



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 21 NO. 3

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

March/2009

## Words of Wisdom from the Prez

Hey everybody---spring might not be here, but Daylight Saving time sure is. I'm enjoying the extra darkness at breakfast time—It makes me feel I'm getting up earlier. It also makes it easier to get out and ride a little after work. Very soon- I'm going to put air in the tires of my old road bike.

It's also a good idea to get out your calendars and plan for the major rides this summer. I'm hoping to finally go on some of the big charity rides this year. I'd really like to do the Door County Century. Please remember our own Lake Country Classic. Sign up to help if you haven't already. Take a look at the ride schedule. Consider being a ride leader.

When you do get out riding, remember to talk about our club. The best way to attract new members is to invite them to come on a ride.

I'll see you all this Saturday, at the St Patrick' Day parade.

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.

[WHEELANDSPROCKET.COM](http://WHEELANDSPROCKET.COM)



## 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 Shields	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

## March Board Meeting

**When:** Tuesday, March 10th

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

## March Club Meeting (members only)

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

**Where:** Wheel & Sprocket Fox Point store (Santa Monica Blvd and Green Tree Rd)

**Next Meeting:** Monday, March 16<sup>th</sup> 2009 at 7pm

## 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

## 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. Thank you!

## March Social Event

As is tradition in March, the BVBC will gather in downtown Milwaukee to watch the St. Patrick's Day Parade. The parade will be held on March 14th, 2009 beginning at 12 Noon. We will meet and view the parade near Buck Bradley's located at 1019 Old World 3rd St. Lunch will be at 1:30 pm at Water Street Brewery located at 1101 North Water St. Please RSVP by March 8th 2009 to Corrado Cirillo at [ccirillo@wi.rr.com](mailto:ccirillo@wi.rr.com).

## Membership Report

**Reminder:** Memberships expire on March 31, 2009 . Renew now so you don't miss out on any club events. Use the renewal form included with this newsletter or download it from [www.bayviewbikeclub.org](http://www.bayviewbikeclub.org). Please mail or bring it to one of our membership meetings.

**New Member** - Please welcome the following new member Trudy O'Hara



### March Birthdays



Name	Birth Date
Nancy Karr	March 1
Prati Wojtal	March 6
Clare Beachkofski	March 6
Tiffany Kautzer	March 9
Christopher Mullins	March 14
Agustin Orosa Jr.	March 15
Tamara Gibb	March 19
Pat Butters	March 21
Deb Fannin	March 24
Byron Verheyen	March 24
Katie Bivens	March 26



#### 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!

## Lake Country Classic



As you can see from our poster above, the Bay View Bicycle Club Lake Country Classic is scheduled for June 27. We've already started working on preparations for the ride but we need your help. We're looking for volunteers to help with the following committees:

**PROMOTION:** Place ads; write articles for local news; create and distribute Ride brochures; assist with web site Ride information; handle post-ride survey.

**SPONSORSHIP:** Contact businesses for sponsorships; contact stores for food donations; obtain sponsors' logos for t-shirt; create Rest Stop advertising for sponsors and sending out thank-you letters to sponsors.

**ROUTE SAFETY & SENTRIES:** Contact municipalities about routes and permits; mark routes and place signs before the Classic Ride; assign Sentries at intersections.

**SAG SUPPORT:** Arrange for SAG vehicles; ambulance service; handle Wheel & Sprocket mechanics; route sign placement and repair/replace route signs.

**T-SHIRTS** (Order, Pickup, Sales): Work with Registration Committee, order T-shirts; sell T-shirts at Classic Ride.

**REGISTRATION:** Update registration database; coordinate updating and printing of 2009 registration form; mail registration forms to previous years' riders; work with T-Shirt Committee; work with webmaster to get registration on website; staff registration desk on day of Ride.

**REST STOPS:** Coordinate bakery goods made by members, organize and determine the distribution of food, treats, drinks, water and ice to rest stops; staff rest stops on Ride day.

We'll also need members to volunteer to bake food for the rest stops. Remember, some of these activities take place the day of the ride, while others need to be worked on well in advance of the ride so feel free to volunteer for multiple committees. Please don't wait till the last minute to volunteer. Send me an email [norm@bayviewbikeclub.org](mailto:norm@bayviewbikeclub.org) and let me know on which committees you would like to work.

We will again be printing T-shirts with our Club/Classic logo on the front and our advertisers/sponsors on the back. It will help the club to ask one of the businesses that you use often to be one of our sponsors. Please contact Dan Krall (aka [getinolder@yahoo.com](mailto:getinolder@yahoo.com) 414-687-2757) for a sponsorship form that has all the details your business/store/restaurant will need to have a great spot on our shirts and in our Classic Advertising.

Thanking you in advance for your help.

### **March 16th Meeting - Shop 'til You Drop at Wheel & Sprocket**

The Bay View Bike Club March membership meeting (for members only) will be held at the **Wheel & Sprocket Fox Point store** (corner of Santa Monica Blvd and Green Tree Rd, Fox Point) on **Monday, March 16 at 7p.m.** After the business meeting and a bicycle maintenance clinic, you're free to wander thru the store and check out the latest in bikes, accessories, and apparel. **Shopping tips:** Since you'll probably experience at least one flat tire during the upcoming biking season, take this opportunity to stock up on inner tubes, and consider investing in a new set of tires. After a few seasons, the spandex in biking shorts can be "revealing", so it might be time to splurge on a new pair of shorts. As you shop on March 16th, remember that the W&S discount applies to every item you purchase!

### **April 20<sup>th</sup> Meeting at Beulah Brinton Center**

The Beulah Brinton Center (2555 S. Bay St., Milwaukee, WI) will be the site of the April 20<sup>th</sup> meeting of the Bay View Bike Club. After the Club business meeting, we will listen to a presentation by representatives of the Wisconsin Donor Network. They will talk about the work of the Wisconsin Donor Network in serving the families of potential organ and tissue donors, and will share their personal stories. There is a tremendous need for donors. Learn what's involved in being a donor 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.

## The Wheel Deal: Spokes

By Alan Ardizzone; RoadBikeRider.com Newsletter  
Issue No. 382 - 02/26/09: Training for Busy Cyclists

A traditional bicycle wheel is a thing of beauty. It looks so elegant in a fragile sort of way -- a thin hoop attached to the hub by what seem to be ridiculously fine wires.

Like hubs, spokes require periodic attention. Or immediate attention, as when a wheel suffers loss of tension, a broken spoke, a real hard hit (pothole), a crash or the chain being shifted into the spokes.

Loss of tension can result from an improper build. A skilled wheelsmith can make things right fairly easily. That last pothole you didn't see in time may have dented the rim or put it out of round. Spokes around the "flat spot" will have lost tension, and the wheel is destined to go from bad to worse. Time for a rebuild with a new rim and spokes.

Even a minor crash is cause for a look-see. Crashing doesn't necessarily mean wheels will be damaged. A well-built pair can take an amazing amount of abuse and remain round and true.

Perhaps the most common serious wheel problem is a broken spoke. Here are four ways spokes fail:

- **Insufficient tension.** When spokes are not tight enough they will fatigue from excessive flexing. Think of bending a coat hanger back and forth until it breaks. One by one, the spokes will suffer the same fate at their J-bend. Break 3 spokes (my "Rule of 3") and it's time for a rebuild. Re-tensioning a wheel after spokes have begun breaking slows the process, but they've already been fatigued.
- **Old age.** If the wheel is several years old and has tons of miles, spokes may start to fail from age. A well-built and cared-for wheel can last 7+ years -- I had a set that lasted 20 -- but after a 3rd spoke snaps for no apparent reason, you can bet others will soon be giving up the ghost.
- **Freak failure.** It's a mystery why a spoke will break for no apparent reason in a perfectly good wheel. And thankfully it's rare. Consider it a fluke because that's what it is.
- **Chain contact.** Spokes can be ruined if the chain goes over the largest cog and wedges into the narrow space behind it. Even a couple of pedal strokes after this happens will cause the chain to cut into the spokes. They'll be seriously compromised and must be replaced. Ignore this damage and you are entering the realm of catastrophic wheel failure. All spokes are critical to wheel strength; drive-side spokes with their inherent higher tension are even more critical.

### ***Spoke Maintenance Tips***

Have your wheels checked a couple of times a year by the wheelsmith at your local bike store, whose trained, experienced eyes can spot potential problems. Of course, if you crash, absolutely have your bike checked, wheels and all.

Spin your wheels after smacking a pothole so hard you're happy you didn't fall. Watch the gap between the rim and brake pad. If the rim is hitting them, you've got a problem. Open the brake

quick release. You can ride home gingerly if the wobble isn't bad enough to rub the frame. In any case, take the wheel to a bike shop ASAP for inspection and repair.

When you're cleaning your bike, squeeze pairs of spokes on each side all the way around each wheel. This little test will let you know if they have uniform tension or if any are loose or broken. Plus, your bike deserves a little massage.

If your rim needs to be replaced, use new spokes. The only exception to this rule is if it's a brand-new wheel and you manage to destroy the rim in the first few weeks of riding. Then it's probably safe to reuse the "almost new" spokes, assuming they weren't damaged when the rim was.

*Reprinted by permission from the www.RoadBikeRider.com Newsletter, provided by e-mail each week to more than 62,000 road cyclists. No cost or obligation. Subscribe on the website and receive a free copy of the eBook, "29 Pro Cycling Secrets for Roadies."*

### **Pat Peterson, Ride Chair**

Our Valentine ride was snowed out. Our next ride is on Sunday March 15<sup>th</sup>, our St Patrick's Day ride. Meet behind the Pantheon Restaurant on Rawson, just west of 76<sup>th</sup> street on the south side of the street.

If you want to host a picnic ride let me know, I can still work it into the schedule. The tentative schedule will be posted soon, if not by the time this article is published. Rides will be starting in April after the Wheel and Sprocket Expo, I still need ride leaders.

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

### **BAYVIEW BICYCLE CLUB RIDER POINT TOTALS**

Roessl, Linda	239		Gresl, Lois	55
LaFave, John	203		McKnight, Russ	54
Craig, Michael	155		Katzfey, David	50
Dix, Michael	150		Kubal, Barb	50
Bear, Colleen	138		Butters, Gary	50
Soriano, Joseph	134		Sericati, Tom	50
Wojtal, Norm	132		Gannon, Sandra	50
Wojtal, Prati	132		Tumey, Carol	44
Schmidt, Jeff	128		Meilicke, Dennis	44
Beachkofski, Clare	127		Lalor, Tierney	41
Peterson, Pat	122		Gannon, Dan	40



Peterson, Beth	122		Karr, Nancy	31
Polk, Bob	94		Pier, Barb	31
Tuckwood, Debra	91		Knepper, Dick	30
Santoro, Ron	91		Nelson, Tom	30
Krueger, Gil	82		Katzfey, Delvina	30
Krueger, Nancy	82		McKnight, Janie	20
Krall, Dan	76		Remlinger, George	20
Mallman, John	57			

### **Ride Schedule**

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

#### **Sunday, March 15, 2009 - St Paddy's Ride - 16 miles**

It is St. Patrick's Day so help us spin those snakes out of town then stop for coffee afterwards. - Starts at Pantheon Restaurant just west of 76th Street on the south side of the road on Rawson. Please park way in the back.

#### **Thursday, April 02, 2009 - Wheel & Sprocket Expo - 0 miles**

Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

#### **Friday, April 03, 2009 - Wheel & Sprocket Expo - 0 miles**

Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

#### **Saturday, April 04, 2009 - Wheel & Sprocket Expo - 0 miles**

Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

#### **Sunday, April 05, 2009 - Wheel & Sprocket Expo - 0 miles**

Volunteer your time at the BVBC booth. - Held at State Fair Park located at 84th and Greenfield.

#### **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 or 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 or 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.



## Bay View Bicycle Club *Membership Application*

NAME (print): \_\_\_\_\_ Birthday (year not necessary): \_\_\_\_\_

NAME (print): \_\_\_\_\_ Birthday (year not necessary): \_\_\_\_\_

Other Family Members (under age 18) \_\_\_\_\_ Birthday(s) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: ( ) \_\_\_\_\_ - \_\_\_\_\_ ☐ Check box to **NOT** be listed in the club roster

E-mail Address: \_\_\_\_\_ Newsletter: ☐ E-mail newsletter ☐ Mail newsletter

☐ New Member ☐ Renewal

Annual Dues (April 1 - March 31): ☐ Individual (\$25.00) ☐ Household (\$40.00)

New Member Dues collected after October 1 will start immediately and also be credited towards the next year.

How did you hear of the Bay View Bicycle Club?

☐ Club brochure ☐ Internet ☐ Member ☐ Booth at W&S Bike Expo ☐ Other \_\_\_\_\_

**Volunteer Opportunities:** I am interested in the following: ☐ Ride Leader ☐ Meetings ☐ Picnics ☐ Membership

☐ Newsletter ☐ Advertising ☐ Classic ☐ Serve on Board ☐ Other \_\_\_\_\_

Make checks payable to and mail to: Bay View Bicycle Club, Inc. For additional membership information:

P.O. Box 070455

Phone (414) 259-0387

Milwaukee, WI 53207

E-mail membership-info@bayviewbikeclub.org

### LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Bay View Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

PARTICIPANT'S SIGNATURE (only if age 18 or over): \_\_\_\_\_ HAVE READ THIS RELEASE Date: \_\_\_\_\_

SPOUSE'S SIGNATURE (if family membership): \_\_\_\_\_ I HAVE READ THIS RELEASE Date: \_\_\_\_\_

And I, the minor's parent and/or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasee's from all liability, claims, demands, losses, or damages on the minors account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ I HAVE READ THIS RELEASE Date: \_\_\_\_\_  
(if participant is under age 18)

For Membership Chair Use: \_\_\_\_\_ paid \_\_\_\_\_ card \_\_\_\_\_ entered

1/22/08