



Chainletter



Issue # 2

Spring City Spinners Bicycle Club, Inc.

June 2008

SCS Information Line: (414) 297-9135

www.springcityspinners.org

Editorial Spin

by Laura Thompson

My apologies for the publication delay of the June newsletter. I just got back from Las Vegas where I successfully avoided getting tattooed, married or arrested and even came home \$20 richer! I must say, however, the only bicyclist I saw was the security guard patrolling the pool at my hotel! The weather in Vegas was a huge contrast to the chilly and damp spring we've been having in Wisconsin. Our arm warmers, knickers and rain gear have gotten quite the workout so far. But now that we're into June, let's hope for some sunny, summer riding weather. See you out there!

SAVE THE DATE

- | | |
|------------------------|---|
| June 6 | Friday Fish Fry Ride
Info: Stephen Cummings
262-923-0403
Please RSVP to ride leader for dinner if you're not riding. |
| June 7 | Trek 100 – No club ride |
| Tuesdays/
Thursdays | Show & Go Ride
Tues Info: Gloria Bralick
262-549-4029
Thurs info: Edna Pfeiffer
262-542-6372 |
| Saturdays | Breakfast Ride
Info: James Garton
262-370-1139 |
| July 4 | Christina's Breakfast Ride
Ride leader needed! Contact
Doug/Diane Wolak 262-521-9454 |

Note: No First Friday Fish Fry Ride on July 4



News of Note

Help your club ... you might win a prize!

We need help papering cars with our PTK flyer at other rides. Specifically:

- Trek 100/Pewaukee/June 7
- Lake Country Classic/Oconomowoc/July 12
- Heat Stroke 100/Burlington/July 13
- Tour De Fort/Fort Atkinson/August 17
- Cream City Cycle Century/Waterford/ Aug. 24
- Wright Stuff Century/Mt. Horeb/August 31

In order to encourage club members to help with these chores, we will offer the following incentive:

Any member that distributes flyers – this entails placing one flyer under the windshield of each car at the above stated rides - will earn one entry for each ride they distribute flyers. At the end of the year there will be a drawing from these names for a nice prize. The prize itself is yet to be determined, but the approximate value will be \$50.00. Steve Thompson (262-547-6921) will be the contact person from whom to get the fliers. Laura Fisher (262-706-3029) will keep a list of the volunteers for the drawing.

Other PTK Promotion

If anyone is going to a local bike shop or to a ride in the Midwest (one not listed above) please take some PTK flyers with you and promote our ride. Contact Steve Thompson (262-547-6921) for fliers.

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 or 262-364-7611.

News continued next page, column 2

From the Saddle of the President:

When out riding, never forget that the hills have two sides – after you go up, you must come down; and the downhill side can be an important part of climbing. Your riding experience can, or should, include some analysis of the terrain as you go along. Sometimes a little more speed on the downhill can help on the next uphill. Whenever you're going downhill, don't just coast - add a bit of pressure on the pedals. In addition to the added speed, continuing to pedal will help flush lactic acid from your muscles and keep you loose. If the downhill is immediately followed by an uphill, you'll get a great advantage from a bit more speed. But don't forget to look ahead, if the end of the downhill includes a flat (with a headwind?) before the next climb, a big downhill effort might be wasted, you be the judge.

Don't put so big an effort into climbing that you have nothing left at the top. If you've got nothing left at the top of the climb, then you can't do much, if anything, with the downhill side of the hill. Recovery from too much exertion just takes too long. A long hilly ride should be ridden conservatively and with thought about where you'll get your recovery and how much use you can make of the down side of hills. Riding with friends on a hilly ride may necessitate an agreement to regroup, whether after the top, on the next long flat, or at a predetermined rest stop, so that a competition on the climbs doesn't burn someone out before the end of the ride. Have some fun and agree to regroup.

Finally, don't ride downhill so fast that you become uncomfortable. Being scared on your bike is no fun and is not safe. Slow down before you go too fast for yourself. Use your own judgment; don't get drawn in by someone riding past you. They may be real good, or on their way to a real bad day.

James Garton



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.

Love riding WITH your friends

Another snippet from our Prez ...

In the last Chainletter I mentioned checking the condition of your bike. At a recent Tuesday night club ride, I rode with a long-time friend who doesn't ride a lot, but ramps up pretty fast every year. We'd just passed Wern Farm when he got a flat. This was no problem, except he hadn't had a flat in a long time. He didn't have any way to inflate the tire, although I did. I checked the tire while he got the new tube out. The tire's casing cords were showing all the way around, and there was no tread rubber left at all. A couple of other issues helped bring about a long tire change which, combined with the condition of the tire, made for a shortened ride for the evening. My point? It might not bother you if your tires, or other critical parts of your bike, aren't in great shape, but it's a nice gesture for the friends that ride with you to keep things in good working order and to be prepared for minor repairs.

2008 Board of Directors (all area codes are 262)

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Treasurer	Diane Wolak	521-9454
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