

Pedal Power

September, 2023

www.BayViewBikeClub.org



The Prez Sez

The Prez Sez

Good evening. Well, here we are, approaching the final month of the riding season. Looking back, it has been a great season. Much of the weather has been excellent, with few rained out dates once we got clear of spring weekends.

This has been a BVBC summer of multiple picnics. I hope most of you were able to attend at least one of the five picnics held this season. It is always great to connect with members with which you may not routinely ride. It is great to make a connection with a couple of new people with each club gathering.

I have been particularly touched this season with many new members that bring top tier energy to their cycling. I have been impressed with strong cycling skills, riding style and excellent cycling gear from many of the new members this season. Thank you for adding to a positive riding experience on ride days.

Look for another Signup Genius to capture RSVPs for the BVBC 2023 season banquet in November. The club appreciates your timeliness and accuracy with the banquet attendance, so we can get the food order as accurate as possible.

One of the platform items for my first term as President was to reach out to membership to help acclimate on use of Ride with GPS (RwGPS) for anyone remotely interested in using it. I hope that effort has made a positive difference to those that had the interest. As we get into the final 2 months of the riding season, I welcome anyone with lingering RwGPS needs to reach out to me for help. We could connect on a weeknight to address any RwGPS questions. It is never too late to engage the technology to enhance your riding experience!

Thank you for a wonderful season and I hope to enjoy some fall colors during the remaining rides.

Craig



Membership Notes

By JD Rindahl

Hi everyone, please allow me to introduce myself. My name is J Rindahl and I am excited to say that I have assumed the Membership Chair responsibilities for the Bay View Bicycle Club. I have been a club member since 2017 and I decided it was time to give a little back. I look forward to seeing all of you on a ride one of these days! We have added twelve new members since I took over the position at the end of June and that brings us to a total of 184 members.

Please help me welcome; Matthew Turner, Virginia Olson, Anne-Marie Crowley, Patricia Frausto, Kelly Kuhs, Byron Bloemer, Ellen Michalets, Kristen Modica, Jamison McNaughton, Matthew Munte, Micki Reinardy and Steven Presti!

September Membership Meeting



Where: Hubbard Park Beer Garden in Shorewood

When: Monday September 18

5:30 pm Andy will lead a ride leaving from Hubbard Park

7:00 pm Business Meeting

Save the Date

BVBC Annual Banquet

Thursday November 9

Wheel and Sprocket Bay View

In the Wheels

by Jeff Torres

IN THE WHEELS

Who's who in the BVBC



This Month's Featured Member

Helen Hogan

Member Since: 2011

Favorite Route: Harrington Beach



Favorite or Personal Cycling Quote or Motto:

"Biking makes me Happy"

What attracted you to cycling? As a child, I enjoyed biking in the neighborhood. This all ended the day my brother took my bike apart and could not put it back together.

At 39 when my children were older, I purchased a "Walmart" bike and biked the Glacial Drumlin Trail near my home in Wales. Eventually I purchased a "bike shop" bike and biked many "Rails to Trails" in Wisconsin. This included summer camping/bike trips with my Girl Scout Troup. 2010 I purchased my current bike and joined the Thursday night Lady's Ride at Bike Dr. Dousman. Wanting more biking with other people, 2011 I joined Bayview Bike Club. For a couple of years, I was also part of the Spring City Spinners.

What do you enjoy most about cycling? Having the freedom that only biking can give me, the breeze in my face and hearing the sounds of nature.

How Long have you been riding? 32 years. When I started biking with Bayview 2011, I worked every other weekend, allowing me to bike 2 weekends a month. I no longer worked as of summer 2017, which allowed me to bike every available weekend that I did not have family commitment.

What is your favorite place to ride? Rails to Trails in Wisconsin and quiet country roads.

What is the farthest you have ridden in one ride? 62 miles. A round trip from my house in Wales to my daughters in Fort Atkinson. A trip that started out Sunny and Warm, but ended with stormy weather that included heavy rain and strong winds. This did not stop me from getting back on my bike.

What is the best/most fun/rewarding ride you ever had? Trips to St Germain and surrounding areas with the Bayview Bike friends. Also, the 3 Wisconsin bike tours that I biked.

What is the most challenging thing about cycling? STEEP HILLS! That I did not end up walking my bike.

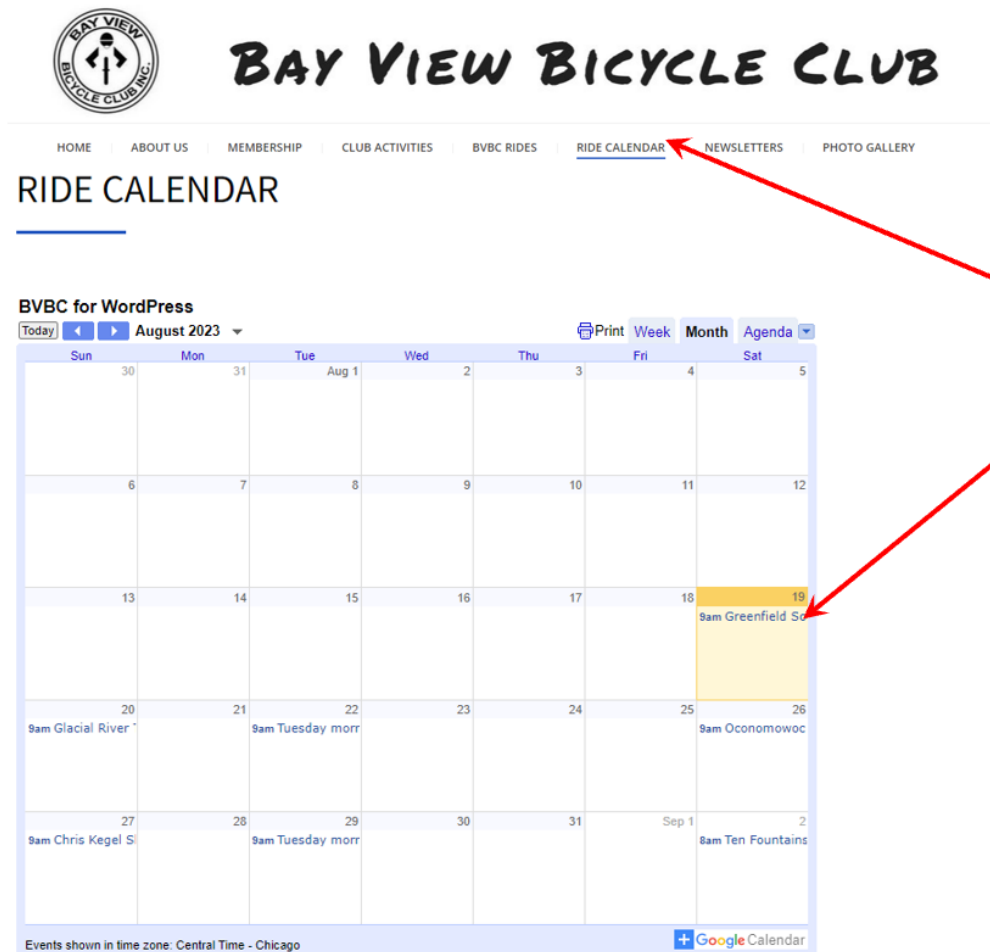
Do you have any personal cycling accomplishments? Not sure if this is an accomplishment, but I took 3rd place 3 years in a row for biking the most women's miles for Bay View. I had a year of biking over 3000 miles in one biking season.

What do you do when you are not riding? Hiking. I am a 1,000 Miler for the Ice Age Trail as a Segment Hiker. I hiked a total of 1,224 miles that included both the Bifurcations of the IAT. I included biking by hiking the connecting routes and biking back to my car when I did not have a friend or Trail Angel to assist me. I enjoy my family, especially my Grandchildren. I like to swim, snowshoe, sew, crochet, knit and on occasions enjoy a good book. I have also done some light mountain biking.

What do I like best about the BVBC? The many friends that I have met. The chance to bike the many different locations within Southeast Wisconsin. Starting the bike ride with the group of many bikers and ending my rides with the long distance riders when passing me, acknowledge and encourage me.

Check out the new Ride Calendar on our website!

Thanks Andy and Dean!



BAY VIEW BICYCLE CLUB

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RIDE CALENDAR

BVBC for WordPress

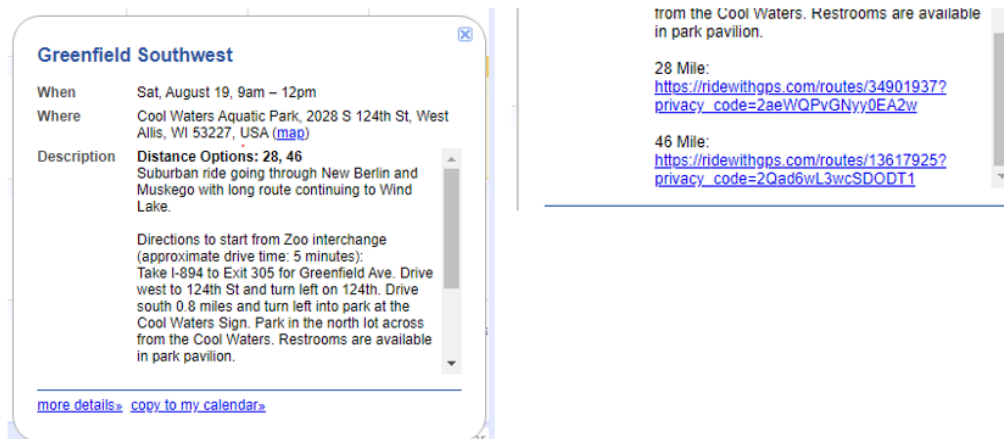
Today | August 2023 | Print | Week | Month | Agenda

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------|-----|---------------------------|-----|-----|-------|--------------------------------|
| 30 | 31 | Aug 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 Sam Greenfield Southwest |
| 20 Sam Glacial River | 21 | 22 Sam Tuesday morning | 23 | 24 | 25 | 26 Sam Oconomowoc |
| 27 Sam Chris Kegel | 28 | 29 Sam Tuesday morning | 30 | 31 | Sep 1 | 2 Sam Ten Fountains |

Events shown in time zone: Central Time - Chicago

Google Calendar

Clicking the link will open a box showing all the details for that ride. Scroll to the bottom of the details for the Ride with GPS links for the available distances:



Greenfield Southwest

When: Sat, August 19, 9am – 12pm

Where: Cool Waters Aquatic Park, 2028 S 124th St, West Allis, WI 53227, USA ([map](#))

Description: **Distance Options: 28, 46**
Suburban ride going through New Berlin and Muskego with long route continuing to Wind Lake.

Directions to start from Zoo interchange (approximate drive time: 5 minutes):
Take I-894 to Exit 305 for Greenfield Ave. Drive west to 124th St and turn left on 124th. Drive south 0.8 miles and turn left into park at the Cool Waters Sign. Park in the north lot across from the Cool Waters. Restrooms are available in park pavilion.

[more details](#) [copy to my calendar](#)

from the Cool Waters. Restrooms are available in park pavilion.

28 Mile:
https://ridewithgps.com/routes/34901937?privacy_code=2aeWQPvGNyy0EA2w

46 Mile:
https://ridewithgps.com/routes/13617925?privacy_code=2Qad6wL3wcSDQDT1

The calendar is currently populated with weekend rides through September and Tuesday rides for the rest of the season. For the remainder of the 2023 season, cue sheet PDFs will continue to be provided through the weekly emails. Any changes or enhancements for 2024 will be based upon feedback from the membership.

And for you old school analogue types...

Upcoming Ride Schedule

| | | | | | | | |
|----------|--------------|-------------------------------------|-----------------|----|----|----|----|
| Saturday | September 16 | Random Sample | Cedar Grove | 29 | 44 | | |
| Sunday | September 17 | Brown Deer to Cedarburg (BBH start) | Glendale | 30 | 38 | | |
| Saturday | September 23 | Gils Ride from Rome | Rome | 27 | 38 | 50 | |
| Sunday | September 24 | Classic Mash Up | Oconomowoc | 29 | 40 | | |
| Saturday | September 30 | Westosha | Silver Lake | 27 | 38 | 48 | |
| Sunday | October 1 | Stonecutter Number One | Elm Grove | 32 | | | |
| Saturday | October 7 | Dundee Northern Kettle | Dundee | 19 | 31 | 45 | |
| Sunday | October 8 | Two Trails West | West Allis | 14 | 21 | 35 | 48 |
| Saturday | October 14 | LaGrange - Southern Kettle | LaGrange | 30 | 48 | | |
| Sunday | October 15 | Germantown Roll | Germantown | 24 | 32 | 40 | |
| Saturday | October 21 | Harrington Beach | Port Washington | 34 | 43 | | |
| Sunday | October 22 | Wind Lake | Hales Corners | 25 | 36 | | |
| Saturday | October 28 | TBD | TBD | | | | |
| Sunday | October 29 | Ozaukee Interurban | Mequon | 30 | | | |



Why is that bicyclist in my lane?

For any or all of the following reasons:

1. **To avoid glass and dangerous debris** on the shoulder or in the bike lane.
2. **To avoid the door zone** of parked cars.
3. **To alert you** because you have to use the adjacent lane to pass because **the lane is too narrow** for both of you to safely fit side-by-side.
4. **To give you more time and distance** to prepare to slow or pass safely.
5. **To improve the cyclist's vantage and safety margin** to hazards ahead.
6. Riding on the sidewalk is impractical and unsafe if not unlawful.
7. **To share the road** by using only one lane, just like you.
8. **To prepare for a left turn**, moving over one lane at a time instead of swerving across the whole road.
9. **It's the safest place to be and the cyclist has the legal right to be there.**

Rider Points

As of 8/11/2023

| Rider Point Standings | | | | | | | | | | |
|-----------------------|-----------|------|--|--------------|-----------|-----|--|------------|-----------|----|
| Ziegler | Suzanne | 1100 | | Olson | Virginia | 152 | | Moeller | Jennifer | 68 |
| Soriano | Joseph | 1043 | | Krueger | Gil | 151 | | Hancock | Mary | 63 |
| Gast | Ted | 815 | | Samolyk | Vicki | 144 | | O'Reilly | Mary | 63 |
| Ziegler | Joel | 778 | | Dessecker | Carrie | 142 | | Paque | Samuel | 63 |
| Roessl | Linda | 726 | | Wilson | Karen | 142 | | Hall | Julie | 58 |
| Blakely | Chuck | 680 | | Thomas | Scott | 135 | | Hall | Tim | 58 |
| Heller | Rich | 668 | | Rindahl | JD | 134 | | McAttee | Eric | 58 |
| Carman | Emily | 656 | | White | Becky | 132 | | Crowley | Ann-Marie | 57 |
| Sikorski | Andy | 605 | | Shaffer | Andy | 129 | | Meyer | Nick | 54 |
| Wojtal | Norm | 572 | | Smith | Kari | 128 | | Meyer | Katelyn | 54 |
| Schmidt | Jeff | 565 | | Sullivan | Tim | 124 | | Pawlak | Robyn | 53 |
| Drefahl | Andrew | 561 | | Brinkman | Ashley | 123 | | Turner | Mary | 52 |
| Smiley | Michael | 537 | | Willman | Jan Marie | 120 | | Tillen | Robert | 51 |
| Meyer | Craig | 520 | | Cabaniss | Julie | 118 | | Kronberg | Andrea | 50 |
| Wojtal | Prati | 520 | | Milunovich | Sarah | 118 | | Modica | Kristen | 49 |
| Peterson | Pat | 519 | | Stueland | Lisa | 118 | | Morsch | Peggy | 49 |
| Dix | Michael | 492 | | Peterson | Beth | 116 | | Gresl | Lois | 45 |
| Granholm | Lance | 486 | | Cichanowicz | Sam | 115 | | Fischer | Joseph | 44 |
| Turner | Steven | 485 | | Koepsel | Deborah | 115 | | Patterson | Andy | 39 |
| Zellner | John | 466 | | Herson | Kathryn | 111 | | Plechaty | Kris | 36 |
| Santoro | Ron | 449 | | O'Reilly | Tedmond | 109 | | Wolfgram | Heather | 36 |
| Tuckwood | Debra | 449 | | Burton | Becky | 108 | | Bourne | Kim | 35 |
| Beattie | Robin | 395 | | Matson | Kevin | 108 | | Roy | Sharon | 35 |
| Reisenbuechler | James | 375 | | Kuhs | Kelly | 107 | | Volkman | Sue | 35 |
| Retzlaff | Roger | 372 | | Bansemar | Mike | 105 | | Montgomery | Bobbie | 32 |
| Borley | Kyle | 365 | | Rosenberg | David | 105 | | Schwabe | Mary Jo | 30 |
| Mowery | Dean | 359 | | Holzhauser | Sandra | 98 | | Horvath | Richard | 28 |
| Granholm | Jennifer | 345 | | Ripple | Rick | 98 | | Polk | Robert | 28 |
| Torres | Jeff | 326 | | Templin | Tod T. | 92 | | Cowan | Andrew | 26 |
| Siebers | Scott | 311 | | Heinrich | Rudi | 91 | | Klein | Robert | 26 |
| Zur | Kimberley | 349 | | Radtko | Lorraine | 91 | | Depies | Deanna | 25 |
| Litzenberg | Jill | 296 | | Martinez | Andrew | 87 | | McDonough | Penny | 24 |
| Burdick | Jerry | 291 | | Pawlak | Jay | 86 | | Michalets | Ellen | 24 |
| Butters | Gary | 272 | | Bartkowiak | Rosemary | 85 | | Schwabe | Michael | 24 |
| Dadian | Joan | 248 | | Kenehan-Krey | Jill | 85 | | Thomas | Karen | 24 |
| Patterson | Maria | 241 | | Pokryzwinski | Mary | 85 | | Byrne | Sandy | 22 |
| Talsky | Ron | 227 | | Cabaniss | John | 84 | | Frausto | Patricia | 22 |
| Sandler | Mark | 219 | | Lamers | Kim | 83 | | McNaughton | Jamie | 22 |
| Stoner | Joyce | 217 | | Whisler | Eileen | 81 | | Dietert | Terryl | 20 |
| Flanagan | Tom | 211 | | Roder | Lindsey | 79 | | Dames | William | 18 |
| Bauer | Rick | 202 | | Zimmerman | Jim | 76 | | Kushinsky | Seth Jay | 18 |
| Kitzinger | Joseph | 199 | | Cannon | Pete | 75 | | Angeli | Liz | 17 |
| Yurasovich | Diane | 196 | | Pfersch | Harriet | 73 | | Henn | Milton | 16 |
| Aschenbrenner | Gary | 178 | | Steckhahn | Mark | 73 | | Temple | Richard | 16 |
| Shaffer | Cindy | 176 | | Spars | Donna | 69 | | | | |
| Hogan | Helen | 170 | | Goldstein | Nevin | 68 | | | | |

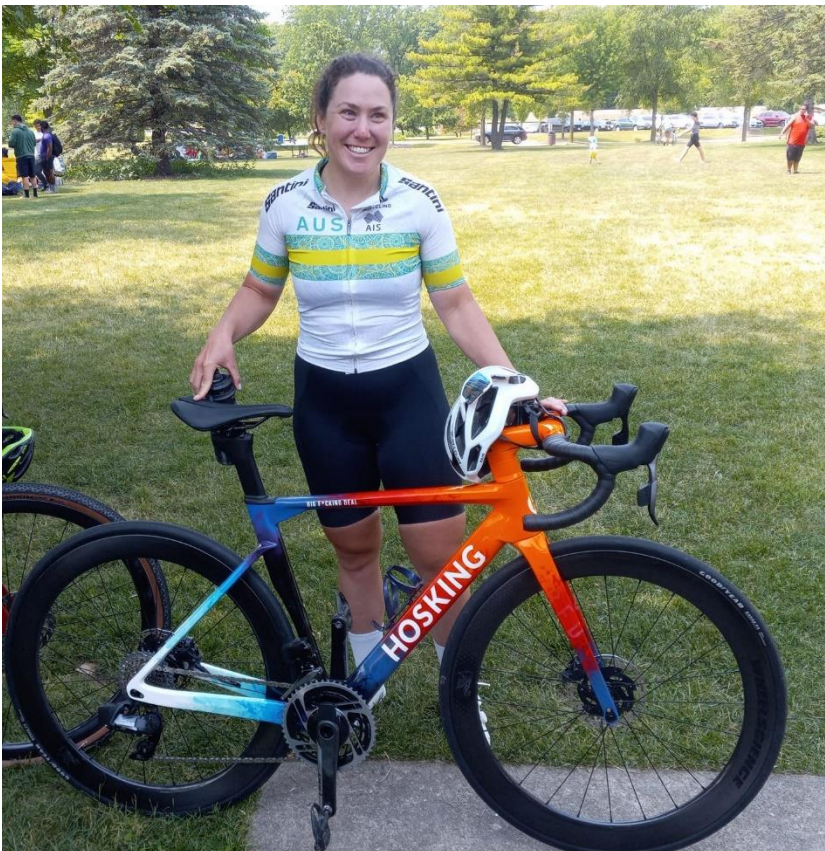
Some Photos of Recent Events



Past Presidents Picnic



Six past Presidents were in attendance. Left to right, Mike Dix, Joe Fischer, Rich Temple, Gil Krueger, Linda Roessl, and Beth Peterson



The BVBC was honored to have Chloe Hosking join us on June 17th for the Elm Grove Stonecutter ride and Past Presidents Picnic. Ms. Hosking was visiting the US from Australia to compete in the Tour of America's Dairyland. She was a member of the Australian Olympic team in 2012 and was the winner of the Road Cycling event in the 2018 Commonwealth Games.

Apparently our 32 mile route wasn't enough of a warmup for the Giro d' Grafton, in which she competed later that day. She managed to increase it by another 10 miles or so by doubling back to join a group of BVBC riders farther back in the pack.



19th Hole Picnic and Ride



Recent Rides



Cycling Sense – Helping Everyone to a Better Ride

By Jeff Torres

Conditioning is for the Dogs...



If you want to be a better cyclist – whatever that means to you – conditioning is not for you. What do I mean by that? Think of Pavlov's experiment.

Exhibit 1: At the end of the experiment, the dogs responded to a stimulus in a way that was beyond their control. They do not exercise free will or have a goal in mind as they act.

Exhibit 2: When you go to the doctor, they assess your current condition - a snapshot of your current state. Your condition does not make you healthier – a medical plan is required to accomplish that.

If you want to achieve any goal in cycling – riding faster, farther, etc. – what you need is a TRAINING plan. Fortunately, training does not have to be complicated, and you do not need any fancy equipment to get better on the bike. All you need is a goal and the discipline to follow some sort of plan.

If you want to ride farther (say for example, to ride your first century) all you need to do is build endurance by systematically riding further in planned increments. “Cramming” a bunch of miles in a short period of time does not work like studying for an exam. You will put too much strain on your body doing this – and your goal is to become fitter, not over fatigued or injured. The rule of thumb here is to gradually increase the distance of your individual rides or weekly mileage total by no more than 10%. It takes time, but this approach will give you the strongest base. Remember to take shorter, easier recovery rides as well.

Riding faster follows a similar path. Ride at a comfortable pace and then ride noticeably harder for a short period of time. Then recover by riding easier than normal and repeat as desired. This is known as HIIT (High Intensity Interval Training). The length of the “hard riding” and the number of intervals will depend on your fitness level. It may be a single 30 second interval or it could be multiple 3-5 minute efforts. The recovery session (riding very easily in between intervals) should generally last at least 4 times as long as the higher intensity effort (example: a hard 2 minute effort should be followed by 8-10 minutes of easy spinning).

By now, I'm sure you are getting the idea. Do you want to get stronger on hills? Find a nice moderately challenging hill somewhere and do hill repeats. Simply ride up to the top, turn around and coast back down. Then up again, coast back down etc., repeating this as many times as your fitness (or determination) allows. As you get stronger you can increase the number of repeats or when you are ready, find a harder hill.

Unlike conditioning, training is in your control and is based solely on your personal goals. It is the key to being able to enjoy longer, hillier, and more scenic rides – or simply being able to ride your usual routes and feel fresher at the end.

Oh, and reserve the drooling for the next time you're looking at that new bike that you know you really want to buy 😊



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.

Newsletter Editor!

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

The Board Members



President Craig Meyer
Info@BayViewBikeClub.org



Vice President Mike Dix
Info@BayViewBikeClub.org



Treasurer Dean Mowery
Treasurer@BayViewBikeClub.org



Ride Chair Andy Sikorski
Info@BayViewBikeClub.org



Board Member Donna Spars
Info@BayViewBikeClub.org



Secretary Roger Retzlaf
Info@BayViewBikeClub.org



Membership JD Rindahl
Membership-info@BayViewBikeClub.org



Board Member Joe Fischer
Info@BayViewBikeClub.org



Board Member Rich Temple
Info@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



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



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!