



PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 25 NO.10

www.bayviewbikeclub.org

October/2009

Words of Wisdom from the Prez

Last Saturday, about 6 six of us left downtown Dousman and started off for Rome. It was Gil's ride to Rome. It's one of my favorites—the route uses a lots of those old farm roads, with rows of 100+ year-old oak trees on both sides. The wind was strong and cold from the west. At Picket's store in Rome we saw 2 of the biggest deer I've ever seen—both in the back of hunter's trucks. One weighed 280 pounds. The lady at Picket's said it was the biggest deer she had ever registered. I was glad the wind was at our backs on the way out of Rome—but then it started to snow. There's nothing like dead deer and snow to make me realize that the biking season is indeed coming to an end.

It has been a great year for biking overall. The weather started off cool and stayed that way all summer. The weather co-operated for the Lake Country Classic too. We've had some great speakers at our meetings and good times at our monthly social events. We've picked up some new members. We plan to continue to have more social events over the winter.

I have a few goals for next year. I want to continue our core function of hosting rides every weekend that are appealing to riders with various abilities. I also want to continue our participation in the organized charity rides in our area. A lot of groups appreciate our help and participation. I also want to make our Lake Country Classic ride better attended and less stressful to organize. I want to keep our club accessible for everyone. It's important to remember that some of us want rides that are shorter and slower. It's also important to keep in mind that it takes a while for new riders to learn how to ride in a group. New riders need our patience.

We still have a few rides left. I want to see my odometer hit 3000 by the end of the year.

See you down the road.

Mike Dix

BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Clare Beachkofski	clarebeach@yahoo.com
Secretary	Jeff Schmidt	Bentguy61303@aol.com
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

October Board Meeting

When: Tuesday, October 13, 2009

Where: Bay View Library on Kinnickinnic Avenue

October 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, October 19, 2009

Open to the public, everyone is welcome!

The BVBC Hot Line is Going Away

For up-to-the-minute information about rides, special events and meetings call the **BVBC**

Hotline: 414-299-0317 until November 2009. Hotline Manager Linda Roessl
roessl@hotmail.com.

The board has decided to retire the hotline as of November 1st 2009. As times change, the website seems to have replaced the hotline as our source of information. Almost no one calls the hotline anymore. It costs the club \$16.75 a month, year round to have the phone line—so it's clearly not worth it.

So—If you enjoy listening to Linda's voice call often while you still have the chance.

Membership Report

There are no new members this month.

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



September Birthdays



Donna Pogliano	October 10
Kent Kelly	October 14
Tom Simonson	October 15
Pauline Ellington	October 15
Jeff Hartford	October 16
Debra Tuckwood	October 19
John Jr Poznanski	October 19
Dennis Connors	October 23
Joseph Soriano	October 25
Steve Szudrowitz	October 27

October 2009 Meeting – Annual Meeting Features Food, Election, and Awards !!

All BVBC members are cordially invited to the annual October Banquet and Awards Meeting, the culmination of the BVBC biking season!. This year, it will be held on **Monday, October 19 at 7 p.m.** at the **Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI). The agenda for the meeting is:

- Dinner (appetizers, pizza, salad, and dessert) provided free of charge to current members, in recognition of their contributions to the Club this season
- Business meeting and election of new Board members
- Presentation of BVBC awards to members for their accomplishments during the 2009 biking season

This popular event is a members-only meeting (one of the benefits of BVBC membership).

Please **RSVP by midnight on Wednesday, October 14, 2009** to Clare B. at clarebeach@yahoo.com so we can make the necessary arrangements. This is a fun meeting and we encourage all members, young and old, new and veteran, to attend. Mark your calendars! See you on **Monday, October 19 at 7 p.m.** at the **Beulah Brinton Center**!

Mark Your Calendar for the February 2010 BVBC Meeting

October will be the final 2009 meeting before the winter hiatus (no meetings in November, December, January). Watch your email and the newsletter for the date, time, and location of the February 2010 meeting and seasonal Club rides and events.

Interurban Trail Bridge Grand Opening

By Jeff Schmidt

The bridge spanning I-43 and highway W was officially opened at 11 am on Saturday, October 3rd. The bridge is about 11 miles from Mequon Road on the trail and eliminates 2 miles of street riding.

The day started out cloudy with sprinkles, at 10 o'clock, but by 11am when the speeches started, the sun was peeking out. One of the speakers was Chris Kegel from Wheel & Sprocket. After the ribbon cutting, food, raffle tickets and special bridge t-shirts were available for sale and there was also a band playing. Everyone can check out the bridge on Saturday, October 31 when BVBC does the Ozaukee Interurban Trail starting at Logemann Community Center.

Back in August when I was on the Interurban Trail, I was asked to take a survey about the trail. One question was would you pay a fee to ride the trail? The lady said it was just a question and had no plans to implement a fee.

i recently read in the Milwaukee Journal Sentinel that south 2nd street will be re-paved in 2010. Automobile traffic will be reduced to one lane and they will make a bike lane. I can't wait.



START OFF YOUR HOLIDAY SEASON RUNNING – BECOME A MEMBER OF OUR TEAM “*THE DUSTY CHEETAS*” AT THE JINGLE BELL RUN/WALK ON SUNDAY, NOVEMBER 8, 2009 AT 8:30 A.M. AT THE ZOO

The Milwaukee Jingle Bell 5K Run/Walk for Arthritis is just around the corner! It is a fun and festive way to kick off your holidays by helping others. We look forward to seeing you again at this year's Jingle Bell Run, which will be held on **Sunday, November 8, 2009** at the Milwaukee County Zoo. We plan to enter as a team again and hope to encourage even more members to join us this year. We have a new team name, because a few participants are not bike club members and we are inviting everyone and their friends/relatives to join our team. Our new team name, “The Dusty Cheetas” will be printed on our t-shirts. Dress in holiday style and walk, or run, with our team and the thousands of participants with jingle bells tied to their shoelaces in support of the Arthritis Foundation. Arthritis will affect most of us to some degree someday, so let's help find a cure now. Jingle Bell Run/Walk details may be found at: www.jbrmilwaukee.kintera.org. We will have a sign-up sheet for latecomers at our October meeting. You can also contact me to sign-up for our team: Sandra Gannon, work #414-276-4970, home #262-673-7686, email: sandrag@warshafsky.com. The team registration deadline is October 19, 2009. The \$25 registration fee gets you an official event t-shirt, gloves, jingle bells, and goody bag. Free food is served following the Run/Walk and in the past has included soup, sandwiches, cookies and fruit. Please encourage your friends and family members to come along.



The more the merrier, especially at holiday time!

CRUNCH TIME TRAINING

Compressed schedules were hindering the on-bike performances of a lot of highly motivated cyclists. But rather than lament that fact, I realized there are ways to take advantage of it. The truth is, spending less time on your bike can actually open up opportunities that high-volume trainers don't have. The greatest of these is the ability to focus almost entirely on high-intensity intervals.

If you don't have much time to ride, you have to increase your intensity in order to achieve significant improvements in power and performance. And if you have, say, only six to eight hours a week to train, there's automatically a lot of recovery time in your week. The reason high-volume trainers can't take advantage of high-intensity intervals in the same way is that much of their weekly workload involves moderate-intensity riding. If they were to add three or four high-intensity interval workouts, they'd wind up with more fatigue than they could recover from.

So how do time-crunched athletes maximize their training time? Four workouts a week, at 60 to 90 minutes each—you can extend the weekend rides to two hours or a bit longer—that are stacked with intervals completed at intensities between lactate threshold and VO 2 max.

Obviously you'll need to build a whole program, but it'll be built around weeks that look like the one below.

HOW IT WORKS Researchers have studied high-intensity training extensively, and the basic premise is that such efforts lead to many of the same physiological adaptations achieved in traditional endurance-training models. In fact, a 2005 study found that high-intensity interval training doubled an athlete's time to exhaustion on a ride performed at 80 percent of peak VO*. This is appealing to time-crunched athletes because the efforts required are as much as five times shorter than the traditional intervals used to target power at lactate threshold.

Researchers confirmed this finding as much by looking inside the muscles at mitochondria. These intracellular power plants process oxygen, carbohydrate and fat to produce ATP (the molecule that provides the energy for muscular contractions). High-intensity interval workouts have been shown to lead to an increase in the size and number of mitochondria in muscle cells, otherwise known as mitochondrial density. Studies examining the effectiveness of short, high-intensity intervals for improving aerobic performance have also shown an increase in muscles' oxidative capacity (the maximum amount of oxygen a muscle can utilize) and in levels of key enzymes used in the process of aerobic metabolism.

In other words: Your VO 2 max system defines the high end of your aerobic fitness, and improving power at that level elevates your performance at all other levels.

This article is adapted from Carmichael's new book, *Training for the Time-Crunched Cyclist: Fit, Fast, and Powerful in 6 Hours a Week*, which contains comprehensive 11-week training programs.

The Time-Squeezed Week

MON. Rest day

TUES. 60-90 minutes EM with 2 sets of 3x3 min. PI, 3 min. RBI, 8 min. RBS

WED. Rest day

THURS. 60 -90 min. EM with 2 sets of 3x3 min. PI, 3 min. RBI, 8 min. RBS

FRI. Rest day

SAT. 90-120 minutes EM with 3x9 min. OU (2U, 1O), 6 min. RBI

SUN. 90-150 min. EM or group ride

TOTAL TIME AT LT: 36 min.

TOTAL TIME AT VO 2 MAX: 40 min.

PI = Power interval. This is a maximum-intensity interval at 90 to 100 rpm.

OU = Over/Under. The "under" portion is at LT power (see [Lactate Threshold 101](#)); the "over" is an acceleration above threshold power; for advanced athletes, it's a period at VO 2 max.

Cadence should be 90+ rpm if the interval is completed on flat or rolling terrain, or 80-90 rpm on a climb.

EM = Endurance miles

RBI = Rest between intervals

RBS = Rest between sets

Pat Peterson, Ride Chair

This year's riding season has come to an end. The points have been tallied and the results will be announced at October meeting. I want to thank everyone who volunteered to be ride leaders this year; I couldn't have done it without you. I also enjoyed meeting everyone on rides and putting the names with faces.

We still have a few more rides for the year. There is also the too much turkey ride to officially end the year. Hope to 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

Ride Schedule

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

Saturday, October 17, 2009

Northern Kettle Moraine - 20, 31, 44 miles - Very scenic ride through Northern Kettle Moraine state forest. Short route is fairly easy, longer routes are moderately hilly. - Starts from Mill Park in Dundee. Take I-94 west to US 45. North on US 45 to WI 67 (approximately 7 miles past Kewaskum). East on 67 to Dundee. Park in lot behind the Hamburger Haus. Approximate drive time: 55 minutes from Zoo.

Sunday, October 18, 2009

South Hills - 23, 35, 52 miles - Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville. - Starts at South Hills Golf Course. Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time :25 minutes from Zoo.

Saturday, October 24, 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.

Sunday, October 25, 2009

Grant Park - 13, 28 miles - Easy ride through Oak Creek Pkwy, south to Caledonia and back. - Ride 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 to clubhouse.

Saturday, October 31, 2009

Ozaukee Interurban Trail - 30 miles - Easy ride on the Ozaukee County Interurban. - Starts at Logemann Community Center, 6100 W Mequon Rd. Take I-43 north to Mequon Rd (Exit 85). West on Mequon Rd just over 3 miles and turn Right into the Community Center.

Sunday, November 01, 2009

Holy Moly Hills - 14 miles - Hills, hills, hills. This is a good training ride. - Starts at Plat Rd School. Take US 45 to WI 167 (Holy Hill Rd). West on 167 to 164. Turn left on 164 go approximately 3 miles to Monches Rd. Turn right on Monches, go approximately one mile to Plat Elementary school.

Saturday, November 28, 2009

Too Much Turkey Ride – 16 miles Java Jaunt Starts start at Pantheon Restaurant just west of 76th St on the south side of the road on Rawson.

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.