



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

# Spring City Spinners Bicycle Club

WAUKESHA, WISCONSIN

## Chainletter

Issue #5

June 2010

SCS Hotline: (262) 60-SCSBC

### Editorial Spin

by Doug Curtis

Look for the note later in this newsletter regarding cookies for the Pedal The Kettle. The club really needs your help to keep this tradition going; it helps to make our PTK Tour one of the unique rides among others in the area. We also need some help later in the month to man our tent at the Carl Zach Cycling Classic.

### SAVE THE DATES

June 22<sup>th</sup>, 2010 – Board meeting, all members are welcome to attend board meetings. See the Ride Calendar for details.

June 27<sup>th</sup>, 2010 – Carl Zach Cycling Classic. See the full article later in this newsletter for more details.

July 2<sup>nd</sup>, 2010 – First Friday Fish Fry Ride, see the Ride Calendar for details.

July 4<sup>th</sup>, 2010 – Christina's Breakfast Ride – Starts 8:00AM from Lowell School, Waukesha.

### The Spring City Spinners 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

**Let the homemade cookie baking fest begin**  
It's getting close to that time of year again, and the club is ready to accept cookies as early as you want to bake them. Also, if you have freezer space available, we'd like to enlist your help, so we can save them till needed for the PTK. Last year we were a little low on baked goods for the PTK, so we're hoping that getting the word out early will help us fill the goal of 4-6 Dozen cookies from each club member.

#### Thanks from B.O.L.D.

Jackie received the following note of appreciation regarding the donation that the club made to BOLD.

*"On Saturday, May 15th, I participated in the BOLD Fox River Park bike ride and was thrilled to learn that your club, the Spring City Spinners had made a very generous donation to the BOLD program. I understand that one of our VIPs, Kevin Meyer came to your club and spoke about the BOLD program. Thanks to you, we are now able to purchase new seats and computers for our tandem bikes as well as do some maintenance and repairs. So, on behalf of BOLD VIPs and our volunteers, I would like to express our sincere thanks to you and your club."*

Lion Marty Hutchings  
BOLD PR Director,  
VIP Liaison and board secretary

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

An updated inventory of gear that's now available was just posted. Contact Mary "Bunny" Ziebell, if you're interested in any of the items on the lists.

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

## Carl Zach Cycling Classic

This years Carl Zach Cycling Classic, which is now part of the Tour of America's Dairyland, is coming to Waukesha on Sunday June 27th. It's going to be an exciting event and the Spinners will have a tent/booth set up to promote our group. We are looking for 2 volunteers per shift so please let Jackie know if you can help out.

10:00 – 1:00

1:00 – 4:00

4:00 – 7:30

Contact: Jackie Warshauer -  
secretary@springcityspinners.org

## From the "sore" Saddle of the President:

Dear Spinners;

Our Ride of Silence was a huge success. We got more media coverage than most other rides did! It is a great way to remember those that have fallen and to stay safe ourselves. Our club will host this ride again next year!

In addition this ride has opened some dialogue about Allen's accident and why the driver was not ticketed. Jamie Ryan and I have been discussing starting a petition or statement letter to The Iowa county DA. Our hope is that the DA may reconsider his decision not to ticket the driver.

Even if the DA cannot or will not change the citation issue we believe it would make a very loud and strong statement that as cyclists we believe in fair application of the traffic laws. My fear is that if we (cyclists) do nothing and let things stand as they are... it sets a very bad precedence for future incidents/accidents. If we do nothing we are saying its okay to treat us unfairly. If we do nothing who is going to do it for us? NO ONE! I don't think we would have any trouble getting all cyclists in the state to sign this.

Just the other day I read an article in the Lake Country paper where a girl (16) hit a boy (15) that was riding his bike. He was injured and she was ticketed for Failure to yield the right of way. And that is how it should be done! If anyone breaks a

traffic law be it in your car or on your bike you should get the ticket!

Anyone interested in pursuing this please contact Jamie or myself to see how you can help.

Aside from that, the weather is getting better and I hope to see more of you out there RIDING! If you are riding with our club and are not yet a member, please fill out the form and pay the \$20.00 it is well worth the insurance coverage provided to you while riding with us. If you get hurt and have medical costs they can be reimbursed! And the money also helps support the cost of running this club, our website and Club parties we host.

Speaking of... Up next will be a presentation by the Hammer product representative Dan Dehlin; at Cyclesmith in July, Date/Time tbd. (Most likely it will be a Monday or Wednesday evening). This is an important meeting to attend no matter what your riding level is! If you do a lot of distance or endurance riding, OR if you are riding in the heat! Fluids/electrolytes/proper fueling will be addressed! Keep watching for notice on this event.

Carl Zach race is at the end of this month and we need spinners to man our tent. Enjoy the other cyclists and the race while you promote our club and PTK.

Steve Cummings has volunteered to run the PTK Rest Stops this year. Please contact him to sign up for a time slot to man a rest stop at PTK. We need to start getting things in order for our event. This is the mainstay of our club! WE need:

1. Cookies 6 dozen from each member, if you want to make more please do! If you want to make a bread or other bar type snack please do, just remember to list all ingredients on a card to send with your baked goods so those with allergies can avoid the things they need to.
2. Help with marking roads, checking routes
3. Parking lot attendants.
4. Registration table help.
5. Sag help / most will be covered by Cyclesmith.
6. Clean up crew.
7. Anything I forgot? OH PROMOTE THE RIDE tell everyone, everywhere you go! :)

Think about where you can help!

Our Friends Gloria and Nancy are off on their cross-country trip and so far things are going great for them. We are getting updates on their trip and will share as we can.

We all enjoyed the Trek ladies night and got a lot of great tips from them. A good bike fit is paramount to riding well and comfortable. Keep in mind measurements (as I learned) are not the entire story. Make sure it feels right! ;)

Get on your bikes and RIDE,  
have fun, stay safe!

Laura Fisher  
President – Spring City Spinners

## Recipe of the Month Whole Grain Chocolate Chip Cookies

Fill your cookie jar with a healthier twist on chocolate chip cookies. This one's made with two whole-grain cereals and whole-wheat flour. From the <http://eatbetteramerica.com> website.

Prep Time: 1 hr 45 min  
Start to Finish: 1 hr 45 min  
makes: 4 dozen cookies

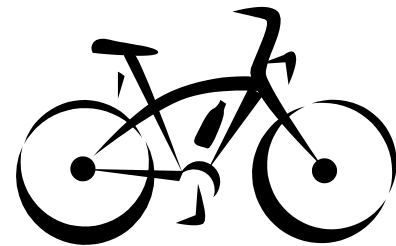
- 2 cups packed brown sugar
- 1/2 cup butter or margarine, softened
- 1/2 cup canola or vegetable oil
- 1 teaspoon vanilla
- 1/2 cup fat-free egg product or 2 eggs
- 2 cups Gold Medal® whole wheat flour
- 1 1/2 cups quick-cooking or old-fashioned oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 cups Honey Nut Clusters® cereal
- 1/4 cup miniature semisweet chocolate chips

1.	Heat oven to 350°F. In large bowl, beat brown sugar, butter, oil, vanilla and egg product with electric mixer on low speed until blended. With spoon, stir in flour, oats, baking powder and baking soda until well mixed. Stir in cereal and chocolate chips.
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2.	On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart.
3.	Bake 13 to 15 minutes or until set. Cool 1 minute; remove from cookie sheets to cooling rack.
Bake 12 to 15 minutes.	

### Nutritional Information

1 Cookie: Calories 120 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 5mg; Sodium 70mg; Total Carbohydrate 17g (Dietary Fiber 1g, Sugars 10g); Protein 1g



## 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

### Possible new sections in the newsletter

- Links of interest
- Tell us your story and win a prize... for the best bicycle adventure or story?
- On the sick or injured list and let them know we are "pulling" for them (they can decide if they want their condition listed)