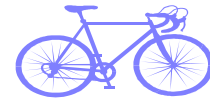




PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 22 NO. 7

www.bayviewbikeclub.org

July/2009

Words of Wisdom from the Prez

Our 2009 classic ride was a success. A big thank you to everyone that helped make the ride possible. I would like to especially thank the committee chairs. Since I'm fairly new to the club, this was the first time I've ever been on the classic ride. Compared to the other similar rides I've been on—our rally is the best. I think we can all be very proud of the quality of the ride we put on. I heard lots of compliments about number of different routes we offered, the great homemade food, well marked route and availability of Sag wagons. Many people told me this is their favorite ride. Even though the number of riders was not as high as we would have liked, I was very happy with the quality of the experience we provided for our fellow riders.

There's still lot's of summer left. We have gained a few new members in the past month but can always use more. Invite someone to join us!

See you down the road.

Mike Dix

July 20th Meeting – Annual Ice Cream Social and Boys & Girls Club Speaker

Celebrate summer with a large bowl of ice cream at the BVBC meeting on **Monday, July 20!** The Club will supply the ice cream and fixin's (even toppings, whipped cream, and cherries)! All you have to do is bring a hearty appetite! You'll also be treated to an update of Club business, including results of the 2009 BVBC Classic. The real treat of the evening will be a presentation about the Bicycle Repair and Recycling program at the Boys & Girls Clubs of Greater Milwaukee. This very successful program has taught many youth members life-long bicycle repair skills. The guest speakers will also tell us about volunteer opportunities that benefit the Boys & Girls Clubs, including a triathlon in August (see the article later in this newsletter). Join us on **Monday, July 20 at 7pm at the Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI (Bay View) to hear about this bicycle program and volunteer opportunities.

Aug 17th Meeting – Classic Ride 2010

The August club meeting will be a review of this year's Classic Ride and a brainstorming session to plan for the 2010 Classic Ride. Lessons learned, event dates, routes and recruiting members to help with the planning and work required leading up to the ride are just some of the topics that will be discussed.

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 Bear	nashotah@hotmail.com

Standing Committees

Role	Name	Email Address
Web Master	Ron Santoro	bikerron@bayviewbikeclub.org
Nominating	Dick Knepper	rknepper@aol.com
Hotline Manager	Linda Roessl	roessl@hotmail.com

July Board Meeting

When: Tuesday, July 14th 2009

Where: Bay View Library on Kinnickinnic Avenue

August Board Meeting

When: Tuesday, August 11th 2009

Where: Bay View Library on Kinnickinnic Avenue

July 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, July 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

July Social Event

Join your fellow BVBC members for a tour of the TREK Factory located in Waterloo, Wisconsin. Feel free to invite friends and family.

When: Friday, July 24th, 2009 at 9:45 am.

Where:

Trek Manufacturing Facility
801 West Madison Street
Waterloo, Wisconsin 53594
http://www.trekbikes.com/us/en/company/factory_tour/

The tour begins at 10:00 am.

You do not have to RSVP for this event, however, if you plan on going please contact Corrado Cirillo at ccirillo@wi.rr.com or at (920) 449-5148.

Membership Report

Please Welcome our newest members:

Kathy Schaetzke		Jamison McNaughton
Paula Ambos		Marjorie McNaughton
Amanda Walker		Alyssa Cahill
Dennis & Jane Connors		Bryan Neperud

We currently have total membership of 118. We have 113 adults and 5 children.



July Birthdays



Gary Butters	1-Jul	Maurice Williams Jr.	15-Jul
Robert Klein	2-Jul	Dan Krall	15-Jul
Edna Pfeiffer	2-Jul	Mitch Lewis	15-Jul
Keith Stachowiak Sr	4-Jul	Michael Craig	18-Jul
Daniel Gannon	5-Jul	Richard Knepper	18-Jul
Maria Wenzell	6-Jul	Michael Dix	18-Jul
Dan Gilipsky	7-Jul	Drew McPhee	21-Jul
John LaFave	13-Jul	Rodger Nelson	23-Jul
Lois Gresl	14-Jul		

Club Member Killed in Tragic Accident



Allen Belonger a new member of the club died on Saturday, July 11th after a pickup truck turned into his path. According to the state Department of Transportation, Belonger is the 6th bicyclist killed in a traffic accident this year. BVBC will give a donation to Compassion International (a Christian children's sponsorship ministry).

Pat Peterson, Ride Chair

All the ride packets up to July 5th are back to me. If you have any questions about how many points you have please see or email me and I will look into it.

As always, if you are interested in being a ride leader see me. If you did the Riveredge ride or the Tour de Cure let me know your distance and I will update the rider points.

See you out on the road.

Pat

Contact me at pat@bayviewbikeclub.org

1-414-771-5526 or out on the ride or at the bike club meeting

Remember every ride is tentative until ridden; check our website; call our hotline. All club rides start at 9:00.

Ride Schedule

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

Saturday, July 18, 2009

Scenic Shore 150 - 75 miles - Annual fund raiser for Luekemia-Lymphoma research (preregistration and pledges required). - Starts at MATC in Mequon, goes to Door County. See brochure for details. www.luekemia-lymphoma.org/wi (262)790-4701.

Saturday, July 18, 2009

Parkside - 29, 50 miles - Easy ride through Kenosha County. - 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, July 19, 2009

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

County. See brochure for details. www.luekemia-lymphoma.org/wi (262)790-4701.

Sunday, July 19, 2009

LaGrange - Southern Kettle Moraine - 23, 49 miles - Scenic ride through Southern Kettle Moraine. - 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, July 25, 2009

Holland Festival - 30, 60 miles - Ride along Lake Michigan to Cedar Grove and back. - 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 26, 2009

Coalition Picnic - 23, 33, 50 miles - Club members from BVBC, Cream City and Spring City only, bring a dish to pass. - To Be Determined

Saturday, August 01, 2009

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

Saturday, August 01, 2009

Ottawa Lake - 30, 40 miles - Scenic ride through Southern Kettle Moraine State Forest. - 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 Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

Sunday, August 02, 2009

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

Sunday, August 02, 2009

Cedarburg - 28, 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.

Saturday, August 08, 2009

Lake Mills Triangle - 31, 46 miles - Very scenic ride through Lake Mills, Cambridge and Jefferson. - I-94 west (Exit 259 - Lake Mills), south on 89 approximately 2 miles, right into Glacial Drumlin trailhead Parking lot.

Sunday, August 09, 2009

Hoyt Park - 22, 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, August 15, 2009

Germantown Roll - 24, 40 miles - New route! Ride north toward West Bend. Fewer hills than the old route. - 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 the Zoo.

Sunday, August 16, 2009

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

Sunday, August 16, 2009

Horicon Marsh - 32, 44 miles - 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. - 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.

Saturday, August 22, 2009

Harrington Beach - 24, 54, 64 miles - Ride along Lake Michigan north to Harrington Beach and back. - 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, August 23, 2009

Pewaukee Lake Ride - 18, 35 miles - This ride goes around Pewaukee Lake with some hilly sections. - 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, August 29, 2009

Audubon Court - 36 miles - Ride north along Lake Michigan to County Line Rd. Return inland following county bike trail south. - 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.

Sunday, August 30, 2009

Cream City Century - 50, 75, 100 miles - Annual Cream City Cycle Club ride (registration fee required). - 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

RIDE LEADER RESPONSIBILITIES

Being a ride leader is lots of fun and earns you additional rider points. It's easy to do. There are just a couple of things to remember:

- √ Be on time, or preferably, a little early.
- √ Be sure all riders sign the waiver sheet. Have them indicate the number of miles they intend to ride.
- √ Provide and distribute the ride route map to all riders.
- √ Pack and carry a First Aid Kit. If you don't have a kit or need additional supplies, please contact the Ride Chair. Render assistance as needed and as you are able. In case of an accident involving more serious injury or property damage, fill out the enclosed incident report when time permits. This will allow a claim to be submitted to our insurer.
- √ At rest and lunch stops, do a check to make sure all riders are accounted for. At the end of the ride, again double-check on riders to make sure everyone made it back.
- √ Have fun!

After the ride:

Return the waiver sheet (and ride package) to the Ride Chair so that everyone can qualify for rider points and to satisfy our insurance requirements.

Make notes after the ride (where to eat afterwards, where to park, any problems with the route (places people got lost, incorrect mileage, bad corners, etc.)) for the next ride leader and turn in to the Ride Chair.

2009 Lake Country Classic Wrap-up

Thanks to all of the club members who worked to make the Classic a success. We were fortunate enough to have perfect weather and a good number of same day registrations. Thanks to all that helped, especially Sam and Dan for organizing the rest stops, Ron and Debra for the great t-shirts, Colleen for working on the routes, Beth and Pat for promotion, Dan Krall for route marking and sponsorship, Gil and Nancy for registration, Clare for sentries and Norm for SAG, along with **everyone** who worked at the rest stops, SAG, sentries and registration. Thanks also to First Congregation Church for letting us use their facilities and also for making a delicious spaghetti lunch. Without the hard work of our members, the ride would not be possible.

BAYVIEW BICYCLE CLUB RIDER POINT TOTALS

Roessl, Linda	1026	Lucas, Mary	375	Pogliano, Donna	100
Santoro, Ron	979	Hepp, Bill	371	Ellington, Pauline	99
Schmidt, Jeff	872	Nelson, Tom	352	Neperud, Brian	97
Beachkofski, Clare	834	Orosa, Jojo	326	Burill, Alan	91
Soriano, Joseph	789	LaFave, John	307	Weiner, Dean	86
Tuckwood, Debra	782	Polk, Bob	281	Grendysa, Betty	84
Dix, Michael	778	Zalewski, Mark	262	Mamayek, Jimmy	84
Bear, Colleen	700	Stachowiak Sr, Keith	228	Mattes, Elizabeth	82
Peterson, Pat	679	Karr, Nancy	226	Fulton, Bruce	81
Wojtal, Prati	613	Pier, Barb	226	Conner, Jane	76
Wojtal, Norm	613	Kepper, Joe	224	Torres, Pedro	76
Krall, Dan	594	Kepper, Sarah	205	Conner, Dennis	76
Labinski, Dennis	511	Lalor, Tierney	197	Simonson, Tom	75
Krueger, Gil	493	Mcnaughton, Jamison	193	Williams, Maurice	74
Peterson, Beth	484	Fontanazza, Salvatore	186	Walsh, Patrick	72
Meilicke, Dennis	472	Mallman, John	183	Ambos, Paula	68
Tumey, Carol	472	Gresl, Lois	176	Zalewski, Evonne	67
Gannon, Dan	448	Earle, Sandy	166	Malcolm, Jim	64
Katzfey, David	445	Earle, Peter	166	Lewis, Mitch	64
Sericati, Tom	433	Peterson, Jenny	158	White, Becky	60
Katzfey, Delvina	425	Knepper, Dick	153	McKnight, Russ	54
Gannon, Sandra	421	Poznanski, John	150	Kubal, Barb	50
Craig, Michael	415	Jackson, Will	143	Stachowiak Jr, Keith	45
Michalets, Ellen	409	Mathers, Russ	125	Braun, Jana	42
Klein, Robert	403	Cirillo, Corrado	124	Banks, Rebecca	24
Kelly, Kent	400	Butters, Gary	108	Weiner, Laura	23
Gibbs, Tamara	392	Hustedde, William	105	McKnight, Janie	20
Krueger, Nancy	379	McNaughton, Marjorie	102	Remlinger, George	20
				Fischer, Harry	19

Dooring Bill

The "Dooring Bill" is designed to protect the rights and safety of cyclists from car passengers who, more often than not, do not take care when opening their doors. This bill removes the provision in current law that bicyclists must remain 3 feet from any vehicle, and requires all car passengers to take the proper precautions when opening their vehicle door, ensuring that it will not interfere with the movement of traffic. This bill was approved by both the Legislature and Senate, and signed into law by Governor Doyle.

Lose the Training Wheels

by Ron Santoro

Lose the Training Wheels is a program developed to teach autistic children and children with Down syndrome how to ride on 2 wheel bikes in five days. It uses special bikes with a rubber roller on the back end with a slight taper. As the child progresses the wheel is changed out to one with a deeper taper. Each child is equipped with a helmet. Each session is 90 minutes. This system enables the little bikers to learn the balancing technique required for the transition to two wheels. The program was developed by Dr. Richard E. Klein.

Amy is the local Camp Coordinator. Nikki and Cory are the instructors who travel from state to state teaching the program. This camp was held at the Nicolet High School in Glendale with a total of 39 campers and I was a volunteer.

Day 1 started in the gym with about 15 volunteers and 7 children. There was one girl who ran about the room screaming, another child was crying and there my little biker “Hi my name is Noah, I am glad to meet you”. It looked like my lucky day! My co-trainer, Brandon and I would be working with Noah for the next five days.

Brandon and I took turns walking next to Noah as we circled the gym. Noah looked to be a little nervous at first and commented a desire to ride slow. Some of the other children rode past at a quicker pace. As the day progressed Noah did get faster.

Noah was a bit of a talker. Movies and comic books were his favorite subjects. I believe he made the connection that the more he talked to me the less I pushed for him to go faster.

We used a handle on the back of the bike to help our biker start and stay the course as we navigated our way around the gym and the other bikers. Expressions such as “awesome” “doing great” “nice turn” and other words of encouragement were used often by us and the other volunteers.

On Day 2 Noah asked if it was OK to start out slow. Since I was tired from the day before I said yes. We were getting faster as the session progressed and then Cory of the LTTW staff brought



out a tandem bike. The tandem was rigged so that both handle bars turned the front wheel. Noah quickly asked "Can I do that?" I told him that he would get his turn and with that he rode right over to the tandem and dismounted his bike ready to go. Since it was not his turn we rode the trainer a little longer. What a treat when his turn came up. Big smiles moving fast around the gym and I got a rest.

Day 3 Brandon was not able to come today. This was also the day Tom Pippines from Channel 6 stopped by. Tom was busy interviewing some of the volunteers and they taped a clip of one of the riders as he rode around the room. Soon after the film crew left we started to switch to the two wheel bikes. These bikes also have a handle extending out on the back to help the riders out. First we rode back and forth in the gym. We then moved outside and rode back and forth on the track. After a few runs we began to circle the 400 yard track. I sure was wishing Brandon was there to help as I am not a good runner. Fortunately Cory helped run a few laps. Noah was doing great lap after lap.

Day 4 Brandon was back and it turns out he is a Nicolet high school student and he is also on the track team. I no longer had to push myself to run the track. As Noah progressed he got better and we no longer need to run next to him. I felt he missed that, as there was a bond forming. The need for a riding buddy was beginning to take form.

Day 5 was graduation day. The day started with Noah's parents rolling in a new bike for him. How cool is that. Using the new bike we headed outside for more practice. Getting going on the bike was about the most difficult part of learning to ride a bike. Noah became frustrated for a time but it passed after a few minutes. At the end of the day we went inside for a closing celebration. The riders received a trophy, water bottle, t shirt, hat, helmet, and framed picture of themselves with their trainers. The volunteers also received a framed picture of us with our "biker buddies", t shirt and a hat. Noah gave Brandon and I a card of appreciation for our help.

It was not apparent to me what Noah's disability was other than a little frustration with himself and a slight stager walking. He appeared to be a very normal 12 year old.

As for the little girl who created such a commotion screaming and running around the room on day one, her name is Lilah, and she gave all the volunteers a hug on day five. Working as a volunteer to help these children learn to ride a two wheel bike proved to be a very rewarding experience for me. One I will gladly repeat next year if at all possible. As I write this I am just finishing up as a volunteer helping out on week two in Union Grove. Although it has turned out quite a bit different from week one, it is still just as rewarding.

You can find more information about the Lose the Training Wheels program on the Internet.

<http://www.dsaw.org/whats-new/lose-training-wheels>

<http://losethetrainingwheels.org>



Volunteers Needed for the Camp Whitcomb/Mason Triathlon on August 9, 2009

On Sunday, August 9, 2009, the Boys & Girls Clubs of Greater Milwaukee will hold the 17th annual Camp Whitcomb/Mason Triathlon in Hartland, Wisconsin. Volunteers are needed to ensure this event is a success. All proceeds from the triathlon will benefit youth programs at Camp Whitcomb/Mason. This is a great opportunity to help support local youth and the Boys & Girls Clubs.

The triathlon starts at 8:00 a.m. and is followed by post-race festivities ending at about 1:00 p.m. Volunteers will distribute athlete materials, direct athletes to parking spots, ensure athletes stay on the race course, and serve water at designated stations. Each volunteer will receive lunch and a t-shirt. Volunteers are needed for either the 6 a.m. to 10 a.m. shift or the 7 a.m. to noon shift.

Camp Whitcomb/Mason is a year-round facility located near Hartland on Lake Keesus. It was founded in 1911 and is owned and operated by the Boys & Girls Clubs of Greater Milwaukee. During the summer it operates an overnight and day camp program.

If you are interested in volunteering for the triathlon, please contact Chris Protz at 262-538-1190.