

# Pedal Power

Bay View Bicycle Club (BVBC) Newsletter

www.bayviewbikeclub.org

February, 2017

March newsletter deadline: March 1, 2017

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## Next member meeting

### No February member meeting

**Read further for upcoming social event – RSVP requested**

### The Prez Sez

This has certainly been one of those strange Wisconsin winters. The weather has been just nice enough to allow you to *consider* riding your bike, but mixing in just enough cold, snow, and gloomy skies to keep all but the most dedicated riders inside. Of course, I hope you have been able to find some other activities to keep you busy over these past few months.

Since planning for club activities has just begun, we have decided not to have a regular club meeting in February. Instead, we will plan a social event for members, so we can get together and enjoy some time with friends. Keep reading the newsletter for more details.

On a final note, this year's Wheel and Sprocket Bike Expo Sale will be April 7 - 9. Bob Klein has once again offered to co-ordinate the volunteers for the show. If you enjoy our club rides and events and the comradery of your friends in the club, why not take this opportunity to help spread the word of the fun we have in the BVBC by volunteering at our booth during the Wheel and Sprocket Bike Expo Sale.

Hope to see you all soon,  
Rich

## The Veep Speaks

You may already know that Andy Sikorski and I have switched our positions on the board. I have confidence that Andy will have little difficulty living up to my legacy of messing up the ride schedule and changing it several times per year, forgetting to bring cue sheets to the ride, and generally screwing up the weather (he has already demonstrated a special knack for that).

So, it is now my job to find speakers for our general membership meetings. If you have any ideas, please let me know.

For the March meeting, we will be kicking things off with an introduction and demonstration of Ride With GPS. Be assured we are NOT planning on forcing this application on anyone. Cue sheets are NOT going away. But even if you are like me and don't mix well with technology, there are features of the application you might just find interesting. You do not need a smart phone or a GPS to use Ride With GPS. You can access it using your computer.

If you use a smart phone and have not downloaded the app, you might want to do that before the meeting. You will quickly learn that Andy and I are not going to be providing technical support, but if you have difficulty or questions you are likely to find someone in the club that has encountered the same issues and can help you out.

The club has its own Ride With GPS site that only our club members can access. You must have access to this site in order to view our club information, download ride cue sheets, etc. If you would like to get access, please send an email to either Andy or me and we will send you the link to access our site. You simply follow the link and build your profile.

Joe

## On The Road

My fourth year of serving on the BVBC board has begun, and with it comes my fourth position. I'm the new Ride Chair, a job the remainder of the board hopes is finally one I won't screw up. I'll admit that I was hesitant to accept the position, given that for the past three years, all I've heard is Joe whining about what a time consuming and thankless job it is.

It turns out that Joe's grumbling was a tad overblown. Thanks to the awesome Ride Chair app that Kent wrote a few years ago, one simple click generates the ride schedule for the entire season. It's so sophisticated, it takes into account: road construction schedules for all municipalities within 75 miles; special events calendars across southeastern Wisconsin; the 180 day weather forecast; and Dean's social commitments.

A second click and the picnic shelters are reserved, cue sheets are printed, and the food for the banquet is ordered. It seems that all of Joe's agonizing about mid-season schedule adjustments was due to the fact that Cushing Park is 0.1 miles too far from the Zoo Interchange to be considered a 'short' drive by his very complex algorithm.

Don't expect anything too drastic to change, but I do have a few new ideas (look for either 'Two Trails' or 'Three Trails' to appear during the DNR 'free' weekend in June). I'd appreciate any tips that anyone can provide regarding conditions affecting our routes. I'm already aware of the permanent closure of Ryan Road between Chicago Road and 5th Avenue in Oak Creek, so watch for tweaks to the three routes that run through that area.

I'm looking forward to seeing all of you on a ride one day very soon!

Andy

# Let's PARTY!



WHERE: RIVERFRONT PIZZERIA  
509 E. Erie Street  
Milwaukee (near SummerFest grounds)

WHEN: Tuesday, February 28  
TIME: 6:30-8:30  
COST: \$5.00 for all you care to eat pizza  
Cash bar  
1/2 price bottles of wine that can be corked and taken home

This event will offer a chance to mingle with other club members. This is not a sit down dinner. This will be a great time to catch-up with friends, meet new friends, complain about the weather, strategize biking ideas for the upcoming season, and relax. Our membership is now up to 171!

If you're new to our club or fairly new and you don't know anyone, come anyway and meet us. We're a friendly group! You may email me if you wish and I will meet you there and introduce you to people.

If you aren't a club member and are thinking of joining, you are welcome to attend. Email me so that I will know to look for you.

Please RSVP to me, Jill Litzenberg, Social Chair either at [Social@BayViewBikeClub.org](mailto:Social@BayViewBikeClub.org), my personal email that is listed in the club roster, or text me. **Please RSVP by Saturday, February 25 even though you might not be sure if you're attending.** The pizza chef will be continuously bringing out hot delicious pizzas for two hours!

\$5.00 can be given to a board member on the evening of the party.  
Hope to see you there! (Cross your fingers for no snow storm that day!)

Jill



## **Wheel and Sprocket Bike Expo Needs Your Help**

By Linda

Wheel and Sprocket is looking for bicycle enthusiasts to help sell accessories at the Bike Expo April 7<sup>th</sup> thru the 9<sup>th</sup> at State Fair Park location. It is a three to four day event (with set-up) and you can pick the hours that work best for you. I have sold helmets at the Expo for over 25 years. I enjoy encouraging riders to buy the basics so they can enjoy the sport as I do. You don't need to be an expert. You just need to be able to engage people in the products on hand and assist folks with their bicycling needs. If you are interested; go out to the [WheelandSprocket.com](http://WheelandSprocket.com) website, click on Join our team and Apply Now for the Hales Corners location. It is best to mention; referred by Linda or BVBC to expedite your application. If you have any questions, you can contact me [roessll@hotmail.com](mailto:roessll@hotmail.com) or talk to Jerry at the Wheel and Sprocket Hales Corners location.

### **Membership Notes**

Now is the time to start thinking about renewing your membership for the 2017 ride season. You can renew any time, you don't have to wait for the new membership year to start on April 1st. You can print a membership form and mail the completed form to the address specified.

Two people joined the club over the winter - Kelly Kuhs and Mark Temple. Kelly was previously a member some years ago who has returned to the club. According to president, Rich Temple, Mark is not a relation of his, in case you were wondering.

This brings our membership up to 171. I hope all current members will consider renewing.

Looking forward to seeing you on the road in the spring,

Mike  
Membership Chair

## Climbing the Social Ladder

By Jill Litzenberg  
Social Chair

Although biking season is approaching quickly, I'm sure some members have been out riding this winter because of the dry roads and mild temperatures. Seven members from our club had fun riding in Florida in December with the bicycle tour group Peddle Across Wisconsin (PAW). There were 120 people riding. We started our ride in Key Largo and rode 50 miles to Marathon where we spent the night. We then rode another 50 miles the next day to Key West where we spent three nights. The ride down was very hot and humid: in the 90's with high humidity The PAW sag team took very good care of us by feeding us and keeping us watered along the way.

We explored Key West for four days. We enjoyed great restaurants, bars, music, dancing, sightseeing at Hemingway's, a naval museum, southern most point, finding cigar shops, taste testing whiskey at a distillery, shopping, visiting Margaritaville, kayaking, snorkeling, parasailing, swimming with the manatees, sitting on the beach, seeing a lot of huge iguanas, and biking.

We then biked back to Marathon and Key Largo. Each day brought us 22 mph headwinds, so the ride back was challenging physically and mentally. All in all, we had a great trip! (Even Mike Smiley said he had fun even though there weren't any hills for him!)



## 105-Year-Old Cyclist Rides 14 Miles In An Hour En Route To A World Record

Laura Wagner, NPR

Frenchman Robert Marchand set a new world record Wednesday when he cycled 22.547 kilometers (about 14 miles) in an hour — at the age of 105.

Wearing a purple and yellow cycling suit, pink helmet and yellow glasses, Marchand completed 92 laps at the Velodrome National, an indoor track near Paris that's used for elite cycling events. According to The Associated Press, he set a new record for the 105-plus age group and received a standing ovation from people in the crowd, who chanted "Robert, Robert" as he rolled to a stop. Still, he said he could have done better.

"I did not see the sign warning me I had 10 minutes left," Marchand said, according to the AP. "Otherwise I would have gone faster, I would have posted a better time. I'm now waiting for a rival."

For comparison, the U.K.'s Bradley Wiggins rode 54.526 kilometers (about 34 miles) in 2015 and holds the record for the men's hour, the BBC reported.

"I am not here to be champion. I am here to prove that at 105 years old you can still ride a bike," Marchand said, per Eurosport.

His record-breaking ride Wednesday was incredible, but Marchand's entire life has been a series of singular events. The AP has this on his background:

"Marchand, a former firefighter who was born in 1911 in the northern town of Amiens, has lived through two world wars. He led an eventful life that took him to Venezuela, where he worked as a truck driver near the end of the 1940s. He then moved to Canada and became a lumberjack for a while.

"Back in France in the 1960s, Marchand made a living through various jobs that left him with no time to practice sports.

"He finally took up his bike again when he was 68 years old and began a series of cycling feats.

"The diminutive Marchand — he is 1.52 meters (5-foot) tall and weighs 52 kilograms (115 pounds) — rode from Bordeaux to Paris, and Paris to Roubaix several times. He also cycled to Moscow from Paris in 1992.

"Ten years later, he set the record for someone over the age of 100 riding 100 kilometers (62 miles)." So what's his secret? Marchand's coach and friend Gerard Mistler told the AP it's simple: He eats fruits and vegetables, doesn't smoke, drinks wine only on occasion, goes to bed at 9 p.m. and exercises every day.

Mistler, perhaps cognizant of the cloud of doubt that hovers over impressive cycling performances, told the news service: "If [he] had been doping, he would not be there anymore." And if this story gets any better, here's some amazing photos of the feat.

For the pictures go to:

[http://www.npr.org/sections/thetwo-way/2017/01/04/508213332/105-year-old-cyclist-rides-14-miles-in-an-hour-en-route-to-a-world-record&utm\\_source=facebook.com&utm\\_medium=social&utm\\_campaign=facebook](http://www.npr.org/sections/thetwo-way/2017/01/04/508213332/105-year-old-cyclist-rides-14-miles-in-an-hour-en-route-to-a-world-record&utm_source=facebook.com&utm_medium=social&utm_campaign=facebook)

## Newsletter

All club members are welcome to submit content to the Monthly Newsletter. If you come across something interesting to share, please feel free to send to MaryJo at [newsletter@bayviewbikeclub.org](mailto:newsletter@bayviewbikeclub.org). The deadline for the next newsletter is **March 1, 2017**.

## Ride Leader Responsibilities

Being a ride leader is lots of fun and earns you additional rider points. Just remember:

- Be on time, or preferably, a little early.
- Be sure all riders sign the waiver sheet. Have them indicate the number of miles they intend to ride.
- Provide and distribute the ride route map to all riders.
- Pack and carry a First Aid Kit. If you don't have a kit or need additional supplies, please contact the Ride Chair. Render assistance as needed and as you are able. In case of an accident involving more serious injury or property damage, fill out the enclosed incident report when time permits. This will allow a claim to be submitted to our insurer.
- At rest and lunch stops, do a check to make sure all riders are accounted for. At the end of the ride, again double-check on riders to make sure everyone made it back.
- Have fun!
- After the ride, return the waiver sheet (and ride package) to the Ride Chair so that everyone can qualify for rider points and to satisfy our insurance requirements.
- Make notes after the ride (where to eat afterwards, where to park, any problems with the route (places people got lost, incorrect mileage, bad corners, etc.)) for the next ride leader and turn in to the Ride Chair.

## Rider Points 2016

|                          |       |                            |     |                         |    |
|--------------------------|-------|----------------------------|-----|-------------------------|----|
| Ziegler, Suzanne.....    | 1,825 | Gibbs, Tamara.....         | 322 | Valente, Nancy .....    | 66 |
| Mowery, Dean .....       | 1,785 | Velickovic, Ratko.....     | 322 | Klauk, Ken .....        | 64 |
| Schmidt, Jeff .....      | 1,645 | Mitton, Sandy .....        | 304 | Kliegman, Sharon.....   | 64 |
| Sikorski, Andy .....     | 1,395 | Monkey, Sock .....         | 301 | Knepper, Dick .....     | 64 |
| Ziegler, Joel.....       | 1,356 | Matson, Kevin.....         | 276 | Remlinger, George.....  | 64 |
| Fishman, Steve.....      | 1,257 | Peterson, Pat .....        | 276 | Meagher, Gary.....      | 62 |
| Roessl, Linda .....      | 1,117 | Schneider, Patty.....      | 274 | Benz, Eric .....        | 61 |
| Santoro, Ron .....       | 1,049 | Hoffmeier, Jeff.....       | 272 | Umhoefer, Ron .....     | 54 |
| Tuckwood, Debra.....     | 1,027 | Sullivan, Tim.....         | 260 | Hofstetter, Kim .....   | 53 |
| Fischer, Joe .....       | 1,019 | Marx, James.....           | 256 | Cannon, Pete .....      | 52 |
| Smiley, Michael.....     | 983   | Trusky, Pauline .....      | 254 | Katzfey, Delvina .....  | 52 |
| Siebers, Scott .....     | 981   | Gietzen, Catie .....       | 253 | Nelson, Tom.....        | 51 |
| Blakely, Chuck.....      | 941   | Beachkofski, Clare .....   | 251 | Freischmidt, Lance..... | 50 |
| Braatz, Penny.....       | 869   | Ritchie, Sharon.....       | 239 | Gannon, Dan.....        | 49 |
| Zur, Kimberley .....     | 860   | Dames, William.....        | 231 | Gannon, Sandra .....    | 49 |
| Borchardt, Jeff .....    | 858   | Burke, Christine .....     | 229 | Roy, Sharon .....       | 45 |
| Dix, Michael .....       | 858   | Haas, Jill .....           | 222 | Charlson, Penny.....    | 44 |
| Gast, Ted.....           | 823   | Moranski, Jeffrey.....     | 218 | Christenson, Steve..... | 43 |
| Soriano, Joseph.....     | 813   | Perkins, Tom .....         | 184 | Rugg, Cheryl.....       | 43 |
| Temple, Rich .....       | 787   | Henn, Milton.....          | 174 | Torres, Jeff.....       | 40 |
| Lerand, Carol .....      | 716   | Peterson, Beth .....       | 171 | Schwabe, Edie.....      | 38 |
| Lerand, Bill .....       | 711   | McCarty, Elaine.....       | 169 | Schwabe, Michael.....   | 38 |
| Wojtal, Prati.....       | 661   | Sandler, Mark .....        | 165 | Michalets, Ellen .....  | 37 |
| Schwabe, MaryJo.....     | 639   | Ormond, Judith.....        | 162 | Sharpless, Phil.....    | 37 |
| Wojtal, Norm .....       | 627   | Polk, Bob.....             | 162 | Zalewski, Mark.....     | 37 |
| Templin, Tod.....        | 591   | Tanz, Martin .....         | 156 | Donahue, David .....    | 34 |
| Ziegler, Megan.....      | 579   | Constantine, Darwin .....  | 153 | Tanz, Marci .....       | 32 |
| Aschenbrenner, Gary..... | 566   | Douglas, Pat.....          | 152 | Lewis, Scott.....       | 26 |
| Rutkowski, Ron .....     | 561   | Luetzow, Debbie.....       | 151 | Mark, Scott .....       | 25 |
| Klein, Robert .....      | 556   | McNaughton, Jamison.....   | 150 | Wodke, Chris .....      | 25 |
| Connors, Dennis .....    | 540   | Kelly, Kent.....           | 134 | Barr, Amy.....          | 23 |
| Hogan, Helen .....       | 538   | Duffey, Diane .....        | 132 | Butters, Gary .....     | 23 |
| Burton, Becky .....      | 511   | Perkins, Randy .....       | 130 | Carini, Steven.....     | 22 |
| Martinez, Andy .....     | 511   | Scheeler, Elyse .....      | 130 | Byrne, Sandy.....       | 21 |
| Orosa, Jojo .....        | 493   | Wojciechowski, Marsha..... | 130 | LaFave, John .....      | 14 |
| Litzenberg, Jill .....   | 476   | Patterson, Maria.....      | 120 | Bivens, Bob .....       | 10 |
| Zellner, John .....      | 471   | xTrusky, Pauline.....      | 115 | Richardson, Ann .....   | 10 |
| Crown, Ron .....         | 470   | Rosenberg, David.....      | 107 |                         |    |
| Tallberg, Janet .....    | 459   | Krueger, Gil.....          | 102 |                         |    |
| Schwabe, John .....      | 409   | Truskowski, Chris.....     | 98  |                         |    |
| Binkowski, Joslyn .....  | 396   | Katzfey, David.....        | 97  |                         |    |
| McChain, Betsy.....      | 388   | Stoner, Joyce .....        | 95  |                         |    |
| Blanchard, Stephen ..... | 378   | Volkman, Sue.....          | 93  |                         |    |
| Ellington, Pauline.....  | 376   | Lewis, Lois.....           | 82  |                         |    |
| Mitton, Steve .....      | 367   | Krueger, Nancy .....       | 72  |                         |    |
| Moranski, Erica .....    | 364   | Walkowiak, Cheryl.....     | 72  |                         |    |
| Thaller, Susan .....     | 360   | Gresl, Lois .....          | 67  |                         |    |
| Stephens, Sharon.....    | 357   | Hoffman, Darrell.....      | 67  |                         |    |
| McAttee, Eric .....      | 343   | Rosenberg, Diane .....     | 66  |                         |    |