



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 21 NO. 6

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

June/2009

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## Words of Wisdom from the Prez

We're counting the days until the Lake Country Classic. More than anything—hope, pray for good weather. It would be exciting to have 500 riders. It's possible. Since we've had a lot of cool weather lately—maybe there will be some pent up demand.

If you haven't committed to volunteering yet—now is the time. If you can't be at the event, don't forget you can always donate baked items for the rest stops.

As the prime biking season gets underway—remember to talk about the club with people you meet. We've gained some new members lately but could always use more. In order to continue to be a vibrant group, we need to keep growing. Invite someone to join us for a ride!

See you down the road.

Mike Dix



### Glendale Milwaukee Menomonee 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!

## WHEELY COOL WEBSITES

[www.bicyclepaintings.com](http://www.bicyclepaintings.com) – Bicycle Painting and Custom Bicycle Portraits

[www.pedaling.com](http://www.pedaling.com) - A growing ride resource where you select your area and the type of ride you wish to take and a free route map is provided. You can also submit your favorite rides.

## 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
Nominating	Gil Krueger	MRGGK@hotmail.com

## June Board Meeting

**When:** Tuesday, June 9<sup>th</sup> 2009

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

## June 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, June 15<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

## June Social Event

The June Social, by special request from a long standing BVBC member, will be:

Where:

**St. Francis Brewery & Restaurant**

3825 S. Kinnickinnic Avenue

St. Francis, Wisconsin

(414) 744-4448

When:

June 13, 2009, Saturday @ 6:00 pm

The St. Francis Brewery & Restaurant does NOT take reservations on Fridays or Saturdays, therefore you do not need to RSVP to Corrado Cirillo for the June Social, but please contact him at ccirillo@wi.rr.com or (920) 449-5148 and let him know if you plan to attend.

## Membership Report

The club roster will be available at the June membership meeting.

We currently have 106 members. 101 adults and 5 children

**Please welcome our latest new members**

Judy Kirchoffer

Eric Benz

Steve Szudrowitz

Salvatore Fontanazza



## June Birthdays



Name	Birth Date
Sandy Earle	June 5
Jeff Schmidt	June 6
Barbara Nelson	June 15
Nancy Valente	June 17
Keith Stachowiak Jr	June 20
Gilbert Krueger	June 21
Peter Earle	June 22
Bob Bivens	June 27
Ellen Michalets	June 28
June Wiken	June 30

## Classic Update - Volunteers Needed

### Lake Country Classic Update

Registrations continue to come in from both Active.com and the mail. Ron is working on this year's t-shirt. Check it out at [www.bayviewbikeclub.org](http://www.bayviewbikeclub.org). There are lots of things that need to be done in the next few weeks. Volunteers are always need, especially SAG support and sentries. We also need people to help mark the route. Contact me to volunteer. Also, don't forget baked goods for the rest stops.

Please try to make it to the preview ride (for members only) on June 21<sup>st</sup>. We need members to ride all the routes and make sure our markings are correct.

Norm

### **June 15<sup>th</sup> Meeting – My Aching Body! Treatment of Arthritis**

Arthritis is a general term for more than 100 different diseases that affect the joints. Arthritis does not discriminate – it affects people, male and female, of all ages and nationalities. You might be one of the many affected by arthritis! At the BVBC meeting on **Monday, June 15**, a representative of the Arthritis Foundation will tell us of recent breakthroughs in the treatment of arthritis, and how their group provides resources to people and helps them manage the challenges of arthritis. The meeting is **Monday, June 15 at 7pm at the Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI (Bay View)). In addition to the speaker, we'll also discuss preparations for the upcoming BVBC Lake Country Classic on Saturday, June 27, 2009. This meeting is open to the public, so please invite your family and friends. See you on June 15<sup>th</sup>!

### **July 20<sup>th</sup> Meeting – Ice Cream Social and Boys & Girls Club Bicycle Repair Program**

The July meeting is when BVBC celebrates summer with its annual ice cream social! Bring an appetite and enjoy an ice cream sundae, complete with toppings and whipped cream! In addition to the ice cream social, we'll discuss Club business and the results of the 2009 BVBC Classic, followed by a presentation by the Bike Shop Coordinator of the Boys & Girls Clubs of Greater Milwaukee. He will tell us about their Bicycle Repair and Recycling program, which teaches self-reliance and bike maintenance skills to its members, and leads to a life-long love of bicycling. BVBC has a special connection to this bicycle program – We have donated money to the Boys & Girls Club, using proceeds of our annual Lake Country Classic fundraiser. 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.

## **Pat Peterson, Ride Chair**

Let's hope for some nice weather on the weekends. The Classic is almost upon us, if you haven't volunteered now is the time. It is a great way to get to know other riders and members.

As always I am looking for volunteers to be ride leader. If you are interested please get in touch with me. It is easy to be a ride leader; see the ride leader responsibilities below.

See you out on the road.

Pat

Contact me at [pat@bayviewbikeclub.org](mailto: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, June 13, 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 Zoo.

#### **Sunday, June 14, 2009 - Virmond Park - 30 miles**

Easy ride along Lake Michigan to Port Washington and back. Starts 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). Approximate drive time: 25 minutes from Zoo.

#### **Saturday, June 20, 2009 - South Shore to Gorney Park - 24, 38 miles**

Ride south to Gorney Park, then return. 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, June 20, 2009 - BVBC Classic Preparation Day - 100 miles**

BVBC Classic Preparation Day - 100 miles - Mark the Route.

#### **Sunday, June 21, 2009 - BVBC Classic Preview – 15, 25, 45, 65, 100 miles**

BVBC Classic previewed for MEMBERS ONLY!!!! Century and 65 mile starts at 7:00 am; all others at 9:00 am. Starts at First Congregational Church, 815 S. Concord Rd. Oconomowoc. Take I-94 west to WI 67 (Oconomowoc exit). Turn **right** (North) on Hwy 67 (Summit Ave), turn **LEFT** (west) on Hwy B (Valley Rd). Travel West 3+ miles to Hwy BB (Golden Lake Rd, also

Concord Rd.) turn **RIGHT** (north). Go North about 1.5 miles to First Congregational Church, on East side of the road. **Park in the northeast corner of the upper parking lot.**

**Saturday, June 27, 2009 - BVBC Lake Country Classic – 15, 25, 45, 65, 100 miles**

BVBC Classic-Lake Country - 25, 45, 65 miles - Bay View Bicycle Club fund raiser ride through Lake Country Waukesha & Jefferson Counties - Starts from First Congregational Church in Oconomowoc. See brochure for registration, starting times and more details.

**Sunday, June 28, 2009 - Riveredge Valley Ride - 16, 30, 50 miles**

Riveredge Valley Ride - 16, 30, 50 miles - Annual fund raiser (registration required). - Starts in Newburg, WI. See brochure for details or On Line registration @ [www.riveredge.us](http://www.riveredge.us) (800)-287-8098.

**Sunday, June 28, 2009 - Menominee River Century - 25, 50, 75 miles**

Annual fund raiser (registration required). Starts in Marinette, WI. See brochure for details. [www.mrcride.com](http://www.mrcride.com)

**Sunday, June 28, 2009 - Tour de Cure**

A Fund raiser for the American Diabetes Association (registration required).

**Sunday, June 28, 2009 - Windlake - 21, 34 miles**

Windlake - 21, 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.

**Saturday, July 04, 2009 - Big Cedar Lake - 27, 42 miles**

Rural ride going north through Holy Hill, Hartford and Slinger, long route circle Big Cedar Lake. Start at Holy Hill. Take I-94 west to US 45 north. US 45 to WI 167 (Holy Hill Rd). West on 167 to Holy Hill. Park in large lower gravel lot.

**Sunday, July 05, 2009 - Chucks Breakfast Ride - 34 miles**

Easy ride through River Hills and Mequon. Stop at Chucks for breakfast afterwards at 406 N. Main St. - Starts at Village Park in Thiensville. Take I-43 north to Mequon Rd. West on Mequon Rd (approximately 3 miles). Right on N. Cedarburg Rd/Main St. (approximately 1/2 mile). Right on Green Bay approximately 1 block, right on Elm to Village Park.

**Saturday, July 11, 2009 - Oconomowoc-Eagle - 25, 42 miles**

Rural ride going south from Oconomowoc, through Dousman and Eagle. Longer route has some hilly areas. - Starts at Roosevelt Park. Take I-94 west to WI 67. Take WI 67 ( becomes Summit) for 2.5 miles. Turn right on Forest St. half-mile into park. Approximate drive time: 30 minutes from Zoo

**Sunday, July 12, 2009 - River Hills Roll - 26, 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, 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](http://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](http://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.

### **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.

## BAYVIEW BICYCLE CLUB RIDER POINT TOTALS

Roessl, Linda	591		Katzfey, Delvina	175
Schmidt, Jeff	444		Mallman, John	163
Dix, Michael	404		Krall, Dan	152
Soriano, Joseph	394		Michalets, Ellen	150
Bear, Colleen	349		Kelly, Kent	134
Beachkofski, Clare	294		Krueger, Nancy	129
Peterson, Pat	281		Krueger, Gil	129
Tuckwood, Debra	279		Polk, Bob	128
Santoro, Ron	279		Sericati, Tom	105
Wojtal, Norm	261		Gresl, Lois	105
Wojtal, Prati	261		Karr, Nancy	101
Craig, Michael	245		Pier, Barb	101
LaFave, John	237		Nelson, Tom	100
Peterson, Beth	216		Gannon, Sandra	100
Lucas, Mary	213		Gannon, Dan	90
Labinski, Dennis	198		Peterson, Jenny	89
Katzfey, David	195		Butters, Gary	84
Meilicke, Dennis	185		Kepper, Joe	75
Tumey, Carol	185			



# Ride Smart

## Here's how to avoid the five most common bike-car collisions.

By Christine Mattheis

### **LEFT CROSS**

A motorist fails to see a cyclist and makes a left turn--it accounts for almost half of all bike-car crashes, according to the Pedestrian and Bicycle Information Center (PBIC).

**AVOID IT:** If you see a car turning into your path, turn right into the lane with the vehicle. "Don't creep into the intersection at red lights to get a head start," says Laura Sandt, program specialist for the PBIC.

### **RIGHT HOOK**

A motorist passes a cyclist on the left and turns right into the bike's path.

**AVOID IT:** Passing stopped or slow-moving cars on the right places you in a driver's blind spot. Take the lane--it's your right in all 50 states. "If you're in the lane, the driver will slow down and stay behind you and wait to make the turn," says Preston Tyree, who runs the Community Mobility Institute, in Austin, Texas.

### **DOORED**

A cyclist traveling next to parked cars lined up on the street strikes a car door opened by the driver.

**AVOID IT:** "Always be looking several cars ahead," Sandt says. Ride at least 3 feet from parked cars, taking the lane if necessary. Be prepared to stop suddenly. Keep your weight over your rear wheel and apply strong force to the front brake lever, with moderate force to the back.

### **PARKING LOTTED**

A motorist exits a driveway or parking lot into the path of a bicyclist.

**AVOID IT:** No bike-handling tricks can overcome the danger of riding on a road with numerous parking-lot exits. Just take a less-direct route. If you don't change routes, follow the law and ride fully in the road. Most of all: Stay off the sidewalk--motorists aren't looking for you there, Sandt says.

### **THE OVERTAKING**

A motorist hits a cyclist from behind.

**AVOID IT:** "Make yourself as visible as possible and ride predictably," Sandt says. Use reflectors and lights on your bike at night; when moving to the left, signal with your arm; and hold a straight line while checking traffic over your shoulder, because even the most diligent driver could hit a swerving bike.

## Be a Wisconsin Biking Ambassador

*Reprinted from the Bike Fed of Wisconsin e-Update, May 2009*

Another peak season of bicycling is upon us. For many of us, this means long rides on Wisconsin's beautiful back roads and byways.

Fairly or not, our behavior on the road is being scrutinized by the public, the media, law enforcement and elected officials, and our rights to Wisconsin's roads are being called in to question. For example, in the debate leading up to the recently-passed "Dooring Bill", Representatives Marlin Schneider (D-Wisconsin Rapids) and Jeff Stone (R-Greendale) both commented on how cyclists' behavior had negatively influenced their support for the bill. In another instance, a recent media report questioned the habits of road cyclists and riding clubs who disregard the two-abreast law.

Bicyclists have a right to occupy the lane of travel and motorists need to understand their legal responsibility to wait until it is safe before passing a bicyclist. However, it is critical that we recognize how our conduct on the roads can affect the public's perception of bicyclists, and how this perception can easily influence our success in creating more favorable bicycle legislation on the local and state level. Whether it is fair or not, perception is, quite simply, reality.

The easiest way to improve public perception is to be good ambassadors of Wisconsin bicycling:

- Treat red lights and stop signs as they were intended.
- Don't ride against the flow of traffic on one-way streets.
- When riding in a group, adhere to the two-abreast law. Keep a close eye to the rear of the peloton. When the "car back" signal is given, drop into single file and let the traffic pass.

The Bike Fed is actively working with local and state officials to improve bicycling in Wisconsin. The best way for you to help ensure our long-term success is to create good will in the public's mind by following the current rules of the road. The good will created today will help pass future legislation, such as Complete Streets, tomorrow.

# 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](http://WHEELANDSPROCKET.COM)

GO BY BIKE

Wheel & Sprocket