

# Pedal Power

May, 2022

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



## The Prez Sez

Our general membership meeting is scheduled for Monday night May 16 at 7 pm at the Bayview Wheel and Sprocket, 187 East Becher, Milwaukee. Our guest speaker will be Wisconsin Bike Fed who will provide updates on their activities.

Typically we would hold our Past Presidents picnic in mid June. This year none of the parks with suitable accommodations are available in June. Andy will be looking for a location that fits into our ride schedule sometime in August. More to come on that.

Be on the lookout for a survey from the Board. We are interested in your feedback on club activities and rides, as well as volunteers to help with planning and holding various events.

That's it for now.

And remember.....lets have fun out there!

Joe



## Membership Notes

By Rich Temple

It has come to my attention that *some* of you have not yet renewed your membership for the 2022 ride season. Now I don't want to sound alarmist, but do you realize all the terrible things that could happen if you forget to renew your membership?

1. You will stop receiving our weekly email telling you where our rides are going to be.
2. Even if you knew the general area of where the ride was going to be, you wouldn't know where it was starting, how to get there or even what time to be there. You would probably get lost trying to find us.
3. You would lose your access to the club's part of Ride with GPS. No more printing out cool cue sheets or being able to download the route to your gps device, you will just be out in the middle of nowhere... lost.
4. You won't get invited to special members only events like picnics, banquets, social outings.
5. You will stop receiving our monthly newsletter which keeps you informed of all our club events.
6. No more discounts on really sweet bike gear at local bike shops.
7. And most unfortunately, you will probably wind up sitting at home, all alone, wondering where all your really cool bike friends are, all because you forgot to renew your membership.

Do not let this happen to you!! Go to the BVBC website ([www.bayviewbikeclub.org](http://www.bayviewbikeclub.org)) and renew your membership. Quick, do it now, before you forget.

You can even use the club website to renew your membership, I think it's easier for you and it's definitely easier for Dean, Joe and (especially) me.

Why are you still reading... GO RENEW YOUR MEMBERSHIP!!



Still reading eh, kinda stubborn aren't ya... just go renew, you know you want too.

We have had nine (6) new members join since the last newsletter, please welcome **Jerilyn Seer, Molly Duffy, Jim Ricksecker, Bill Zalenski, Jennifer Moeller, and Kristin Collett** to the BVBC. Including the renewals that have come in, we are up to 149 members for the 2022 season.



## 2022 Ride Season – 9:00 am Start

By Andy Sikorski

Date		Route	Location	Distance Options				Special Event
Saturday	5/14/2022	LaGrange Upstream Fajita	LaGrange	33	43			
Sunday	5/15/2022	Historic Milwaukee	Milwaukee	25	30			
Saturday	5/21/2022	Westosha	Silver Lake	27	38	48		
Sunday	5/22/2022	Germantown Roll	Germantown	24	32	40		
Saturday	5/28/2022	Wind Lake	Hales Corners	25	36			
Sunday	5/29/2022	Ottawa Lake	Dousman	29	41			
Monday	5/30/2022	South Shore to Gorney Park	Milwaukee	26	42			

Click here for ride detail: <https://bayviewbikeclubblog.files.wordpress.com/2022/05/summary-schedule-09apr2022-to-30oct2022-30apr2022.pdf>

## How do you address hand numbness?

[www.bicycling.com](http://www.bicycling.com) (Feb. 21, 2022)

Evaluating a rider's fit on the bike is always the first place to start when it comes to contact point issues. Sometimes a proper bike fit by a trained bike fitter is all it takes to resolve issues like pain or pins and needles.

When it comes to hand issues specifically, riding technique, lack of core strength, and muscle fatigue, or even the right pair of gloves are additional factors to consider.

“The most common causes for [hand numbness] happening is usually two fold; 1. improper bike fit and 2. riding in the same position for extended periods of time,” Kasin explains. “By altering hand positions on the handlebar—riding [with hands] on the tops of the bars, the brake hoods, or the drops—the rider can both change up the muscle groups that are being used to stabilize the rider, but also to give the nerves of the hands a little break from being compressed and irritated resulting in the annoying numbness riders will tend to feel.”

“One other easy fix while on the bike [could be] to wear cycling gloves to help alleviate the issue, as most cycling gloves have some small pads, which provide a little buffer and shock absorption between the nerves and the handlebars to keep from stressing the nerves too much,” he says. “They also come in handy should you ever find yourself in a crash and keep from getting road rash on your hands.”



# Ride Safety



The following is from: The National MS Society

It's that time again to send out a reminder:



# A TASTE OF EVENTS TO COME THIS YEAR!

Sunday, June 5<sup>th</sup>: UPAF



Saturday, August 13<sup>th</sup>: Ride to the Barns



**2022** | LA CROSSE ► MILWAUKEE  
235 MILES • 8/20 - 8/21

## NEW ROUTE!

LAX = La Crosse  
DEL = WI Dells  
WTL = Waterloo  
MKE = Milwaukee

This year the Ride Across Wisconsin will take you down the historic Elroy Sparta Trail, through the iconic tunnels, overnight in the Dells for 2 day riders, a ferry across the Wisconsin River, a stop at Trek HQ in Waterloo and a huge party at the Harley-Davidson Museum in Milwaukee.



**Sunday, August 28th, 2022**

Join us for our 7th annual, one-of-a-kind, stupendously fun, family-friendly **Chris' Slow Roll**: a casual, no-drop, slow, 10-mile bike ride through Milwaukee, Wisconsin.

Starting at the War Memorial parking lot in downtown Milwaukee, we'll ride north on Lincoln Memorial Drive up to Shorewood, then snake back on Milwaukee's Oak Leaf Trail where we'll end up just where we started! Gathering for a party at the Beer Garden at the War Memorial, provided by Kegels Inn!



# The Board Members



**President Joe Fischer**  
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**Newsletter Diane Yurasovich**  
[Newsletter@BayViewBikeClub.org](mailto:Newsletter@BayViewBikeClub.org)



## 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)



## **BVBC Mailing Address**

Bay View Bicycle Club  
PO Box 070455  
Bay View, WI 53207

## **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!