



# Chainletter



Issue # 1

Spring City Spinners Bicycle Club, Inc.

May 2008

SCS Information Line: (414) 297-9135

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

## Editorial Spin

by Laura Thompson

Sing along, if you'd like, to this oldie but goodie from Willie Nelson. It seemed appropriate!

"On the road again-  
Goin' places that I've never been.  
Seein' things that I may never see again  
And I can't wait to get on the road again.  
On the road again –  
Like a band of gypsies we go down the  
highway  
We're the best of friends."

Now that spring has finally sprung, I can't wait to see everyone "on the road again!"

### \*\*\*SAVE THE DATE\*\*\*

- |           |   |
|-----------|---|
| May 2     | Friday Fish Fry Ride<br>Info: Doug/Diane Wolak<br>262-521-9454<br>Please RSVP to ride leader for dinner. Check ride calendar for details. |
| Tuesdays  | Show & Go Ride<br>Info: Gloria Bralick<br>262-549-4029  |
| Thursdays | Show & Go Ride<br>Info: Edna Pfeiffer<br>262-542-6372   |
| Saturdays | Breakfast Ride<br>Info: James Garton<br>262-370-1139  |



## News of Note

### Membership Renewal

You should have received renewal information in a mailing from our Membership Coordinator, Mark Blackman. The forms and fees were due by April 20; if you haven't sent yours in yet ...hurry up! Update and/or add contact information you want to share with other club members. Let's stay connected this year – it's more fun riding together!

### New Members

I saw a few unfamiliar faces at our recent Membership Meeting and just wanted to take this opportunity to say "hello." We're a fun bunch so if you ever have any questions, don't hesitate to ask. Check in on Google Groups for chat and news, come for the social events and most important – join us on a ride! Welcome!

### Spinners Classifieds

Did you unearth some riding equipment while doing some spring cleaning? Maybe you have a cycling shopping addiction? The Spinners can help! Post your classified ad for new or used cycling equipment – whether it's free to a good home or for sale. Simply contact Laura Thompson at [laurathompson76@gmail.com](mailto:laurathompson76@gmail.com) or 262-364-7611.

### Coalition Ride

Mark your calendar, our joint ride and picnic with the Bayview Bicycle Club and Cream City Bicycle Club will be Sunday, July 27. The ride will start at Heg Park near Windlake, WI. Ride distances and start times are as follows:

- 50 miles – 8:00 AM
- 33 miles – 9:00 AM
- 23 miles – 9:30 AM

Everyone should finish up at about noon and lunch will be served then. As in the past, bring a dish to pass or some money (\$6) so non-riders can go shopping for last minute needs. Questions? Call Dan Krall, BVBC president, 414-687-2757.

## From the Saddle of the President:

Both your bike and your body will get a little help from a spring tune up.

The bike part is pretty easy. Make sure the tires are in good shape, if they're old, replace them. Wash your bike and look it over carefully checking for cracks or any other odd problems you might not normally see. Check all of the adjusters to see that they move; loosen and lubricate if necessary. Clean and lube the chain. Check all the spokes to see that they are in roughly the same tension. How far you get into a bike tune up probably depends on how often and how hard it's used. Be conservative with tires and tubes, wheels, stems, and bars. If any of those fail, "there will be trouble."

Spring time tune up for your body is more difficult to predict from here. Although if you've lived in this area throughout the winter, my bet is that you didn't get much riding done. Unless, of course, you're Mark Merner, I heard he rode all winter. If you stayed active through the winter, starting riding in the spring will go a bit easier. If not, then get your riding started by going easy. Don't try to push too hard, enjoy being on the bike and quit before you're tired. That will make getting back on a pleasure, something that you want to do. Go easy on the hills until you've gotten your legs used to pushing and your knees used to the stress and motion of pedaling. How long that should take will need to be judged by you, but again, be conservative. On a diet note, if you've been cutting back on carbohydrates in order to lose weight, don't forget you need to have them to ride. They're needed especially if you go out a bit longer or ride aggressively. I've already witnessed a rider bonk (severe carbohydrate depletion) this spring on a club ride. It was sudden and difficult to recover from.

Personally speaking, Juli and I did couples yoga classes this winter in an effort to stay limber. I've noticed improvement in my comfort on the bike from daily core exercises working the abs and back. I also had a bout with a problem that I've heard more of lately, cramping. I got tremendous relief from increasing my calcium (citrate) and potassium intake.

Our bikes and bodies are not the only thing in need of a spring tune up. Many of the local roads are in

rough shape. Keep your head up and watch out for potholes. Many of them occur along the edge of the pavement, close to where we tend to ride. In addition, some roads still have lots of sand on them from our snowy, slippery winter. Be careful!

Hope to see all of you riding.

James Garton

## Out for a Ride

The 'Out for a Ride' column will return later this year ...after club members get back from their fabulous cycling vacations!

### 2008 Board of Directors (all area codes are 262)

President	James Garton	370-1139
Past President	Mike Doerr	513-0900
Vice President	Doug Wolak	521-9454
Treasurer	Diane Wolak	521-9454
Secretary	Laura Fisher	706-3029
Member at Large	Doug Curtis	549-0586
Member at Large	Wendy Muller	716-9066

### Directors/Committee Chairs

Membership Director	Mark Blackman	542-4185
Publicity Director	Steve Thompson	547-6921
Ride Coordinators	Doug/Diane Wolak	521-9454
Newsletter Editor	Laura Thompson	364-7611
Hot Line	Linda Hallen	574-1497
Webmaster	Doug Curtis	549-0586