saturday, September 22, 2007

Hunters Lake Picnic Ride. Kelly Kuhs picnic ride in the Dousman-Ottawa Lake area. Members only. Bring a dish to pass. RSVP to Kelly by Thursday, Sept 20 at 262-522-7316 or kkuhs@morriscranes.com. Ride Distance 35 miles. Take I-94 west to Hwy 67 and go south to Road 10 (two miles south of Hwy 18). Go left (east) on Road 10 to second last house on road.

Sunday, September 23, 2007

Delafield Lake Country. Scenic ride through lake country around Delafield, long route passes near Holy Hill, Pike Lake and Hartford. Ride Distance 20, 29 or 57 miles. Starts at Cushing Park. I-94 west to County C (Delafield), left (north) on C 0.4 miles to Main St. Left (west) on Main St. 1/2 mile to Cushing Park Rd.

(by Kurts Steak House), right on Cushing Park Rd. 1/5 mile to parking lot just across bridge. Approximate drive time: 25 minutes from Zoo.

Saturday, September 29, 2007

Burlington Roll. Easy ride between Wind Lake and Burlington. Ride Distance 23 or 33 miles. Starts at Heg Park. Take WI 36 (Loomis Rd) south towards Wind Lake. Heg Park is approximately 1 mile past Wind Lake, watch for signs on the right.

Sunday, September 30, 2007

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.

Saturday, October 06, 2007

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 Targets lot and park in the far east section. The short route is has more climbs than the long route.

Sunday, October 07, 2007

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. Call Sam at (262) 673-7686 by the Friday, October 5 to RSVP and get directions.

Saturday, October 13, 2007

Gil's Ride to Rome. Scenic ride through farming country to Rome and back. Ride Distance 23, 41 or 50 miles. I-94 west exit Hwy 67. Go left 3.4 miles to Sunset (Hwy 18). Turn right on Sunset, go half mile to Main St.. Turn left on Main .8 mile to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from the Zoo.

Sunday, October 14, 2007

Dick's Chili Ride. Club members only, bring a dish to pass. Ride Distance 20 miles. Call Dick at (414) 744-5315 by the Friday, October 12 to RSVP and for directions to his home.

Saturday, October 20, 2007

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 21, 2007

Northern Kettle Moraine. Very scenic ride through Northern Kettle Moraine state forest. Short route is fairly easy, longer routes are moderately hilly. Ride Distance 20, 31 or 44 miles. Starts from Mill Park in Dundee. Take I-94 west to US 45. North on US 45 to WI 67 (approximately 7 miles past Kewaskum). East on 67 to Dundee. Park in lot behind the Hamburger Haus. Approximate drive time: 55 minutes from Zoo.

Saturday, October 27, 2007

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 28, 2007

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.

Saturday, November 24, 2007

Too Much Turkey Ride. Varies from year to year but usually one of the shorter and mid-distance rides. More information will be posted at a future date.

Wheel & Sprocket September DEAL
for active BVBC members (expires Oct. 15)



Intelligent Bicycle Storage System

We know you love all your bikes, but do they have to be so clumsy to store? NO! Have Velo Glide solve your bike storage issues!

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Price includes storage for 4 bikes AND INSTALLATION in your basement or garage (within 10 miles of any W&S).
Contact Bill Ferron to arrange for installation 414-313-2872

See a video of how it works at: wheelandsprocket.com/goto/veloglide

Serve on the Board of Directors

by Dick Knepper

Why should you volunteer to be elected to the Board of Directors of the Bay View Bicycle Club? It is a matter of reaching out to your fellow cyclists to help make decisions in the everyday running of the club. Whether you are on the membership or the ride committees, your input is what really matters. Your reaching out and getting involved could be an important move in your life. The Board of Directors of our club is run just the same as any board in major corporations. Having the experience of doing this could enhance a rather dull resume, which would improve your chances of reviving and brightening your career.

Serving on the board is a three year commitment. There is one meeting a month you are expected to attend and no meetings in November and December. Please contact Dick Knepper at 414-744-5315 or Gil Krueger at 262-797-8448.

Volunteers Needed at Big Brothers Big Sisters of Metro Milwaukee

Adult volunteers are needed to help with the growing number of children waiting for a Big Brother or Big Sister mentor in Milwaukee and Waukesha counties.

Big Brothers Big Sisters (BBBS) of Metro Milwaukee is seeking adult volunteers, 18 years and older, to mentor more than 1,000 area children aged 6-17. More than 70 percent of waiting children are boys in need of Big Brothers.

Volunteers mentor children one-on-one, three to four times a month. Mentoring programs with varying time and scheduling options are available. The community-based program involves volunteers setting up regular activities with the child. Activities include going to the park, hiking, fishing, going to the gym, swimming, attending plays, sporting events, and concerts or participating in simple everyday activities such as cooking out, gardening and riding bikes.

The site-based program, offered during the school year, allows volunteers to meet one-on-one with their match at one of 17 schools or clubs in Milwaukee and Waukesha. At the sites, volunteers assist a child with homework and play games.

For information or to enroll, contact BBBS of Metro Milwaukee at 414-258-4778 or visit www.bbbsmilwaukee.org.

Distance vs. Time (aka Short Ride)

by Jimmsnot and Booper

You know that your body is sending out signals when you are too tired to ride on a particular day. But do you listen?

Recently, I started to do one of my regular training rides with the **Booper**. However, the weather was overcast and my body was saying that I would never be able to complete the distance in due time. I felt tired and uninspired as well.

Some years back, I sought advice from a former Olympic cyclist on completing a long-distance ride in a relatively shorter period, but still being able to gain the same effects. He responded that when going out on a particular ride, we should start out in easy gears and return in hard gears - i.e., shift the front chain ring into the big gear and the rear cogs into the smallest. That way you'll get the feeling of a long-distance ride, but in a shorter amount of time. Plus you'll also get that feeling of accomplishment as when doing hills as well. Believe it or not, it helped.

Because of our addiction to cycling (mine used to be jogging), we have experienced good days and bad days. I usually listen to myself and pay attention to the signals my body is throwing out – much the same way a heart monitor will for those who swear by them. So for that training ride recently, this is where having an exercise partner helps. We shifted to Plan B, a harder but shorter ride!

Some tidbits:

- Learn what distances you are best at and focus on them.
- Try new stuff to see where you shine best!
- When determining your bicycling strengths, the important thing is **not** how your times compare with other people's times, but how your finishing times and various distances stack up against each other.
- Don't feel embarrassed or guilty if your legs are spent or you are too tired for cycling. There are other forms of exercising that reap healthy heart benefits.
- Schedule recovery days. Do something different, like walking, running or swimming.
- Take a day or night off too! It'll give you time to read your favorite sports magazine or column.
- Stay healthy! It does no good to train hard and suffer injuries. According to experts, it's better to be slightly under-trained, but feel strong and eager to go.

- Increase your mileage by just 10 percent.
- Escape from your innermost thoughts so there is room for new ones to enter.
- And of course, for safety's sake, always contact your physician for questions.





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One From the Road

from RoadBikeRider.com Newsletter
Issue No. 308 - 09/06/07

Make a habit of picking up at least one piece of litter on every ride. Put it in your recycle bin when you get home. You'll be helping clean the road and enhance the public image of cyclists.

For Sale

Litespeed Titanium Tuscany

55cm with Rolf wheels and Ultegra components.
One good tire and one very good tire.
\$2000 or best reasonable offer.
Contact Dan at getinolder@yahoo.com.

How to Eat for Endurance

By Fred Matheny for www.RoadBikeRider.com

The key to riding long distances is food and drink.

Sure, training is important—but nutrition and hydration are even more vital. According to ultramarathon rider and coach John Hughes of Boulder, Colorado, “Nutrition, not necessarily training, is the limiting factor in endurance cycling.”

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

- **Enjoy the Last Supper.** Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!
- **Don't Skip Breakfast.** Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carb.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

- **Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.
- **Eat and Drink.** During the Ride. Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case.

- **Hydrate After the Ride.** No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the week you'll be severely dehydrated, feeling lousy, and riding poorly.

- **Eat for Tomorrow.** Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male.

The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carb snack while chewing the fat with your riding buddies.

Receive a *FREE* copy of the eBook “29 Pro Cycling Secrets for Roadies” by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!



Food for Thought

from Dayton Cycling Club, Spoke 'n Link

Every organization is made up of four bones:

Wishbones – Those who wish someone else would do the work.

Jawbones – Those who talk a lot, but do little.

Knucklebones – Those who knock everything that everyone else does.

Backbones – Those who shoulder the load, pedal the wheel, and do the work.

Which kind of bone are you?

Wheel & Sprocket September DEAL
for active BVBC members (expires Oct. 15)



**Intelligent Bicycle
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We know you love all your bikes, but do they have to be so clumsy to store? NO! Have Velo Glide solve your bike storage issues!

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Price includes storage for 4 bikes AND INSTALLATION in your basement or garage (within 10 miles of any W&S).
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See a video of how it works at: wheelandsprocket.com/goto/veloglide



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