

# Pedal Power

April 2020

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



**The Prez Sez**   
By Joe Fischer

Well this sucks.

Unless you have been somewhere without Newspapers, TV or Facebook (Utopia?) you are not going to find much news in this edition of the Newsletter.

Our ride season is on hold pending changes in the Governors orders. The announcement you see below has been posted on our website and under the Annual Ride Schedule tab. We will update that messaging as things change and will also keep you informed via email.

We are not publishing the annual ride schedule until we know when we will be able to begin group rides. I want to take a moment to thank Andy Sikorski for the tremendous amount of work he put in this off season. Outstanding job Andy! Check out his article below and see if you don't agree. And don't forget that all our routes are available on Ride with GPS for you to use for your personal riding.

As far as the Memorial Day Weekender is concerned, I am still hopeful that we will be able to travel and ride. I have spoken to the two hotel operators. They are open, although the pool and breakfast room are currently closed. And of course, the local restaurants are closed. But both hotels have outdoor grills available.

If you reserved a room, that reservation is being honored. We had a block of rooms reserved at each hotel and any of those rooms that have not been reserved are now available to the general public. If you have any questions about your reservation, please contact the hotel directly.

Be safe, be well, and if you are not well, please be scarce. And try to have fun wherever you are!

--Joe

THE FOLLOWING ANNOUNCEMENT HAS BEEN POSTED ON OUR WEBSITE

*In accordance with Governor Evers' 30 day 'Safer-at-Home' order, which became effective on March 25th and is set to expire on April 24th, all BVBC club rides and activities through April 30th have been cancelled. We will, as a board, revisit this again later in April since the current situation is constantly changing as more information becomes available. At that time we will provide you with an update, by email and via the BVBC website, regarding when our first club ride will take place. It is of the utmost importance that we all do our part in helping to contain the spread of the COVID-19 virus and keep us all as safe and healthy as possible. We are all certainly looking forward to the day we can safely ride together as a group again.*



## Membership Notes

By Rich Temple

Just a quick reminder that it's time to renew your membership for the 2020 ride season (last year's memberships expired on March 31<sup>st</sup>). Since we are not sure when we will be able to start riding, I have been mailing membership cards out in case you wanted to be able to use your W&S discount on some cool new bike gear.

I encourage you to use the club website to renew your membership, I think it's easier for you and it's definitely easier for Dean, Joe and me.

We have had seven new members join since the last newsletter, please welcome **David Butts, Jay and Terese Zinn, Steve Nicol, Steven and Mary Turner and Patricia Pomahac** to the BVBC . Including the renewals that are starting to come in, we are up to 71 members for the 2020 season so far.



Adam Coppola

## Pedaling in a Pandemic (Adventure Cycling)

Alex Strickland – March 24, 2020

In these fast-changing weeks of the coronavirus pandemic, guidelines change by the minute. So before you set out awheel, make sure your jurisdiction has OK'd cycling (at the time of this writing, most U.S. readers appear good to go, but those in Italy and Spain need to wait a while longer). And focus on the "bike" part of bike travel — this is the time to stay close to home.

As for touring, now is not the time to hop on a plane and make your cross-country dreams come true. No one wants to risk spreading the coronavirus, and small communities have limited supplies and medical resources. If you can keep close to home and stay completely self-sufficient (avoiding convenience store resupplies and community facility usage), calibrate your cycling to maximize safety and minimize impact. Keep in mind that in our current reality, a little [spring cleaning](#) and [trip planning](#) can be a good stand-in for striking out on the road.

For some guidance on safe everyday riding, we reached out to Bruce Bernard, an Adventure Cycling Life Member and retired Chief Medical Officer in the Health Hazard Evaluation and Technical Assistance Branch at the Centers for Disease Control and Prevention.

I met Bruce a few years ago on an Adventure Cycling tour when he was freshly returned from West Africa where he'd been heavily involved with the U.S. response to the Ebola outbreak. We were all fascinated ... and we all took a half-step backward (Bruce quickly educated us about how such a step was not required) as we listened to his first-hand account of a global crisis.

This is not medical advice, just some tips for keeping your wheels turning during this unsettled time. And remember, crashing is *always* bad, but it's never been more important to take care and ride safe and smart as medical services are already strained.

1. Check with your local health department and other local guidance to find out whether groups of fewer than 10 riders are allowed out of their homes to ride safely.
2. Anyone who has prior respiratory issues, diabetes, hypertension, or is immunocompromised or has cancer, etc., should probably avoid cycling right now or coming into contact with other riders. Even those without symptoms may have the virus and not know it.
3. Do a self-assessment. If you have a cough, temperature, or are just feeling bad, do not ride. Call and cancel.
4. Ride at least six feet apart. Call out greetings — no need to fist bump, hug, or shake hands.
5. Before riding and each time you stop, wash your hands with soap and water for at least 20 seconds, especially after you've been in a public place or after blowing your nose, coughing, or sneezing. (Contact time with soap and water and rubbing your hands together kills the virus in about 10 to 15 seconds, so they add five more seconds to make sure!)
6. If soap and water are not readily available, make sure you bring hand sanitizer that contains at least 60 percent alcohol and use it. Cover all surfaces of your hands (take your bike gloves off!) and rub them together until they feel dry.
7. Avoid touching your eyes, nose, and mouth with unwashed hands. This is difficult when dealing with your helmet and glasses!
8. Have fun!

# Ride Control Central

By Andy Sikorski



## 2020 Schedule Highlights and Route Highlights

### Community / Coalition Rides with BVBC participation\*

- Ride of Silence Wednesday, May 20<sup>th</sup>
- UPAF Ride for the Arts Sunday, May 31<sup>st</sup>
  - o Volunteer Opportunities: [www.upaf.ivolunteer.com](http://www.upaf.ivolunteer.com)
- Tour de Cure Saturday, August 8<sup>th</sup>
- Chris Kegel Slow Roll Sunday, August 30<sup>th</sup>
- Cream City Century Sunday, August 30<sup>th</sup>

\*All rides/dates subject to change. Consult individual websites for details.

### Route Maintenance

#### Cue Sheets fixed or clarified (no route change):

- Lake Andrea
  - o Added rest stop option to 42 Mile
- Lake Mills Triangle
  - o Added rest stop options (various)
- Oconomowoc Lake Country
  - o Added rest stop option at Kuhtz General Store (Stone Bank)
- Random Sample
  - o Minor cue corrections
- River Hills / Grafton
  - o Minor cue clarifications
- River Hills Roll
  - o Added inset map to clarify Green Bay Rd / Falls Rd.
- Secret Bong Roads
  - o Various clarifications and rest stop options



#### Routes 'tweaked' for:

#### 1) Better roads; 2) Greater overlap between distances; and/or 3) Rest Stops

- Classic Mash Up
  - o Shortened stretch on County Road F

- **Harrington Beach**
  - Slight rerouting to allow stop at Cedar Valley Cheese
- **Kenosha Southport Harbor**
  - Rerouted off busy stretch of 39<sup>th</sup> Ave
- **LaGrange / Whitewater Lake**
  - Eliminated gravel road plus minor reroutes
- **Lakeshore Interurban**
  - Reversed direction of a portion of 50 Mile route
    - Allows safer access to rest stop options adjacent to I-43
  - Moved start to Port Washington Marina
    - Allows a 'Scrumptious' visit to Dockside Deli afterwards
- **Mukwonago**
  - Better roads for 52 Mile loop
  - Short distance now 33 miles
- **Parkside**
  - Added rest stop option at Bong Recreation Area for 39 Mile and 47 Mile routes
- **Waukesha / Wern Valley**
  - Return now uses bike path along new Waukesha Bypass
    - Bypasses hills on Madison St (\*sigh\*)

## Routes reworked

- **Cedarburg**
  - Rerouted 37 Mile to pass through Newburg to allow rest stop
    - Newburg is now split between 37 Mile and 54 Mile routes
    - 54 Mile continues to West Bend as before
- **Gil's Ride from Rome**
  - Rerouted to eliminate sections common to Dousman and Oconomowoc routes
    - 38 Mile and 50 Mile now pass through Johnson Creek
    - 50 Mile also passes through Jefferson and continues to the north and west
- **Historic Milwaukee**
  - New routing and starting point



# Cue Sheet Enhancements

Cues common to multiple distances are numeric only

## Oconomowoc Lake Country 29 37 51

15 Feb 2020

Roads which change name are marked with '>'

		Road / Street	Dir	Dist
<b>All Routes</b>				
<b>Start at Roosevelt Park</b>				
1	0.0	R Lake Country Trail -> Franklin St	N	0.5
2	0.5	L W 2nd St (bear R @ 1.7) then > Chaffee Rd	W	1.6
3	2.1	R Reddellien Rd	N	0.5
4	2.6	L Marks Rd	W	0.1
5	2.7	R Frontier Rd	N	0.2
6	2.9	L WI-16	NW	0.5
7	3.4	R Lac La Belle Dr	N	0.5
8	3.9	R to stay on Lac La Belle Dr	E	0.8
9	4.7	L Saeger Ave	N	0.5
10	5.2	R Lang Rd	E	0.5
11	5.7	L Lang Rd -> Pennsylvania St	N	3.3
12	9.0	L Evergreen Rd	W	0.5
13	9.5	R Lincoln Rd (continue @ 314 / M14 / L14) (R)	N	6.5

Cues for a specific distance are preceded by 'S', 'M', or 'L'

Total Turn	Road / Street	Dir	Dist
<b>37 Mile Route</b>			
<b>*** continued ***</b>			
M14	16.0 L Erin Rd (29 splits)	N	1.0
M15	17.0 R Roosevelt Rd (51 splits)	E	0.9
M16	17.9 R Clare Ln > County Road Q	S	3.5
M17	21.4 R County Line Rd > West Shore Dr	S	4.3
M18	25.7 R Becker Lane	W	0.5
M19	26.2 L Stone Bank Road (R)	S	2.2
M20	28.4 R County Road K	W	1.3
M21	29.7 L Road J (then continue past 'Dead End' sign)	S	0.8
M22	30.5 R onto short Path (red posts - see detail on back)	W	0.0
M23	30.5 L Rolefson Road > Marina Dr	S	0.7
M24	31.2 L Bayshore Cir	SE	0.2

Total Turn	Road / Street	Dir	Dist
<b>51 Mile Route</b>			
<b>*** continued ***</b>			
L14	16.0 L Erin Rd (29 splits)	N	1.0
L15	17.0 R Roosevelt Rd (37 splits)	E	0.2
L16	17.2 L Washington Rd	N	1.4
L17	18.6 R County Road O	N	1.8
L18	20.4 L Galway Rd	N	1.3
L19	21.7 R Druid Lake Rd -> Hall Rd	E	3.7
L20	25.4 R Waterford Rd / Co Road E	E	2.6
L21	28.0 R Powder Hill Rd	S	1.1
L22	29.1 R Co Road CC -> St. Augustine Rd	S	2.2
L23	31.3 R Emerald Dr	W	3.5
L24	34.8 L County Road K (R)	S	1.0
L25	35.8 R County Road Q	W	0.4
L26	36.2 L County Line Rd > West Shore Dr	S	4.3
L27	40.5 R Becker Lane	W	0.5
L28	41.0 L Stone Bank Road (R)	S	2.2
L29	43.2 R County Road K	W	1.3

Roads which have multiple names at the same time are marked with '/'

Total Turn	Road / Street	Dir	Dist
<b>29 Mile Route</b>			
<b>*** continued ***</b>			
014	16.0 R Erin Rd > Townline Rd (routes split)	S	3.1
015	19.1 L Petersen Rd	E	0.5
016	19.6 R Stone Bank Road (R)	S	1.5
017	21.1 R County Road K	W	1.3
018	22.4 L Road J (then continue past 'Dead End' sign)	S	0.8
019	23.2 R onto short Path (red posts - see detail on back)	W	0.0
020	23.2 L Rolefson Road > Marina Dr	S	0.7
021	23.9 L Bayshore Cir	SE	0.2
022	24.1 L Lake Dr.	E	0.1
023	24.2 R Nelson Rd	S	1.0
024	25.2 R Lake Dr.	W	0.2
025	25.4 L Lakeshore Dr. (turns slight R @ 25.8)	S	0.6
026	26.0 L Brown St. > Gifford Rd	S	0.5
027	26.5 R N Beach Rd	W	0.5
028	27.0 L W Beach Rd	S	0.2
029	27.2 R Armour Ave	W	1.1
030	28.3 L Summit Ave	SE	0.2
031	28.5 R Forest St	W	0.7
032	29.2 Finish at Roosevelt Park		

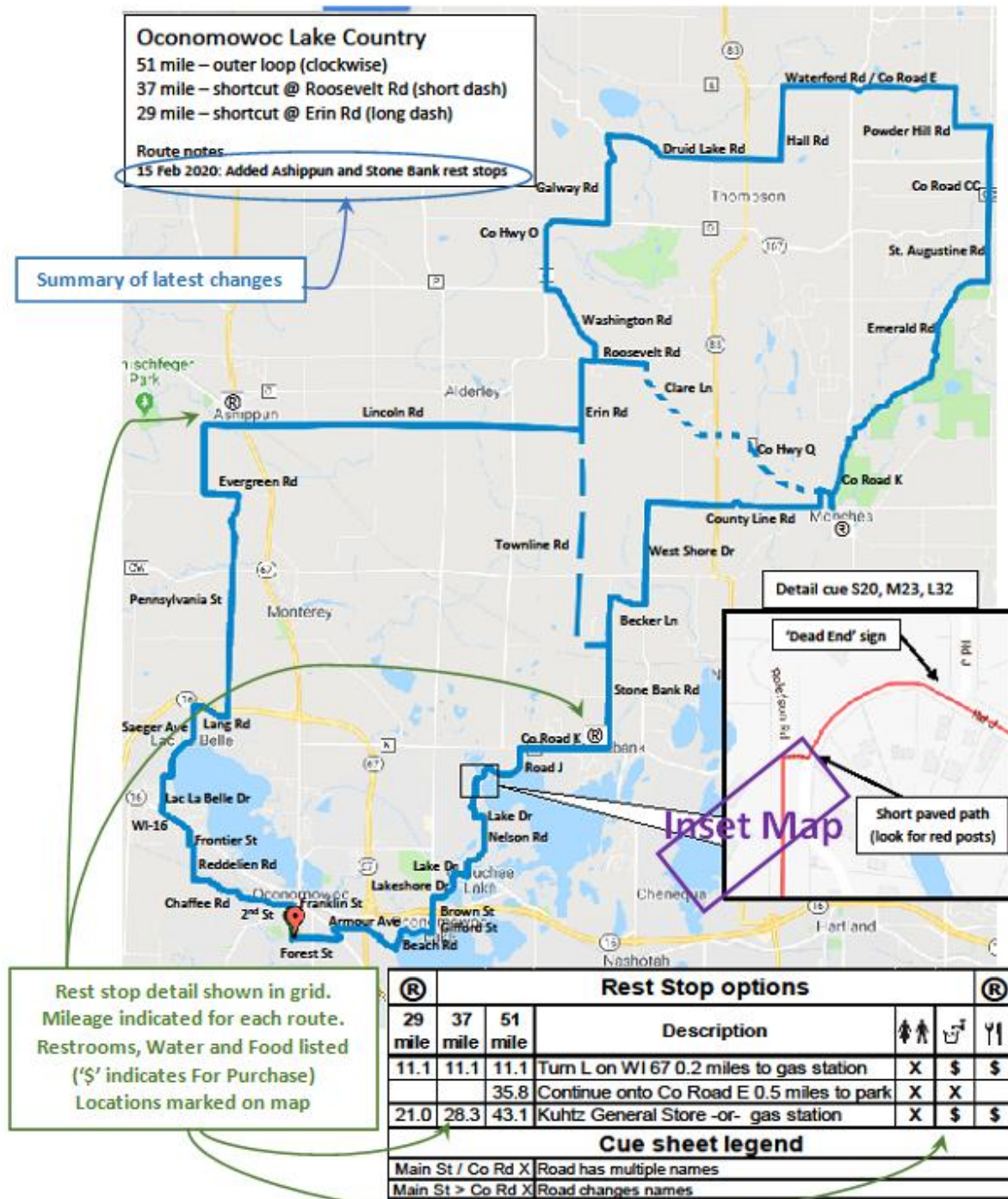
Total Turn	Road / Street	Dir	Dist
<b>37 Mile Route</b>			
<b>*** continued ***</b>			
M25	31.4 L Lake Dr.	E	0.1
M26	31.5 R Nelson Rd	S	1.0
M27	32.5 R Lake Dr.	W	0.2
M28	32.7 L Lakeshore Dr. (turns slight R @ 33.1)	S	0.6
M29	33.3 L Brown St. > Gifford Rd	S	0.5
M30	33.8 R N Beach Rd	W	0.5
M31	34.3 L W Beach Rd		
M32	34.5 R Armour Ave		
M33	35.6 L Summit Ave		
M34	35.8 R Forest St		
M35	36.5 Finish at Roosevelt Park		

Reference to inset map on back

Total Turn	Road / Street	Dir	Dist
<b>51 Mile Route</b>			
<b>*** continued ***</b>			
L30	44.5 L Road J (then continue past 'Dead End' sign)	S	0.8
L31	45.3 R onto short Path (red posts - see detail on back)	W	0.0
L32	45.3 L Rolefson Road > Marina Dr	S	0.7
L33	46.0 L Bayshore Cir	SE	0.2
L34	46.2 L Lake Dr.	E	0.1
L35	46.3 R Nelson Rd	S	1.0
L36	47.3 R Lake Dr.	W	0.2
L37	47.5 L Lakeshore Dr. (turns slight R @ 47.9)	S	0.6
L38	48.1 L Brown St. > Gifford Rd	S	0.5
L39	48.6 R N Beach Rd	W	0.5
L40	49.1 L W Beach Rd	S	0.2
L41	49.3 R Armour Ave	W	1.1
L42	50.4 L Summit Ave	SE	0.2
L43	50.6 R Forest St	W	0.7
L44	51.3 Finish at Roosevelt Park		

Cues with rest stop options are marked with ®  
See map for details

# Map Enhancements



Click on this link <https://bayviewbikeclub.org/> to access specific ride details.





## Memorial Day Weekender

By Linda Roessl



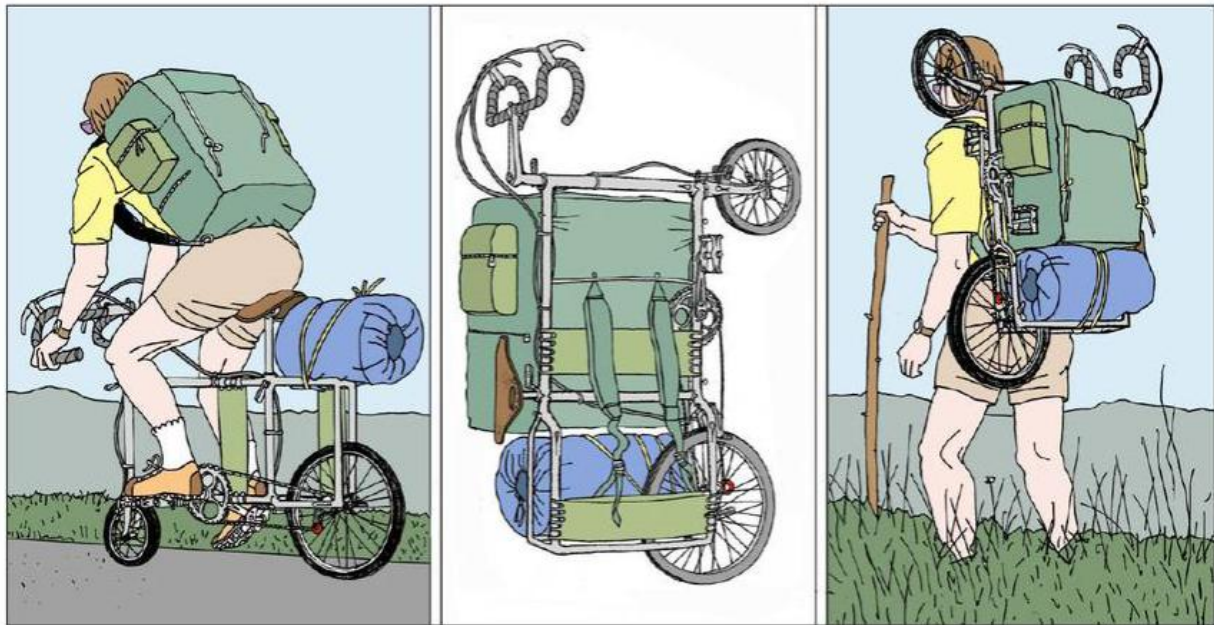
Come ride with the Bay View Bicycle Club members, their friends and family for the Memorial Day weekend, May 22 thru 25<sup>th</sup>, 2020. We will be riding the scenic Vilas County, WI paved bike trails and neighboring roads. The routes have cue sheets or use RwGPS. Most routes have two distances to choose from with mileage ranging from 25 to 50 miles, most of the routes have a planned rest stop at a convenience store, laundromat or a random boat landing with a pit toilet. Bring some cash to purchase your own snacks and water since I don't provide beverages along the way, even though that has been a frequent request. I plan to start the weekend on Friday afternoon with a paved 24 mile ride on the Vilas County bike trail starting from the Corner Store in Sayner, WI. No trail pass is required on these county trails. Other routes will venture around the Rainbow Flowage, to Lake Tomahawk, through Manitowish Waters, passing near Presque Isle, start from Boulder Junction and a new route starting at Three Lakes mostly on rustic roads. Since we are on vacation, rides will start at 10:00 AM unless the group decides otherwise.

Feel free to email me at [roessl@hotmail.com](mailto:roessl@hotmail.com) or text me at (414) 764-2513 if you have any questions. Come join us for a getaway weekend and enjoy the Northwood's.





What will they think of next? Here's something for those who like to bike & hike!



**Bikepack**—A ride along a lovely paved bike path, or a stroll in the nearby fields are both possible when you have a Bikepack. It may seem to you as if you have the best of both worlds!

© Steven M. Johnson



## Newsletter

By Diane Yurasovich

Don't forget, all club members are welcomed and encouraged to submit articles of interest and pictures to the newsletter.

[Newsletter@BayViewBikeClub.org](mailto:Newsletter@BayViewBikeClub.org)

# The Board Members



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## **Club Website**



Thanks Dean for keeping our website updated!

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



## **Facebook**

Check out our club Facebook page for up-to-date information and events.

## **Bike Fed Group Riding Information**



Please see the link below for the Bike Fed's brochure on group riding safety. It is a great learning tool for new riders and a good refresher for seasoned riders. Let's be safe out there!

<http://wisconsinbikefed.org/wp-content/uploads/2013/05/2013-GROUPRIDINGREV.pdf>

## **A Word About Your Electronic Information**

Your privacy is important to us. We don't share any of our membership information with anyone. We don't sell or forward your email address to any outside organizations. The BVBC board has decided not to make our member names, addresses or e-mails available electronically to members. We will continue to print a paper membership directory available in June. With very few exceptions, all of the e-mails you get from us will be directly related to club activities

Please don't ask us to forward any e-mails to our membership. We don't do that. If you would like to share your experiences about a particular ride, feel free to do that in the newsletter. Many bicycle event organizers ask us to forward information about their ride to our members. In order to limit the number of e-mails you get from the club, we don't forward e-mails from outside organizations. We will publish information about rides, events etc if it is submitted to the newsletter.



Let's Be Safe Out There!