

Pedal Power

September 2019

www.BayViewBikeClub.org



**September Membership Meeting
Monday September 16th @ 7pm**



Location: City Lights Brewing Company
2200 W Mt Vernon Ave., Milwaukee
Exit I-94 at 25th St. It's just south of the freeway in the Menomonee river valley. Turn left.

Join your friends from Bay View Bike Club on Monday September 16th at 7pm at City Lights Brewing Company. We plan on meeting outside in the beer garden along the Menomonee River behind the building--so dress warm if it's cool and bring a raincoat if it's raining. (Or if it's raining we could meet inside.) Enjoy specialty beer, non-beer and food. This is a social meeting, so no guest speaker--but lots of great conversation about club activities and biking adventures.

There will be a one-hour pre-meeting bike ride. Meet at 5:45 at the Bubler bike station. Bring a light if you've got one. We plan to be on the Hank Aaron trail but it gets dark early these days.

The Prez Sez

By Joe Fischer

SAVE THE DATE for the annual year end banquet: Thursday November 14. In response to the survey we conducted at the beginning of the year many of you requested a change of venue, preferably with an option to include adult beverages. So that is what we are doing. Come to the general membership meeting this Monday, September 16, to get more details.

Nothing out of the ordinary has happened since our last newsletter. That is of course, if you consider the opportunity to ride with friends twice a weekend on one of our great bike routes in our beautiful state “ordinary”. Speaking for myself, it is easy to take our cycling opportunities for granted. I have spoken to many riders from out of state who come to Wisconsin because they consider the combination of our roads, scenery, and topography a cycling mecca. The only problem is it is difficult to ride year-round. There are not many club ride weekends remaining so get out there and enjoy while you can.

Next month we will have more details about our annual banquet and Halloween rides.

Since I have nothing to write about, that is what I am going to do.

Nothing [nuhth-ing] *noun* 1. no thing; not anything; naught: *to say nothing*. 2. no part, share, or trace (usually followed by *of*): *The house showed nothing of its former magnificence*. 3. something that is nonexistent. *nonexistence*; **nothingness**: *The sound faded to nothing*. *Adverb* 1. in no respect or degree; not at all: *It was nothing like that*. *Nothing dismayed, he repeated his question*. *Adjective* 1. amounting to nothing, as in offering no prospects for satisfaction, advancement, or the like: *She was stuck in a nothing job*.

Cute, huh? Hey, it's a slow news day. Hope to see you on a ride. And remember, let's have fun out there.



LAST, LAST CHANCE
(really we mean it this time)



Several members have inquired if we will be offering another opportunity to order the 30th anniversary jersey. Podium Wear has graciously offered another opportunity to order WITH NO MINIMUM QUANTITY. If you are interested please email Joe Fischer (info@bayviewbikeclub.org) and he can arrange to have the store front opened again. The jerseys are available in men's and women's sizes @ \$65 per jersey with \$5 shipping charge per package.

Membership Notes

By Mike Smiley

We had one person join the club in the past month. This brings our current membership to 176.

Please welcome the following new member to the club:

Jennifer May



Group Ride Etiquette

by [Wade Shaddy](#) of "I Love Bicycling" 9/27/15
(abridged)

You have the bike and you've done the miles. You're dressed in the right gear, understand the culture, and look like a cyclist. With all the cycling clubs, benefit and charity rides out there, there's no reason to avoid group riding. Here are a few tips on group ride etiquette to boost your confidence to get out there and ride with a group.

Not knowing what to expect can be intimidating, but cyclists are just like you. Some fit, some — not so fit. There's no need to be intimidated. It's not a competition. Everyone's out there for fun. Group riding is camaraderie, adventure, laughter, feeling fit, and being surrounded by people with like minds. Understanding what's expected makes you feel welcome and a part of the group.

No Sudden Movements

Never swerve, brake, or accelerate suddenly. The key to safe group riding is to do things gradually and steadily, keeping together.

Hand Signals

If you see obstacles: someone ahead of you drops a water bottle or there's a pothole or disruption ahead of you, use hand signals. Drop your hand to the side, pointing at the obstacle to warn the riders behind you which direction to swerve if needed. Don't point out insignificant things like cracks or things that you can ride through. Unnecessarily swerving to avoid things can be risky.

Car Back

Never shout or yell in a group ride except for "car back". Shouting out causes other cyclists to swerve. "Car back" means a vehicle is approaching from the rear. If you hear it, get over to the side if you're not already there. If you detect a car coming up behind you, shout "car back" if you see riders ahead of you who need to move over.

On Your Left

It's never a good idea to pass a cyclist on the right side. If you find yourself in a position to pass, always pass on the left and warn the rider in front of you vocally with "on your left" as you pass if needed.



Ride Control Central

By Andy Sikorski



September/October Ride Schedule

Date	Route	Starting Location	City	Distance(s)			
Saturday, 14-Sep-19	South Shore to Gorney Park	South Shore Park	Milwaukee	26	42		
Sunday, 15-Sep-19	Big Cedar Lake	Independence Park	Hartford	34	49		
Saturday, 21-Sep-19	Oconomowoc Eagle	Roosevelt Park	Oconomowoc	25	42		
Sunday, 22-Sep-19	Burlington Roll	Heg Park	Town of Norway	23	33	50	
Saturday, 28-Sep-19	LaGrange - Southern Kettle	LaGrange Church	LaGrange	30	48		
Sunday, 29-Sep-19	Historic Milwaukee	Lake Park	Milwaukee	21			
Saturday, 5-Oct-19	Dundee Northern Kettle	Dundee Village Park	Dundee	19	31	43	
New Date: Sunday, 6-Oct-19	Parkside	Petrifying Springs Park	Kenosha	25	34	47	
Saturday, 12-Oct-19	Waukesha - Wern Valley	Fox River Sanctuary	Waukesha	30	44		
Sunday, 13-Oct-19	Wind Lake	Hales Corners Park	Hales Corners	25	26		
Sunday, 13-Oct-19	Holy Moly Hills	Plat Elementary School	Colgate	14			
Saturday, 19-Oct-19	River Hills Roll	Kletsch Park	Glendale	26	35		
Sunday, 20-Oct-19	Mukwonago	Mukwonago High School	Mukwonago	26	34	45	54
Saturday, 26-Oct-19	Secret Bong Roads	Union Grove Municipal Bldg.	Union Grove	27	37	48	
Sunday, 27-Oct-19	Halloween	Logeman Community Center	Mequon	30			

Click on this link <https://bayviewbikeclub.org/> to access specific ride details.



Scrumptious

Saturday Rides - Last One of the Season!

October 5th: Hamburger Haus

(Dundee Northern Kettle)

Don't miss the Fun and Good Eats – it's the last one of the season!



Bay View Bicycle Club



Rider Points for November 1, 2018 – September 8, 2019

All Rides Entered for These Dates

<u>Rider</u>	<u>Points</u>	<u>Rider</u>	<u>Points</u>	<u>Rider</u>	<u>Points</u>
Schmidt, Jeff	1501	Gresl, Lois	270	Krey, Julie	83
Soriano, Joseph	1387	Kenehan-Krey, Jill	249	Peterson, Beth	83
Ziegler, Suzanne	1363	Donahue, David	246	Schmidt, Deb	82
Roessl, Linda	1278	Ellington, Pauline	241	Krumpelbeck, Eric	79
Sikorski, Andy	1162	Martinez, Andy	241	Schwabe, MaryJo	76
Blakely, Chuck	1020	Michalets, Ellen	240	Douglas, Pat	75
Ziegler, Joel	962	ONeill, Jim	232	Paque, Sam	73
Smiley, Michael	891	Stoner, Joyce	231	Browne, Rose Anne	69
Torres, Jeff	861	Ripple, Rick	225	Temple, Mark	60
Burdick, Jerry	856	Henn, Milton	222	Orosa, Jojo	59
Gast, Ted	840	Dames, William	217	Ives, Katie	56
Siebers, Scott	778	Lamers, Kim	207	Webb, L Michelle	54
Mowery, Dean	727	Bansemar, Mike	195	Wolfgram, Heather	51
Zur, Kimberley	675	Stephens, Sharon	181	Trammell, Diana	49
Granholm, Lance	632	Burton, Becky	175	Byrne, Sandy	48
Temple, Rich	590	Santoro, Ron	174	Katz, Jeff	48
Hogan, Helen	560	Templin, Tod	174	Schaver, H Roger	45
Litzenberg, Jill	533	Blanchard, Stephen	173	Krueger, Gil	44
Yurasovich, Diane	516	Kliegman, Sharon	170	Warshauer, Jacquelyn	41
Kuhs, Kelly	511	Zalewski, Mark	168	Berkopec, Julie	40
Hegland, Carol	507	Beachkofski, Clare	165	Kuykendall, Scott	40
Matson, Kevin	479	Unertl, Todd	163	Butters, Gary	39
Granholm, Jennifer	473	Izydorek, Travis	154	Brinkman, Ashley	37
Meyer, Craig	473	Sabinash, Jean	154	Smith, Collin	37
Aschenbrenner, Gary	460	Volkman, Sue	153	Connors, Dennis	34
Wojtal, Norm	457	Belvoir, Mary	152	Moranski, Erica	32
Wojtal, Prati	457	Peterson, Pat	129	Wheeler, Kevin	32
Talsky, Ron	452	Locher, Chris	128	Lieberthal, Mark	30
Tallberg, Janet	445	Montgomery, Bobbie	117	Lieberthal, Pam	30
Borchardt, Jeff	440	Rindahl, J D	114	Hancock, Mary	29
Sullivan, Tim	433	Rotter, Elana	114	Roy, Sharon	28
Tuckwood, Debra	402	Dadian, Joan	113	Rahn, Chris	26
Rosenberg, David	377	Cannon, Pete	109	Schwabe, John	25
Dix, Michael	335	Panagiotopoulos, Harry	107	Kitzinger, Joe	21
Manteau, Carl	324	Fishman, Steve	106	Polk, Bob	21
Heller, Rich	316	Burke, Christine	103	Schaver, Sharon	21
Sandler, Mark	310	Fisher, Katie	98	Ganter, Victor	20
Fischer, Joe	307	Zellner, John	98	Crown, Ron	19
Retzlaff, Roger	303	Blanchard, Claire	93	Spars, Donna	16
Willman, Jan Marie	283	Kops, Tammy	93	Lambeth, Kelly	14
McAttee, Eric	275	Klein, Robert	90	Bivens, Bob	10

Six Key Movements of Strength Training

Submitted by: Paul Warloski, Simple Endurance Coaching

Full-body strength training for endurance sports does not need to mean long hours in the gym.

If you are a runner or cyclist or other endurance sport athlete who wants to develop strength and build muscle for your sport, the six movements of strength training are easy and effective structure for your workout.

The six movements, which I've adapted from [Menachim Brodie's](#) work on strength training, can be done with a variety of exercises, depending on your experience and comfort with free weights. Plus, you can alternate the movements to maximize your efficiency in the gym.

The six movements are:

- Chest Push - to develop chest and arm strength
- Chest Pull - to develop back and arm strength
- Shoulder Push - to develop shoulder, arm, and upper body strength
- Shoulder Pull - to develop shoulder, arm, back strength
- Hinge - deadlift-type movements that strengthen glutes, hamstrings, hip stabilizers, and lower back.
- Squat - to develop leg, hip, and back strength.

You can always add additional exercises to this routine, but if you use these six movements as the structure of your workouts, you'll make sure your full body gets stronger.

For example, a chest push might be a bench press, dumbbell press, dumbbell flies, seated cable press, machine chest press, or TRX bands.

And a chest pull might be seated rows, cable rows, bent over rows, reverse push up on barbell, etc.

As long as you do at least one exercise for each of these movements, you'll get a full body strength workout.

And the less stable the exercise, the more of your body will have to work.

For example, if you do a one-arm dumbbell chest press, that exercise utilizes not only your chest and arm, but the whole side to keep you from rolling off the bench! The dumbbell is very unstable, and you have to use more stabilizer muscles to keep the dumbbell stable.

Alternatively, if you do a machine chest press, you primarily use just your chest and arm muscles in isolation. Those stabilizer muscles aren't as required.

Here are some more ideas to consider for your full-body endurance sport strength training workout:

- You can alternate movements, such as hinge and chest pull, to create "supersets" and maximize your time in the gym. Avoid doing the shoulder pull and press, though!
- Do 5 to 8 repetitions of each exercise for 3 to 5 sets each. If you get to 8 repetitions, move up in weight. This is strength training, so you should be doing some heavy weights!
- The goal is to fatigue the muscles, not jack up your heart rate. So if you're breathing hard after a set, take a few moments to let the HR come back down.
- You can do multiple exercises for the same movement. For example, you can do a traditional squat, Bulgarian split squat, and pistol squats with the TRX to really fatigue your legs and hips.

If you are a member of the Wisconsin Athletic Club, come in to the Greenfield gym, and we'll go through some examples of this routine.

Here's the form I use with the WAC clients:

MOVEMENT	EXERCISE	Feedback
Chest Push		
Chest Pull		
Shoulder Push		
Shoulder Pull		
Hip Hinge		
Squat		
Core Work		
Notes:		

If you have questions or comments, want to meet at the WAC, or want to create some training plans, email me at pwarloski@gmail.com or text at 262.705.4892.

Thanks for reading!



ANNUAL BANQUET DINNER NOVEMBER 14, 2019

By Sharon Stephens



We will be doing something different this year. We will be starting our evening at Emery's bike shop in Menomonee Falls for a pre-dinner gathering and then crossing the street for dinner and awards at De Marinis Restaurant. Many more details to follow.

Looking forward to seeing everyone there!



Newsletter

By Diane Yurasovich

All club members are welcomed **and encouraged** to submit articles of interest and pictures to the newsletter. Articles are due no later than the 10th of the month to be included the next edition.

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The Board Members



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Promotions - ????????

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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. We don't sell or forward your email address to any outside organizations. The BVBC board has decided not to make our member names, addresses or e-mails available electronically to members. We will continue to print a paper membership directory available in June. With very few exceptions, all of the 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. We don't do that. If you would like to share your experiences about a particular ride, feel free to do that in 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.



Let's Be Safe Out There!