



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 24 NO. 9

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

September/2009

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## Words of Wisdom from the Prez

At our last membership meeting we had a long discussion about the Lake Country Classic ride. The general consensus seemed to be that for the most part-- we like the Classic ride the way it is. We liked the route, the church run spaghetti dinner and the rest stops. We like the idea of contributing the surplus profits to charity. The only change we really want is more riders. For this reason we agreed to change the date to the second weekend after the 4<sup>th</sup> of July. Next years ride would be on July 17<sup>th</sup> 2010. This date seemed to give us the greatest number of riders with the fewest conflicts. We also felt it was important to stick with the same weekend every year.

Of course-it's one thing to WANT to have the Classic, it's another to actually do it.

A few of you have asked me—Are we having the Classic next year? The answer is yes—if we have people to do the work. Many of last years Classic committee members plan to help with next year's ride. But they need more new volunteers to do the advance work that needs to be done to make the event a success. We need to start the planning this fall. We need people to commit to serving on the committee this fall.

The club also needs 3 new board members. Why not you? We need people with a variety of talents. We need people that can run meetings. We need detail oriented people with map skills to plan the routes. We need people with accounting and computer skills. Everybody is good at something. It takes a little commitment, a little time—but it's also a lot of fun.

Board members should be able to attend the monthly board meeting on the second Tuesday of the month, as well as the monthly membership meetings. Save money--board members don't have to pay dues!

I felt really good about the future of the club after the last meeting. We have a great history, great members and some great traditions. We will continue to organize wonderful local rides with great friends. Please consider serving on the Board and help continue the great traditions and history of the BVBC.

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	<a href="mailto:Bentguy61303@aol.com">Bentguy61303@aol.com</a>
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
Hotline Manager	Linda Roessl	roessl@hotmail.com

## September Board Meeting

**When:** Tuesday, September 15, 2009

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

## September 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, September 21, 2009 at 7pm

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 1<sup>st</sup> 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.

## September Social Event

Check the BVBC website for upcoming social events.

## Membership Report

We currently have 123 members 118 adults and 5 children

### PLEASE WELCOME NEW MEMBERS

- Mike Tompkins
- Melanie Levin



### September Birthdays



Tamra Williams	September 6
Amanda Walker	September 13
Rebecca Banks	September 15
Marjorie McNaughton	September 16
Corrado Cirillo	September 18

### **September 21st Meeting – See COWs and PIGS on Bicycles**

Pigs might not fly, but they ride tandem bicycles! Don't believe it? Then, come to the meeting on **Monday, September 21 at 7pm** and see for yourself as members Pat and Beth Peterson "show and tell" us about the adventures of COWs (Couples on Wheels), CATS (Chicago Area Tandem Society), and PIGS (Paired Iowans Going Somewhere) at the annual Midwest Tandem Rally.

Please join us for this fun program on **Monday, September 21 at 7pm** at the **Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI (Bay View))! Friends, families, and non-members are also welcome!

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

It's hard to believe that another BVBC biking season is coming to an end! And that means it's time for the annual BVBC Potluck and Awards Meeting. This year, it will be held on **Monday, October 19 at 7:00 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](mailto: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 7:00 p.m.** at the **Beulah Brinton Center**!

### **Bike Maintenance Tips You Can Do At Home**

#### **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, go to the 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 the common problem of slippage.

#### **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 than a well-organized bank heist simply by following these foolproof step 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.

## **Derailleurs For Dummies**

Scared to adjust your own shifting? Here's a no-fail guide.

You can make your shifting smoother than a well-organized bank heist simply 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.

**1.** Shift so that your chain is in the small chainring and smallest cog. Remove the old chain, but leave the rear wheel in the frame. Sight down the smallest cog on the cassette to the rear derailleur's jockey wheels. Adjust the high-limit screw, on the outside of the derailleur body, so that the lead jockey-wheel teeth sit just to the outside of the teeth on the smallest cog. Set the B-limit screw, which sits on the back of the dropout and controls the vertical adjustment of the derailleur, so that the lead jockey-wheel teeth are about 6 to 10mm below the teeth on the smallest cog.

**2.** Depress the shifter to let all excess cable out, then remove the old cable. Run and attach the new cable (and housing if necessary), and turn the barrel adjuster three full turns from stop to set it to a midpoint for future adjustments before tightening the cable fixing bolt. Stretch the cable (see sidebar). If there is any slack in the system, retighten the cable at the fixing bolt.

**3.** Except for the biggest and smallest gears, you'll use the barrel adjuster to set each gear. To start, shift down one gear. Twist the barrel adjuster to position the lead jockey-wheel teeth directly under the cog teeth on this, the second-smallest cog. Repeat for each downshift, adjusting as necessary.

4. When you reach the largest cog, set the low-limit screw next to the high-limit screw so that, at maximum extension, the cog teeth line up directly over the lead jockey-wheel teeth.
5. Install the new chain and cut its length to the manufacturer's directions.
6. Set the front derailleur so the lower edge of the cage sits 2mm above the top of the chainring teeth.
7. With the chain on the small chainring and largest cog, adjust the low-limit screw on the front derailleur so that the inner cage plate is 1mm away from the chain.
8. Install the front derailleur cable, using the procedure in step 2.
9. Shift to the large chainring and smallest cog and adjust the high-limit screw so that the outer cage plate is 1mm away from the chain.
10. Go for a test ride and adjust as necessary. Turn the barrel adjuster in to tighten the cable if downshifts don't happen quickly enough and out to loosen the cable if they jump an extra gear.

**PreStretch New Cables:** To avoid needing adjustments after just a few miles on new cables, use this prestretch method: Tighten the cable-fixing bolt. Grab a handful of bare cable at the chainstay and pull it firmly down, away from the bike, until you feel the derailleur cage stop against the low-limit screw. Repeat twice, then loosen the fixing bolt, pull the slack through and retighten.

**Avoid Harsh Cleaners:** Unless your chain has chunks of filth, skip the degreaser and just lube it (and never remove and soak it in cleaner, which leaches lube from the link pins). According to component manufacturer SRAM, modern lubes are so good they force grit out of chain parts as they lubricate. Be sure to wipe the chain dry when finished.

**Check for Other Culprits:** If everything's adjusted properly but your shifting is still rough, the problem could be caused by a bent derailleur hanger or excess cable friction.

### **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. Rule of thumb for mountain tires: If five or more treads are ripped away, the tire is ready to fail systemically and should be replaced if you want to avoid lots of flats.

## Pat Peterson, Ride Chair

This is the last month of the riding season. I am missing the Harrington Beach ride, Cream City Century and the rides on Labor Day weekend. If you did the Cream City ride and did not see Linda, the ride leader, let me know and I will update your points.

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, September 19, 2009**

Cool Doctor - 20, 35, 46 miles - Ride west on the New Berlin Recreational Trail, through Waukesha to the Glacial Drumlin Trail, and on to Dousman. Return same route. Turn a-round in Waukesha or Wales, or Dousman. - Starts at Greenfield Park. Take I-894, exit at Greenfield Ave. Go west to 124th St. Turn Left on 124th and left into park at the Cool Waters Sign. Park in the north lot across from the Cool Waters Pool.

#### **Sunday, September 20, 2009**

Pedal the Kettle - 30, 60, 100 miles - Annual Spring City Cycle Club ride (registration fee required). Waukesha North High School, 2222 Michigan Ave, Exit on Hwy. T off I-94. Drive south on Hwy T (Grandview Blvd) to Michigan Ave. Turn right on Michigan Ave to Waukesha North High school. [www.springcityspinners.org](http://www.springcityspinners.org) Club hotline (414) 279-9135.

#### **Saturday, September 26, 2009**

Delafield Lake Country - 20, 29, 57 miles - Scenic ride through lake country around Delafield, long route passes near Holy Hill, Pike Lake and Hartford. - Starts at Cushing Park. I-94 west to County C (Delafield), left (north) on C 0.4 miles to Main St. Left (west) on Main St. 1/2 mile to Cushing Park Rd. (by Kurts Steak House), right on Cushing Park Rd. 1/5 mile to parking lot just across bridge. Approximate drive time: 25 minutes from Zoo.

#### **Sunday, September 27, 2009**

Burlington Roll - 23, 33, 50 miles - Easy ride between Wind Lake and Burlington. - Starts at Heg Park. Take WI 36 (Loomis Rd) south towards Wind Lake. Heg park is approximately 1 mile past Wind Lake, watch for signs on the right.

#### **Saturday, October 03, 2009**

LaGrange - Whitewater - 30, 56 miles - Scenic ride through Southern Kettle Moraine between LaGrange and Whitewater. - 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.

### **Sunday, October 04, 2009**

Greenfield SW - 22, 44 miles - Improved route! Rural ride going through Muskego, New Berlin and Windlake - Starts at Greenfield Park. Take I-894, exit at Greenfield Ave. Go west to 124th St. Turn Left on 124th and left into park at the Cool Waters Sign. Park in the north lot across from the Cool Waters Pool.

### **Saturday, October 10, 2009**

Gils Ride to Rome - 23, 41, 50 miles - Scenic ride through farming country to Rome and back. - I-94 west exit Hwy 67. Go left 3.4 miles to Sunset (Hwy 18). Turn right on Sunset, go half mile to Main St.. Turn left on Main .8 mile to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from Zoo.

### **Sunday, October 11, 2009**

Sams Fall Color Ride - 30 miles - Club members only, bring a dish to pass, Scenic ride with rolling hills through Kettle Moraine area around Holy Hill. - Call Sam @ (262) 673-7686 by the Friday before the ride to RSVP and to get directions.

### **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.

## **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	1170	Orosa, Jojo	415	Mathers, Russ	125
Soriano, Joseph	1165	Polk, Bob	372	Cirillo, Corrado	124
Santoro, Ron	1145	Nelson, Tom	352	Simonson, Tom	110
Peterson, Pat	1111	Mcnaughton, Jamison	347	Butters, Gary	108
Beachkofski, Clare	1091	LaFave, John	307	Hustedde, William	105
Schmidt, Jeff	1019	Fontanazza, Salvatore	299	Pogliano, Donna	100
Tuckwood, Debra	906	Karr, Nancy	267	Italiano, Steve	89
Dix, Michael	895	Pier, Barb	267	Grendysa, Betty	84
Bear, Colleen	849	Gresl, Lois	264	Mamayek, Jimmy	84
Wojtal, Prati	779	Zalewski, Mark	262	Mattes, Elizabeth	82
Wojtal, Norm	779	Neperud, Brian	230	Fulton, Bruce	81
Krall, Dan	699	Stachowiak Sr, Keith	228	Weiner, Laura	75
Krueger, Gil	692	Kepper, Joe	224	Williams, Maurice	74
Klein, Robert	587	Mallman, John	213	Walsh, Patrick	72
Labinski, Dennis	584	Kepper, Sarah	205	Ambos, Paula	68
Michalets, Ellen	577	McNaughton, Marjorie	203	Zalewski, Evonne	67
Tumey, Carol	556	Lalor, Tierney	197	Lewis, Mitch	64
Meilicke, Dennis	556	Earle, Peter	195	Malcolm, Jim	64
Peterson, Beth	519	Earle, Sandy	195	Remlinger, George	55
Sericati, Tom	517	Connors, Dennis	184	McKnight, Russ	54
Krueger, Nancy	505	Burill, Alan	164	Kubal, Barb	50
Gibbs, Tamara	481	Peterson, Jenny	158	Stachowiak Jr, Keith	45
Gannon, Dan	480	Knepper, Dick	153	Braun, Jana	42
Katzfey, David	473	Poznanski, John	150	Levin, Melanie	38
Craig, Michael	464	White, Becky	147	Banks, Rebecca	24
Kelly, Kent	463	Connors, Jane	144	McKnight, Janie	20

Hepp, Bill	455		Jackson, Will	143		Fischer, Harry	19
Katzfey, Delvina	453		Weiner, Dean	138		Bivens, Katie	18
Gannon, Sandra	453		Ellington, Pauline	129		Bivens, Bob	18
Lucas, Mary	448		Torres, Pedro	127			