



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 26 NO.11

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

November/2009

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## Words of Wisdom from the Prez

Hi everyone. Our new board members met last week. We've decided on the offices we'll be holding for the next year, as follows:

- Mike Dix - President
- Dan Gannon - Vice President
- Norm Wojtal - Treasurer
- Bob Klein - Secretary
- Pat Peterson - Ride Chair
- Guadelupe Middlestaedt - Newsletter Editor
- Deb Tuckwood - Membership Chair

Our board should have 9 members. The social chair and classic chair are vacant for now. We've received thank you letters from Hunger task force, Big Brothers Big Sisters and Boys and Girls Club for our donations to their organizations this year. A successful classic ride makes these donations possible.

The regular riding season is over—but we've still got a few special rides coming up. The too much turkey ride will be Saturday November 28<sup>th</sup> at 10:00. Polar Bear ride is New Year's day at 10:00—optional swim at noon.

The Christmas party is scheduled for Saturday January 16<sup>th</sup>; final details will be coming later. We're planning to continue having a social activity once a month. New ideas are certainly welcome. Since we don't have a social chair if anyone wants to host an activity please let me know.

This is my least favorite time of year—getting kind of cold to ride but still no snow to ski on...

See you all soon.

Mike Dix

## BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Dan Gannon	danielg@warshafsky.com
Secretary	Bob Klein	b68018201K@hotmail.com
Treasurer	Norm Wojtal	Norm@bayviewbikeclub.org
Ride Chair	Pat Peterson	pat@bayviewbikeclub.org
Social Committee Chair	Vacant	
Membership Chair	Debra	debra@bayviewbikeclub.org
Classic Ride Chair	Vacant	
Newsletter Editor	Guadelupe Middlestaedt	isislc@gmail.com

## Standing Committees

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

## Next Board Meeting – January 2010

**When:** Tuesday, January 12, 2010

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

## Next Club Meeting – February 2010

**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, February 15, 2010

Open to the public, everyone is welcome!

## Ride Schedule

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

**Saturday, November 28, 2009 – Starts at 10am**

Too Much Turkey Ride - 16 miles – the java jaunt starts at the Pantheon restaurant on Rawson west of 76th street; park in the rear. (7621 West Rawson Avenue Franklin WI 53132)

There will be a polar bear ride on January 1<sup>st</sup>, a sweetheart ride on February 14<sup>th</sup> and a St. Patty's day ride in March for our winter rides (more details to come).

## Membership Report

There are no new members this month.

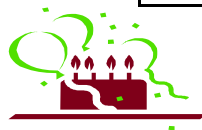
We have a total of 123 members; 118 adults and 5 children



### November Birthdays



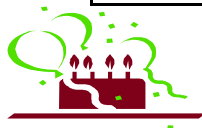
Becky White	Nov 1
Jill Fox	Nov 3
Colleen Shields Bear	Nov 4
Linda Roessl	Nov 10
Guadalupe Mittelstaedt	Nov 16
Steve Italiano	Nov 18
Dan Naffier	Nov 26
Darwin Constantine	Nov 27



### December Birthdays



Dennis Labinski	Dec 2
Nancy Krueger	Dec 6
Barbara Pier	Dec 7
Sarah Kepper	Dec 17
Patrick Walsh	Dec 19
Alyssa Cahill	Dec 22



### January Birthdays



George Remlinger	Jan 1	Robert Polk	Jan 14
Ron Santoro	Jan 3	Amy Fulton	Jan 18
Tierney Lalor	Jan 10	Harry Fischer	Jan 20
Sandra Gannon	Jan 12	Tom Nelson	Jan 30

## Pat Peterson, Ride Chair

First thing I would like to thank all of the people that were ride leaders for me this year; I could not have done it without you. Second I have signed up for another year of the Ride Chair for the bike club. I will be working on the ride schedule over the winter, if you are interested in having a picnic ride next year, please let me know I will be able to work it in.

I have enjoyed my first year as the ride the chair. I was glad to meet and ride with you and look forward to seeing you out on the road next year. As a group we earned 39,607 rider points.

We have the Too Much Turkey ride on November 27<sup>th</sup>. There will be the polar bear ride on January 1<sup>st</sup>, a sweetheart ride on February 14<sup>th</sup> and a St. Patty's day ride in March for our winter rides (more details to come).

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

### BVBC - Rider Point Totals - 1-Oct-2008 thru 1-Oct-2009

Santoro, Ron	1772	Mallman, John	213
Soriano, Joseph	1652	Kepper, Sarah	205
Roessl, Linda	1596	Weiner, Dean	197
Tuckwood, Debra	1476	Earle, Peter	195
Schmidt, Jeff	1421	Earle, Sandy	195
Peterson, Pat	1371	Burill, Alan	191
Dix, Michael	1312	Connors, Dennis	184
Beachkofski, Clare	1248	Knepper, Dick	180
Bear, Colleen	1097	Torres, Pedro	168
Krueger, Gil	1073	Peterson, Jenny	158
Wojtal, Prati	999	Poznanski, John	150
Wojtal, Norm	999	Grendysa, Betty	148
Krall, Dan	882	Mamayek, Jimmy	148
Klein, Robert	864	Connors, Jane	144
Tumey, Carol	782	Jackson, Will	143
Meilicke, Dennis	782	Weiner, Laura	134
Krueger, Nancy	722	Ellington, Pauline	129
Michalets, Ellen	660	Mathers, Russ	125
Labinski, Dennis	622	Cirillo, Corrado	124
Peterson, Beth	619	Walsh, Patrick	118
Hepp, Bill	615	Simonson, Tom	110
Polk, Bob	602	Butters, Gary	108

Gibbs, Tamara	600	Hustedde, William	105
Orosa, Jojo	568	Pogliano, Donna	100
Neperud, Brian	560	Mittelstaedt, Guadalupe	99
Sericati, Tom	544	Italiano, Steve	89
Craig, Michael	532	Mattes, Elizabeth	82
Kelly, Kent	523	Fulton, Bruce	81
Katzfey, David	517	Williams, Maurice	74
Katzfey, Delvina	497	Bivens, Bob	73
Gannon, Sandra	490	Ambos, Paula	68
Lucas, Mary	486	Zalewski, Evonne	67
Gannon, Dan	480	Lewis, Mitch	64
Mcnaughton, Jamison	401	Malcolm, Jim	64
Nelson, Tom	352	Braun, Jana	62
Fontanazza, Salvatore	323	Remlinger, George	55
Karr, Nancy	311	McKnight, Russ	54
LaFave, John	307	Kubal, Barb	50
Zalewski, Mark	295	Stachowiak Jr, Keith	45
Pier, Barb	291	Levin, Melanie	38
Gresl, Lois	285	Slaby, Steve	24
Lalor, Tierney	234	Banks, Rebecca	24
White, Becky	234	McKnight, Janie	20
Stachowiak Sr, Keith	228	Fischer, Harry	19
Kepper, Joe	224	Bivens, Katie	18
McNaughton, Marjorie	223		

## Before you hang your Bike up for the Winter – Winterize it!

### Inspect your frame for cracks

Cracks usually occur near welded areas, or where the frame is butted. Probably the most common spot is the underside of the down tube, just below the head tube. On carbon frames, it can be difficult to tell if you're looking at a scratch in the clearcoat or a crack in the frame. If your fingernail can catch on the blemish, it might be a crack. If you have your suspicions, have it checked at the bike shop.

### Remove and lube your seatpost

Mark the height of your seatpost with tape or a pencil, then remove it, wipe it clean and, if it's steel or aluminum, smear a light layer of grease over the section that goes inside the frame. For carbon, apply a layer of Tacx Dynamic Assembly Paste, or Scott Carbon Grease, which, like regular grease, prevents the post from bonding to the frame but is gritty enough to stop slippage of the post.

### Check that wheels are clean and true

Dirty rims interfere with stopping power, so first clean the rims with a slightly abrasive pad, or just scrub hard with a rag soaked in dish soap, and then rinse and dry. Then, check to see if

your wheels are wobbling. On warped wheels, the ride is rougher, you have less control, and you could end up on the ground if the wheel folds or a spoke breaks.

### **Adjust or replace your brakes**

Glazed brake shoes cause weak braking and impolite squeals. Use sandpaper, a file or an emery board to buff off the glaze and roughen up the pads. Also pick out dirt, grit or pieces of metal that have become imbedded in the pad. If the pad has hardened so much you can't scratch it with your fingernail, or if it's worn past the indicator line, replace it.

### **Check cleats for wear**

Worn-out cleats can be dangerous, with less predictable entry and release. They also offer less stability as the cleats float around in the pedal jaws, making you feel disconnected from the bike and ultimately reducing the amount of power you can lay down. Some manufacturers have wear indicators on their cleats. For other brands, watch for gouges and scratches at the engagement points at the front and rear of the cleat. If you have to tighten the tension of your pedals for them to hold your cleats in place, replace the cleats.

### **Clean or replace your chain**

Place the edge of a 12-inch ruler over the pin of one link. The 12-inch hash mark should sit over another pin. If it doesn't, the chain is worn, which reduces shifting efficiency and causes excess wear on the rings and cassette; replace it. If the chain is fine, soak a clean rag with degreaser, and with your bike in a work stand, grasp the chain with the rag as you backpedal to remove grime. Then put a drop of lube on the top of each link and backpedal a few revolutions.

### **Adjust shifting**

You can make your shifting smoother by following these foolproof steps for setting up your derailleurs. Clean parts are a must for this job, so make a drivetrain scrub the first step in this process, or, ideally, do this adjustment while replacing your chain or cables.

### **Inspect helmet for damage**

When you replace your helmet depends how much you used it, how roughly you transported it and how much it was exposed to sun and heat. Fading color, delamination, frayed straps and distorted internal foam (not to mention cracks) indicate it's time for replacement. One rule: Always replace your helmet after a crash. (Some manufacturers even offer special replacement warranties on crashes.)

### **Check tires for cuts and wear**

Deflate the tube to about half its pressure, so the tire is still shaped but pliable. Rotating the wheel in the frame, manipulate the tire with your hands to expose cuts in the sidewalls or tread. If you find any that go either entirely through the tire, or are deep enough to make you anxious, replace the tire.