



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

# Spring City Spinners Bicycle Club

WAUKESHA, WISCONSIN

## Chainletter

Issue #3.1

April/May 2010

SCS Hotline: (262) 60-SCSBC

### Editorial Spin

by Doug Curtis

Activities started happening pretty fast this time of year. April marked the start of several events for the club; we had a booth at the Wheel & Sprocket Bike Expo, Laura and Wendy attended a special training session and scheduled rides started on April 11<sup>th</sup>. See the rest of the newsletter for details on this and much more.

### SAVE THE DATES

May 7<sup>th</sup>, 2010 – First Friday Fish Fry Ride, see the Ride Calendar for details.

May 17<sup>th</sup>, 2010 – Ladies Night at Cyclesmith, a Trek event. Starts at 6:30PM. See the Ride Calendar for more details as they become available.

May 18<sup>th</sup>, 2010 – Board meeting, all members are welcome to attend board meetings. See the Ride Calendar for details.

May 19<sup>th</sup>, 2010 – Ride of Silence in honor of Allen Belonger. See the full article later in this newsletter for more details.

### SPRING CITY SPINNER'S WANTS YOU! (And all your friends as well!)

Our membership is down from last year. If you have not already renewed your membership please do so. Get friends and/or co-workers to join. The more members / riders we have the more we can accomplish both on the bikes and off. If you need Club Membership Fliers, please get in touch with "Bunny" Ziebell.

### News of Note



#### Ride of Silence

To **HONOR** those who have been injured or killed  
To **RAISE AWARENESS** that we are here  
To ask that we all **SHARE THE ROAD**

Our club will be sponsoring a Local Ride of Silence this year in Waukesha, WI. We are riding in memory of our friend and member Allen Belonger who was killed on his bike last summer, as well as all others who have been injured or killed. The 2010 Ride of Silence, Southeastern Wisconsin begins in Downtown Waukesha at the Waukesha State Bank parking lot, 101 Bank St., Waukesha, WI 53187, Wednesday, May 19<sup>th</sup> at 7PM. The Ride of Silence is similar to a funeral procession. The ride will be slow (max 12Mph/19KMph). There will be no talking, only silence, to remember our fallen brothers and Sisters. Black armbands will be worn in memory of those who have been killed; Red armbands for those injured while riding.

#### A new weekly ride for Thursday mornings

Steve Thompson has proposed the following: Here are my thoughts regarding the Thursday morning ride that I proposed at the last SCS Board Meeting: I envision a real informal, moderate paced ride starting at 8AM from the E.B. Shurts building

(NW corner of Prairie and College Aves.). Routes will in part be determined by the ridership and could be decided by casual vote at the start of the ride. Cue sheets will not be allowed. Actual ride length will be 2-3 hours (I need to be home by about 11AM). Riders should have DNR Trail Passes as some routes may partially involve the Glacial Drumlin Trail. I'm committed to starting the rides on Thursday, May 6 and will continue them for a trial period of at least 8 weeks.

### **Club Gear – Jerseys/jackets/vests**

Watch for a new posting soon, on the website, with the updated inventory of gear that's now available. Contact Mary "Bunny" Ziebell, if you're interested in any of the items on the lists.

<http://springcityspinners.org/gearedup.html>

## **From the Saddle of the President:**

Dear Spinners;

Most exciting news first.....My bike is back!!! :)

Spring is moving along swiftly. The weather this year has been cool but much better than some, at least we have not been snowed on...the wind is still an issue! And so are bananas for some members; but you'd have to talk to Gloria about that!

Glad that Nancy Lockman got to try out her new rain jacket! Nice ride Nancy! 43 miles cold wind and rain! From now on whenever you lead a ride we all know it will go, RAIN or shine!!

And really riding in less than perfect weather is not so bad. You just need to dress for it and ride accordingly; sometimes you might have to cut a few miles off. But at least you got a ride in. Or ride until you get a flat and stand in the chilling rain for almost an hour... that's fun too! Right Mark?

If you haven't gotten out riding yet... What are you waiting for? NOW is the time! Dust off your bike, pump up the tires, tune up the gears, lube your chain, do a safety check, and join us for one of our many club rides! No matter what your ability is we can likely find a partner for you to ride with. Or try our new member Fun Ride on Saturday mornings to get you acquainted to riding with our club.

I have had a BUSY spring. Wendy Muller and I attended a Bike Club Leadership training program, put on by the LAB. Although it was a long weekend and we both would have rather been out riding, it was well worth it. We met Andy Clark, President of the LAB, Amanda White from the Wisconsin Bike Federation and lots of other club leaders and members.

We learned lots of ways to help enhance our member's experience with the Spring City Spinners. It is my hope to start incorporating some of these ideas soon. One idea we are thinking about is a new software program/server. Just to give you a few benefits it would provide us:

- Allow members to join and pay online.
- Add their membership information and share/or not share it with other members.
  - This would eliminate the need to make and mail membership lists that are not easily updated.
- Our PTK riders could sign up and pay directly through our site.
- Spinner Gear could be ordered online.
- Our domain name would remain our own.

The list goes on. It will also centralize and make easier sharing of information among board members. If you have any questions or suggestions please talk with a board member.

I also attended the first ever "Freddy Awards", which gave out awards for bicycle advocacy. There were many categories. Congratulations to Cream City Cycle Club. They won an award for advocacy. I hope, next year, to get the Spinners on the list of nominees!

At the awards I met John Burke president of Trek bikes, Andy Clarke executive Director for the LAB, Gary Fisher and of course Chris Kegel, sharp dressed man in a tux (and President of Wheel & Sprocket). I think they should have had a best-dressed man award.... wonder who would have won that Chris Kegel or Gary Fisher?

I digress.... oh yes after this fine event I was off to Madison for the Wisconsin Bike Federation Bike Summit. The Bike Fed in the past year has done some great things for cyclists. They have gotten "Complete Streets" legislation passed, "anti-dooring" law passed. And lots of money for us (i.e., Cyclists)! I forgot how much okay... but they spent some of it going to Copenhagen and

Amsterdam to learn how they deal with bike commuter issues there. For further discussion on this topic see me at the Fish Fry on Friday. It will be the topic of discussion. I have to think there is more we can do in this area to make our type of Road Biking on rural roads safer as well. That is why I also think it is time Waukesha appeals to all area cyclists and we hold our very first Waukesha Bike Summit (sometime next year).

I ask all members to think about what would make your riding experience better? What can we do to make it safer, more fun? I'd like to hear your thoughts and ideas; email me at: [president@springcityspinners.org](mailto:president@springcityspinners.org)

My hands are cramping... shouldn't it be my legs? That about wraps it up for this issue... except for one last thing.

As you may or may not know; The Spring City Spinners lost our member, excellent rider, & good friend Allen Belonger; in a fatal truck/bike collision, July 11th, 2009. We are holding the Ride of Silence on May 19, 2010 in Waukesha in his Honor. Please come, and tell every rider you know. This is open to the public.

Our member and Reverend Ken Renkin will say a few words. The poem for the Ride of Silence will be read. A moment of silence will be observed and the ride will then commence. The Waukesha Police Bike unit will escort us. The ride will be approximately 8 miles long. It will proceed at 12mph or less, and it will be held in silence. I had emailed Allen's wife Bonnie to let her know of the ride and invited her to join us. I'd like to share her response with the membership here:

*Dear Laura and fellow riders,*

*Thank you so much for letting me know about the ride. I think it is very special that you want to honor him in this way. He would be extremely happy about that and I am sure he is somewhere missing all of you as much as we all miss him. Life will never be the same for us but we are all trying to go on and live the life he would want us to.*

*I do appreciate the invite to join you on the ride but I have not been on my bike since the accident and I am not sure if I will ever bike again. However, I still haven't sold it or given it away so there is hope.....In any case, it would be trail*

*biking as I am very reluctant to put myself out there on the roads.....I have a friend from CA coming to visit that week as well so it would be impossible but again, thank you for asking. I will be thinking of all you on that day...*

*I noticed on the Ride of Silence website you sent that Allen is not listed. Would you like me to list him or has it already been done? I think your group has the best photos of him on his bike. I have been unable to look at them but I know one day I will.....He looked so happy on all of them and for that I am grateful. Biking changed his life and made him feel young again.....it was quite a transformation to see.*

*On last thing I'd like to share with all of you....I'm not sure if you knew, but we had a trip planned to go to Paris in October 2009. My friends encouraged me to go anyway so I took a friend and went. It was bittersweet but the highlight of my trip came when I placed some of Allen's ashes next to a little tree near the Arc de Triomphe. As you probably know that is where the Tour de France ends it's race and the winner is crowned.....So please when you see the race again someday think of Allen because he is there watching everything and loving every minute of it.*

*God bless all of you and keep you safe.....*

*Warmest regards..*

*Bonnie*

Laura Fisher  
President – Spring City Spinners

## Recipe of the Month

### BackStreet Cafe Trailblazer Cookies

By

Wendy Laatsch, chef and owner of BackStreet Café  
<http://www.jsonline.com/features/food/82659302.html>

#### Ingredients:

1-1/2 cups peanut butter  
2/3 cup (1 1/3 sticks) butter, room temperature  
1/4 cup packed brown sugar  
3/4 cup granulated sugar  
3 eggs  
1/2 teaspoon vanilla extract  
6 cups old-fashioned rolled oats  
2 teaspoons baking soda  
1-1/2 cups dried cranberries  
1 cup chocolate chips

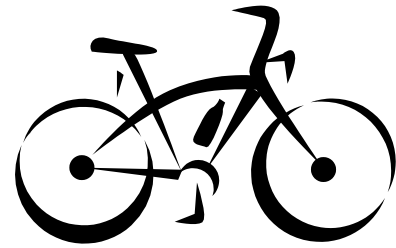
Makes ~7 Dozen cookies

Preheat oven to 350 degrees.

In a large bowl, cream peanut butter, butter and sugars. Beat in eggs and vanilla. In separate bowl, mix oats with baking soda. Mix oat mixture into peanut butter mixture, then stir in cranberries and chocolate chips.

Using a heaping tablespoon of dough, drop batter onto ungreased cookie sheets. You can place them close together, cookies do not spread. Bake in preheated oven 10 to 12 minutes or until cookies just start to brown. Remove to racks to cool.

Notes: These cookies can be made larger if desired. Adjust baking time accordingly. They also can be made smaller and pressed flat for a crispier cookie. There is no flour in this recipe



## Board Members

### 2010 Board of Directors

President	Laura Fisher
Vice President	Steve Cummings
Past President	James Garton
Treasurer	Gil Ziebell
Secretary	Jackie Warshauer
Member at Large	Mary "Bunny" Ziebell
Member at Large	Steve Thompson

### Directors/Committee Chairs

Hot Line	Linda Hallen
Membership Director	Mark Blackman
Publicity Director	Mary "Bunny" Ziebell
Ride Coordinators	Doug/Diane Wolak
SunShine Director	Wendy Muller
Webmaster/Newsletter	Doug Curtis

## Honorable Mentions

Wendy Muller - for a donation to the Spring City Spinners and taking on the duties of the sunshine/correspondence person. Thanks Wendy.