



Chainletter



Issue # 4

Spring City Spinners Bicycle Club, Inc.

August 2008

SCS Information Line: (414) 297-9135

www.springcityspinners.org

Editorial Spin

by Laura Thompson

Pedal the Kettle is mere weeks away – if you haven't already, mark your calendar for Sunday, September 21! Members who have been in the club awhile know what a great day this is for everyone involved – riders and workers alike. For those of you who are club "newbies" this is a great chance to meet your fellow members.

Help is still needed in several key areas. If your phone rings it may be a PTK chairperson looking for assistance! Please consider helping us out, whether for part or all of the day!

Just a reminder ...club members are asked to work at the ride, not take part in it. We have special day – the Pedal the Kettle preview day - when we can ride the route. Join us on September 13 to check out the routes!

SAVE THE DATE

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
August 24	Cream City Club Century www.creamcitycycleclub.com
September 5	Friday Fish Fry Ride <i>See ride schedule for details</i>
September 13	PTK Preview Rides 33/64/100 <i>See ride schedule for details</i>

News of Note

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

We still need a few members to volunteer their time. Can you help papering cars with our PTK flyer at other rides? Specifically:

Cream City Cycle Century/Waterford/ Aug. 24

Wright Stuff Century/Mt. Horeb/August 31

This entails placing one flyer under the windshield of each car at the above stated rides. Volunteers will be entered in a drawing for a prize (~\$50.00) at the end of the year. Get your fliers from Steve Thompson. Laura Fisher is keeping the list of volunteers for the drawing.

Pedal the Kettle

Cookies!

Bakers ...start your ovens! The Spring City Spinners are famous for providing home baked goodies at each of the rest stops at our annual bike tour, Pedal the Kettle. All club members are asked to donate 4 dozen cookies to the cause. Tips from past bakers:

- Avoid recipes with lots of chocolate in them – if the weather is hot they will melt.
- Allow cookies to cool completely before packaging.
- Once cool, arrange cookies on a sturdy plate and wrap in foil or place entire plate in a large Ziploc bag. If you prefer to use Tupperware, be sure to clearly label the container with your name.
- Include your recipe with the cookies so folks with allergies don't get sick.
- Several club members have large freezers if you want to bake in advance. You can drop cookies off with Mike Doerr & Laura Thompson or Steve & Siri Thompson. Just give them a call to arrange for drop off.

PTK information continued next page, column 1

Help Needed!

Gloria Bralick needs at least three more people to assist her with marking the roads for Pedal the Kettle. She's planning to do this on Sunday, August 31 (Rain date Monday, September 1). It should take 4-5 hours and would be a perfect task for someone who wants to help with PTK, but can't make it on the day of the ride. Please call or email Gloria if you can assist. Phone: 262-548-2049, email: gbralick@ameritech.net.

Rest Stop Volunteers Needed

There are still spots available for rest stop workers. Shifts are generally 3-6 hours depending upon the stop you work. Working a rest stop involves welcoming and chatting with the riders as they pass through the rest stop, replenishing the snacks & drinks for the riders, and either setting up or taking down the stop. This is a great opportunity to socialize with other club members and our riders! Contact Laura Thompson if you are interested in helping at a rest stop. Phone: 262-364-7611, email: laurathompson76@gmail.com.

From the Saddle of the President:

Our Prez is on vacation. His column returns next month.

Out for a Ride

The Horribly Hilly Hundred Ride
By Laura Fisher

S.O.S. Save Our Ships (i.e.bikes). Shoot on Sight. Save Our Souls. What does S.O.S mean? S.O.S. in this case is a Story of Suffering

I'm not entirely sure whose idea it was to do this ride, but I seem to be getting all the blame. I think the reason we decided to do the ride was because every time we came to a hill Nancy Lockman would say "I hate this hill." I got tired of hearing her say that on every hill - even though I was thinking it myself. Gloria Bralick, on the other hand, was too much the optimist. She was always saying "it's all downhill from here." I thought this ride would be a fun and challenging way to make us all stronger on the hills.

Gloria and Nancy agreed to do the ride with me - if we could get in. Just leave that to me. I pre-registered us as Team SCS; that way, either all of us were in, or none of us were. On the registration

day I got up very early and went to the web page and just kept hitting the refresh key. I thought, "Once the registration opens, I'll get right in." Sure enough, after about an hour of hitting the refresh button ...we got in! I was so excited! I couldn't wait to tell Nancy and Gloria!

You would have thought I had broken their bikes or something judging by the shocked look on their faces. "Well," they sighed, "then we need to have a training plan of some sort." We worked out during the winter with Cath-e (E is for eeeekkk, you've got to be kidding!) In addition, we decided that we should start riding early in the season and try to ride as much as we could. This was hard to do as we had two winters and no spring this year! We didn't let that stop us. We were dedicated biker chicas. We rode in the rain, the wind, the cold ...once we even saw snow! We also planned to do 'Subdivision Hill' on Tuesdays, as well as the bonus hills. We planned to make two trips out to Madison to practice on the hills in that area. This was not a regimented training plan, more of a do-what-we-can-and-hope-for-the-best training plan. Besides, there were a couple of guys in our club (names withheld upon request) that also got into the ride through the lottery; they could pull us along no problem!

Our first trip to Madison! On this day-trip we planned to ride 28 miles in a ride called "A Taste of Madison." Although the weather that day was finally warm enough to break out the shorts and short sleeved jerseys, it was still windy. Overall, I thought our taste of Madison ride was pretty yummy! That is, until we were chugging along the road near the end of our ride, and saw Mark Merner coming from the opposite direction. We stopped and chatted with him only to have our bubbles burst within seconds. Mark was on mile 85 or so of a 100+ mile ride. Ugh! Well, I swallowed my pride and my little taste of Madison and hoped I could get the whole meal down come ride day! We felt we did a good job on those 28 miles. We had no complaints, no problems, and not a bad time. We even beat the rain!

Our second trip to Madison was an overnight stay. Check out the Village Inn Motel at www.littlebedder.com; it's a nice place. Day one we planned to do about 55 miles; 23 of those would actually be part of the HHH ride. It was VERY windy ...like take your jersey off and use it for a sail and you might get somewhere windy! The

plan for the second day was to ride straight out about 30 miles and then back. After our ride on day one and encountering some of those hills, we knew we had to ride the entire route. We had to know what was coming. We got back to the motel and drew up a cue sheet to incorporate the remaining 43 miles of the ride. Nancy used her superb mapping skills to read off the route information, I put my secretarial skills to work and wrote down the turns, streets and miles in triplicate and Gloria used her mathematical talent to add up all the mileage and make sure we were right on cue. We work so well together! Copies made, we were ready to roll.

I woke up the next morning unbelievably stiff! Even my fingers hurt – from the cue-sheet making, perhaps? I don't know if it was the wind or the hills from the day before? Maybe both? I was a bit concerned about being able to do the ride that day. We parked at the bottom parking lot in Blue Mound State Park. As we were getting bikes, sunscreen and gear ready who, to our great surprise, should appear? Lee and Riz! Immediately we were thinking "good, more help come ride day." They planned to do about 80 miles that day, as Lee was preparing for the 200K HHH! Thanks for all the riding tips, Lee! They scared me into taking the ride very seriously!

The sun was shining, but there was the wind again! I hate the wind! Being the fearless riders that we are, we set off to do the route anyway. When we got up to Bluemound Road, Nancy decided to take a detour in the sand; perhaps she thought it would be more fun to make a sandcastle on the side of the road. There she was sitting in the sand, facing the opposite direction of the way we were headed. Gloria yelled back to see that she was okay and she said "Yep." Then we asked if she was coming, and she said, "No, I think I'm just going to sit here for a while." We had to go check on her; any excuse to stop riding up that hill! Nancy was okay and got up and rode right up the hill. Gloria and I had to try to clip in, which was not easy in the middle of this steep hill. It took me four tries before I could do it. We stopped at our own little rest stops and ate our peanut butter coated pretzels that had melted pretty badly. Nutrition lesson #1: next time get the peanut butter pretzels with the peanut butter IN the pretzels, not on them ...duh!

Our ride was going quite well; we were starting to relax a bit and it seemed we could do the ride. We had only a couple of issues while riding. Going up the hill on Mineral Point Road we were verbally assaulted, but we didn't let that stop us! And then there was Lake View Road. That road was killer. I was getting close to the top, when I momentarily got distracted while looking for the view of the lake. That we never saw! A bug came at me and hit me hard right in the back of my throat with such force and velocity ...it brought me to a complete stop and I had to put my foot down! I had to walk up the rest of that hill! That's all it took to stop my climb! One little bug! Of course Gloria and Nancy, seeing I was in trouble, quickly decided they should join me in my walk up this hill with no view of any lake. So we walked it. Come ride day this hill would be ours!

We finished this practice ride in great form, although we cut it short by about 4 miles due to foot burn, hand burn and exhaustion. Of course, we didn't decide to cut the ride short until after we took a rest and refuel stop at a local gas station. Once we stopped we decided we'd all had enough! Time to head home! We were happy to see Riz's car still in the parking lot when we returned; someone besides us was still out there suffering! Why did that make us feel better?

Come the weekend of the ride, we planned to go up to Verona on Friday night to check in and get our packets. Getting out of Waukesha with all the flooding proved to be a bit tricky, but we did just fine. We looked for two other members that were going to ride, but they were MIA. We called one and he actually just laughed and said, "I'm not riding!" What? If the experienced riders were abandoning ship, what were we still doing here? We were now on our own.

Being true biker chicas, we got up the next morning, put on our matching Jack and Jill jerseys, applied sun screen, put smiles on our faces, dumped sport beans in our pockets and with determination our only weapon against the hills, said "Let's do it!"

We looked for Lee at the start that morning; was he going AWOL on us too? UGH! I was literally shaking as the ride started! Thankfully, the first three miles were downhill; we didn't push it, we just used this as a nice, easy warm-up. Time didn't matter, survival did. We warmed up to the hills,

taking each one on as a separate conquest, resting as much as possible between the hills. A shoe that would not let go of her bike took down Gloria! The hills do that to you, all you want to do is put your foot down and they won't let your bike let go of you! Finally another biker came to her assistance and had enough strength to twist Gloria's foot loose from the pedal. All Gloria heard for the next ten minutes was, "Are you OK?" She just laughed and said "How hurt can you get going 3 miles per hour up a hill?" We continued to ride slow, but steady, and used our energy only to attack (maybe survive) the hills and regroup at the top.

We did see some strange things on the ride. The first was at the top of Bluemounds Road, which was only 6 miles into the ride. We saw a tandem towing a Burley trailer with two little ones inside. They pulled over and the little one said "are we at the camp site yet?" Wow! I would certainly crack under that sort of pressure. That trailer would likely accidentally become unhitched at mile ten! Oops! At some point, I became delirious, and started seeing this gnome-like man on the side of the road who was always at the base of the hill. He was doing a Hammer-gel, and would look at me with a gnome-like smile and nod at me as I passed. He would disappear only to reappear at the next hill without ever passing me! How could this happen? What was going on? I think he was actually slurping down levitating liquid, which transported him over the hills. However, we still finished before he did - so there! And we come to find out he really did exist; he works where Nancy does! Whew! Put the straight jacket away!

Before doing this ride, we had decided not to practice the last hill. We wanted a surprise ending, and what a pleasant surprise it was. It was only a half mile climb to the finish! After riding up all the hills, the writing on the road on that last half-mile climb was a great way to keep your mind and body from cracking. You just kept reading the road and forgot that you were struggling up a hill. Things like: *Beer is near. Cookies at the top. Go go go! Go Todd!* We finished in 5 hours and 10 minutes; somehow we lost 2 hours and 20 minutes between the two rest stops. I really don't know where all that time went. Ask the gnome!

As we left the park we saw Lee coming up that last hill. GO LEE! He drove up that morning and got a later start than we had. We also saw the couple on the tandem with the Burley trailer still attached,

although I couldn't verify if the kids were still inside! They made it! And so did we!

If you're thinking about doing the HHH next year, don't be afraid. Set a goal, make a plan and you'll get there. We did! And it wasn't nearly as horrible as everyone said it would be. It was worse; but it's always easier to suffer amongst friends! Knowing how to pace yourself and where to expend your energy helps a lot, too. Nancy and Gloria would really like to do it again, but they may have a conflict with another ride that day - the Janesville Rotary "Pie Ride." As for myself, I'll be happy to share my vast training knowledge and ride in the support vehicle to hand out water bottles to anyone interested.

The good news is, since our HHH ride, I haven't heard Nancy say, "I hate this hill!" Gloria, well what can I say? She still says "from here it's all downhill and the wind is at our backs!" And that's a good thing! When you're out riding, we hope the wind is always at your back and it's all downhill.

SOS (Saddle of Secretary)



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