



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 21 NO. 1

[www.bayviewbikeclub.org](http://www.bayviewbikeclub.org)

January/2009

---

## Words of Wisdom from the Prez

I'm not sure how this happened—but I'm honored to write my inaugural address as the new president of the Bay View Bike Club. I've been a member for two years but I've only attended two meetings so far. Therefore—I'm refreshingly ignorant of how everything actually works in the club. Is this a good thing? The other board members said that being president is actually easy since they do all the work anyway.

First of all I'd like to thank past President Dan Krall for his tireless dedication and endless enthusiasm over the last 2 years. In many ways he's been a good friend and a great inspiration to all of us. He's teaching me to ride slower.

So why spend weekends going on bike rides? To make new friends. To avoid yard work and shopping. To stay healthy. To have a reason to get out of bed. To impress co-workers on Monday. To provide a socially acceptable situation to wear tight shorts and helmets. To explore the world.

So why join a bike club? To ride more. The club provides us with the support and inspiration to ride farther, faster and to new places. Riding with other is more fun than riding alone. That's the main reason I joined.

I've been spending part of the winter thinking about some goals for New Year. First of all we need to continue to do what we do best. Sponsor local rides that appeal to recreational riders of every ability. We should continue to be an open and welcoming organization. It's important to connect with new riders. To encourage and teach them good riding etiquette without making them feel intimidated. People should never feel like they're not in good enough shape to participate.

We should continue to promote the rights of riders and encourage our members to become involved in the political process. We need to encourage the use of government resources to promote biking. Too often the needs of bikers get lost in the planning process. Bike paths, bike lanes and trails won't be built unless we fight for them.

In a world of global warming, shrinking resources and fat kids--we need more bikes.

See you on the road,

Mike Dix, President BVBC

## BVBC Board Members

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

## Standing Committees

| Role       | Name         | Email Address  |
|------------|--------------|--|
| Web Master | Ron Santoro  | <a href="mailto:bikerron@bayviewbikeclub.org">bikerron@bayviewbikeclub.org</a> |
| Nominating | Dick Knepper | <a href="mailto:rknepper@aol.com">rknepper@aol.com</a>                         |
| Nominating | Gil Krueger  | <a href="mailto:MRGGK@hotmail.com">MRGGK@hotmail.com</a>                       |

## January Board Meeting

**When:** Tuesday, January 13<sup>th</sup>

**Where:** Bay View Library on Kinnickinnic Avenue

## Club Meetings

**When:** 7 P.M. on the third Monday of each month (no meetings Nov, Dec, Jan)

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

**Next Meeting:** Monday, February 16<sup>th</sup> 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](mailto:roessl@hotmail.com)

## **BVBC 2009 Meetings – Program Suggestions Always Welcomed!**

The schedule of speakers and presentations for the 2009 BVBC meetings is lining up nicely, but there are still a few months that are open. If you have ideas for programs or know of speakers who could present topics of interest to BVBC members, please let me know via email at [clarebeach@yahoo.com](mailto:clarebeach@yahoo.com). Thank you!

## January Social (Post Holiday Party)

**When:** January 31, 2009 at 4:30pm

**Where:** Italian Community Center, 631 East Chicago Street, Milwaukee, WI 53202

**Time:** 4:30pm - Bocce Ball competition in the Bocce Hall

6:30pm dinner in Café La Scala

**Cost:** \$3.00 per person

**RSVP:** Corrado Cirillo at [ccirillo@wi.rr.com](mailto:ccirillo@wi.rr.com) by January 28<sup>th</sup>, 2009. Please RSVP for each activity (Bocce event or dinner or for both events)



### January & February Birthdays



| Name             | Birth Date |
|------------------|------------|
| George Remlinger | January 1  |
| Ron Santoro      | January 3  |
| Milad Demian     | January 10 |
| Tierney Lalor    | January 10 |
| Sandra Gannon    | January 12 |
| Dale Bauwens     | January 14 |
| Robert Polk      | January 14 |
| Ben Meador       | January 20 |
| Harry Fischer    | January 20 |
| Tom Nelson       | January 30 |

|                 |             |
|-----------------|-------------|
| Nancy Kelly     | February 2  |
| Jim Franzen     | February 5  |
| Kay Bokowy      | February 5  |
| Thomas Sericati | February 8  |
| Barb Kubal      | February 10 |
| Alan Burrill    | February 12 |
| Kristin Blint   | February 15 |
| Kimberly Moch   | February 19 |
| Beth Peterson   | February 21 |
| Mary Lucas      | February 26 |
| Betty Grendysa  | February 26 |

## 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.

**WHEELANDSPROCKET.COM**

**GO  
BY  
BIKE**



Wheel & Sprocket

## **Get Psyched for 2009 Biking at the February 16th Meeting!**

By Clare Beachkofski

Are you ready for the first bike ride of the 2009 season?! It might be too cold for most of us to venture outside for a spin on our bikes, but it won't be long until the days are longer, the snow has melted, the ground has thawed, and the temperatures are ideal for biking. In the meantime, plan to attend the first BVBC meeting of the year on **Monday, February 16, 2009 at 7pm** when we'll talk about the upcoming biking season and take a look at past years of biking. After the business meeting, Pat Peterson, Ride Chairperson, will review the 2009 proposed ride schedule. Following that brief discussion, we'll be treated to a slideshow by Ron Santoro of past seasons of biking adventures. You might even see yourself in some of those photos! The meeting will be held at the **Beulah Brinton Center, 2555 S. Bay St., Milwaukee (Bay View)**. Hope to see you all there!

## **Too Much Turkey Ride 2008**

By Linda Roessl

There were 10 riders and Kent, our ultimate ride supporter, who braved the 40 degree temps and full sun to participate in the annual Too Much Turkey ride. They could have been out shopping, doing chores around the house or putting up Christmas light but these folks had higher priorities.....riding their bikes. The challenges started early with Five Star coffee going out of business and removing the sign from the street. Club members were still able to find the starting location despite this unfortunate situation. The fun began when John M. told me, "next year I can no longer spank him as a motivator to ride"☺ We took to the streets some wearing shorts over their tights and others wearing five layers to accommodate their needs for near winter riding. Club members came with hybrids and old bikes just in case there were slick spots on the pavement. The streets were almost in perfect condition except for all the cars on the roadways. The route was pleasant including neighborhoods with unbelievable real estate, a view of the Franklin dump and the bike trail plowed cleaned from any previous snow. Some riders took a break at the radio control park to appreciate big boy toys of others. After the ride, we all enjoyed the great company of club members, food and warm drinks at the Pantheon restaurant. This was a nice place to hangout with friends and will be considered as a new starting point for this ride in the future.

## **Winter Bike Rides** Pat Peterson, Ride chair

This is my first year for setting up the ride schedule for the Bay View Bicycle Club and my first article for the club that I am writing. The schedule is shaping up and I will present it to the BVBC Board at the January meeting and then to all members at the February BVBC Meeting.

Picnic Rides. If you are interested in hosting a picnic ride, please contact me as soon as possible. If you can give me advanced notice, at least a month I should be able to work the schedule around it.

There are 2 rides coming up for the winter cycling enthusiast in February and March. The Polar bear ride went off with a fairly nice January day.

I am still working on a catch phrase at this time, so I'll see you out there.

Contact me, Pat Peterson:

1. At our monthly meeting
2. By e-mail: [pat@bayviewbikeclub.org](mailto:pat@bayviewbikeclub.org)
3. By phone 414-771-5526
4. On a ride

Thanks and remember every ride is tentative until ridden, check the website or call our **hotline** on **414-299-0317**.

**Both Rides Start at 10:00 AM and I still need ride leaders.**

### **Saturday, February 14, 2008**

**Sweetheart Ride.** Celebrate Valentine's Day with a ride for coffee or whatever you prefer. The ride is 15 miles and starts at Grant Park Golf Course clubhouse. Take I-94 south, exit at College Ave. Go east on College Ave. to Lake Dr. Take Lake Dr. south to Hawthorne Ave., east on Hawthorne

### **Sunday, March 15, 2008**

**St Paddys Ride.** It's St.Patrick's Day so help us spin those snakes out of town then Stop for coffee afterwards. The ride is 15 miles and starts at the parking lot behind the 5-Star Coffee that was located on Rawson Avenue just east of 76<sup>th</sup> Street on the north side of the road. Park in the back lot.

## Bike for Your Life

By Matt Allyn

Cycling has been known to improve your overall health. Now research shows it reduces cancer risk, too.

Biking just half an hour a day reduces risk of cancer by 34 percent according to a new Swedish report published in the British Journal of Cancer. The study, which looked at more than 40,000 Scandinavian men ages 45-79, found a direct relationship between the amount of time men spent cycling and the risk of being diagnosed with cancer and their cancer recovery rate.

The researchers compared responses from the men with seven years of medical records and the group's 3700 cancer cases to find the association. In addition to the reduction in cancer incidence, daily cyclists were also 33 percent more likely to survive and recover from cancer. And for each hour of moderate exercise, risk of cancer mortality dropped by 12 percent. The researchers say it's clear that increased activity leads to a longer life, but they point out the exact effects of exercise on cancer are still uncertain.

Either way, you can add this to the myriad of cycling's health benefits such as lower blood pressure, cardiovascular health, reduced stress and bone strength. For more on how cycling can improve your health and increase longevity, pick up coach Joe Friels book, Cycling Past 50.

### Newsletter Articles

Members are encouraged to submit articles for the newsletter. Copyrighted material must include the author's name and permission to reprint. Please submit articles in MS Word-formatted files



#### **Glendale MilwaukeeMenomonee 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](http://www.emerys.com).

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