

# Pedal Power

March, 2023

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



## The Prez Sez

Happy early March grey days, fellow cyclists! Some April cycling sounds very appealing from where I sit, at the time of this message. I hope your Christmas and New Year were fulfilling and joyous for all. I would hope Santa brought you a few cycling goodies, and perhaps a new bike for a few of you well-behaved club members. I was not among that elite group.

I am honored to have the confidence of the BVBC board and rest of the club to serve in the role of club President for the 2023 BVBC season. BVBC is blessed to have experienced members, willing to offer their time and talents for the betterment of group cycling. The group is a wonderful resource, ensuring continuity during a time of leadership change. I want to personally thank Joe Fischer for his past leadership roles, including multiple as President of the club. I am delighted that he will remain on the board to ensure the continued success of BVBC.

There still is one Board position vacancy. If anyone has interest to possibly join the inner circle of BVBC, send an email to the club email address, and someone will follow up with you. The time commitment is small relative to the fun and camaraderie that the board offers.

In March, the club will return to holding our annual pizza party along with the revelation of the early season ride schedule. See below for the specifics on that event. This year will feature continued improvements to our already wonderful route library, as well as the addition of one or two new routes.

A social activity we are resurrecting this May will be a cycling scavenger hunt for the club. The event (tentatively in the Greenfield Park area) will require teams of 4 to bike to Milwaukee-specific landmarks and take a selfie or offer some other receipt of finding the landmark. Some

destinations may require a little smartphone research. I fully expect the tortoise to win this race. A club picnic or post ride get together will follow the scavenger hunt.

This year BVBC will encourage greater use of Ride with GPS (RWGPS) over the hard copy cue sheet. Once one gets acclimated to RWGPS, the riding experience is improved, as more attention can be directed to riding technique, interaction with fellow club members and the wonderful route scenery. The days of reading and attending to a cue sheet can be over very quickly and inexpensively if you leave yourself open to change. Contact the club email so the Navigation Team can set appointments to help more members create accounts.

I look forward to seeing you at the March pizza party.

--Craig



## **Membership Notes**

By Rich Temple

Just a quick reminder that it is not too early to renew your club membership for 2023. Current memberships expire at the end of March. If you renew now, you will be sure not to miss any announcements regarding the upcoming ride season. However, if you forget to renew, you will probably wind up sitting at home, all alone, wondering where all your really cool bike friends are because you didn't get the email telling you where the weekend rides start. 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.

Hope to see you all on a ride!

<https://bayviewbikeclub.org/2017/12/15/join-or-renew-your-membership/>

## ***A New BVBC Newsletter Feature!***

*We are such an interesting group - but not everyone knows it! Starting this month, we will begin to feature rider profiles from a diverse selection of our members, so that we can all get to know each other a little bit better. We will also be adding a new section to highlight new members as they come aboard.*

*Jeff Torres has volunteered to take on this new feature and will be the one reaching out to you for some info as we move forward in the months ahead. With that in mind, we thought we would start with his profile so that you might know him a little better when you see him on our rides, or should he contact you to be featured in this new Member Profile section.*

## IN THE WHEELS

Who's who in the BVBC peloton



### This Month's Featured Member

#### Jeff Torres

Member Since : 2015

Favorite BVBC Route: Northern Kettle



### Favorite or Personal Cycling Quote or Motto:

I would pick either Greg Lemond's *"It never gets easier; you just go faster"* or Jens Voigt's *"Shut Up Legs"*

**What attracted you to cycling?** I grew up in a small, rural town so you needed to be able to bike long distances to visit your friends – at least, before we all got our drivers licenses!

**What do you enjoy most about cycling?** It is so flexible. I can choose to push myself as hard as I can one day and then totally chill out and chat with friends on the next day. I can choose roads vs. trails, hilly vs. flat, or familiar roads vs. new rides. Some days, riding is truly my meditation and I simply get lost in the joy of riding. I love that.

**How Long have you been riding?** At least 25 years.

**What is your favorite place to ride?** Anywhere there are hills, I guess. I know that makes me seem like I'm a bit of a "Twisted Mon.." - oops, I guess I can't officially call myself that when I ride with our club. LOL

**What is the farthest you have ridden in one ride?** 127 miles – with a friend on the Silver Comet Trail (AL/MS).

**What is the best ride you ever had?** Wow, that's tough. Best solo ride was in Asheville, NC when I rode up to the top of Mount Pisgah (56.75 miles / 5,535 feet of climbing). Best group ride was probably a couple of years ago at the Peninsula Century Fall Challenge (Door County). There were several BVBC riders that rode together that day – we had a great time!

**What is the most challenging thing about cycling?** Having the discipline to rest enough or take very easy recovery rides. This is such a key to getting better as a cyclist (no matter what your level). But it is hard sometimes, especially when you simply love riding so much - as many of our members do.

**Do you have any personal cycling accomplishments?** I've been lucky to have a few. Winning the 1990 State Cycling Championship (Citizen's division) in multiple age groups really got me going. The Mt. Pisgah climb - which is rated HC (beyond difficulty category) - was very rewarding. Most recently, winning the gold medal in both road races at the 2022 WI Senior Olympic Games was both unexpected and very satisfying.

**What do you do when you are not riding?** I recently retired from Johnson Bank after 23.5 years of working there. It's a great company. Now I am busy with my musical endeavors: composing classical and cinematic music, publishing music scores and sheet music and continuing to collaborate with other composers and performers from all over the world (currently 59 artists on 5 continents). My music is on all of the various digital platforms, and I have enjoyed almost 2,000,000 plays under the artist name "Jeffrey J. Torres".

**What do I like best about the BVBC?** The people are amazing. They are all welcoming, interesting, and the variety of riding speeds always makes it easy for me (or anyone) to find

someone to ride with at a pace that suits my needs. We also have great technology (ride with GPS routes available for all rides), a responsive Board and membership, and what I think is the best collection of routes of any club in southeast WI. I ride with multiple groups, but it is the BVBC that I always consider “home”.

## Some recent photo nostalgia

### Halloween Ride - October 30<sup>th</sup>









# TOO MUCH TURKEY RIDE



## BVBC Annual Banquet







This year's Evil Knievel  
Award went to:  
  
Steve Turner



Craig Meyer received the  
"infamous"  
Twisted Monkey



And this year's recipient of the  
President's Award went to  
Diane Yurasovich

## Rider Point Award Winners

**Gold Was  
Captured by  
Suzanne Ziegler  
&  
Joseph Soriano  
(not present)**







**Silver Went To:**  
**Linda Roessl**  
**&**  
**Joel Ziegler**



**And Bronze Went To:**  
**Prati Wojtal**  
**&**  
**Ted Gast**

## **Upcoming Ride Schedule**



Saturday, March 18<sup>th</sup>  
Starting point: Grant Park  
Distance: 19 & 27 miles

**What, only one ride?**

For the rest of the 2023 ride schedule attend our  
March Membership Meeting and Pizza party.



## Pizza Party??



Glad you asked. See below

**What:** The BVBC mostly annual Pizza Party (invite a friend—if you have one—to attend and join the club.) We will begin at 6:30 pm with buffet-style pizza, salad, and garlic bread being served. A cash bar is also available.

Bay View Bike Club's esteemed Ride Chair will present the early ride schedule, highlighting route improvements and bonus hill climbs. Come to the event to learn what lies ahead for the 2023 BVBC season.

**Who:** Free to current club members. \$10 to nonmembers (the \$10 fee is waived, if they join the club that night).

**When:** Thursday March 23, 6:30 pm

**Where:** Barbieri's Italian Inn, 1021 Milwaukee Ave, South Milwaukee,

**RSVP:** Please RSVP using the link below by Wednesday, 3/15/2023, at 1:00 PM.

<https://www.signupgenius.com/go/805084BABA72FA64-2023>





Good news from Wheel and Sprocket.

**Club and team discounts are back!**

Bay View Bike Club Members = 15% off Regularly Priced Parts & Accessories

You simply need to show proof of membership (such as the welcome email you receive after renewing your membership)

Note: at this time W&S is unable to offer discounts on bikes or service labor. Only good on regularly priced merchandise.

**Take advantage of the coupon below!**



\*This is the same coupon code as Trek's Trek Fest coupon. Limit one coupon use per customer between March 3-April 8th, 2023. No cash value. Not valid on prior purchases. Some exclusions apply. Good in-store only. See stores for details.

RIDER POINT SUMMARY 2022 SEASON														
Soriano	Joseph	2,116		Bansemar	Mike	309		Meyer	Katelyn	97		Vetter	Richard	40
Ziegler	Suzanne	1,643		Cabaniss	John	305		Sandler	Mark	94		Nimmer	Erin	37
Roessl	Linda	1,533		Flanagan	Tom	298		Cabaniss	Julie	90		Fionsul	Patty	36
Meyer	Craig	1,406		Manke	Rob	278		Mueller	Kathi	85		Kliegman	Sharon	36
Ziegler	Joel	1,351		Meyer	Nick	267		Peterson	Beth	85		Notlay	Nancy	36
Gast	Ted	1,164		Borchardt	Jeff	241		Barr	Amy	84		Dirr	Alex	35
Heller	Rich	1,110		Spars	Donna	238		Cannon	Pete	84		Stueland	Vicki	33
Dix	Michael	1,015		Samolyk	Vicki	235		Brattiz	Ruben	75		Goldstein	Nevin	33
Reisenbuechler	James	1,013		Stoner	Joyce	231		Kushinsky	Seth Jay	67		Angelli	Liz	30
Schmidt	Jeff	879		Dames	William	223		Kronberg	Andrea	66		Brinkman	Ashley	30
Sikorski	Andy	862		Litzenberg	Jill	222		Reinardy	Micki	66		Byrne	Sandy	30
Retzlaff	Roger	841		Beattie	Robin	219		Angeli	Elizabeth	66		Cheever	David	30
Turner	Steven	814		Paque	Sam	207		Turner	Mary	65		Palla	Raheel	30
Santoro	Ron	790		Willman	Jan	180		Wolfgang	Heather	65		Pawlak	Roby	30
Wojtal	Norm	782		Kuhs	Kelly	179		Talberg	Janet	63		Tuinstra	Robbyn	30
Wojtal	Prati	782		Whisler	Eileen	175		Schmitz	Gerry	62		Kinser	Brittany	29
Tuckwood	Debra	766		Glodowski	Michael	174		Koepsel	Debra	60		Moeller	Jennifer	29
Zellner	John	724		Kenehan-Krey	Jill	170		Hancock	Mary	58		Neesley	Dan	29
Thomas	Scott	690		Fischer	Joseph	162		Pfersch	Harriet	58		Duffy	Molly	27
Talsky	Ron	681		Templin	Tod	155		Steckhahn	Mark	58		Bucke	Walker	27
Blakely	Chuck	679		Blain	Peter	151		Pavlak	Robyn	58		Drefahl	Andrew	25
Torres	Jeff	667		Beachofski	Clare	145		Hooten	James	56		Kiesow	Loraine	25
Granholm	Lance	638		Maus	Ted	139		Lorentzen	Susan	56		Lamers	Kim	25
Peterson	Pat	614		Montgomery	Bobbie	136		Connors	Dennis	55		Veitch	Ross	24
Zur	Kimberley	593		Ripple	Rick	136		Orosa	JoJo	53		Reinardy	Jim	24
Borley	Kyle	587		Schoone	Amalia	134		Lambert	Kent	52		Egan-Bruhy	Katie	23
Burdick	Jerry	550		White	Becky	124		Perdue	Jennifer	51		Polk	Robert	23
Siebers	Scott	548		Hall	Tim	122		Douglas	Pat	50		Reid	Linda	23
Smiley	Michael	509	Kjaer	Amy	117	Krueger	Gil	50	Reichart	Kimberly	23			
Butters	Gary	465	Radtke	Lorraine	115	Frausto	Patricia	49	Reichart	Jim	23			
Matson	Kevin	457	Dadian	Joan	114	Benneton	Spencer	49	Schowalter	Jenny	20			
Hogan	Helen	455	Rindahl	JD	114	Petri	Tom	47	Wright	Lynne	20			
Rosenberg	David	451	Tome	Phil	114	Hegland	Carol	46	Fasi	Joe	19			
Mowery	Dean	417	Glodowski	Beth	107	Collett	Kristin	46	Henn	Milton	19			
Kitzinger	Joseph	406	Hoffman	Deborah	107	Bruhy	Mark	45	Ricksecker	Jim	19			
Aschenbrenner	Gary	385	Meyer	Ethan	105	Presti	Steve	43	Temple	Richard	19			
Sullivan	Tim	383	Soriano	Alan	103	Bartkowiak	Rosemary	40	Tomko	Jonathan	19			
Zimmer	Joe	372	Burton	Becky	102	Truskowski	Chris	40	Henn	Jennifer	19			
Martinez	Andrew	369	Ellington	Pauline	97	Vetter	Richard	40	Brittain	John	17			
Yurasovich	Diane	325	Hall	Julie	97	Zalewski	Mark	40	Schwabe	Mary Jo	10			
Granholm	Jennifer	316												

Soriano	Joseph	2,116
Ziegler	Suzanne	1,643
Roessl	Linda	1,533
Meyer	Craig	1,406
Ziegler	Joel	1,351
Gast	Ted	1,164
Heller	Rich	1,110
Dix	Michael	1,015
Reisenbuechler	James	1,013
Schmidt	Jeff	879
Sikorski	Andy	862
Retzlaff	Roger	841
Turner	Steven	814
Santoro	Ron	790
Wojtal	Norm	782
Wojtal	Prati	782
Tuckwood	Debra	766
Zellner	John	724
Thomas	Scott	690
Talsky	Ron	681
Blakely	Chuck	679
Torres	Jeff	667
Granholm	Lance	638
Peterson	Pat	614
Zur	Kimberley	593
Borley	Kyle	587
Burdick	Jerry	550
Siebers	Scott	548
Smiley	Michael	509
Butters	Gary	465
Matson	Kevin	457
Hogan	Helen	455
Rosenberg	David	451
Mowery	Dean	417
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# Ride Safety



The following is from: [Winter Biking Tips \(umt.edu\)](http://umt.edu) ( ASUM Office of Transportation)

## RIDING TACTICS

- **Slow down.** Expect to take longer to reach your destination, and plan that time into your commute. The roads will be slippery, so pedal deliberately and use lower gears.
- **Don't hesitate to dismount.** If you're worried about falling, or think an area is too dangerous to ride over - walk. You can keep one hand on the brake lever and use your bike for stability until you navigate to safer ground.
- **Be aware of your surroundings and the road or sidewalk conditions.** Look out for black ice. The sun can melt snow during the day that refreezes as it cools down in the evening.
- **Take turns wider and stay upright around corners.** If you lean too hard, your wheels may slip out from underneath you.
- **Ride on clear pavement when available.** Don't be afraid to take the lane if there is snow in the bike lanes or on the sidewalks.
- **Anticipate stops way ahead of time.** If the road is slick or your brakes are wet, it will take longer to stop. Don't put yourself in a dangerous situation.
- **Ride defensively.** Although cars generally try to give bicycles a wider berth in the winter, motorists also aren't as used to seeing bicycles out in this season. Make eye contact with drivers, limit sudden movements, and always signal your intent.
- **Drink water.** The air is usually drier in the winter, and the sweat you produce while you ride can cause dehydration. It's just as important to stay hydrated in the winter as in the summer.
- **Roll with the fall.** If you must take an unanticipated fall, don't fight it. Try to roll with the fall. Don't put all your weight on one arm; this is a good way to hurt your wrist.

## BIKE GEAR & MAINTENANCE

- **Underinflate your tires.** Keep the tire pressure a bit lower than you would in warmer weather. This will give you a slightly wider surface area in contact with the ground, and therefore more control.
- **Wide, knobby tires** will give you better traction through the snow than skinnier road bike tires.
- **Studded tires** will provide a better grip on icy surfaces. If buying studded tires is too expensive, you can make them yourself. To do so, fix short sheet metal screws through the tread, with the screw heads on the inside. Then cover the heads with duct tape or a tire liner so as to not pop your tube. Don't let your studded tires make you overconfident however – you're still not immune to falls.
- **Get fenders.** This is the best way to keep gritty street slush off your clothes.
- **Light up.** It gets dark much earlier and stays dark much later in the winter. Always make sure you have at minimum a front light, and reflectors visible from all sides. The brighter your light, the safer

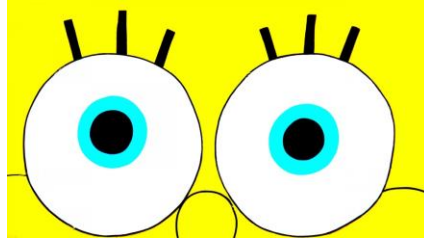
you will be. Also be sure to use lights if it is snowing, foggy, or otherwise low visibility conditions. (Come get free bike lights at the ASUM Transportation office in UC 105, or downtown at City Hall.)

- **Keep your chain clean and lubricated.** Winter is harsh on an exposed drivetrain, so maintenance of this sort should be done on a weekly or more frequent basis. Sand, salt, and debris can gunk up your gears. Free Cycles has chain oil and grease you can use for free, so take advantage!
- **Wipe down your brakes** after snowy or dirty rides and make sure contact surfaces with the wheels are clean.
- **Avoid suspension bikes if possible.** Sand, salt, and grit can destroy suspension and gears. Many cyclists choose to ride single-speed bikes in the winter, or bikes that have coaster (“back-pedal”) brakes, so that less hardware is exposed to the elements.
- **Keep your winter bike in an unheated space.** Continuously warming and refreezing your bike will cause condensation to form on the frame and in the cable housings, which makes your bike vulnerable to rust and frozen cables. A garage or other covered area is best.

## CLOTHES

- **Dress in layers.** Your body produces heat quickly as you pedal, so don’t overdress. You should start out your ride with just enough clothes that you’re still slightly chilly. Wearing too much will produce a lot of sweat, and when stopped the breeze can take away your body warmth – leaving you cold and shivering, and could potentially cause hypothermia. Add or remove layers as you go to stay comfortable on your commute. A waterproof windbreaker is a great outer layer to keep you warm and dry.
- **Cover your skin.** Even at moderate speeds, the wind chill on exposed skin increases significantly, and the cold shock can be a distraction. A face mask (balaclava) is useful in very cold temperatures. If you use a scarf, make sure it is short enough that it can’t get caught in your wheels.
- **Keep your fingers warm.** The best gloves are waterproof and will have grippy palms and fingers to help you hold on to slippery handlebars. Cold hands are a safety issue, as numb fingers can impair your ability to brake.
- **Remove pedal clips or straps,** and wear boots. Have your feet free in case you need to bail off of your bicycle quickly. Make sure that your boots are waterproof, and big enough to accommodate thick socks. You want enough room around your toes for a warm air pocket.
- **Keep your eyes covered.** Eyes water as temperatures fall. Sunglasses (non-metal) can protect you from both wind and sun glare. Ski goggles are also a great for colder weather. If you have trouble with your glasses fogging, treat the lenses with a small amount of gel toothpaste as an alternative to lens spray, which can be pricey. Be sure the toothpaste does not have baking soda, as that can scratch the lenses.
- **Wear a helmet.** Falls are much more common in the winter, and you may need the head protection. Be sure your helmet is large enough to wear a wool cap or balaclava underneath.





## **We Have the Following Opportunities Available!**

### **Ride with GPS savvy tech!**

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

If interested, please contact Andy Sikorski @ [ajsikorski@hotmail.com](mailto:ajsikorski@hotmail.com).

### **Newsletter Editor!**

We're looking for a volunteer to put together our monthly newsletter.

# The Board Members



**President Craig Meyer**  
[Info@BayViewBikeClub.org](mailto:Info@BayViewBikeClub.org)



**Vice President Mike Dix**  
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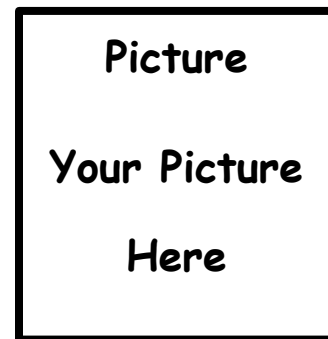
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[Newsletter@BayViewBikeClub.org](mailto:Newsletter@BayViewBikeClub.org)



## Newsletter

By Anonymous

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 *except the current membership*. We don't sell or forward your email address to any outside organizations. The BVBC board will distribute a club membership roster to current, paid club members once during the later part of the riding season. The roster will include name, address, phone and e-mail. It will be distributed in .pdf format. We will no longer print a membership directory on paper. If you do not want your contact information to be a part of the roster, you may indicate that by marking the check box on your membership application or renewal or by sending an e-mail to [\[membership-info@bayviewbikeclub.org\]](mailto:membership-info@bayviewbikeclub.org).

With very few exceptions, all 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. Please don't ask us to put you in contact with specific members. We don't do those things. If you would like to share your experiences about a particular ride, feel free to do that by submitting a comment or article for 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.

You may also find information about the club, club rides and other bicycling events on the club Facebook page.



Let's Be Safe Out There!