

Pedal Power

August, 2024

www.BayViewBikeClub.org



The Prez Sez by Craig Meyer

July was the month of picnicking at BVBC. Early in July nearly 40 members gathered for the 19th Hole Picnic following a ride through Oak Creek, Caledonia and South Milwaukee. The weather was glorious, with lower 70s and minimal wind. For the second year in a row the club did not run the cook-out of sweet corn. Score = Cook 2, BVBC 0. We had special guest at the picnic this year, a canine guest by the name of Murphy. Murphy did not participate in the ride. Murphy thought Ron Santoro to be the most welcoming BVBC member.

Late in July BVBC was the host of the Coalition picnic at Roosevelt Park in Oconomowoc. Early morning views of radar over Oconomowoc showed threats of rain. We did experience a trace of rain during ride pregame and a couple spotty showers during the ride that dried faster than the rain fell from the sky. Everyone returned to Roosevelt all smiles, appreciating the wonderful roadways, light traffic and panoramic views on the Classic Mashup Route. Approximately 40 members of BVBC, Cream City and the Spinners attended the picnic. A deep thanks goes out to Donna, Jerry, Diane and Rich for taking care of business to

make the picnic happen before and during the ride. A special thanks goes out to Joe Zimmer for his delectable rhubarb pie. It was deeply appreciated by ~12 of us!

Stay tuned for a couple more picnics coming up in late August and mid-September. Look for the sign ups to be posted on the Club's WhatsApp and Facebook page.

The dog days of summer are now upon us. I was searching the web for content to offer innovative ideas for hot weather cycling. Everything offered by the Bike League is very intuitive in their checklist below:

#1: Stay Hydrated

Just because it's fun choosing to go places by bike doesn't mean it's not exercise — and like any form of physical activity, it's important to stay hydrated. Because you often don't realize how much you sweat while biking, it's essential to replenish fluids and regain strength by maintaining your fluid intake. Doing so can help you avoid dangers such as heat stroke and exhaustion.

We suggest carrying at least two bottles of water (or your favorite electrolyte beverage) on a bike trip no matter how long or how far you plan to ride and NEVER start a ride dehydrated.

#2: Find Optimal Times to Ride

Try to find time to ride in the early morning or late evening. Even on the hottest of summer days, temperatures tend to be cooler during those times. Bonus for early-morning riding: there is usually less traffic too!

Even with short trips, don't be afraid to make accommodations that will reduce the time and distance spent in the heat i.e., finding a shorter bike route or combining your bike trip with transit. Shorter bike miles are better than no bike miles at all!

#3: What You Wear Is Key

Dress as cool as possible by wearing material that is short-sleeved, breathable and quick-dry (often labeled as dry-wick or sweat-wicking). Make sure to also wear UV filtering sunglasses and sunscreen to protect your eyes and skin from the sun's rays. Fingerless cycling gloves are good for maintaining a grip on the handlebars with sweaty palms.

If you're worried about spending the rest of your day in sweaty duds, bring an extra pair of clothes to change into once you reach your destination or add a small towel or wipes to your bag.

#4: Travel Light

Carry stuff on your bike instead of your body. Say your short bike trip is to the grocery store or the local library. It's easier to ride with a few groceries or books on a bike rack than to carry the weight on your shoulder or back. If you travel light, you can go faster and farther.

Think about your bike's tires too. The air pressure in tires increases as the temperature goes up so use slightly lower inflation when you know you will be riding on the extremely hot pavement to prevent a flat.

#5: Know Before You Go

Be aware of the weather conditions and plan routes that will accommodate staying as cool as possible. For example, know which routes offer more shaded areas and where facilities like public restrooms and drinking fountains are located along your route. Parks and trails are usually a go-to for facilities. Also, know the routes to any nearby gas stations and convenience stores where drinks could be purchased.

#6: Be Prepared For Bike Emergencies

No ride is 100% predictable. That's why it is important to be prepared for whatever your next bike trip throws your way, whether it's a flat tire or a broken chain. Always carry whatever you deem to be essential i.e., water, money, and a phone in case you are stranded somewhere. If there is room, bring basic bike tools so that you can repair your bike alongside the road or at your destination if needed.

An easy way to make sure your bike is in good working order before hitting the road, dirt path or wherever you travel is to do an [ABC Quick Check](#).

#7 Park in the shade

If possible and safe, find some shade to park your bike when you reach your destination. Most saddles are black and can attract a lot of heat when parked in the sun. A cooler saddle is more comfortable to hop on than a hot saddle after your errand, day at work, or break.

Bottom line, listen to your body and know your limits. Ride safe and well out there.

<https://bikeleague.org/tips-hot-weather-cycling/#:~:text=%231%3A%20Stay%20Hydrated&text=Doing%20so%20can%20help%20you,NEVER%20start%20a%20ride%20dehydrated.>



Membership Notes

By JD Rindahl

No Update

Bike Ride on the Heritage and Wiouwash trails in

Oshkosh

By Mike Dix

Join Bay View Bike Club and the Milwaukee Nordic ski club on Friday Sept 20th at 10am for a bike ride on the Heritage and Wiouwash trails in Oshkosh. The ride will start at Rainbow Park on the bank of the Fox river just off Hwy 41. We'd go through the Oshkosh corporation campus on a nice, paved trail (It's not on any maps), then connect to the Heritage trail that goes across Lake Butte des Morts on the new Hwy 41 bridge. It's a completely separate paved trail from the road with several displays about the native American tribes of Wisconsin. Like many of us, I drove across the bridge many times and never noticed the bike trail there. The trail then goes along the shore of the lake, then turns north through some marshy areas. No trail pass required. The Wiouwash State Trail is named for Winnebago, Outagamie, Waupaca and Shawano counties. This trail, built on a former rail corridor, is maintained and operated by the four counties the trail traverses. The Wiouwash trail starts out paved, but changes to smooth gravel after a mile or so. It's an out and back ride so it could be anything from 10 miles to 48 miles if you went all the way to Hortonville and back. You should be able to see a lot of birds along the way. Call Mike Dix 414-630-4354 with any questions.



WhatsApp Communication Tool

BVBC has used the club Facebook (FB) page as a method to communicate to membership, particularly late breaking details on ride days, such as inclement weather that may be impacting that day's ride. Some members have been resistant to using FB, as it is a social media site/app that may have some unintended/undesired consequences. The BVBC board would like to suggest an alternative to FB. The BVBC board would like to trial a secure, reliable, private, simple messaging tool to only current club membership. You, the current membership, can be part of the solution!

The board is inviting members to add the app to your phone, to access the Bay View Bicycle Club private WhatsApp Channel. The Thursday message for the coming weekend's ride would be published in the app, as well as any late-breaking developments on the ride day. The message would go to all BVBC members that add the app to their phone and accept the invitation to join the BVBC Community on WhatsApp.

Trouble experienced on the route could be communicated to the entire club, particularly those riding the route and even more applicable, those already back at their cars to offer help to the member in need.

The Thursday email, FB and WhatsApp would continue to be used for the foreseeable future, until one of the tools proves to be the absolute most effective. New members would receive the invitation link as part of the welcome message, similar to the link to RwGPS.

The board urges members to load the app to their phone and participate in the trial. If you have not downloaded the app from initial email yet you are welcome to ask any Board member at a ride for QR code.

Rider Points

Reminder that a missing name might mean you are not a paid member.

BVBC 2024 Rider Points Report

November 1, 2023 through August 4, 2024

| First Name | Last Name | Rider Points |
|------------|----------------|--------------|
| Joseph R | Soriano | 1170 |
| Suzanne | Ziegler | 1109 |
| Joel | Ziegler | 1062 |
| Linda | Roessl | 960 |
| Craig | Meyer | 816 |
| Emily | Carman | 697 |
| Ted | Gast | 650 |
| Lance | Granholm | 622 |
| Richard | Heller | 602 |
| Michael J | Dix | 552 |
| Byron | Bloemer | 508 |
| Andy | Sikorski | 508 |
| Helen | Hogan | 504 |
| Jeffrey | Schmidt | 502 |
| Virginia | Olson | 501 |
| Steven | Turner | 484 |
| Mike | McShane | 476 |
| David | Rosenberg | 431 |
| Joe | Zimmer | 412 |
| Andrew | Drefahl | 392 |
| James | Reisenbuechler | 389 |
| Pat | Peterson | 355 |
| Scott | Siebers | 354 |
| Prati | Wojtal | 336 |
| Peggy | Morsch | 332 |
| Ron | Santoro | 329 |
| Debra | Tuckwood | 329 |
| Norm | Wojtal | 325 |
| Kyle | Borley | 321 |
| John | Zellner | 317 |
| Ron | Talsky | 316 |
| Jennifer | Granholm | 302 |
| Kathryn | Herson | 302 |
| J D | Rindahl | 268 |
| Joyce | Stoner | 243 |
| Mary | Hancock | 239 |
| Kari | Smith | 236 |
| David | Overzet | 218 |

| First Name | Last Name | Rider Points |
|---------------|---------------|--------------|
| Dean | Mowery | 216 |
| Samuel | Paque | 215 |
| Debbie | Luetzow | 200 |
| Thomas | Sericati | 197 |
| Rick | Bauer | 192 |
| Joseph (Jody) | Kitzinger | 191 |
| Chuck | Blakely | 190 |
| Justine | Wagner | 190 |
| Michael | Smiley | 184 |
| Rick | Ripple | 172 |
| Robin | Beattie | 167 |
| Garry | Kelley | 167 |
| Jill | Litzenberg | 164 |
| Steven | Presti | 162 |
| Joan | Dadian | 161 |
| Victoria | Samolyk | 158 |
| Toby | Gardner | 149 |
| Sandra | Holzauer | 139 |
| Jerry | Burdick | 135 |
| Gil | Krueger | 134 |
| John | Cabaniss | 132 |
| Diane | Yurasovich | 130 |
| Deborah | Hoffman | 128 |
| Tod | Templin | 121 |
| Jim | Zimmerman | 119 |
| Patti | Fronberry | 118 |
| Judith | Liebl | 114 |
| Tom | Flanagan | 113 |
| Gary | Aschenbrenner | 108 |
| Brian | Scotty | 107 |
| Andy | Martinez | 103 |
| Beth | Peterson | 102 |
| Kimberly | Wardon | 97 |
| William | Wardon | 97 |
| Rudi | Heinrich | 93 |
| Peter | Blain | 88 |
| Mark | Bruhly | 86 |
| Mike | Bansemar | 83 |

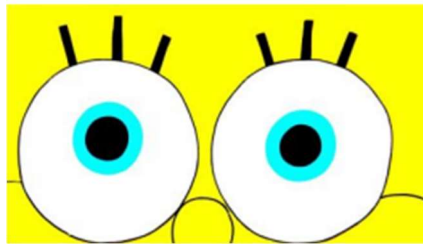
| First Name | Last Name | Rider Points |
|------------|-------------|--------------|
| Donna | Spars | 83 |
| Kevin | Matson | 82 |
| Maria | Patterson | 70 |
| Lois | Gresl | 69 |
| Jim | Reinardy | 66 |
| Katie | Egan-Bruhly | 64 |
| Rick | Espenscheid | 60 |
| Daniel | Neesley | 58 |
| Scott | Thomas | 53 |
| Sandy | Byrne | 52 |
| John | Bartodziej | 50 |
| Mark | Steckhahn | 49 |
| Becky | Burton | 48 |
| David | Howell | 48 |
| Sue | Howell | 48 |
| Lorraine | Radtke | 47 |
| Bobbie | Montgomery | 35 |
| Robbyn | Tuinstra | 32 |
| Harriet | Pfersch | 30 |
| Becky | White | 30 |
| Pauline | Ellington | 29 |
| Gary | Butters | 25 |
| Anne | Desotelle | 25 |
| Brittany | Kinser | 25 |
| Kim | Lamers | 25 |
| Sharon | Roy | 25 |
| Deanna | Depies | 24 |
| Seth Jay | Kushinsky | 23 |
| Deb | Schmidt | 23 |
| MaryJo | Schwabe | 23 |
| Mark | Zalewski | 22 |
| Susan | Lorentzen | 20 |
| Micki | Reinardy | 20 |
| Christine | Midthun | 19 |
| Steven | Midthun | 19 |
| MaryKay | Peterson | 19 |
| Tom | Peterson | 19 |
| Richard | Temple | 16 |

August 04, 2024

Tips for Cold Weather Riding

See the articles below for tips on cold weather riding (these do not include moving to Arizona or Florida)

<https://www.trainingpeaks.com/blog/cold-weather-cycling/>
<https://www.bicycling.com/training/g20011536/guide-to-winter-cycling/>
<https://www.rei.com/learn/expert-advice/winter-bicycling.html>



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.



The Board Members



President: Craig Meyer
Email: Info@BayViewBikeClub.org



V.P.: Mike Dix
Email: Info@BayViewBikeClub.org



Treasurer: Dean Mowery
Email: Treasurer@BayViewBikeClub.org



Membership: JD Rindahl
Email: Membership-info@BayViewBikeClub.org



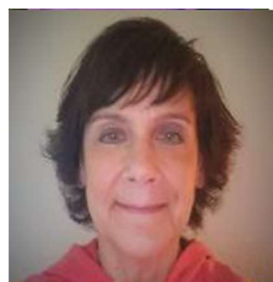
Ride Chair: Andy Sikorski
Email: Info@BayViewBikeClub.org



Board Member: Robin Beattie
Email: Info@BayViewBikeClub.org



Board Member: Emily Carman
Email: Info@BayViewBikeClub.org



Event Chair: Donna Spars
Email: Info@BayViewBikeClub.org



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



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.

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].

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!