

# Pedal Power

April, 2022

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



## The Prez Sez

We held our 2021 annual banquet (well, more like 2021 ½ but who's counting) on March 31 at Wheel and Sprocket Bay View. It was a very enjoyable evening. If you missed it, check out the pictures further on in this newsletter.

We had 70 members in attendance! (Never underestimate the power of free pizza.) I am not sure if that is an all-time record or not—we had three members in attendance each of whom has been in the club for 27 years who could probably confirm that--but if wasn't an all-time record I bet it was close.

It was great to see so many of you in person again. I am looking forward to future in person meetings and events. In addition to the free pizza we also had several trays of appetizers provided by W&S Joy Ride Café. Check out those pictures below and eat your heart out.

As usual we awarded our top three male and female rider points leaders plus a few tongue-in-cheek awards. Linda Roessl walked away with this year's Twisted Monkey award. (That seems appropriate on so many levels). And Andy Sikorski was presented with the President's Award for his extensive work on our bike routes. Congratulations to all of our award winners.

We also had our board elections. Roger Retzlaff, who has been serving as Board Secretary on an interim basis was officially elected to the Board, and Donna Spars has been elected as a Member at Large. Congratulations to you both and thank you for volunteering.

In addition, a special thank you to Ron Santoro for putting together another outstanding year-end, in this case two-year end, slide show. That is my favorite part of the banquet and Ron, with no small amount of help from Debra Tuckwood, delivered again. Thanks, you two.

Several of you expressed interest in ordering BVBC cycling jerseys, shorts, or jackets. We have reopened the online store with our vendor Hidden Bay graphics. See the article below for more details and a link to the store. The store will remain open through May 6.

I am looking forward to the spring thaw and the ice going out (what is up with our weather?) and I hope to see you on a ride soon.

And remember, let's have fun out there!

Joe

## The Store is Open - Order Your Club Kit Now!



Our partner Hidden Bay Graphics will again be supplying our club kits. There will be no minimum order quantities.

Use the link below to access the Club Store and place your order. No password is required. Click on the item you are interested in to see descriptions and information about how the garment fits. You can also ask any club members you see wearing the kits for advice on fit.

The store will remain open until **May 6**. Orders will be **shipped by June 15**

<https://bayviewcycling2022.itemorder.com>

Shipping and processing fees will apply. We suggest that you "buddy up" and combine your order with friends to reduce shipping costs.



## Membership Notes

By Rich Temple

Just a quick reminder that it is time to renew your membership for the 2022 ride season (last year's memberships expired on March 31<sup>st</sup>).

I encourage you to use the club website to renew your membership, I think it's easier for you and it's definitely easier for Dean, Joe, and me.

We have had fifteen (15) new members join since the last update, please welcome **Joan Friedman, Alan Soriano, Micki Reinardy, James Hooten, Elizabeth Hallerman, Tom Petri, Robert Tillen, Katelyn Meyer, Ethan Meyer, Tarun Poonacha, Jim Zimmerman, Deborah Hoffman, Linda Weaver, Mei Champion, and Sandra Holzhauser** to the BVBC. Including the renewals that are starting to come in, we are up to 131 members for the 2022 season so far.

Oh, one other reminder. Starting this year, we have done away with membership cards. Instead, new and renewal members will get a membership letter emailed to them which can be used in place of the membership card. Just save the email on your phone or print it out and it can be used to receive discounts at participating local bike shops.

Hope to see you on a ride soon!

## 2021 Annual Banquet . . .

### The Hosts of Wheel & Sprocket - Bay View





**The Members  
Socializing**





## The Bounty of Food



# The Award Winners!



Second Place Rider Points Award

Joel Ziegler & Linda Roessl



Craig Meyer & Andy Sikorski presented Suzanne Ziegler with the First Place Rider Points Award.

Not pictured: Joseph Soriano (men's First Place Award winner)



Linda Roessl – Twisted Monkey



Andy Sikorski – President's Award by Joe Fischer

Click on the link below to view the season preview slides that were shown at the banquet.

<https://bayviewbikeclubblog.files.wordpress.com/2022/04/bvbc-2022-season-preview-30mar2022.pdf>

SEASON END RIDER POINTS								
Suzanne	Ziegler	1,969	Joseph	Kitzinger	366	Matthew	Turner	109
Joseph	Soriano	1,628	Bob	Murray	364	Rosemary	Bartkowiak	106
Joel	Ziegler	1,598	Joyce	Stoner	356	Carol	Hegland	105
Linda	Roessl	1,587	Mike	Bansemar	348	Heather	Wolfgram	100
Craig	Meyer	1,544	Clare	Beachkofski	346	Deb	Schmidt	99
David	Donahue	1,525	Peter	Blain	340	Lois	Gresl	97
Scott	Siebers	1,494	Becky	Burton	333	Douglas	Howe	97
Michael	Dix	1,443	Brittany	Kinser	316	Pete	Cannon	91
Roger	Retzlaff	1,390	Tim	Sullivan	314	Bill	Reid	90
Ron	Santoro	1,323	Bobbie	Montgomery	300	Jill	Haas	87
Helen	Hogan	1,227	Christine	Burke	280	Eileen	Whisler	79
Rich	Heller	1,206	Patti	Fronberry	262	Vicki	Samolyk	77
Debra	Tuckwood	1,182	Joe	Zimmer	261	Mike	Glodowski	69
Andy	Sikorski	1,149	Jill	Litzenberg	254	JoJo	Orosa	69
Chuck	Blakely	1,121	Raheel	Palla	251	Tod	Templin	67
Jeff	Schmidt	1,112	Jill	Kenehan-Krey	246	Gary	Butters	61
Steven	Turner	1,073	Becky	White	245	Mary	Turner	60
Ted	Gast	1,051	John	Zellner	243	Andy	Shor	59
Norm	Wojtal	1,017	Mark	Sandler	241	MaryJo	Schwabe	58
Prati	Wojtal	989	Amalia	Schoone	241	Samuel	Paque	55
Jerry	Burdick	941	Matt	Wrensch	241	Joseph	Fasi II	54
Ron	Talsky	911	Rick	Ripple	237	Andrea	Kronberg	53
Kimberly	Zur	911	Donna	Spars	237	Sharon	Roy	51
Jeff	Borchardt	792	Kyle	Borley	214	Sue	Volkman	51
Michael	Smiley	715	Mark	Bruhly	209	Robbyn	Tuinstra	50
Jeff	Torres	620	Dennis	Connors	205	John	Schwabe	48
Stephen	Blanchard	602	Lance	Granholm	199	Katie	Fisher	47
Jan Marie	Willman	596	Timothy	Wick	194	Patricia	Frausto	47
Nick	Meyer	580	Nadya	Shalamova	193	Janet	Talberg	45
Kevin	Matson	572	Ted	Maus	188	Ethan	Rotter	43
Joe	Bockhorst	551	Harriet	Pfersch	187	Jeremy	Show	43
Tina	Samuels	549	Mark	Steckhahn	187	Patricia	McBride	38
Joseph	Fischer	545	Amy	Barr	185	Berta	Glodowski	36
Rob	Manke	544	Carol	Knapp	173	Andrew	Martinez	33
Richard	Temple	501	Sam	Cichanowicz	168	Monica	Veitch	32
Eric	Bond	476	Lorraine	Radtke	164	Ross	Veitch	32
Pat	Peterson	463	Judy	Shor	164	Liz	Hallerman	29
Gary	Aschenbrenner	442	Pauline	Ellington	157	Eric	McAttee	28
Kelly	Kuhs	420	Beth	Peterson	145	Lindda	Koenig	23
Joan	Dadian	410	Catie	Gietzen	133	Amy	Kjaer	21
David	Rosenberg	399	John	Haupt	124	Donna	Burdick	20
John	Cabaniss	393	Gerry	Schmitz	116	Sandy	Byrne	20
Diane	Yurasovich	380	Linda	Reid	115	Robert	Polk	20
JD	Rindahl	378	Katie	Bruhly	112	Julie	Cabaniss	16
William	Dames	377	Kim	Lamers	111	Mark	Zalewski	16

**GRAND TOTAL OF 53,492 MILES!**



# 2022 Ride Season

## Has Already Begun!

By Andy Sikorski

- The season runs from Saturday, April 9<sup>th</sup> through Sunday, October 30<sup>th</sup>
- Two routes have received significant overhauls to the point where they're being considered 'new'
  - Additionally, one brand new route is expected to be announced later in the season
- A couple of minor changes are being made to the ride sign-in procedure

I hope to see you there or on a ride in April!

Date		Route	Location	Distance Options				Special Event
Saturday	4/23/2022	Grant Park	South Milwaukee	19	27			
Sunday	4/24/2022	Stonecutter Number One	Elm Grove	32				
Saturday	4/30/2022	Virmond Park	Mequon	30				
Sunday	5/1/2022	Greenfield Southwest	West Allis	28	46			
Saturday	5/7/2022	Cedarburg	Cedarburg	25	37	54		Scrumptious Saturday Wayne's Drive In
Sunday	5/8/2022	Waukesha - Wern Valley	Waukesha	28	44			
Saturday	5/14/2022	LaGrange Upstream Fajita	LaGrange	33	43			
Sunday	5/15/2022	Historic Milwaukee	Milwaukee	25	30			
Saturday	5/21/2022	Westosha	Silver Lake	27	38	48		
Sunday	5/22/2022	Germantown Roll	Germantown	24	32	40		
Saturday	5/28/2022	Wind Lake	Hales Corners	25	36			
Sunday	5/29/2022	Ottawa Lake	Dousman	29	41			
Monday	5/30/2022	South Shore to Gorney Park	Milwaukee	26	42			





# Ride Safety



The following is from: [www.bicycling.com](http://www.bicycling.com)

## 4 Important Ways to Prep Your Bike for Spring

GET YOUR BIKE READY TO RIDE AS WINTER COMES TO AN END

### Run Through the Gears

Start your spring check-up by shifting through all of your bike's gear combinations. Make sure the chain moves smoothly, without any skips or stiff spots, and listen for any clicking, popping, or grinding noises, which can indicate drivetrain issues.

### Show Your Tires Some Love

Pump up your tires to your preferred [tire pressure](#); 24 hours later, check the pressure again. If a tube goes flat immediately, it needs to be replaced. If it loses more than 75 percent of its air overnight, it's probably time to replace the tubes.

If you have [tubeless tires](#), make sure that the sealant inside is still liquid. If not, clean them out and fill them up again.

### Tighten Things Up

Check all of the nuts and bolts to make sure they haven't loosened. You'll want to use a torque wrench to make sure you're tightening them to the correct spec. While you're doing that, watch out for bolts that have seized.

### Bring it to the Shop

If you find one of these problems and you're not comfortable doing work on your own, take your bike to a reputable [bike shop](#). While tune-up costs can vary widely between shops, most will run you between \$35 and \$70, and you'll have peace of mind knowing your bike is safe and ready to ride for the rest of the season.

Even if you decide that your bike is in good working order, it still doesn't hurt to take it into a shop and get a safety check done. A mechanic will go over the bike and confirm everything is in tip-top shape—a process that usually only takes a few minutes and dollars to do.

# How to Fuel for Rides of Every Length

Selene Yeager, S (2022) *Bicycling*

## How to Fuel a Short Ride (1 hour or less)

- **Primary Concern:** Fluid replenishment.
- **What to Drink:** Plain water or a low-carb electrolyte hydration drink.
- **Eat:** Most people start with enough stored energy for a 60-minute workout, but carry a banana just in case you're out longer than expected or you start to fade.
- **Bonus Tip:** For optimal recovery, eat a full meal within an hour of finishing an intense workout.

## How to Fuel a Medium-Length Ride (1 to 3 hours)

- **Primary Concern:** Carbohydrate replenishment.
- **What to Drink:** 2 bottles (at least) of a low-carb electrolyte hydration drink.
- **What to Eat:** 30 to 60 grams of carbs per hour from food.
- **Bonus Tip:** Don't wait until you're hungry or thirsty to eat and drink. Take small nibbles and sips from the get-go.

## How to Fuel a Long Ride (3 hours or more)

- **Primary Concern:** Carbohydrate and electrolyte replenishment; food boredom or palate fatigue.
- **What to Drink:** 2 bottles (at least) of a low-carb electrolyte hydration drink.
- **What to Eat:** 30 to 60 grams of carbs per hour, total. Digestion can get harder as rides get longer, so eat more solids at the beginning of the ride, and switch to blocks, chews, and other easily digested foods during the final part of the ride. Just be sure to drink plenty of fluid to chase down gels, so you don't upset your GI system.
- **Bonus Tip:** Supplement those bars and gels with carb-rich, low-protein, moderate-fat "real" foods. Don't worry about specific amounts of protein or fat; just eat what tastes good so you keep eating.

# A TASTE OF EVENTS TO COME THIS YEAR!

Sunday, June 5<sup>th</sup>: UPAF



Saturday, August 13<sup>th</sup>: Ride to the Barns



Saturday 8/20 – Sunday 8/21: Ride Across Wisconsin



**2022** | LA CROSSE ► MILWAUKEE  
235 MILES • 8/20 - 8/21

**NEW ROUTE!**

**LAX = La Crosse**  
**DEL = WI Dells**  
**WTL = Waterloo**  
**MKE = Milwaukee**

This year the Ride Across Wisconsin will take you down the historic Elroy Sparta Trail, through the iconic tunnels, overnight in the Dells for 2 day riders, a ferry across the Wisconsin River, a stop at Trek HQ in Waterloo and a huge party at the Harley-Davidson Museum in Milwaukee.



# The Board Members



**President Joe Fischer**  
[Info@BayViewBikeClub.org](mailto:Info@BayViewBikeClub.org)



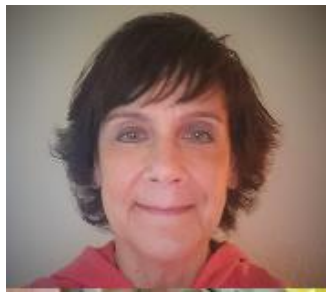
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**Newsletter Diane Yurasovich**  
[Newsletter@BayViewBikeClub.org](mailto:Newsletter@BayViewBikeClub.org)



## Newsletter

By Diane Yurasovich

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.



## **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!