



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 21 NO. 4

www.bayviewbikeclub.org

April/2009

Words of Wisdom from the Prez

Hey everyone—our regular riding season has started. We had a good turnout or about 25 riders for our first regular season ride last Saturday. I'm excited. Next weekend promises to be warmer. Our first picnic ride is the Past President's Ride on May 16th. I guess it's really the present president's day ride since I'll be bringing the food.

Welcome our new members! We had 2 new members on our first ride. We also had several people sign up at the bike expo. Invite your friends, co-workers, or anyone you meet up with on the roads and trails. More riders, more fun.

See you down the road.

Mike Dix

President BVBC

GO BY BIKE



We know club members love to ride their bikes for fun and fitness. But how many of us use our bikes for transportation? 40% of car trips are under 2 miles, a distance easily covered by bike. Whether it's for the health of our body, our community or the environment, cycling is a great way to get around. Make a commitment to make at least one commute, errand or short trip a week by bike.

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GO
BY
BIKE



Wheel & Sprocket

WHEELY COOL WEBSITES

Bikely.com – Shares knowledge of good bicycle routes around the world. Submit your favorite bike path.

MapMyRide.com – Log your miles, discover local routes, or find a cycling buddy.

BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Clare Beachkofski	clarebeach@yahoo.com
Secretary	Jeff Schmidt	<u>Bentguy61303@aol.com</u>
Treasurer	Dan Gannon	danielg@warshafsky.com
Ride Chair	Pat Peterson	pat@bayviewbikeclub.org
Social Committee Chair	Corrado Cirillo	ccirillo@wi.rr.com
Membership Chair	Debra	debra@bayviewbikeclub.org
Classic Ride Chair	Norm Wojtal	Norm@bayviewbikeclub.org
Newsletter Editor	Colleen	nashotah@hotmail.com

Standing Committees

Role	Name	Email Address
Web Master	Ron Santoro	bikerron@bayviewbikeclub.org
Nominating	Dick Knepper	rknepper@aol.com
Nominating	Gil Krueger	MRGGK@hotmail.com

April Board Meeting

When: Tuesday, April 14th

Where: Bay View Library on Kinnickinnic Avenue

April Club Meeting

When: 7 P.M. on the third Monday of each month

Where: Beulah Brinton Center, 2555 S. Bay St., Milwaukee (Bay View).

Next Meeting: Monday, April 20th 2009 at 7pm

Open to the public, everyone is welcome!

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

April Social Event

By popular demand, the BVBC April Social will be at the Maharaja, in Milwaukee's lower Eastside. Come join your fellow bike club members and friends for a taste of India.

Where:

Maharaja
1550 N. Farwell Avenue
Milwaukee, WI 53202
(414) 276-2250

When:

April 25, 2009, Saturday 6:00 pm

Please RSVP by April 23, 2009 to Corrado Cirillo at ccirillo@wi.rr.com or (920) 449-5148.

Membership Report

We have a total of 138 members, consisting of 133 adults and 5 kids. However, if we count just the renewals and new members, our membership stands at only 52. Memberships expired on March 31, 2009. So, this is a reminder to get your renewals in as soon as possible so you don't miss out on any club events. Use the renewal form included in the March 2009 newsletter or download it from www.bayviewbikeclub.org.

NEW MEMBERS: Please welcome the following new members:

Bonnie and Allen Belonger, Drew McPhee, Nancy Valente, Rebecca Banks, Maurice and Tamara Williams, Bill Gaertner, Patrick Walsh, Alicia Howell, Dan Naffier, Darwin Constantine, Jana Braun, Pedro Torres, Jim and Maria Wenzell, Elizabeth Mattes, Amy Fulton, Edna Pfeiffer, Mark and Evonne Zalewski



April Birthdays



Name	Birth Date
Bonnie Belonger	April 2
Judy Grenz	April 2
Jimmy Mamayek	April 14
Ron Crown	April 21
Janie McKnight	April 23
Delvina Katzfey	April 29

Ride Marshalls Needed for the Miller Lite Ride for the Arts

Sign-up is underway for ride marshals for the annual **Miller Lite Ride for the Arts on Sunday, June 7, 2009**. Ride marshals are needed for all routes (5, 15, 25, 50, 75). If you're interested, sign up at the April 20th meeting, or email Clare at clarebeach@yahoo.com by May 8th with your name, t-shirt size, and phone number. The Miller Lite Volunteer Coordinator will be attending the May 18th BVBC meeting to distribute t-shirts, information packets, and get signatures on the release forms, so please plan to attend that meeting.

April 20th Meeting – Wisconsin Donor Network

Join us on **Monday, April 20, 2009 at 7pm** at the **Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI) to hear about the work of the Wisconsin Donor Network in serving the families of potential organ and tissue donors. Representatives of the Wisconsin Donor Network will share their personal stories and explain what's involved in being a donor. There is a tremendous need for donors. Learn more about organ donation so you can make an informed decision. *"Don't take your organs to heaven...Heaven knows we need them here!"* See you at the April meeting! **Remember**, everyone's welcome to attend our meetings, so invite your family and friends to hear about this important topic.

May 18th Meeting – Miller Lite Ride Marshals and the Scoop on Sunglasses

Join us on **Monday, May 18 at 7pm** at the **Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI (Bay View)) for double-header speakers:

- Steve Halmo, Miller Lite Volunteer Coordinator, will explain the duties of ride marshals for the 2009 Miller Lite Ride for the Arts and distribute t-shirts and information packets to members who signed up to be ride marshals. **Volunteer marshals: You must attend the May 18th meeting to receive your t-shirt information packet, and sign the release forms.**
- Sunglasses are an important biking accessory. Not only do they protect your eyes from the harmful effects of the sun, they also shield you from wind, bugs, and other flying objects you might encounter on the road. An **Aurora Advanced Healthcare optician** will talk to us about eyewear safety and the benefits of activity-appropriate eyewear, give tips on selecting sunglasses, and show examples of the latest in sunglasses.

The meeting is free and open to the public. We look forward to seeing you on May 18th!!



Glendale MilwaukeeMenomonee Falls

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www.emerys.com.

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Pat Peterson, Ride Chair

The ride season is about to begin. Hope that everyone was able to take advantage of the bike club meeting in March or the Bike expo at State Fair Park to stock up on bicycle supplies.

If you want to host a picnic ride let me know, I can still work it into the schedule. The tentative schedule is now posted. I still need ride leaders, if you are interested, get in touch with me.

See you out on the road.

Pat

Contact me at pat@bayviewbikeclub.org, 414-771-5526, out on a ride or at a bike club meeting.

BAYVIEW BICYCLE CLUB RIDER POINT TOTALS

Roessl, Linda	265		Butters, Gary	50
LaFave, John	203		Kubal, Barb	50
Dix, Michael	166		Sericati, Tom	50
Craig, Michael	155		Katzfey, David	50
Schmidt, Jeff	144		Gannon, Sandra	50
Bear, Colleen	138		Meilicke, Dennis	44
Soriano, Joseph	134		Tumey, Carol	44
Wojtal, Norm	132		Lalor, Tierney	41
Wojtal, Prati	132		Gannon, Dan	40
Beachkofski, Clare	127		Karr, Nancy	31
Peterson, Beth	122		Pier, Barb	31
Peterson, Pat	122		Katzfey, Delvina	30
Polk, Bob	94		Knepper, Dick	30
Tuckwood, Debra	91		Nelson, Tom	30
Santoro, Ron	91		McKnight, Janie	20
Krueger, Gil	82		Remlinger, George	20
Krueger, Nancy	82		Kelly, Kent	16
Krall, Dan	76		Lucas, Mary	16

Mallman, John	57		Earle, Sandy	16
Gresl, Lois	55		Earle, Peter	16
McKnight, Russ	54		Burill, Alan	16
			Labinski, Dennis	16

Ride Schedule

Ride Start Times: 10am - April, May and October
9am - June through September

Saturday, April 11, 2009 - Whitnall Park to Greenfield Park - 20 miles

Easy ride following the Oak Leaf trail.

Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave.

Sunday, April 12, 2009 - Hoyt Park – 22 and 38 miles

Suburban ride through Elm Grove, Brookfield and Pewaukee. 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.

Saturday, April 18, 2009 - Pewaukee Trek – 19 and 34 miles

Fairly easy ride, mostly rural areas around Pewaukee, Merton, Chenequa, Delafield and Hartland. Joint ride with Spring City Spinners. Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16, Exit at WCTC/Main St, Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo.

Sunday, April 19, 2009 - Greenfield SW – 22 and 44 miles

Improved route! Rural ride going through Muskego, New Berlin and Windlake

Starts at Greenfield Park. Take I-894, exit at Greenfield Ave. Go west to 124th St. Turn Left on 124th and left into park at the Cool Waters Sign. Park in the north lot across from the Cool Waters Pool.

Saturday, April 25, 2009 - Cool Doctor – 20, 35 and 46 miles

Ride west on the New Berlin Recreational Trail, through Waukesha to the Glacial Drumlin Trail, and on to Dousman. Return same route. Turn a-round in Waukesha or Wales, or Dousman. 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, April 26, 2009 - Whitnall South - 22, 37 and 58 miles

Easy ride into Racine county and back

Starts at Whitnall Park Golf Course on 92nd Street just north of Rawson Ave.

Saturday, May 02, 2009 - Windlake – 21 and 34 miles

Ride around Windlake and Big Muskego Lake, fairly flat, mostly rural route. 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, May 03, 2009 - River Hills Roll – 26 and 35 miles

Ride through River Hills, Mequon and Bayside

Starts at Kletzsch Park. Take I-43 north to Good Hope Rd. Go west one mile to Milwaukee River Pkwy. South in Pkwy approximately one mile to parking lot on west side.

Saturday, May 09, 2009 - Cedarburg – 28 and 49 miles

Improved route! Very scenic ride through rural area north of Cedarburg. Starts at Centennial Park. Take I-43 north to County C (exit 89), west on C to Wauwatosa Rd (181), right on Wauwatosa Rd to Bridge St. Right on Bridge St. to Evergreen Blvd, left on Evergreen Blvd approximately three blocks. Street parking or Pool/Waterpark lot.

Sunday, May 10, 2009 - Burlington Roll - 23, 33 and 50 miles

Easy ride between Wind Lake and Burlington.

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.

Saturday, May 16, 2009 - Past President's Day Ride - 25 miles

Easy ride with a few rolling hills thru scenic farmland in NE Racine Co. Club members only, bring a dish to pass. Call or e-mail Dan Krall to RSVP. Starts at Gorney Park in Caledonia. Take I-94 south, exit at Ryan Rd. Go left, east 2.5 miles to Nicholson Rd. Turn right, going south for 2.5 miles to park on the left. Approximate drive time: 30 from Zoo.

Sunday, May 17, 2009 - Beaver Lake – 30 and 62 miles

Old TREK 100 routes. They go around Pewaukee, Beaver, Pine and Nagawicka Lakes.

Challenging. Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo.

Sunday, May 17, 2009 - Chocolate City Bike Ride - 19, 33 and 62 miles

Annual fund raiser for Burlington Kiwanis Club (registration required).

Starts at Bob's Pedal Pusher - 466 S. Pine St. (HWY 83) Burlington WI. Take I-43 to South to 164 South to HWY 36/83 South to Hwy 83 (Pine St.). Online registration www.signmeup.com/24841 or call (262) 763-7794.

Saturday, May 23, 2009 – Gil's Ride to Rome - 23, 41 and 50 miles

Scenic ride through farming country to Rome and back. Take 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 Zoo.

Sunday, May 24, 2009 – Charlie's Memorial Ride – 24 and 40 miles

Scenic ride through Hales Corners, Muskego, Big Bend and Mukwonago. Long route has numerous hills. Passes near Charlie's gravesite. 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.

Monday, May 25, 2009 - Menomonee Falls/Neosho - 29, 49 and 59 miles

Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots.

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.

Saturday, May 30, 2009 - South Hills - 23, 35 and 52 miles

Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville.

Starts at South Hills Golf Course . Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time 25 minutes from Zoo.

Sunday, May 31, 2009 - Dousman Ride – 20 and 37 miles

Very scenic rural ride around Dousman area with some rolling hills. Starts at Bicycle Doctors parking lot. Take I-94 west to WI 67 (Oconomowoc exit), south on WI 67 approximately 3.4 miles, right on Sunset/(WI 18) 1/2 mile, left on Main St. 1.2 miles to Bicycle Doctors parking lot on right side of street or Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

Bike Maintenance Tips

Keep up with your bike's maintenance and tire pressure by following these three tips.

1. PUMP IT UP

Proper tire pressure lets your bike roll quickly, ride smoothly and fend off flats. Narrow tires need more air pressure than wide ones: Road tires typically require 80 to 130 psi, mountain tires 30 to 50 psi and hybrid tires 50 to 70 psi. To find your ideal pressure, start in the middle of these ranges, then factor in your body weight. The more you weigh, the higher your pressure needs to be. For example, if a 165-pound rider uses 100 psi on his road bike, a 200-pound rider should run closer to 120 psi, and a 130-pound rider could get away with 80 psi. Never go above or below the manufacturer's recommended pressures.

2. STOP RESISTING

Traditional wisdom says that higher tire pressure equals lower rolling resistance, because on a smooth surface hard tires flex less and create a smaller contact patch. But no road is perfectly smooth. Properly inflated tires conform to bumps and absorb shocks. Over inflated tires transmit impacts to the rider, which sacrifices speed and comfort. On new pavement, your tires might feel great at 100 psi, but on a rough road, they might roll faster at 90 psi. In wet conditions, you may want to run 10 psi less than usual for improved traction. And if you're a mountain biker who rides to the trailhead, keep in mind that while your bike rolls smoothly on the road with 50 psi, it might feel better on the singletrack at 38 psi.

3. KEEP IT IN THERE

The pent-up air in your tubes wants desperately to join its friends in the atmosphere. If you ride over sharp objects, immediately sweep your tire with a gloved hand to remove debris. For ultimate protection, use tire liners or puncture-proof inner tubes. To avoid pinch flats when you ride over bumps, maintain proper air pressure and un-weight your wheels by sharply pushing your bike downward before the bumps then pulling it upward as you roll over them. For each 10-degree-Fahrenheit drop in the temperature, your tire pressure drops by about 2 percent. So if the temperature dips from 90 degrees to 60, your road tires would drop from, say, 100 psi to 94 psi. Those six pounds are noticeable and worth adjusting for. Get in the habit of checking your pressure before every ride.

How to Maintain Pedals - The four most common pedal problems—solved.

1. Cleats are the culprit for most pedal problems. Worn cleats cause sticky and unpredictable releases, as well as slop between the shoe and pedal. Plastic cleats show wear clearly—the edges become uneven or chipped. Wear on metal cleats can be trickier to diagnose—look for sharp or extra-shiny edges. Your best guide is their performance—if your entrances and exits feel funny, it's time for new cleats.
2. Lightly lube anywhere the cleat (not your shoe's sole) contacts the pedal. Most pedals have metal contacts, but for those with plastic contacts, check to make sure the cleat isn't wearing through the pedal body; these systems especially need regular lubrication.
3. Check and adjust tension. If your cleats aren't worn and you're having trouble clicking in or out, the tension might have become maladjusted. Most pedals have a screw on the rear that lets you dial in more or less tension.
4. Grease the threads. Remove the pedal, wipe the threads, apply a light layer of grease and reinstall. They'll never get stuck.

How to Maintain Seatpost - A neglected post can trash your whole bike. Here's how to stop it.

1. Mark your bike seat height on the seatpost with a piece of tape or a pencil. Loosen the seatpost clamp bolt and remove the seatpost. Wipe it, lay on a light layer of grease and reinsert the post to your correct height. Tighten the bolt. Feel smug. Some carbon frames shouldn't be greased--check with the manufacturer to be sure.
2. If your seatpost has been noisy the past few rides, wipe the areas where the seatpost clamps the seat rails. Spray lube onto the areas, give it 10 seconds to penetrate, then wipe dry. If the squeak continues, you'll have to take the seat off, lube the clamp and bolts and reassemble.

FROM NOW ON

- Grease seatpost every six months, or after a particularly wet ride.
- Clean head and lightly grease all contact points and bolts every six months, or whenever a squeak starts.