

# Pedal Power

June, 2024

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



## The Prez Sez by Craig Meyer

I look forward to a couple of club picnics in the next 5 weeks. The first one being, the Past Presidents' Picnic! The picnic will be held Saturday, June 15 at Virmond County Park South Pavilion, 10606 N. Lake Shore Dr., Mequon, immediately following the day's scenic ride through Ozaukee County. The picnic will begin around 11:00/11:30. Please sign up by Thursday June 13, 2024 on the SUG, at [https://www.signupgenius.com/go/805084BABA72FA64-49793469-past?fbclid=IwZXh0bgNhZW0CMTEAAAR3hHi2IfgkoYQuE9A\\_4tOXk-AGBZhuPFpU2AKy12IVp5GVCzSLTwz4Wn0o\\_aem\\_ZmFrZWR1bW15MTZieXRlcw](https://www.signupgenius.com/go/805084BABA72FA64-49793469-past?fbclid=IwZXh0bgNhZW0CMTEAAAR3hHi2IfgkoYQuE9A_4tOXk-AGBZhuPFpU2AKy12IVp5GVCzSLTwz4Wn0o_aem_ZmFrZWR1bW15MTZieXRlcw)

The next picnic is Saturday July 6, 2024, with the 19th ride that begins and ends in Oak Creek. I look forward to wide variety, with the vast number of side dishes, as these picnics are "bring a dish to pass." We get to enjoy some culinary talent of our membership.

I was reading an online article on Bicycling.com from September of 2023 about nutrition on longer bike rides. Normally I take on food or drink based on timing, temperature or bodily feel. While we should listen to our bodies, it makes sense to

also consider the science. They suggest tallying the carbohydrates from both your food and drink, together. Given that the body only effectively processes 30-60 grams of carbs per hour, we ought to match the intake to the processing rate. While the "excess" carbs rarely cause me discomfort to my digestive tract, I ought to avoid the overload situation and drive toward efficient consumption.

It was encouraging to see a larger than expected Sunday crowd (~20+) at the Three Trails West Ride on June 2<sup>nd</sup>. The largest riding group was for the long route, 39 miles. Membership is hitting their stride in less than 2 months into the season. Impresssive!

The BVBC WhatsApp General Group is up to 29 members as of this writing. We have a way to go to achieve critical mass! The link to join WhatsApp and the BVBC Club communication channel was sent May 22, 2024, in the AM. If you need the link resent, send a note to the club email address and someone will help you. The channel offers a closed group, mass communication platform to communicate ride day developments. Please consider adding the tool to your phone.

Cycling Nutrition Source:

[https://www.bicycling.com/training/a20011394/how-to-fuel-on-rides-of-every-length/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=arb\\_ga\\_bic\\_md\\_pmx\\_hybd\\_mix\\_us\\_&gad\\_source=1&gclid=Cj0KCQjwsPCyBhD4ARIsAPaaRf3fyXR\\_cYEjTQk0EjMqm1e471WDieNFtqtCP4TPasicLhC2C9shzUEaAkntEALw\\_wcB](https://www.bicycling.com/training/a20011394/how-to-fuel-on-rides-of-every-length/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_bic_md_pmx_hybd_mix_us_&gad_source=1&gclid=Cj0KCQjwsPCyBhD4ARIsAPaaRf3fyXR_cYEjTQk0EjMqm1e471WDieNFtqtCP4TPasicLhC2C9shzUEaAkntEALw_wcB)



## Membership Notes

By JD Rindahl

Hello BVBC family.

Just a quick update on the state of the club's membership. As I write this our current membership stands at 148 people. While that number is great it is down about 25% from last year. If you are one those members that have renewed or are new to the club this year, I want to thank you for your support! If you still need to renew it's never too late. Remember, by being a club member you get to enjoy great group rides with some remarkable people, discounts at various local bike shops, a 20% discount on a Road ID and access to Ride with GPS that has over 130 amazing

club routes all for \$25.00. Last Sunday the weather was beautiful, and I really wanted to get a ride in, so I downloaded one of my favorite routes, The River Hills Roll, and enjoyed gorgeous scenery with turn-by-turn directions and a route map.

So, if you haven't renewed what are you waiting for? As a matter of fact, spread the word to all your friends that they should come and get some of this peace and serenity that riding a bike brings! Don't forget.... Life is better on a bike!

## Past President's Picnic

By Donna Spars

Calling all BVBC members to the annual Past Presidents' Picnic! The picnic will be held Saturday, June 15 at Virmond County Park **South** Pavilion, 10606 N. Lake Shore Dr., Mequon, immediately following the day's scenic ride through Ozaukee County. The picnic will begin around 11:00/11:30. You are welcome to attend whether you ride or not.

We will be resuming our previous practice of asking picnic participants to either bring a dish to pass or pay \$10 the day of the event. The Club will provide brats and burgers, buns and condiments and water with members asked to bring other items. Bring your own beverage if you'd like something other than water. RSVP on Signup Genius by June 13 noting the dish you'll be bringing or your intention to pay \$10.

Enjoy some good food and good conversation with your BVBC friends!

## Washington Park Velodrome Bike Races

By Mike Dix

Join us on Tuesday June 11th at the Kenosha Washington Park Velodrome 1821 Washington Rd Kenosha, WI 53140 for the 7pm bike races. There has been a velodrome in that location for almost 100 years. Tuesday night is our premier night of racing. Racers from all around Southeastern Wisconsin and Northern Illinois compete June through September in various sprint and endurance track events. Track bikes are required on Tuesday Nights. These specialized bikes are fixed gear bikes with no brakes; if the back wheel is turning so are the

pedals. Licensed riders from age 9 and up are grouped in ability level. Spectators can cheer on their favorite racer, free, from "the hill" as these athletes race at 35+ mph on the steep, 28-degree corner banked track. Possible carpooling--more details to follow. Races run from 7 - 10 pm.

## July Membership Meeting

### Time & Place TBD

By Mike Dix

The Bay View Bicycle Club Monday July 15th membership meeting will feature presentation by the Wisconsin Bicycle Federation about the Cycling without Age program. Check out the Cycling Without Age section on the Wisconsin Bike Fed website. Cycling Without Age is a movement started in Denmark in 2012 by Ole Kassow. Ole wanted to help older adults in Copenhagen get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw ... a three-wheeled pedal-powered bike ... with a pilot behind and a passenger seat up front for views of the community and nature. With his trishaw, Ole started offering free bike rides to the local nursing home residents.

## BVBC Clothing

By Robin Beattie

More details to come but we are working on putting an online store up for members to order short sleeve and sleeveless jerseys as well as two different colors of tech tee's to wear riding or when not riding to advertise our great club. Once the online store is up and running a separate emails will be sent out to the membership and the online store will ONLY stay open for 2 weeks.



**Your prescription\* is ready.**

\* Side effects include: Sense of well-being.  
Highly creative upward mood swings.  
Guilt-free ice cream. Your results may vary.

## *IN THE WHEELS*

Who's who in the BVBC



**This Month's Featured Member**

**Andy Drefahl**

Member Since: 2022

Favorite BVBC Route: See below



**Favorite or Personal Cycling Quote or Motto:**

"Never make life decisions on an ascent" – Andy Drefahl

**What attracted you to cycling?** I loved the wind in my hair from an early age, and growing up on a farm in Muskego, pavement was always such a luxury to ride on. I got hooked on my first road bike at 18. We joined the club after my wife Emily & I did the RAW on e-bikes. We were motivated to get back on our road bikes under full leg power.

**What do you enjoy most about cycling?** Now, being outside with other health-conscious riders.

**On BVBC Routes:** The one I am on. I appreciate the work that went into each.

**How long Have you been riding?** On 2 wheels since I was 6. Road bike this will be 40 years (with a decade or so of lost years)

**What is your favorite place to ride?** The Oak Leaf from South Shore Park to Grant. And we just moved to an apartment at 4200 S. Lake Dr. that overlooks my favorite trail!!!

**What is the farthest you have ridden in one ride?** Maybe 60 or so miles.

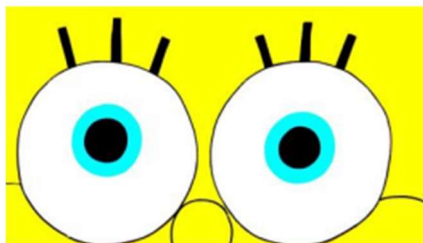
**What is the most fun / rewarding ride you ever had?** The RAW route was fantastic. A true slice of Wisconsin views.

**What is the most challenging thing about cycling?** Staying hydrated!

**Do you have any personal cycling accomplishments?** I didn't ride my bike at this one race, but Emily & I followed it in a camping car for a week or so, a little race called the Tour de France. It was awesome.

**What do you do when you are not riding?** I am currently involved in a few "extra-cyclical" things. When I can, I volunteer at St. Ben's - meals and shelter for unhoused. I am studying to be a licensed massage therapist - I need practice, so let me know if anything is sore. And, I am a candidate for Ski-Patroller at Alpine Valley, which is a year + long training path to becoming essentially an EMT on skis. I'm also touching up our Muskego house to put on the market. In between I travel and camp with family. Heading to Europe next weekend, see you all soon in June.

**What do you like best about the BVBC?** The people. It is always fun to bike. Interesting conversations and "safety in numbers" is a big draw.



## 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).

## **The Board Members**





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



V.P.: Mike Dix  
Email: [Info@BayViewBikeClub.org](mailto:Info@BayViewBikeClub.org)



Treasurer: Dean Mowery  
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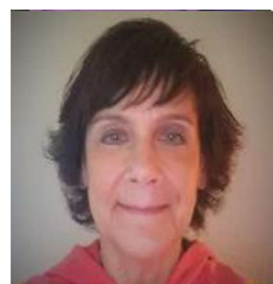
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Event Chair: Donna Spars  
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# Newsletter

By Robin Beattie

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.

## 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!