

Pedal Power

July, 2022

www.BayViewBikeClub.org



The Prez Sez

Summer finally arrived, rather rudely if you ask me. So get out and enjoy the nice weather while it lasts. This is Wisconsin, we have to cram a years' worth of warm outdoor activities into about four months. The bike club is no exception.

We have a very busy month of activities coming up in July. I am just going to list all the events, and you can read more about them further in the newsletter.

- General Membership Meeting, Monday July 18
- Milwaukee Milkmen BB Game Social Outing Thursday July 21
- Past Presidents Picnic Sunday July 24
- Coalition Picnic Sunday July 31

I am on my way for week of biking and relaxing by the lake in Eagle River.

I hope to see you on a ride!

And remember..... let's have fun out there.

--Joe

EVENT INFORMATION

What: The Bay View Bike Club July Members meeting

When: Monday July 18th 7pm

Where: Wheel and Sprocket Fox Point.

Guest speaker will be Phil Godkin, professional bike fitter and cycling coach.



What: Milwaukee Milkmen game (click following link to order

Tickets: <https://fevo.me/3Aqjp6a>)

Where: Franklin Field, 7035 S. Ballpark Drive, Franklin-76th & Rawson

When: Thursday, July 21st (first pitch: 6:35PM)

Cost: \$12 (plus ~\$2 in fees) Parking is free



What: Past Presidents' Picnic (Ha! Ha! Yeah, not those presidents.)

When: Sunday, July 24th - lunch approx. 11

50 mile ride@8:00 33 mile ride@9 23 mile ride@9:30

Where: Heg Memorial Park, South Shelter, 6300 Heg Park Road, Wind Lake 53185

Sign-up: RSVP, via SignUp Genius will be sent out. Please respond, if coming, so we know how much food to purchase.

Whether you ride that day or not, all members are invited to the annual Past Presidents' Picnic. You bring the fun and we'll provide the food and beverages. Menu: burgers, brats, potato salad, baked beans, chips, veggies and dip, dessert and water/flavored waters.

Show up with an appetite. See you then!

What: Coalition Picnic

When: Sunday, July 31 - lunch around 11

55 mile ride @ 8:00 20-25 mile ride @ 9:30

Where: South Park, N5 W27300 Northview Road, Pewaukee 53188

Sign-up: RSVP, via SignUp Genius will be sent out. Please respond, if you plan to attend.



BAY VIEW BICYCLE CLUB





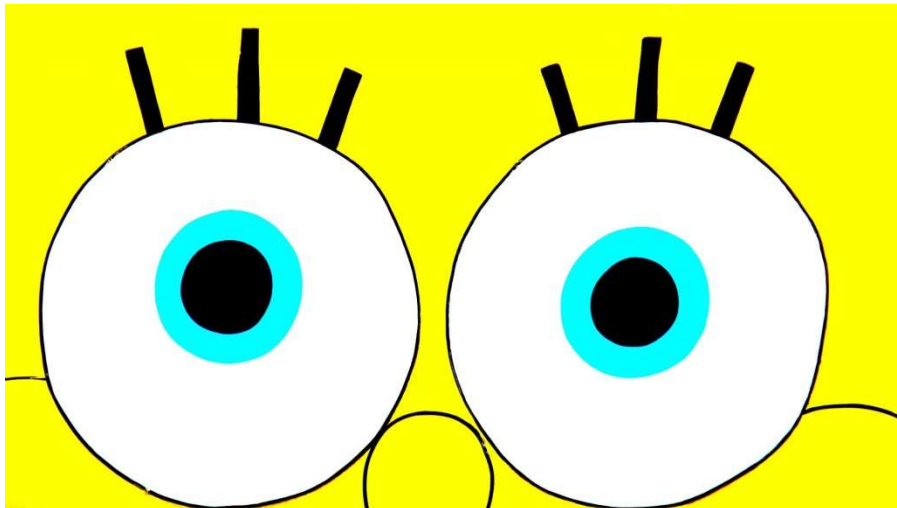
Membership Notes

By Rich Temple

There is still time to renew your membership for the 2022 ride season (last year's memberships expired on March 31st). Something to remember, starting this year, we have done away with membership cards. Instead, new and renewal members will get a membership letter emailed to them which can be used in place of the membership card. Just save the email on your phone or print it out and it can be used to receive discounts at participating local bike shops.

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 nine new members join since the last newsletter, please welcome **Tom Flanagan, Kati Mueller, Berta Glodowski, Tim Hall, Julie Hall, Scott Thomas, Jennifer Walsh, Alan Lapre, and Mary Pokryzwinski** to the BVBC. Including the renewals that have come in, we are up to 163 members for the 2022 season so far.



Looking for Ride with GPS savvy tech!

We're looking for a volunteer, who's willing to provide instruction, and guidance, to club members on how to use Ride with GPS, when needed.

If interested, please contact Andy Sikorski @ ajsikorski@hotmail.com.



2022 Ride Season - 9:00 am Start

By Andy Sikorski

Date		Route Name	Starting Location	Dist. 1	Dist. 2	Dist. 3	Dist. 4	Special Event
Saturday	16-Jul	Gils Ride from Rome	Rome	27	38	50		
Sunday	17-Jul	Whitnall South	Franklin	22	37	58		
Saturday	23-Jul	LaGrange-Southern Kettle	LaGrange	30	48			
Sunday	24-Jul	Burlington Roll ***	Town of Norway	23	33	50		Past President's Picnic
Saturday	30-Jul	Random Sample	Cedar Grove	29	44			Cedar Grove Holland Fest
Sunday	31-Jul	Coalition Picnic *** (Spinners host)	Pewaukee	20-25	55			
Saturday	6-Aug	Big Foot Prairie	Walworth	24	35	41	55	Scrumptious Sat.-Walworth Corn & Brat Fest
Sunday	7-Aug	Cedarburg	Cedarburg	25	37	54		
Saturday	13-Aug	Harrington Beach	Port Washington	34	43			
Sunday	14-Aug	Dousman	Dousman	20	36			
Saturday	20-Aug	Westosha	Silver Lake	27	38	48		
Sunday	21-Aug	Burlington Roll	Town of Norway	23	33	50		
Saturday	27-Aug	Oconomowoc Lake Country	Oconomowoc	29	37	54		
Sunday	28-Aug	Chris Kegel Slow Roll	War Memorial	10				Wheel & Sprocket Annual Event

***50 mile starts at 8:00 am 33 mile starts at 9:00 am 23 mile starts at 9:30 am

*** 55 mile starts at 8:00 am 20-25 mile starts at 9:30 am

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

RIDER POINT STANDINGS

Soriano	Joseph	634		Samolyk	Vicki	125		Vetter	Richard	40
Meyer	Craig	567		Kenehan-Krey	Jill	124		Zalewski	Mark	40
Ziegler	Suzanne	450		Thomas	Scott	121		Fionsul	Patty	36
Ziegler	Joel	423		Willman	Jan	120		Hegland	Carol	36
Roessl	Linda	390		Hogan	Helen	111		Kliegman	Sharon	36
Dix	Michael	383		Cabaniss	John	110		Notlay	Nancy	36
Schmidt	Jeff	380		Kitzinger	Joseph	108		Templin	Tod	36
Peterson	Pat	348		Glodowski	Beth	107		Wolfgram	Heather	36
Heller	Rich	336		Spars	Donna	97		Beattie	Robin	33
Retzlaff	Roger	330		Bansemar	Mike	94		Hancock	Mary	33
Santoro	Ron	297		Blain	Peter	90		Paque	Sam	33
Tuckwood	Debra	297		Sullivan	Tim	90		Stueland	Vicki	33
Gast	Ted	288		Schoone	Amalia	88		Whisler	Eileen	33
Reisenbuechler	James	286		Stoner	Joyce	88		Beachofski	Clare	30
Zellner	John	283		Cannon	Pete	84		Byrne	Sandy	30
Talsky	Ron	266		Dames	William	84		Kjaer	Amy	30
Zur	Kimberley	258		Granholm	Jennifer	84		Palla	Raheel	30
Blakely	Chuck	243		Ripple	Rick	82		Sandler	Mark	30
Wojtal	Norm	242		Fischer	Joseph	79		Ellington	Pauline	29
Wojtal	Prati	242		Meyer	Nick	77		Kinser	Brittany	29
Siebers	Scott	213		Yurasovich	Diane	73		Kronberg	Andrea	29
Zimmer	Joe	203		Kuhs	Kelly	72		Duffy	Molly	27
Sikorski	Andy	199		Mowery	Dean	66		Hoffman	Deborah	27
Burdick	Jerry	196		Rindahl	JD	66		Radtke	Lorraine	27
Borley	Kyle	192		White	Becky	64		Hall	Julie	26
Butters	Gary	177		Montgomery	Bobbie	60		Orosa	JoJo	26
Martinez	Andrew	164		Connors	Dennis	55		Petri	Tom	24
Smiley	Michael	159		Manke	Rob	53		Veitch	Ross	24
Borchardt	Jeff	145		Talberg	Janet	53		Bruhy	Mark	23
Matson	Kevin	144		Meyer	Ethan	52		Cabaniss	Julie	23
Rosenberg	David	141		Burton	Becky	50		Egan-Bruhy	Katie	23
Glodowski	Michael	139		Soriano	Alan	49		Kushinsky	Seth Jay	23
Torres	Jeff	139		Maus	Ted	48		Reid	Linda	23
Granholm	Lance	138		Hall	Tim	42		Peterson	Beth	20
Turner	Steven	137		Barr	Amy	40		Ricksecker	Jim	19
Flanagan	Tom	132		Bartkowiak	Rosemary	40				
Aschenbrenner	Gary	126		Truskowski	Chris	40				



Ride Safety



The following is from: www.roadbikerider.com; Coach Fred Matheny

How to Ride a Bicycle Safely on Wet Roads or in the Rain



The main tactic for slick-road riding is to do everything slowly and deliberately. On a wet road, tires lose traction much more easily when braking, cornering or accelerating.

To ride this way takes good anticipation. You need to plan for what's coming so you can react unhurriedly rather than at the last moment. Here's what to look out for:

- **Painted lines.** They can be incredibly slippery when wet, especially if it's new paint. Be wary of any corner in town where crosswalks are present. Same goes for manhole covers and any other metal surface.
- **Fallen leaves.** These aren't usually considered a road hazard, but when they're wet (or covering a wet road) they can be as slick as an icy spot. As we get closer to winter, low temps can mean there actually is an icy spot.
- **Gravel.** Bad enough when it's dry, in the wet it can be like riding on ball bearings.

For all three challenges, the cornering approach is similar. Stay as wide as traffic allows, initiate the turn before the slick area, then cross it on as straight a line as possible. If your bike is upright on a slippery patch, it's less likely to slide out. Once safely across, lean the bike again to complete the turn.

Never grab the brakes while the bike is angled on a wet surface. A braked wheel tends to go straight, so if you clamp the stoppers while cornering, you'll almost certainly skid off course and may go down.

Speaking of braking, remember that it takes several wheel revolutions to wipe moisture from the rims before pads take hold. Anticipate a much longer stopping distance. Be ready to lighten your grip as soon as the pads grab, or you could lock the wheels and skid.

As for your road bike being less stable than your mountain bike, much of the difference can be based on tire size. Try fitting your road bike with the widest tires the frame will accept — 700x28C or greater.

How to stop 'spring knee' pain from hampering your summer cycling season

(Bring your questions to the member meeting on the 18th.)

THE FOLLOWING EXCERPTS ARE FROM: CYCLING WEEKLY - BY [MICHELLE ARTHURS-BRENNAN](#) - PUBLISHED MAY 18, 2022

To read the full article, click on the link below:

<https://www.cyclingweekly.com/fitness/cycling-knee-pain-everything-you-need-to-know-329957>

SUBMITTED TO THE NEWSLETTER BY: CHUCK BLAKELY

Knee pain is common among cyclists - but more often than not it's an indication of a problem elsewhere. We take a look at the key causes and solutions

'Spring knee' is the friendly term used to describe knee pain that crops up at the very worst time: just as you're ramping up your riding in response to improved weather. Knee pain in cyclists is very common at this time of year. Unfortunately, like most "too much, too soon" [cycling injuries](#) and afflictions, it requires rest to heal. Fortunately, if you rest up and address any underlying [bike fit](#) causes, there's no reason you shouldn't be on your bike enjoying many miles come summer.

Most cyclists – from beginners to the pros - will experience knee pain when cycling at some point during their riding career.

In fact, a study of 116 professional cyclists found that 94 per cent experienced some sort of overuse injury over the period of a year, and 23 per cent of those riders reported knee pain.

Whilst professional riders do of course expose themselves to a much greater training load, they've also got physiotherapists and osteopaths at their disposal on a regular basis – so if almost a quarter of them are struggling with a pain in the knee, you can bet that it'll be an issue for a high number of amateurs.

If you're struggling with knee pain when cycling, then never fear - we caught up with ex-pro rider turned osteopath to the cycling stars, [Alice Monger-Godfrey of AMG Osteo](#), plus ex-pro, bike fitter and coach, [Jimmy George of V02 cycling in Kent](#) to create a 'how to' on getting back on the bike in comfort.

In this article, we've covered:

- Anterior knee pain - pain at the front of the knee
- Posterior knee pain - pain at the back of the knee
- Lateral and medial knee pain - pain at the side of the knee
- Knee pain as a result of weakness in the core
- 'Spring knee' pain

THE KNEE IS A COMPLICATED JOINT

It's important to remember that the knee is effectively a hinge between the hip and the ankle. It's very rare that the problem is actually with the knee itself.

Monger-Godfrey explains: "There are so many structures involved that mean the pain is localised to the knee – but you need to look at the ankle, hip and lower back. Because it's so complicated, it's great to treat because you often get a really good response rate."



ANTERIOR KNEE PAIN: PAIN AT THE FRONT OF THE KNEE

Pain at the front of the knee is very common, and its proper name is 'anterior knee pain'. Usually, it's caused by tightness in the quads or the fibrous tissue that runs alongside the outer leg – the Iliotibial band – pulling on the patella (knee cap). This can be down to bike fit, or tightness as a result of a lack of maintenance or overuse.

POSTERIOR KNEE PAIN: PAIN AT THE BACK OF THE KNEE

Whilst pain at the front of the knee often involves the quadriceps, pain at the back – called posterior knee pain – often has a lot to do with the hamstrings.

George explains: "The saying in bike fitting is 'pain at front of knee [anterior], [saddle is too low](#), pain at back of knee [posterior], [saddle is too high](#)'. From a bike fit point of view, that's the easiest thing to look at first."

MEDIAL AND LATERAL KNEE PAIN

Lateral knee pain refers to pain on the outside of the knee, whilst medial knee pain is felt on the inside. Again, a tight IT band and quads can be to blame – but more often than not, Monger-Godfrey says pain here is simply referral from the causes mentioned above.

OTHER BIKE FIT CAUSES OF KNEE PAIN

Though saddle height, offset and cleat setup are all common culprits of knee pain, there are some other factors worth considering. Saddle discomfort - or a [saddle sore](#) - can cause a rider to sit off centre, again resulting in incorrect tracking as the pelvis shifts and gives the impression of a leg length discrepancy. Even overly [low handlebars](#) could be a cause - if the lower back becomes fatigued, changing the natural movement pattern.

Tinkering with your set up may help - but if your problems become chronic there's little replacement for a [physio led bike fit](#).

OVERLOAD AND SPRING KNEE

Finally – there are cases where a cyclist suffers from knee pain simply because they've done too much, too soon. Commonly called '[spring knee](#)' it's frequently a result of a sudden increase in mileage in an attempt at last minute fitness gains.

A TASTE OF EVENTS TO COME THIS YEAR!

Saturday, August 13th: 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.



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 Kegel's Inn!

The Board Members



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Newsletter Diane Yurasovich

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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



BVBC Mailing Address

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Bay View, WI 53207

Club Website



Thanks Dean for keeping our website updated!
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!